

# LA SALLE TRACK & FIELD 2021 SCHEDULE

(REV. 4/17/2021)

# = **OVERNIGHT**

Q = **QUALIFYING**

\* = **LEAGUE**

**MEET**

Date	Day	Time	Opponent/Meet	Location	
			Parent Meeting	Zoom Meeting	All
03/08	Mon	3:30 p.m.	Season Practice Begins	La Salle, Kohorst Field	All
04/17	Sat	10:00 a.m.	Dual Meet v San Marino High School	-San Marino HS	All
04/24	Sat	10:00 a.m.	*Dual Meet v La Puente Bishop Amat	La Salle, Kohorst Field	All
05/01	Sat	10:00 a.m.	*Dual v Gardena Junipero Serra	La Salle, Kohorst Field	All
05/08	Sat	10:00 a.m.	*Dual v Torrance Bishop Montgomery	La Salle, Kohorst Field	All
05/15	Sat	10:00 a.m.	*Dual Meet v Los Angeles Cathedral/ Inglewood St. Mary's Academy	Cathedral, Los Angeles	All
05/17	Mon	7:00 p.m.	Del Rey League Seeding Meeting	Z o o m M e e t i n g	
05/19	Wed	3:00 p.m.	*Del Rey Lg. Prelims	TBD	All
05/26	Wed	4:00 p.m.	*Del Rey Lg. Finals	TBD	Q
06/05	Sat.	11:00 a.m.	CIF D-4 Prelims	Carpinteria H.S.	Q
06/12	Sat.	11:00 a.m.	CIF All-Division Finals	El Camino College, Torrance	Q
06/19	Sat	11:00 a.m.	CIF-SS Masters Meet	El Camino College, Torrance	Q
06/25	Fri.	T B D	# CIF State Prelims	Clovis Buchanan H.S.	Q
06/26	Sat.	T B D	CIF State Finals	Clovis Buchanan H.S.	Q

## Track & Field Coaching Staff

Kjersti Housman-Holyfield '04 – Interim Head Coach	<a href="mailto:kholyfield@lasallehs.org">kholyfield@lasallehs.org</a>
Joe Blackman '89 - Long and Triple Jump	<a href="mailto:jblackman@lasallehs.org">jblackman@lasallehs.org</a>
Anthony Holyfield – High Jump	<a href="mailto:aholyfield@lasallehs.org">aholyfield@lasallehs.org</a>
Jalissa McFee - Sprints/Hurdles	<a href="mailto:jmcfree@lasallehs.org">jmcfree@lasallehs.org</a>
Duane Norris – Meet Coordinator, Distance, Relays & Statistics	<a href="mailto:dnorris@lasallehs.org">dnorris@lasallehs.org</a>
Bryce Shaw '11 – Discus and Shot Put	<a href="mailto:bshaw@lasallehs.org">bshaw@lasallehs.org</a>
David Shaw P '07, '11, '13 – Pole Vault, Discus and Shot Put, Weight Training and Conditioning	<a href="mailto:dshaw@lasallehs.org">dshaw@lasallehs.org</a>

For updates and other info on La Salle Track & Field: <http://www.frejoytf.com>  
 Photos: <https://lasalletrackfieldcrosscountry.shutterfly.com/> password: lasallet&f  
 For information on California High School Track & Field: <http://www.prepcaltrack.com/>

