

# LAHS Track & Field 2018

**\*\* Weekday Meets are MANDATORY**

**NON-LEAGUE MEETS** | **LEAGUE MEETS** | **INVITATIONALS**

## VOLUNTEERS NEEDED FOR HOME MEETS

Sign-up to volunteer through the [SignUp](#) button on the homepage of our website: [www.losaltrack.com](http://www.losaltrack.com)

updated 4-15-2018

### JAN

31 Wed 6:30 pm **Mandatory Parent Meeting** LAHS - Room 153/154

### FEB

1 Thurs 1:45 pm After school spring semester practice begins Los Alamitos HS  
 3 Sat 9:00 am **Pre-Season Winter Qualifier Meet** **Los Alamitos HS**  
 24 Sat 9am-Noon **Drive-up, Drop-Off / Coaches' Meet & Greet**  
 • Snack Shack Donation Drop-Off  
 • Uniform Pick-Up  
 • Griffin Gear Apparel Pick-Up & Purchase  
 • Coffee/Donuts & Meet the Coaches  
 Booster President  
 Lori Winder's home  
 11092 Essex Drive  
 Los Alamitos

### MAR

2 Fri 2:00 pm **\*\* Griffin Relays** **Los Alamitos HS**  
 7 Wed 2:45 pm **\*\* Servite and Rosary** **Los Alamitos HS**  
 8 Thurs 2:00 pm **Team Photos - Wear Uniform** Los Alamitos HS  
 9 Fri TBA **Redondo NIKE Distance & Throws Carnival** Redondo Union HS  
 10 Sat TBA **Redondo NIKE Track & Field Invitational** Redondo Union HS  
 14 Wed 2:45 pm **\*\* vs. Troy** **Los Alamitos HS**  
 17 Sat TBA **Triton/Asics Invitational** San Clemente HS  
 17 Sat TBA **Laguna Beach / Asics Trophy Invitational** Laguna Beach HS  
 20 Tues 3-5 pm **All-Team Pasta Party** **LAHS - Room 500**  
 21 Wed **2:00 pm \*\* Fountain Valley** Fountain Valley HS  
 23 Fri TBA **Beach Cities Distance Carnival** Huntington Beach HS  
 24 Sat 6:30 am **ALL T&F ATHLETES ARE REQUIRED TO VOLUNTEER at the RUN SEAL BEACH 5/10K!** Meet Coach at the Seal Beach Pier  
 24 Sat TBA **Beach Cities Track & Field Invitational** Huntington Beach HS  
 28 Wed 2:00 pm **\*\* Edison and Newport Harbor** Newport Harbor HS

### APR

2-6 M-F Spring Break (Practice TBA)  
 6-7 Fri-Sat TBA **Arcadia Invitational** Arcadia HS  
 12 **Thurs** 2:30 pm **Los AI T&F Senior Recognition** **LAHS Track**  
 12 **Thurs** 2:45 pm **\*\* Marina** **Los Alamitos HS**  
 14 Sat 8:00 am **Orange Co. Championships** Mission Viejo HS  
 18 Wed 2:45 am **\*\* Huntington Beach** Huntington Beach HS  
 20-21 Fri-Sat TBA **Mt. SAC Relays** El Camino College  
 26 Thurs 4:00 pm **All-Team Pasta Party** TBA  
 27 Fri TBA **\*\* Sunset League Prelims** **Westminster HS**

### MAY

4 Fri TBA **\*\* Sunset League Finals** **Westminster HS**  
 12 Sat TBA **CIF-Southern Section Division I Prelims** Trabuco Hills HS  
 19 Sat TBA **CIF-Southern Section Division I Finals** El Camino College  
 25 Fri TBA **CIF-Southern Section Masters** El Camino College  
 29 Tues 5:45 pm **LAHS Track & Field BANQUET** Grand, Long Beach

### JUN

1-2 Fri-Sat TBA **CIF-State Championships** Buchanan HS, Clovis

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