



Rules and Regulations – Triathlon Male and Female

1. The registration period will be open on July 14, 2018 at the Uashassitsh Site (place of race) from 7:30am to 9:30am and from 2:00pm to 4:00pm
2. Each team must have their own canoe (16ft) for the race
3. Rules from the Canoe Race will be applied
4. Teams must include 5 participants
5. The Triathlon will start at 5:30pm for Female and 6:15pm for Male on July 14, 2018
6. One delegate (minimum) from each team must be present at 4:00pm at Arts & Crafts Pavilion for a mandatory meeting where all the rules will be given
7. No registration will be accepted after 4:00pm on July 14, 2018
8. Each participant must arrive prepared and must wear proper equipment for their safety in order to compete (ex. running shoes, life jacket, etc.)
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.

1st Race

Male:

- Portaging a 100 lb sand bag by one competitor for a distance of 0.5km
- Competitor must have her own loading team
- If the sandbag is dropped, the competitor may pick it up and continue the race, without any help

Female:

- Portaging a 50 lb sand bag by one competitor for a distance of 0.5km
- Competitor must have her own loading team
- If the sandbag is dropped, the competitor may pick it up and continue the race, without any help

2nd Race

Male:

- 2 Man canoe race on the lake for a distance of 1.6km (2 laps)

Female:

- 2 Women canoe race on the lake for a distance of 1.1km (1 lap)

REFER to Canoe Race Rules & Regulations

3rd Race

Male:

- Portage the canoe on shoulders for a distance of 1.9 km.
- One competitor at a time for the canoe portage, the other competitor must carry the 2 paddles.

Female:

- Portage the canoe on shoulders for a distance of 0.9 km and other competitor must carry the paddles. Portage may be done in pair, but another team participant must carry the paddles.

Changing must be done standing up to avoid damages on the canoe

Each team must arrive at the finish line with the 2 paddles to avoid disqualification