W6 PROGRESSION HEATS

| CATEGORY | NO. OF HEATS | PROGRESSION |
|----------------------|--------------|---|
| DIVISION 1 BOYS 250 | 4 | 1st 3 in each heat to Championship Semis, Rest to Plate Semi's |
| DIVISION 1 GIRLS 250 | 6 | 1st 2 in each heat to Championship Semis, next fastest 12 times to Plate Semi's |
| DIVISION 2 BOYS 250 | 3 | 1st 3 in each heat plus next fastest 3 times to Championship Semis, Rest to Plate Final |
| DIVISION 2 GIRLS 250 | 3 | 1st 3 in each heat plus next 3 fastest times to Championship Semis, Rest to Plate Final 1st 2 in each race to Championship Semis, |
| DIVISION 1 MIXED 250 | 7 | Next 14 fastest times to Plate Semis, Next 6 Times to Bowl Final. |
| DIVISION 2 MIXED 250 | 3 | 1st 3 in each heat plus next 3 fastest times to Championship Semis, Rest to Plate Final 1st 2 in each race to Championship Semis, |
| DIVISION 1 MIXED 500 | 7 | Next 14 fastest times to Plate Semis, Next 6 Times to Bowl Final. |
| DIVISION 2 MIXED 500 | 3 | 1st 3 in each heat plus next 3 fastest times to Championship Semis, Rest to Plate Final |
| DIVISION 1 BOYS 500 | 4 | 1st 2 in each heat plus next 4 fastest times to Championship Semis, Rest to Plate Semi's |
| DIVISION 1 GIRLS 500 | 6 | 1st 2 in each heat to Championship Semis, next fastest 12 times to Plate Semi's |
| DIVISION 2 BOYS 500 | 3 | 1st 3 in each heat plus next 3 fastest times to Championship Semis, Rest to Plate Semi's |
| DIVISION 2 GIRLS 500 | 3 | 1st 3 in each heat plus next 3 fastest times to Championship Semis, Rest to Plate Semi's |
| SEMIS | | 1st 3 in each Championship semi to Championship Final 1st 3 in each Plate semi to Plate Final |

W1 PROGRESSION

| J16 GIRLS DIVISION | 3 | 1st 2 in each heat to final |
|--------------------|---|---|
| J16 BOYS DIVISION | 3 | 1st 2 in each heat to final |
| J19 GIRLS DIVISION | 2 | 1st 2 in each heat plus the next fastest 2 to final |
| J19 BOYS DIVISION | 2 | 1st 2 in each heat plus the next fastest 2 to final |