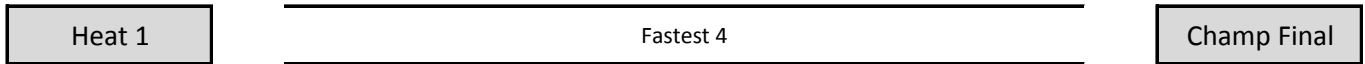
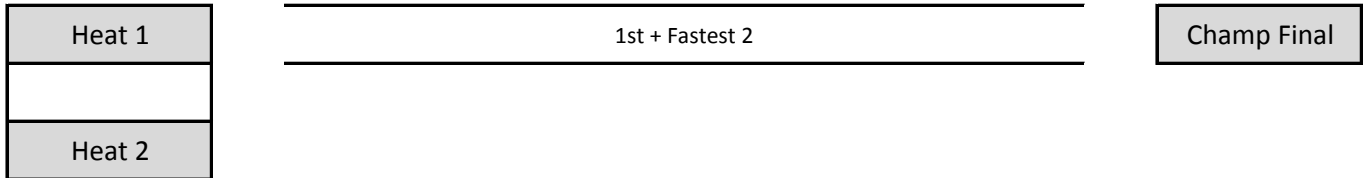


# AROCA Regional Sprints Progressions (4 Lanes Turn races)

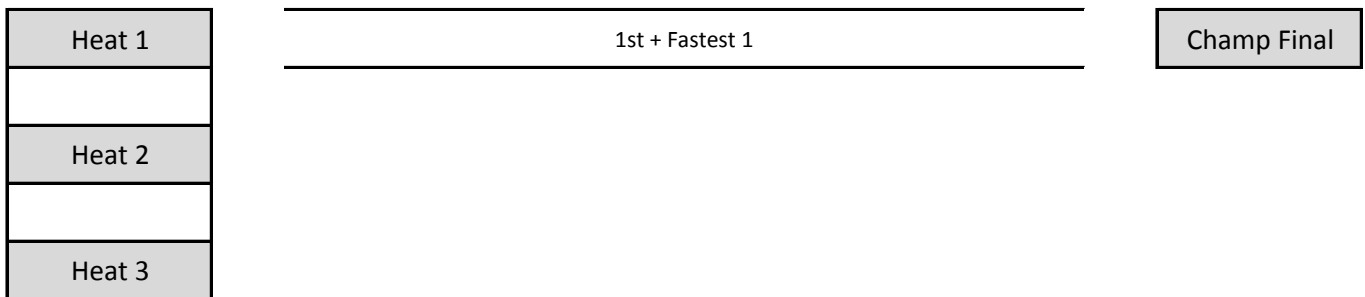
## 1 Heat (1-4 teams)



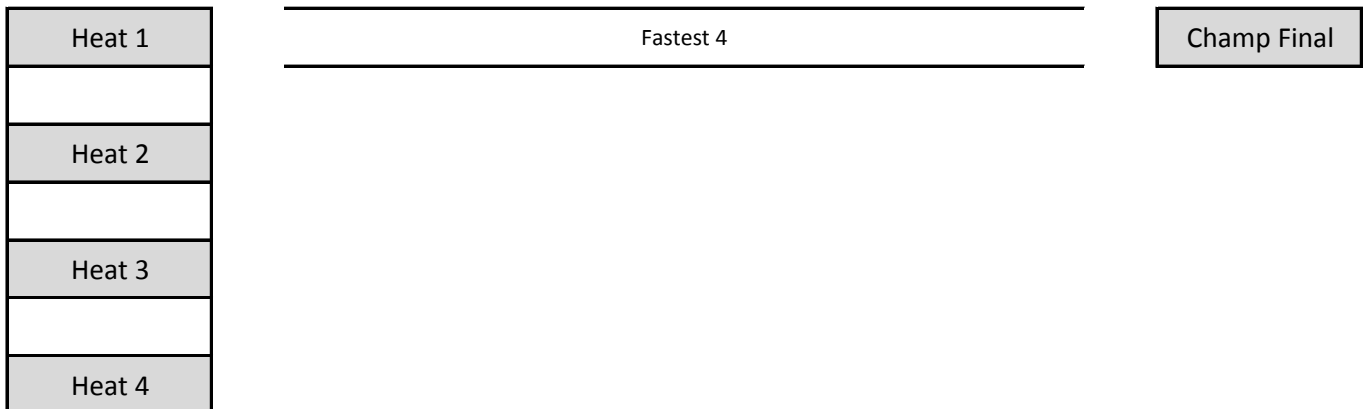
## 2 Heats (5-8 teams)



## 3 Heats (9-12 teams)



## 4 Heats (13-16 teams)



# AROCA Regional Sprints Progressions (8 Lanes Straight Races)

## 1 Heat (1-8 teams)

Heat 1

Fastest 8

Champ Final

## 2 Heats (9-16 teams)

Heat 1

1st + Fastest 6

Champ Final

Heat 2

## 3 Heats (17-24 teams)

Heat 1

1st + Fastest 5

Champ Final

Heat 2

Heat 3

## 4 Heats (25-32 teams)

Heat 1

1st + Fastest 4

Champ Final

Heat 2

Heat 3

Heat 4