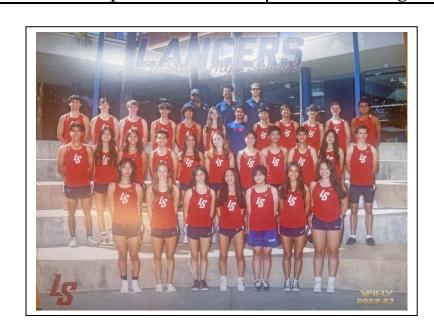


## **2023 La Salle Cross Country Schedule**Schedule & All Start Times Subject to Change



Boy's - Del Rey League Girl's - Camino Del Rey League Blue and/or \* = League Meet Letter Q = Qualifying Individuals | Italics = Invitational Meets

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, Valencia	5:00 p.m.	
07/31- 0805	Mon - Sat	Mammoth High Altitude Training Camp	South Gateway Apts,Mammoth Lakes	TBA	ТВА
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	-	
08/19	Sat	La Serna High School 2 Mile All – Comers Series#4 (\$10)	La Serna HS, Whittier	_	
08/28	Mon	Parent/Guardian Zoom Meeting	Your Portal Choice	7:00 p.m.	
09/02	Sat	2023 Fastback Invitational (hosted by El Monte Arroyo H. S.)	Mount San Antonio CC, Walnut, CA	7:20 a.m.	5:15 a.m.
09/09	Sat	37th Annual Rosemead XC Invitational	,	3:15 p.m.	1:15 p.m
09/16	Sat	43nd Annual Mt. Carmel ASCIS XC Invitational			8:15 a.m.
09/19	Tu	*Camino Del Rey Association Invitational	Don Knabe Regional Park, Cerritos		ТВА
09/30	Sat	49th Annual Bellarmine-Jefferson/Sacred Heart Invitational	Griffith Park, Los Angeles	10:30 a.m.	8:15 a.m
10/07	Sat	2022 St. Paul Cross Country Invitational	Hollydale Park, South Gate	8:00 a.m.	5:45 a.m.
10/10	Tu	*Camino Del Rey Association Dual Meets	Hollydale Regional Park, South Gate		ТВА
10/13	Fri	Roughrider Invitational (hosted by Roosevelt HS)	Woodward Park, Fresno	TBA?	T B A
10/14	Sat	36 <sup>th</sup> Annual Bell Gardens Cross Country Invitational	Eldorado Park East, Long Beach	8:30 a.m.	6:45 a.m.
10/20	Fri	74th Annual Mt. SAC Cross Country Invitational	Mount San Antonio CC, Walnut, CA	TBA	T B A
<del>10/27</del>	<del>Fri</del>	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	Mount San Antonio CC, Walnut, CA	TBA	
11/18	Sat	CIF-SS Division IV Finals	Mount San Antonio CC, Walnut, CA	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			