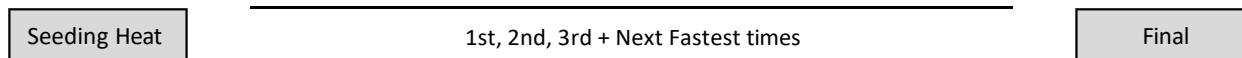


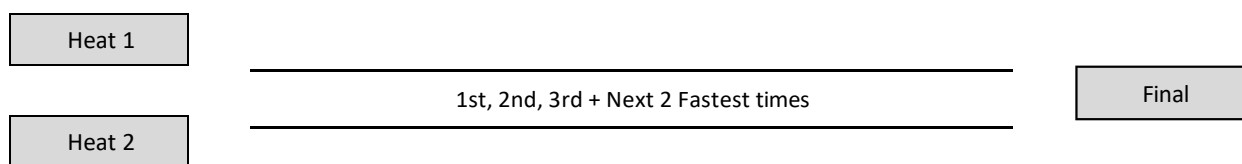
# Waka Ama Sprint Nationals Progressions

## W6 Turns / W12 (8 lanes, Seeding Heat)

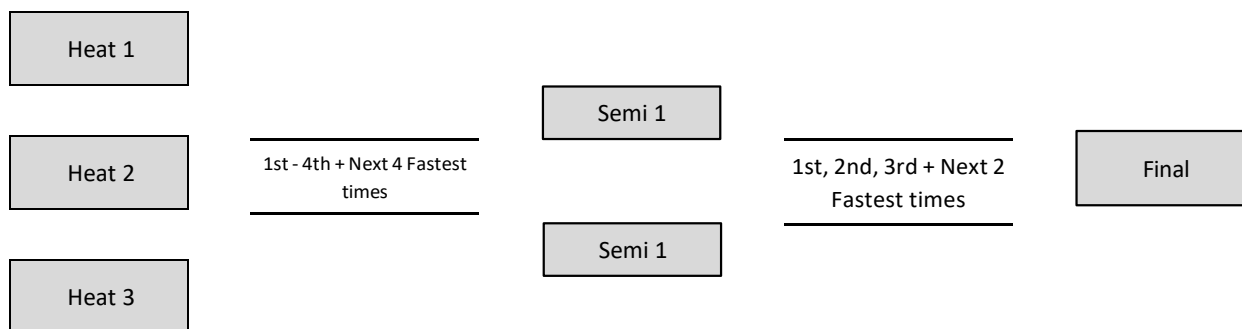
### 1 Heat (3-8 teams)



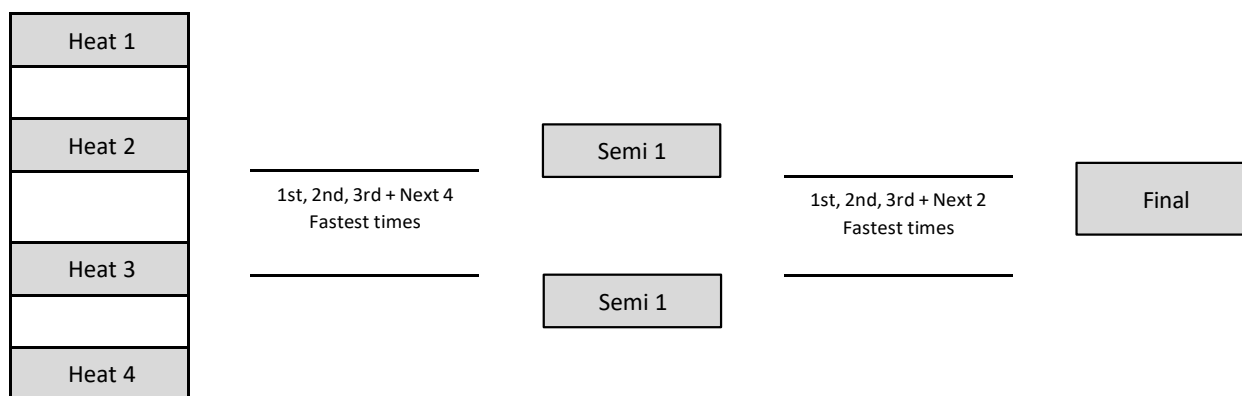
### 2 Heats (9-16 teams)



