



*Granite State Flash*  
*2011 USATF Junior Olympics*  
*Track & Field Program Information*



**Who:** This program is for youth runners and/or field athletes ages 7-18 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 Merrimack High School, Flash and MHS coaches will lead twice-weekly workouts designed to prepare Flash runners for the USATF Junior Olympic T&F 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 most Mondays and Thursdays starting April 11. Optional preliminary meets will be scheduled on many Saturdays/Sundays prior to the first USATF qualifying meet on 6/18.

**Time:** Practices will begin at 6:00pm- 5:30p first day (4/11) only- and will last approximately 1.5-2 hours. Coaches will provide more details when the season opens.

**Where:** Merrimack High School - 38 McElwain Street, Merrimack, NH 03054-3698. We'll work to accommodate runners that can't always make practice due to commuting distance.

**Cost:** \$57 for a new Flash athlete, which includes 2011 USATF membership, the 2011 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 2011 USATF membership.

Notes:

- USATF membership is good for the calendar year, so payment for the T&F season will also cover the 2011 cross country program beginning in October. Flash singlet is USATF required uniform.
- 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 \(jsplatt@comcast.net\)](mailto:jsplatt@comcast.net) to confirm, and with any questions and for copies of the 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".**