



45th ANNUAL 6 X 1 RELAY RACE

Wednesday, July 12th, 2017.

Race begins no later than 6:45 pm across from MHS Campus – Centennial Terrace

COMPETITORS MUST ARRIVE BY 6:30 PM

FAX: 613-584-3237

RULES

1. Each team must provide a **timer, recorder and STOP WATCH. (Please remember to bring a clip board)**
2. Return entry form to Recreation Office, Municipal Building, Box 400, Deep River, **by 5pm on Thursday, June 29th, 2017.**
3. There is an entry fee of \$45.80 per team. (HST included)
4. Runners must report to the registration area at Centennial Terrace by 6:30 pm on Wednesday, July 12th, 2017 and the race will begin no later than 6:45 pm.
5. Each team must consist of SIX runners. Teams with five or less runners will be disqualified.
6. Please study the route carefully (see reverse) – footpath at Beauprie’s is to be used.
7. The fastest female and male single runner 17 years and under will receive a ribbon.
***List the age and date of birth of all such competitors.**
8. The youngest team to complete the race will receive ribbons.
***List ages and dates of birth.**
9. The eldest team to complete the race will receive ribbons.
***List ages and dates of birth.**
10. The first three teams to finish the race will receive ribbons.
11. The fastest individual runner will receive a ribbon.
12. For further information contact the Recreation Office (613) 584-2000. ext. 103

The Recreation Department recognizes and appreciates the dedicated volunteers who come out every year to help with programs and events. This is an excellent opportunity for high school students to receive volunteer hours, so if you or anyone you know are interested in volunteering please give the Deep River Recreation Department a call at (613) 584-2000 ext. 103.

45th ANNUAL 6 X 1 MILE RELAY RACE - A Deep River Canada 150th Event



TEAMNAME _____ TIMER _____ RECORDER _____

(Please list the names of runners in the running order)

NAME	ADDRESS	PHONE #	AGE	SEX	BIRTHDAY day/month/year
1.					
2.					
3.					
4.					
5.					
6.					

TEAM CONTACT	MAILING ADDRESS	BOX #	PHONE #	EMAIL

