

LA SALLE TRACK & FIELD 2023 SCHEDULE (REV. 2/12/2023)

= OVERNIGHT

Q = QUALIFYING

* = LEAGUE MEET

Date	Day	Time	Opponent/Meet	Location	
01/17	Tues	2:45 p.m.	Season Practice Begins	La Salle, Kohorst Field	All
01/21	Sat	8:00 a.m.	La Serna All-Comers	La Serna HS, Whittier	All
01/28	Sat	8:00 a.m.	California High School All-Comers	California HS, Whittier	All
02/04	Sat	10:00 a.m.	Bell Gardens All-Comers	Bell Gardens HS	All
02/08	Wed	7:00 p.m.	Zoom Parent Meet	CPU	All
02/11	Sat	8:00 a.m.	Rosemead All-Comers	Rosemead H.S.	All
02/18	Sat.	10:00 a.m.	Arcadia Mini – Invitational <small>(Arcadia, La Salle, Crescenta Valley, Garfield, Glendale, Marshal, Temple City)</small>	Arcadia H.S.	All
02/23	Th	3:00 p.m.	Quad Meet <small>(La Salle, La Serna, Norwalk and St. Paul)</small>	La Serna HS, Whittier	All
02/25	Sat	9:00 a.m.	2023 Marie Smith/Malibu HS Invitational	Malibu High School Track	All
03/03-04	Fri/Sat	4 p.m./8 a.m.	Condor Invitational & Distance Carnival	California HS, Whittier	All
03/11	Sat	8:00 a.m.	11th Annual Rosemead Invitational <small>(host Rosemead H.S.)</small>	Rosemead HS	All
03/15	Wed	3:00 p.m.	*Dual Meet v La Puente Bishop Amat	La Salle, Kohorst Field	All
03/18	Sat	9:00 a.m.	Cravon Gillespie-Monrovia Wildcats Invitational	Monrovia H.S.	All
03/18	Sat	3:00 p.m.	Arcadia Distance Challenge	Arcadia H.S.	Q
03/21	Tues	5:00 p.m.	Senior Recognition Ceremony	Atrium	All
03/22	Wed	3:00 p.m.	*Dual v Gardena Junipero Serra	La Salle, Kohorst Field	All
03/29	Wed	3:00 p.m.	*Dual v Torrance Bishop Montgomery	@ Bishop Host TBA (West HS, Torrance?)	All
03/30-04/01	Fri/Sat	10:00 a.m.	Calvin Christian Small Schools Invitational	Escondido HS, Escondido	Canceled
04/05	Wed	3:00 p.m.	*Dual v Los Angeles Cathedral/ Inglewood St. Mary's Academy	Cathedral H S, Los Angeles	All
04/17	Mon	7:00 p.m.	Del Rey League Seeding Meeting	Z o o m M e e t i n g	Coaches
04/06-04/16			Spring Break (Workouts 04/11, 12 & 13)	La Salle Kohorst Field	All
04/07-08	Fri/Sat		55th Annual Arcadia Invitational	Arcadia HS	Q
04/08	Sat	8:45 a.m.	9th Ocean View Small Schools Invitational	Ocean View HS, Huntington Beach	All
04/16	Sat	9 a.m.	103rd Annual Russell Cup Invitational	Carpinteria HS, Carpinteria	Q
04/17	Mon	7:00 p.m.	Del Rey League Seeding Meeting	Z o o m M e e t i n g	
04/19	Wed	4:00 p.m.	*Del Rey Lg. Prelims	TBD	All
04/26	Wed	4:00 p.m.	*Del Rey Lg. Finals	TBD	Q
05/06	Sat.	12:00 p.m.	CIF D-4 Prelims	TBD	Q
05/13	Sat.	12:00 p.m.	CIF All-Division Finals	Moorpark H S	Q
05/20	Sat	4:00 p.m.	CIF-SS Masters Meet	Moorpark H S	Q
05/21	Sun	12:00 p.m.	T & F Awards Banquet	Dining Hall	All
05/26	Fri.	TBD	# CIF State Prelims	Clovis Buchanan H.S.	Q
05/27	Sat.	TBD	CIF State Finals	Clovis Buchanan H.S.	Q

Track & Field Coaching Staff

Joe Blackman '89 – LJ, TJ and Sprints	Head Coach	jblackman@lasallehs.org
Anthony Holyfield – HJ, Strength & Conditioning	Assistant Coach	aholyfield@lasallehs.org
Kjersti Housman-Holyfield '04	Coach Emeritus	kholyfield@lasallehs.org
Ken Keeler '01 - PV	Assistant Coach	kkeeler@lasallehs.org
Nick Norman	Assistant Coach	nnorman@lasallehs.org
Jalissa McFee - Hurdles	Assistant Coach	jmcfee@lasallehs.org
Duane Norris – Distance, Relays, Meet Mgr, Stats	Assistant Coach	dnorris@lasallehs.org
David Shaw P '07, '11, '13 – Throws, PV	Assistant Coach	dshaw@lasallehs.org
Michael Stumpf – Throws	Assistant Coach	mstumpf@lasallehs.org
Austin Williams '09	Assistant Coach	awilliams@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/>

Photos: <https://lasalletrackfieldcrosscountry.shutterfly.com/> password: lasallet&f



Coaching Staff (from left to right) Duane Norris, David Shaw, Anthony Holyfield, Kjersti Holyfield, Jalissa Williams-McFee, Bryce Shaw and Joseph Blackman

