



# Wiki Hā 2019

Tihema 9, Te Roto o Ngātu

## RĀ WAKAAMA

**NUKU TERE** 11.00– 17.00 Waka Ama

RA HINA 9 O Tihema  
8-10 karaka HĪKOI KURA ki Te Taone o Kaitia

- 11.00 Karakia - ki Te Roto Ngātu  
Hui Kaiwhakahaere
- 11.30 Timata Rēhi  
w1- 250 m rēhi tōtika - waka v1  
w6- 500 m rēhi rārangi tōtika  
w6- 250 m rēhi rārangi tōtika  
Rēhi mutunga  
w6 Rēhi a Rohe - Rēhi Mutunga  
W6 Rēhi Kaiako - a Rohe
- 17.00 Kapi Te Rā

Waka—w1

Mauria mai tōu ake w1

W6 He mahimahi—o Tai Tokerau

- He tino taonga te mokopuna nō reira me mau kōti maunu;
- He nui te utu o ngā waka mahimahi, nō reira kia pai ngā kaiarataki o ia kura.
- Kia pono mārika ngā kaiako- hei arāhi i ngā tikanga o te whakatatae.
- Aini—ka tonu Ngā Kaihoe o Aotearoa he hononga ipurangi hei rēhita i ngā tīma me <https://www.wakaama.co.nz/racecalendar/lookup/1634>
- He pātai WAKA AMA

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- Ngā Ringa o Matariki
- Te Rāwhitiroa
- Taumārere
- Kaikohe
- Te Tonga o Hokianga
- Pukemiro
- Te Rangī
- Āniwaniwa
- Tūtūtarakihi

- Ngā hoe,
- he kōti maunu, mau
- He pōtae,
- he kirīmi arai Tama Nui Te Rā,
- he inu electrolytes, he wai mō te rā, kai nui.
- **Kaiarataki**-whakamōhio mai mena e hiahia ana tō tīma he kaiarataki.

**Mā ia kura  
e mau mai**