



2010 La Salle T & F Schedule (1/12/2010)



All Start Times Subject to Change

Blue and/or * = Del Rey League Meet	** = Overnight Trips
Letter Q = Qualifying Individuals	Italics = Invitational Meets

'09 Date	Day	Opponent or Meet	Location	Start	Level
02/08	Mon - Fri	Official First Day of Practice	La Salle H.S.	3:00 p.m.	All
02/23	Tue	Parent Meeting	P E C l a s s r o o m	6:00 p.m.	All
?02/25	Th	Intra-squad Meet	La Salle H.S.	2:30 p.m.	All
03/06	Sat	<i>Oaks Christian/Village Christian Invitational</i> <i>(Sanctioned by Westlake Village Oaks Christian & Sun Valley Village Christian)</i>	<i>Oaks Christian H.S., Westlake Village</i>	<i>8:30 a.m.</i>	
03/09	Tue	South Pasadena Dual Meet	South Pasadena H.S.	3:30 p.m.	All
03/11	Th	Tri-Meet (Arcadia/Temple City)	Arcadia H.S.	3:15 p.m.	All
03/17	Wed	*Dual Meet vs. Rosemead Don Bosco Tech/ Lakewood St. Joseph	La Salle H.S.	3:15 p.m.	All
03/20	Sat	<i>Chet Nicholson Relays</i>	<i>Norco High School</i>	<i>7:30 a.m.</i>	
03/24	Wed	*Dual Meet vs. Torrance Bishop Montgomery	La Salle H.S.	2:30 p.m.	All
03/27	Sat	<i>Pasadena Games & SG Valley Small Schools Cup</i>	<i>Pasadena City College</i>	<i>8:30 a.m.</i>	
03/31	Wed	*Dual Meet vs. La Puente Bishop Amat	La Salle H.S.	2:30 p.m.	All
04/09-10	FRI - SAT	**4 TH ANNUAL GREENWAY TRACK & FIELD INVITATIONAL	GREENWAY HS, PHOENIX, AZ	10:00 a.m.	
04/14	Wed	*Dual Meet vs. Gardena Junipero Serra	La Salle H.S.	2:30 p.m.	All
04/16-17	FRI - SAT	**9 TH ANNUAL RUSSELL CUP	CARPENTARIA H.S.	9:30 A.M.	
04/21	Wed	*Dual Meet vs. Los Angeles Cathedral	Cathedral H.S.	3:15 p.m.	All
04/24	Sat	<i>San Gabriel Valley Championships</i>	<i>West Covina H.S.</i>	<i>10:00 a.m.</i>	
04/26	Mon	Camino Del Rey Association Seeding Meeting	Gardena Serra	T B A	Coaches
05/01	Sat	*Del Rey League Preliminaries	Serra H.S., Gardena	1 p.m.	All
05/06	Th	*Del Rey League Finals	Serra H.S., Gardena	4:30 p.m.	Q
05/15	Sat	CIF Division IV Prelims	Carpinteria H.S.	12:00 p.m.	Q
05/22	Sat	CIF Division IV Finals	Cerritos College, Norwalk	12:00 p.m.	Q
05/23	Sun	Annual T & F Awards Banquet	La Salle Cafeteria	4:30 p.m.	All
05/28	Fri	CIF-SS Masters Meet	Cerritos College, Norwalk	6:30 p.m.	Q
06/04	Fri	CIF State Prelims	Buchanan H.S., Clovis	T B A	Q
06/05	Sat	CIF State Finals	Buchanan H.S., Clovis	T B A	Q

For La Salle schedule updates and other track information: <http://w3.lasallehs.org/sports/track/index.htm>

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

Track & Field Coaching Staff

Fred Riley P'07 - Head Coach, Sprints, Relays				friley@lasallehs.org or 626/696-4357	
Joe Blackman '89 - Long & Triple Jump					
Dave Desmond d-desmond@lasallehs.org		Discus & Shot Put	David Shaw P '07, '11, '13		Pole Vault
Eric Carlos '05			Chris Ring '01 cring@lasallehs.org		Pole Vault Assistant, Stretching Coordinator
Duane Norris - Meet Coordinator, Distance, Relays & Stats				dnorris@lasallehs.org	
Antoine Peterson P'11, '13 - Sprints		apeterson@lasallehs.org	Kjsteri Housman '04 - High Jump, Hurdles		khousman@lasallehs.org
Mytrang DaSilva P'03, '06, '10		Parent Coordinator		Mytrang.DaSilva@transamerica.com	

Tuesday, January 12, 2010