

## **MTA Cross Country**



#### **Durham Dragons XC Meet**

# Date:Saturday September 17, 2016Location:Alex Robertson Park, PickeringRabbits by special invitation!

**Registration opens at 8:30am** 

COURSE WALK: 9:25 am (line up seniors to peewees at start)

FIRST EVENT: Pee Wees 10:00 am

PLACE: Alex Robertson Community Park, 700 Sandy Beach Road, Pickering, ON L1W (3km from 401)

**DIRECTIONS: (From West)** 401E exit Brock Road (x399) turn R (South) to Bayly St, **(From East)** 401W exit Brock Road (x399) turn L (South) to Bayly St, **(for both)** turn R on Bayly continue to Sandy Beach Rd. turn L at the lights continue S (1.4 km) to Alex Robertson Park (parking on both sides). To leave, just reverse directions back to the 401.

**FACILITIES:** Washrooms on site in 3 locations, snacks, drinks and pizza will be sold on site. Restaurants and Pickering Town Centre are nearby and a playground an easy walk distance from parking.

**COURSES**: Courses will start and finish in the same vicinity in an area sheltered by mature trees but within sight of the parking lots. Courses are rolling mostly grass and groomed trails (no pavement) and forest, all in a park setting only meters from the Waterfront Trail. Spikes permitted on course but not required unless course is wet. There are hills and the longer races are 2 spectator friendly loops.

#### AGE CATEGORIES:

Pee Wee 10+	760m PG	10:00AM	record Lila Hollins (09) Durham Dragons Athletics	3:16 (2015)
Pee Wee 10-+	760m PB	10:00AM	record Aditya Sharma (09) Durham Dragons Athletics	3:28 (2015)
Mite 08/09 F	1033m MG	10:10AM	record Caitlin Graham (05) Etobicoke TFC	4:03 (2013)
Mite 08/09 M	1033m MB	10:20AM	record Lucas Teixeira (07) Etobicoke TFC	3:59 (2015)
Tyke 06/07 F	1420m TG	10:30AM	record Caitlin Graham (05) Etobicoke TFC	5:06 (2015)
Tyke 06/07 M	1420m TB	10:45AM	record Devon Clarke (05) Etobicoke TFC	5:05 (2015)
Atom 04/05 F	1992m AG	11:00AM	record Ashleigh Pattynama (01) Burlington TFC	7:22 (2013)
Atom 04/05 M	1992m AB	11:15AM	record Braydon Trowbridge (02) Durham Dragons	7:08 (2014)
Senior 02/03 F	2925m SG	11:30AM	record Meg Jackson (02) Durham Dragons	10:55 (2015)
Senior 02/03 M	2925m SB	11:50AM	record Thomas Witkowicz (00) Durham Dragons	9:17 (2014)

**AWARDS:** Awards for top 8 individuals, in each race. Team ribbons will be awarded to the top 3 teams (maximum 4 ribbons per team of 4 or more finishers). A team will consist of three runners with ties broken by the position of the third runner closest to the front.

ENTRY FEES: For MTA registered athletes is \$15 per athlete or \$20 cash on the day of the event. Without MTA numbers is \$20.
No refunds or substitutions.
Make Cheques payable to "Durham Dragons" on trackie choose to "pay on-site"

**REGISTRATION:** Deadline is Wednesday, September 14, 2015, at midnight. Waiver forms must be completed and submitted for each athlete or as a MTA club waiver. Athletes without waivers will not be allowed to compete. Questions can be e-mailed to: **Dale Lapham, <u>sebcoe1984@hotmail.com</u> Registration is online using <u>www.trackie.reg</u> using <u>www.trackie.com</u>** 

"Pull the Trail" cross country open run to follow with 1:15pm start.

#### 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 *Durham Dragons Cross Country Meet* scheduled for **Saturday September 17, 2016** 

I, for myself, my heirs, executors, administrators, successors, and assigns **HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE:** 

#### The Minor Track Association (of Ontario) Durham Dragons Athletics Club and/or any of its Directors City of Pickering

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.

Date

Print Name of Athlete

Signature of Athlete

If participant is under 18 years of age, parent or legal guardian must sign below.

Print Name of Parent/Guardian

Signature of Parent/Guardian

### **Minor Track Association**

#### **Coaches organization sheet**

#### **Durham Dragons CROSS COUNTRY**

Durham Dragons Cross Country Meet					
1.	Save this file to your computer				
2.	Open file and add your participant's information in the space provided (formatting will be automatic)				
3.	Re-save the file with your club name or code in the name				
4.	Save and/or Print a copy for your own records				
5.	Email the file to <a href="mailto:sebcoe1984@hotmail.com">sebcoe1984@hotmail.com</a> if trackie does not work (deadline Tuesday Sept 13 <sup>th</sup> for this format)				

Club Name:	
Person Filing Registration:	
Phone:	
Email:	

Participant's LAST Name	Participant's FIRST Name	Gender (M or F)	Birth Year	Class
Muir	Melissa	F	2002	SG
Mills	Don	М	2005	AB