



## Eshi nashekanitsh nishtuitsh eshi uitshavitau

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 uitshavitau
  - Metueutshuapihtsh Uashassitsh mashtel-atushkan 7h30 tipahikaneiatsh min pushk aluash 8 tipahikaneiatsh min pushk mak
  - Mashtel-atushkan metueutshuapihtsh Uashassitsh 2 tipahikaneiatsh apishta-tshishikatsh aluash 3 tipahikaneiatsh apishta-tshishikatsh
2. Pahpeik ka uitshavitau takunilu tshetshi kanavelimatau ukalumuau e pihntshanutsh tshe metuanuatsh Mamuhitun metueun.
3. Takunilu patetatsh tshe itashutau kamamu-uitshavitau
4. 150\$ tshishikashuatsh kamamu-uitshavitau mak aluash 8 kamamu-uitshavitau tapuetuakanuatsh tshe uitshavitau.
5. Takunilu ishkuaitsh 14 aluash 20 tahtashita utuianuau, ilnu-utilu, nitshenatsh kamamu-uitshavitau. Aluash 3 apuiatsh tshipatshi kanavelimeuatsh kavitshavitau mak kutak tshekualu e apishtatau tshe uitshavitau (uitshaviussina, nipi...)
6. 5 tipahikaneiatsh e apihta-tshishikatsh aluash 6 utakussishikatsh tshika uitshaviuatsh ishkuvatsh mashtel-atushkan 8 Shetan-pishim<sup>u</sup> 2023 napevatsh.
7. Peik<sup>u</sup> kavutshavit uhtsh kamamu-uitshavitau takunilu tshe natshishkuakanit mashtel-atushkan 4 tipahikaneiatsh e apihta-tshishikatsh nete Metueutshuapihtsh Uashassitsh tshe uitamuakanit tshe eshi nashekanitsh uitshavinuatsh.
8. Takunilu kavishutau tshe itashpishutau tshetshi eka ahpanehutishutau e uitshavitau : Takunilu ka pimishkatau tshikamuhtatau kamussipalinuatsh.
9. Kaveshtatau metueunilu tshipatshi eka tapuetuevatsh tshe uitshavit ne auen eka e milueliniut miam ne eka e milu-shutishit makie akushiunakushit.

10. Apu tshika uhtsh anuelimakanitau nitshenatsh kaueshatau metueunilu tshek pikupalilitsh nelu ka apishtatau nitshenatsh kavitshaitau makie ahpanehutishit ne kavitshait.

11. Ushkatsh uihtakanu - uishunanun

a. *Napeuatsh*

0.5 km uiushu 100 tipapekahikana peik<sup>u</sup> ka uitshait

-Takunilu ne tshe uiushit tshe talitsh avelu tshe uitshikut tshe pahshutet, aluash 2.

-Tshek pishtutet tshipatshi kau pushtau kie uitshait muk apu tapuetuakanit tshe uitshakanit.

-Ne kaviushit utamititsheueu uitsheuakan kapimishkat tshetshi shaputuepalitau uitshaitau.

b. *Ishkueuatsh*

0,5 km uiushu 50 tipapekahikana peik<sup>u</sup> ka uitshait

- Takunilu ne tshe uiushit tshe talitsh avelu tshe uitshikut tshe pahshutet, aluash 2.

- Tshek pishtutet tshipatshi kau pushtau mak uitshait muk apu tapuetuakanit tshe uitshakanit.

-Ne kaviushit utamititsheueu uitsheuakan kapimishkat tshetshi shaputuepalitau uitshaitau.

**Mak uihtakanu - pimishkanun**: Nish<sup>u</sup> uitsheutuatsht tshe pimishkatau Pekuakamihtsh.

a. *Napeu kie ishkeueu* :

- Takunilu kavitshaitau tshe tshinakunuhuatau tuhanilu Pekuakamihtsh ka alakanitau mak kapatau nete kapakashimunanuatsh tshe uihtamuakanitau.
- Apu alu tshe nishtutau apuiatsh peik<sup>u</sup> ut

-Takunilu ishkuaitsh 16 tahtashita aluash 20 tahtashita utuanuau, ilnu-utilu. Ka mamu-uitshaitau tshipatshi mishkutunamuatsht nelu eshinakutatau ututuau :

-Ashpitshitau ushituau

-Kapimashkutitsh

- Takunilu kavitshaitau tshe tshinakunuhuatau uluitamitahsh tuhanilu Pekuakamihtsh ka alakanitau.

- Tshika uluitishinakanuatsh nitshenatsh eka ka tshinakunuhuatau uluitamitahtsh tuhanilu tshe uhtamuat kanikanapit e uitshauinanutsh.
- Apu tapuetuakanitau shetshel tahtshinakau ututuau kutaka kavitshauitau makie shetshel kueta puhakanitau tshipatshi kapatshishinakanuatsh.
- Apu tapuetakanitsh tshetshi tshishtutsh kapimishkatau mak tuhanilu pimishkatau shash pessish ka tatau tuhanilu. Uluitamitahtsh ishameiauhakanuatsh.
- Kau ui uitshahuitau nitshenatsh ka kueta pitau uiluau tshika minukuhtutauatsh ututau (nipihtsh makie laleu). Nitshenatsh ka kuetshimatau ka nanakatshitau e uitshauinanutsh tshetshi uitishakanitau tshika uluitishinakanuatsh.
- Nitshenatsh ka pimishkatau tshika kapatishanamuatsh ututuau tshetshi milatau kaviushit kuessipan. Tshika mileuatsh kie apuiatsh tshe matshikunatau uhpime utilu.

### **Mashtel - unitsheu:**

#### *a. Napeuatsh*

Unitsheu ishpish 1,9 km

- Mamishkuatsh unitsheuatsh mak ne kutak u uitsheuakan takuneu e nishutau apuiatsh.
- Apu tapuetuakanit tshe ashu-milakanit utilu katshinikuanitanuatsh katshinashkuatsh.
- Takunilu ne takunat apuiatsh tshe tshinikuanishkak katshinashkuatsh.
- Tshipatshi kapatshishanakanuatsh ka uitshauitau tshek eka eshk matshikunatau e nishutau utapuiuu nite e tshishauatshitakanitsh e pulitau.

#### *b. Ishkueuatsh*

Unitsheu ishpish 1,9 km

- Tshipatshi nishuatsh mamishkuatsh e unitshetau mak ne u uitsheuakanuu takuneu apuiatsh.
- Apu tapuetuakanit tshe ashu-milakanit utilu katshinikuanitanuatsh katshinashkuatsh.
- Takunilu ne takunat apuiatsh tshe tshinikuanishkak katshinashkuatsh.

12. Kassinu nitshenatsh kaishauitshauitau alu ka tshishapalitau tshika nashtunuakanuatsh.

13. Tshak eka nashtutatishunanuatsh makie eka milu-nashakau eshi uitshauinanuatsh nitshenatsh ka uitshavitau 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 uishunanuatsh tshe milu-tshitapatakau. Umashtel aimunuau tshika pashtinamuatsh kie apu tshika utsh kau tshi kuetshimakanitau.