

DAY 1 - Race Results AROCA Sprints 2022

| Race | Name | Club | Lane | Time |
|----------|---------------------------------------|--|------|---------|
| Race 001 | Int Men - W1 500 (Quota 5) | Heat - 1 | Lane | Time |
| 1st | PRESCOTT, Sonny | Tamaki Outrigger Canoe Club | 2 | 3:22.43 |
| 2nd | TAIPARI, Tōmairangi | Te Pou Herenga Waka Ama Club Inc. | 4 | 3:26.06 |
| 3rd | ESTALL-ARAI, Kimo | Ocean Blue Sports Club | 1 | 3:41.82 |
| 4th | RAMEKA, Rewi-Dean | Ocean Blue Sports Club | 3 | 3:43.09 |
| Race 002 | Int Men - W1 500 (Quota 5) | Heat - 2 | Lane | Time |
| 1st | TE'O, Lochlan | Manukau Outrigger Canoe Club | 1 | 2:54.65 |
| 2nd | WILLIAMS, Naea | Akarana | 2 | 3:04.41 |
| 3rd | JACOBS-BRACKS, Ryan | Ocean Blue Sports Club | 3 | 4:23.84 |
| Race 003 | Int Women - W1 500 (Quota 6) | Heat - 1 | Lane | Time |
| 1st | RAPANA, Leilani | Cook Islands Outriggers Association | 5 | 3:20.44 |
| 2nd | MURRAY, Mikayla | Manukau Outrigger Canoe Club | 4 | 3:26.35 |
| 3rd | TOAILOA, Soraya | Manukau Outrigger Canoe Club | 3 | 3:30.59 |
| 4th | LEDGER, Lena-Marie Moeka'a | Cook Islands Outriggers Association | 1 | 3:31.23 |
| 5th | KALOLO, TaezJha | Manukau Outrigger Canoe Club | 2 | 3:41.43 |
| Race 004 | Int Women - W1 500 (Quota 6) | Heat - 2 | Lane | Time |
| 1st | ESTALL-ARAI, Hawaiki | Akarana | 2 | 3:06.89 |
| 2nd | TAFUA, Tiara | Manukau Outrigger Canoe Club | 4 | 3:22.82 |
| 3rd | HOETA, Charm | Cook Islands Outriggers Association | 1 | 3:34.91 |
| 4th | RODGER-BELL, Maddison | Cook Islands Outriggers Association | 3 | 3:36.13 |
| Race 005 | J16 Men - W1 500 (Quota 9) | Heat - 1 | Lane | Time |
| DQ | TOLOA, Marlin (Out of Region Paddler) | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 6 | 2:27.90 |
| 1st | WALL, Brooklyn | Akarana | 2 | 2:29.52 |
| 2nd | COWAN, Jesaias | Akarana | 4 | 2:34.55 |
| 3rd | MARSHALL, Boston | Akarana | 3 | 2:38.52 |
| 4th | MOTULIKI, Jaekhim | Te Pou Herenga Waka Ama Club Inc. | 1 | 2:39.00 |
| Race 006 | J16 Men - W1 500 (Quota 9) | Heat - 2 | Lane | Time |
| 1st | RETI, Elite | Akarana | 4 | 2:14.04 |
| 2nd | HETA, Tamati | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 1 | 2:15.54 |
| 3rd | FARIU-MISIEPO, Soul | Manukau Outrigger Canoe Club | 3 | 2:19.36 |
| 4th | ESTALL-ARAI, Teheiva | Akarana | 5 | 2:30.59 |
| 5th | TAUTUHI, Waahi | Te Pou Herenga Waka Ama Club Inc. | 2 | 2:48.27 |
| Race 007 | J16 Men - W1 500 (Quota 9) | Heat - 3 | Lane | Time |

