



## Kautshipatakanitsh ush

1. Aluash 5 Shetan-pishim<sup>u</sup> 2023 takuan tshe mashinahutishunauatsh nite web sportplus kie apu tshishikashutau ka uitshuitau

Mashinateu nite [www.mashteuiatsh.ca](http://www.mashteuiatsh.ca) eshi mashinahutishunauatsh kie eshi tshishikashutau ka uitshavitau

Metueutshuapihtsh Uashassitsh minashtakan 7h30 titapaikaneiatsh min pushk aluash 8h 30 titapaikaneiatsh min pushk

2. Nishuatsh kamamu-uitsheututau tshe metuetau kie tshipatshi tahtapan takunilu uitshuau mak takunilu tshetshi kanavelitikau utuianuau kie tshe apishtatau kamussipalinatedsh.

3.Tshika pamishkauatsh tshetshi pashituhuatau tuhan tshe utshipatakau ush.

4.Takunilu tshetshi 18 tatupipuneshit peik<sup>u</sup> nitshenatsh kamamu-metuetau.

5. tipahikanissa takunilu tshe tatau (Boivin uashau) eshk eka metuetau tshetshi pehtikau tan eshi nashekanitsh tshe uitshavinanuatsh.

6.tipahikaneiatsh minashtakan 9 Shetan-pishim<sup>u</sup> 2023 tshika mamishkuatsh ishapamishkanun.

Ume ishinakuan :

- 1) Pamishkanun 2km, napeu, ishkuueu, tan ishinakushit auen
- 2) Alu e tshishapalit e pamishkanuatsh : Tan ishinakushit auen
- 3) Kautshipatakanitsh ush
- 4) Utitshiuau pimishkauatsheuatsh.

7.Nanahku metueuna ututuau tshika apashtakanilu uitshavinanuatsh.

8.Ne kanikanapit metueunilu uil uihtam tan miam tshitshapalinatedsh e uitshavinanuatsh.

9.Taunakanun nitshenatsh patama tshe tshitshapalitaue eshk eka uitshavinanuatsh.

10.Kaveshtatau metueunilu tshipatshi kapatishaneuatsh ne auen ka akushiunakushit.

11. Apu tshika uhtsh anuelimakanitau nitshenatsh kaueshtatau metueunilu tshek pikupalilitsh nelu ka apishtatau nitshenatsh kavitshavitau.

12. Tshek ka mamu-metuetau eka milu-nashakau nelu ka eshi nashekanitsh e uitshavinanuatsh apu tshika uhtsh apishtakanilitsh utishinikashunuau ne taunatshanuatsh.