



2023 La Salle Cross Country Schedule (9/24/2023)



Schedule & All Start Times Subject to Change

Blue and/or * = League Meet	Boy's – Del Rey League
	Girl's – Camino Del Rey League
Letter Q = Qualifying Individuals	<i>Italics = Invitational Meets</i>

Date	Day	Opponent or Meet	Location	Start	Depart
06/12	Mon	Summer Workouts Begin	La Salle H.S. – Kohorst Field	?	
07/15	Sat	Athletic Physicals (\$25?)	La Salle H.S. – Band & PE Rm.	9 a.m. – 1 p.m.	
07/22	Sat	La Serna High School 2 Mile All – Comers Series #2 (\$10)	La Serna HS, Whittier	8:00 a.m.	
07/27	Th	College of the Canyons Summer Series	College of the Canyons, Valencia	5:00 p.m.	
07/31-0805	Mon - Sat	Mammoth High Altitude Training Camp	South Gateway Apts, Mammoth Lakes	TBA	T B A
08/10	Th	College of the Canyons All – Comers Series	College of the Canyons, Valencia	5:00 p.m.	
08/13	Mon	1st Day of Regular Practice Schedule	La Salle H.S., Kohorst Field	3:00 p.m.	
08/19	Sat	La Serna High School 2 Mile All – Comers Series#4 (\$10)	La Serna HS, Whittier	8:00 a.m.	
08/28	Mon	Parent/Guardian Zoom Meeting	Your Portal Choice	7:00 p.m.	
09/02	Sat	<i>2023 Fastback Invitational</i> <i>(hosted by El Monte Arroyo H. S.)</i>	<i>Mount San Antonio CC, Walnut, CA</i>	<i>7:20 a.m.</i>	<i>5:15 a.m.</i>
09/09	Sat	<i>37th Annual Rosemead XC Invitational</i>	<i>Rosemead High School</i>	<i>3:15 p.m.</i>	<i>1:15 p.m.</i>
09/16	Sat	<i>43rd Annual Mt. Carmel ASCIS XC Invitational</i>	<i>Balboa Park, San Diego</i>	<i>12:25 p.m.</i>	<i>8:15 a.m.</i>
09/19	Tu	*Camino Del Rey Association Invitational	Don Knabe Regional Park, Cerritos	TBA	T B A
09/30	Sat	<i>49th Annual Bellarmine-Jefferson/Sacred Heart Invitational</i>	<i>Griffith Park, Los Angeles</i>	<i>10:30 a.m.</i>	<i>8:15 a.m.</i>
10/07	Sat	<i>2022 St. Paul Cross Country Invitational</i>	<i>Hollydale Park, South Gate</i>	<i>8:00 a.m.</i>	<i>5:45 a.m.</i>
10/10	Tu	*Camino Del Rey Association Dual Meets	Hollydale Regional Park, South Gate	TBA	T B A
10/13	Fri	<i>Roughrider Invitational (hosted by Roosevelt HS)</i>	<i>Woodward Park, Fresno</i>	<i>TBA ?</i>	<i>T B A</i>
10/14	Sat	<i>36th Annual Bell Gardens Cross Country Invitational</i>	<i>Eldorado Park East, Long Beach</i>	<i>8:30 a.m.</i>	<i>6:45 a.m.</i>
10/20	Fri	<i>74th Annual Mt. SAC Cross Country Invitational</i>	<i>Mount San Antonio CC, Walnut, CA</i>	<i>TBA</i>	<i>T B A</i>
10/27	Fri	Peacock Invitational (hosted by Arcadia HS)	Arcadia County Park	TBA	T B A
10/30	Mon	Senior Recognition Ceremony	Atrium	4:30 p.m.	
10/31	Tu	*Camino Real/Del Rey League Finals	Santa Fe Dam Recreational Area, Irwindale	TBA	TBA
11/11	Sat	CIF-SS Division IV Prelims	<i>Mount San Antonio CC, Walnut, CA</i>	TBA	
11/18	Sat	CIF-SS Division IV Finals	<i>Mount San Antonio CC, Walnut, CA</i>	TBA	
11/24-25	Fri-Sat	CIF State Finals	Woodward Park, Fresno CA	TBD	
12/03		Cross Country Awards Banquet	Dining Hall	12:00 Noon	



CROSS COUNTRY COACHING STAFF

Austin Williams '09	Head Coach	awilliams@lasallehs.org
Duane Norris	Assistant Coach/Stats	dnorris@lasallehs.org
Joseph Blackman '89	Assistant Coach	jblackman@lasallehs.org

Sunday, September 24, 2023