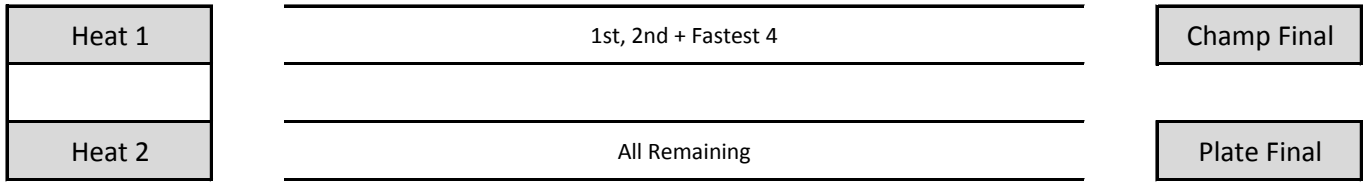
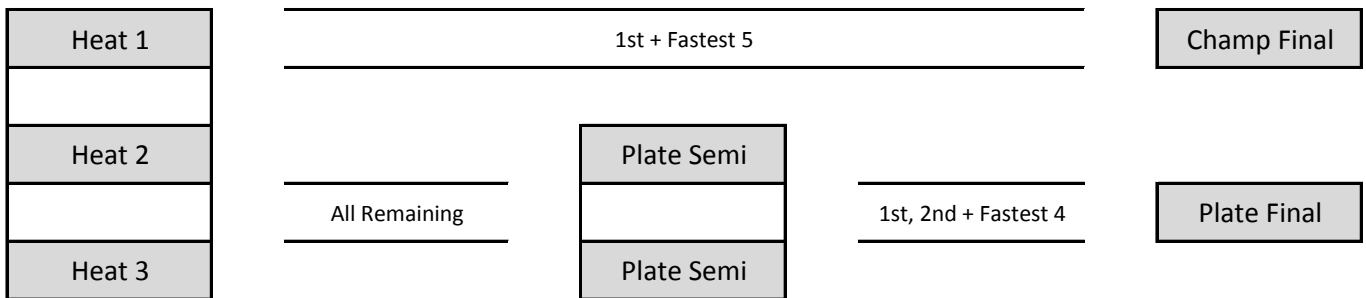


Waka Ama Secondary School