



CERRITOS HIGH SCHOOL CROSS-COUNTRY

12500 East 183rd Street ■ Cerritos, CA 90703 ■ 562-860-5958

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.”

May 18, 2010

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

12500 East 183rd Street
Cerritos, CA 90703
562-926-5566 x21908

Janice Petersen
Principal

Todd Denhart
Robert Adams
Athletic Director

Jason Watanabe
Head Coach

Damon Gohata
Milan Mali
Assistant Coach, Boys

Grace Kuo
Allison Koizumi
Assistant Coach, Girls

Jessica Sunio
Douglas Kim
Gina Tai
Mike Tran
Athalia Magaña
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 11, 2010** after a second successful revival race! After last year's successful high school invitational and memorial run, we have decided to take on the venture again in 2010. Our vision for this meet is to provide your athletes with a great experience on a course that can provide for a great experience for the experienced and novice athletes. The course that hopes to provide a view of the entire stretch of the park and its sports complex, while also producing some 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 forty medals in each race, however, similar to last year, will increase the amount of medals depending on the number of entrants. Team awards will also be given out in each division including at least one award for small schools (Division III-V). Our goal is to reward as many athletes as possible for the excellent effort, which we successful did last year! In addition, the top three athletes in each race will receive a small additional award – a cow bell!

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. (Additional races may be added if necessary to maintain a good environment for all participants!) A new 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 first week 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: wutanabe5@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.



**The Great Cow Run Schedule
Saturday, September 11, 2010**

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

The Great Cow Run Fees

\$10 per individual
\$50 max per race
\$140 max per girls*
\$180 max per boys*
\$300 max per 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. 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 sixty in a race.

TEAM RULES AND AWARDS Team awards will be given to the top three teams in each division and the top small school (Division III-V) if no small school wins a team award. Each team is composed of five runners and a maximum of seven 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.

ENTRY Teams will be required to submit a full roster of attending athletes no later than Tuesday, September 7, 2010 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 9, 2010. Additional changes will be made at the discretion of meet management. We are tentatively limiting the races to twenty teams due to course capacity.

RESULTS 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.



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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 FROSH/SOPH

2009 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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