

Cerritos Cross Country
Administration
Coaching Staff
and
Student Officers

12500 East 183rd Street Cerritos, CA 90703 562-926-5566 x21908

Janice Petersen
Principal

Todd Denhart Robert AdamsAthletic Director

Jason Watanabe Head Coach

Damon Gohata Milan Mali Assistant Coach, Boys

Grace Kuo
Allison Koizumi
Assistant Coach, Girls

Jessica Sunio
Douglas Kim
Gina Tai
Mike Tran
Athalia Magaña
Captains

CERRITOS HIGH SCHOOL CROSS-COUNTRY

12500 East 183rd Street ■ Cerritos, CA 90703 ■ 562-860-5958 Coaches ■ Jason Watanabe ■ Damon Gohata ■ Allison Koizumi "Striving for new heights in our lives, in our sports, in ourselves." "OHANA: A family today, tomorrow, and until eternity."

May 18, 2010

Dear Cross Country Coach,

The Cerritos Cross Country team is excited to announce its third annual Great Cow Run at Cerritos Park (Formerly Cerritos Regional Park) on **SEPTEMBER 11, 2010** after a second successful revival race! After last year's successful high school invitational and memorial run, we have decided to take on the venture again in 2010. Our vision for this meet is to provide your athletes with a great experience on a course that can provide for a great experience for the experienced and novice athletes. The course that hopes to provide a view of the entire stretch of the park and its sports complex, while also producing some fast times.

We are currently in the process of designing our T-shirts for the meet along with the medals, which will be given out to the top finishers in each race! We plan on distributing at least forty medals in each race, however, similar to last year, will increase the amount of medals depending on the number of entrants. Team awards will also be given out in each division including at least one award for small schools (Division III-V). Our goal is to reward as many athletes as possible for the excellent effort, which we successful did last year! In addition, the top three athletes in each race will receive a small additional award – a cow bell!

The meet will also allow for your teams to run as a Varsity, Junior Varsity Sophomore or Freshman team, in order to keep the experienced, less experienced, and novice athletes together to provided a great environment for competition. (Additional races may be added if necessary to maintain a good environment for all participants!) A new Hy-tek 2.0 system and a new timing system (Ultrak L10) will be used to ensure that the results are quick and accurate.

Our goal is produce a meet that is efficient, well run, organized, and hospitable at the same time – without it, it wouldn't be a Cerritos Cross Country event! We hope that we can help give you this experience during the first week of the season this year, we welcome experienced and novice along to join us at this wonderful event!

Sincerely,

Jason Watanabe, Head Coach Phone # (562) 397-0867

E-mail Address: Jason. Watanabe@abcusd.k12.ca.us

Personal E-mail: wutanabe5@aol.com (Different Than Last Name)

If you are interested, please return the following application in the envelope provided and further information will be sent to your school! Information will also be posted in the near future on our website http://www.cerritosxc.com. Public access will be given to certain areas on the site.



The Great Cow Run Schedule	e
Saturday, September 11, 2010	0

7:15am The Higashi Roman Memorial Run
(No High School CC Athletes)
8:00am Freshman Boys (9th Only)
8:30am Frosh/Soph Girls (9th and 10th Only)
9:00am Sophomore Boys (10th Only)
9:30am Varsity Girls (All Grades)
10:00am Varsity Boys (All Grades)
10:30am Junior Varsity Girls (All Grades)

Junior Varsity Boys (All Grades)

11:00am

The Great Cow Run Fees

\$10 per individual \$50 max per race \$140 max per girls* \$180 max per boys* \$300 max per school*

Open Race Fee

Regular: \$25 Includes T-Shirt Race Day: \$30 (No T-Shirt Guaranteed) *Max Teams: (1) Free Coaches Entry (No T-Shirt)

COURSE The course will run along the Cerritos Sports Complex and through Cerritos Regional Park. The course is created to provide a course that balances the needs of varsity athletes versus those competing in their first meet. The Cerritos Invitational Course will span three miles along the roads, pavement, and grass of the park. The course has been adjusted to make to crowded turns easier to maneuver at the start of the race. (See Attached Flier) This race should produce fast times and will be scored on a Hy-tek 2.0 Scoring System to provide accurate and rapid results.

INDIVIDUAL AWARDS The top forty finishers in each race are guaranteed to receive a medal with the Great Cow Run logo. If races exceed eighty athletes, additional awards will be distributed. The top three finishers in each race will receive a separate award in addition to their medals. Last year we medaled up to sixty in a race.

