



Saugus High School
Track and Field - 2019

DATE	DAY	OPPONENT/EVENT	SITE	All	Distance	Bus
2/16	Saturday	805 Distance Meet	Buena HS		x	
2/23	Saturday	* Trabuco Hills Roundup	Trabuco Hills HS	x		x
3/1 - 3/2	Fri. / Sat.	* Don Green Invitational	Moorpark HS	x		Fri. Only
3/7	Thurs.	League vs. Valencia	Valencia HS	x		One Way
3/8 - 3/9	Fri. / Sat.	* Redondo Invitational	Redondo Union HS	x		Fri. Only
3/14	Thurs.	League vs. Canyon	SAUGUS HS	x		
3/20	Wed.	League vs. West Ranch	SAUGUS HS	x		
3/23	Sat.	* APU Meet of Champions	Azusa Pacific College		x	
3/28	Thurs.	League vs. Golden Valley	SAUGUS HS	x		
4/5 - 4/6	Fri. / Sat.	* Arcadia Invitational	Arcadia HS	x		
4/11	Thurs.	League vs. Hart	Hart HS	x		One Way
4/17	Wed.	* FS/JV Throws League Finals	Hart HS			One Way
4/18	Thurs.	* League Prelims	COC	x		One Way
4/19 - 4/20	Fri. / Sat.	* Mt. Sac Relays	El Camino College	x		
4/25	Thurs.	* Varsity Throws League Finals	Hart HS			One Way
4/25	Thurs.	* League Finals	COC	x		One Way
5/4	Sat.	^ Division 1 CIF Prelims	Trabuco Hills HS			
5/11	Sat.	+ CIF Finals	El Camino College			
5/18	Sat.	# Master's Meet	El Camino College			
5/24 - 5/25	Fri. / Sat.	% State Prelims and Finals	Buchanan HS			

* - Qualifying Meet ONLY (See Event Coach for Qualifying Marks Required for Entry into Meet)

^ - Based off Varsity League Finals placement & CIF Qualifying Time

+ - Based off CIF Prelims # - Based off CIF Finals % - Based off Masters Meet

Head Coaches: Kevin Berns and Momoko Russell
Distance Coach: Rene Paragas

Athletic Administrator: Marcus Garrett
Athletic Director: George Lopata