



Rules & Regulations – Portage Race Men & Women

1. The registration period will be held on July 15, 2018 at the Amishkuisht Center (place of the competition). Registrations will be open from 7:30am and end 9:30am.
2. Each participant must be responsible to arrive 15 minutes prior to the start of the competition
3. The first competition will begin at 10:00am. The competition hours will be announced on place by each person in charge of the competitions.
4. Each participant must have their own loading team.
5. The participant and the loading team have 10 minutes to get to the starting point once the previous wave is finished.
6. The race will be a distance of 100 meters with a load of 200lbs for the Men and 100lbs for the Women.
7. If the sand bag is dropped, the participant is allowed to put the sand bag back on their back, without any help.
8. Each participant must arrive prepared and must wear proper gear for their safety (ex. running shoes)
9. The organizers have the right to refuse anyone who does not look fit for the competition
10. The organizers will not take any responsibility in case of equipment breakdown
11. 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.