

38th ANNUAL 6 X 1 MILE RELAY RACE

Wednesday, July 14, 2010.

Race begins no later than 6:45 pm across from the Deep River Arena on McElligott Dr.

COMPETITORS MUST ARRIVE BY 6:30 PM

FAX 613-584-3237

RULES

1. Each team must provide a timer, recorder and STOP WATCH.
2. Return entry form to Recreation Office, Municipal Building, Box 400, Deep River, by **12 noon on Friday, July 9, 2010.**
3. There is an entry fee of \$30.00 per team.
4. Runners must report to the registration area across from the Deep River Arena on McElligott Dr. by 6:30 pm on Wednesday, July 14, 2010 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) – back Lane to Glendale Avenue is to be used.
7. The fastest female and male single runner 17 years and under will receive a medallion.
*List the age and date of birth of all such competitors.
8. The youngest team to complete the race will receive medallions.
*List ages and dates of birth.
9. The eldest team to complete the race will receive medallions.
*List ages and dates of birth.
10. The first five teams to finish the race will receive medallions.
11. The fastest individual runner will receive a medallion.
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

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TEAM NAME _____ TIMER _____ RECORDER _____

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

TEAM CONTACT	MAILING ADDRESS	BOX #	PHONE #	EMAIL