Sprints Progressions W6 & W12 (8 Lanes)

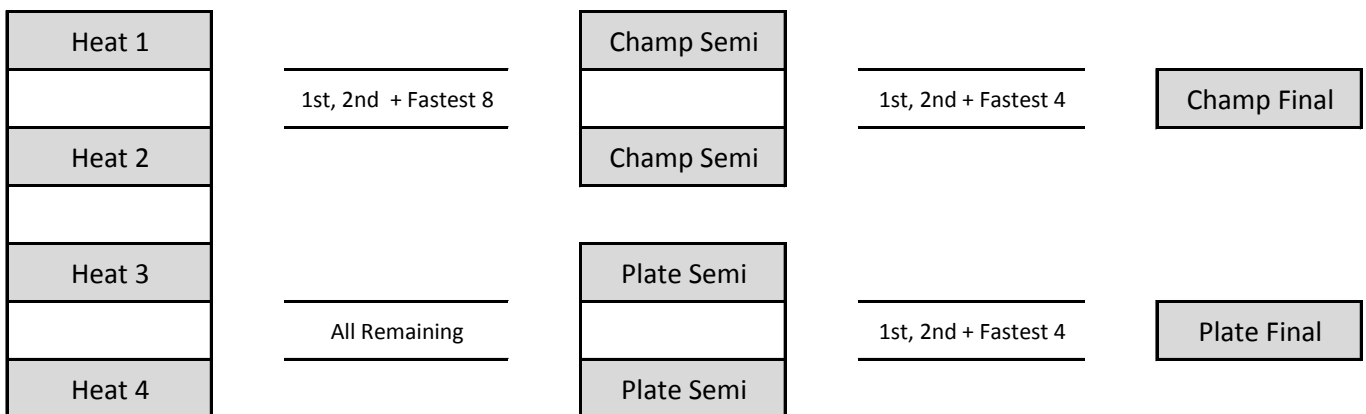
2 Heats (9-16 teams)



