



2024 National Sprint Championships

SCHEDULE - DAY 1

Sun, 14 Jan 2024



RACE	EVENT	ROUND		EST. START	PROGRESSIONS
001	Taitama - W12 250	Heat	1 / 4	11:00 am	
002	Taitamāhine - W6 250	Heat	1 / 4	11:13 am	
003	Taitama - W12 250	Heat	2 / 4	11:23 am	
004	Taitamāhine - W6 250	Heat	2 / 4	11:36 am	
005	Taitama - W12 250	Heat	3 / 4	11:46 am	
006	Taitamāhine - W6 250	Heat	3 / 4	11:59 am	
007	Taitama - W12 250	Heat	4 / 4	12:09 pm	See Race 021
008	Taitamāhine - W6 250	Heat	4 / 4	12:22 pm	See Race 016
009	Taitama - W6 250	Heat	1 / 5	12:32 pm	
010	Taitama - W6 250	Heat	2 / 5	12:42 pm	
011	Taitamāhine - W12 250	Heat	1 / 2	12:52 pm	
012	Taitama - W6 250	Heat	3 / 5	1:05 pm	
013	Taitama - W6 250	Heat	4 / 5	1:15 pm	
014	Taitamāhine - W12 250	Heat	2 / 2	1:25 pm	See Race 052
015	Taitama - W6 250	Heat	5 / 5	1:38 pm	See Race 018
016	Taitamāhine - W6 250	Cup Semi	1 / 2	1:48 pm	
017	Taitamāhine - W6 250	Cup Semi	2 / 2	1:58 pm	See Race 020
018	Taitama - W6 250	Cup Semi	1 / 2	2:08 pm	
019	Taitama - W6 250	Cup Semi	2 / 2	2:18 pm	See Race 023
020	Taitamāhine - W6 250	Champ Semi	1 / 2	2:28 pm	
021	Taitama - W12 250	Cup Semi	1 / 2	2:38 pm	
022	Taitamāhine - W6 250	Champ Semi	2 / 2	2:51 pm	See Race 039
023	Taitama - W6 250	Champ Semi	1 / 2	3:01 pm	
024	Taitama - W12 250	Cup Semi	2 / 2	3:11 pm	See Race 046
025	Taitama - W6 250	Champ Semi	2 / 2	3:24 pm	See Race 036



2024 National Sprint Championships



SCHEDULE - DAY 2 Mon, 15 Jan 2024

RACE	EVENT	ROUND		EST. START	PROGRESSIONS
026	J16 Men - W6 500	Heat	1 / 3	8:30 am	
027	J16 Men - W6 500	Heat	2 / 3	8:36 am	
028	Mahi a Atua Int Men - W12 500	Heat	1 / 3	8:42 am	
029	J16 Men - W6 500	Heat	3 / 3	8:49 am	See Race 057
030	J16 Women - W6 500	Heat	1 / 4	8:55 am	
031	Mahi a Atua Int Men - W12 500	Heat	2 / 3	9:01 am	
032	J16 Women - W6 500	Heat	2 / 4	9:08 am	
033	J16 Women - W6 500	Heat	3 / 4	9:14 am	
034	Mahi a Atua Int Men - W12 500	Heat	3 / 3	9:20 am	See Race 084
035	J16 Women - W6 500	Heat	4 / 4	9:27 am	See Race 060
250m Startline					
036	Taitama - W6 250	Plate Final		9:33 am	See Race 038
037	Mahi a Atua Int Women - W12 500	Heat	1 / 3	9:43 am	
038	Taitama - W6 250	Cup Final		9:50 am	See Race 041
039	Taitamāhine - W6 250	Cup Final		10:00 am	See Race 042
040	Mahi a Atua Int Women - W12 500	Heat	2 / 3	10:10 am	
041	Taitama - W6 250	Champ Final		10:17 am	
042	Taitamāhine - W6 250	Champ Final		10:27 am	
043	Mahi a Atua Int Women - W12 500	Heat	3 / 3	10:37 am	See Race 095
500m startline					
044	Int Men - W6 500	Heat	1 / 4	10:44 am	
045	Int Men - W6 500	Heat	2 / 4	10:51 am	
046	Taitama - W12 250	Champ Semi	1 / 2	10:58 am	
047	Int Men - W6 500	Heat	3 / 4	11:08 am	
048	Int Men - W6 500	Heat	4 / 4	11:15 am	See Race 063
049	Taitama - W12 250	Champ Semi	2 / 2	11:22 am	See Race 059
050	Int Women - W6 500	Heat	1 / 5	11:32 am	
051	Int Women - W6 500	Heat	2 / 5	11:39 am	
052	Taitamāhine - W12 250	Champ Semi	1 / 2	11:46 am	
053	Int Women - W6 500	Heat	3 / 5	11:56 am	
054	Int Women - W6 500	Heat	4 / 5	12:03 pm	
055	Int Women - W6 500	Heat	5 / 5	12:10 pm	See Race 066
056	Taitamāhine - W12 250	Champ Semi	2 / 2	12:17 pm	See Race 065
057	J16 Men - W6 500	Semi	1 / 2	12:27 pm	
058	J16 Men - W6 500	Semi	2 / 2	12:33 pm	See Race 068
059	Taitama - W12 250	Cup Final		12:39 pm	See Race 062
060	J16 Women - W6 500	Semi	1 / 2	12:49 pm	
061	J16 Women - W6 500	Semi	2 / 2	12:55 pm	See Race 069
062	Taitama - W12 250	Champ Final		1:01 pm	
063	Int Men - W6 500	Semi	1 / 2	1:11 pm	
064	Int Men - W6 500	Semi	2 / 2	1:18 pm	See Race 070
065	Taitamāhine - W12 250	Champ Final		1:25 pm	
066	Int Women - W6 500	Semi	1 / 2	1:35 pm	
067	Int Women - W6 500	Semi	2 / 2	1:42 pm	See Race 071



