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

Head Coach: Jason Watanabe

Summer/September 2010

Day	Date	Meet/Event	Level	Location	City	Departure	Start	Return	Release
THU	6/17/10	Parent Meeting/Mammoth Meeting (7:45pm)	ALL	MUN Room - 504	Cerritos		7:00pm		
MON	7/5/10	First Official Preseason Practice	ALL	183rd Parking Lot	Cerritos		6:15am		
F-SU	7/16-18/10	isoCAMP (Varsity Camp)	VAR	TBD	TBD				
THU	7/29, 8/12, 8/26	Gahr Two Mile Series	ALL	Gahr High School	Cerritos		5:00pm		
SU-SA	8/8-14/10	Mammoth Camp	ALL	Mammoth Lakes	Mammoth, CA				
SAT	9/11/10	The Great Cow Run (NO BUS)	ALL	Cerritos Regional Park	Cerritos		7:30am		
WED	9/15/10	ABC District Championships (NO BUS)	ALL	Cerritos Regional Park *	Cerritos	1:15pm	3:00pm (W)*	6:30pm (PU)	1:00pm
TH-MO	9/16-20/10	Iolani Invitational	QUAL	Kualoa Ranch	Honolulu, Hi	PM (TH)	8:00am	PM (SU)	TBA
SAT	9/18/10	Woodbridge Invitational	ALL	Estancia High School	Costa Mesa	8:45am	11:00am	3:00pm	
SAT	9/25/10	Bell-Jeff Invitational	ALL	Griffith Park	Los Angeles	TBA	TBA	TBA	
THU	9/30/10	Suburban League Cluster #1	ALL	La Mirada Park	La Mirada	TBA	TBA	TBA	TBA

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

October 2010

Day	Date	Meet/Event	Level	Location	City	Departure	Start	Return	Release
SAT	10/2/10	Warren Invitational	ALL	Hollydale Park	South Gate	6:15am	8:00am	12:30pm	
WED	10/6/10	Non-League Dual Meet	ALL	Cerritos HS	Cerritos		3:15pm		1:45pm
TH	10/14/10	Suburban League Cluster #2 (NO BUS)	ALL	Cerritos Regional Park	Cerritos	12:45pm	2:30pm	5:30pm	12:15pm
SAT	10/17/10	Bell Gardens Invitational	ALL	Whittier Narrows Park	South El Monte, Ca	6:15am	8:00am	1:00pm	
SAT	10/23/10	Mt. SAC Invitational (D2)	ALL	Mt. SAC College	Walnut	TBA	TBA	TBA	

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

November 2010

Day	Date	Meet/Event	Level	Location	City	Departure	Start	Return	Release
TH	11/4/10	Suburban League Finals	ALL	La Mirada Park	La Mirada	11:30am	1:45pm	5:15pm	11:00am
SAT	11/13/10	CIF Preliminiaries	VAR-Q	Mt. SAC College	Walnut	TBA	TBA	TBA	
SAT	11/20/10	CIF Finals	VAR-Q	Mt. SAC College	Walnut	TBA	TBA	TBA	
SAT	11/27/10	State Championships	VAR-Q	Woodward Park	Fresno	TBA	TBA	TBA	

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