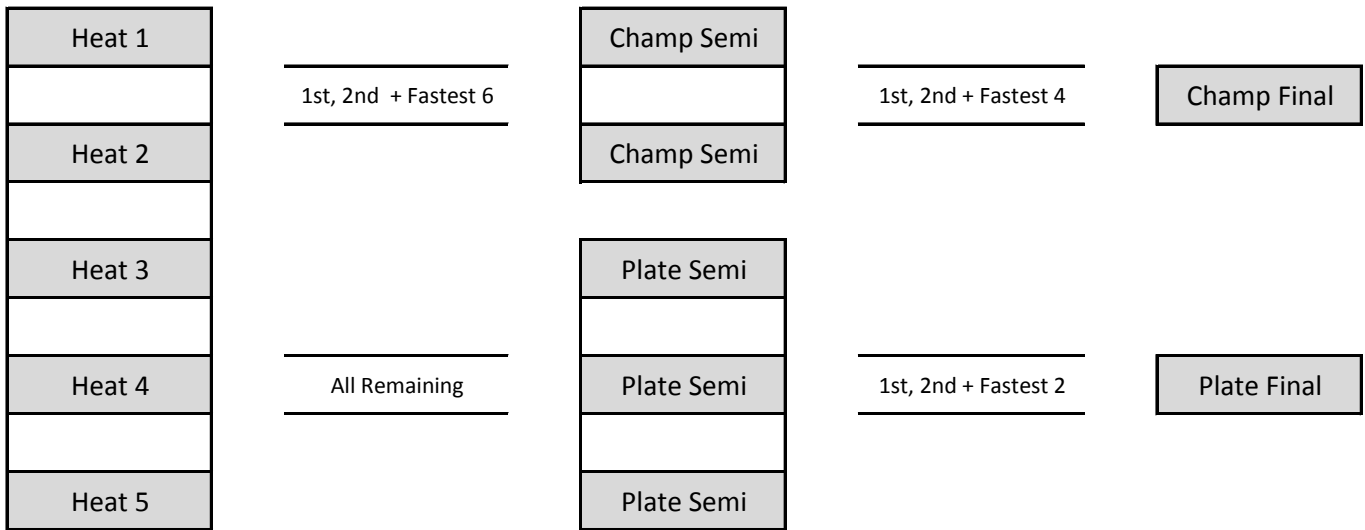
3 Heats (17-24 teams)



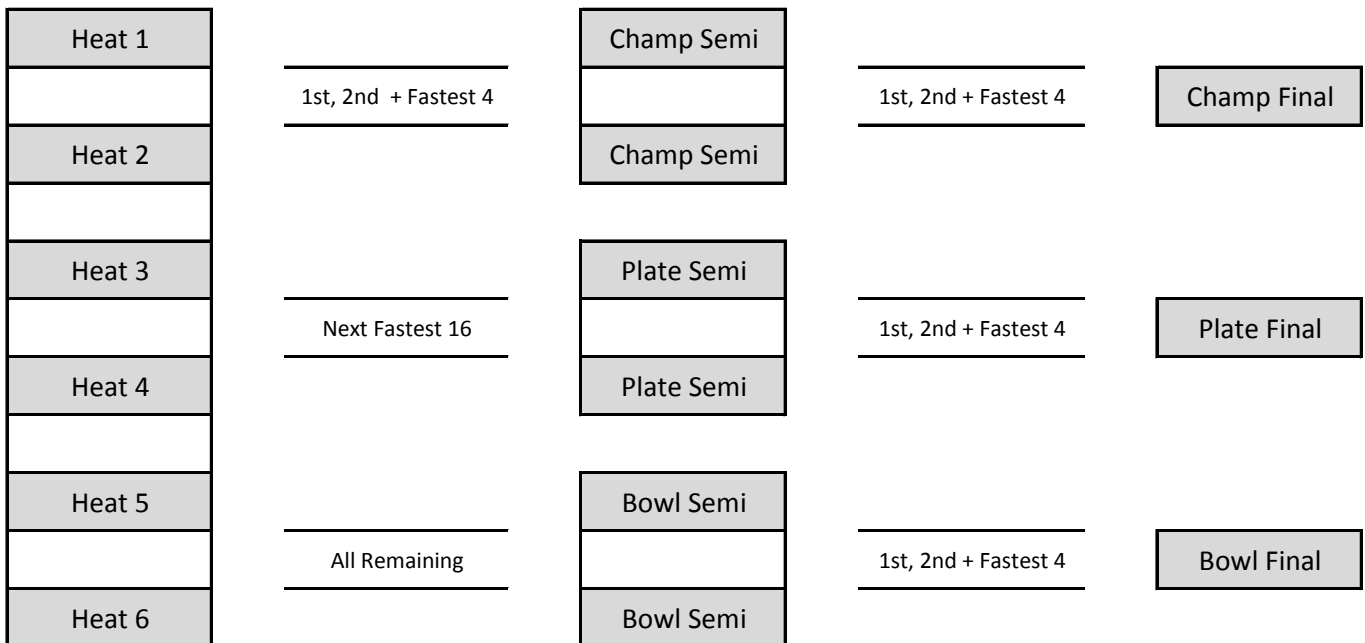