2024 National Sprint Championships

SCHEDULE - DAY 2

Mon, 15 Jan 2024



RACE	EVENT	ROUND	EST. START	PROGRESSIONS
068	J16 Men - W6 500	Final	1:49 pm	
069	J16 Women - W6 500	Final	1:55 pm	
070	Int Men - W6 500	Final	2:01 pm	
071	Int Women - W6 500	Final	2:08 pm	
	Prizegiving			



2024 National Sprint Championships



SCHEDULE - DAY 3 Tue, 16 Jan 2024

RACE	EVENT	ROUND	EST. START	PROGRESSIONS
072	Int Men - W6 500 (Turn)	Heat	1 / 6	8:30 am
073	Int Men - W6 500 (Turn)	Heat	2 / 6	8:38 am
074	Nat Hauora Co J16 Women - W12 500	Heat	1 / 2	8:46 am
075	Int Men - W6 500 (Turn)	Heat	3 / 6	8:52 am
076	Int Men - W6 500 (Turn)	Heat	4 / 6	9:00 am
077	Nat Hauora Co J16 Women - W12 500	Heat	2 / 2	9:08 am See Race 098
078	Int Men - W6 500 (Turn)	Heat	5 / 6	9:14 am
079	Int Men - W6 500 (Turn)	Heat	6 / 6	9:22 am See Race 099
080	Nat Hauora Co J16 Men - W12 500	Heat	1 / 2	9:30 am
081	Int Women - W6 500 (Turn)	Heat	1 / 7	9:36 am
081a	Nat Hauora Co J16 Men - W12 500	Heat	2 / 2	9:46 am See Race 107
082	Int Women - W6 500 (Turn)	Heat	2 / 7	9:52 am
083	Int Women - W6 500 (Turn)	Heat	3 / 7	10:02 am
084	Mahi a Atua Int Men - W12 500	Semi	1 / 2	10:12 am
085	Int Women - W6 500 (Turn)	Heat	4 / 7	10:19 am
086	Int Women - W6 500 (Turn)	Heat	5 / 7	10:29 am
087	Int Women - W6 500 (Turn)	Heat	6 / 7	10:39 am
088	Mahi a Atua Int Men - W12 500	Semi	2 / 2	10:49 am See Race 104
089	Int Women - W6 500 (Turn)	Heat	7 / 7	10:56 am See Race 090
Race 90 and 91 will be raced after Race				
090	SCRATCHED Int Women - W6 500	Semi		
091	SCRATCHED Int Women - W6 500	Semi		
092	J16 Men - W6 1000	Heat	1 / 5	11:16 am
093	J16 Men - W6 1000	Heat	2 / 5	11:25 am
094	J16 Men - W6 1000	Heat	3 / 5	11:34 am
095	Mahi a Atua Int Women - W12 500	Semi	1 / 2	11:43 am
096	J16 Men - W6 1000	Heat	4 / 5	11:50 am
097	J16 Men - W6 1000	Heat	5 / 5	11:59 am See Race 109
098	Nat Hauora Co J16 Women - W12 500	Final		12:08 pm
099	Int Men - W6 500 (Turn)	Semi	1 / 2	12:14 pm
100	Int Men - W6 500 (Turn)	Semi	2 / 2	12:24 pm See Race 114
101	Mahi a Atua Int Women - W12 500	Semi	2 / 2	12:34 pm See Race 111
102	J16 Women - W6 1000	Heat	1 / 5	12:41 pm
103	J16 Women - W6 1000	Heat	2 / 5	12:50 pm
104	Mahi a Atua Int Men - W12 500	Final		12:59 pm
105	J16 Women - W6 1000	Heat	3 / 5	1:06 pm
106	J16 Women - W6 1000	Heat	4 / 5	1:15 pm
090	Int Women - W6 500 (Turn)	Semi	3 / 4	1:24 pm
091	Int Women - W6 500 (Turn)	Semi	4 / 4	1:34 pm See Race 115
107	Nat Hauora Co J16 Men - W12 500	Final		1:44 pm
108	J16 Women - W6 1000	Heat	5 / 5	1:50 pm See Race 112
109	J16 Men - W6 1000	Semi	1 / 2	1:59 pm
110	J16 Men - W6 1000	Semi	2 / 2	2:08 pm See Race 116
111	Mahi a Atua Int Women - W12 500	Final		2:17 pm



