

# 38th Annual

# Deep River



# TRIATHLON

## AND TRIATHLON *SPRINT*

## August 6th, 2023

**EARLY BIRD**

**\$57.84**

**Individual**

REGISTER BY

June 5th

to receive a

discounted "Early Bird"  
Price

**\$99.29**

**Team**

**EARLY BIRD**

Deep River Recreation Department

613 584-2000 Ext. 103

**FIND US:**

**[www.deepriver.ca](http://www.deepriver.ca)**

Facebook: Search **"Deep River Triathlon"**

Our triathlon event is the most widely attended of all our events. The event allows for participants of all levels of experience to test their abilities. Divisions are broken up into individual, male and female and a team category. Champion Chip Timing is used. This event will take place on **Sunday, August 6th, 2023.**

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|--|---|--|
| <b>**Early Bird** Registration Rate</b><br>Individuals - \$57.84<br>Teams - \$99.29<br><b>Closes June 5th , 2023</b> | <b>Registration Fee</b><br>June 6th—July 28th, 2023<br>Individuals - \$68.56<br>Teams -\$114.72 | <b>Online Registration closes</b><br>July 28th at Midnight<br><br><b>Late registration</b><br>Individuals -\$78.08<br>Teams - \$130.15 |
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Late Registration can be made at Town Hall , optional check in or on Race Day

**RACE START**

The race starts at Deep River's Municipal Pier at 8:30 a.m. sharp. Competitors must be at the Municipal Pier before 8:15 a.m. for scheduled briefing.

**TRIATHLON COURSE**

**SWIM:** 750 meters out & in from Municipal Pier (Ottawa River)  
**BIKE:** 27 km-Three laps of paved roads, around the Town of Deep River. Bike starts at the Yacht Club and finishes at the Yacht Club  
**RUN:** - 8 KM- Out and back, along town roads. Starts at the Yacht Club and finishes at Centennial Rock.

**TRIATHLON SPRINT COURSE**

**SWIM:** 750 meters out & in from Municipal Pier (Ottawa River)  
**BIKE:** 18 km-Two laps of paved roads, around the Town of Deep River. Bike starts at the Yacht Club and finishes at the Yacht Club  
**RUN:** - 5 KM- Out and back, along town roads. Starts at the Yacht Club and finishes at Centennial Rock.

**CHECK IN**

**OPTIONAL** information kit pick-up at Deep River Yacht & Tennis Club (DRYTC) Saturday, August 5th from 3:00 - 4:30 p.m.

**BODY NUMBERING & CHAMPION CHIP TIMING**

Sunday, August 6th - 6:30 - 8:00 a.m. at the Deep River Yacht & Tennis Club (DRYTC)

**AWARDS**

Will be held at Deep River Yacht & Tennis Club (DRYTC) Prizes will be awarded for 1st, 2nd and 3rd place male and female as well as teams. Fastest swimmer, biker and runner will also be awarded in both the Triathlon and in the Sprint division.

**ENTRIES**

- \* **Participants must be 14 years or older**
- \* Completed form and fee of \$57.84 for individuals or fee of \$99.29 for team (HST included) category must be received by 11:59 pm on **Monday, June 5th, 2023** to receive the Early Bird rate. (Please see fee structure above)
- \* Fee includes cap, champion chip timing, souvenir t-shirt and lunch.
- \* There will be a increase fee for individual entries and for teams after June 5th and an additional late fee after July 28th, 2023.

## RULES & REGULATIONS

1. Your information package should include a souvenir t-shirt, bathing cap, 1 lunch ticket and a bag for clothing changes.
2. Officials and marshals will be wearing bright t-shirts.
3. Check the route map carefully.
4. From 6:30 - 8:00 a.m. prior to starting, **ALL COMPETITORS** must report to the Deep River Yacht & Tennis Club in order that officials can mark their arms and legs with appropriate competitor numbers.
5. Competitors bicycles and other equipment should be located at Bike Station at the Yacht Club **BEFORE 8:00 A.M.**
6. **BEFORE EVENT**, put any equipment for running leg inside the transition compound located in the fenced-in area at the Yacht Club Do not block access or move other competitors equipment at any location.
7. Only equipment placed in numbered bags provided will be transferred to the awards ceremony after the race is complete.
8. All competitors must be at the starting line at the end of the Federal Pier beside the Marina **NO LATER THAN 8:15 A.M.**
9. **TRIATHLON STARTS AT 8:30 A.M. SHARP!!!**
10. In the event of difficulty in the water, swimmers should wave their bathing caps in the air to alert lifeguards.
11. All competitors must wear helmets when cycling and the no drafting policy must be observed.
12. The cycle segment is three laps. At the completion of the last lap, the competitors must dismount from their bikes and run their bikes down the 1st path just past the tennis courts to the Deep River Yacht & Tennis Club which is the transition point to the running segment.
13. Competitors must obey the marshals cycling and running. Cycle on the right side of the road; runners on the left side of the road. All turns and junctions with stop signs will be marshaled. **THE ROADS ARE NOT CLOSED TO TRAFFIC.**
14. In the cycling leg, all corners will be marshaled. Any arrows on the road, which refer **ONLY** to the running leg should be ignored.
15. **DISMOUNT** bike at entrance of the path and run into transition area, walk it into the area, and place bike in rack. **CYCLING IN THE TRANSITION AREA IS NOT PERMITTED.**
16. Put on running equipment and exit transition
17. The running course will have marshals on all turns and junctions with stop signs. There will be orange arrows on the road at every corner.
18. Showers are available immediately following the Triathlon at the Community Pool within walking distance of the finish line.
19. Lunch and the awards presentation will be held at 11:30 am at the Deep River Yacht & Tennis Club . We encourage all athletes to continue to cheer for all participants registered.
20. The Recreation Department is not responsible for loss or missing clothing, equipment or personal items.



**Refund Policy: All fees are Non-Refundable  
after Monday July 31st, 2023**