4 Heats (25-32 teams)



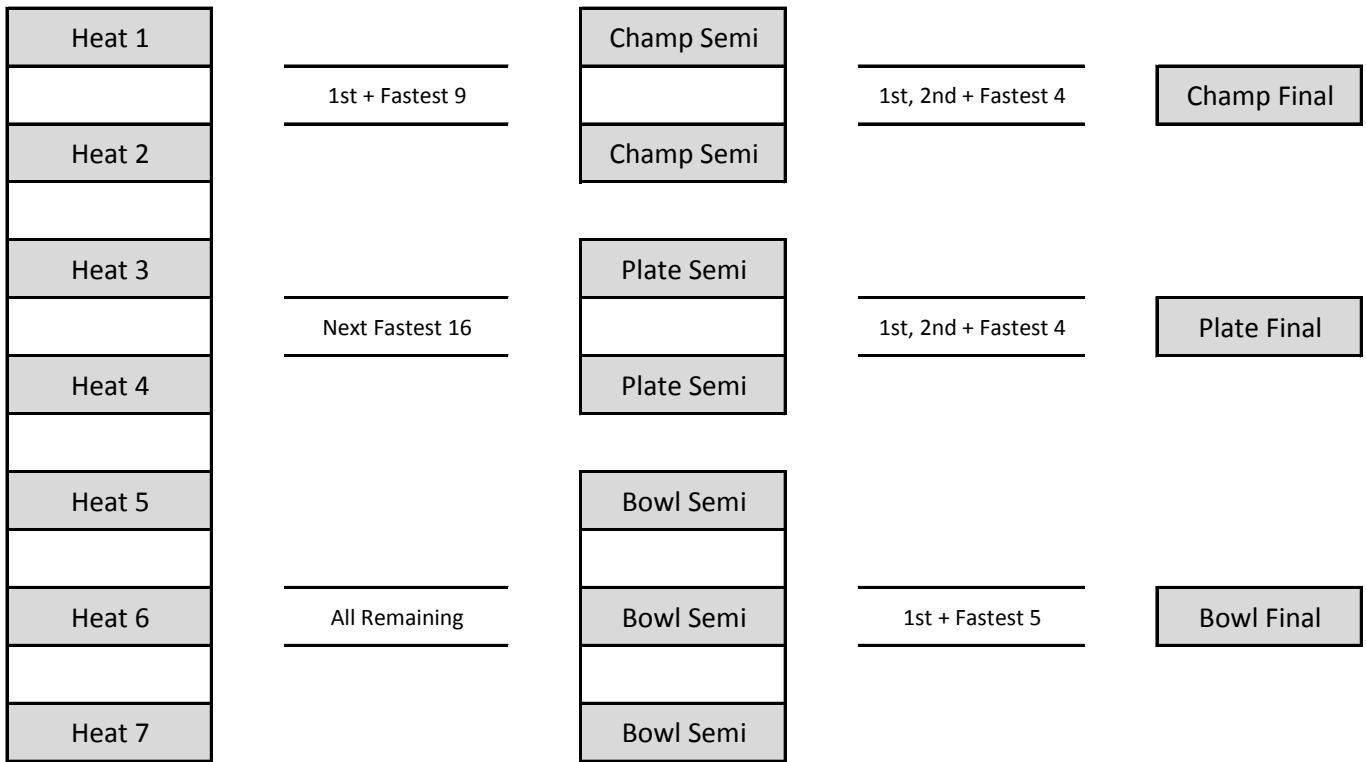
5 Heats (33-40 teams)



