

# UCHS

## Men's & Women's Track and Field

### Schedule 2009

Date	Day	Meet	Site	Time
February 23 <sup>rd</sup>	Monday	1 <sup>st</sup> Practice	UCHS	1:30/2:40-4:20
March 4 <sup>th</sup>	Wednesday	Saints / OLP & Sweetwater HS	UCHS	3:00
March 12 <sup>th</sup>	Thursday	Cathedral HS / Mt. Carmel HS	Mt. Carmel HS	TBA
March 19 <sup>th</sup>	Thursday	Point Loma*	UCHS	2:45
March 21 <sup>th</sup>	Saturday	Triton Inv.	San Clemente HS	9:00
March 26 <sup>th</sup>	Thursday	Serra HS	SHS	2:45
March 28 <sup>th</sup>	Saturday	Mt. Carmel Inv.	Mt. Carmel HS	8:00
April 2 <sup>nd</sup>	Thursday	San Diego*	UCHS	2:45
April 3 <sup>rd</sup> -4 <sup>th</sup>	Saturday	Trabuco Hills	THHS	8:00
April 6 <sup>th</sup> -12 <sup>st</sup>	Spring Break- (Practice Monday-Thursday)		UCHS	9:30-12:30
April 11 <sup>th</sup>	Saturday	Arcadia Inv	AHS	5:00
April 16 <sup>th</sup>	Thursday	Bye		
April 17-18 <sup>th</sup>	Fri/Sat	Mt. Sac Relays	Mt. San Antonio CC	All Day
April 18 <sup>th</sup>	Saturday	Jaguar Inv	Valley Center HS	8:00-2:00
April 22 <sup>nd</sup>	Wednesday	Patrick Henry*	PHHS	2:45
April 24 <sup>th</sup> -25 <sup>th</sup>	Saturday	UCSD Inv	UCSD	All Day
April 29 <sup>th</sup>	Wednesday	Mira Mesa HS*	UCHS	2:45
May 1 <sup>st</sup>	Friday	Escondido Inv.	EHS	4:00-10:00
May 2 <sup>nd</sup>	Saturday	Frosh / Soph Championships	El Capitan HS	All Day
May 7 <sup>th</sup>	Thursday	Morse*	UCHS	2:45
May 12 <sup>th</sup>	Tuesday	League Prelims	PHHS	2:30
May 15 <sup>th</sup>	Friday	League Finals	CCHS	2:30
May 23 <sup>rd</sup>	Saturday	Section Prelims	Mt. Carmel HS	9:00
May 30 <sup>th</sup>	Saturday	Section Finals	Mt. Carmel HS	9:00
June 5 <sup>th</sup>	Friday	California State Prelims	Buchanon HS- Fresno	4:30
June 6 <sup>th</sup>	Saturday	California State Finals	Buchanon HS- Fresno	3:30

\* League

Athletic Director: Ed Yandall

Principal: Mike Price

Vice Principal of athletics: Dr. Emma Martinez

Facilities: Mark Harrington & Kathy Quinlan

Staff Officials/Transportation: Lourdes Huerta

Coaches: John Hutsel (Sprints)

Al Wilson -aka CoachSmith-(Shot/Discus)

Demetrius Westbrooks (Long/ Triple Jump)

Romaine Desclos (400m/300 Hurdles)

Director of Track & Field: John Hutsel

Asst. Head Track Coach: Jim McCarthy

Track Maintenance: Mark Harrington & Coaching Staff

Equipment: Mark Harrington & Coaching Staff

Jim McCarthy (Distance)

Candace Frazier (Sprints)

Robert Navarro (300 Hurdles)

Blake Frazier (Short Hurdles/Sprints)

Dale Fleet (Distance)

Dexter Wilson (High Jump)