2024 National Sprint Championships

SCHEDULE - DAY 3

Tue, 16 Jan 2024



RACE	EVENT	ROUND	EST. START	PROGRESSIONS
112	J16 Women - W6 1000	Semi	1 / 2	2:24 pm
113	J16 Women - W6 1000	Semi	2 / 2	2:33 pm
114	Int Men - W6 500 (Turn)	Final		2:42 pm
115	Int Women - W6 500 (Turn)	Final		2:52 pm
116	J16 Men - W6 1000	Final		3:02 pm
117	J16 Women - W6 1000	Final		3:11 pm
	Prizegiving			



2024 National Sprint Championships



SCHEDULE - DAY 4

Wed, 17 Jan 2024

RACE	EVENT	ROUND		EST. START	PROGRESSIONS
118	Int Men - W1 500	Heat	1 / 3	7:30 am	
119	Int Men - W1 500	Heat	2 / 3	7:35 am	
120	Int Men - W1 500	Heat	3 / 3	7:40 am	See Race 169
121	Int Women - W1 500	Heat	1 / 3	7:45 am	
122	Int Women - W1 500	Heat	2 / 3	7:50 am	
123	Int Women - W1 500	Heat	3 / 3	7:55 am	See Race 171
124	J16 Men - W1 500	Heat	1 / 3	8:00 am	
125	J16 Men - W1 500	Heat	2 / 3	8:05 am	
126	J16 Men - W1 500	Heat	3 / 3	8:10 am	See Race 175
127	J16 Women - W1 500	Heat	1 / 3	8:15 am	
128	J16 Women - W1 500	Heat	2 / 3	8:20 am	
129	J16 Women - W1 500	Heat	3 / 3	8:25 am	See Race 177
130	J19 Men - W1 500	Heat	1 / 3	8:30 am	
131	J19 Men - W1 500	Heat	2 / 3	8:35 am	
132	J19 Men - W1 500	Heat	3 / 3	8:40 am	See Race 179
133	J19 Women - W1 500	Heat	1 / 3	8:45 am	
134	J19 Women - W1 500	Heat	2 / 3	8:50 am	
135	J19 Women - W1 500	Heat	3 / 3	8:55 am	See Race 181
136	U23 Men - W1 500	Heat	1 / 2	9:00 am	
136a	U23 Men - W1 500	Heat	2 / 2	9:05 am	See Race 212
137	U23 Women - W1 500	Heat	1 / 2	9:10 am	
138	U23 Women - W1 500	Heat	2 / 2	9:15 am	See Race 213
139	Gld Master Men - W1 500	Heat	1 / 3	9:20 am	
140	Gld Master Men - W1 500	Heat	2 / 3	9:26 am	
141	Gld Master Men - W1 500	Heat	3 / 3	9:32 am	See Race 183
142	Gld Master Women - W1 500	Heat	1 / 3	9:38 am	
143	Gld Master Women - W1 500	Heat	2 / 3	9:44 am	
144	Gld Master Women - W1 500	Heat	3 / 3	9:50 am	See Race 185
145	Snr Master Men - W1 500	Heat	1 / 3	9:56 am	
146	Snr Master Men - W1 500	Heat	2 / 3	10:01 am	
147	Snr Master Men - W1 500	Heat	3 / 3	10:06 am	See Race 187
148	Snr Master Women - W1 500	Heat	1 / 3	10:11 am	
149	Snr Master Women - W1 500	Heat	2 / 3	10:16 am	
150	Snr Master Women - W1 500	Heat	3 / 3	10:21 am	See Race 189
151	Master Men - W1 500	Heat	1 / 3	10:26 am	
152	Master Men - W1 500	Heat	2 / 3	10:31 am	
153	Master Men - W1 500	Heat	3 / 3	10:36 am	See Race 191
154	Master Women - W1 500	Heat	1 / 3	10:41 am	
155	Master Women - W1 500	Heat	2 / 3	10:46 am	
156	Master Women - W1 500	Heat	3 / 3	10:51 am	See Race 193
157	Premier Men - W1 500	Heat	1 / 3	10:56 am	
158	Premier Men - W1 500	Heat	2 / 3	11:01 am	
159	Premier Men - W1 500	Heat	3 / 3	11:06 am	See Race 195
160	Premier Women - W1 500	Heat	1 / 3	11:11 am	