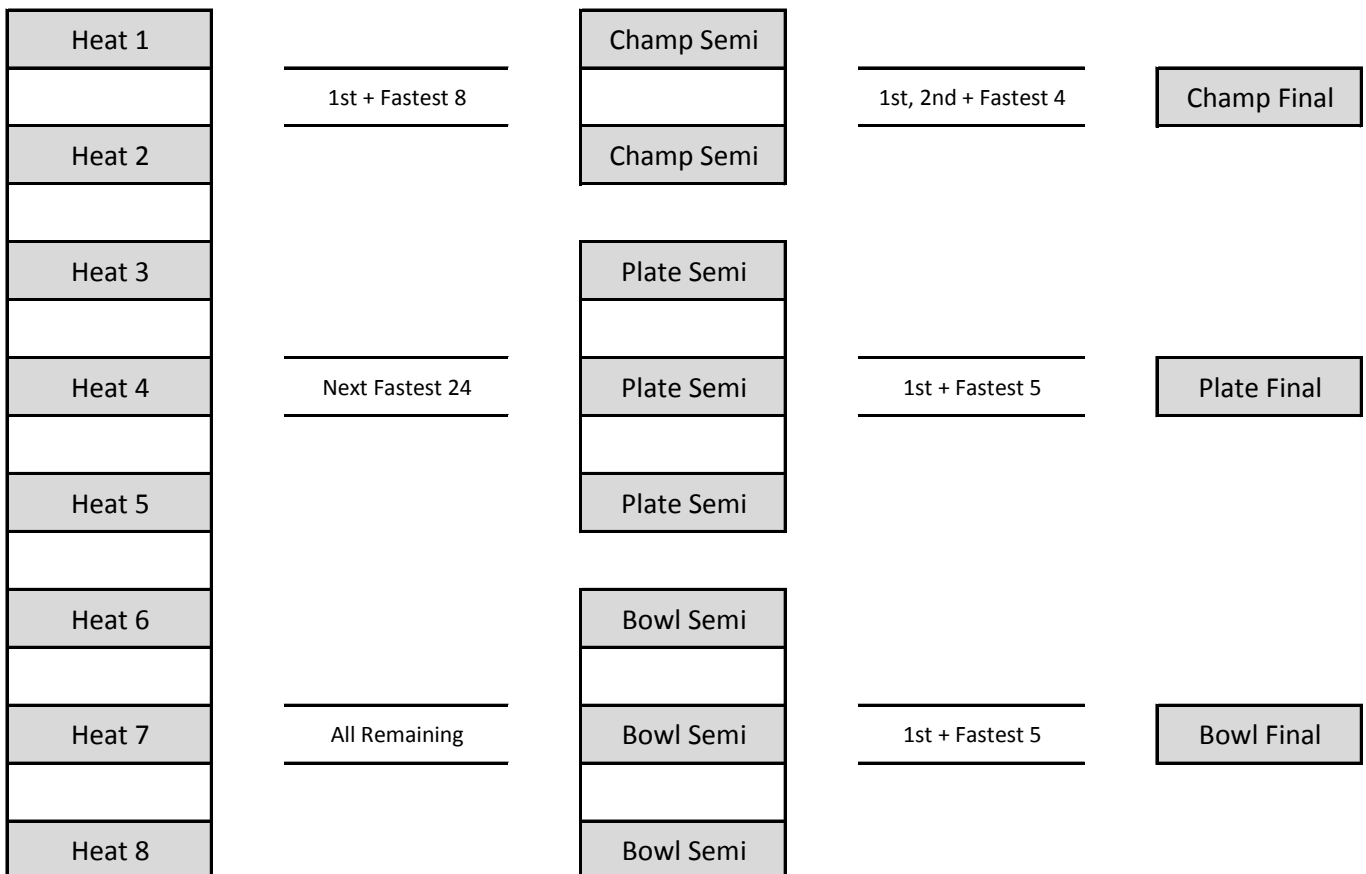
6 Heats (41-48 teams)



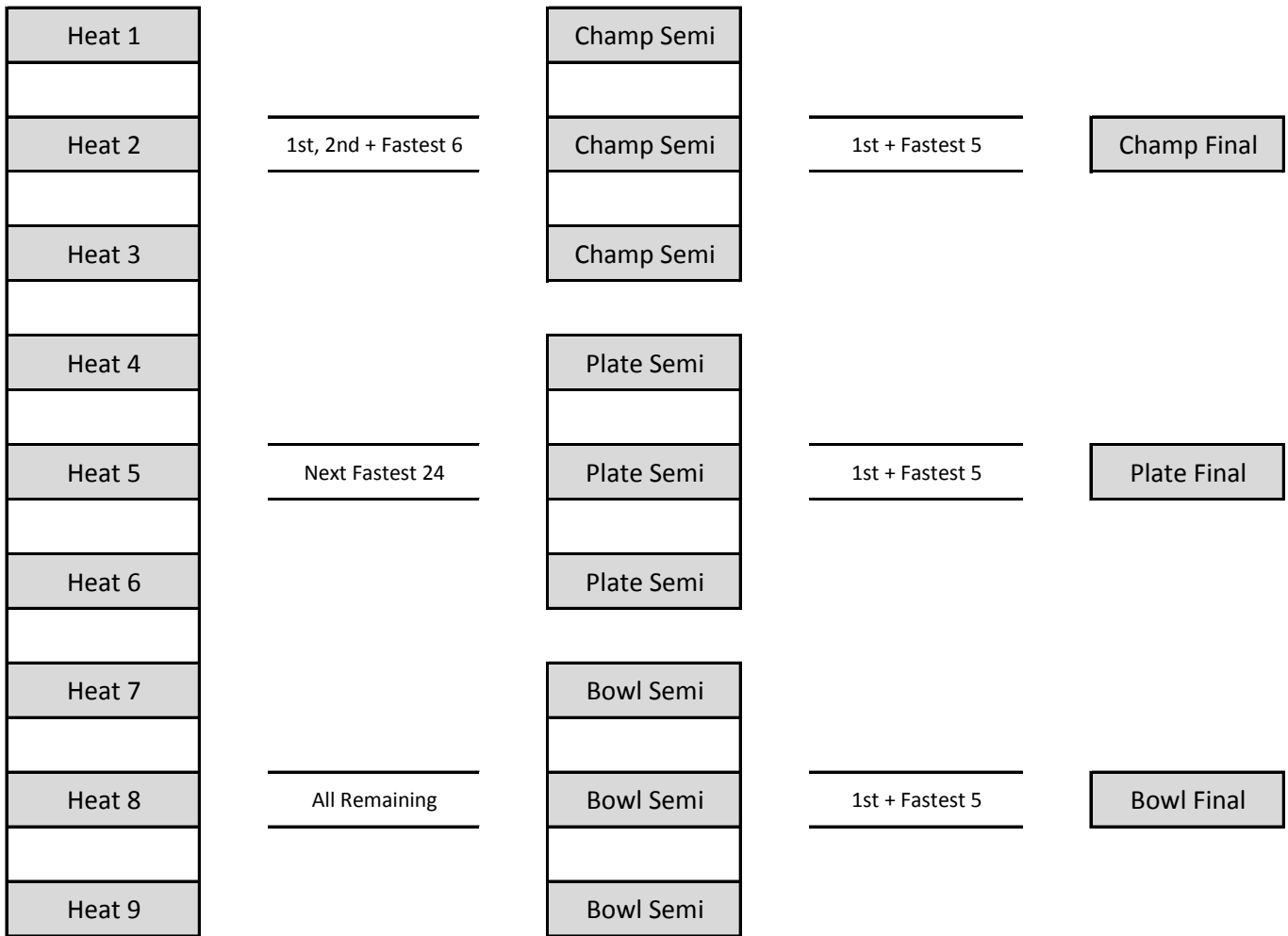
7 Heats (49-56 teams)



