



So Cal Cross Country Preview Meet Friday, September 15th, 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
All entries are due by Tuesday 9/12/2023 at 6:00pm.
All entries received after this entry deadline will be considered late. (\$30 per team late fee)
- Entry Fees: \$150.00 per team. Men and Women teams are separate. (\$300.00 both teams)
\$30 Per Athlete for teams with incomplete teams (1 to 4 athletes).
- Checks payable to: **Cerritos College Cross Country**
- Check Can be Mailed:
Attn: Track and Field/Athletics
11110 Alondra Blvd
Norwalk, CA 90650
- Course: The course is well marked. Course Maps will be included in the team packet and will also be available on the CCCAA Website. It is the Athletes' responsibility to know the course.
- Parking Fee: \$7 for cars/vans. \$35 for buses.
- Awards: Awards for the Top 14 Individuals and the Top 3 Teams.
- Athletic Trainer: 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
Christopher Richardson 562.441.4239 crichardson@cerritos.edu

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

