

LA SALLE TRACK & FIELD 2019 SCHEDULE (REV. 3/10/2019)

= OVERNIGHT

Q = QUALIFYING

* = LEAGUE MEET

Date	Day	Time	Opponent/Meet	Location	
?	Tu	6:00 p.m.	Parent/Guardian Meeting	Dining Hall	Parents
01/14	Mon	3:00 p.m.	Season Practice Begins	La Salle, Kohorst Field	All
01/26	Sat	8:00 a.m.	Rosemead HS All-Comers	Rosemead HS, Rosemead	All
02/09	Sat	8:00 a.m.	California HS All-Comers	California HS, Whittier	All
02/16	Sat.	10:00 a.m.	Arcadia Mini – Invitational <i>(Arcadia, La Puente Bishop Amat, La Canada, San Gabriel, Montebello Schurr and Temple City)</i>	Arcadia H.S.	All
02/20	Wed	3:15 p.m.	Fun Day Meet v Norwalk, Whittier Christian & Santa Fe Springs St. Paul	St. Paul, Santa Fe Springs	All
02/26	Tues	3:15 p.m.	Claremont, Damien/St. Lucy's	Claremont H.S.	All
03/01-02	Fri – Sat	TBA	9th Annual Rosemead Distance Carnival & Invitational <i>(host Rosemead H.S.)</i>	Rosemead HS	Rain to 03/29-30
03/06	Wed	3:15 p.m.	*Dual Meet v La Puente Bishop Amat	Bishop Amat, La Puente	All
03/09	Sat	9 a.m.	2019 St. Paul Classic	St. Paul, Santa Fe Springs	
03/11	Mon	3:15 p.m.	*Dual Meet v La Puente Bishop Amat	Bishop Amat, La Puente	Rescheduled from 03/06 All
03/13	Wed	2:30 p.m.	*Dual v Gardena Junipero Serra	Junipero Serra HS, Gardena	All
03/16	Sat	9:00 a.m.	2019 Marie Smith/Malibu HS Invitational	Malibu High School Track	
03/20	Wed	2:30 p.m.	*Dual v Torrance Bishop Montgomery	La Salle, Kohorst Field	All
03/22-23	Fri - Sat	10:00 a.m.	10th Escondido Calvin Christian Small Schools Invitational <i>(sanctioned by Calvin Christian)</i>	Escondido H. S.	
03/27	Wed	2:30 p.m.	*Dual v Los Angeles Cathedral/ Inglewood St. Mary's Academy	La Salle, Kohorst Field	All
03/29-30	Fri – Sat	TBA	9th Annual Rosemead Distance Carnival & Invitational <i>(host Rosemead H.S.)</i>	Rosemead HS	Rescheduled from 03/01-02
04/06	Sat	8:45 a.m.	7th Ocean View Small Schools Invitational	Ocean View HS, Huntington Beach	
04/08	Mon	6:30 p.m.	Del Rey League Seeding Meeting	Cathedral High School	Coaches
04/10	Wed	3:00 p.m.	*Del Rey Lg. Prelims	St. Paul HS, Santa Fe Springs	All
04/13	Sat	9 a.m.	100th Annual Russell Cup Invitational	Carpinteria HS, Carpinteria	
04/17	Th	4:00 p.m.	*Del Rey Lg. Finals	St. Paul HS, Santa Fe Springs	Q
05/04	Sat.	12:00 p.m.	CIF D-4 Prelims	Carpenteria H.S.	Q
05/11	Sat.	12:00 p.m.	CIF All-Division Finals	Cerritos College, Norwalk	Q
05/18	Sat	4:00 p.m.	CIF-SS Masters Meet	Cerritos Col, Norwalk	Q
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

Chris Ring '01 - Head Coach, Pole Vault, Co – Sprints, Weight Training & Conditioning	cring@lasallehs.org
Joe Blackman '89 - Long & Triple Jump	jblackman@lasallehs.org
Anthony Holyfield – High Jump	aholyfield@lasallehs.org
Kjersti Housman-Holyfield '04 – Co-Distance/Hurdles Coach	kholyfield@lasallehs.org
Jalissa McFee - Sprints/Hurdles	jmcfree@lasallehs.org
Duane Norris – Meet Coordinator, Co-Distance, Relays & Stats	dnorris@lasallehs.org
David Shaw P '07, '11, '13 - Discus & Shot Put, Weight Training & Conditioning	dshaw@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/>



Coaching Staff (from left to right) Kjersti Holyfield, Fred Riley (RIP), Chris Ring, David Shaw, Duane Norris, Joe Blackman



SUNDAY, MARCH 10, 2019