2024 National Sprint Championships



SCHEDULE - DAY 4

Wed, 17 Jan 2024

RACE	EVENT	ROUND		EST. START	PROGRESSIONS
161	Premier Women - W1 500	Heat	2 / 3	11:16 am	
162	Premier Women - W1 500	Heat	3 / 3	11:21 am	See Race 197
163	Master 80 Men - W1 500	Heat	1 / 1	11:26 am	See Race 199
164	Master 75 Men - W1 500	Heat	1 / 1	11:32 am	See Race 200
165	Master 75 Women - W1 500	Heat	1 / 1	11:38 am	See Race 201
166	Master 70 Men - W1 500	Heat	1 / 2	11:44 am	
167	Master 70 Men - W1 500	Heat	2 / 2	11:50 am	See Race 202
168	Master 70 Women - W1 500	Heat	1 / 1	11:56 am	See Race 203
169	Int Men - W1 500	Semi	1 / 2	12:02 pm	
170	Int Men - W1 500	Semi	2 / 2	12:07 pm	See Race 206
171	Int Women - W1 500	Semi	1 / 2	12:12 pm	
172	Int Women - W1 500	Semi	2 / 2	12:17 pm	See Race 207
	200m startline				
173	Adaptive Men (VL4/VL3) - W1 200	St. Final		12:22 pm	
174	Adaptive Women (VL4) - W1 200	St. Final		12:29 pm	
	500m Startline				
175	J16 Men - W1 500	Semi	1 / 2	12:36 pm	
176	J16 Men - W1 500	Semi	2 / 2	12:41 pm	See Race 208
177	J16 Women - W1 500	Semi	1 / 2	12:46 pm	
178	J16 Women - W1 500	Semi	2 / 2	12:51 pm	See Race 209
179	J19 Men - W1 500	Semi	1 / 2	12:56 pm	
180	J19 Men - W1 500	Semi	2 / 2	1:01 pm	See Race 210
181	J19 Women - W1 500	Semi	1 / 2	1:06 pm	
182	J19 Women - W1 500	Semi	2 / 2	1:11 pm	See Race 211
183	Gld Master Men - W1 500	Semi	1 / 2	1:16 pm	
184	Gld Master Men - W1 500	Semi	2 / 2	1:22 pm	See Race 214
185	Gld Master Women - W1 500	Semi	1 / 2	1:28 pm	
186	Gld Master Women - W1 500	Semi	2 / 2	1:34 pm	See Race 215
187	Snr Master Men - W1 500	Semi	1 / 2	1:40 pm	
188	Snr Master Men - W1 500	Semi	2 / 2	1:45 pm	See Race 216
189	Snr Master Women - W1 500	Semi	1 / 2	1:50 pm	
190	Snr Master Women - W1 500	Semi	2 / 2	1:55 pm	See Race 217
191	Master Men - W1 500	Semi	1 / 2	2:00 pm	
192	Master Men - W1 500	Semi	2 / 2	2:05 pm	See Race 218
193	Master Women - W1 500	Semi	1 / 2	2:10 pm	
194	Master Women - W1 500	Semi	2 / 2	2:15 pm	See Race 219
195	Premier Men - W1 500	Semi	1 / 2	2:20 pm	
196	Premier Men - W1 500	Semi	2 / 2	2:25 pm	See Race 220
197	Premier Women - W1 500	Semi	1 / 2	2:30 pm	
198	Premier Women - W1 500	Semi	2 / 2	2:35 pm	See Race 221
199	Master 80 Men - W1 500	Final		2:40 pm	
200	Master 75 Men - W1 500	Final		2:46 pm	
201	Master 75 Women - W1 500	Final		2:52 pm	
202	Master 70 Men - W1 500	Final		2:58 pm	



