



CERRITOS HIGH SCHOOL CROSS-COUNTRY (TENTATIVE)  
 12500 East 183rd Street  
 Cerritos, Ca, 90703  
<http://www.cerritosxc.com>  
 Head Coach: Jason Watanabe

### Summer/September 2011

Day	Date	Meet/Event	Level	Location	City	Departure	Start	Return	Release
FRI	6/17/11	Parent Meeting/Mammoth Meeting (7:45pm)	ALL	MUN Room - 504	Cerritos		7:00pm		
MON	7/4/11	La Palma Fitness Run 4 Fun	OPT	Central Park	La Palma		7:30am		
TUE	7/5/11	First Official Preseason Practice	ALL	183rd Parking Lot	Cerritos		6:15am		
F-SU	7/15-17/11	isoCAMP (Varsity Camp) [TENTATIVELY CANCELED]	VAR	TBD	TBD				
THU	7/28, 8/25	Gahr Two Mile Series	ALL	Gahr High School	Cerritos		5:00pm		
SU-SA	8/7-13/11	Mammoth Camp	ALL	Mammoth Lakes	Mammoth Lakes				
SAT	9/3/11	Kevin Cook Spirit Run (Tentative)	OPT	OC Great Park	Irvine		TBA		
SAT	9/10/11	The Great Cow Run (NO BUS) [WORK - 5:30am]	ALL	Cerritos Regional Park	Cerritos		7:15am		
THU	9/15/10	ABC District Championships (NO BUS)	ALL	Cerritos Regional Park *	Cerritos	1:15pm	3:00pm (W)*	6:30pm (PU)	1:00pm
SAT	9/17/11	Rosemead Invitational	ALL	Rosemead High School	El Monte	3:15pm	5:50pm	10:30pm	
TH-SU	9/22-25/11	Oregon's Three Course Challenge	QUAL	Camp Rilea	Seaside, OR	Noon	TBA	9:00pm	
THU	9/29/11	Suburban League Cluster #1 [NO BUS]	ALL	Cerritos Regional Park	Cerritos	TBA	TBA	TBA	TBA

TQ - Denotes Team Qualifying Necessary; W - Walking to Meet; PU - Pick Up By Parents

### October 2011

Day	Date	Meet/Event	Level	Location	City	Departure	Start	Return	Release
SAT	10/1/11	Warren Invitational	ALL	Hollydale Park	South Gate	6:15am	8:00am	12:30pm	
WED	10/5/11	Non-League Dual Meet	ALL	Cerritos HS	Cerritos		3:15pm		1:45pm
FR-SA	10/7-8/11	Clovis Invitational	QUAL	Woodward Park	Fresno	9:45am	TBA	10:00pm	
TH	10/13/11	Suburban League Cluster #2	ALL	La Mirada Park	La Mirada	11:45am	2:30pm	5:30pm	11:30am
SAT	10/15/11	Southern California Invitational	ALL	Guajome Park	Oceanside	5:00am	8:00am	4:00pm	
FR	10/21/11	Mt. SAC Invitational (D3)	ALL	Mt. SAC College	Walnut	10:00am	12:00pm	6:00pm	9:40am

TQ - Denotes Team Qualifying Necessary; OC - On Campus; FR - Friday; SU - Sunday

### November 2011

Day	Date	Meet/Event	Level	Location	City	Departure	Start	Return	Release
TH	11/3/11	Suburban League Finals [NO BUS]	ALL	Cerritos Regional Park	Cerritos	Noon	1:45pm	5:15pm	11:30am
SAT	11/12/11	CIF Preliminaries	VAR-Q	Mt. SAC College	Walnut	TBA	TBA	TBA	
SUN	11/13/11	Association 33 Junior Olympics	OPT	Mt. SAC College	Walnut	TBA	TBA	TBA	
SAT	11/19/11	CIF Finals	VAR-Q	Mt. SAC College	Walnut	TBA	TBA	TBA	
SUN	11/20/11	Region 15 Junior Olympics	OPT	Kit Carson Park	San Diego	TBA	TBA	TBA	
THU	11/24/11	Dana Point Turkey Trot ( <a href="http://turkeytrot.com">turkeytrot.com</a> )	OPT	Dana Point Harbor	Dana Point	TBA	TBA	TBA	
SAT	11/26/11	State Championships	VAR-Q	Woodward Park	Fresno	TBA	TBA	TBA	
FR-SU	12/9-11/11	USATF National JO Championships	OPT	Whispering Pines GC	Myrtle Beach, SC	TBA	TBA	TBA	

Q- Denotes Specific Qualifying Necessary; \$ - Denotes Additional Cost; OR - Denotes Need to Arrange Own Ride