



# 2011 La Salle T & F Schedule (1/21/2011)



All Start Times Subject to Change

Blue and/or * = Del Rey League Meet	** = Overnight Trips
CD = Coaches Decision	Italics = Invitational Meets

'11 Date	Day	Opponent or Meet	Location	Start	Level
02/07	Mon - Fri	Official First Day of Practice	La Salle H.S.	3:00 p.m.	All
02/23	Wed	Parent Meeting	PE Classroom	6:00 p.m.	All
02/24	Th	Intra-squad Meet	La Salle H.S.	2:30 p.m.	All
02/26	Sat	Azusa - Pacific Track All-Comers Meet	Azusa-Pacific Uni., Azusa	9:00 a.m.	All
03/02	Wed	Pasadena H.S. Dual Meet	Pasadena High School	3:30 p.m.	All
03/05	Sat	<i>Oaks Christian/Village Christian Invitational</i> <i>(Sanctioned by Westlake Village Oaks Christian &amp; Sun Valley Village Christian)</i>	<i>Oaks Christian H.S., Westlake Village</i>	<i>8:30 a.m.</i>	<i>All</i>
03/10	Th	Tri-Meet (Arcadia/Temple City)	Arcadia H.S.	3:15 p.m.	All
03/12	Sat	<i>37<sup>th</sup> Annual Chet Nicholson Relays</i>	<i>Norco High School</i>	<i>7:30 a.m.</i>	<i>All</i>
03/17	Th	Monrovia H. S. Dual Meet	Monrovia High School, Monrovia	3:30 p.m.	All
03/19	Sat	<i>Rosemead Invitational</i>	<i>Rosemead High School</i>	<i>9:00 a.m.</i>	All
03/23	Wed	* Dual Meet vs. Los Angeles Cathedral	La Salle H.S.	2:30 p.m.	All
03/26	Sat	<i>Pasadena Invitational &amp; SG Valley Small Schools Cup</i> <i>(Sanctioned by Pasadena La Salle)</i>	<i>Pasadena City College</i>	<i>8:30 a.m.</i>	<i>CD</i>
03/30	Wed	*Dual Meet vs. Rosemead Don Bosco Tech/ Lakewood St. Joseph	Don Bosco Tech, Rosemead	3:15 p.m.	All
04/06	Wed	*Dual Meet vs. Torrance Bishop Montgomery	La Salle H.S.	2:30 p.m.	All
04/13	Wed	*Dual Meet vs. La Puente Bishop Amat	Bishop Amat, La Puente	3:15 p.m.	All
04/15-16	Fri-Sat	<b>**92<sup>ND</sup> ANNUAL RUSSELL CUP</b> <i>(SANCTIONED BY CARPENTARIA HIGH SCHOOL)</i>	<b>CARPENTARIA H.S.</b>	<b>9:30 A.M.</b>	<b>CD</b>
04/18	Mon	Camino Del Rey Association Seeding Meeting	Serra, Gardena	6:00 p.m.	Coaches
04/20	Wed	*Dual Meet vs. Gardena Junipero Serra	Serra, Gardena	3:15 p.m.	All
04/23	Sat	<i>San Gabriel Valley Championships</i> <i>(Sanctioned by Glendora High School)</i>	<i>West Covina H.S.</i>	<i>10:00 a.m.</i>	<i>CD</i>
05/02	Mon	*Del Rey League Preliminaries	Serra H.S., Gardena	4:00 p.m.	All
05/05	Th	*Del Rey League Finals	Serra H.S., Gardena	4:30 p.m.	Q
05/14	Sat	CIF Division IV Prelims	Carpinteria H.S.	12:00 p.m.	Q
05/21	Sat	CIF Division IV Finals	Cerritos College, Norwalk	12:00 p.m.	Q
05/22	Sun	Annual T & F Awards Banquet	La Salle Cafeteria	4:30 p.m.	All
05/27	Fri	CIF-SS Masters Meet	Cerritos College, Norwalk	6:30 p.m.	Q
06/03	Fri	CIF State Prelims	Buchanan H.S., Clovis	T B A	Q
06/04	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			<a href="mailto:friley@lasallehs.org">friley@lasallehs.org</a> or 626/696-4357
Joe Blackman '89 - Long & Triple Jump	David Shaw P '07, '11, '13	Pole Vault & Throws Asst.	
Dave Desmond - Discus & Shot Put	<a href="mailto:d-desmond@lasallehs.org">d-desmond@lasallehs.org</a>		
Chris Ring '01 - Pole Vault, Stretching Coordinator	<a href="mailto:cring@lasallehs.org">cring@lasallehs.org</a>		
Duane Norris - Meet Coordinator, Distance, Relays & Stats	<a href="mailto:dnorris@lasallehs.org">dnorris@lasallehs.org</a>	Javier Guzman '89 - Sprints, Relays	
Kjersti Housman '04 - High Jump, Hurdles	<a href="mailto:khousman@lasallehs.org">khousman@lasallehs.org</a>		
Mytrang DaSilva P'03, '06, '10	Parent Coordinator	<a href="mailto:Mytrang.DaSilva@transamerica.com">Mytrang.DaSilva@transamerica.com</a>	
Eva Vega P '11	Parent Coordinator	<a href="mailto:evavega7@yahoo.com">evavega7@yahoo.com</a>	

Friday, January 21, 2011