DAY 1 - Race Results AROCA Sprints 2022

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|-----------------|---|--|-------------|-------------|
| 1st | WAIHIRERE, LaRome | Akarana | 4 | 2:20.63 |
| 2nd | RANGA, Hemi | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 2 | 2:26.70 |
| 3rd | APPLEYARD, Rehutai | Akarana | 3 | 2:28.93 |
| 4th | MACFIE, Kanoa | Akarana | 1 | 2:37.33 |
| Race 008 | J16 Women - W1 500 (Quota 7) | Heat - 1 | Lane | Time |
| 1st | STRICKLAND, Donna | Tamaki Outrigger Canoe Club | 6 | 2:35.76 |
| 2nd | KINGI, Amorangi | Manukau Outrigger Canoe Club | 2 | 2:36.31 |
| 3rd | PETERSEN, Zara | Manukau Outrigger Canoe Club | 1 | 2:37.63 |
| 4th | SU'A, Coraleigh | Portage Crossing | 4 | 2:40.00 |
| 5th | KAY, Peyton | Waitakere Outrigger Canoe Club Inc | 3 | 2:43.03 |
| 6th | DANIELLA, Siana | Te Pou Herenga Waka Ama Club Inc. | 5 | 2:48.57 |
| Race 009 | J16 Women - W1 500 (Quota 7) | Heat - 2 | Lane | Time |
| 1st | RAPANA, Juanita | Tamaki Outrigger Canoe Club | 2 | 2:48.25 |
| 2nd | LOGO-OLO, Sahara | Manukau Outrigger Canoe Club | 4 | 2:50.83 |
| 3rd | MAKARO, Brooklyn | Waitakere Outrigger Canoe Club Inc | 6 | 3:00.05 |
| 4th | TUIONETOA, Palu | Manukau Outrigger Canoe Club | 5 | 3:10.79 |
| 5th | HALLIGAN, Mersadies | Te Pou Herenga Waka Ama Club Inc. | 3 | 3:18.12 |
| 6th | BROWN, Alanah | Manukau Outrigger Canoe Club | 1 | 3:26.70 |
| Race 010 | J16 Women - W1 500 (Quota 7) | Heat - 3 | Lane | Time |
| 1st | AMADIA KAHIKA-OTIA, Emma-Jade | Waitakere Outrigger Canoe Club Inc | 1 | 3:03.53 |
| 2nd | MCEWAN, Sienna | Manukau Outrigger Canoe Club | 2 | 3:06.75 |
| 3rd | PALEMENE-ITUNU, Isabella | Waitakere Outrigger Canoe Club Inc | 5 | 3:12.94 |
| 4th | SIME MCQUOID, Anastacia | Te Pou Herenga Waka Ama Club Inc. | 4 | 3:18.87 |
| DQ | RETI, Chelsea (out of region paddler) | Nga Hoe Horo Outrigger Canoe Club | 3 | 2:44.65 |
| Race 011 | J16 Women - W1 500 (Quota 7) | Heat - 4 | Lane | Time |
| 1st | HOHEPA-KOPA, Kaiti-Nia | Manukau Outrigger Canoe Club | 5 | 2:49.50 |
| 2nd | TATAFU, Gaylene | Waitakere Outrigger Canoe Club Inc | 1 | 2:55.22 |
| 3rd | NGATAKI, Anahera | Manukau Outrigger Canoe Club | 2 | 3:10.94 |
| 4th | BUNCE-WILLIAMS, Tui | Waitakere Outrigger Canoe Club Inc | 4 | 3:12.44 |
| DNS | WATENE, Tua-Iwa | Te Pou Herenga Waka Ama Club Inc. | 3 | |
| Race 012 | Master 70 Women - W1 500 (Quota 8) | St. Final - 1 | Lane | Time |
| 1st | HILDEBRANDT, Katja | Waitakere Outrigger Canoe Club Inc | 3 | 3:09.94 |
| 2nd | FLAVELL, Vicki | Waitakere Outrigger Canoe Club Inc | 2 | 3:10.51 |

DAY 1 - Race Results AROCA Sprints 2022

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|-----------------|--|-------------------------------------|-------------|-------------|
| 3rd | WEBSTER, Liz | Aratika Water Sports Club | 1 | 3:10.86 |
| Race 013 | Int Men - W1 500 (Quota 5) | Final - 1 | Lane | Time |
| 1st | TE'O, Lochlan | Manukau Outrigger Canoe Club | 1 | 2:44.28 |
| 2nd | WILLIAMS, Naea | Akarana | 2 | 2:53.75 |
| 3rd | PRESCOTT, Sonny | Tamaki Outrigger Canoe Club | 3 | 3:12.81 |
| 4th | TAIPARI, Tōmairangi | Te Pou Herenga Waka Ama Club Inc. | 4 | 3:31.91 |
| 5th | RAMEKA, Rewi-Dean | Ocean Blue Sports Club | 6 | 3:43.71 |
| 6th | ESTALL-ARAI, Kimo | Ocean Blue Sports Club | 5 | 4:27.47 |
| Race 014 | Int Women - W1 500 (Quota 6) | Final - 1 | Lane | Time |
| 1st | ESTALL-ARAI, Hawaiki | Akarana | 1 | 3:03.96 |
| 2nd | RAPANA, Leilani | Cook Islands Outriggers Association | 2 | 3:09.93 |
| 3rd | TAFUA, Tiara | Manukau Outrigger Canoe Club | 3 | 3:16.58 |
| 4th | TOAILOA, Soraya | Manukau Outrigger Canoe Club | 5 | 3:23.80 |
| 5th | MURRAY, Mikayla | Manukau Outrigger Canoe Club | 4 | 3:29.21 |
| 6th | LEDGER, Lena-Marie Moeka'a | Cook Islands Outriggers Association | 6 | 3:42.90 |
| Race 015 | J16 Women - W1 500 (Quota 7) | Semi - 1 | Lane | Time |
| 1st | HOHEPA-KOPA, Kaiti-Nia | Manukau Outrigger Canoe Club | 5 | 2:54.61 |
| 2nd | RAPANA, Juanita | Tamaki Outrigger Canoe Club | 4 | 2:55.24 |
| 3rd | STRICKLAND, Donna | Tamaki Outrigger Canoe Club | 1 | 2:59.68 |
| 4th | PETERSEN, Zara | Manukau Outrigger Canoe Club | 2 | 3:11.94 |
| 5th | KAY, Peyton | Waitakere Outrigger Canoe Club Inc | 3 | 3:15.96 |
| 6th | TATAFU, Gaylene | Waitakere Outrigger Canoe Club Inc | 6 | 3:44.97 |
| Race 016 | J16 Women - W1 500 (Quota 7) | Semi - 2 | Lane | Time |
| DQ | RETI, Chelsea (Out of region paddler) | Nga Hoe Horo Outrigger Canoe Club | 3 | 2:51.41 |
| 1st | LOGO-OLO, Sahara | Manukau Outrigger Canoe Club | 5 | 2:59.61 |
| 2nd | KINGI, Amorangi | Manukau Outrigger Canoe Club | 1 | 3:04.94 |
| 3rd | SU'A, Coraleigh | Portage Crossing | 2 | 3:13.45 |
| 4th | MAKARO, Brooklyn | Waitakere Outrigger Canoe Club Inc | 6 | 3:16.09 |
| 5th | DANIELLA, Siana | Te Pou Herenga Waka Ama Club Inc. | 4 | 3:18.59 |
| Race 017 | Gld Master Men - W1 500 (Quota 7) | Heat - 1 | Lane | Time |
| DNS | NOEL, Tony | Taniwha Outrigger Canoe Club Inc | 1 | |
| 1st | ASH, Phil | Taniwha Outrigger Canoe Club Inc | 4 | 2:51.13 |
| 2nd | WIKIRIWHI, Eru | Taniwha Outrigger Canoe Club Inc | 3 | 2:51.63 |