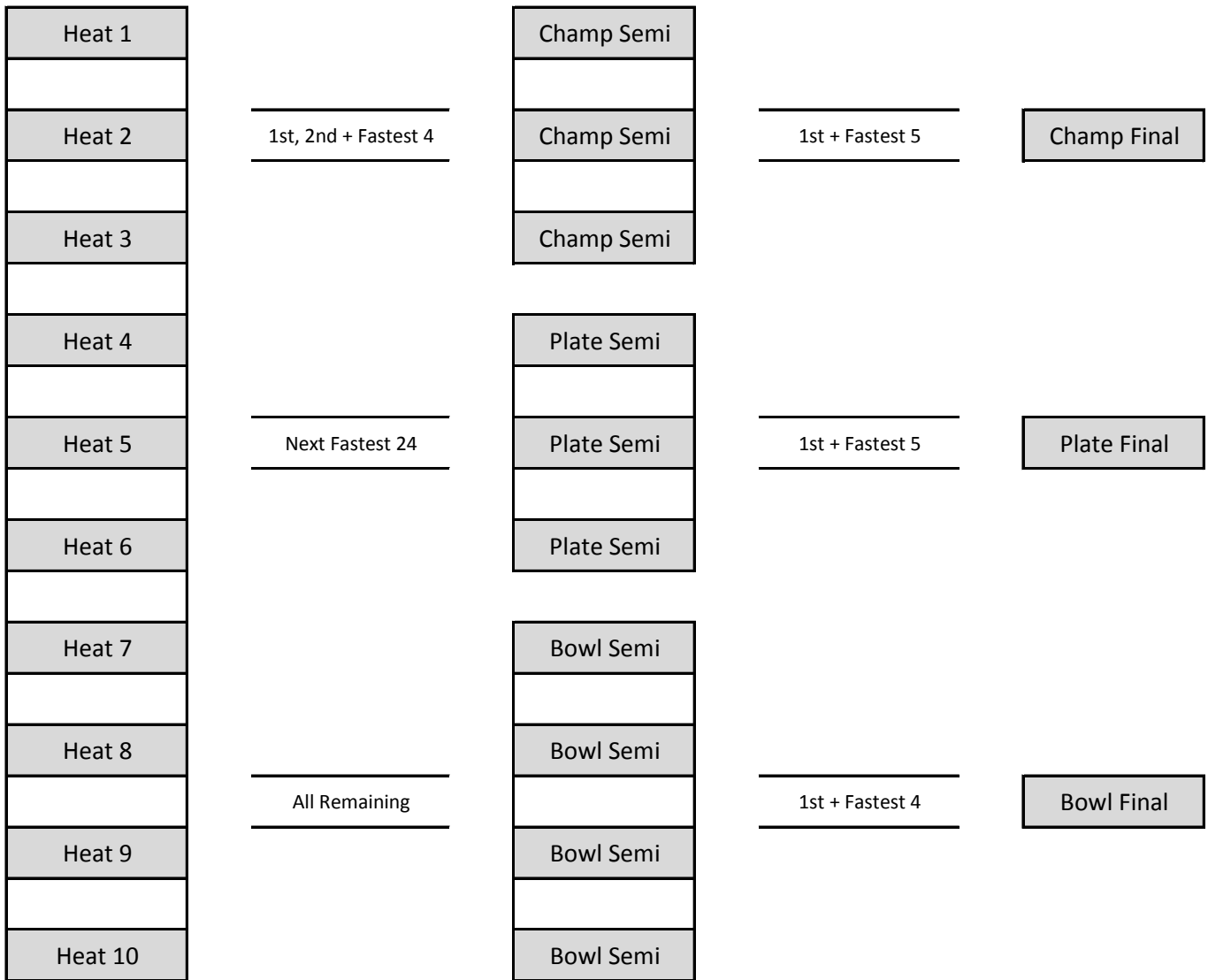
8 Heats (57-64 teams)



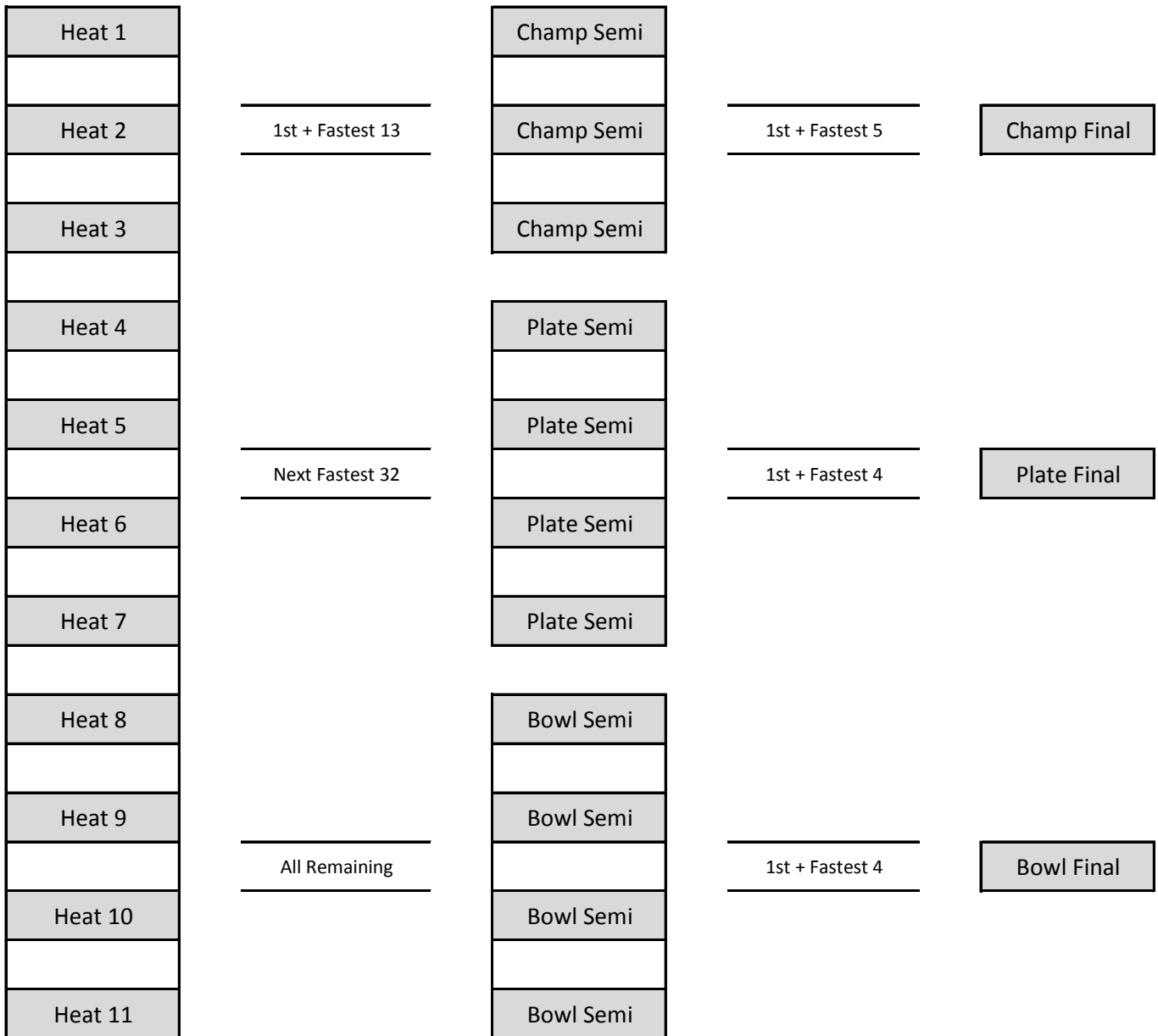
9 Heats (65-72 teams)



10 Heats (73-80 teams)



11 Heats (81-88 teams)



12 Heats (89-96 teams)

