



2021 La Salle Cross Country Schedule (10/14/2021)



Schedule & All Start Times Subject to Change

Blue and/or * = League Meet	Boy's & Girl's – Del Rey League
Letter Q = Qualifying Individuals	<i>Italics = Invitational Meets</i>

Date	Day	Opponent or Meet	Location	Start	Level
06/28	Mon	Summer Workouts Begin	La Salle H.S. – Kohorst Field	6:00 a.m.	All
07/10	Sat	Athletic Physicals	La Salle H.S. – Band & PE Rm.	9 a.m. – 1 p.m.	
08/07	Sat	La Serna High School 2 Mile All – Comers Series #3 (\$5)	La Serna HS, Whittier	8:00 a.m.	All
08/16	Mon	1st Day of Regular Practice Schedule	La Salle H.S., Kohorst Field	3:00 p.m.	All
08/07	Sat	La Serna High School 2 Mile All – Comers Series#4 (\$5)	La Serna HS, Whittier	8:00 a.m.	All
08/31	Tues	XC Yearbook Photo Day	La Salle Amphitheatre	3:30 p.m.	All
09/04	Sat	<i>2021 Fastback Shootout</i> <i>(hosted by El Monte Arroyo H. S.)</i>	<i>Mount San Antonio CC, Walnut, CA</i>	<i>7:20 a.m.</i>	<i>All</i>
09/11	Sat	<i>36th Annual Rosemead XC Invitational</i>	<i>Rosemead High School</i>	<i>3:15 p.m.</i>	<i>All</i>
09/22	Wed	*Camino Del Rey Association Invitational	Hollydale Park, South Gate	1:00 p.m.	All
09/25	Sat	<i>47th Annual Bellarmine Sacred Heart Invitational</i>	<i>Griffith Park, Los Angeles</i>	<i>7:30 a.m.</i>	<i>All</i>
10/09	Sat	<i>36th Annual Santa Clarita Valley XC Invitational</i>	<i>Castiac Lake (1st Choice) or Central Park</i>	<i>8:00 a.m.</i>	<i>All</i>
10/12	Tues	*Camino Del Rey Association Dual Meets	Hollydale Park, South Gate	1:00 p.m.	All
10/16	Sat	<i>34th Annual Bell Gardens Cross Country Invitational</i>	<i>Eldorado Park East, Long Beach</i>	<i>8:00 a.m.</i>	<i>All</i>
10/22	Fri	<i>73rd Annual Mt. SAC Cross Country Invitational</i>	<i>Mount San Antonio CC, Walnut, CA</i>	<i>12:00 p.m.</i>	<i>All</i>
10/29	Fri	Senior Recognition Ceremony	Atrium	4:30 p.m.	All
11/03	Sat	*Camino Real/Del Rey League Finals	Hollydale Park, South Gate	1:00 p.m.	All
11/12	Fri	CIF-SS Division IV Prelims	<i>Mount San Antonio CC, Walnut, CA</i>	8:30 a.m.	Q
11/20	Sat	CIF-SS Division IV Finals	<i>Mount San Antonio CC, Walnut, CA</i>	8:05 a.m.	Q
11/23 or 24	Tues or Wed	Annual Cross Country Awards Banquet	La Salle Atrium	TBA	All
11/26-27	Fri-Sat	CIF State Finals	Woodward Park, Fresno CA	TBD	Q



Coaches from l to r: Anthony Holyfield, Kjersti Holyfield, Duane Norris, Joseph Blackman

For La Salle schedule updates and other cross country information: <http://www.frejoytf.com/>
Photos: <https://lasalletrackfieldcrosscountry.shutterfly.com/>

For Information on California High School Cross Country/Track and Field: <http://www.prepcaltrack.com/>

CROSS COUNTRY COACHING STAFF

Kjersti Housman - Holyfield '04	Head Coach	kholyfield@lasallehs.org or 626/696-4350
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Joseph Blackman '89	Assistant Coach	jblackman@lasallehs.org
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