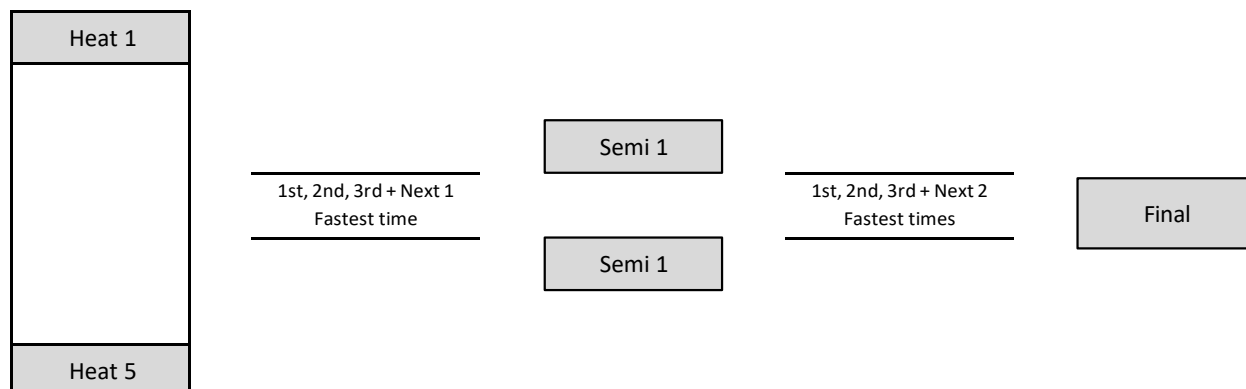
### 3 Heats (17-24 teams)



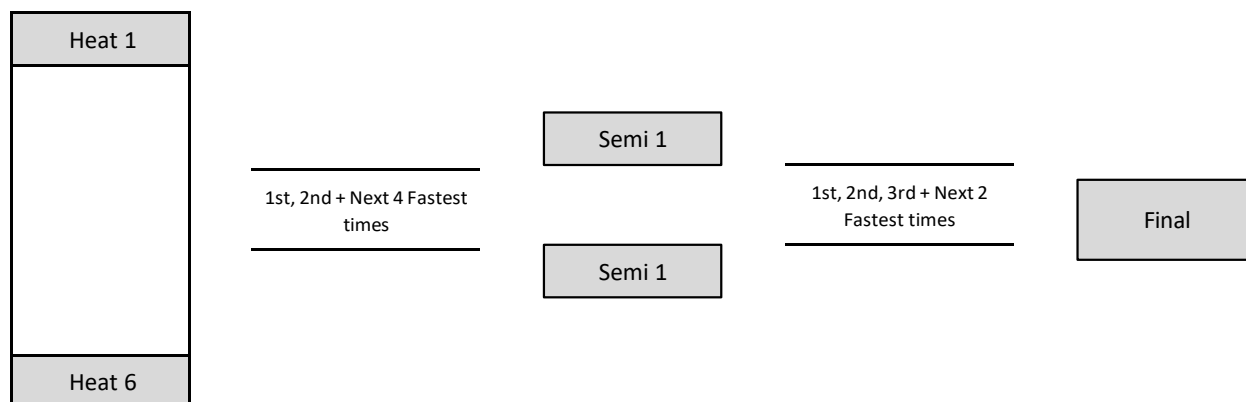
### 4 Heats (25-32 teams)



