



Eshi nashekanitsh e uiushunauatsh ne alu tshe tshishapalit

Napeuatsh mak ishkueuatsh

1. Aluash 5 Shetan-pishim^u 2023 nite web sportplus takuan tshe mashinahutishunauatsh

Mashinateu nite www.mashteuiatsh.ca eshi mashinahutishunauatsh kie eshi tshishikashutau ka uiushutau.

- Makie mashtel-atushkan 8 Shetan-pishim^u 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. Tshe 8 tipahikaneiatsh uiushunanun. Shkan tshishikau shaputuepalu. Ne kanikanapit e uiushunauatsh tshika uihtam tshek tipahikan miam tshe uitshauinuatsh.

3. Takunilu ne tshe uiushit tshe talitsh avelu tshe uitshikut tshe pahtshutet.

4. Ne kaviushit mak kavitshikut e pahtshutet milakanuatsh 10 tipahikanissa tshetshi tshitshapalita katshi tshish-uiushutau nitshenatsh patama shash kaviushutau.

5. 100m uiushuatsh ashitsh 200 tipapekahikana napeuatsh mak 100 tipapekahikana ishkueuatsh.

6. Tshek tshitassanak nelu kaviushit, milakanu tshetshi kau pushtat mak uitshavit.

7. Takunilu kaviushutau tshe itashpishutau tshetshi eka ahpanehutishutau e uiushutau (miam : uitshaviussina)

8. Kaveshtatau metueunilu tshipatshi kapatishaneuatsh ne auen ka akushiunakushit. (miam : apu milu-uashpishit, malukushu, apu milueliniut, apu miluelitakushit)

9. Apu tshika uhtsh anelimakanita nitshenatsh kaveshtatau e uiushunauatsh tshek pikupalilitsh nelu ka apishtatau nitshenatsh kaviushutau.

10. Tshek eka nashtutatishunauatsh makie eka milu-nashakau eshi uiushunauatsh nitshenatsh ka uiushutau tshika mamupuatsh peik^u kuhpaniesh uhtsh Uelutishiun mak Ilnu-aitun, peik^u kanikanapit uhtsh Mamuhitunanu metueun mak peik^u Pekuakamiulnu ashitsh ka tipelitikau e uishunauatsh tshe milu-tshitapatakau. Umashtel aimunuau tshika pashtinamuatsh kie apu tshika utsh kau tshi kuetshimakanitau.