## Waka Ama Secondary School Sprints Progressions W6 \& W12 (8 Lanes)

## 2 Heats (9-16 teams)

| Heat 1 |
| :---: |
|  |
| Heat 2 |

$\qquad$ Champ Final

Plate Final

## 3 Heats (17-24 teams)

| Heat 1 | 1st + Fastest 5 |  |  | Champ Final |
| :---: | :---: | :---: | :---: | :---: |
| Heat 2 | All Remaining | Plate Semi | 1st, 2nd + Fastest 4 |  |
|  |  |  |  | Plate Final |
| Heat 3 |  | Plate Semi |  |  |

## 4 Heats (25-32 teams)

| Heat 1 | $\text { 1st, 2nd + Fastest } 8$ | Champ Semi | 1st, 2nd + Fastest 4 | Champ Final |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |
| Heat 2 |  | Champ Semi |  |  |
| Heat 3 |  | Plate Semi |  |  |
|  | All Remaining |  | 1st, 2nd + Fastest 4 | Plate Final |
| Heat 4 |  | Plate Semi |  |  |


| Heat 1 |
| :---: | :---: | :---: | :---: |

## 6 Heats (41-48 teams)

| Heat 1 |
| :---: | :---: | :---: | :---: |


| Heat 1 |  | Champ Semi |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  | 1st + Fastest 9 |  | 1st, 2nd + Fastest 4 | Champ Final |
| Heat 2 |  | Champ Semi |  |  |
| Heat 3 |  | Plate Semi |  |  |
|  | Next Fastest 16 |  | 1st, 2nd + Fastest 4 | Plate Final |
| Heat 4 |  | Plate Semi |  |  |
| Heat 5 |  | Bowl Semi |  |  |
| Heat 6 | All Remaining | Bowl Semi | 1st + Fastest 5 | Bowl Final |
| Heat 7 |  | Bowl Semi |  |  |

## 8 Heats (57-64 teams)

| Heat 1 |  | Champ Semi |  |  |
| :---: | :---: | :---: | :---: | :---: |
|  | 1st + Fastest 8 |  | 1st, 2nd + Fastest 4 | Champ Final |
| Heat 2 |  | Champ Semi |  |  |
| Heat 3 |  | Plate Semi |  |  |
| Heat 4 | Next Fastest 24 | Plate Semi | 1st + Fastest 5 | Plate Final |
| Heat 5 |  | Plate Semi |  |  |
| Heat 6 |  | Bowl Semi |  |  |
| Heat 7 | All Remaining | Bowl Semi | 1st + Fastest 5 | Bowl Final |
| Heat 8 |  | Bowl Semi |  |  |




| Heat 1 |  | Champ Semi |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Heat 2 | 1st + Fastest 13 | Champ Semi | 1st + Fastest 5 | Champ Final |
| Heat 3 |  | Champ Semi |  |  |
| Heat 4 |  | Plate Semi |  |  |
| Heat 5 |  | Plate Semi |  |  |
|  | Next Fastest 32 |  | 1st + Fastest 4 | Plate Final |
| Heat 6 |  | Plate Semi |  |  |
| Heat 7 |  | Plate Semi |  |  |
| Heat 8 |  | Bowl Semi |  |  |
| Heat 9 |  | Bowl Semi |  |  |
|  | All Remaining |  | 1st + Fastest 4 | Bowl Final |
| Heat 10 |  | Bowl Semi |  |  |
| Heat 11 |  | Bowl Semi |  |  |



