

Ken Lake Classic Memorial Cross Country Meet

Hosted by: **Burlington Track & Field Club**

Date: **SUNDAY OCTOBER 17, 2021**

Time: First event at 9:30 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.

Meet Director: David Parkes president@burlingtontrackandfield.org
Tammy MacKenzie tammymackenzie@bell.net

Facilities: Course is in a park setting through forest with rolling hills (some pavement) **so spikes are not recommended**. Washrooms on site and restaurants are nearby.

Events: (distances are approximate)

PEEWEEES (2015, 2016) 800 M

MITES (born 2013, 2014) 1000 M

TYKES (born 2011, 2012) 1500 M

ATOMS (born 2009, 2010) 2000 M

MTA SR - BANTAMS (born 2007, 2008) 3000 M

INTERMEDIATE (2005, 2006) 4000 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. (Maximum 4 team members).

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

Note: Waiver forms to be completed on-line

Deadline: **Deadline for entries is Thursday, October 14th, 2021 at 11:59pm**
No Post entries will be accepted

Entries: Registration is online using www.trackie.reg

COVID Screening: Mandatory for all Participants and to be completed online 24 hours or less before attending the meet

<https://forms.gle/2GvfWHHPTMJMgt44A>

TENTATIVE SCHEDULE:

	No Walk Throughs see map		Approximate Distance
9:30 AM	Peewee Girls & Boys	Born 2015 - 2016	800m
9:45 AM	Mite Girls	Born 2013- 2014	1000m
10:00 AM	Mite Boys	Born 2013- 2014	1000m
10:30 AM	Course Walk Throughs Tyke & Atom		
11:15 AM	Tyke Girls	Born 2011 - 2012	1500m
11:35 AM	Tyke Boys	Born 2011 - 2012	1500m
11:55 AM	Atom Girls	Born 2009 - 2010	2000m
12:15 PM	Atom Boys	Born 2009 - 2010	2000m
12:45 PM	Course Walk Throughs Senior & Intermediate		
1:30 PM	Senior Girls	Born 2007 - 2008	3000m
1:55 PM	Senior Boys	Born 2007 - 2008	3000m
2:15 PM	Intermediate Girls	Born 2005 - 2006	4000m
2:25 PM	Intermediate Boys	Born 2005 - 2006	4000m

Additional Health & Safety Notes:

- Physical distancing must be maintained at all times
- All coaches, officials, volunteers or spectators must wear a mask near the START/FINISH areas and when at least 2m of distance cannot be maintained
- Please spread out to complete warm ups and cool downs away from start and finish areas
- Please vacate the park immediately after your races. Unlike previous meets you should not intend to be there all day. Plan your arrival based on the start ime of your course walk-through