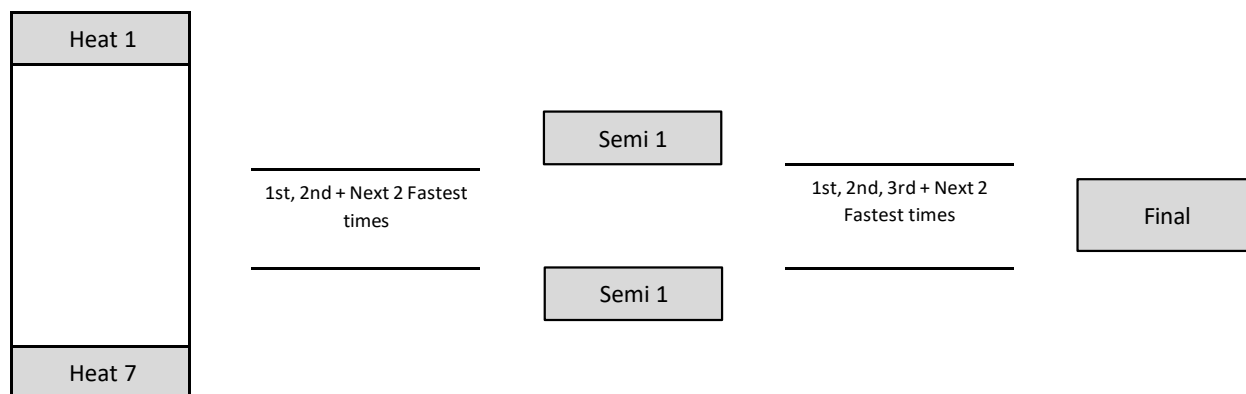
**5 Heats (33-40 teams)**



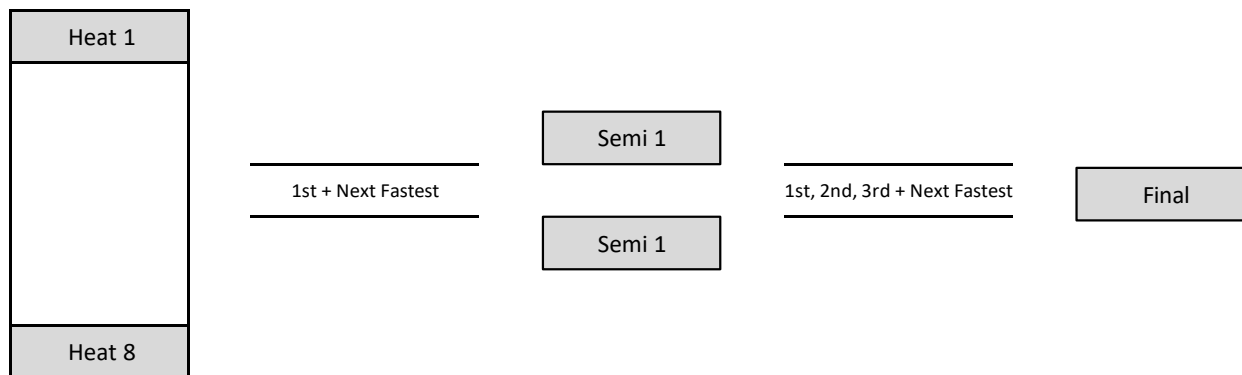
**6 Heats (41-48 teams)**



**7 Heats (49-56 teams)**



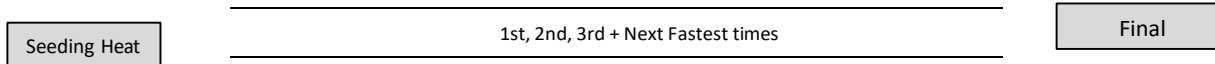
**8 Heats (57-64 teams)**



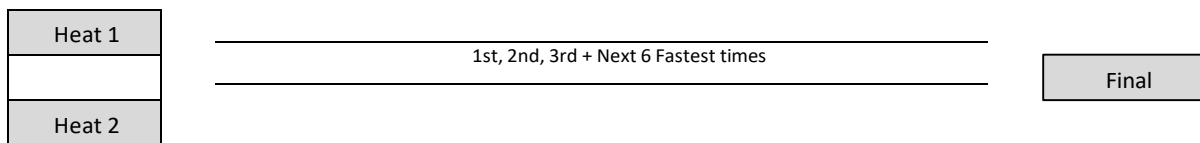
# Waka Ama Sprint Nationals Progressions

## W6 & W1 Straight (12 lanes, seeding heat)

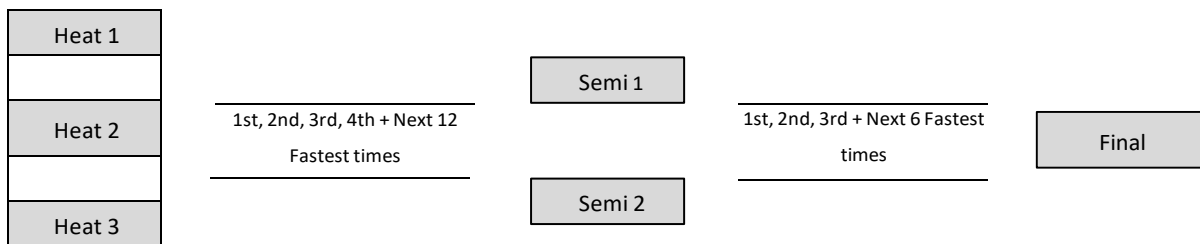
### 1 Heat (1 - 12 teams)



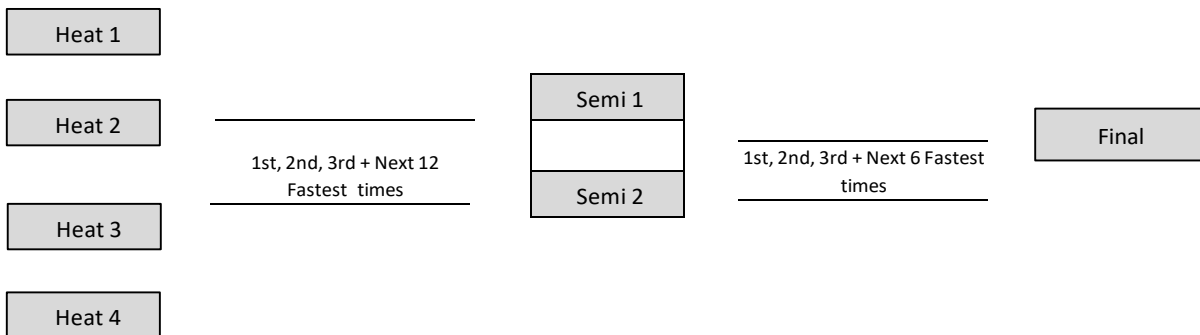
### 2 Heats (13 - 24 teams)



