



Regulations | Portage speed race Male and female categories

1. Registration can be done in two ways:
 - ⊗ Online on the Sport-Plus website until July 5, 2023 (see the registration and payment procedure online at grpn.ca;
 - ⊗ On-site Sunday, July 8, 2023 behind the *Centre Amishkuisht* from 7:30 to 8:30 a.m. (15 minutes will be allocated after each competition for registration).
2. The competitions will take place between 9 a.m. and 4 p.m. on Sunday July 8, 2023.
3. The order of the competitions is as follows: Speed, heavyweight and endurance.
4. Each team is responsible for arriving 15 minutes before the competition start time to prepare for loading.
5. Each candidate must have their own loading team.
6. The event will proceed over a 100-meter distance with a load of 200 pounds for men and 100 pounds for women.
7. If the sandbag falls, the participant can pick it up again, without assistance and continue the race.
8. Each candidate must be dressed appropriately and in a safe manner to participate in the competition (e.g., wearing sneakers).
9. The organizers reserve the right to refuse any person who does not appear apt to participate in the competition.