



46<sup>th</sup> ANNUAL 6 X 1 RELAY RACE

**Wednesday, July 11, 2018**

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

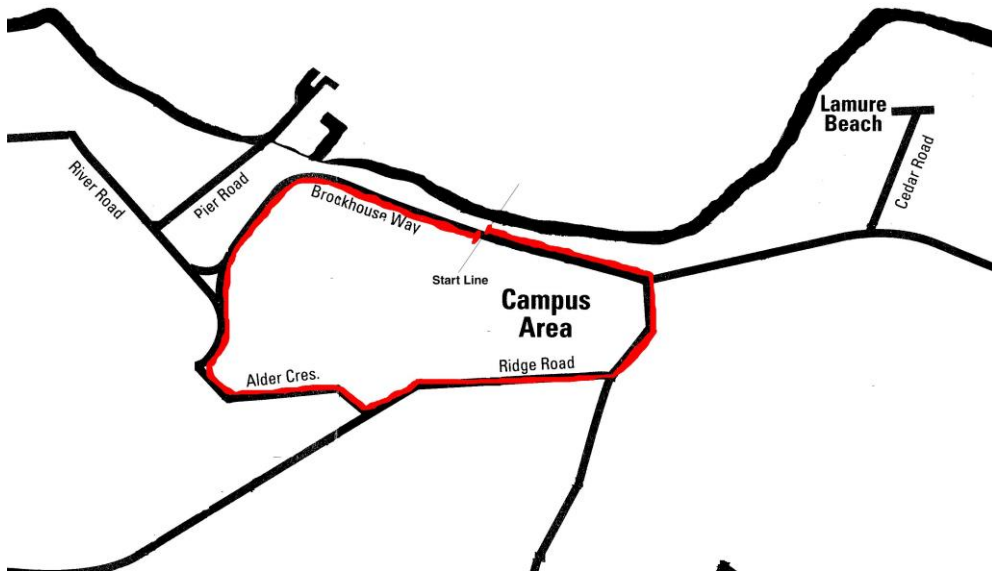
**COMPETITORS MUST ARRIVE BY 6:30 PM**

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 5:00 p.m. on Friday, July 6, 2018.**
3. There is an entry fee of \$46.50 per team (HST included).
4. Runners must report to the registration area at Centennial Terrace by 6:30 pm on Wednesday, July 11<sup>th</sup>, 2018 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 Beuprie’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.



**46th ANNUAL 6 X 1 MILE RELAY RACE**

TEAM NAME \_\_\_\_\_ TIMER \_\_\_\_\_ RECORDER \_\_\_\_\_

NAME OF CLUB/ORGANIZATION TEAM IS REPRESENTING \_\_\_\_\_

**(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