

Youth Running

7th Annual Nashua City Cross Country Championships

On October 26th at Stellos Stadium, the Nashua Police Athletic League will once again host the Cross Country Championships for the City of Nashua. All Nashua Elementary and Junior High School students are eligible to compete. Races will be held for boys elementary, girls elementary, boys junior high, and girls junior high. The Elementary students will compete on a 3k (1.86 mile) course and the Junior Highs will run 4k (2.48 miles). Medals will be given to the top 20 boys and girls elementary finishers and the top five boys and girls junior high runners. Awards will also be presented to the top teams with the first place teams receiving the Cruiser Cup to host at their school for one year.

This race has been run every year since 1996. It has become the largest Elementary and Junior High Cross Country event in the U.S. with over 500 runners competing overall. Registration will begin at 8 AM and the races are scheduled to start at approximately 10 AM. The course runs through Mine Falls Park but begins and ends in front of Stellos Stadium.

2002 Nashua PAL Junior Olympic Cross Country Team Qualifying Races – Nov 2, Stellos Stadium

Nashua PAL also sponsors teams to compete in the USATF Junior Olympics. In the past three years Nashua PAL teams have won four National Championships and twenty-nine PAL runners have become All-Americans. In 2000, Nashua PAL was honored as the third best program in the entire country at the USATF Junior Olympic Championships in Reno, NV. For the 2002 season, Nashua PAL will again organize teams for youth runners born 1988 and later. The schedule for the November 2nd qualifying races to be held at Stellos Stadium in Nashua is as follows:

9:00 AM	Course walk-through
10:00 AM	Bantam girls (3k distance, girls born 1992+)
10:30 AM	Bantam boys (3k distance, boys born 1992+)
11:00 AM	Midget girls (3k distance, girls born 1990-1991)
11:30 AM	Midget boys (3k distance, boys born 1990-1991)
12:00 PM	Youth girls (4k distance, girls born 1988-1989)
12:30 PM	Youth boys (4k distance, boys born 1988-1989)

The **Granite State Flash**, a southern New Hampshire based USATF sanctioned cross country team will have their first informational meeting Sunday October 27, 2002 3:30 PM at Stellos Stadium in Nashua. Practices will formally begin Sunday November 3, 2002. All Runners born in the years 1986/1987 (Intermediate division) and 1988/1989 (Youth division) are eligible to participate on the USATF teams. The Flash will be competing in the New England Junior Olympic Championships on Sunday November 17, 2002 and if qualified will go on to the Regional Championships in Smithfield RI on November 24, 2002. The National Junior Olympic Cross Country Championships will be held in Carrollton GA (just outside of Atlanta) on December 14, 2002. This years team will be coached by Don McCarty of Nashua hdMcCarty@aol.com, Mike Sarro of Manchester MSARRO@nemultisport.org and Cathy Merra of Amherst. CMerra@adelphia.net Last season the Youth boy's team won the New England Junior Olympic Cross Country Championships and placed 4th in the Regions. The Youth girls team won the Silver at the New Englands, Bronze at the Regionals and placed 8th in the United States at the National championships held in Lincoln, Nebraska, the top finish of any team in the Northeast.



Gate City Youth at the races

Top left, Kaitlin at Yankee 5k.
 Top middle, Michelle at Cigna
 Top right, Kim at Cigna
 Right, Coach Bill at Nationals
 Bottom left, Lindsay at St Joe's
 Bottom middle, Nicole at St Joe's
 Bottom right, Ethan at St Joe's

