



Regulations | Triathlon

1. Registration can be done in two ways:
 - ☒ Online on the Sport-Plus website until July 5, 2023 (see the registration and payment procedure at grpn.ca);
 - ☒ On-site on Saturday July 8, 2023 at the *Pavillon des Arts et des Traditions* on the Uashassitsh site from 7 a.m. to 8:30 a.m. and from 2 p.m. to 3 p.m.
2. The teams must be composed of five participants.
3. The registration cost is \$150 per team, for a maximum of eight teams.
4. Each team must have their own canoe and its length must vary between 16 and 20 feet, be made of canvas and in the traditional Montagnais type (to be approved by the competition's people in charge). The candidates are only allowed a maximum of 3 oars.

Each team can make the following modifications on their own boat:

 - Footrest;
 - A bar perpendicular to the main yoke.
5. The competition for the women's category is at 5 p.m. and the competition for the men's category is at 6 p.m. on Saturday July 8, 2023.
6. One delegate (minimum) from each team must present themselves on Saturday at 4:00 p.m. at the *Pavillon des Arts* for a mandatory meeting to receive instructions.
7. Each candidate must be dressed appropriately and in a safe manner to participate in the competition: Personal floatation device (PFD) mandatory for rowers.
8. The organizers reserve the right to refuse any person whose safety is likely to be compromised by their participation in the competition, in terms of either their physical condition or health.
9. 1st stage - Portage
 - a. Men's category

Portaging a 100-pound sandbag by a single competitor over a distance of 0.5 km.

 - The porter must have their own loading team (maximum 2 people).
 - If the sandbag falls, the participant can pick it up again, without assistance and continue the race.

- The porter must tag the hand of a competitor in the canoe for the race to continue.

b. Women's category

Carrying a 50-pound sandbag by a single competitor over a distance of 0.5 km.

- The porter must have their own loading team (maximum 2 people).
- If the sandbag falls, the participant can pick it up again, without assistance and continue the race.
- The porter must tag the hand of a competitor in the canoe for the race to continue.

2nd stage – Canoe race: Two-person canoe race on the Pekuakami (Lac Saint-Jean).

a. Men's and women's category:

- The canoe must be brought around the outside of two buoys on the lake and the participants must disembark at the marked beach.
- The team that does not go around the outside of the buoys will be automatically disqualified and informed by an official.
- It's prohibited to come into contact voluntarily or capsize the other contestant's canoes, under penalty of disqualification.
- It's also prohibited to cut-off the adversaries on the inside while they're already passing the buoy. You must pass on the outside in this location.
- If a team capsizes and wishes to continue the race, they must turn their canoe over themselves (in the water or on the shore).
- If the team requests safety assistance, they will be disqualified.
- The participants in the canoe stage must get out of the canoe and then hand it over to the porters. The oars must also be handed over and stay with the canoe.

3rd stage – Canoe portage:

a. Men's category

Canoe portage on shoulders over a distance of 1.9 km.

- One teammate carries the canoe and the other carries both oars at the same time.
- It's prohibited to transfer the portage canoe while around a cone.

- The participant with the oars must go around the marked cones.
- Each team must arrive at the finish line with both oars, or they will be disqualified.

b. Women's category:

Canoe portage on shoulders over a distance of 1.1 km.

- Two participants can carry the canoe at the same time and the oars can be carried by another team member.
- It's prohibited to transfer the portage canoe while around a cone.
- The participant with the oars must go around the marked cones.

10. The best time for the triathlon, all categories combined, will be highlighted.