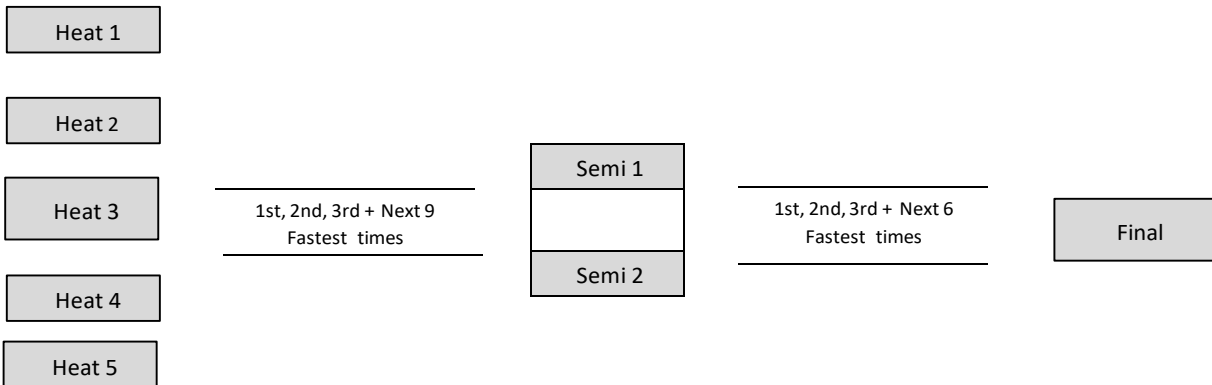
### 3 Heats (25 - 36 teams)



### 4 Heats (37 - 48 teams)



### 5 Heats (49 - 60 teams)



**6 Heats (61 – 72 teams)**

Heat 1

Heat 2

Heat 3

1st, 2<sup>nd</sup> 3rd + Next 6 Fastest  
times

Semi 1
Semi 2

1st, 2<sup>nd</sup> , 3rd + Next 6 Fastest  
times

Final

Heat 4

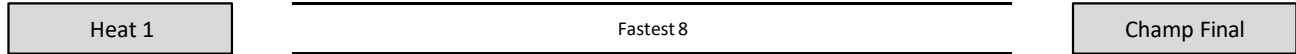
Heat 5

Heat 6

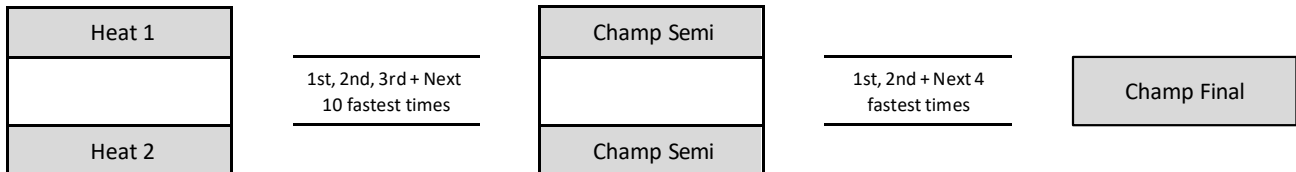
# Waka Ama Sprint Nationals Progressions

## Taitamariki W12 (8 lanes, Seeding Heat)

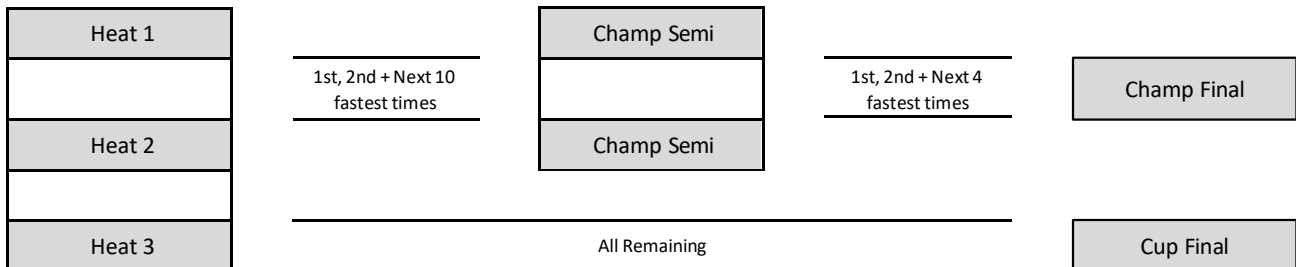
### 1 Heat (1-8 teams)



