

LA SALLE TRACK & FIELD 2024 SCHEDULE (REV. 11/2/2023)

= OVERNIGHT

Q = QUALIFYING

* = LEAGUE MEET

Date	Day	Time	Opponent/Meet	Location	
01/16	Tues	3:00 p.m.	Season Practice Begins	La Salle, Kohorst Field	All
01/27	Sat	8:00 a.m.	California High School All-Comers	California HS, Whittier	All
02/07	Wed	7:00 p.m.	Zoom Parent Meet	CPU	All
02/10	Sat	8:00 a.m.	Rosemead All-Comers	Rosemead H.S.	All
02/17	Sat.	10:00 a.m.	Arcadia Mini – Invitational <small>(Arcadia, La Salle, Crescenta Valley, Garfield, Glendale, Marshal, Temple City)</small>	Arcadia H.S.	All
02/22	Th	3:00 p.m.	Quad Meet <small>(La Salle, La Serna, Norwalk and St. Paul)</small>	La Serna HS, Whittier	All
02/24	Sat	9:00 a.m.	2024 Marie Smith/Malibu HS Invitational	Malibu High School Track	All
03/01-02	Fri/Sat	4 p.m./8 a.m.	Condor Invitational & Distance Carnival	California HS, Whittier	All
03/06	Wed	3:00 p.m.	*Dual v La Puente Bishop Amat	Bishop Amat, La Puente	All
03/09	Sat	8:00 a.m.	12th Annual Rosemead Invitational <small>(host Rosemead H.S.)</small>	Rosemead HS	All
03/13	Wed	3:00 p.m.	*Dual v Gardena Junipero Serra	Serra HS, Gardena	All
03/16	Sat	9:00 a.m.	Cravon Gillespie-Monrovia Wildcats Invitational	Monrovia H.S.	All
03/21	Tues	3:00 p.m.	*Dual v Gardena Junipero Serra	La Salle, Kohorst Field	All
03/22-23	Fri/Sat	3 p.m./8:00 a.m.	77th Annual Pasadena Games	South Pasadena H. S.	
03/26	Tues	5:00 p.m.	Senior Recognition Ceremony	Atrium	All
03/27	Wed	3:00 p.m.	*Dual v Los Angeles Cathedral/Inglewood St. Mary's Academy & Lakewood St. Joseph	La Salle	All
03/28-04-07	Tu-Th	TBA	Spring Break (Workouts 04/02, 03 & 04)	La Salle Kohorst Field	All
03/31	Sat	TBA	Yorba Linda Invitational	Yorba Linda HS	All
04/05-06	Fri/Sat		56th Annual Arcadia Invitational	Arcadia HS	Q
04/06	Sat	8:45 a.m.	10th Ocean View Small Schools Invitational	Ocean View HS, Huntington Beach	All
04/13	Sat	9 a.m.	104rd Annual Russell Cup Invitational	Carpinteria HS, Carpinteria	Q
04/15	Mon	7:00 p.m.	Del Rey League Seeding Meeting	Zoom Meeting	
04/17	Wed	4:00 p.m.	*Del Rey Lg. Prelims	TBD	All
04/24	Wed	4:00 p.m.	*Del Rey Lg. Finals	TBD	Q
05/04	Sat.	12:00 p.m.	CIF D-4 Prelims	TBD	Q
05/11	Sat.	12:00 p.m.	CIF All-Division Finals	Moorpark H S	Q
05/18	Sat	4:00 p.m.	CIF-SS Masters Meet	Moorpark H S	Q
05/19	Sun	12:00 p.m.	T & F Awards Banquet	Dining Hall	All
05/24	Fri.	TBD	# CIF State Prelims	Clovis Buchanan H.S.	Q
05/25	Sat.	TBD	CIF State Finals	Clovis Buchanan H.S.	Q

Track & Field Coaching Staff

Joe Blackman '89 – LJ, TJ and Sprints	Head Coach	jblackman@lasallehs.org
Anthony Holyfield – HJ, Strength & Conditioning	Assistant Coach	aholyfield@lasallehs.org
Kjersti Housman-Holyfield '04	Coach Emeritus	kholyfield@lasallehs.org
Ken Keeler '01 - PV	Assistant Coach	kkeeler@lasallehs.org
Nick Norman	Assistant Coach	nnorman@lasallehs.org
Jalissa McFee - Hurdles	Assistant Coach	jmcfee@lasallehs.org
Duane Norris – Distance, Relays, Meet Mgr., Stats	Assistant Coach	dnorris@lasallehs.org
David Shaw P '07, '11, '13 – Throws, PV	Assistant Coach	dshaw@lasallehs.org
Michael Stumpf – Throws	Assistant Coach	mstumpf@lasallehs.org
Austin Williams '09	Assistant Coach	awilliams@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



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

