



# AROCA W1 Regional Event "Pānui 2" 2024



WAKA AMA

## W1 Regional Event

Lake Pupuke

November 9 – 10, 2024

Races start 8am  
Killarney Park,  
Takapuna Auckland

## Contact

Website [www.wakama.co.nz](http://www.wakama.co.nz)

Email [admin@aroca.co.nz](mailto:admin@aroca.co.nz)

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# Introduction

Tēnā koutou ngā kaihoe o te rohe o Tāmaki Makarau. AROCA Regional Sprint Championships.

*This is the **SECOND** pānui of the event please see the underlined and red text for changes from the original pānui*

The W1 events will be held over the normal Nationals distances, for all age grades. Medals will be awarded to podium finishers.

This is also the qualifying event for W1 paddlers wanting to represent AROCA region at the National Sprints.

Entries are to be made through the Waka Ama NZ website and will close on **Friday 1st November 2024**. Please note this is a regional event and only paddlers from the AROCA region member clubs are eligible to enter.

## KEY DATES:

- Monday 16th September Entries Open
  - Friday 1st November Entries Close
  - Saturday 2nd November (W1 weighing day) Location: Ian Shaw Park, 9am – 2pm
  - Sunday 3rd November (W1 weighing day) Location: Killarny Park, 8am – 12pm
  - Sunday 3rd November (W1 weighing day) Location: Waitakere Outrigger Canoe Club, 1pm – 5pm
  - Wednesday 6th November (W1 weighing day) Location: Orakei Waka Ama Club, 4pm – 8pm
  - Thursday 7th November 6pm Site Hui at Killarney Park for VOLUNTEERS (approx. 1 hour).
  - Saturday 9th November (Race Day 1)
  - Sunday 10th November (Race Day 2)
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**KAI:** We encourage you to bring your own healthy kai, however a small range of food vendors will be available onsite to purchase healthy kai.

**WHAREPAKU:** Toilets are located to the right of the admin tent at the base of the park field.

**ĀWHINA TUATAHI/FIRST AID:** First Aid will be available on site. [As well as Romiromi by Moko Aroha in Collaboration with Akarana Waka Ama. Please see poster on page 6 for all information.](#)

**TUKURUA/RECYCLING:** We encourage you to please take what you bring. However, the main rubbish and recycling station is located by the main toilet block.

**KORE AUAHI:** Alcohol, smoking, vaping and any other substance use is not permitted at this event, including all premises of the event.

#### **WAKA DROP OFF & SAFETY CHECKS**

- Waka drop off will be available from 6.00am on the event day
  - All waka will have to pass a safety check and be marked before racing. Any boats not marked will not be permitted to race.
  - THIS EVENT REQUIRES ALL WAKA TO BE WEIGHED PRIOR TO THE RACE WEEKEND. PLEASE SEE THE WEIGHING DAY DATES AND LOCATIONS UNDER "KEY DATES" ON PAGE 3. *There have been changes to this since the original pānui. So please double check.*
  - RANDOM WAKA WEIGHING WILL BE DONE ON THE DAY TO ENSURE FAIRNESS
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# Hauora

- Along with First Aid, there will be an Alignment and Romiromi tent situated next door for our spectators and athletes to utilize, thanks to Akarana Waka Ama in collaboration with Moko Aroha. Please see the attached poster for all information and contact [akaranawakaama@gmail.com](mailto:akaranawakaama@gmail.com) for further information and bookings.



**MOKO AROHA**

BROUGHT TO YOU BY AKARANA WAKA AMA IN COLLABORATION WITH MOKO AROHA

**TRADITIONAL MĀORI HEALING**

# ROMIROMI

Taking care of your body improves your quality of life. We can work with your body to help relieve the stress from racing and increase your recovery time.

- ✔ Personalized Session
- ✔ Professional advice
- 📍 Killarney Park, Pupuke Moana
- 📅 9th and 10th of November

- Book a time in now by following the link below or email [akaranawaakama@gmail.com](mailto:akaranawaakama@gmail.com)
- Times are available from 9 am to 2pm both days.

For further information please email [akaranawakaama@gmail.com](mailto:akaranawakaama@gmail.com).

**BOOK NOW**

Limited walk in sessions available

# Event Schedule

09  
NOV



10  
NOV

## Int, J16, **J19**, Golden Master's, M70, M75 & M80

Event Schedule will be released closer to the time of the event with the first race being held at 8am. Day 1 will consist of Int, J16, J19, Golden Masters and all categories above. **Please see that J19 Division have been switch from day 2 to Day 1.**

[Location: Killarney Park](#)

## U23, Open, Masters, Senior Masters

First Race of Day 2 will be held at 8am consisting of the categories U23, Open, Masters, and Senior Masters.

[Location: Killarney Park](#)



## Event Schedule

- The detailed schedule will be released after registrations close (11:59pm 1st of November).
- Racing will commence at 8:30am each morning. *We will be unable to determine the end of day, time until all paddlers are registered, and the race schedule has been released.*
- See the above page for reference on what day your division is.

# THE EVENT TEAM



**Alf Motu**  
Race Director



**Maruwhare Harman**  
Event Management



**Louise Henderson**  
Race Committee



**Jackson Taamaki**  
Race Committee



**Heremaia Rossier**  
AROCA Chair



**Cherin Murray**  
AROCA Treasurer



**Matt Appleyard**  
AROCA Secretary



*Whāia te mātauranga  
hei oranga mō koutou,*

Nāku noa, nā AROCA