

# LA SALLE TRACK & FIELD 2020 SCHEDULE (REV. 1/23/2020)

# = **OVERNIGHT**

Q = **QUALIFYING**

\* = **LEAGUE MEET** □

Date	Day	Time	Opponent/Meet	Location	
01/08	Tues	6:30 p.m.	Parent Meeting	Dining Hall	All
01/13	Mon	3:00 p.m.	Season Practice Begins	La Salle, Kohorst Field	All
01/18	Sat	9:00 a.m.	Claremont Winter Champs Qualifier Meet and All-Comers (\$12)	Claremont H.S.	All
01/24	Fri	TBA	A Snail's Pace Shoe Night for L S includes spikes, practice and running flats, etc.	Monrovia	
01/25	Sat	9:00 a.m.	Arcadia Winter Champs Qualifier and All-Comers (\$12)	Arcadia H.S.	All
01/28	Tues	6:00 p.m.	Union Station Homeless Services, Volunteers	Pasadena	
02/01	Sat	9:00 a.m.	Rosemead All-Comers	Rosemead H.S.	All
02/08	Sat	9:00 a.m.	La Mirada All-Comers (\$5)	La Mirada HS, La Mirada	
02/15	Sat	9:00 a.m.	St. Paul HS Last Chance All-Comers	St. Paul, Santa Fe Springs	All
02/22	Sat.	10:00 a.m.	Arcadia Mini – <i>Invitational</i> <small>(Arcadia, La Puente Bishop Amat, La Canada, San Gabriel, Montebello Schurr and Temple City)</small>	Arcadia H.S.	All
02/26	Wed	3:15 p.m.	Fun Day Meet v Norwalk, Whittier Christian & Santa Fe Springs St. Paul	St. Paul, Santa Fe Springs	All
<b>02/29</b>	<b>Sat</b>	<b>9:00 a.m.</b>	<b>2020 Marie Smith/Malibu HS Invitational</b>	<b>Malibu High School Track</b>	<b>Sat</b>
<b>03/07</b>	<b>Sat</b>	<b>9 a.m.</b>	<b>7<sup>th</sup> Annual St. Paul Classic</b>	<b>St. Paul, Santa Fe Springs</b>	
<b>03/13-14</b>	<b>Fri-Sat</b>	<b>TBD</b>	<b>9<sup>th</sup> Annual Rosemead Invitational &amp; Distance Carnival</b>	<b>Rosemead H.S.</b>	
03/18	Wed	3:15 p.m.	*Dual Meet v La Puente Bishop Amat	La Salle, Kohorst Field	All
03/25	Wed	3:15 p.m.	*Dual v Gardena Junipero Serra	La Salle, Kohorst Field	All
<b>03/27-28</b>	<b>Fri - Sat</b>	<b>10:00 a.m.</b>	<b>11<sup>th</sup> Annual Escondido Calvin Christian Small Schools Invitational</b> <small>(sanctioned by Calvin Christian)</small>	<b>Escondido H. S.</b>	
04/01	Wed	3:15 p.m.	*Dual v Torrance Bishop Montgomery	La Salle, Kohorst Field	All
04/08	Wed	3:15 p.m.	*Dual Meet v Los Angeles Cathedral/ Inglewood St. Mary's Academy	Cathedral, Los Angeles	All
<b>04/11</b>	<b>Sat</b>	<b>8:45 a.m.</b>	<b>8<sup>th</sup> Ocean View Small Schools Invitational or Arcadia Invitational</b>	<b>Ocean View HS, Huntington Beach/ Arcadia HS</b>	
04/09-04/19	Thurs		Spring Break (practice 04/14, 15 & 16)	La Salle, Kohorst Field	All
<b>04/17-18</b>	<b>Fri-Sat</b>	<b>9:00 a.m.</b>	<b>101<sup>st</sup> Russell Cup Small Schools Invitational</b>	<b>Carpinteria H.S.</b>	
04/20	Mon	6:30 p.m.	Del Rey League Seeding Meeting	Cathedral H.S.	
04/22	Wed	3:00 p.m.	*Del Rey Lg. Prelims	St. Paul, Santa Fe Springs	All
04/29	Wed	4:00 p.m.	*Del Rey Lg. Finals	St. Paul HS, Santa Fe Springs	Q
05/09	Sat.	12:00 p.m.	CIF D-4 Prelims	Carpinteria H.S.	Q
05/16	Sat.	12:00 p.m.	CIF All-Division Finals	El Camino College, Torrance	Q
05/17	Sun	1:00 p.m.	Annual Track & Field Awards Banquet	Dining Hall	Q
05/22	Fri.	4:00 p.m.	CIF-SS Masters Meet	El Camino College, Torrance	Q
05/29	Fri.	TBD	# CIF State Prelims	Clovis Buchanan H.S.	Q
05/30	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	jmcfee@lasallehs.org
Duane Norris – Meet Coordinator, Co-Distance, Relays & Statistics	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> Photos: <https://lasalletrackfieldcrosscountry.shutterfly.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

**THURSDAY, JANUARY 23, 2020**