

- This year we will have a National Team package and a Regional Team package.
 - The ONLY difference is these are if you want to travel to out of state meets. The National Team will do all meets including Champs in Charlotte and AAU in Tallahassee.
 - If you are picking which meets to attend, please see our rank of importance and try to prioritize meets by that ranking.
 - All entry fees and memberships are covered under the plan except for a USATF membership fee.
 - Running Lane is for High School only.
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- USATF Membership Renewal Link:
 - <https://vimeopro.com/user44435707/usatf-connect-member-tutorials/video/403344760>
 - - Birth Certificate:
<https://vimeopro.com/user44435707/usatf-connect-member-tutorials/video/403329154>
 - We were able to hold 15 doubles at a time and they won't give us more until we fill this block up for USATF. There are already 2 other XC groups that have also started a block so if families are going they should probably hold them now.
 - - Courtyard by Marriott Tallahassee North (1972 Raymond Diehl Rd, Tallahassee, FL 32308 - (850) 422-0600)

2023 Post Season	<u>National Team</u> Travel	<u>Regional Team</u> Non-Travel	<u>High School Team</u> Optional Travel
Age Range	2nd - 8th grade	2nd - 8th grade	9th-12th grade
In Person Practice	2x per week for 8 weeks	2x per week for 8 weeks	2x per week for 8 weeks
Races	11/4 - Middle School Nationals (\$30) 11/11 - Lloyd White Memorial (\$10) 11/25 - Champs South (optional) (\$25) 12/2 - AAU Nationals (\$60) 12/9 - USATF Nationals (\$20)	11/4 - Middle School Nationals (\$30) 11/11 - Lloyd White Memorial (\$10) 12/9 - USATF Nationals (\$20)	11/11 - Lloyd White Memorial (\$20) 11/25 - Champs South (\$25) 12/2 - AAU Nationals (\$60) (optional) 12/2 - Running Lane (\$40) (optional) 12/9 - USATF Nationals (\$20) (optional)
Fee Includes	<ul style="list-style-type: none"> • 8 week training plan • Personalized paces for each workout • In person coaching based on age & ability for 8 weeks. • Thomson Training Singlet (\$32) • Thomson Training Podium Shirt (\$25) <ul style="list-style-type: none"> • Meet Entry Fees (\$145) • AAU Membership (\$20) <p>*USATF membership not included</p>	<ul style="list-style-type: none"> • 8 week training plan • Personalized paces for each workout • In person coaching based on age & ability for 8 weeks. • Thomson Training Singlet (\$32) • Thomson Training Podium Shirt (\$25) <ul style="list-style-type: none"> • Meet Entry Fees (\$60) <p>*USATF membership not included</p>	<ul style="list-style-type: none"> • 6 week training plan • Personalized paces for each workout • In person coaching based on age & ability for 6 weeks. • Thomson Training Singlet (\$32) • Thomson Training Podium Shirt (\$25) <ul style="list-style-type: none"> • Meet Entry Fees • AAU Membership <p>*USATF membership non included</p>
Season Dates	October 16th - December 10th	October 16th - December 10th	October 30th - December 10th
Club Fee	\$400	\$300	\$300

Date	Race	Location	Cost	Rank of Importance
11/4/2023	Middle School Nationals	E.P. Tom Sawyer Park Louisville, KY	\$30	2
11/11/2023	Lloyd White Memorial Distance Festival	Bellarmine University Louisville, KY	\$10	4
11/25/2023	Champs South Regional	McAlpine Creek Park Charlotte, NC	\$25	5
12/2/2023	Running Lane <i>*High School Only</i>	John Hunt Cross Country Park Huntsville, AL	\$40	HS Only
12/2/2023	AAU National Championships	Tallahassee, FL	\$60	3
12/9/2023	USATF National Junior Olympic Cross Country Championships	E.P. Tom Sawyer Park Louisville, KY	\$20	1