2024 National Sprint Championships

SCHEDULE - DAY 4

Wed, 17 Jan 2024



RACE	EVENT	ROUND	EST. START	PROGRESSIONS
203	Master 70 Women - W1 500	Final	3:04 pm	
204	Adaptive Men (VL4) - W1 500	St. Final	3:10 pm	
205	Adaptive Women (VL4) - W1 500	St. Final	3:17 pm	
206	Int Men - W1 500	Final	3:24 pm	
207	Int Women - W1 500	Final	3:29 pm	
208	J16 Men - W1 500	Final	3:34 pm	
209	J16 Women - W1 500	Final	3:39 pm	
210	J19 Men - W1 500	Final	3:44 pm	
211	J19 Women - W1 500	Final	3:49 pm	
212	U23 Men - W1 500	Final	3:54 pm	
213	U23 Women - W1 500	Final	3:59 pm	
214	Gld Master Men - W1 500	Final	4:04 pm	
215	Gld Master Women - W1 500	Final	4:10 pm	
216	Snr Master Men - W1 500	Final	4:16 pm	
217	Snr Master Women - W1 500	Final	4:21 pm	
218	Master Men - W1 500	Final	4:26 pm	
219	Master Women - W1 500	Final	4:31 pm	
220	Premier Men - W1 500	Final	4:36 pm	
221	Premier Women - W1 500	Final	4:41 pm	
	Prizegiving			



