



2025

Herriman at Riverton Dual

Wednesday is our **1st JV Meet** of the Region 2 Season at Riverton High School. The weather looks nice but windy. Be prepared for cooler temps into the evening! Be on time, in uniform, with lots of layers in case it is windy and rainy, ready to compete! We are guessing the meet will be over between 6:00-7:00 pm, but it could vary so be available to pick up your athlete anytime in the afternoon. Remember we are there to compete, so dial in your events and focus on success! You can not drive yourself to the meet!

Please email Coach Soles with questions at doug.soles@jordandistrict.org.

What to bring?	Important Meet Facts	Time Schedule
Uniform: (on when you get to the bus, and keep on)	First events are at 3:00 pm	Frosh Out of Class: 1:00 pm HS Out of Class: 1:20 pm
\$\$\$ for food if they have a snack bar.	Check in at your field events and ask questions so you understand the process.	Buses Leave School: 1:40 pm
Running shoes /Spikes and extra pair of socks	Check the entries online to see what you are in!	Arrive at Meet: 2:05 pm
Food: ex: bagels, bananas, fruit, water and Gatorade	Buses leave from the north side of the high school by the main gym	Leave Meet – 6:30 pm
Extras: Sunscreen, water, blankets, jackets, etc.	Riverton High School 12476 2700 W, Riverton	Arrive at HHS: 7:00 pm (this is just a guesstimate)

At the end of the meet before we head to the bus, make sure:

- Our team area is cleaned up!
- We have all our batons, shot put, javelin, and discus, and vault equipment.
- You have your personal apparel and competition shoes in your bag.
- Congratulate the opposing athletes, parents, coaches and thank them for hosting the meet.
- You look after our 9th graders and make sure they have all their stuff, had a good time at the meet, and ask them what they learned and how they had fun.
- Find ways to contribute to everyone making it to the bus on time and ready to head back to HHS (pack up canopies, ask coaches how you can help, etc).



Herriman High School Track & Field

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