DAY 1 - Race Results AROCA Sprints 2022

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|-----------------|--|--|-------------|-------------|
| 3rd | PALMER, Bunny (M70) | Taniwha Outrigger Canoe Club Inc | 5 | 2:55.98 |
| 4th | PAPALII, James | Manukau Outrigger Canoe Club | 2 | 3:05.22 |
| Race 018 | Gld Master Men - W1 500 (Quota 7) | Heat - 2 | Lane | Time |
| DNS | WAINUI, Peter | Taniwha Outrigger Canoe Club Inc | 3 | |
| DNS | BREWSTER, Filipo | Taniwha Outrigger Canoe Club Inc | 4 | |
| 1st | KEE, Peter | Manukau Outrigger Canoe Club | 1 | 2:44.52 |
| 2nd | KARAUNA, Henare | Manukau Outrigger Canoe Club | 2 | 3:17.04 |
| Race 019 | J16 Men - W1 500 (Quota 9) | Final - 1 | Lane | Time |
| 1st | RETI, Elite | Akarana | 1 | 2:19.97 |
| 2nd | HETA, Tamati | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 2 | 2:21.19 |
| 3rd | FARIU-MISIEPO, Soul | Manukau Outrigger Canoe Club | 3 | 2:22.63 |
| 4th | WAIHIRERE, LaRome | Akarana | 4 | 2:25.39 |
| 5th | APPLEYARD, Rehutai | Akarana | 6 | 2:35.59 |
| 6th | RANGA, Hemi | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 5 | 2:44.26 |
| Race 020 | Gld Master Women - W1 500 (Quota 7) | Heat - 1 | Lane | Time |
| 1st | REABURN, Lianne | Waitakere Outrigger Canoe Club Inc | 1 | 2:58.78 |
| 2nd | TE PAA, Sugar | Taniwha Outrigger Canoe Club Inc | 5 | 3:02.16 |
| 3rd | ASH, Les | Taniwha Outrigger Canoe Club Inc | 6 | 3:14.60 |
| 4th | KAIRUA, Nana | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 4 | 3:17.12 |
| 5th | METI, Phillis | Taniwha Outrigger Canoe Club Inc | 2 | 3:19.91 |
| DNS | D'ARCY, Wendy | Portage Crossing | 3 | |
| Race 021 | Gld Master Women - W1 500 (Quota 7) | Heat - 2 | Lane | Time |
| 1st | TANE, Liz | Taniwha Outrigger Canoe Club Inc | 3 | 2:59.27 |
| 2nd | WIKIRIWHI, Auds | Taniwha Outrigger Canoe Club Inc | 2 | 3:10.37 |
| 3rd | DE JONG, Elizabeth | Waitakere Outrigger Canoe Club Inc | 1 | 3:10.70 |
| 4th | TOMULI, Linda | Waitakere Outrigger Canoe Club Inc | 4 | 3:22.31 |
| 5th | SMITH, Matarahi | Waitakere Outrigger Canoe Club Inc | 5 | 3:30.85 |
| Race 022 | Snr Master Men - W1 500 (Quota 6) | Heat - 1 | Lane | Time |
| 1st | PEPE, Miimama | Manukau Outrigger Canoe Club | 2 | 2:27.23 |
| 2nd | WHITCOMBE, Brent | Waitakere Outrigger Canoe Club Inc | 5 | 2:29.77 |
| 3rd | TERE, Maori | Akarana | 4 | 2:31.22 |
| 4th | WALLACE, Craig | Manukau Outrigger Canoe Club | 1 | 2:35.77 |
| 5th | TIPUTOA, Nga | Manukau Outrigger Canoe Club | 3 | 2:40.66 |

