



RECREATIONAL CANOE, KAYAK, + SUP RACES

SUNDAY, JULY 30, 2023
BIRCH POINT

Pleasant Lake, Pond Road, Island Falls

RIBBONS + PRIZES AWARDED

ENTRY FEE

\$15.00 per person*
(Includes a T-Shirt)

REGISTRATION

12:00PM

RULES REVIEW

12:45PM

RACE BEGINS

1:00PM

(Groups started at
2 minute intervals)



ISLAND FALLS
LAKES ASSOCIATION

RACE CATEGORIES

1.4 MILE RACE:

Senior (age 60 and over)

Adult (age 18-59)

Student (age 15-17)

SHORT COURSE:

Junior (age 10-14)

Children (9 and under)

CANOES:

Male, female, mixed, century
(combined ages over 100)

KAYAKS:

Male, female, tandem;
by kayak length

S.U.P.S:

Male, female

*Fee supports the Southern Aroostook Scholarship
Fund. Additional donations are welcome.