



## CERRITOS HIGH SCHOOL CROSS-COUNTRY

12500 East 183<sup>rd</sup> Street ■ Cerritos, CA 90703 ■ 562-397-0867

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 14, 2014

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

12500 East 183<sup>rd</sup> Street  
Cerritos, CA 90703  
562-402-5044

**Patrick Walker**  
Principal

**Todd Denhart**  
**Rob Adams**  
Athletic Director

**Jason Watanabe**  
Head Coach

**Allison Koizumi**  
**Damon Gohata**  
**Jonathan Nagayama**  
**Marcus Chinen**  
Assistant Coach

**Alyssa Movchan**  
**Chase Johnson**  
**Isabella Vasquez**  
**Nathan Edwards**  
**Wesley Furukido**  
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 6, 2014** after its continued success last year! Our vision for this meet is to provide your athletes with a fantastic start to the season on a course that can provide for a great experience for the experienced and novice athletes. The course runs along the beautifully renovated park, alongside the lake and through the sports complex and provide a viewer friendly course.

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 (as many as seventy medals in a race last year). The top three teams will receive awards in each division in both the large and small school divisions. Our goal is to reward as many athletes as possible for the excellent effort, which we successfully did last year! In addition, the top three athletes in each race will receive a small additional award.

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. We are working on bringing in a timing service this year, however, have our own system in case we cannot secure timing services.

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 beginning 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: watanabe5@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. We limit our entries to approximately twenty five teams, so don't delay as we reached our cap last year!



**The Great Cow Run Schedule**  
**Saturday, September 6, 2014**

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

**The Great Cow Run Fees**

\$12 per individual  
 \$60 max per race  
 \$200 max per girls\*  
 \$200 max per boys\*  
 \$350 max per school\*  
 (\$50 minimum/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 with a possible timing service being used this year.

**INDIVIDUAL AWARDS** The top forty finishers in each race are guaranteed to receive a medal with the Great Cow Run logo according to the theme. 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 seventy in some races.

**TEAM RULES AND AWARDS** Team awards will be given to the top three teams in each division in both the large and small school divisions. Each team is composed of five runners and a maximum of TEN 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. We will also be selling XC buttons this year!

**ENTRY** Teams will be required to submit a full roster of attending athletes no later than Tuesday, September 2, 2014 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 4, 2014. Additional changes will be made at the discretion of meet management. We are tentatively limiting the races to approximately thirty teams due to course capacity.

**RESULTS** Hand-written time results will be posted within thirty minutes of the conclusion of each race. Coaching packets will be sent out by e-mailed within three days following the meet. Results will also be posted at Prepcaltrack.com and on our website at cerritosxc.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 BOYS \_\_\_\_\_ NO. OF GIRLS \_\_\_\_\_

DIVISIONS: BOYS – VARSITY JR. VARSITY SOPH FROSH  
(CIRCLE) GIRLS - VARSITY JR. VARSITY SOPH FROSH

**2013 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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