



2010 La Salle Cross Country Schedule (6/18/2010)



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>

'08 Date	Day	Opponent or Meet	Location	Start	Level
06/05-07/11	Mon - Sat	C I F Official 'Dead Period'	L a S a l l e H . S .		All
07/12	Mon	Summer Workouts Begin	L a S a l l e H . S .	3:00 p.m.	All
08/19	Th	First Day of Fall Semester	L a S a l l e H . S .	2:45 p.m.	All
09/08	Wed	Parent Meeting	PE Classroom (above the gym)	6:30 p.m.	All
09/11	Sat	<i>Fastback Shootout (hosted by El Monte Arroyo High School)</i>	<i>Mt. San Antonio College, Walnut, CA</i>	<i>7:30 a.m.</i>	<i>All</i>
09/17-18	Fri - Sat	<i>30th Mt. Carmel Cross Country Invitational (sanctioned by San Diego Mt. Carmel High School)</i>	<i>Morley Field, San Diego, CA</i>	<i>8:30 a.m.</i>	
09/20	Mon	*Camino Del Rey Association Coaches Meeting	Don Bosco Tech Library, Rosemead	7:30 p.m.	Coaches
09/22	Wed	*Camino Del Rey Association Invitational	Santa Fe Dam, Irwindale	2:00 p.m.	All
09/25	Sat	<i>37th Annual Bellarmine-Jefferson XC Invitational (Sanctioned by Burbank Bell-Jeff H.S.)</i>	<i>Griffith Park, Los Angeles</i>	<i>7:45 a.m.</i>	
10/10	Sat	<i>32nd Asics Clovis Cross Country Invitational (Sanctioned by Clovis High School)</i>	<i>Woodward Park, Fresno CA</i>	<i>7:30 a.m.</i>	
10/13	Wed	*Camino Del Rey Association Dual Meets	Whittier Narrows Regional Park; South El Monte, CA	2:00 p.m.	All
10/22-23	Fri-Sat	<i>63rd Mt. SAC Cross Country Invitational (Sanctioned by La Puente Nogales High School)</i>	<i>Mt. San Antonio College, Walnut, CA</i>	<i>T B A</i>	
10/30	Sat	*Camino Real/Del Rey League Finals	Santa Fe Dam, Irwindale	8:00 a.m.	All
11/13	Sat	CIF-SS Division IV Prelims	Mt. San Antonio College, Walnut	T B A	Q
11/20	Sat	CIF-SS Division IV Finals	Mt. San Antonio College, Walnut	T B A	Q
11/27	Sat	CIF State Finals	Woodward Park, Fresno CA	T B A	Q
12/05	Sun	Annual Cross Country Awards Banquet	L a S a l l e D i n i n g H a l l	2:00 p.m.	All

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

For La Salle Track & Field information: <http://w3.lasallehs.org/sports/track/index.htm>

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



CROSS COUNTRY COACHING STAFF

Fred Riley P'07	Head Coach	friley@lasallehs.org or 626/696-4357
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Friday, June 18, 2010