

**LAS VEGAS ELITE RUNNERS**  
**CROSS COUNTRY**  
**August to December**

**Read Carefully and select one: Competitive    Non-Competitive**

**Competitive**

Obtain AAU (Amateur Athletic Union) and USATF (USA Track & Field) Memberships

Primary Goal

- Train to compete at the highest levels of competition to qualify for the AAU and USATF Junior Olympics.

Commitment / Practice Time

- 4 days a week:
  - 6:00 p.m. to 8:00 p.m., Tuesday, Wednesday, Thursday
  - 7:00 a.m. to 9:00 a.m. Saturday
- Athletes must be committed to attending **WEEKDAY PRACTICES, WEEKEND PRACTICES, and COMPETITIONS**. Daily attendance is taken and recorded.
- **Team A:** Will travel – athletes meet or exceed target times, are on time to practice, minimal absences.
- **Team B:** Will not travel – athletes are not meeting target times, excessively late, or excessively absent.

Registration Fee: See 2023 XC Parent Info Sheet. Non-refundable

Competition Uniform Package fee: See 2023 XC Parent Info Sheet. Non-refundable

- Custom team uniform package to be purchased by parent. Includes:  
Sublimated track suit, uniform, dry fit t-shirt, large backpack.

Transportation is not provided.

**Non-Competitive**

Primary Goal

- Train athletes/individuals that are seeking to improve their athletic fitness. This may be to prep or prepare for other sports/activities. **No aspiration to compete.**

Commitment / Practice Time

- 2 days a week:
  - 6:00 p.m. to 7:00 p.m., Tuesday, Thursday.
  - Cannot compete under Las Vegas Elite Runners in meets/competitions.
  - Training is general in nature and will not include strict performance targets.

Registration Fee: See 2023 XC Parent Info Sheet. Non-refundable

Transportation is not provided.

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Parents and athletes must sign below acknowledging the commitment involved when joining LVER.

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_