



## So Cal Regional Cross Country Championships Friday, November 3<sup>rd</sup>, 2023

- Where: El Dorado East Regional Park  
7550 East Spring Street Long Beach, CA 90815
- Race Times: 10:00am – Women's 5k, 11:00am – Men's 4-miles
- Entries: Entries must be entered through [directathletics.com](http://directathletics.com)  
**\*It is important that qualifying teams with 5-7 runners participate and finish the race. All entries are due by Tuesday 10/31/2023 at 6:00pm.**  
*All entries received after this entry deadline will be considered late. LATE FEE of \$300.00 will be assessed for any late fee received up to 48 hours prior to the scheduled start time of the first event.*
- Entry Fees: \$200.00 per team. Men and Women teams are separate. (\$400.00 both teams) There is no reduced fee for individuals or incomplete teams.
- Checks payable to: **Cerritos College Athletics**
- Check Can be Mailed:  
**Attn: Track and Field/Athletics**  
**C/O Maria Castro**  
**11110 Alondra Blvd**  
**Norwalk, CA 90650**
- Parking Fee: \$7 for cars/vans. \$35 for buses.
- Course: The course is well marked. Course Maps will be included in the team packet and will also be available on the CCAA Website. It is the Athletes' responsibility to know the course.
- Awards: Awards for the Top 14 Individuals and the Top 3 Teams.
- Athletic Trainers: Will be located near the finish line. Please provide your own pre-wrap/tape.
- Race #'s: Each athlete will have a race BIB w/ chip to be worn on the front of the jersey. Safety pins will be provided.
- Finish Chute: Make sure your athletes are aware that they must stay in the finish chute and exit at the end of the chute. Early exit may result in disqualification.
- Results: Team scores and individual results will be posted as soon as possible. One printed copy of the results will be available for each Head Coach. Timing by Finished Results.
- Questions: Bryan Ramos 818.486.5463 [bramos@cerritos.edu](mailto:bramos@cerritos.edu)  
Christopher Richardson 562.441.4239 [crichardson@cerritos.edu](mailto:crichardson@cerritos.edu)

## Technical Information

**Protests:** Protests relating to matters that develop during the conduct of the meet shall be made at once and no later than 30 minutes after the final results have been officially posted. Such protests shall be directed in writing to the meet referee. Protests forms included in team packet.

**Qualifying:** From the Northern California and Southern California Regional Championship meets, a combined total of twenty-four (24) men's teams and twenty-four (24) women's teams will be permitted to advance into the CCCAA State Championship.

**16 Teams** from the South and **8 Teams** from the North will make up the 24 teams.

From the Northern California and Southern California Regional Championship meets, a combined total of thirty (30) men's individual qualifiers and thirty (30) women's individual qualifiers will be permitted to advance to the CCCAA State championship. Individual qualifiers are not members of a State Championship qualifying team and will advance based on their finishing place at their respective Regional Championship meets. Individual qualifiers may only advance into the State Championship so long as they finish within the top 50-percent of all finishers within their Regional Championship.

# Southern Cal Preview & Finals

El Dorado Regional Park, Long Beach – Women's 5k 10:00 am

7550 East Spring Street • Long Beach, CA 90815

Hosted by Cerritos College

## Women's 5k Course

Black – Start to Mile 1

Blue – Mile 1 to Mile 2

Red – Mile 2 to Mile 3

Orange – Mile 3 to Finish



# Southern Cal Preview & Finals

El Dorado Regional Park, Long Beach - Men's 4-miles 11:00 am

7550 East Spring Street • Long Beach, CA 90815

Hosted by Cerritos College

## Men's 4-miles Course

Black - Start to Mile 1

Blue - Mile 1 to Mile 2

Red - Mile 2 to Mile 3

Orange - Mile 3 to Finish