TEAM RULES AND AWARDS Team awards will be given to the top three teams in each division and the top small school (Division III-V) if no small school wins a team award. Each team is composed of five runners and a maximum of seven runners will only apply in the varsity races.

CONCESSIONS AND T-SHIRTS The Cerritos Cross Country program will be staffing a minimal snack bar (mainly water) in order to help raise money for the Cerritos Cross Country program through the sale of concession and invitational T-shirts. Pre-orders will be accepted in order to guarantee availability of size. Further information will be provided in a future mailing.

ENTRY Teams will be required to submit a full roster of attending athletes no later than Tuesday, September 7, 2010 in an excel document that will be available to download. It is vital to the success of the meet that all teams submit a roster complete with name and grade. You do not need to entry your athlete into a specific race. You will not be allowed to borrow bib numbers and labels from other teams, as they have been coded for that specific school, however, an athlete may run under another athletes name if an athlete is unable to attend. Adjustments and corrections can be made until Thursday, September 9, 2010. Additional changes will be made at the discretion of meet management. We are tentatively limiting the races to twenty teams due to course capacity.

RESULTS Results will be posted within thirty minutes of the conclusion of each race. Coaching packets will be mailed out by e-mail and postal mail (if requested) within a week following the meet. Results will also be posted at Dyestatcal.com.



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	SCHOOL				DA	TE	
Cerritos Cross Country Administration	SCHOOL AI	DDRESS					
Coaching Staff and	CITY		STATI	E	_ ZIP COD	Е	
Student Officers	HEAD COACH/CONTACT						
12500 East 183 rd Street Cerritos, CA 90703	PHONE NUMBER						
562-926-5566 x21908	CELL PHONE NUMBER (OPTIONAL)						
Janice Petersen Principal	FAX NUMBER						
W 11D 1	E-MAIL						
Todd Denhart Robert Adams Athletic Director	IF YOU WISH TO HAVE YOUR MAIL SENT TO ANOTHER ADDRESS DURING THE SUMMER, PLEASE INCLUDE THE ADDRESS BELOW.						
Jason Watanabe Head Coach	ADDRESS _						
	CITY		STATI	Ε	_ ZIP COD	Е	
Damon Gohata Milan Mali Assistant Coach, Boys	PLEASE ANSWER THE FOLLOWING QUESTIONS ABOUT YOUR TEAM IN ORDER TO HELP US ORGANIZE OUR MEET						
	NO. OF ATHLETES NO. OF NOVICE ATHLETES						
Grace Kuo Allison Koizumi Assistant Coach, Girls	DIVISIONS: (CIRCLE)		VARSITY VARSITY		VARSITY VARSITY		FROSH /SOPH
, , , , , , , , , , , , , , , , , , , ,	2009 SEASON INFORMATION						
Jessica Sunio Douglas Kim	LEAGUE _						
Gina Tai Mike Tran Athalia Magaña Captains	BOYS	LEAGUE F	INISH SON				
	GIRLS	LEAGUE F	INISH SON				
	WE W	VILL BE ATT	S PAYABLE T ENDING YOU ECIDING, SEN	JR M	EET!		JNTRY.

Name	Registration	
Address		h
City	State	Zip
Phone Number		K.
E-mail		
Date of Birth	(Requi	(Required for Division)
Gender:	MALE	FEMALE
Entry Fees:	\$25 Prior to 8/13/10 \$30 Race Day*	8/13/10 av*

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Checks Payable to Cenitos Cross Country. Please neal the entry form to Cenitos Cross Country, 12500 East 183rd Steet, Cenitos, CA 90703

Payment Type:

Shirt Size:

YL SM MED LRG XL ğ

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.

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Parent Signature	Signature	Print Name of Participant
		1
Date	Date	ĺ

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



Awards/Dicking
MEDALS to the top 100
finishers and a cow bell to the
top three overall!! All pre-registered youth althores will receive a MEDAL. Youth, 16-21, 22-30, 31-40, 41-50, 51-60, 61 and Older,

Saturday, September 11, 2010. Race day raise money for the 2010 Cross Country Help your Cerritos Cross Country team 7:00 am. Additional Donations gladly Higashi Roman Memorial Run on season by racing in the 4th Annual registration runs from 6:15 am to

should be written to Cernitos Cross accepted and appreciated! Checks Country.

The Higashi Roman Memorial Run

Open Race: 7:15am