2024 National Sprint Championships



SCHEDULE - DAY 5

Thu, 18 Jan 2024

RACE	EVENT	ROUND	EST. START	PROGRESSIONS
222	Snr Master Men - W6 500	Heat	1 / 2	8:00 am
223	Snr Master Men - W6 500	Heat	2 / 2	8:06 am See Race 382
224	Premier Women - W12 500	Heat	1 / 3	8:12 am
225	Snr Master Women - W6 500	Heat	1 / 3	8:18 am
226	Snr Master Women - W6 500	Heat	2 / 3	8:24 am
227	Premier Women - W12 500	Heat	2 / 3	8:30 am
228	Snr Master Women - W6 500	Heat	3 / 3	8:36 am See Race 257
229	Gld Master Men - W6 500	Heat	1 / 2	8:42 am
230	Premier Women - W12 500	Heat	3 / 3	8:48 am See Race 290
231	Gld Master Men - W6 500	Heat	2 / 2	8:54 am See Race 380
232	Gld Master Women - W6 500	Heat	1 / 2	9:00 am
232a	Snr Master Men - W12 500	Heat	1 / 2	9:06 am
233	Gld Master Women - W6 500	Heat	2 / 2	9:12 am See Race 381
234	Snr Master Men - W12 500	Heat	2 / 2	9:18 am See Race 278
235	Premier Men - W6 500	Heat	1 / 3	9:24 am
236	Premier Men - W6 500	Heat	2 / 3	9:30 am
237	Snr Master Women - W12 500	Heat	1 / 2	9:36 am
238	Premier Men - W6 500	Heat	3 / 3	9:42 am See Race 276
239	Master (70) Women - W6 500	Heat	1 / 1	9:48 am See Race 379
240	Snr Master Women - W12 500	Heat	2 / 2	9:54 am See Race 287
241	Master (70) Men - W6 500	Heat	1 / 1	10:00 am See Race 378
242	Premier Women - W6 500	Heat	1 / 4	10:06 am
243	Gld Master Men - W12 500	Heat	1 / 2	10:12 am
244	Premier Women - W6 500	Heat	2 / 4	10:18 am
245	Premier Women - W6 500	Heat	3 / 4	10:24 am
246	Gld Master Men - W12 500	Heat	2 / 2	10:30 am See Race 267
247	Premier Women - W6 500	Heat	4 / 4	10:36 am See Race 266
248	SCRATCHED - Master (75) Women - W6	Heat		
249	Master Women - W12 500	Heat	1 / 2	10:42 am
250	SCRATCHED - Master (75) Men - W6 500	Heat		
251	J19 Men - W6 500	Heat	1 / 2	10:48 am
252	Master Women - W12 500	Heat	2 / 2	10:54 am See Race 317
253	J19 Men - W6 500	Heat	2 / 2	11:00 am See Race 376
254	J19 Women - W6 500	Heat	1 / 2	11:06 am
255	Master Men - W12 500	Heat	1 / 1	11:12 am See Race 311
256	J19 Women - W6 500	Heat	2 / 2	11:18 am See Race 377
257	Snr Master Women - W6 500	Semi	1 / 2	11:24 am
258	Premier Men - W12 500	Heat	1 / 3	11:30 am
259	Snr Master Women - W6 500	Semi	2 / 2	11:36 am See Race 383
260	Master Women - W6 500	Heat	1 / 4	11:42 am
261	Premier Men - W12 500	Heat	2 / 3	11:48 am
262	Master Women - W6 500	Heat	2 / 4	11:54 am
263	Master Women - W6 500	Heat	3 / 4	12:00 pm
264	Premier Men - W12 500	Heat	3 / 3	12:06 pm See Race 302



2024 National Sprint Championships

SCHEDULE - DAY 5

Thu, 18 Jan 2024



RACE	EVENT	ROUND		EST. START	PROGRESSIONS
265	Master Women - W6 500	Heat	4 / 4	12:12 pm	See Race 306
266	Premier Women - W6 500	Semi	1 / 2	12:18 pm	
267	Gld Master Men - W12 500	Final		12:24 pm	
268	Premier Women - W6 500	Semi	2 / 2	12:30 pm	See Race 390
269	J19 Men - W6 1000	Heat	1 / 3	12:36 pm	
270	J19 Men - W6 1000	Heat	2 / 3	12:45 pm	
271	J19 Men - W6 1000	Heat	3 / 3	12:54 pm	See Race 349
272	Gld Master Women - W12 500	Heat	1 / 1	1:03 pm	See Race 284
273	Master Men - W6 500	Heat	1 / 2	1:09 pm	
274	Master Men - W6 500	Heat	2 / 2	1:15 pm	See Race 386
275	Master (70) Women - W12 500	Heat	1 / 1	1:21 pm	See Race 348
276	Premier Men - W6 500	Semi	1 / 2	1:27 pm	
277	Premier Men - W6 500	Semi	2 / 2	1:33 pm	See Race 389
278	Snr Master Men - W12 500	Final		1:39 pm	
279	Master Women - W6 1000	Heat	1 / 5	1:45 pm	
280	Master Women - W6 1000	Heat	2 / 5	1:54 pm	
281	Master (70) Men - W12 500 (Exhibition)	Heat	1 / 1	2:03 pm	See Race 330
282	Master Women - W6 1000	Heat	3 / 5	2:09 pm	
283	Master Women - W6 1000	Heat	4 / 5	2:18 pm	
284	Gld Master Women - W12 500	Final		2:27 pm	
285	Master Women - W6 1000	Heat	5 / 5	2:33 pm	See Race 340
286	Gld Master Men - W6 1000	Heat	1 / 3	2:42 pm	
287	Snr Master Women - W12 500	Final		2:51 pm	
288	Gld Master Men - W6 1000	Heat	2 / 3	2:57 pm	
289	Gld Master Men - W6 1000	Heat	3 / 3	3:06 pm	See Race 337
290	Premier Women - W12 500	Semi	1 / 2	3:15 pm	
291	Snr Master Men - W6 1000	Heat	1 / 3	3:21 pm	
292	Snr Master Men - W6 1000	Heat	2 / 3	3:30 pm	
293	Premier Women - W12 500	Semi	2 / 2	3:39 pm	See Race 314
294	Snr Master Men - W6 1000	Heat	3 / 3	3:45 pm	See Race 352
295	Master Men - W6 1000	Heat	1 / 3	3:54 pm	
296	J19 Men - W12 500	Heat	1 / 1	4:00 pm	See Race 308
297	Master Men - W6 1000	Heat	2 / 3	4:06 pm	
298	Master Men - W6 1000	Heat	3 / 3	4:12 pm	See Race 355
299	J19 Women - W12 500	Heat	1 / 1	4:18 pm	See Race 333
300	Snr Master Women - W6 1000	Heat	1 / 4	4:24 pm	
301	Snr Master Women - W6 1000	Heat	2 / 4	4:33 pm	
302	Premier Men - W12 500	Semi	1 / 2	4:42 pm	
303	Snr Master Women - W6 1000	Heat	3 / 4	4:48 pm	
304	Snr Master Women - W6 1000	Heat	4 / 4	4:57 pm	See Race 334
305	Premier Men - W12 500	Semi	2 / 2	5:06 pm	See Race 345
	Prizegiving				



