

Ken Lake Classic Memorial Cross Country Meet

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

Date: **SATURDAY OCTOBER 17, 2026**

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: Tammy MacKenzie tammymackenzie@bell.net
Scott Douglas athleticdirector@burlingtontrackandfield.org

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 (2020, 2021)	800 M
MITES (born 2018, 2019)	1000 M
TYKES (born 2016, 2017)	1500 M
ATOMS (born 2014, 2015)	2000 M
MTA SR - BANTAMS (born 2012, 2013)	3000 M
INTERMEDIATE (2010, 2011)	4000 M
YOUTH (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: \$22.00 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 15th, 2026 at 11:59pm**

Entries: Registration is online using www.trackie.com

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 Ken Lake Classic Memorial Cross Country MTA Meet scheduled for Saturday October 17th 2026.

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
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
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_____ Print Name	_____ Date	_____ Signature of Parent or Guardian (If under 18 years)
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