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|-----------------|--|------------------------------------|-------------|-------------|
| Race 023 | Snr Master Men - W1 500 (Quota 6) | Heat - 2 | Lane | Time |
| 1st | ASHFORD, Jason Rei | Akarana | 1 | 2:32.08 |
| 2nd | LEMALU, Sonny | Tui Tonga Canoe Club | 4 | 2:36.96 |
| 3rd | TOGIAMUA, Walter | Manukau Outrigger Canoe Club | 3 | 2:46.76 |
| 4th | RICHARDS, John | Manukau Outrigger Canoe Club | 2 | 2:56.94 |
| Race 024 | Snr Master Men - W1 500 (Quota 6) | Heat - 3 | Lane | Time |
| 1st | SALA, Michael | Manukau Outrigger Canoe Club | 4 | 2:36.52 |
| 2nd | TUPUHI, Andrew | Manukau Outrigger Canoe Club | 2 | 2:46.96 |
| 3rd | APPLEYARD, Matt | Waitakere Outrigger Canoe Club Inc | 3 | 2:50.12 |
| DNS | POIMAFITI, Lee | Akarana | 1 | |
| Race 025 | Snr Master Women - W1 500 (Quota 8) | Heat - 1 | Lane | Time |
| 1st | CARRINGTON, Sonya | Taniwha Outrigger Canoe Club Inc | 2 | 3:02.93 |
| 2nd | BARTON, Karen | Portage Crossing | 1 | 3:06.84 |
| 3rd | AMADIA, Yvette | Te Paerangi Waka Ama Inc | 4 | 3:11.19 |
| 4th | NATI, Helen | Te Pou Herenga Waka Ama Club Inc. | 3 | 3:14.51 |
| Race 026 | Snr Master Women - W1 500 (Quota 8) | Heat - 2 | Lane | Time |
| 1st | FREDERICKSEN, Briar | Taniwha Outrigger Canoe Club Inc | 3 | 2:46.69 |
| 2nd | CAMERON, Josie | Te Paerangi Waka Ama Inc | 2 | 3:00.29 |
| 3rd | PEARCE, Carla | Portage Crossing | 1 | 3:05.21 |
| 4th | SIMON, Yvonne | Aratika Water Sports Club | 4 | 3:37.64 |
| Race 027 | Snr Master Women - W1 500 (Quota 8) | Heat - 3 | Lane | Time |
| 1st | GORDON-GLASSFORD, Ariana | Taniwha Outrigger Canoe Club Inc | 3 | 2:55.11 |
| 2nd | WERE, Georgie | Portage Crossing | 5 | 3:01.39 |
| 3rd | SWANNEY, Andrea | Te Paerangi Waka Ama Inc | 1 | 3:06.58 |
| 4th | LEES, Helen | Te Paerangi Waka Ama Inc | 2 | 3:16.88 |
| 5th | THOMPSON, Rachael | Portage Crossing | 4 | 3:18.01 |
| Race 028 | J16 Women - W1 500 (Quota 7) | Final - 1 | Lane | Time |
| 1st | HOHEPA-KOPA, Kaiti-Nia | Manukau Outrigger Canoe Club | 1 | 3:01.32 |
| 2nd | LOGO-OLO, Sahara | Manukau Outrigger Canoe Club | 3 | 3:05.68 |
| 3rd | RAPANA, Juanita | Tamaki Outrigger Canoe Club | 2 | 3:06.28 |
| 4th | STRICKLAND, Donna | Tamaki Outrigger Canoe Club | 4 | 3:10.47 |
| 5th | KINGI, Amorangi | Manukau Outrigger Canoe Club | 5 | 3:11.60 |
| 6th | PETERSEN, Zara | Manukau Outrigger Canoe Club | 6 | 3:21.70 |

DAY 1 - Race Results AROCA Sprints 2022

| Race | Name | Club | Lane | Time |
|-----------------|--|-----------------------------------|-------------|-------------|
| Race 029 | Master Men - W1 500 (Quota 7) | Heat - 1 | Lane | Time |
| 1st | FONU, Kisione | Akarana | 3 | 2:32.79 |
| 2nd | SMITH, Johno | Akarana | 6 | 2:39.85 |
| 3rd | FROST, Ryan | Tui Tonga Canoe Club | 1 | 2:45.76 |
| 4th | NUKU, Joe | Akarana | 5 | 2:49.50 |
| 5th | SORENSEN, Blair | Manukau Outrigger Canoe Club | 4 | 2:51.39 |
| DNS | LAUTUA, Mathew | Manukau Outrigger Canoe Club | 2 | |
| Race 030 | Master Men - W1 500 (Quota 7) | Heat - 2 | Lane | Time |
| 1st | RETI, Jason | Akarana | 4 | 2:36.28 |
| 2nd | WILLIAMS, Mark Malaki | Manukau Outrigger Canoe Club | 2 | 2:37.30 |
| 3rd | MISIEPO, Sam | Manukau Outrigger Canoe Club | 5 | 2:38.06 |
| 4th | WOLFGRAM, Simon | Akarana | 3 | 2:39.26 |
| 5th | MOTULIKI, Steve | Te Pou Herenga Waka Ama Club Inc. | 1 | 2:40.43 |
| DNS | FUNAKI, Leki | Akarana | 6 | |
| Race 031 | Master Men - W1 500 (Quota 7) | Heat - 3 | Lane | Time |
| 1st | HOUNSOME, Matthew | Akarana | 3 | 2:39.33 |
| 2nd | RIMENE, Paddy | Akarana | 5 | 2:41.50 |
| 3rd | PIMM, Matthew | Tui Tonga Canoe Club | 2 | 2:43.10 |
| 4th | TOLOA, Daniel | Manukau Outrigger Canoe Club | 6 | 2:44.51 |
| 5th | HU, Hao | Manukau Outrigger Canoe Club | 4 | 2:46.56 |
| 6th | NATOEALOFA, Tom | Manukau Outrigger Canoe Club | 1 | 2:53.00 |
| Race 032 | Master Women - W1 500 (Quota 6) | Heat - 1 | Lane | Time |
| 1st | HEKE, Yvette | Taniwha Outrigger Canoe Club Inc | 3 | 2:57.29 |
| * | RETI, Chev (Out of region) | Nga Hoe Horo Outrigger Canoe Club | 6 | 3:02.55 |
| 2nd | GILBERT, Merenia | Taniwha Outrigger Canoe Club Inc | 1 | 3:08.01 |
| 3rd | HOGG, Te Rangi | Te Paerangi Waka Ama Inc | 4 | 3:21.37 |
| 4th | RUTHERFORD, Jane | Portage Crossing | 5 | 3:24.58 |
| 5th | EDMONDS, Nikora | Te Pou Herenga Waka Ama Club Inc. | 2 | 3:41.93 |
| Race 033 | Master Women - W1 500 (Quota 6) | Heat - 2 | Lane | Time |
| 1st | HELMICH, Emma | Taniwha Outrigger Canoe Club Inc | 1 | 3:06.34 |
| 2nd | GOLDRING, Nina | Te Pou Herenga Waka Ama Club Inc. | 2 | 3:19.58 |
| 3rd | WILLIAMS, Kathy | Portage Crossing | 5 | 3:26.92 |
| 4th | HOTERE, Whaiora | Te Paerangi Waka Ama Inc | 3 | 3:33.91 |

