

LAHS Track & Field 2019

**** Weekday Meets are MANDATORY**

NON-LEAGUE MEETS | **LEAGUE MEETS** | **INVITATIONALS**

VOLUNTEERS NEEDED FOR HOME MEETS

Sign-up to volunteer through the [SignUp](#) button on the homepage of our website: www.losaltrack.com

FEB

5	Tue	1:45 pm	After school spring semester practice begins	Los Alamitos HS
5	Tue	6:30 pm	Mandatory Parent Meeting	LAHS - Room153/154
→ 16	Sat	9:00 am	Brea 4-WAY	Yorba Linda HS
23	Sat	9-10:30 am	Donuts / Meet & Greet / Drive up & Drop Off	11092 Essex Dr. LA

MAR

1	Fri	2:00 pm	**GRIFFIN RELAYS	Los Alamitos HS
6	Wed	2:45 pm	** vs. Servite and Rosary	Los Alamitos HS
7	Thur	2:00 pm	Team Photo – Wear Uniform	Los Alamitos HS
8	Fri	TBD	Redondo NIKE Distance & Throws Carnival	Redondo Union HS
9	Sat	TBD	Redondo NIKE Track & Field Invitational	Redondo Union HS
13	Wed	2:45 pm	** vs. Huntington Beach	Huntington Beach HS
15-16	Fri-Sat	TBA	California Relays	Cerritos College
16	Sat	TBA	Laguna Beach / Asics Trophy Invitational	Laguna Beach HS
20	Wed	2:45 pm	** vs. Newport Harbor	Los Alamitos HS
22	Fri	TBA	Beach Cities Distance Carnival	Huntington Beach HS
23	Sat	TBA	Beach Cities Track & Field Invitational	Huntington Beach HS
26	Tues	4:00 pm	All-Team Pasta Party	Los Alamitos HS
27	Wed	2:45 pm	** vs. Fountain Valley	Los Alamitos HS

APR

3	Wed	2:45 pm	** vs. Corona del Mar	Los Alamitos HS
5-6	Fri-Sat	TBA	Arcadia Invitational	Arcadia HS
6	Sat	6:30 am	ALL T&F ATHLETES ARE REQUIRED TO VOLUNTEER at the RUN SEAL BEACH 5/10K!	Meet Coach at the Seal Beach Pier
10	Wed	2:00 pm	Senior Recognition	Los Alamitos HS
10	Wed	2:45 pm	** vs. Edison	Los Alamitos HS
13	Sat	8:00 am	Orange Co. Championships	Mission Viejo HS
17	Wed	4:00 pm	All-Team Pasta Party	Location TBD
18	Thur	TBA	** Sunset Conference Surf Division Prelims	Los Alamitos HS
19-22	Fri-Mo		TEAM DOWN TIME – NO PRACTICE	
23-25	T-Th	TBA	No School – Spring Break – Practice TBA	
26	Fri	TBA	**Sunset Conference (Surf & Wave) Finals	Los Alamitos HS

MAY

4	Sat	TBA	CIF-Southern Section Division I Prelims	Trabuco Hills HS
11	Sat	TBA	CIF-Southern Section Division I Finals	El Camino College
14	Tues	5:45 pm	LAHS Track & Field BANQUET	Grand Event Cntr LB
15	Wed	2:00 pm	Middle School Track Meet	Los Alamitos HS
18	Sat	TBA	CIF-Southern Section Masters	El Camino College
24-25	Fri-Sat	TBA	CIF-State Championships	Buchanan HS, Clovis

HEAD TRACK & FIELD COACH NATHAN HOWARD: cell (562) 544-1572 | email LATF@losal.org