



Granite State Flash
2010 USATF Junior Olympics
Track & Field Program Information



Who: This program is for *new or existing* Flash runners who are interested in learning and/or competing in track and field events, or would like to participate in a structured program to continue running through an off-season. For athletes involved in their school's T&F program, you are encouraged to join and participate after your season ends or as your school coach allows.

What: In partnership with Milford High School and Nashua's Gate City Striders, Coach Jan Platt and other Flash coaches will lead twice-weekly coached workouts designed to prepare Flash runners for the USATF Junior Olympic championships beginning in June. We will participate in a series of optional preliminary meets prior to the qualifying meets in June. There will also be instruction provided for additional training between coached sessions.

When: Practices are Tuesdays and Thursdays, starting Tuesday April 6. The optional preliminary meets are scheduled for most Sundays beginning 4/11 through 6/12, followed by the USATF qualifying meets.

Time: Practices will begin at 6:00pm and will last approximately 1.5-2 hours. Coaches will provide more details when the season opens.

Where: Milford High Track - 100 West Street, Milford, NH 03055. [Directions](#). We'll work to accommodate runners that can't always make practice due to commuting distance.

Cost: \$52 for a new Flash athlete, which includes 2010 USATF membership, the 2010 Flash T&F program, and a Granite State Flash racing singlet. Cost will be less for existing Flash athletes that already have a singlet and/or 2010 USATF membership.

Notes:

- USATF membership is good for the calendar year, so payment for the T&F season will also cover the 2010 cross country program beginning in October.
- as the costs of meet registrations is variable depending on the number of meets and events an athlete participates in, they are not included here and must be submitted by the athlete at each meet registration.

Questions and how do I join?

Send an email to [Coach Justin Platt](mailto:jsplatt@comcast.net) (jsplatt@comcast.net) with any questions and for copies of the Flash and USATF membership forms. Bring completed forms, a copy of the athlete's birth certificate (required for USATF membership), and cash or check to the first practice you attend. Make checks payable to "Granite State Flash".