DAY 1 - Race Results AROCA Sprints 2022

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|-----------------|--|--|-------------|-------------|
| 5th | SIONEMALE, Connie | Te Paerangi Waka Ama Inc | 4 | 3:36.68 |
| Race 034 | Gld Master Men - W1 500 (Quota 7) | Final - 1 | Lane | Time |
| 1st | KEE, Peter | Manukau Outrigger Canoe Club | 1 | 3:08.48 |
| 2nd | ASH, Phil | Taniwha Outrigger Canoe Club Inc | 2 | 3:09.85 |
| 3rd | PAPALII, James | Manukau Outrigger Canoe Club | 5 | 3:13.97 |
| DNS | WIKIRIWHI, Eru | Taniwha Outrigger Canoe Club Inc | 3 | |
| DNS | PALMER, Bunny (M70) | Taniwha Outrigger Canoe Club Inc | 4 | |
| DNS | KARAUNA, Henare | Manukau Outrigger Canoe Club | 6 | |
| Race 036 | Snr Master Men - W1 500 (Quota 6) | Final - 1 | Lane | Time |
| 1st | PEPE, Miimama | Manukau Outrigger Canoe Club | 1 | 2:47.15 |
| 2nd | SALA, Michael | Manukau Outrigger Canoe Club | 6 | 2:48.66 |
| 3rd | ASHFORD, Jason Rei | Akarana | 4 | 2:49.17 |
| 4th | TERE, Maori | Akarana | 3 | 2:50.67 |
| 5th | WHITCOMBE, Brent | Waitakere Outrigger Canoe Club Inc | 2 | 2:51.71 |
| 6th | WALLACE, Craig | Manukau Outrigger Canoe Club | 5 | 3:00.66 |
| Race 037 | Snr Master Women - W1 500 (Quota 8) | Final - 1 | Lane | Time |
| 1st | FREDERICKSEN, Briar | Taniwha Outrigger Canoe Club Inc | 1 | 2:57.43 |
| 2nd | GORDON-GLASSFORD, Ariana | Taniwha Outrigger Canoe Club Inc | 2 | 3:17.72 |
| 3rd | CARRINGTON, Sonya | Taniwha Outrigger Canoe Club Inc | 5 | 3:20.35 |
| 4th | CAMERON, Josie | Te Paerangi Waka Ama Inc | 3 | 3:22.83 |
| 5th | WERE, Georgie | Portage Crossing | 4 | 3:26.35 |
| 6th | PEARCE, Carla | Portage Crossing | 6 | 3:30.57 |
| Race 038 | J19 Men - W1 500 (Quota 10) | Heat - 1 | Lane | Time |
| 1st | HEPI-NGARONGO, Jaksyn | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 5 | 2:46.34 |
| 2nd | RANGA, Patarana | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 1 | 2:49.03 |
| 3rd | LEES, Jacob | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 2 | 2:53.26 |
| 4th | MARTIN, Tangi | Cook Islands Outriggers Association | 4 | 2:54.25 |
| 5th | BROWN-ALBERT, Hunter | Waitakere Outrigger Canoe Club Inc | 3 | 3:29.31 |
| Race 039 | J19 Men - W1 500 (Quota 10) | Heat - 2 | Lane | Time |
| 1st | GRBIC, Pharrel | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 3 | 2:42.13 |
| 2nd | LEES, Sam | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 4 | 2:44.48 |
| 3rd | RAPANA, Elijah | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 2 | 2:53.19 |
| 4th | WALKER, Blake | Tu Tangi Ora - Waka Ama Inc. | 1 | 3:11.94 |

DAY 1 - Race Results AROCA Sprints 2022

| Race | Name | Club | Lane | Time |
|----------|----------------------------------|--|------|---------|
| Race 040 | J19 Men - W1 500 (Quota 10) | Heat - 3 | Lane | Time |
| 1st | RETI, Romaine | Akarana | 4 | 2:46.12 |
| 2nd | HERBERT, Xenon | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 1 | 2:46.94 |
| 3rd | POTINI-PORO, Jerome | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 3 | 3:09.92 |
| DNS | RAPANA, Isaiah | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 2 | |
| Race 041 | J19 Women - W1 500 (Quota 8) | Heat - 1 | Lane | Time |
| 1st | CAMERON, Jessica | Akarana | 1 | 3:04.05 |
| 2nd | LIUFALANI, Abigail | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 5 | 3:14.08 |
| 3rd | HOGG, Te Awerangi | Akarana | 2 | 3:18.09 |
| 4th | WHAREPOURI, Pyper | Akarana | 4 | 3:36.11 |
| 5th | SMITH-NANSEN, Serenity | Akarana | 3 | 3:38.76 |
| Race 042 | J19 Women - W1 500 (Quota 8) | Heat - 2 | Lane | Time |
| 1st | TAIA, Terina | Akarana | 2 | 3:09.49 |
| 2nd | FARIU, Mercy River | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 4 | 3:14.85 |
| 3rd | MUAULU, Jorja | Akarana | 3 | 3:22.80 |
| 4th | FALEPEAU, Jayda-Rose | Akarana | 1 | 3:34.64 |
| Race 043 | Premier Men - W1 500 (Quota 7) | Heat - 1 | Lane | Time |
| 1st | FLORENT TAHIATA, Nohoarii | Akarana | 1 | 2:41.98 |
| 2nd | MONK, Paora | Akarana | 3 | 2:50.90 |
| 3rd | WAIHIRERE, Kardos | Akarana | 5 | 2:54.44 |
| 4th | ARAI, Michel | Akarana | 4 | 2:59.52 |
| 5th | TAUTUHI, Waahi (Wazza) | Te Pou Herenga Waka Ama Club Inc. | 2 | 3:00.19 |
| Race 044 | Premier Men - W1 500 (Quota 7) | Heat - 2 | Lane | Time |
| 1st | MILLON, Manutea | Akarana | 1 | 2:29.37 |
| 2nd | WAINUI, Luke | Akarana | 2 | 2:48.13 |
| 3rd | RUKA, Jamille | Akarana | 3 | 2:51.98 |
| 4th | BEDGGOOD, Kereama | Akarana | 4 | 2:53.57 |
| DNS | NGATAKI, Kacey (Automatic Entry) | Manukau Outrigger Canoe Club | 5 | |
| Race 045 | Premier Men - W1 500 (Quota 7) | Heat - 3 | Lane | Time |
| 1st | TERE, Tere | Akarana | 3 | 2:43.59 |
| 2nd | ADAMS, Alex | Akarana | 4 | 2:57.76 |
| 3rd | BRACKS, Richard | Akarana | 1 | 2:58.65 |
| 4th | MOEKAA, Rangi | Akarana | 2 | 3:05.12 |