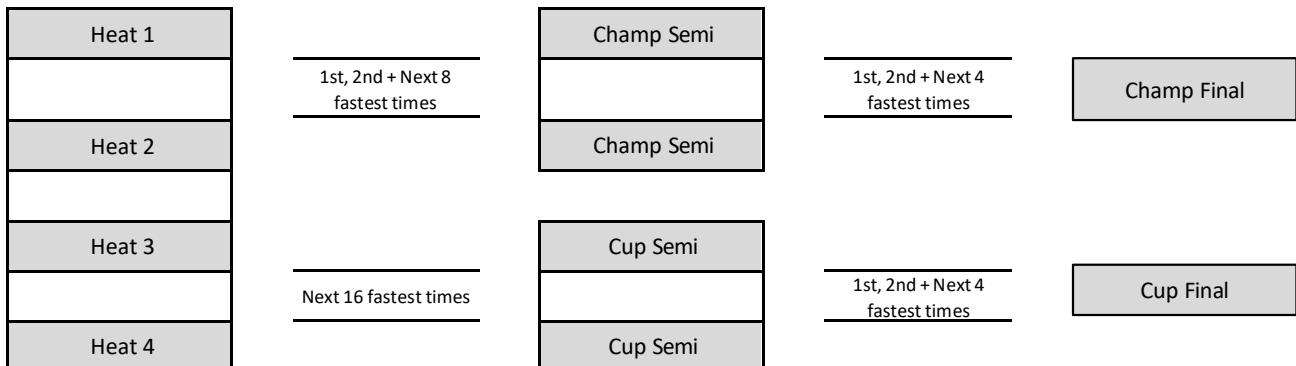
### 2 Heats (9-18 teams)



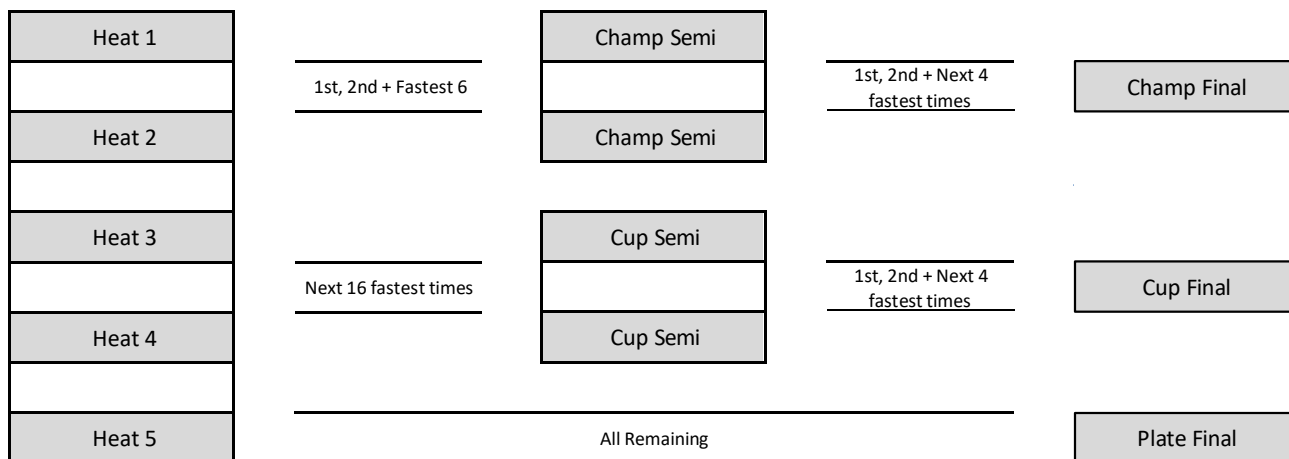
### 3 Heats (19-14 teams)



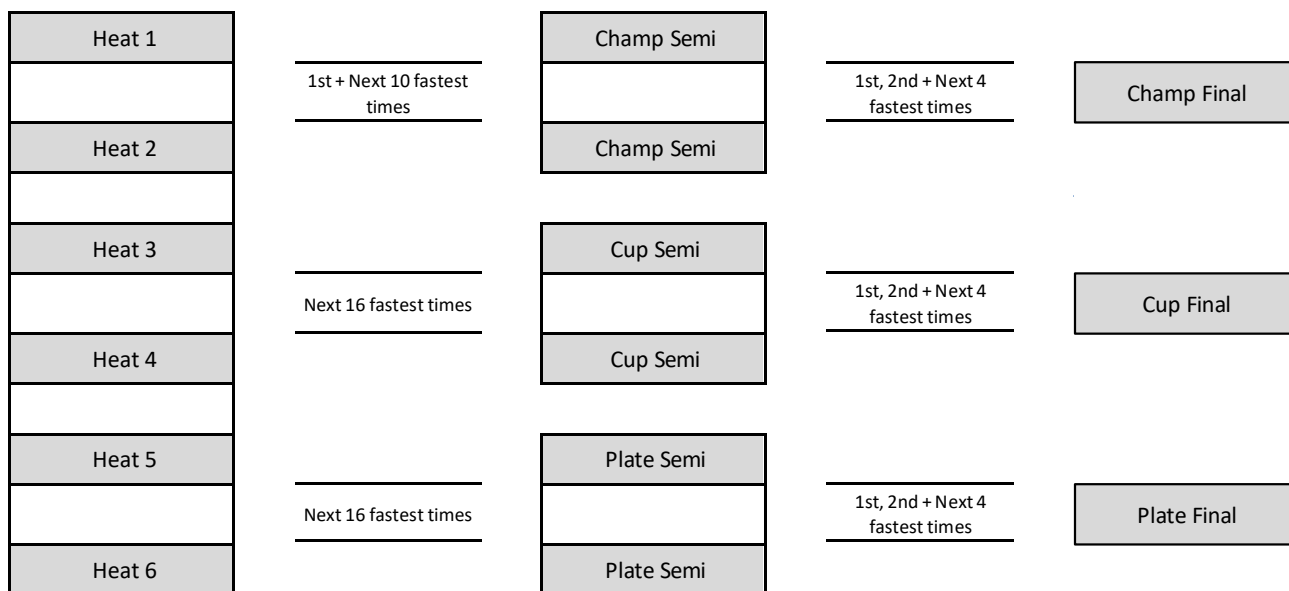
### 4 Heats (25-32 teams)



