



## CERRITOS HIGH SCHOOL CROSS-COUNTRY

12500 East 183<sup>rd</sup> Street ■ Cerritos, CA 90703 ■ 562-397-0867

Coaches ■ Jason Watanabe ■ Marcus Chinen ■ Aaron Jordan

*“Striving for new heights in our lives, in our sports, in ourselves.”*

*“OHANA: A family today, tomorrow, and until eternity.”*

April 22, 2019

**Cerritos Cross Country  
Administration  
Coaching Staff  
and  
Student Officers**

12500 East 183<sup>rd</sup> Street  
Cerritos, CA 90703  
562-402-5044

**Patrick Walker**  
Principal

**Todd Denhart**  
**Rob Adams**  
Athletic Director

**Jason Watanabe**  
Head Coach

**Marcus Chinen**  
**Aaron Jordan**  
Assistant Coach

**Samantha Chang**  
**Kevin Hamakawa**  
**Alicia Cruz**  
**Anrei Giordano**  
**Sofia Vasquez**  
**Keoni Usi**  
Captains

Dear Cross Country Coach,

The Cerritos Cross Country team is excited to announce its 13<sup>th</sup> annual Great Cow Run at Knabe Park (Formerly Cerritos Regional Park) on **AUGUST 31, 2019** after its continued success last year! Our vision for this meet is to provide your athletes with a fantastic start to the season on a course that can provide for a great experience for the experienced and novice athletes. The course runs along the beautifully renovated park, alongside the lake and through the sports complex and provide a viewer friendly course.

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 seventy medals in each race, however, similar to last year, will increase the amount of medals depending on the number of entrants (as many as a hundred twenty medals in a race last year). The top three teams will receive awards in each division in both the large, medium and small school divisions. Our goal is to reward as many athletes as possible for the excellent effort, which we successfully did last year! In addition, the top three athletes in each race will receive a small additional award.

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. We will once again be using Finished Results to do our timing as they allowed us to handle the large fields of athletes with quick and accurate results.

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 beginning 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.us

Personal E-mail: watanabe5@aol.com (Different Than Last Name)

If you are interested, please fill out our online form (<http://www.cerritosxc.com/the-great-cow-run.html>). 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. We limit our entries to approximately forty teams, so don't delay as we reached our cap last year in 48 hours!



**The Great Cow Run Schedule  
Saturday, August 31, 2019**

7:15am	The Higashi Roman Memorial Run (No High School CC Athletes)
8:00am	Freshman Boys (9 <sup>th</sup> Only)
8:30am	Freshmen Girls (9 <sup>th</sup> Only)
9:00am	Varsity Boys (All Grades)
9:30am	Varsity Girls (All Grades)
10:00am	Sophomore Boys (10 <sup>th</sup> Only)
10:30am	Sophomore Girls (10 <sup>th</sup> Only)
11:00am	Junior Varsity Boys (All Grades)
11:30am	Junior Varsity Girls (All Grades)

**The Great Cow Run Fees**

\$12 per individual
\$60 max per race
\$215 max per gender
\$375 max per school
(\$50 minimum/school)
<b>Teams (100+ Athletes) - +\$25</b>
[Checks payable to Cerritos Cross Country.]
<b>Open Race Fee</b>
Regular: \$30 Includes T-Shirt
Race Day: \$35 (No T-Shirt Guaranteed)
(1) Free Coaches Entry (No T-Shirt)

**COURSE** The course will run along the Cerritos Sports Complex and through Knabe Park. The course is created to provide a course that balances the needs of varsity athletes versus those competing in their first meet. The Great Cow Run 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 using chip timing through Finished Results (FR). We will be using athletic.net for registration this year upon request from FR.

**INDIVIDUAL AWARDS** The top seventy (70) finishers in each race are guaranteed to receive a medal with the Great Cow Run logo according to the theme. We will increase medals based on the number of athletes in each race and availability. Last year we medaled up to 125 in some races. The top three finishers in each race will receive a separate award in addition to their medals.

**TEAM RULES AND AWARDS** Team awards will be given to the top three teams in each division - large, medium and small school divisions. Each team is composed of five runners and a maximum of TEN runners will only apply in the varsity races.

**CONCESSIONS AND T-SHIRTS** Due to park regulations, we will NOT have a snack bar on site, however, will have t-shirts and other Great Cow Run merchandise. Pre-orders will be accepted in order to guarantee availability of size. Further information will be provided in a future mailing. We will also be selling XC buttons again this year.

**ENTRY** Teams will be required to submit their entries online at finishedresults.com by August 27, 2019 at 11:59pm. It is vital to the success of the meet that all teams submit as accurate of an entry list as possible. While the site may ask for it, you do not need to run athletes in the race assigned. Be sure to register any athlete that may possibly run, as we may not be able to make adjustments after the deadline. Additional changes will be made at the discretion of meet management. We are tentatively limiting the races to approximately forty teams due to course capacity.

**RESULTS** With chip technology, results should be available fifteen minutes after the completion of the race. While we will do our best to get the times of all athletes, in some cases, it would be wise to have someone at the finish line for any athlete that may finish after the start of the next race.