

# LA SALLE TRACK & FIELD 2022 SCHEDULE

# = OVERNIGHT

Q = QUALIFYING

\* = LEAGUE MEET

Date	Day	Time	Opponent/Meet	Location
01/24	Mon	2:45 p.m.	Season Practice Begins	La Salle, Kohorst Field
01/29	Sat	8:00 a.m.	California HS All-Comers	California HS, Whittier
02/05	Sat	9:00 a.m.	Monrovia HS All-Comers	Monrovia HS, Monrovia
02/12	Sat	8:00 a.m.	California HS All-Comers	California HS, Whittier
<b>02/16</b>	<b>Wed</b>	<b>7:00 p.m.</b>	<b>Parent/Guardian Meeting</b>	<b>Zoom</b>
02/19	Sat	10:00 a.m.	Arcadia Mini – <i>Invitational</i> <i>(Arcadia, La Salle + other Pacific League Teams)</i>	Arcadia H.S.
02/24	Th	3:15 p.m.	Quad Meet v Norwalk, Whittier Christian & Santa Fe Springs St. Paul	Norwalk H.S.
<b>02/26</b>	<b>Sat</b>	<b>9:00 a.m.</b>	<b>2022 Marie Smith/Malibu HS Invitational</b>	<b>Malibu High School Track</b>
<b>03/05</b>	<b>Sat</b>	<b>9:00 a.m.</b>	<b>2022 St. Paul Classic</b>	<b>St. Paul, Santa Fe Springs</b>
03/08	Tues	2:30 p.m.	*Dual v Los Angeles Cathedral/ Inglewood St. Mary's Academy	La Salle, Kohorst Field
<b>03/12</b>	<b>Sat</b>	<b>8:00 a.m.</b>	<b>10<sup>th</sup> Annual Rosemead Invitational</b>	<b>Rosemead HS</b>
<b>03/19</b>	<b>Sat</b>	<b>9:00 a.m.</b>	<b>Cravon Gillespie-Monrovia Wildcats Invitational</b>	<b>Monrovia H.S.</b>
03/23	Wed	3:00 p.m.	*Dual Meet v La Puente Bishop Amat	Bishop Amat, La Puente
03/30	Wed	3:00 p.m.	*Dual v Gardena Junipero Serra	Serra High School, Gardena
<b>04/04</b>	<b>Mon</b>	<b>4:30 p.m.</b>	<b>Senior Tribute and Team Pasta Dinner</b>	<b>Amphitheater &amp; Atrium</b>
04/05	Tues	2:30 p.m.	*Dual v Torrance Bishop Montgomery	La Salle, Kohorst Field
04/07	Mon	6:30 p.m.	Del Rey League Seeding Meeting	Z o o m M e e t i n g
<b>04/09</b>	<b>Sat</b>	<b>8:45 a.m.</b>	<b>8<sup>th</sup> Ocean View Small Schools Invitational or Arcadia Invitational</b>	<b>Ocean View HS, Huntington Beach or Arcadia HS</b>
04/12	Tues	3:00 p.m.	*Del Rey Lg. Prelims	Serra HS, Gardena
<b>04/16</b>	<b>Sat</b>	<b>9:00 a.m.</b>	<b>102<sup>nd</sup> Annual Russell Cup Invitational</b>	<b>Carpinteria HS, Carpinteria</b>
04/14-24	Tu-Th		Spring Break (Practice Apr 19, 20, 21)	La Salle, Kohorst Field
04/27	Wed	2:30 p.m.	*Del Rey League Finals	Serra HS, Gardena
05/07	Sat	11:00 a.m.	CIF D-4 Prelims	Carpenteria H.S.
05/14	Sat	11:00 a.m.	CIF All-Division Finals	Moorpark HS, Moorpark
<b>05/15</b>	<b>Sun</b>	<b>12:00 p.m.</b>	<b>Team Banquet</b>	<b>La Salle Dining Hall &amp; Atrium</b>
05/21	Sat	12:00 p.m.	CIF-SS Masters Meet	Moorpark HS, Moorpark
05/28	Fri	TBD	# CIF State Prelims	Clovis Buchanan H.S.
05/29	Sat	TBD	CIF State Finals	Clovis Buchanan H.S.

## Track & Field Coaching Staff

Joe Blackman '89 - Head Coach, Horizontal Jumps, Sprints	jblackman@lasallehs.org
Duane Norris – Meet Coordinator, Distance, Relays & Stats	dnorris@lasallehs.org
Anthony Holyfield – Strength & Conditioning	aholyfield@lasallehs.org
Jalissa McFee - Hurdles	jmcfee@lasallehs.org
Bryce Shaw '13 - Throws	bshaw@lasallehs.org
David Shaw P '07, '11, '13 – Pole Vault	dshaw@lasallehs.org
Reggie Steele – High Jump	rsteale@lasallehs.org

For updates and other info on La Salle Track & Field: <http://www.frejoytf.com>

For information on California High School Track & Field: <http://www.prepcaltrack.com/>

Photos: <https://lasalletrackfieldcrosscountry.shutterfly.com/> password: lasallet&f



2021 Coaching Staff (from left to right) - Duane Norris, David Shaw, Anthony Holyfield, Kjersti Holyfield, Jalissa Williams-McFee, Bryce Shaw and Joseph Blackman

