

LA SALLE TRACK & FIELD 2022 TENTATIVE SCHEDULE (REV. 11/30/2021)

= 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
01/22	Sat	9:00 a.m.	Arcadia HS All-Comers	Arcadia HS	All
01/29	Sat	8:00 a.m.	California HS All-Comers	California HS, Whittier	All
02/05	Sat	9:00 a.m.	Monrovia HS All-Comers	Monrovia HS, Monrovia	All
02/12	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.	2022 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.	102nd 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

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	jmcfee@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

