

Registration



ONLINE  
REGISTRATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

E-mail \_\_\_\_\_

Date of Birth \_\_\_\_\_ (Required for Division)

Gender:            MALE            FEMALE

Entry Fees:            \$30 Prior to 8/18/23  
                              \$35 Race Day\*

Checks Payable to Cerritos Cross Country. Please mail the entry form to Cerritos Cross Country, 12500 East 183rd Street, Cerritos, CA 90703 For questions please contact Jason Watanabe: Jason.Watanabe@abcusd..us.

Payment Type: \_\_\_\_\_

Shirt Size:    YL SM MED LRG XL XXL

Sponsoring Athlete: \_\_\_\_\_  
\*\* Name of athlete who will receive credit for your registration (if any).

CHS Alumni: Class of \_\_\_\_\_  
Coach/Parent: School: \_\_\_\_\_  
\*Shirts Not Guaranteed to Participants Who Register on Race Day.

WAIVER: In consideration of the acceptance of this entry in said cross country race to be held on September 2, 2023 in Norwalk, California, we, the undersigned participants intending to be legally bound, do hereby for ourselves, our heirs, executors and administrators, waive, release and forever discharge any and all right or claims for damages which we, or either of us, may have or which hereafter accrue to us, or either of us against any and all persons, organizations and legal entities affiliated with such race and more particularly, the staff, coaches, parents, athletes and volunteers of Cerritos High School & John Glenn High School, the city of Cerritos and Norwalk, the ABC and Norwalk-La Mirada Unified School Districts, and its councils, together with their representative officers, agents, employees, successors, assign and/or sponsors, for any and all damages, which may be sustained or suffered by us in connection with or entry in, and/or arising out of our travel to, participation in and returning from said race. I/we hereby agree to release to the race promoter full and exclusive rights to record my performance in said race on film, videotape, or still photography for use without compensation. I/we understand that this is an arduous athletic event and hereby certify that I am properly conditioned to participate. (Adult guardian must sign for those participants under the age of 18.)

Print Name of Participant \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

NOTE Athletes on a high school cross country team are not allowed to participate in the open race of the meet.

# The Great COW RUN

## The Higashi Roman Memorial Run

### \$30 \$35-Race Day September 2 2023

### with T-Shirt!!

### John Glenn High School

### Race Begins at 7 15am

Shirts may not be available on race day.

CHS Alumni/Staff Special/ABC Jr. High  
\$15 (NO SHIRT) - \$25 (W/SHIRT)

## 3 Mi Fun Run Walk

# CERRITOS ALUMNI COACHES AND PARENTS TEAM SUPPORTERS, ETC

Awards/Divisions  
MEDALS to ALL finishers and a special award to the top finisher overall/gender!!

THERE ARE NO DIVISIONAL AWARDS AS ALL FINISHERS RECEIVE AN AWARD!!!

Help your Cerritos Cross Country team raise money for the 2023 Cross Country season by racing in the 17th Annual Higashi Roman Memorial Run on Saturday, September 2, 2023. Race day registration runs from 6:15am to 7:00am.

Additional **Donations** gladly accepted and appreciated! Checks should be written to Cerritos Cross Country.

**The Higashi Roman Memorial Run**  
Open Race: 7:15am  
John Glenn High School  
13520 Shoemaker Avenue  
Norwalk, CA 90650



HOSTED BY  
THE CERRITOS  
ALUMNI