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

Head Coach: Jason Watanabe

Summer/September 2018

Day	Date	Meet/Event	Level	Location	City	Departure	Start	Return	Release
TUE	7/9/18	First Official Preseason Practice	ALL	183rd Parking Lot	Cerritos		6:15am		
THU	MULTIPLE	Gahr Two Mile Series (7/26. 8/23)	ALL	Gahr High School	Cerritos		5:00pm		
SU-SA	8/5-11/18	Mammoth Camp	ALL	Mammoth Lakes	Mammoth Lakes				
SAT	9/1/18	The Great Cow Run (NO BUS) [WORK - 5:30am)	ALL	Knabe Regional Park	Cerritos		7:15am		
WED	9/5/18	ABC District Championships (NO BUS)	ALL	Knabe Regional Park	Cerritos	1:15pm	3:00pm (W)*	6:30pm (PU)	1:00pm
FRI	9/7/18	Rosemead Invitational	ALL	Rosemead High School	El Monte	2:00pm	5:10pm	10:30pm	
W-SU	9/13-17/18	Iolani Invitational	QUAL	Kualoa Ranch	Honolulu, HI	TBA	TBA	TBA	
THU	9/20/18	Suburban Cluster #1 (NO BUS)	ALL	Knabe Regional Park	Cerritos	1:15pm	3:00pm	5:30pm (PU)	12:45pm
SAT	9/22/18	Sunny Hills Invitational	ALL	Craig Park	Fullerton		8:00am	6:00am	
WED	9/26/18	Cerritos Invitational	ALL	Cerritos HS	Cerritos		3:15pm	5:30pm	1:45pm
FRI	9/27/18	Picture Day	ALL	Cerritos HS	Cerritos		3:00pm		

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

October 2018

Day	Date	Meet/Event	Level	Location	City	Departure	Start	Return	Release
THU	10/4/18	Suburban League Cluster #2	ALL	La Mirada Regional Park	La Mirada	1:00pm	3:15pm	6:30pm	12:30pm
SAT	10/6/18	Cemtral Park Invitational	ALL	Central Park	Huntington Beach	10:15am	12:30pm	6:00pm	
SAT	10/13/18	Bell Gardens Invitational	ALL	Knabe Regional Park	Cerritos	6:45am (DO)	8:00am	1:00pm (PU)	
SAT	10/20/18	Mt. SAC Invitational	ALL	Mt. SAC	Walnut	TBA	TBA	TBA	

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

November 2017

Day	Date	Meet/Event	Level	Location	City	Departure	Start	Return	Release
TH	11/1/18	Suburban League Finals	ALL	Knabe Regional Park	Cerritos	1:15pm	3:00pm	5:30pm (PU)	12:45pm
SAT	11/10/18	CIF Preliminiaries	VAR-Q	Riverside XC Course	Riverside	TBA	TBA	TBA	
SUN	11/11/18	Association 33 - Jr. Olympics	REG	TBA	TBA	TBA	TBA	TBA	
SAT	11/17/18	CIF Finals	VAR-Q	Riverside XC Course	Riverside	TBA	TBA	TBA	
SUN	11/18/18	Region 15 - Jr. Olympics	QUAL	TBA (Nevada)	TBA	TBA	TBA	TBA	
THU	11/22/18	Turkey Trot	REG	Dana Point Harbor	Dana Hills, CA	TBA	TBA	TBA	
SAT	11/24/18	State Championships	VAR-Q	Woodward Park	Fresno	TBA	TBA	TBA	
SAT	12/1/18	Footlocker Western Regional	REG	TBA	TBA	TBA	TBA	TBA	
SAT	12/8/18	National Jr. Olympics	QUAL	San Rafael Regional Park	Reno, NV	TBA	TBA	TBA	