



SCHEDULE - DAY 4

Te Wananga o Aotearoa Waka Ama National Sprint Championships
Thu, 17 Jan 2019



Race	Event	Round	No	Est. Start	Progressions
134	Int Women - W1 500	Heat	1 / 3	7:30 AM	
135	Int Women - W1 500	Heat	2 / 3	7:35 AM	
136	Int Women - W1 500	Heat	3 / 3	7:40 AM	See Race 185
137	Int Men - W1 500	Heat	1 / 3	7:45 AM	
138	Int Men - W1 500	Heat	2 / 3	7:50 AM	
139	Int Men - W1 500	Heat	3 / 3	7:55 AM	See Race 187
140	J16 Women - W1 500	Heat	1 / 3	8:00 AM	
141	J16 Women - W1 500	Heat	2 / 3	8:05 AM	
142	J16 Women - W1 500	Heat	3 / 3	8:10 AM	See Race 189
143	J16 Men - W1 500	Heat	1 / 3	8:15 AM	
144	J16 Men - W1 500	Heat	2 / 3	8:20 AM	
145	J16 Men - W1 500	Heat	3 / 3	8:25 AM	See Race 191
146	J19 Women - W1 500	Heat	1 / 3	8:30 AM	
147	J19 Women - W1 500	Heat	2 / 3	8:35 AM	
148	J19 Women - W1 500	Heat	3 / 3	8:40 AM	See Race 193
149	J19 Men - W1 500	Heat	1 / 3	8:45 AM	
150	J19 Men - W1 500	Heat	2 / 3	8:50 AM	
151	J19 Men - W1 500	Heat	3 / 3	8:55 AM	See Race 195
152	U23 Men - W1 500	Heat	1 / 2	9:00 AM	
153	U23 Men - W1 500	Heat	2 / 2	9:05 AM	See Race 229
154	U23 Women - W1 500	Heat	1 / 2	9:10 AM	
155	U23 Women - W1 500	Heat	2 / 2	9:15 AM	See Race 228
156	Gld Master Women - W1 500	Heat	1 / 3	9:20 AM	
157	Gld Master Women - W1 500	Heat	2 / 3	9:25 AM	
158	Gld Master Women - W1 500	Heat	3 / 3	9:30 AM	See Race 197
159	Gld Master Men - W1 500	Heat	1 / 3	9:35 AM	
160	Gld Master Men - W1 500	Heat	2 / 3	9:40 AM	
161	Gld Master Men - W1 500	Heat	3 / 3	9:45 AM	See Race 199
162	Snr Master Women - W1 500	Heat	1 / 3	9:50 AM	
163	Snr Master Women - W1 500	Heat	2 / 3	9:55 AM	
164	Snr Master Women - W1 500	Heat	3 / 3	10:00 AM	See Race 201
165	Snr Master Men - W1 500	Heat	1 / 3	10:05 AM	
166	Snr Master Men - W1 500	Heat	2 / 3	10:10 AM	
167	Snr Master Men - W1 500	Heat	3 / 3	10:15 AM	See Race 203
168	Master Women - W1 500	Heat	1 / 3	10:20 AM	
169	Master Women - W1 500	Heat	2 / 3	10:25 AM	
170	Master Women - W1 500	Heat	3 / 3	10:30 AM	See Race 205
171	Master Men - W1 500	Heat	1 / 3	10:35 AM	
172	Master Men - W1 500	Heat	2 / 3	10:40 AM	
173	Master Men - W1 500	Heat	3 / 3	10:45 AM	See Race 207
174	Premier Women - W1 500	Heat	1 / 3	10:50 AM	
175	Premier Women - W1 500	Heat	2 / 3	10:55 AM	
176	Premier Women - W1 500	Heat	3 / 3	11:00 AM	See Race 209