2024 National Sprint Championships



SCHEDULE - DAY 6 Fri, 19 Jan 2024

RACE	EVENT	ROUND		EST. START	PROGRESSIONS
306	Master Women - W6 500	Semi	1 / 2	8:30 am	
307	Master Women - W6 500	Semi	2 / 2	8:36 am	See Race 387
308	J19 Men - W12 500	Final		8:42 am	
309	J19 Women - W6 1000	Heat	1 / 3	8:48 am	
310	J19 Women - W6 1000	Heat	2 / 3	8:57 am	
311	Master Men - W12 500	Final		9:06 am	
312	J19 Women - W6 1000	Heat	3 / 3	9:12 am	See Race 346
313	Master (70) Men - W6 500 (Turn)	Heat	1 / 1	9:21 am	See Race 365
314	Premier Women - W12 500	Final		9:30 am	
315	Master (70) Women - W6 500 (Turn)	Heat	1 / 1	9:36 am	See Race 366
316	Premier Men - W6 1500	Heat	1 / 5	9:45 am	
317	Master Women - W12 500	Final		9:57 am	
318	Premier Men - W6 1500	Heat	2 / 5	10:03 am	
319	Premier Men - W6 1500	Heat	3 / 5	10:15 am	
320	Premier Men - W6 1500	Heat	4 / 5	10:27 am	
321	Corporate Challenge W12 - 250m	Heat	1 / 3	10:39 am	
322	Premier Men - W6 1500	Heat	5 / 5	10:54 am	See Race 357
323	Premier Women - W6 1500	Heat	1 / 5	11:06 am	
324	Corporate Challenge W12 - 250m	Heat	2 / 3	11:18 am	
325	Premier Women - W6 1500	Heat	2 / 5	11:33 am	
326	Premier Women - W6 1500	Heat	3 / 5	11:45 am	
327	Corporate Challenge W12 - 250m	Heat	3 / 3	11:57 am	See Race 336
328	Premier Women - W6 1500	Heat	4 / 5	12:12 pm	
329	Premier Women - W6 1500	Heat	5 / 5	12:24 pm	See Race 359
330	Master (70) Men - W12 500 (Exhibition)	Final		12:36 pm	
331	Gld Master Women - W6 1000	Heat	1 / 2	12:42 pm	
332	Gld Master Women - W6 1000	Heat	2 / 2	12:51 pm	See Race 362
333	J19 Women - W12 500	Final		1:00 pm	
334	Snr Master Women - W6 1000	Semi	1 / 2	1:06 pm	
335	Snr Master Women - W6 1000	Semi	2 / 2	1:15 pm	See Race 368
336	Corporate Challenge W12 - 250m	Bowl Final		1:24 pm	See Race 339
337	Gld Master Men - W6 1000	Semi	1 / 2	1:39 pm	
338	Gld Master Men - W6 1000	Semi	2 / 2	1:48 pm	See Race 361
339	Corporate Challenge W12 - 250m	Plate Final		1:57 pm	See Race 342
340	Master Women - W6 1000	Semi	1 / 2	2:12 pm	
341	Master Women - W6 1000	Semi	2 / 2	2:21 pm	See Race 372
342	Corporate Challenge W12 - 250m	Champ Final		2:30 pm	
343	SCRATCHED - Master (75) Men - W6 500	Heat			See Race 369
344	SCRATCHED - Master (75) Women - W6	Heat			See Race 370
345	Premier Men - W12 500	Final		2:39 pm	
346	J19 Women - W6 1000	Semi	1 / 2	2:45 pm	
347	J19 Women - W6 1000	Semi	2 / 2	2:54 pm	See Race 364
348	Master (70) Women - W12 500	Final		3:03 pm	
349	J19 Men - W6 1000	Semi	1 / 2	3:09 pm	



