



Eshi nashekanitsh

Uitshauinanuatsh ne alu milekash pimishkanuatsh mak alu tshishapalit

Napeuatsh, ishkueuatsh, tan ishinakushit auen

1. Aluash 5 Shetan-pishim^u 2023 nite web sportplus tshipatshi mashinahutishunanun
 - Mashinateu nite www.mashteuiatsh.ca eshi mashinahutishunanuatsh kie eshi tshishikashutau ka uitshavitau
 - Makie nite metueutshuapihtsh Ushassitsh (nite tshe uitshauinanuatsh) minashtakan 9 Shetan-pishim^u 2023 7h30 tipahikaneiatsh aluash 8h30 tipahikaneiatsh min pushk.
2. 60\$ tshishikashuatsh ka mamu-uitshavitau.
3. Tan ishinakushit auen issishuemikan ne eshi pamishkanuatsh.
4. Takunilu tshetshi 18 tatupipuneshit peik^u nitshenatsh kamamu-uitshavitau.
5. 10 tipahikanissa takunilu tshe tatau (Boivin uashau) eshk eka uitshavitau tshetshi pehtikau tan eshi nashekanitsh tshe uitshauinanuatsh.
6. 9 tipahikaneiatsh minashtakan 9 Shetan-pishim^u 2023 tshika mamishkuatsh ishapimishkanun.

Mamishkuatsh tapishish umehe tshika uitshaviuatsh :

- 1) 2 km : napeuatsh, ishkueuatsh, napeu-ishkueu
- 2) Nitshenatsh alu tshishapalitaui50m, napeu mamu ishkueu
- 3) Utitshiuau pimishkauatsheuatsh- Tan ishinakushit auen - nanahku metueuna ututuau
- 4) Kautshipatakanitsh ush - Tan ishinakushit auen - nanahku-metueuna ututuau

7.Takuan 16 aluash 20 tahtashita ishkuatsh utuianuau, ilnu-ut. Ka mamu-uitshavitau tshipatshi mishkutunamuatsh nelu eshinakutatau ututuau :

- E shashautupit
- Kapimashkutihitsh

8.Takunilu ka uitshavitau tshe apishtatau kamussipalinaanuatsh.

9. Ne kanikanapit metueunilu uil uihtam tan miam tshitshapalinanuatsch e uitshauinanuatsh.
10. Taunakanun nitshenatsch patama tshe tshitshapalita u eshk eka uitshauinanuatsh nite tshe pimishkanuatsh.
11. 5 km ishkuau ne alu milekash e pimishkanuatsh mak 150 m ne alu katshishapalita u kassinu kaishapamishkata u.
12. Takunilu kavitshauita u tshe tshinakuanuhuata u tuhanilu Pekuakamihtsh ka alakanita u.
13. Apu tapuetuakanita u shetshel tahtshinakau ututuau kutaka kavitshauita u makie shetshel kuetapuhakanita u.
14. Apu tapuetakanitsh tshetshi tshishtutsh kapimishkata u mak tuhanilu pimishkata u shash pessish ka tata u tuhanilu. Uluitamitahtsh ishameiauhakanuatsh.
15. Kau ui uitshahuita u nitshenatsch ka kuetapita u uiluau tshika minukuhtutauatsch ututuau (nipihtsh makie laleu).
16. Kanikanipita u tshipatshi kapatishaneuatsh ne auen ka akushiunakushit.
17. Apu tshika uhtsh anelimakanita u nitshenatsch kaueshtata u metueunilu tshek pikupalilitsh nelu ka apishtata u nitshenatsch kavitshauita u.
18. Tshek peik^u auen kametuet makie ka mamu-metuetau eka milu-nashakau nelu ka eshi nashekanitsh e uitshauinanuatsh apu tshika uhtsh apishtakanilitsh utishinikashunuau ne taunatschanuatsh.