

THE SPOTTED CALF SPRINT

AUGUST 30, 2025
JOHN GLENN HIGH SCHOOL
7:45AM

Do you have a young calf who wants to participate but would never finish the entire course? We have a sprint version of our race (approximately 100m) for those who want their own glory!

The spotted calf sprint is a non-timed race for those who want to sprint, jog, walk or be carried across the finish line. all participants will receive a medal (any parent/guardian accompanying these young calves will not receive a medal).

The sprint will start BEFORE THE HIGH SCHOOL INVITATIONAL BEGINS AND WILL BE A 100M SPRINT.

Dress them up to double the fun!

While possible, it may be difficult to finish the open race and accompany your son/daughter in the Spotted Calf Race unless you run under 9 min/mi.

Shirts must be picked up BEFORE the race to guarantee the size ordered. Please arrive before 7:15am for pickup.

Registration

Child's Name _____

Parent/Guardian Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

E-mail _____

Gender: MALE FEMALE

Age of Participant: _____ [6 & Under Recommended]

Entry Fees: \$5 w/o shirt or \$15 w/shirt

Checks Payable to Cerritos Cross Country. Please mail the entry form to Cerritos Cross Country, 12500 East 183rd Street, Cerritos, CA 90703 For questions please contact Jason Watanabe: Jason.Watanabe@abcusd.us.

Payment Type: _____

Shirt Size (opt): YS YM YL [SM + \$3]

Sponsoring Athlete: _____

**** Name of athlete who will receive credit for your registration (if any).**

WAIVER: In consideration of the acceptance of this entry in said cross country race to be held on August 30, 2025 in Norwalk, California, we, the undersigned participants intending to be legally bound, do hereby for ourselves, our heirs, executors and administrators, waive, release and forever discharge any and all right or claims for damages which we, or either of us, may have or which hereafter accrue to us, or either of us against any and all persons, organizations and legal entities affiliated with such race and more particularly, the staff, coaches, parents, athletes and volunteers of Cerritos High School & John Glenn High School, the city of Cerritos and Norwalk, the ABC and Norwalk-La Mirada Unified School Districts, and its councils, together with their representative officers, agents, employees, successors, assign and/or sponsors, for any and all damages, which may be sustained or suffered by us in connection with or entry in, and/or arising out of our travel to, participation in and returning from said race. I/we hereby agree to release to the race promoter full and exclusive rights to record my performance in said race on film, videotape, or still photography for use without compensation. I/we understand that this is an arduous athletic event and hereby certify that I am properly conditioned to participate. (Adult guardian must sign for those participants under the age of 18.)

Print Name of Participant _____

Signature _____ Date _____

Parent Signature _____ Date _____

Please note that a parent or guardian must accompany the participant during the entirety of the sprint. Participant may be carried if necessary.

All participant finishers will receive the same medal as the open race finishers.