2024 National Sprint Championships

SCHEDULE - DAY 6

Fri, 19 Jan 2024



RACE	EVENT	ROUND		EST. START	PROGRESSIONS
350	J19 Men - W6 1000	Semi	2 / 2	3:18 pm	See Race 363
351	Premier Women Regional - W12 500	Final		3:27 pm	
352	Snr Master Men - W6 1000	Semi	1 / 2	3:37 pm	
353	Snr Master Men - W6 1000	Semi	2 / 2	3:46 pm	See Race 367
354	Premier Men Regional - W12 500	Final		3:55 pm	
	Prizegiving				



2024 National Sprint Championships



SCHEDULE - DAY 7 Sat, 20 Jan 2024

RACE	EVENT	ROUND		EST. START	PROGRESSIONS
355	Master Men - W6 1000	Semi	1 / 2	8:30 am	
356	Master Men - W6 1000	Semi	2 / 2	8:37 am	See Race 371
357	Premier Men - W6 1500	Semi	1 / 2	8:44 am	
358	Premier Men - W6 1500	Semi	2 / 2	8:56 am	See Race 374
359	Premier Women - W6 1500	Semi	1 / 2	9:08 am	
360	Premier Women - W6 1500	Semi	2 / 2	9:20 am	See Race 375
361	Gld Master Men - W6 1000	Final		9:32 am	
362	Gld Master Women - W6 1000	Final		9:39 am	
363	J19 Men - W6 1000	Final		9:46 am	
364	J19 Women - W6 1000	Final		9:55 am	
365	Master (70) Men - W6 500 (Turn)	Final		10:04 am	
366	Master (70) Women - W6 500 (Turn)	Final		10:12 am	
367	Snr Master Men - W6 1000	Final		10:20 am	
368	Snr Master Women - W6 1000	Final		10:27 am	
369	Master (75) Men - W6 500 (Turn)	Final		10:34 am	
370	Master (75) Women - W6 500 (Turn)	Final		10:42 am	
371	Master Men - W6 1000	Final		10:50 am	
372	Master Women - W6 1000	Final		10:57 am	
373	Adaptive Mixed - W6 1000 (Turn)	Final		11:04 am	
374	Premier Men - W6 1500	Final		11:13 am	
375	Premier Women - W6 1500	Final		11:25 am	
	500m startline				
376	J19 Men - W6 500	Final		11:37 am	
377	J19 Women - W6 500	Final		11:43 am	
378	Master (70) Men - W6 500	Final		11:49 am	
379	Master (70) Women - W6 500	Final		11:55 am	
380	Gld Master Men - W6 500	Final		12:01 pm	
381	Gld Master Women - W6 500	Final		12:07 pm	
382	Snr Master Men - W6 500	Final		12:13 pm	
383	Snr Master Women - W6 500	Final		12:19 pm	
384	SCRATCHED - Master (75) Men - W6 500	Final			
385	SCRATCHED - Master (75) Women - W6	Final			
386	Master Men - W6 500	Final		12:25 pm	
387	Master Women - W6 500	Final		12:31 pm	
388	Adaptive Mixed - W6 500	Final		12:37 pm	
389	Premier Men - W6 500	Final		12:44 pm	
390	Premier Women - W6 500	Final		12:50 pm	
391	STROKE Fast J19 Men Dash - W1 250	St. Final		12:56 pm	
392	STROKE Fast J19 Women Dash - W1 250	St. Final		1:06 pm	
393	STROKE Fast Premier Men Dash - W1	St. Final		1:16 pm	
394	STROKE Fast Premier Women Dash - W1	St. Final		1:26 pm	
	Final Prizegiving				