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Race	Event	Round	No	Est. Start	Progressions
177	Premier Men - W1 500	Heat	1 / 3	11:05 AM	
178	Premier Men - W1 500	Heat	2 / 3	11:10 AM	
179	Premier Men - W1 500	Heat	3 / 3	11:15 AM	See Race 211
	200m Startline				
180	Adaptive Men (VL2) - W1 200	St. Final		11:20 AM	
181	Adaptive Women (VL3) - W1 200	St. Final		11:26 AM	
182	Adaptive Men (VL3) - W1 200	St. Final		11:32 AM	
X 183	SCRATCH - Adaptive Women (VL4) - W1 200	St. Final			
X 184	SCRATCH - Adaptive Men (VL4) - W1 200	St. Final			
	500m Startline				
185	Int Women - W1 500	Semi	1 / 2	11:50 AM	
186	Int Women - W1 500	Semi	2 / 2	11:55 AM	See Race 222
187	Int Men - W1 500	Semi	1 / 2	12:00 PM	
188	Int Men - W1 500	Semi	2 / 2	12:05 PM	See Race 223
189	J16 Women - W1 500	Semi	1 / 2	12:10 PM	
190	J16 Women - W1 500	Semi	2 / 2	12:15 PM	See Race 224
191	J16 Men - W1 500	Semi	1 / 2	12:20 PM	
192	J16 Men - W1 500	Semi	2 / 2	12:25 PM	See Race 225
193	J19 Women - W1 500	Semi	1 / 2	12:30 PM	
194	J19 Women - W1 500	Semi	2 / 2	12:35 PM	See Race 226
195	J19 Men - W1 500	Semi	1 / 2	12:40 PM	
196	J19 Men - W1 500	Semi	2 / 2	12:45 PM	See Race 227
197	Gld Master Women - W1 500	Semi	1 / 2	12:50 PM	
198	Gld Master Women - W1 500	Semi	2 / 2	12:55 PM	See Race 220
199	Gld Master Men - W1 500	Semi	1 / 2	1:00 PM	
200	Gld Master Men - W1 500	Semi	2 / 2	1:05 PM	See Race 221
201	Snr Master Women - W1 500	Semi	1 / 2	1:10 PM	
202	Snr Master Women - W1 500	Semi	2 / 2	1:15 PM	See Race 230
203	Snr Master Men - W1 500	Semi	1 / 2	1:20 PM	
204	Snr Master Men - W1 500	Semi	2 / 2	1:25 PM	See Race 231
205	Master Women - W1 500	Semi	1 / 2	1:30 PM	
206	Master Women - W1 500	Semi	2 / 2	1:35 PM	See Race 232
207	Master Men - W1 500	Semi	1 / 2	1:40 PM	
208	Master Men - W1 500	Semi	2 / 2	1:45 PM	See Race 233
209	Premier Women - W1 500	Semi	1 / 2	1:50 PM	
210	Premier Women - W1 500	Semi	2 / 2	1:55 PM	See Race 234
211	Premier Men - W1 500	Semi	1 / 2	2:00 PM	
212	Premier Men - W1 500	Semi	2 / 2	2:05 PM	See Race 235
213	Adaptive Men (VL2) - W1 500	St. Final		2:10 PM	
214	Adaptive Women (VL3) - W1 500	St. Final		2:16 PM	
215	Adaptive Men (VL3) - W1 500	St. Final		2:22 PM	
X 216	SCRATCH - Adaptive Women (VL4) - W1 500	St. Final			
X 217	SCRATCH - Adaptive Men (VL4) - W1 500	St. Final			



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Race	Event	Round	No	Est. Start	Progressions
218	Master 70 Women - W1 500	St. Final		2:40 PM	
219	Master 70 Men - W1 500	St. Final		2:45 PM	
220	Gld Master Women - W1 500	Final		2:50 PM	
221	Gld Master Men - W1 500	Final		2:55 PM	
222	Int Women - W1 500	Final		3:00 PM	
223	Int Men - W1 500	Final		3:05 PM	
224	J16 Women - W1 500	Final		3:10 PM	
225	J16 Men - W1 500	Final		3:15 PM	
226	J19 Women - W1 500	Final		3:20 PM	
227	J19 Men - W1 500	Final		3:25 PM	
228	U23 Women - W1 500	Final		3:30 PM	
229	U23 Men - W1 500	Final		3:35 PM	
230	Snr Master Women - W1 500	Final		3:40 PM	
231	Snr Master Men - W1 500	Final		3:45 PM	
232	Master Women - W1 500	Final		3:50 PM	
233	Master Men - W1 500	Final		3:55 PM	
234	Premier Women - W1 500	Final		4:00 PM	
235	Premier Men - W1 500	Final		4:05 PM	