

Griffin Track 2020

Los Alamitos High School Track Schedule

Surf League Meets ***

Saturday	Jan 25	Winter Championships Qualifying Meet	9:00 AM
Tuesday	Feb 4	Mandatory Parent Meeting Room 153/154	6:30 PM
Saturday	Feb 8	Winter Championships @ Arcadia HS	TBA
Thursday	Feb 13	Shoe Night @ Snails Pace Fountain Valley	6:00 PM
Saturday	Feb 15	Drive up and Drop off 11092 Essex Dr. Los Al	9:00 AM
M-F	Feb 17-21	President's Week (No school, Practice is expected if in town)	
Saturday	Feb 22	Redondo/Canyon/Los Al Kick off @ LAHS	4:30 PM
Wednesday	March 4	Laguna Beach/Servite @ Los Al	2:45pm
Saturday	March 7	Griffin Relays	9:00 AM
Tuesday	March 10	All Team Pasta Party @ LAHS	3 PM
Wednesday	March 11	Los Alamitos @ Edison ***	2:45 PM
Friday-Sat	March 13-14	Redondo/Nike Invitational @Redondo HS	TBA
Saturday	March 14	Irvine Invitational @ Irvine HS	TBA
Wednesday	March 18	Los Alamitos @ Fountain Valley ***	2:45 PM
Friday-Sat	March 20-21	California Relays @ Wilson HS	
Saturday	March 21	Laguna Beach Trophy Invite	TBA
Wednesday	March 25	Corona Del Mar @ Los Alamitos ***	2:45 PM
Friday	March 27	Beach Cities Distance Carnival @ Ocean View	TBA
Saturday	March 28	Beach Cities Invitational @ Ocean View HS	TBA
Saturday	March 28	Seal Beach 5/10K (Participation is Mandatory)	7:00 AM
Tuesday	March 31	Marina @ Los Al	2:45 PM
Wednesday	April 8	All Team Popsicle Party @ LAHS	3 PM
Friday-Sat	April 10-11	Arcadia Invitational	TBA
M-F	April 13-17	Spring Break	
Saturday	April 18	Orange Co. Championships @ Mission Viejo High School	8:00 AM
Thursday	April 23	All Team Pasta Party @ LAHS	3 PM
Friday	April 24	Sunset Conference-Surf Division Prelims @ Los Alamitos HS	TBA
Friday	May 1	Sunset Conference (Surf and Wave) Finals @ Los Alamitos HS	TBA
Saturday	May 9	CIF Prelims @ Trabuco Hills HS	TBA
Wednesday	May 13	Team Banquet @ The Grand LB	6:00 PM
Saturday	May 16	CIF FINALS @ El Camino College	TBA
Saturday	May 23	Masters @ El Camino College	TBA
Fri./Sat.	May 29-30	STATE @ Fresno	TBA

Contact Information:

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

TEAM WEBSITE: WWW.LOSALTRACK.COM

Track and Field Home Meets for the 2020 Season (Volunteers needed)

**** denotes Surf Conference Meet

NOTE: Due to freeway construction, some off-ramps may be closed. Please refer to your maps for alternate routes.

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 (1st 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 Faculty 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.