



RECREATIONAL CANOE, KAYAK, + SUP RACES

SUNDAY, JULY 31, 2022
Birch Point
Pleasant Lake, Pond Road, Island Falls

RIBBONS + PRIZES AWARDED

ENTRY FEE

\$15.00 per person

REGISTRATION

12:00-12:45 PM

RULES REVIEW

12:45PM

RACE BEGINS

1:00 PM

(Groups started at
2 minute intervals)

RACE CATEGORIES-

1 MILE RACE:

Senior (age 60 and over)

Adult (age 18-59)

Student (age 15-17)

RACE CATEGORIES-

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

**Supports the Southern
Aroostook Scholarship Fund**



ISLAND FALLS
LAKES ASSOCIATION