

# Griffin Track 2019

## Los Alamitos High School Track Schedule

Monday		Parent Meeting	
		After school Practice Begins	2:00 PM
	TBA	Redondo 5-WAY	
Friday	March 1	Griffin Relays	2:00PM
Wednesday	March 6 <sup>th</sup>	Servite and Rosary @ Los Al	2:45
Saturday	March 8-9	Redondo/Nike Invitational	TBA
Wednesday	March 13	Los Alamitos @ Huntington Beach	2:45 PM
Friday-Sat	March 15-16	California Relays	
Saturday	March 16	Laguna Beach Trophy Invite	TBA
Wednesday	March 20	Newport Harbor @ Los Alamitos	2:45 PM
Saturday	March 23	Beach Cities Invitational @ HBHS	TBA
Wednesday	March 27	Fountain Valley @ Los Alamitos	2:45 PM
Saturday	TBA	Seal Beach 5/10K (Participation is Mandatory)	7:00 AM
Wednesday	April 3	Los Alamitos @ CDM	2:45 PM
Friday-Sat	April 5-6	Arcadia Invitational	TBA
Wednesday	April 10	Edison @ Los Alamitos	
Saturday	April 13	Orange Co. Championships @ Mission Viejo High School	8:00 AM
Thursday	April 18	Sunset Conference-Surf Division Prelims @ Los Alamitos HS	TBA
	April 19-22	TEAM DOWN TIME- NO PRACTICE	
	April 22-26	No school- Spring Break (Practice TBA)	
<b>Friday</b>	April 26	Sunset Conference (Surf and Wave) Finals @ Los Alamitos HS	TBA
Saturday	May 4	CIF Prelims @ Trabucco Hills HS	TBA
<b>Saturday</b>	May 11	CIF FINALS @ El Camino College	TBA
<b>Saturday</b>	May 18	Masters @ El Camino College	TBA
Fri./Sat.	May 24-25	STATE @ Fresno	TBA

### Contact Information:

Coach Howard (562) 799-4780 ext 82713 or LATF@losal.org

### Track and Field Home Meets for the 2019 Season (Volunteers needed)

**Weekday meets are MANDATORY**

Revised 12/19/13

### Driving Directions

1. Brea High School—605 North to 91 East to 57 North. Exit Lambert, right on Lambert East. Left on Wildcat Way.
2. Cerritos College—605 North. Exit Del Amo, right on Del Amo
3. Edison High School—School is located on SW corner of Magnolia and Hamilton in Huntington Beach. P.C.H. south, left on Magnolia. Or 405 south, exit Magnolia, turn right.
4. Esperanza High School—605 north to 91 east to Imperial Highway north. Exit Orangethorpe Ave. Left on Orangethorpe to Kellog Dr. School is on the right.
5. Fountain Valley High School—School is located on the east side of Bushard St. between Talbert and Slater in Fountain Valley. Take 405 south exit Warner Ave east. Take Warner to Bushard (1<sup>st</sup> light) turn right go one (1) mile to the school.
6. Gahr High School—605 North exit South Street. Left on South, right on Studebaker Ave, Right on Artesia Blvd.
7. Huntington Beach High—South on PCH to Main Street. Left on Main- 2 miles to school. School is located on the left side of Main just before Yorktown. If more convenient 405 souths exit Goldenwest south, left on Yorktown.
8. Long Beach City College (Vets Stadium)—405 north exit Lakewood Blvd. North to Conant, right on Conant. Left on Falculty Ave. If more convenient spring street to Clark Right on Clark. Stadium will be on your Left.
9. Marina High School- School is located on west side of Springdale between McFadden and Dinger in Huntington Beach. Take Los Al Blvd to Westminster, left on Westminster. Turn Right on Springdale.
10. Millikan High School—Spring St. Turn Left on Palo Verdes.
11. Servite High School- East on Cerritos towards Anaheim. Left on Brookhurst Right on La Palma Ave. School is located at 1952 West La Palma Ave. Anaheim.
12. Trabucco Hills High School- 405 south, exit El Toro Rd, Continue on El Toro to Santa Margarita Pkwy. Right on Santa Margarita Pkwy. Right on Los Alisos Blvd. Right on Mustang Way.