DAY 1 - Race Results AROCA Sprints 2022

| Race | Name | Club | Lane | Time |
|-----------------|---|--|-------------|-------------|
| 5th | YOUNG, Philip | Akarana | 5 | 3:15.44 |
| Race 046 | Master Men - W1 500 (Quota 7) | Final - 1 | Lane | Time |
| 1st | RETI, Jason | Akarana | 2 | 2:39.72 |
| 2nd | FONUA, Kisione | Akarana | 1 | 2:41.21 |
| 3rd | WOLFGRAM, Simon | Akarana | 5 | 2:42.63 |
| 4th | WILLIAMS, Mark Malaki | Manukau Outrigger Canoe Club | 3 | 2:43.22 |
| 5th | MISIEPO, Sam | Manukau Outrigger Canoe Club | 4 | 2:44.76 |
| 6th | HOUNSOME, Matthew | Akarana | 6 | 2:53.27 |
| Race 048 | J19 Men - W1 500 (Quota 10) | Final - 1 | Lane | Time |
| 1st | GRBIC, Pharrel | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 1 | 2:37.03 |
| 2nd | HEPI-NGARONGO, Jaksyn | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 4 | 2:42.67 |
| 3rd | RETI, Romaine | Akarana | 3 | 2:43.67 |
| 4th | LEES, Sam | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 2 | 2:47.99 |
| 5th | RANGA, Patarana | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 6 | 2:53.44 |
| 6th | HERBERT, Xenon | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 5 | 2:56.70 |
| Race 049 | J19 Women - W1 500 (Quota 8) | Final - 1 | Lane | Time |
| 1st | CAMERON, Jessica | Akarana | 1 | 3:06.41 |
| 2nd | TAIA, Terina | Akarana | 2 | 3:11.09 |
| 3rd | FARIU, Mercy River | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 4 | 3:13.35 |
| 4th | HOGG, Te Awerangi | Akarana | 5 | 3:23.00 |
| 5th | MUAULU, Jorja | Akarana | 6 | 3:24.82 |
| 6th | LIUFALANI, Abigail | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 3 | 3:33.80 |
| Race 050 | U23 Men - W1 500 (Quota 8) | St. Final - 1 | Lane | Time |
| 1st | SUITAULO, Jake | Manukau Outrigger Canoe Club | 2 | 2:34.31 |
| 2nd | CAMERON, Jake | Akarana | 1 | 2:47.38 |
| 3rd | COOPER, Christian | Portage Crossing | 3 | 3:05.19 |
| Race 051 | U23 Women - W1 500 (Quota 9) | St. Final - 1 | Lane | Time |
| 1st | NGAWAKA, Reneeah | Akarana | 2 | 3:14.64 |
| 2nd | NOBLE, Imogene | Akarana | 4 | 3:17.55 |
| 3rd | BERRYMAN, Pounamu | Akarana | 3 | 3:57.82 |
| 4th | HILL, Anya | Akarana | 1 | 4:07.02 |
| Race 052 | Premier Women - W1 500 (Quota 6) | St. Final - 1 | Lane | Time |
| 1st | TERE, Inamaru | Akarana | 2 | 3:12.23 |

