

Ken Lake Classic Memorial Cross Country Meet

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

Date: **SUNDAY OCTOBER 20, 2024**

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.

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 (2018, 2019)	800 M
MITES (born 2016, 2017)	1000 M
TYKES (born 2014, 2015)	1500 M
ATOMS (born 2012, 2013)	2000 M
MTA SR - BANTAMS (born 2010, 2011)	3000 M
INTERMEDIATE (2008, 2009)	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: \$20.00 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 17th, 2024 at 11:59pm**
No Post entries will be accepted

Entries: Registration is online using www.trackie.com

