



## 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.”*

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

July 1, 2022

Dear Cross Country Coach,

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**  
**Frederick Inada**  
**Jennifer Park**  
**Jacob Chung**  
Assistant Coach

**Sydney Romero**  
**Sofia Padilla**  
**Robin Chong**  
**Jerome Chua**  
**Kekoa Usi**  
Captains

The Cerritos Cross Country team is excited to announce its 16<sup>th</sup> annual Great Cow Run at Artesia High School on **SEPTEMBER 3, 2022!** Our vision for this meet is to provide your athletes with a fantastic start to the season and while we hope to return to Knabe Park at some point, Artesia High School will allow for a great finish in a stadium while providing a course with long straight aways that should lead to 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 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

Updates will be posted to our invitational website.

<http://www.cerritosxc.com/the-great-cow-run.html>



### The Great Cow Run Schedule Saturday, September 3<sup>rd</sup>, 2022

7:15am	The Higashi Roman Memorial Run
7:45am	The Spotted Calf Sprint
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 (up to 99)
(\$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 start on the back fields and make its way around the campus twice, coming through the stadium three times including during the first mile, midway point and the finish. The course has long straight aways and only a few sharp turns which should lead to fast times. 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 awards will be determined by the number of entrants but the top half 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. We will be sure to be generous with the medals since it is the first race. The top individual in each race will also receive an additional prize.

**TEAM RULES AND AWARDS** Team awards will be given to the top two teams in two separate divisions. If there is an influx of teams, we will create more divisions to ensure fair competition for all teams attending. Each team is composed of five runners and a maximum of TEN runners will only apply in the varsity races.

**CONCESSIONS AND T-SHIRTS** We plan on having a small concession stand on site and 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 31, 2022 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.