

Granite State Flash 2026 USATF Junior Olympics Track & Field



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

Competing in the New England, Region 1 and National Junior Olympic Track and Field 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 next 18 years more than 1,500 youth runners participated in the program with multiple teams each year advancing to the New England, Regional and National competitions. After the 2019 season the club went on pause for a couple of seasons, first due to Covid and then schedule limitations with the former (amazing) coaches Justin and Jan Platt. In 2022 the club came back under the guidance of Upper Valley coaches Tiffany Currier & Rick Currier, and we now welcome coach Anne Sosin.



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 21 seasons the club competed, Flash has had multiple members qualify and compete at the National Track and Field Championships.

Scholastic Success

Flash runners have also gone on to success at the high school and collegiate levels, capturing over 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, High Point, Dickinson

College, Notre Dame, Maine, Rhode Island, Brown and SUNY Stony Brook.

2026 Track and Field Signup Information

Signups for the 2023 Track and Field season will be held on **Sunday May 24, 2026** at the track at Newport High School between **4-5pm**, followed by practice from 5-6:30...Please email Rick Currier at dcmemorial@aol.com 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. Registration can also be done via email with arrangements for payment made, as long as forms and proof of date of birth are provided.

More info is available at www.granitestateflash.club

Practice

Practices will held on Tuesdays and Thursdays from 6:15-8:00 at Newport High School and Sundays from 2-4 at Newport High School. Athletes that are still in their competitive athletic seasons should feel free to not attend these practices until their seasons have concluded.

Competition Schedule

June 12-13, 2026 USATF New England Association Junior Olympic Championships. Fitchburg State University/Fitchburg, MA

June 26-28, 2026 USATF Region 1 Junior Olympic Track and Field Championship. **Gordon College/Wenham, MA**

July 27-Aug 2, 2026 USATF National Junior Olympic Track and Field Championships. Cerritos College/Norwalk, CA

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 3-4 USATF races as a team
- Periodic "fun" races throughout the year
- Training on complementary skills such as Eating and Hydration, Core Strengthening, and Visualization
- Memories that will last a lifetime!

Cost

\$40 registration, \$40 USATF Membership (unless paid for through 2026 during XC) , plus uniform required. See **Uniform Order Form**. Make checks payable to "**Granite State Flash**". There will also be per event fees with each meet.

Questions and how do I join?

A registration form for Flash Track and Field will be attached to the packet on registration day, can be found online at www.granitestateflash.club or can be requested at dcmemorial@aol.com. Please bring a completed registration form, Uniform Order Form, and payment to signups or your first practice. Email Coach Rick Currier with intention of registering so we can plan accordingly, or with any questions.

