



Triathlon Rules and Regulations

Men and Women

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

See registration and payment information on www.mashteuatsh.ca or July 13, 2019 at Uashassihtsh (place of competitions) at the Arts & Crafts Pavilion from 2:00pm to 4:00pm. No registrations will be accepted after 4:00pm.

2. Each competitor must have access to the GRPN. (day or weekend pass)
3. Teams must include 5 participants.
4. The cost of the inscription will be \$150 with a maximum of eight (8) teams.
5. Each team must have their own canoe (14-20 ft.), in canvas, Montagnais traditional type (to be approved by competition official). The competitors must have a maximum of 3 paddles and all other material required for the race. (running shoes, water, etc.)
6. The start of the competition will be at 5:00pm for the Women, and 6:00pm for the Men, on July 13, 2019.
7. One delegate (minimum) from each team must be present at 4:00pm at Arts & Crafts Pavilion for a mandatory meeting where all the rules and instructions will be given.
8. Each participant must arrive prepared and must wear proper equipment for their safety in order to compete (ex. Running shoes, personal 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.

a. **1st Race — Portage Heavy Load:**

Men

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

Women

Portaging a 50 lb sand bag by one competitor for a distance of 0.5km

The competitor must have his own loading team
If the sandbag is dropped, the competitor may pick it up
and continue the race, without any help

The portage must tap the hand of one of their canoer for the continuation of the race.

b. 2nd Race — Canoe:

Men and Women

2 Man Race on the Pekuakami lake (lac Saint-Jean). The canoe must pass the two buoys on the lake and get off at the identified beach.

Maximum of 3 paddles per canoe.

Competitors must pass on the outside of the buoys that will be on the Pekuakami lake (lac Saint-Jean)

The teams who do not go around the buoys from the outside will be automatically disqualified and notified by an official.

It is forbidden to intentionally touch another team's canoe and/or intentionally capsize the other team. Immediate disqualification will be applied.

It is forbidden to cut a team from the inside when they reach the buoy. The passing must be done from the outside at this location.

If a team flips and wishes to continue the race, they must return on their own to the shore to get back onto their canoe. A team who asks for help from the security will be disqualified.

Insérer la carte

Canoers must take the boat out of the water and hand it to the canoe portages. The paddles must also be accompanied with the canoe.

c. 3rd Race — Canoe Portage:

Men

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 paddles.

It is forbidden to have a canoe transfer around a cone.

The participant with the paddles must bypass the identified cones.

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

Women

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 paddles. A possibility of carrying the canoe by two, but the paddles must be carried by another member of the team.

It is forbidden to have a canoe transfer around a cone. The participant with the paddles must bypass the identified cones.

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

12. The best time for triathlon will be highlighted in all categories.
13. 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.