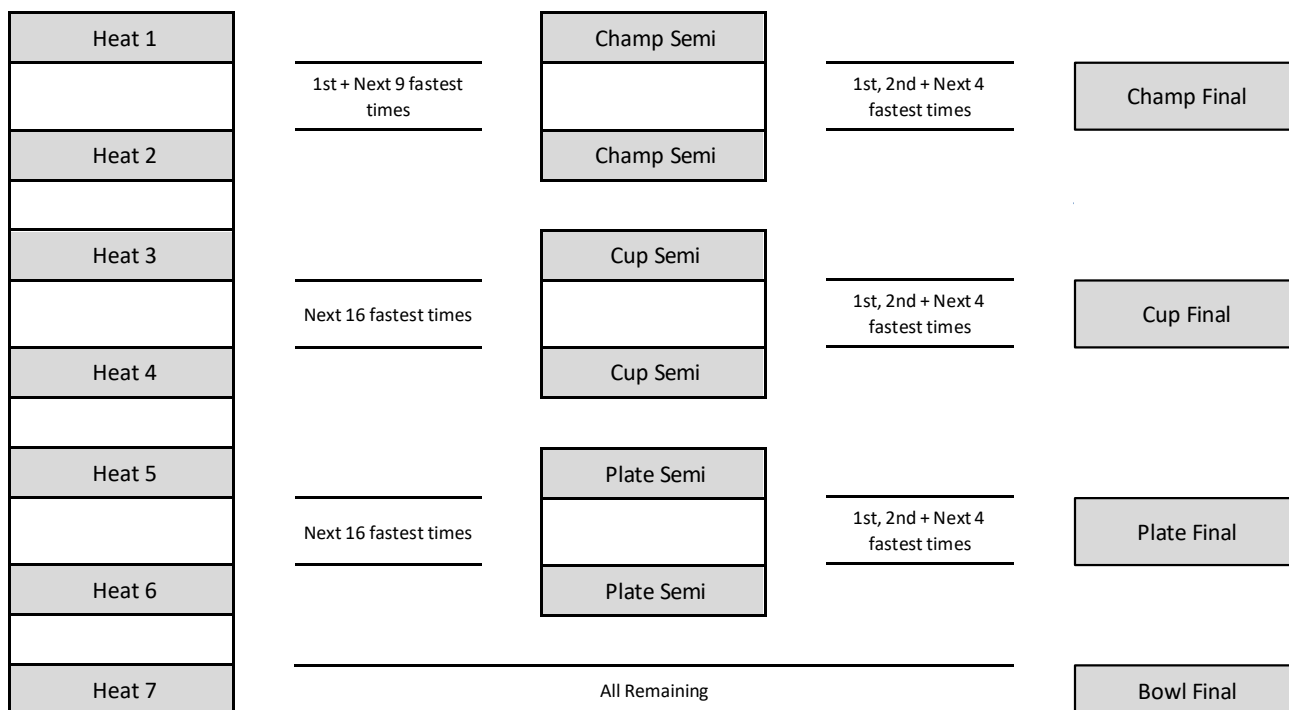
**5 Heats (33-40 teams)**



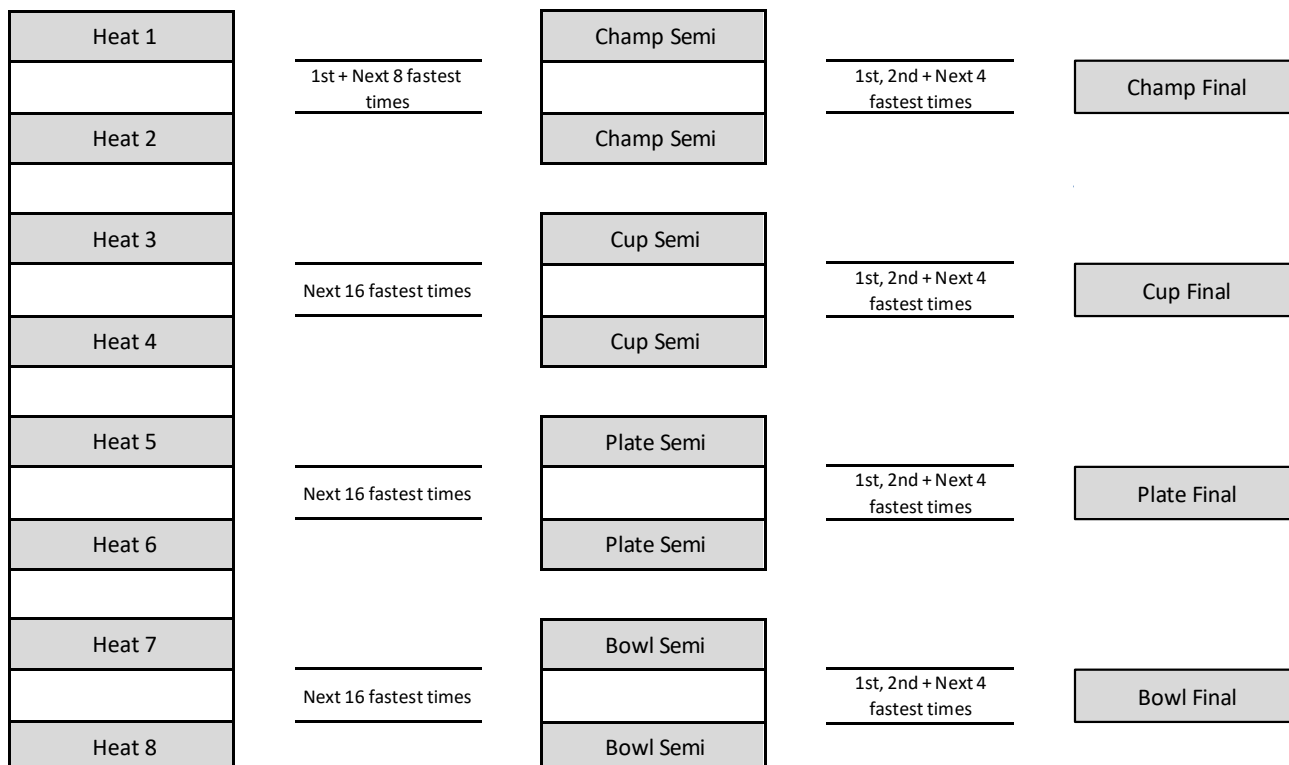
**6 Heats (41-48 teams)**



**7 Heats (49-56 teams)**



**8 Heats 57-64 teams)**





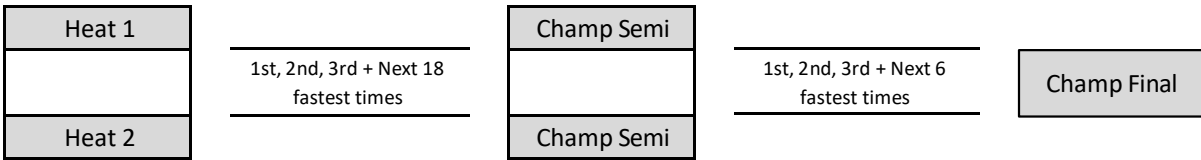
