



CERRITOS HIGH SCHOOL CROSS-COUNTRY

12500 East 183rd Street ■ Cerritos, CA 90703 ■ 562-397-0867

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.”

June 1, 2013

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

12500 East 183rd Street
Cerritos, CA 90703
562-402-5044

Janice Peterson
Principal

Todd Denhart
Rob Adams
Athletic Director

Jason Watanabe
Head Coach

Allison Koizumi
Damon Gohata
Thien-Nam To
Jonathan Nagayam
Assistant Coach

Monique Gavilanes
Isaac Kim
Alyssa Movchan
Captains

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 7, 2013** 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 forty medals in each race, however, similar to last year, will increase the amount of medals depending on the number of entrants (as many as seventy medals in a race last year). The top three teams will receive awards in each division in both the large and small school (Division III-V) 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. A 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 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.k12.ca.us

Personal E-mail: watanabe5@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. We limit our entries to approximately twenty five teams, so don't delay as we reached our cap last year!



The Great Cow Run Schedule
Saturday, September 7, 2013

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

The Great Cow Run Fees

\$10 per individual
\$50 max per race
\$180 max per girls*
\$180 max per boys*
\$325 max per school*
(\$50 minimum/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 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 according to the theme. 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 seventy in some races.

TEAM RULES AND AWARDS Team awards will be given to the top three teams in each division in both the large and small (Division III-V) 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 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. We will also be selling XC buttons this year!

ENTRY Teams will be required to submit a full roster of attending athletes no later than Tuesday, September 3, 2013 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 5, 2013. Additional changes will be made at the discretion of meet management. We are tentatively limiting the races to twenty five teams due to course capacity.

RESULTS Hand-written time 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 and on our website at cerritosxc.com.



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SCHOOL _____ DATE _____

SCHOOL ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

HEAD COACH/CONTACT _____

PHONE NUMBER _____

CELL PHONE NUMBER (OPTIONAL) _____

FAX NUMBER _____

E-MAIL _____

IF YOU WISH TO HAVE YOUR MAIL SENT TO ANOTHER ADDRESS DURING THE SUMMER, PLEASE INCLUDE THE ADDRESS BELOW.

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

PLEASE ANSWER THE FOLLOWING QUESTIONS ABOUT YOUR TEAM IN ORDER TO HELP US ORGANIZE OUR MEET

NO. OF ATHLETES _____ NO. OF NOVICE ATHLETES _____

DIVISIONS: BOYS – VARSITY JR. VARSITY SOPH FROSH
(CIRCLE) GIRLS - VARSITY JR. VARSITY SOPH FROSH

2011 SEASON INFORMATION

LEAGUE _____

BOYS LEAGUE FINISH _____
POST SEASON _____

GIRLS LEAGUE FINISH _____
POST SEASON _____

PLEASE MAKE CHECKS PAYABLE TO CERRITOS CROSS COUNTRY.

_____ WE WILL BE ATTENDING YOUR MEET!

_____ WE ARE STILL DECIDING, SEND US MORE INFO!

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Captains

Registration

Name _____
Address _____
City _____ State _____ Zip _____
Phone Number _____
E-mail _____

Date of Birth _____ (Required for Division)

Gender: MALE FEMALE

Entry Fees: \$25 Prior to 8/23/13
\$30 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.k12-ca.us, WUTANABE5@AOL.COM, or 562-397-0867

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 7, 2013 in Cerritos, California, we, the undersigned participants intending to be legally bound, do hereby for ourselves, our heirs, executors and administrators, waive release and for or 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, the city of Cerritos, the ABC Unified School District, 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 Run

The Higashi Roman Memorial Run

\$25 with T-Shirt!

No shirt guaranteed after 8/23/2013

CHS Alumni/Staff Special/ABC Jr. High
\$10 (NO SHIRT) - \$20 (W/SHIRT)

September 7 2013 Cerritos Regional Park Race Begins at 7:15am

Awards/Divisions
MEDALS to the top 100
finishers and a cow bell to the
top three overall!!
THERE ARE NO
DIVISIONAL AWARDS,
HOWEVER, ALL YOUTH
ENTRANTS WILL
RECEIVE A MEDAL

EMÉ For a Roar Walk CERRITOS ALUMNI COACHES AND PARENTS TEAM SUPPORTERS, ETC

Help your Cerritos Cross Country team raise money for the 2013 Cross Country season by racing in the 6th Annual Higashi Roman Memorial Run on Saturday, September 7, 2013. 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
Cerritos Regional County Park
19800 Bloomfield Avenue
Cerritos, Ca 90703



HOSTED BY
THE CERRITOS
ALUMNI