

LA SALLE TRACK & FIELD 2022 TENTATIVE SCHEDULE (REV. 11/6/2021)

= OVERNIGHT

Q = QUALIFYING

* = LEAGUE MEET

| Date | Day | Time | Opponent/Meet | Location | |
|--------------------|------------------|-------------------|---|--|------------|
| 01/04 | Tu | 6:00 p.m. | Parent/Guardian Meeting | Zoom Meeting | Parents |
| 01/10 | Mon | 3:00 p.m. | Season Practice Begins | La Salle, Kohorst Field | All |
| 01/29 | Sat | 8:00 a.m. | Rosemead HS All-Comers | Rosemead HS, Rosemead | All |
| 02/05 | Sat | 8:00 a.m. | California HS All-Comers | California HS, Whittier | All |
| 02/19 | Sat. | 10:00 a.m. | Arcadia Mini – Invitational <i>(Arcadia, La Puente Bishop Amat, La Canada, San Gabriel, Montebello Schurr and Temple City)</i> | Arcadia H.S. | All |
| 02/23 | Wed | 3:15 p.m. | Fun Day Meet v Norwalk, Whittier Christian & Santa Fe Springs St. Paul | St. Paul, Santa Fe Springs | All |
| 02/26 | Sat | 9:00 a.m. | 2022 Marie Smith/Malibu HS Invitational | Malibu High School Track | |
| 03/01 | Tues | 3:15 p.m. | Claremont, Damien/St. Lucy's | Claremont H.S. | All |
| 03/05 | Sat | 9 a.m. | 2019 St. Paul Classic | St. Paul, Santa Fe Springs | |
| 03/08 | Wed | 3:15 p.m. | *Dual v Los Angeles Cathedral/ Inglewood St. Mary's Academy | Cathedral HS, Los Angeles | All |
| 03/11-12 | Fri – Sat | TBA | 10th Annual Rosemead Distance Carnival & Invitational (host Rosemead H.S.) | Rosemead HS | |
| 03/16 | Wed | 3:15 p.m. | *Dual Meet v La Puente Bishop Amat | Bishop Amat, La Puente | All |
| 03/19 | Sat | 10:00 a.m. | 10th Escondido Calvin Christian Small Schools Invitational <i>(sanctioned by Calvin Christian)</i> | Escondido H. S. | |
| 03/23 | Wed | 2:30 p.m. | *Dual v Gardena Junipero Serra | La Salle, Kohorst Field | All |
| 03/30 | Wed | 2:30 p.m. | *Dual v Torrance Bishop Montgomery | La Salle, Kohorst Field | All |
| 04/04 | Mon | 6:30 p.m. | Del Rey League Seeding Meeting | Z o o m M e e t i n g | |
| 04/06 | Wed | 3:00 p.m. | *Del Rey Lg. Prelims | St. Paul HS, Santa Fe Springs | All |
| 04/08 or 09 | Fri-Sat | TBA | 8th Ocean View Small Schools Invitational or Arcadia Invitational | Ocean View HS, Huntington Beach or Arcadia HS | |
| 04/13 | Th | 4:00 p.m. | *Del Rey Lg. Finals | St. Paul HS, Santa Fe Springs | Q |
| 04/16 | Sat | 9 a.m. | 101st Annual Russell Cup Invitational | Carpinteria HS, Carpinteria | |
| 04/14-24 | Th – Sun | | Spring Break (Practice Apr 19, 20, 21) | La Salle, Kohorst Field | |
| 05/07 | Sat. | 12:00 p.m. | CIF D-4 Prelims | Carpenteria H.S. | Q |
| 05/14 | Sat. | 12:00 p.m. | CIF All-Division Finals | El Camino College, Torrance | Q |
| 05/21 | Sat | 4:00 p.m. | CIF-SS Masters Meet | El Camino College, Torrance | Q |
| 05/28 | Fri. | TBD | # CIF State Prelims | Clovis Buchanan H.S. | Q |
| 05/29 | Sat. | TBD | CIF State Finals | Clovis Buchanan H.S. | Q |

Track & Field Coaching Staff

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| Kjersti Housman-Holyfield '04 – Head Coach & Sprints | kholyfield@lasallehs.org |
| Joe Blackman '89 - Long & Triple Jump | jblackman@lasallehs.org |
| Anthony Holyfield – High Jump | aholyfield@lasallehs.org |
| Jalissa McFee - Sprints/Hurdles | jmcfree@lasallehs.org |
| Duane Norris – Meet Coordinator, Co-Distance, Relays & Stats | dnorris@lasallehs.org |
| David Shaw P '07, '11, '13 - Discus & Shot Put, Weight Training & Conditioning | dshaw@lasallehs.org |

For updates and other info on La Salle Track & Field: <http://www.frejoytf.com>

For information on California High School Track & Field: <http://www.prepcaltrack.com/>

Photos: <https://lasalletrackfieldcrosscountry.shutterfly.com/>



Coaching Staff (from left to right) Duane Norris, David Shaw, Anthony Holyfield, Kjersti Holyfield, Jalissa Williams-McFee, Bryce Shaw and Joseph Blackman



SATURDAY, NOVEMBER 06, 2021