

LA SALLE TRACK & FIELD 2018 SCHEDULE (REV. 2/2/2018)

= OVERNIGHT

Q = QUALIFYING

* = LEAGUE MEET

Date	Day	Time	Opponent/Meet	Location	
02/05	Mon	6:00 p.m.	Parent/Guardian Meeting	Dining Hall	Parents
02/12	Mon	3:00 p.m.	Season Practice Begins	La Salle, Kohorst Field	All
02/15	Th	6:00 p.m.	Team Night	Snail's Pace, Monrovia	All
02/20	Tu	3:00 p.m.	Uniform Distribution	La Salle, Kohorst Field	All
02/21	Wed	3:00 p.m.	Team Photo	La Salle, Kohorst Field	All
02/24	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
02/28	Wed	3:15 p.m.	Fun Day Meet v Norwalk, Whittier Christian & Santa Fe Springs St. Paul	St. Paul, Santa Fe Springs	All
03/02	Fri	6:00 p.m.	Pizza/Movie Extravaganza	Amphitheatre, La Salle	All
03/07	Wed	3:15 p.m.	Claremont, Damien/St. Lucy's	Claremont H.S.	All
03/09-10	Fri – Sat	TBA	8th Annual Rosemead Distance Carnival & Invitational (host Rosemead H.S.)	Rosemead HS	
03/14	Wed.	2:30 p.m.	*Dual v Gardena Junipero Serra	La Salle, Kohorst Field	All
03/17	Sat	9:00 a.m.	2018 Marie Smith/Malibu HS Invitational	Malibu High School Track	
03/21	Wed	2:30 p.m.	*Dual v Torrance Bishop Montgomery	West HS, Torrance	All
03/28	Wed	2:30 p.m.	*Dual v Los Angeles Cathedral/Inglewood St. Mary's Academy	Cathedral HS, Los Angeles	All
04/06-07	Fri - Sat	10:00 a.m.	# Escondido Calvin Christian Small Schools Invitational <i>(sanctioned by Calvin Christian)</i>	Escondido H. S.	
04/14	Sat	9:30 a.m.	99th Annual Russell Cup <i>(sanctioned by Carpinteria HS)</i>	Carpinteria HS	
04/17	Tues	6:00 p.m.	Senior Night Pasta Feed	Atrium	All
04/18	Wed	3:15 p.m.	*Dual Meet v La Puente Bishop Amat	La Salle, Kohorst Field	All
04/20-21	Fri-Sat	Fri - 2:30 p.m. Sat - 8:00 a.m.	#24th Annual Skyhawk Invitational	Silverado High School, Las Vegas, NV	
?		6:30 p.m.	Del Rey League Seeding Meeting	St. Paul H. S., Santa Fe Springs	Coaches
04/26	Th	3:00 p.m.	*Del Rey Lg. Prelims	St. Paul H. S., Santa Fe Springs	All
05/03	Th	4:00 p.m.	*Del Rey Lg. Finals	St. Paul H. S., Santa Fe Springs	Q
05/12	Sat.	12:00 p.m.	CIF D-4 Prelims	Carpenteria H.S.	Q
05/19	Sat.	12:00 p.m.	CIF All-Division Finals	Cerritos College, Norwalk	Q
05/20	Sun.	6:30 p.m.	Annual T & F Awards Banquet	Dining Hall, La Salle	All
05/25	Fri.	4:00 p.m.	CIF-SS Masters Meet	Cerritos Col, Norwalk	Q
06/01	Fri.	TBD	# CIF State Prelims	Clovis Buchanan H.S.	Q
06/02	Sat.	TBD	CIF State Finals	Clovis Buchanan H.S.	Q

Track & Field Coaching Staff

Chris Ring '01 - Head Coach, Pole Vault, 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 – Hurdles	kholyfield@lasallehs.org
Duane Norris – Meet Coordinator, Distance, Relays & Stats	dnorris@lasallehs.org
David Shaw P '07, '11, '13 - Discus & Shot Put	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



FRIDAY, FEBRUARY 02, 2018