

BURLINGTON TRACK & FIELD CLUB PRESENTS

THE 32nd ANNUAL GORD RUSBY MEMORIAL TRACK & FIELD MEET

Date: Saturday, May 18th 2024

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: Steve Moran steve@sportmadesimple.com

Age Divisions / Events:

PeeWees: Athletes born in 2018, 2019
100 m, Long Jump

Mites: Athletes born in 2016, 2017
100 m, 200 m, 400 m, Long Jump, Shot put
Relay 4 x 100

Tykes: Athletes born in 2014, 2015
100 m, 200 m, 400 m, 800 m, **1200m**, Long Jump, Shot Put,
Medley relay 4x2x2x800

Atoms: Athletes born in 2012, 2013
100 m, 200 m, 400 m, 800 m, 1500m, 200m Hurdles, Javelin,
Long Jump, Shot Put
Medley relay 4x2x2x800

MTA Sr.: Athletes born in 2010, 2011
100 m, 200 m, 400 m, 800 m, 1500 m, 200m Hurdles, Javelin,
Long Jump, Shot Put
Medley relay 4x2x2x800

Intermediate: Athletes born 2008, 2009
100 m, 200 m, 400 m, 800 m, 1500 m, Javelin, 200m Hurdles
Long Jump, Shot Put
Medley relay 4x2x2x800

Youth: Athletes born 2007, 2006
100 m, 200 m, 400 m, 800 m, 1500 m, 200m Hurdles, Javelin,
Long Jump, Shot Put
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 15th, 2023 @ 11:59pm
No entries will be accepted after the deadline

Online registration is through trackiereg.com

Enquiries: Steve Moran steve@sportmadesimple.com
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, 2024**.
 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., Intermediate and Youth 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.

SCHEDULE OF EVENTS

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

May 18th, 2024

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

Relays: Mites 4x100 -Tykes/Atoms/Srs/Intermeditate/Youth400x200x200x800