



Portage Rules and Regulations

Men and Women

1. Registrations can be done online at: www.mashteuiatsh.ca.

See registration and payment information on www.mashteuiatsh.ca or July 13-14, 2019 at place of competition from 7:30am to 2 :00pm.
2. Each participant must have their own loading team and material required for the race (shoes, water, etc.)
3. Each participant and member of loading team must pay a day or weekend pass for the GRPN to be allowed to participate in the competition. The cost per team will be \$30.
4. Each participant must be responsible to arrive 15 minutes prior to the start of the competition.
5. The order of the competition will be as followed: heavy load, endurance, and portage. The committee reserves the right to change the order of the races according to the weather or any other reasonable elements.
6. The **Heavy Load** competition for Men and Women will stat at 9:30am. With a maximum of 15 participants.
 - a. The participant and loading team will have 10 minutes to start once signaled by the official.
 - b. Each participant must have their own loading team.
 - c. The following 2 participants must be in preparation on the platform.
 - d. The starting portage weight will be 300lbs for both Men and Women.
 - e. The Heavy Load competition will be alternating between a man and a woman.
 - f. The goal is to portage the weight a distance of 20 meters.
 - g. The course is completed once one of the feet touches the finishing line.
 - h. A draw will be made between the first male and female carrier to determine the next load. The load must be 100 or 200 lbs.
 - i. If the competitors do not reach the finish line, we will measure the distance reached to determine the positions.



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- j. If the sandbag collar detaches or if the sandbag falls to the ground, there will be no retakes.
 - k. If the sandbag collar breaks, the participant will be granted a re-take.
7. The **Endurance Portage** starts at 2:00pm. Depending on the number of carriers, the departure of men and women can be held simultaneously or in two waves. The decision will be made by the officials on the day of the competition. A maximum of 15 participants.
 - a. The participant and loading team will have 10 minutes to start once advised by the official.
 - b. Each participant must be accompanied by an official.
 - c. The goal is to portage, as long as possible, a total of 300lbs for the Men, and 200lbs for the Women.
 - d. The participant must never stop moving, however, on one single occasion, the participant may benefit from a maximum of 5 seconds to adjust its load.
 - e. The portage collar must always be on the head. If in any case the collar could cause harm for the competitor, the official may terminate his participation.
8. The **Speed Portage** race will begin at 3:30pm. Depending on the number of carriers, the men and women will be able to race simultaneously or in two waves. The decision is made by the official on the day of the competition. A maximum of 10 participants.
 - a. The participant and loading team will have 5 minutes to get to the starting line once advised by the official.
 - b. The race will be a distance of 100 meters with a load of 200lbs for men, and 100lbs for the women.
 - c. If the sandbag is dropped, the participant is allowed to put the sandbag back on their back, without any help.
9. Each competitor must be properly and securely dressed to participate in the competition (ex. Runners)



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10. The organizers have the right to refuse anyone who does not look fit for the competition.
11. The organizers will not take any responsibility in case of equipment breakdown.
12. In case of dispute and/or breach of rules, a Disciplinary Committee may be formed with a representative appointed by the Director of Heritage and Culture, a representative of the coordinating committee of the GRPN and a representative of the officials responsible for the competition. The decisions of this committee will be final and without appeal.