

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