CERRITOS CROSS COUNTRY

Updated 1.25.09

Name		Grade	
4-Digit ID	6-Digit ID	Date of Birth	
Address		City/Zip Code	
Phone	Cell Phone		
E-mail			
# of Season in XC/Track	T-Shirt Size	Level (VAR, JV, FS)	
Would you be interested in attending the Mammoth Camp?	YES NO MAYBE	Referred By	

Fundraising and Miscellaneous Forms (Coach Use Only)		
Physical & Blue Cards		
T&F Fee ($100)		

Equipment (Coach Use Only)	
Singlet ($30/$40)	OUT IN
Shorts ($30/$40)	OUT IN
Shirt ($15)	OUT
Jacket ($40)	OUT IN
Sweats/Bag #___	OUT
OTHER	

Grade Check Form (List Classes Only)	
(Record 1st Semester/2nd Semester)	INSTRUCTOR
1st:	
2nd:	
3rd:	
4th:	
5th:	
6th:	
7th/Zero:	

* Please attach a copy of your semester report cards.

Personal Records	
	Best Time/Mark
400 meters	
Goal Time:	
800 meters	
Goal Time:	
1600 meters	
Goal Time:	
3200 meters	
Goal Time:	
2 miles (XC)	
Goal Time:	
3 miles (XC)	
Goal Time:	
5 kilometer (XC)	
Goal Time:	
Other	
Goal Time:	

Please mail form to: Cerritos High School - 12500 East 183rd Street, Cerritos, CA 90703 - ATTN: Jason Watanabe/Cross Country.