



## Eshi nashekanitsh ne alu kashuhtsh utet Napeuatsh mak ishkujeuatsh

1. Aluash 5 Shetan-pishim<sup>u</sup> 2023 nite web sportplus takuan tshe mashinahutishunauatsh

Mashinateu nite [www.mashteuiatsh.ca](http://www.mashteuiatsh.ca) eshi mashinahutishunauatsh kie eshi tshishikashutau ka uiushutau.

- Makie mashtel-atushkan 8 Shetan-pishim<sup>u</sup> 2023 uhtanatsh metueutshuapihtsh Amishkuisht nite miam tshe uiushunauatsh 7h30 tipahikan min pushk aluash 8h30 tipahikan min pushk
- Tahtua tshish uiushunauatsh 15 tipahikanissa milakanuatsh nitshenatsh kavi mashinahutishutau.

2. 30\$ tshishikashu peik<sup>u</sup> aven ui mashinahutishit.

3. 9 tipahikaneiatsh mak shkan tshishikau minashtakan 8 Shetan-pishim<sup>u</sup> 2023 tshika uiushunanun. Kanikanapit e uitshauinuatsh tshika uihtam ne tshishik<sup>u</sup> tshek tipahikan miam tshe uiushunauatsh.

4. Takunilu ne tshe uiushit tshe talitsh auelu tshe uitshikut tshe pahtshutet, aluash 3.

5. Mak shash 2 kutakatsh kaviushutau shash tshe uelitau nite kapushtatau tshe uiushutau.

6. Tshika uihtamueu nelu kaviushit ne ka nanakatshitat e uiushunauatsh, **10 tipahikanissa** milakanu tshetshi tshitshapalit e uiushit.

7. Ushkatsh **600 tipapekahikana** uiushuatsh napeuatsh mak **400 tipapekahikana** ishkujeuatsh.

8. Kuetshimakanuatsh 20 m tshe uiushutau ashitsh nelu ka tipapekahikaneiatsh.



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9. Tshish uitshauiu nelu ushit tshe tatshinak nite tshe ashte uiushit.
10. Tshek eka tshi uiushitau nelu kakuetshimakanitau tshika tapahikanilu tan ishpish kaviushitau tshetshi tshisselimakanitau tanite miam tatau.
11. Tshek pishtutet apu tshika uhtsh kau tshi uiushit.
12. Tshek umiutiapi pikupalilitsh tshika milakanu kau tshe uiushit.
13. Takunilu kaviushutau tshe itashpishutau tshetshi eka ahpanehutishutau e uiushutau (miam : uitshaviussina).
14. Kaveshtatau metueunilu tshipatshi kapatishaneuatsh ne auen ka akushiunakushit (Malukushu, akushiunakushu...).
15. Apu tshika uhtsh anuelimakanitau nitshenatsh kaveshtatau e uiushunauatsh tshek pikupalilitsh nelu ka apishtatau nitshenatsh kaviushutau.
16. Tshek eka nashtutatishunauatsh makie eka milu-nashakau eshi uiushunauatsh nitshenatsh ka uiushutau tshika mamupuatsh peik<sup>u</sup> kuhpaniesh uhtsh Uelutishiun mak llnu-aitun, peik<sup>u</sup> kanikanapit uhtsh Mamuhitunanu metueun mak peik<sup>u</sup> Pekuakamiulnu ashitsh ka tipelitikau e uishunauatsh tshe milu-tshitapatakau. Umashtel aimunuau tshika pashtinamuatsh kie apu tshika utsh kau tshi kuetshimakanitau.