

BURLINGTON TRACK & FIELD CLUB PRESENTS

THE 31st ANNUAL GORD RUSBY MEMORIAL TRACK & FIELD MEET

Date: Saturday, May 20TH 2023

Time: 9:30 a.m.

Place: Nelson High School
4181 New Street, Burlington

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

Meet Director: David Parkes president@burlingtontrackandfield.org

Entries Chairperson: Earl Letford track@flyingangels.ca

Age Divisions / Events:

PeeWees: Athletes born in 2017, 2018
100 m, Long Jump

Mites: Athletes born in 2015, 2016
100 m, 200 m, 400 m, Long Jump, Shot put
Relay 4 x 100

Tykes: Athletes born in 2013, 2014
100 m, 200 m, 400 m, 800 m, **1200m**, Long Jump, Shot Put,
Medley relay 4x2x2x800

Atoms: Athletes born in 2011, 2012
100 m, 200 m, 400 m, 800 m, 1500m, Javelin, Long Jump,
Shot Put, 200m Hurdles
Medley relay 4x2x2x800

MTA Sr.: Athletes born in 2009, 2010
100 m, 200 m, 400 m, 800 m, 1500 m, Javelin, Long Jump,
Shot Put, 200m Hurdles
Medley relay 4x2x2x800

Intermediate: Athletes born 2007, 2008
100 m, 200 m, 400 m, 800 m, 1500 m, Javelin, Long Jump,
Shot Put, 200m Hurdles,
Medley relay 4x2x2x800

Awards: Medals will be awarded for the first three places in all events with ribbons up to 8th place. Relay medals to 1st place team with ribbons to 2nd and 3rd place.

Entry Fee: Fees: \$15 per individual event
\$20 per relay team

\$5/athlete for insurance coverage surcharge for non-MTA registered athletes
Only online payment through trackiereg.com will be accepted

Entry Deadline: Wednesday, May 17th, 2023 @ 11:59pm
No entries will be accepted after the deadline

Online registration is through trackiereg.com

Enquiries: Earl Letford track@flyingangels.ca
David Parkes president@burlingtontrackandfield.org

- 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 31st, 2023**.
 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 Atom, MTA Sr.and Intermediate 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.

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 31st ANNUAL GORD RUSBY MEMORIAL TRACK & FIELD MEET scheduled for Saturday, May 20th, 2023

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
Earl Letford and Flying Angels Timing
City of Burlington
Halton Board of Education/Halton Catholic 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 20th, 2023

TRACK EVENTS		FIELD EVENTS						
			<i>LJ Pit #1</i>	<i>TJ Pit #2</i>		<i>Shot Put</i>	<i>Javelin</i>	
200m Hurdles	Atoms Seniors	9:30 a.m.	Pee-Wee Boys/Girls	MTA Sr. and Intermediate GIRLS		Mite Girls/Boys		
1200 m	Tykes		MTA Sr. And Intermediate BOYS				All Girls	
1500 m	Atoms MTA Sr. Intermediate			Atom Girls		Tyke Girls/Boys		
100 m Heats	PeeWees Mites Tykes Atoms MTA Sr. Intermediate		Tyke Boys/Girls			MTA Sr. And Intermediate Boys		
400 m	Mites Tykes Atoms MTA Sr. Intermediate						All Boys	
LUNCH BREAK								
100m Final	Mites Tykes Atoms MTA Sr. Intermediate	1:00 p.m.	Atom Boys/Girls	MTA Sr. And Intermediate Boys		MTA Sr. And Intermediate Girls		
800 m	Tykes Atoms MTA Sr. Intermediate		Mite Boys/Girls	Atom Boys		Atom Girls And Boys		
200m	Mites Tykes Atoms MTA Sr. Intermediate							

Relays: Mites 4x100 -Tykes/Atoms/Srs/Intermeditate400x200x200x800