## Waka Ama Sprint Nationals Progressions

### Taitamariki W6 (12 lanes, seeding heat)

#### 1 Heat (1-12 teams)



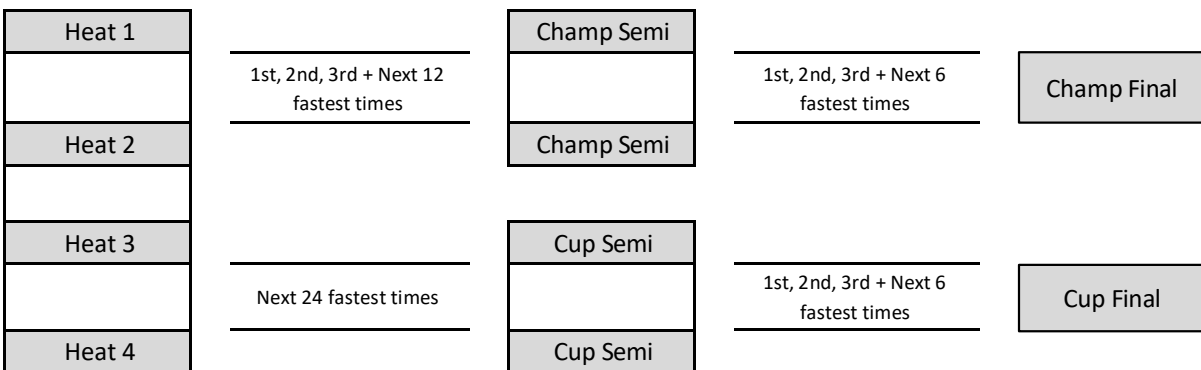
#### 2 Heats (12-24 teams)



