



Granite State Flash 2019 USATF Junior Olympics Cross Country

Granite State Flash (GSF) is a New Hampshire USATF Junior Olympic Cross Country program, focusing on children ages seven through eighteen.

Competing in the New England, Regional and National Junior Olympic Cross Country Championship competitions, GSF has a proven record of success founded on the nurturing and development of runners.

Running for Life



While the focus of the GSF program is cross country, Flash runners also compete in various competitions throughout the year including area road races and the summer Junior Olympic Track & Field competition. The focus of the Flash program is running as a life long pursuit, team competition, sportsmanship, and increasing personal fitness levels.

History

The Flash began in 2001 with just two teams and twenty one runners. The program has grown to include runners from towns and cities throughout New Hampshire, Vermont and northern Massachusetts. Over the past 17 years more than 1,500 youth runners have participated in the program with multiple teams each year advancing to the New England, Regional and National competitions.



Results



Flash teams have won National Gold, Silver and Bronze medal team championships, as well as numerous Regional and New England Team and Individual titles. Dozens of Flash runners have earned individual All-American honors (top 25 individually in the U.S.).

In each of the last 16 seasons, Flash has had multiple teams qualify and compete at the National XC Championships.

Scholastic Success

Flash runners have also gone on to success at the high school and collegiate levels, capturing 60 State of New Hampshire high school titles (cross country, indoor and outdoor track), setting 11 Class and/or State records as well as winning 9 individual New England High School Championships. More than 80 Flash runners have gone on to compete at the collegiate level including such schools as Hartford, Assumption, Naval Academy, Dartmouth, Keene State, UNH, SNHU, Penn, Columbia, Yale, Quinnipiac, Brown, Tufts, Villanova, West Point, Norwich, UMASS Lowell, Franklin Pierce, William & Mary, MIT, Bentley, Bucknell, Franklin & Marshall, NC State, Vassar, UMASS Amherst, Plymouth State, Highpoint, and Dickinson College, Notre Dame, and SUNY Stonybrook.



Contact Information:

GSF Program Directors: Coaches Jan & Justin Platt
jsplatt@comcast.net
www.GraniteStateFlash.com

2019 Signup Information

Signups for the 2019 XC season will be held on **Sunday Oct 20, 2019** at the track at Livingston Park in Manchester between **2-3pm**, followed by an easy group run. Please email jsplatt@comcast.net with intention to join, and bring completed Membership and Permission form, Uniform Order Form, and a **COPY** of a birth certificate or passport for USATF age verification.



Practice

Practice will begin Tuesday **October 22, 2019** at Derryfield Park in Manchester, NH and continue every Tuesday and Thursday at Derryfield Park from 3:40 PM to 5 PM and Sun late mornings at Livingston Park in Manchester, NH unless otherwise noted.

Competition Schedule and Race Distances

MEET SCHEDULE			COMPETITION DISTANCES		
DATE	EVENT	LOCATION	Age	Year of Birth	XC Race Distance
Sunday 10/21/2018	Team Registration	Livingston Park Manchester, NH	8 and Under	2011 and later	2000 meters - 1.24 miles
Sunday 10/27/2019	Mayor's Cup	Franklin Park Boston, MA	9-10	2009 - 2010	3000 meters - 1.86 miles
Sunday 11/10/2018	Preliminary Race	TBD	11-12	2007 - 2008	3000 meters - 1.86 miles
Sunday 11/17/2019	New England Championships	Smithfield, RI	13-14	2005 - 2006	4000 meters - 2.49 miles
Sunday 11/24/2019	Region 1 Championships	Bethpage State Park, Bethpage, Long Island NY	15-16	2003 - 2004	5000 meters - 3.11 miles
Saturday 12/14/2019	National Championships	Madison, WI	17-18	2001 - 2002	5000 meters - 3.11 miles



Highlights of Membership

- Experienced coaches with proven results
- Close interaction with coaches and teammates
- 3x per week group practices with planned workouts for off-days
- Opportunity to travel to 4-5 USATF races as a team
- Periodic "fun" races throughout the year
- Training on complementary skills such as Eating and Hydration, Core Strengthening, and Visualization
- End of season banquet
- Memories that will last a lifetime!

Cost

\$70 registration and fees, \$20 USATF Membership, plus uniform required. See *Uniform Order Form*. Make checks payable to "Granite State Flash".

Questions and how do I join?

A registration form for Flash XC is attached or can be downloaded at <http://jsplatt1.wixsite.com/gflash/forms>. Please bring a completed registration form, Uniform Order Form, and payment to signups or your first practice. Email Coach Justin Platt (jsplatt@comcast.net) with intention of registering so we can plan accordingly, or with any questions.





**Granite State Flash
2019 Cross Country**



Program Membership and Permission Form

Athlete Information (*please print and neatly complete ALL information- REQUIRED*):

Name: _____ Gender: **F M** DOB: ___/___/___ USATF Membership #: _____
 Address, City, St, Zip: _____ Home Tel#: _____
 Parents First Names: _____ Mom's Cell #: _____ Dad's Cell #: _____
 Preferred Email Address(es): _____ School: _____
 Emergency Contact Name: _____ Emergency Contact Phone: _____
 Family Doctor Name: _____ Doctor Phone No.: _____
 Date of Last Physical Examination: ___/___/___ Date of Last Tetanus Shot: ___/___/___
 Previously USATF membership not with Flash? **YES NO** If YES, what club? _____

Please check the box below if there have been any illnesses, including but not limited to diabetes, asthma, limited physical activity due to heart problems, injuries or other circumstances of any type related to your child that may affect his/her ability to participate in the Granite State Flash, Inc. programs. If yes, please specify below.

List type of illness/condition etc: _____

Please List Other Interests and Activities (for our end of the year banquet!):

PAYMENT

Flash Fee (includes all REQUIRED racing fees)	\$70	
USATF Membership- Unless membership is current through 2019, OR complete membership process online at http://www.usatf.org/membership/	\$20	
Uniform (required for competition)- From separate Uniform Order Form		
TOTAL (Make checks payable to "Granite State Flash")		

This is to certify that my child (please print), _____ has permission to try out and participate in the running programs conducted by the Granite State Flash, Inc. for the year 2019 season.

I accept and agree to comply to the running programs mission statement of the Granite State Flash, Inc. and any bylaws and rules as applicable to the program. I grant permission to the Granite State Flash, Inc., its agents, coaches and/or volunteers to transport my child to and from athletic activities. In the event that I am unable to be reached in an emergency, I hereby authorize the Granite State Flash, Inc., its agents, coaches and/or volunteers to take emergency measures as needed. I understand this may include related transportation, x-rays, routine tests, treatment and release of records necessary for insurance or treatment purposes. The selected licensed physician or hospital has my permission to secure and administer treatment, including hospitalization for my child in the event such treatment is deemed necessary as a result of my child's participation in the programs or as a result of transportation to and from such athletic activities.

Assumption of Risk: I understand that competing in running and field sports is a potentially dangerous activity. I verify that my child is physically healthy and is able to train and compete. I fully assume all risks associated with these activities. I waive and release the Granite State Flash, Inc. its volunteers, coaches and all individuals associated with the Granite State Flash, Inc. from any and all claims of any type arising out of my child's participation in these programs. Further I grant permission for my child's name and contact information to be placed on a roster that may be distributed to team members and their parents/guardians as it relates to team related communications. I also grant permission for any photos taken at events, practices, or club-related activities to be posted on the Granite State Flash, Inc. website.

Parent or Guardian Name: _____ **Tel.#:** _____
 (Please print)

Parent or Guardian Signature: _____ **Date:** _____