



2008 La Salle T & F Schedule (3/17/2008)



All Start Times Subject to Change

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

'08 Date	Day	Opponent or Meet	Location	Start	Level
02/11	Mon - Fri	CIF Official First Day of Practice	La Salle H.S.	3:00 p.m.	All
02/21	Th	Parent Meeting	P E Classroom	5:30 p.m.	All
02/28	Th	Intra-squad Meet	La Salle H.S.	2:30 p.m.	All
03/06	Th	Tri-Meet (Arcadia/Temple City)	Arcadia H.S.	2:30 p.m.	All
03/08	Sat	<i>Tri-County Small School Invitational (Sanctioned by Thousand Oaks La Reina H.S.)</i>	<i>Moorpark High School</i>	<i>9:00 a.m.</i>	
03/13	Th	*Dual Meet vs. La Puente Bishop Amat	La Salle H.S.	3:15 p.m.	All
03/15	Sat	<i>Michelle Perry Invitational (Hosted by Quartz Hill HS and Lancaster Paraclete High School)</i>	<i>Quartz Hill High School</i>	<i>9:00 a.m.</i>	
03/19	Wed	*Dual Meet vs. Gardena Junipero Serra	La Salle H.S.	3:15 p.m.	All
03/29	Sat	<i>Pasadena Games & SG Valley Small Schools Cup</i>	<i>Pasadena City College</i>	<i>8:30 a.m.</i>	
04/02	Wed	*Dual Meet vs. Los Angeles Cathedral	Gardena Serra H.S.	3:15 p.m.	All
04/04 - 05	Fri - Sat	<i>Stanford Invitational</i>	<i>Stanford University, Palo Alto</i>	<i>T B A</i>	
04/10	Th	*Dual Meet vs. Don Bosco Tech/ Lakewood St. Joseph	La Salle H.S.	3:15 p.m.	All
04/11-12	Fri - Sat	<i>89th Annual Russell Cup</i>	<i>Carpinteria H.S.</i>	<i>T B A</i>	
04/17	Th	*Dual Meet vs. Torrance Bishop Montgomery	Bishop Montgomery H.S., Torrance	3:15 p.m.	All
04/19	Sat	<i>San Gabriel Valley Championships</i>	<i>Citrus College, Glendora</i>	<i>T B A</i>	
04/21	Mon	Camino Del Rey Association Seeding Meeting	La Salle High School, P.E. Rm.	6:30 p.m.	
04/26	Sat	*Del Rey League Preliminaries	Serra H.S., Gardena	1 p.m.	All
05/02	Fr	*Del Rey League Finals	Serra H.S., Gardena	3:15 p.m.	Q
05/10	Sat	CIF Division IV Prelims	Carpinteria H.S.	12:00 p.m.	Q
05/17	Sat	CIF Division IV Finals	Cerritos College, Norwalk	12:00 p.m.	Q
05/18	Sun	Annual T & F Awards Banquet	La Salle Cafeteria	4:30 p.m.	All
05/23	Fri	CIF-SS Masters Meet	Cerritos College, Norwalk	6:30 p.m.	Q
05/30	Fri	CIF State Prelims	Cerritos College, Norwalk	T B A	Q
05/31	Sat	CIF State Finals	Cerritos College, Norwalk	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		Antoine Peterson P'11 - Sprints & Strength Coordinator	apeterson@lasallehs.org
Eric Carlos '05 - Discus & Shot Put		Joyce Riley P '07- Health Coordinator, Sprints	
Kjersti Housman '04 - Hurdles, High Jump & Stretching Coordinator		Chris Ring '01 - Pole Vault Assistant, Stretching Coordinator	
Duane Norris - Meet Coordinator, Distance, Relays & Stats	dnorris@lasallehs.org	David Shaw P'11 - Pole Vault	
Mytrang DaSilva P'03, '06, '10	Parent Coordinator		

Monday, March 17, 2008