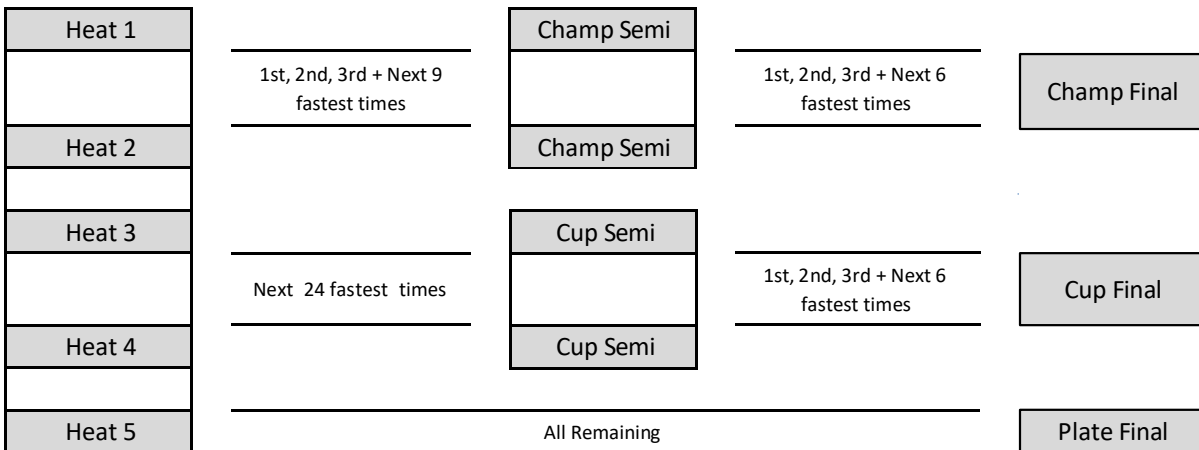
#### 3 Heats (25-36 teams)



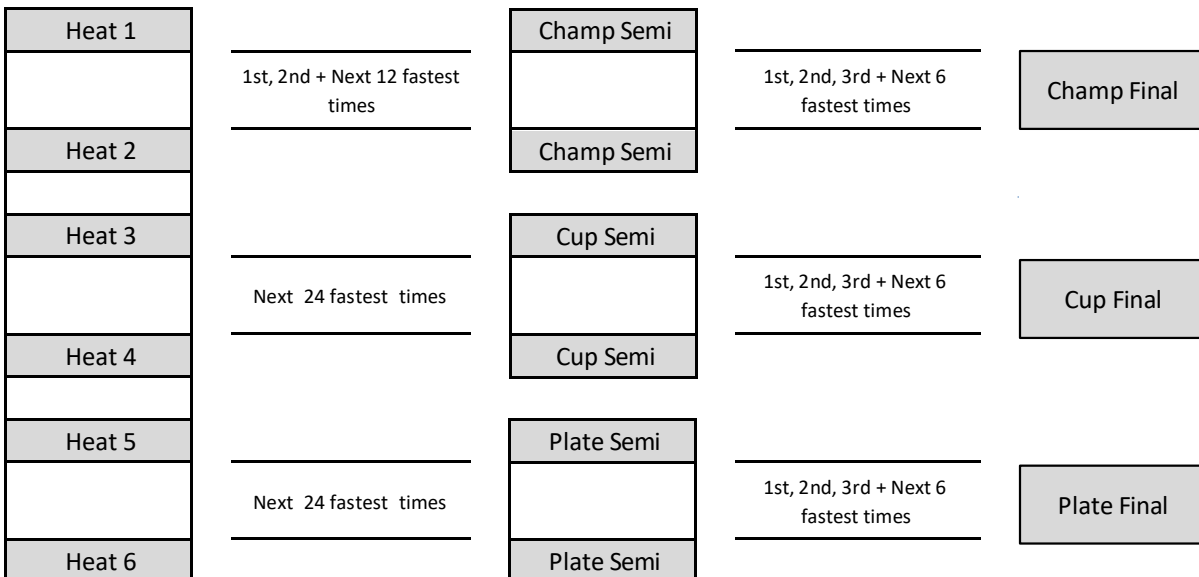
#### 4 Heats (32-48 teams)



**5 Heats (49-60 teams)**



**6 Heats (60-72 teams)**





# Waka Ama Sprint Nationals Corporate Challenge Progressions 2024

## Corporate Challenge 250m W12 (8 lanes)

3 Heats (17-24 teams)