DAY 1 - Race Results AROCA Sprints 2022

| Race | Name | Club | Lane | Time |
|-----------------|---------------------------------------|--|-------------|-------------|
| 2nd | MCDUFF, Jess | Akarana | 3 | 3:15.68 |
| 3rd | SILVA, Maggie | Portage Crossing | 5 | 3:21.63 |
| 4th | GLASSIE, Vanita | Aratika Water Sports Club | 6 | 3:37.49 |
| DNS | BERRYMAN, Shanaia | Akarana | 1 | |
| DNS | HELG, Silila | Portage Crossing | 4 | |
| Race 053 | Premier Men - W1 500 (Quota 7) | Final - 1 | Lane | Time |
| 1st | MILLON, Manutea | Akarana | 1 | 2:25.45 |
| 2nd | FLORENT TAHIATA, Nohoarii | Akarana | 2 | 2:40.43 |
| 3rd | TERE, Tere | Akarana | 3 | 2:40.95 |
| 4th | WAINUI, Luke | Akarana | 4 | 2:44.83 |
| 5th | MONK, Paora | Akarana | 5 | 2:47.50 |
| 6th | RUKA, Jamille | Akarana | 6 | 2:50.76 |
| Race 054 | J19 Men Dash - W1 250 | Heat - 1 | Lane | Time |
| 1st | HETA, Tamati | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 3 | 1:17.16 |
| 2nd | RETI, Elite | Akarana | 4 | 1:19.07 |
| 3rd | RANGA, Patarana | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 1 | 1:21.87 |
| 4th | MARTIN, Tangi | Cook Islands Outriggers Association | 2 | 1:22.90 |
| 5th | BROWN-ALBERT, Hunter | Waitakere Outrigger Canoe Club Inc | 5 | 1:37.22 |
| 6th | MOTULIKI, Jaekhim | Te Pou Herenga Waka Ama Club Inc. | 6 | 1:40.52 |
| Race 055 | J19 Men Dash - W1 250 | Heat - 2 | Lane | Time |
| 1st | RETI, Romaine | Akarana | 2 | 1:15.88 |
| 2nd | FARIU-MISIEPO, Soul | Manukau Outrigger Canoe Club | 4 | 1:19.83 |
| 3rd | LEES, Jacob | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 5 | 1:22.26 |
| 4th | RAPANA, Elijah | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 3 | 1:24.16 |
| 5th | COWAN, Jesaias | Akarana | 6 | 1:30.84 |
| 6th | TAUTUHI, Waahi | Te Pou Herenga Waka Ama Club Inc. | 1 | 1:33.22 |
| Race 056 | J19 Men Dash - W1 250 | Heat - 3 | Lane | Time |
| DNS | RAPANA, Isaiah | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 1 | |
| 1st | GRBIC, Pharrel | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 5 | 1:14.49 |
| 2nd | WAIHIRERE, LaRome | Akarana | 2 | 1:20.50 |
| 3rd | LEES, Sam | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 3 | 1:21.46 |
| 4th | ESTALL-ARAI, Teheiva | Akarana | 4 | 1:33.06 |
| Race 057 | J19 Men Dash - W1 250 | Heat - 4 | Lane | Time |

DAY 1 - Race Results AROCA Sprints 2022

| Race | Name | Club | Lane | Time |
|-----------------|---------------------------------------|--|-------------|-------------|
| 1st | HEPI-NGARONGO, Jaksyn | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 4 | 1:19.76 |
| 2nd | WALL, Brooklyn | Akarana | 3 | 1:29.46 |
| 3rd | POTINI-POROA, Jerome | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 1 | 1:32.88 |
| 4th | MACFIE, Kanoa | Akarana | 2 | 1:34.71 |
| DQ | TOLOA, Marlin (out of Region Paddler) | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 5 | 1:16.52 |
| Race 058 | J19 Men Dash - W1 250 | Heat - 5 | Lane | Time |
| 1st | APPLEYARD, Rehutai | Akarana | 1 | 1:26.19 |
| 2nd | HERBERT, Xenon | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 2 | 1:26.81 |
| 3rd | RANGA, Hemi | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 4 | 1:29.40 |
| 4th | MARSHALL, Boston | Akarana | 3 | 1:30.13 |
| 5th | WALKER, Blake | Tu Tangi Ora - Waka Ama Inc. | 5 | 1:33.43 |
| Race 059 | J19 Women Dash - W1 250 | Heat - 1 | Lane | Time |
| DNS | SU'A, Coraleigh | Portage Crossing | 3 | |
| 1st | HOGG, Te Awerangi | Akarana | 4 | 1:37.41 |
| 2nd | WHAREPOURI, Pyper | Akarana | 1 | 1:43.14 |
| 3rd | PALEMENE-ITUNU, Isabella | Waitakere Outrigger Canoe Club Inc | 2 | 1:49.72 |
| 4th | SIME MCQUOID, Anastacia | Te Pou Herenga Waka Ama Club Inc. | 5 | 1:55.17 |
| 5th | AMADIA KAHIKA-OTIA, Emma-Jade | Waitakere Outrigger Canoe Club Inc | 6 | 1:57.10 |
| Race 060 | J19 Women Dash - W1 250 | Heat - 2 | Lane | Time |
| 1st | LIUFALANI, Abigail | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 1 | 1:32.46 |
| 2nd | MUAULU, Jorja | Akarana | 5 | 1:35.06 |
| 3rd | TATAFU, Gaylene | Waitakere Outrigger Canoe Club Inc | 4 | 2:14.66 |
| 4th | BUNCE-WILLIAMS, Tui | Waitakere Outrigger Canoe Club Inc | 3 | 2:23.93 |
| DNS | WATENE, Tua-Iwa | Te Pou Herenga Waka Ama Club Inc. | 6 | |
| DQ | RETI, Chelsea | Nga Hoe Horo Outrigger Canoe Club (Out of Region) | 2 | 1:30.59 |
| Race 061 | J19 Women Dash - W1 250 | Heat - 3 | Lane | Time |
| 1st | CAMERON, Jessica | Akarana | 4 | 1:31.07 |
| 2nd | FARIU, Mercy River | Pakuranga Outrigger Canoe Club O Te Tahawai Pakuranga Inc. | 3 | 1:35.98 |
| 3rd | SMITH-NANSEN, Serenity | Akarana | 1 | 1:41.86 |
| 4th | DANIELLA, Siana | Te Pou Herenga Waka Ama Club Inc. | 2 | 1:54.17 |
| 5th | KAY, Peyton | Waitakere Outrigger Canoe Club Inc | 5 | 1:54.94 |
| Race 062 | J19 Women Dash - W1 250 | Heat - 4 | Lane | Time |
| 1st | TAIA, Terina | Akarana | 4 | 1:29.55 |

