

# BURLINGTON LEGION TRACK & FIELD CLUB PRESENTS

## THE 28<sup>th</sup> ANNUAL GORD RUSBY MEMORIAL TRACK & FIELD MEET

A Peewee, Mite, Tyke, Atom, and Senior Track & Field Meet.

**Date:** Saturday, May 19<sup>th</sup>, 2018

**Time:** 9:00 a.m.

**Place:** Nelson High School  
4181 New Street, Burlington ON

**Facilities:** All-weather rubberized six-lane oval track, suitable for pin spikes (6-mm max). Washrooms on site, snacks & drinks will be sold, and restaurants are nearby.

**Competition Director:** Denis Delorme

**Entries Chairperson:** Suzanne Leroux

**Peewee:** Athletes born in 2012, 2013  
100 m, Long Jump

**Mites:** Athletes born in 2010, 2011  
100 m, 200 m, 400 m, Long Jump, Shot put  
Medley relay 4 x 100

**Tykes:** Athletes born in 2008, 2009  
100 m, 200 m, 400 m, 800 m, **1200m**, High Jump, Long Jump, Shot Put,  
Medley relay 400x200x200x800

**Atoms:** Athletes born in 2006, 2007  
100 m, 200 m, 400 m, 800 m, 1500 m, High Jump, Long Jump, Triple Jump, Shot Put,  
Javelin, 200 m hurdles,  
Medley relay 400x200x200x800

**Seniors:** Athletes born in 2004, 2005  
100 m, 200 m, 400 m, 800 m, 1500 m, High Jump, Long Jump, Triple Jump, Shot Put,  
Javelin, 200 m hurdles,  
Medley relay 400x200x200x800

- Notes:**
1. Athletes may only compete in **three** events of which only **two** can be track events (relays not included).
  2. Age classification as of **December 31, 2018**
  3. 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. **NOTE:** supply on event day.
  4. Events with less than **five** athletes **may** be combined with another age group.
  5. Athletes may move up **one** age group if an event is not offered in their own age category.
  6. Starting blocks for Atoms and Seniors only.

# Driving Directions to Nelson High School, 4181 New Street, Burlington

**Coming from the West** – Hwy 401 eastbound to Hwy 403 eastbound to QEW east bound exiting at Walkers Line. South on Walkers Line to New Street. Left on New Street to Belvenia. Nelson High School is at the corner of Belvenia and New Streets. Turn left onto Belvenia and use the second parking lot on north side of the track.

**Coming from Niagara** – Proceed Toronto bound on QEW exit at Walkers Line. Turn south (right) on Walkers Line proceed south to New Street. Turn left on New Street to Belvenia. Nelson High School is at the corner of Belvenia and New Streets. Turn left onto Belvenia and use the second parking lot on north side of the track.

**Coming from the East** – Hwy 401 westbound to Hwy 403 (Hamilton) proceed east to QEW (Hamilton) exit at Walker's Line. Turn south (left) on Walker's Line proceed to New Street. Left on New Street to Belvenia. Nelson High School is at the corner of Belvenia and New Streets. Turn left onto Belvenia and use the second parking lot on north side of the track.

**From the North** take Hwy 400 southbound to Hwy 401 westbound. Take the Hwy 427 southbound exit and precede south to westbound QEW/Hamilton, proceed west exiting at Walker's Line. Turn left (south) onto Walkers Line and proceed southbound to New Street. Left on New Street to Belvenia. Nelson High School is at the corner of Belvenia and New Streets. Turn left onto Belvenia and use the second parking lot on north side of the track.

**Or** Hwy 407 westbound exiting at Appleby Line, turn left (south) on Appleby and proceed to New Street. Turn right onto New Street proceed to Belvenia Street. Nelson High School is at the corner of Belvenia and New Streets. Turn right onto Belvenia and use the second parking lot on north side of the track.

**Awards:** Medals will be awarded for the first three places in all events with ribbons for the next three places.

**Entry Fees:** Individual events: \$10.00 per event  
Relays: \$15.00 per team per event

**Note:** \$5.00 insurance coverage surcharge per athlete for non-MTA registered athletes.  
(Gives all day coverage at Track Meet venue)

**Deadline:** **Deadline for entries is Wednesday midnight, May 16th, 2018**  
Late entries, after deadline, will be accepted until noon on Friday, May 18:  
\$20 per event, \$30 per relay team

**[ENTRIES WILL NOT BE ACCEPTED ON RACE DAY](#)**

**Make cheques payable to:** Burlington Track & Field Club Inc.

Entries format: 1. Use [www.trackiereg.com](http://www.trackiereg.com)  
2. Use the Excel spreadsheets

Email entries to: Suzanne Leroux at [suzanneleroux@rogers.com](mailto:suzanneleroux@rogers.com)

# BURLINGTON TRACK & FIELD CLUB

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 28<sup>th</sup> ANNUAL GORD RUSBY MEMORIAL TRACK & FIELD MEET  
scheduled for Saturday, May 19<sup>th</sup>, 2018

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  
Halton Board of Education  
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)

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## SCHEDULE OF EVENTS

This is a tentative schedule and may be advanced 30 minutes or delayed as required

MAY 19<sup>th</sup>, 2018

TRACK EVENTS		FIELD EVENTS						
			<i>LJ</i> <i>Pit #1</i>	<i>TJ</i> <i>Pit #2</i>	<i>High</i> <i>Jump</i>	<i>Shot Put</i>	<i>Javelin</i>	
1200 m	Tykes	<b>9:00 a.m.</b>	<b>Seniors</b> - Boys - Girls	<b>Seniors</b> Girls	Atom Girls	Mite Girls/Boys		
1500 m	Atoms <b>Seniors</b>							
100 m Heats	Peewees Mites Tykes Atoms <b>Seniors</b>		Tyke Boys/Girls	Atom Girls	Atom Boys	Tyke Girls/Boys	Seniors Boys	
400 m	Mites Tykes Atoms <b>Seniors</b>		Pee-Wee Boys/Girls		Seniors. Girls	Seniors Boys	Atom Boys	
<b><i>200 m Hurdles during lunch</i></b>								
200 m	Mites Tykes Atoms <b>Seniors.</b>	<b>1:00 p.m.</b>	Atom Boys/Girls	Seniors Boys	Seniors Boys	Seniors Girls		
800 m	Tykes Atoms <b>Seniors</b>		Mite Boys/Girls	Atom Boys		Atom Girls	Seniors Girls	
100m Final	Atoms <b>Seniors</b> Peewees Mites Tykes				Tyke Boys  Tyke Girls	Atom Boys	Atom Girls	

Relays: 400x200x200x800

**In all track events Girls then boys in same age division**