



2021 La Salle Cross Country Schedule

Schedule & All Start Times Subject to Change



Blue and/or * = League Meet

Letter Q = Qualifying Individuals

Boy’s & Girl’s – Del Rey League

Italics = Invitational Meets

Date	Day	Opponent or Meet	Location	Start	Level
06/28	Mon	Summer Workouts Begin	La Salle H.S. – Kohorst Field	6:00 a.m.	All
07/10	Sat	Athletic Physicals	La Salle H.S. – Band & PE Rm.	9 a.m. – 1 p.m.	
08/07	Sat	La Serna High School 2 Mile All – Comers Series #3 (\$5)	La Serna HS, Whittier	8:00 a.m.	All
08/16	Mon	1st Day of Regular Practice Schedule	La Salle H.S., Kohorst Field	3:00 p.m.	All
08/07	Sat	La Serna High School 2 Mile All – Comers Series#4 (\$5)	La Serna HS, Whittier	8:00 a.m.	All
08/31	Tues	XC Yearbook Photo Day	La Salle Amphitheatre	3:30 p.m.	All
09/04	Sat	2021 Fastback Shootout (hosted by El Monte Arroyo H. S.)	Mount San Antonio CC, Walnut, CA	7:20 a.m.	All
09/11	Sat	36 th Annual Rosemead XC Invitational	Rosemead High School	3:15 p.m.	All
09/21	Tues	Team Pasta Feed (subject to approval)	Atrium	5:30 – 7:15 p.m.	All
09/22	Wed	*Camino Del Rey Association Invitational	Hollydale Park, South Gate	1:00 p.m.	All
09/25	Sat	47 th Annual Bellermine Sacred Heart Invitational	Griffith Park, Los Angeles	7:30 a.m.	All
10/09	Sat	36 th Annual Santa Clarita Valley XC Invitational	Castiac Lake (1 st Choice) or Central Park	8:00 a.m.	All
10/12	Tues	*Camino Del Rey Association Dual Meets	Hollydale Park, South Gate	1:00 p.m.	All
10/22	Fri	73 rd Annual Mt. SAC Cross Country Invitational	Mount San Antonio CC, Walnut, CA	12:00 p.m.	All
10/30	Sat	*Camino Real/Del Rey League Finals	St. Pius/St. Mathias HS, Downey	7:30 a.m.	All
11/12-13	Fri or Sat	CIF-SS Division IV Prelims	Mount San Antonio CC, Walnut, CA	TBA	Q
11/20	Sat	CIF-SS Division IV Finals	Mount San Antonio CC, Walnut, CA	TBA.	Q
11/23 or 24	Tues or Wed	Annual Cross Country Awards Banquet	L a S a l l e A t r i u m	TBA	All
11/26-27	Fri-Sat	CIF State Finals	Woodward Park, Fresno CA	TBD	Q



Coaches from l to r: Anthony Holyfield, Kjersti Holyfield, Duane Norris, Joseph Blackman

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/>

CROSS COUNTRY COACHING STAFF

Kjersti Housman - Holyfield ‘04	Head Coach	kholyfield@lasallehs.org or 626/696-4350
Duane Norris	Assistant Coach/Stats	dnorris@lasallehs.org
Joseph Blackman ‘89	Assistant Coach	jblackman@lasallehs.org
Anthony Holyfield	Assistant Coach	aholyfield@lasallehs.org