Ken Lake Classic Memorial Cross Country Meet
Hosted by: **Burlington Track & Field Club**

Date: **Saturday October 14, 2017**

Time: 9:30AM. – Course walk through. First event Peewees at 10:00 AM

Place: LaSalle Park, 50 North Shore Blvd., West, at LaSalle Park Road, Burlington, Ontario

> ► **From Hamilton/403 East bound** – Exit Waterdown Rd., south past Plains Rd. (becomes LaSalle Park Rd), to North Shore Blvd.
> ► **From QEW Hamilton/Niagara** – Exit at Northshore Blvd. (turn left at lights) and proceed west on Northshore Blvd. approx 5km to LaSalle Park.
> ► **From QEW Toronto** –Proceed to Hwy 403 westbound. Exit at Waterdown Rd. Turn left (south) at the traffic lights. Proceed southbound on Waterdown Rd past Plains Rd. (becomes LaSalle Park Rd) to North Shore Blvd. park is on your left.

Facilities: Course is in a park setting through forest with rolling hills (some pavement). **Spikes not recommended**. Washrooms on site, *snacks & drinks will be sold*, and restaurants are nearby. Food concession will be available.

Events: **(distances are approximate)**

PEEWEES (2011, 2012)	800 M
MITES (born 2009, 2010)	1000 M
TYKES (born 2007, 2008)	1500 M
ATOMS (born 2005, 2006)	2000 M
MTA SR - BANTAMS (born 2003, 2004)	3000 M

Awards: Individual medals will be awarded for the first three places with ribbons up to tenth place. Team medals will be awarded for the first team only. Ribbons for second and third place clubs (Maximum 4 team members).

Entry Fees: $15.00 per athlete ($20.00 per athlete post entry)
($5.00 insurance coverage surcharge per athlete for non-MTA registered athletes).

Note: Waiver forms must be filled-out and submitted by **each** athlete or a blanket waiver by coach with power of attorney (list all athletes). Athletes without signed waiver forms will not be allowed to compete.

Deadline: **Deadline for entries is Thursday, October 12th, 2017 at 11:59pm**
Post entries will be accepted **prior** to **9:00 a.m.** on meet day.
NOTE: Supply waivers on event day

Make cheques payable to: Burlington Track & Field Club

Forward entries to: Suzanne Leroux   email address: suzanneleroux@rogers.com

Entries: Registration is online using www.trackie.reg or an excel spreadsheet

THIS WAIVER FORM MUST BE SUBMITTED BY EACH ATHLETE ENTERED or
BLANKET WAIVER BY COACH WITH POWER OF ATTORNEY - (list all athletes)

SANCTIONED & REQUIRED BY:
MINOR TRACK ASSOCIATION (of Ontario)

In consideration of the acceptance of my application and permission to participate as an entrant of competitor in the   Ken Lake Classic Memorial Cross Country MTA Meet scheduled for Saturday, October 14th, 2017.

I, for myself, my heirs, executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE:

The Minor Track Association (of Ontario)
Burlington Track & Field Club Inc. and/or any of its Directors
City of Burlington
Region of Halton

And all other association, sanctioning bodies and sponsoring companies, and all their respective agents, officials, servants, representatives, and assigns OF AND FROM ALL claims, demands, damage costs, expense actions, and causes of action, whether in law or equity, in respect to death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor, or otherwise; whether prior to, during or subsequent to the event AND NOTWITHSTANDING that the same may be the negligence of any of the aforesaid.
I FURTHER HEREBY UNDERTAKE to HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREE to the above WAIVER, RELEASE AND INDEMNITY. I WARRANT that I am physically fit to participate in this event.

_____   _____   _____
Print Name   Date   Signature of Athlete

_____   _____   _____
Print Name   Date   Signature of Parent or Guardian
                                                                            (If under 18 years)