

Peachtree City Flash 2011 Cross Country

Post Season XC Meets for High School

Overview:

- Peachtree City Flash is a youth running club started in 1991 to develop young runners
- High School runners come to PTC Flash to race in 4 big meets and compete as a team in 3 meets after the HS Season is over
- Practice with the Flash team and other HS runners 3 to 4 days a week; Mon, Tues, Thurs: 6-7:15pm & Sat 9am-10:30 at Oak Grove Elem. or at Riley Field Track by PTC Elem School under the lights.

Competition / Races:

- Athletes compete against other Atlanta and National Youth running clubs by age group & gender
- 6 Age and Gender Divisions for High School: – your age as of Dec 31 2011 determines what age group you are in
 - 13 & 14 Year Old Boys and Girls – race 4K
 - 15 & 16 Year Old Boys and Girls – race 5K
 - 17 & 18 Year Old Boys and Girls – race 5K
- Competitions award top individuals and top teams by age group and gender
- Teams compete in 3 competitive races and 1 race as individuals
 - USATF Junior Olympic Georgia State Championship – November 12 (at Oak Grove, PTC)
 - USATF Junior Olympic Region 3 Championship – November 19* (in Myrtle Beach, SC)
 - Foot Locker South Regional Championship – November 26 [individual] (in Charlotte, NC)
 - USATF Junior Olympic National Championship – December 10 ** (in Myrtle Beach, SC)

*- athletes must be in the top 25 individuals or be on the top 3 teams at the Nov 12 state meet to qualify for the Regional meet

** - athletes must be in the top 20 individuals or be on the top 3 teams at the Nov 19 regional meet to qualify for the National meet

Costs:

- \$70 covers 3 USTAF meet Entry fees and the Foot Locker race
- PTC Flash Uniform (singlet and Shorts) included in the \$70 fee
- Additional cost for: Team T-shirt \$15 (optional) and other gear (optional)

Registration / Uniform Try On:

- During and after PTC Flash practices between Sept 15 – October 20.
- Last day is Friday, October 21 (we need 3 weeks to order and print uniforms before Nov. 12 race)
- Or Call Coach Livingston to arrange a time.

For more information, registration forms, meet schedule:

- Parent Info Packet for HS, Registration Forms for HS, and Meet Schedule go to www.ptcflash.com
- For additional questions that are NOT on the website:
 - E-mail - donlivingston@bellsouth.net or call - (770)-486-8419