



2024

Activities	Category	Registration cost + \$10 after June 30th	Maximum number of participants or teams	AWARDS\$		
				1st pos.	2nd pos.	3rd pos.
gifts (x oars, 1 canoe, portage strap, towel, water bottle)						
Mamu Uitshai	Participation	Free Participation prizes	unlimited	N/A	N/A	N/A
youth and initiation	youth and open	Free Participation prizes	youth and open	N/A	N/A	N/A
Canoe relay race 1 km Sunday	Relay aged 20 or under	Free Participation prizes	8 teams of 2 people	N/A	N/A	N/A
Canoe race 2 km Sunday	Women Men Open	\$30 / person	8 teams of 2 people	\$750	\$450	\$350
Canoe race 5 km Sunday	Women Men Open	\$30 / person	8 teams of 2 people	\$1 050	\$750	\$650
Canoe race Speed 150 m Sunday	Mixed Open	\$15 / person	8 teams of 2 people	\$450	\$350	\$300
Tug-of-war Sunday	Open	Free Participation prizes	8 teams of 2 people	N/A	N/A	N/A
Hand rowing Sunday	Open	Free Participation prizes	8 teams of 2 people	N/A	N/A	N/A
Traditional triathlon Saturday	Competition (W - M)	\$30 / person	8 teams of 5 people	\$1 100	\$800	\$600
Portage speed M: 200 lb / W: 100 lb Saturday	Competition (W - M)	\$30 / person	10 participants	\$450	\$350	\$300
Portage endurance M 300 lb/ W : 200 lb Saturday	Competition (W - M)	\$30 / person	15 participants	\$750	\$550	\$450
Portage heavyweight Saturday	Competition (W - M)	\$30 / person	10 participants	\$750	\$550	\$450

For registration or information : 418 275-5386, ext. 1342

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