

LA SALLE TRACK & FIELD 2023 TENTATIVE SCHEDULE (REV. 11/5/2022)

= OVERNIGHT

Q = QUALIFYING

* = LEAGUE MEET

Date	Day	Time	Opponent/Meet	Location	
01/16	Mon	2:45 p.m.	Season Practice Begins	La Salle, Kohorst Field	All
01/28	Sat	8:00 a.m.	Arcadia HS All-Comers	Arcadia H.S.	All
02/04	Sat	8:00 a.m.	TBA	TBA	All
02/11	Sat	8:00 a.m.	TBA	TBA	All
02/15	Wed	7:00 p.m.	Zoom Parent Meet		All
02/18	Sat.	10:00 a.m.	Arcadia Mini – Invitational <i>(Arcadia, La Salle + other Pacific League Teams)</i>	Arcadia H.S.	All
02/23	Th	3:15 p.m.	Quad Meet v Norwalk, Whittier Christian & Santa Fe Springs St. Paul	TBA	All
02/25	Sat	9:00 a.m.	2023 Marie Smith/Malibu HS Invitational	Malibu High School Track	
03/04	Sat	9 a.m.	2023 St. Paul Classic	St. Paul, Santa Fe Springs	
03/08	Wed	3:00	*Dual v Torrance Bishop Montgomery	@ Bishop Host TBA	All
03/09	Wed	2:30 p.m.	*Dual v Los Angeles Cathedral/ Inglewood St. Mary's Academy	La Salle, Kohorst Field	All
03/11	Sat	8:00 a.m.	11th Annual Rosemead Invitational <i>(host Rosemead H.S.)</i>	Rosemead HS	
03/15	Wed	3:00 p.m.	*Dual v Los Angeles Cathedral/ Inglewood St. Mary's Academy	Cathedral H S, Los Angeles	All
03/18	Sat	9:00 a.m.	Cravon Gillespie-Monrovia Wildcats Invitational	Monrovia H.S.	
03/22	Wed	3:00 p.m.	*Dual Meet v La Puente Bishop Amat	La Salle, Kohorst Field	All
03/25	Sat	10:00 a.m.	Calvin Christian Small Schools Invitational	Escondido HS, Escondido	
03/30	Wed	3:00 p.m.	*Dual v Gardena Junipero Serra	La Salle, Kohorst Field	All
04/03	Mon	7:00 p.m.	Del Rey League Seeding Meeting	Z o o m M e e t i n g	
04/06	Wed	2:30 p.m.	*Del Rey Lg. Prelims	St. Paul HS, Santa Fe Springs	All
04/06-04/16			Spring Break (Workouts 04/11, 12 & 13)	La Salle Kohorst Field	All
04/07-08	Fri/Sat		55th Annual Arcadia Invitational	Arcadia HS	
04/08	Sat	8:45 a.m.	9th Ocean View Small Schools Invitational	Ocean View HS, Huntington Beach	
04/13	Th	4:00 p.m.	*Del Rey Lg. Prelims	St. Paul HS, Santa Fe Springs	All
04/16	Sat	9 a.m.	103rd Annual Russell Cup Invitational	Carpinteria HS, Carpinteria	
04/19 or 26	Wed	4:00 p.m.	*Del Rey Lg. Finals	St. Paul HS, Santa Fe Springs	Q
05/06	Sat.	12:00 p.m.	CIF D-4 Prelims	Carpenteria H.S.	Q
05/13	Sat.	12:00 p.m.	CIF All-Division Finals	El Camino College, Torrance	Q
05/20	Sat	4:00 p.m.	CIF-SS Masters Meet	El Camino College, Torrance	Q
05/26	Fri.	TBD	# CIF State Prelims	Clovis Buchanan H.S.	Q
05/27	Sat.	TBD	CIF State Finals	Clovis Buchanan H.S.	Q

Track & Field Coaching Staff

Joe Blackman '89	Head Coach	jblackman@lasallehs.org
Anthony Holyfield	Assistant	aholyfield@lasallehs.org
Jalissa McFee	Assistant	jmcfee@lasallehs.org
Duane Norris – Meet Coordinator, Stats	Assistant	dnorris@lasallehs.org
Eddie Ficklin	Assistant	eficklin@lasallehs.org
David Shaw P '07, '11, '13	Assistant	dshaw@lasallehs.org
Austin Williams '09	Assistant	awilliams@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/> password: lasallet&f



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

SATURDAY, NOVEMBER 05, 2022