

LAHS Track & Field 2018

**** 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

updated 3-10-2018

JAN

31 Wed 6:30 pm **Mandatory Parent Meeting** LAHS - Room 153/154

FEB

1 Thurs 1:45 pm After school spring semester practice begins Los Alamitos HS

3 Sat 9:00 am **Pre-Season Winter Qualifier Meet** **Los Alamitos HS**

24 Sat 9am-Noon **Drive-up, Drop-Off / Coaches' Meet & Greet**
 • Snack Shack Donation Drop-Off
 • Uniform Pick-Up
 • Griffin Gear Apparel Pick-Up & Purchase
 • Coffee/Donuts & Meet the Coaches
 Booster President
 Lori Winder's home
 11092 Essex Drive
 Los Alamitos

MAR

2 Fri 2:00 pm **** Griffin Relays** **Los Alamitos HS**

7 Wed 2:45 pm **** Servite and Rosary** **Los Alamitos HS**

8 Thurs 2:00 pm **Team Photos - Wear Uniform** Los Alamitos HS

9 Fri TBA **Redondo NIKE Distance & Throws Carnival** Redondo Union HS

10 Sat TBA **Redondo NIKE Track & Field Invitational** Redondo Union HS

14 Wed 2:45 pm **** vs. Troy** **Los Alamitos HS**

17 Sat TBA **Triton/Asics Invitational** San Clemente HS

17 Sat TBA **Laguna Beach / Asics Trophy Invitational** Laguna Beach HS

20 Tues 4:00 pm **All-Team Pasta Party** TBA

21 Wed 2:45 pm **** Fountain Valley** Fountain Valley HS

23 Fri TBA **Beach Cities Distance Carnival** Huntington Beach HS

24 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

24 Sat TBA **Beach Cities Track & Field Invitational** Huntington Beach HS

28 Wed 2:00 pm **** Edison and Newport Harbor** Newport Harbor HS

APR

2-6 M-F Spring Break (Practice TBA)

6-7 Fri-Sat TBA **Arcadia Invitational** Arcadia HS

11 Wed 2:30 pm **Los Al T&F Senior Recognition** **LAHS Track**

11 Wed 2:45 pm **** Marina** **Los Alamitos HS**

14 Sat 8:00 am **Orange Co. Championships** Mission Viejo HS

18 Wed 2:45 am **** Huntington Beach** Huntington Beach HS

20-21 Fri-Sat TBA **Mt. SAC Relays** El Camino College

26 Thurs 4:00 pm **All-Team Pasta Party** TBA

27 Fri TBA **** Sunset League Prelims** Huntington Beach HS

MAY

4 Fri TBA **** Sunset League Finals** Huntington Beach HS

12 Sat TBA **CIF-Southern Section Division I Prelims** Trabuco Hills HS

19 Sat TBA **CIF-Southern Section Division I Finals** El Camino College

25 Fri TBA **CIF-Southern Section Masters** El Camino College

29 Tues 5:45 pm **LAHS Track & Field BANQUET** Grand, Long Beach

JUN

1-2 Fri-Sat TBA **CIF-State Championships** Buchanan HS, Clovis

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