



2022 La Salle Cross Country Schedule (9/19/2022)



Schedule & All Start Times Subject to Change

Blue and/or * = League Meet	Boy's – Del Rey League
	Girl's – Camino Del Rey League
Letter Q = Qualifying Individuals	<i>Italics = Invitational Meets</i>

Date	Day	Opponent or Meet	Location	Start	Depart
07/05	Tues	Summer Workouts Begin	La Salle H.S. – Kohorst Field	?	
07/09	Sat	Athletic Physicals (\$25)	La Salle H.S. – Band & PE Rm.	9 a.m. – 1 p.m.	
07/23	Sat	La Serna High School 2 Mile All – Comers Series #2 (\$5)	La Serna HS, Whittier	8:00 a.m.	
08/06	Sat	La Serna High School 2 Mile All – Comers Series #3 (\$5)	La Serna HS, Whittier	8:00 a.m.	
08/11	Th	College of the Canyons All – Comers Series	College of the Canyons, Valencia	5:00 p.m.	
08/15	Mon	1st Day of Regular Practice Schedule	La Salle H.S., Kohorst Field	3:00 p.m.	
08/20	Sat	La Serna High School 2 Mile All – Comers Series #4 (\$5)	La Serna HS, Whittier	8:00 a.m.	
09/03	Sat	<i>2022 Fastback Shootout</i> <i>(hosted by El Monte Arroyo H. S.)</i>	<i>Mount San Antonio CC, Walnut, CA</i>	<i>7:20 a.m.</i>	<i>5:15 a.m.</i>
09/10	Sat	<i>36th Annual Rosemead XC Invitational</i>	<i>Rosemead High School</i>	<i>3:15 p.m.</i>	<i>1:15 p.m.</i>
09/17	Sat	<i>42nd Annual Mt. Carmel ASCIS XC Invitational</i>	<i>Balboa Park, San Diego</i>	<i>12:25 p.m.</i>	<i>8:15 a.m.</i>
09/20	Tues	*Camino Del Rey Association Invitational	Heartwell Park, Long Beach	1:00 p.m.?	10:30 a.m.
10/01	Sat	<i>2022 St. Paul Cross Country Invitational</i>	<i>Hollydale Park, South Gate</i>	<i>8:00 a.m.</i>	<i>5:45 a.m.</i>
10/08	Sat	<i>36th Annual Santa Clarita Valley XC Invitational</i>	<i>College of the Canyons, Valencia</i>	<i>8:00 a.m.</i>	<i>?</i>
10/11	Mon	*Camino Del Rey Association Dual Meets	La Mirada County Park, La Mirada	1:00 p.m.	10:30 a.m.
10/15	Sat	<i>34th Annual Bell Gardens Cross Country Invitational</i>	<i>Eldorado Park East, Long Beach</i>	<i>8:00 a.m.</i>	<i>5:30 a.m.</i>
10/21	Fri	<i>73rd Annual Mt. SAC Cross Country Invitational</i>	<i>Mount San Antonio CC, Walnut, CA</i>	<i>12:00 p.m.</i>	<i>9:45 a.m.</i>
11/01	Tues	*Camino Real/Del Rey League Finals	Hollydale Park, South Gate	1:00 p.m.	10:45 a.m.
10/28	Fri	Senior Recognition Ceremony	Atrium	4:30 p.m.	
11/11	Fri	CIF-SS Division IV Prelims	<i>Mount San Antonio CC, Walnut, CA</i>	TBA	
11/19	Sat	CIF-SS Division IV Finals	<i>Mount San Antonio CC, Walnut, CA</i>	8:05 a.m.	
TBA	Tues or Wed	Annual Cross Country Awards Banquet	TBA	TBA	
11/26-27	Fri-Sat	CIF State Finals	Woodward Park, Fresno CA	TBD	



Coaches from l to r: Joseph Blackman '89, Austin Williams '09, Duane Norris

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

For La Salle schedule updates and other cross country information: <http://www.frejoytf.com/>
Photos: <https://lasalletrackfieldcrosscountry.shutterfly.com/>

For Information on California High School Cross Country/Track and Field: <http://www.prepcaltrack.com/>