DAY 1 - Race Results AROCA Sprints 2022

| Race | Name | Club | Lane | Time |
|-----------------|----------------------------------|---|-------------|-------------|
| 2nd | FALEPEAU, Jayda-Rose | Akarana | 1 | 1:37.68 |
| 3rd | MAKARO, Brooklyn | Waitakere Outrigger Canoe Club Inc | 5 | 1:40.09 |
| 4th | HALLIGAN, Mersadies | Te Pou Herenga Waka Ama Club Inc. | 3 | 1:56.01 |
| DNS | RAPANA, Juanita | Tamaki Outrigger Canoe Club | 2 | |
| Race 063 | Premier Men Dash - W1 250 | Heat - 1 | Lane | Time |
| 1st | SUITAULOA, Jake | Manukau Outrigger Canoe Club | 4 | 1:05.00 |
| 2nd | TERE, Tere | Akarana | 6 | 1:13.24 |
| 3rd | BRACKS, Richard | Akarana | 3 | 1:18.15 |
| 4th | MOEKAA, Rangī | Akarana | 5 | 1:21.67 |
| DNS | LEMALU, Sonny | Tui Tonga Canoe Club | 1 | |
| DNS | MOTULIKI, Steve | Te Pou Herenga Waka Ama Club Inc. | 2 | |
| Race 064 | Premier Men Dash - W1 250 | Heat - 2 | Lane | Time |
| 1st | CAMERON, Jake | Akarana | 5 | 1:13.86 |
| 2nd | TOLOA, Daniel | Manukau Outrigger Canoe Club | 4 | 1:16.43 |
| 3rd | WAIHIRERE, Kardos | Akarana | 2 | 1:17.44 |
| 4th | MONK, Paora | Akarana | 1 | 1:18.84 |
| 5th | PIMM, Matthew | Tui Tonga Canoe Club | 3 | 1:20.60 |
| 6th | TAUTUHI, Waahi (Wazza) | Te Pou Herenga Waka Ama Club Inc. | 6 | 1:21.91 |
| Race 065 | Premier Men Dash - W1 250 | Heat - 3 | Lane | Time |
| 1st | WILLIAMS, Mark Malaki | Manukau Outrigger Canoe Club | 4 | 1:03.41 |
| 2nd | FLORENT TAHIATA, Nohoarii | Akarana | 5 | 1:06.69 |
| 3rd | WAINUI, Luke | Akarana | 1 | 1:07.77 |
| DNS | TAWHAI, Hone | Te Pou Herenga Waka Ama Club Inc. | 2 | |
| DNS | NUKU, Joe | Akarana | 3 | |
| Race 066 | Premier Men Dash - W1 250 | Heat - 4 | Lane | Time |
| 1st | RETI, Jason | Akarana | 3 | 1:12.55 |
| 2nd | WOLFGRAM, Simon | Akarana | 4 | 1:14.82 |
| 3rd | HU, Hao | Manukau Outrigger Canoe Club | 5 | 1:17.71 |
| Race 067 | Premier Men Dash - W1 250 | Heat - 5 | Lane | Time |
| 1st | ARAI, Michel | Akarana | 3 | 1:17.08 |
| 2nd | MISIEPO, Sam | Manukau Outrigger Canoe Club | 1 | 1:28.00 |
| 3rd | YOUNG, Philip | Akarana | 2 | 1:30.96 |
| Race 069 | Premier Men Dash - W1 250 | Heat - 7 (Race 68 & 69 Combined) | Lane | Time |

DAY 1 - Race Results AROCA Sprints 2022

| Race | Name | Club | Lane | Time |
|----------|-----------------------------|-----------------------------------|------|---------|
| 1st | MILLON, Manutea | Akarana | 1 | 1:07.21 |
| 2nd | BEDGGOOD, Kereama | Akarana | 2 | 1:15.99 |
| 3rd | RUKA, Jamille | Akarana | 5 | 1:17.22 |
| 4th | SMITH, Johno | Akarana | 4 | 1:19.53 |
| Race 070 | Premier Women Dash - W1 250 | Heat - 1 | Lane | Time |
| 1st | NOBLE, Imogene | Akarana | 2 | 1:26.89 |
| 2nd | CAMERON, Josie | Te Paerangi Waka Ama Inc | 5 | 1:33.79 |
| 3rd | WILLIAMS, Kathy | Portage Crossing | 6 | 1:34.27 |
| 4th | NATI, Helen | Te Pou Herenga Waka Ama Club Inc. | 4 | 1:35.12 |
| DQ | RETI, Chev | Nga Hoe Horo Outrigger Canoe Club | 1 | 1:26.52 |
| Race 071 | Premier Women Dash - W1 250 | Heat - 2 | Lane | Time |
| 1st | HEKE, Yvette | Taniwha Outrigger Canoe Club Inc | 5 | 1:25.63 |
| 2nd | NGAWAKA, Reneeah | Akarana | 4 | 1:27.06 |
| 3rd | TERE, Inamaru | Akarana | 3 | 1:28.04 |
| 4th | GLASSIE, Vanita | Aratika Water Sports Club | 2 | 1:33.26 |
| 5th | HILL, Anya | Akarana | 1 | 1:40.89 |
| 6th | SIMON, Yvonne | Aratika Water Sports Club | 6 | 2:12.72 |

Key

Heat - 1

Semi - 1

St. Final - 1

Final - 1