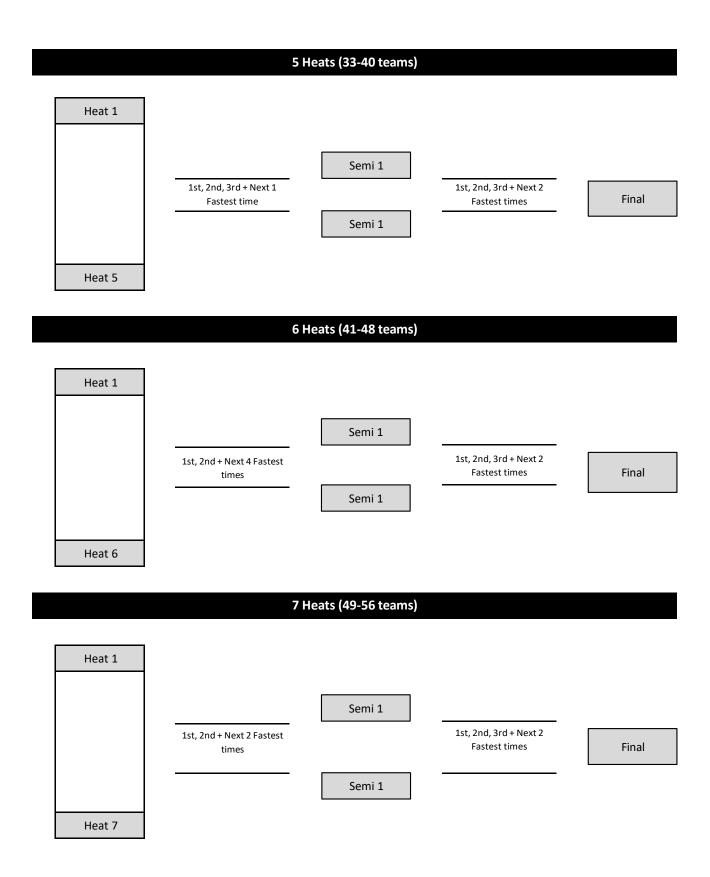
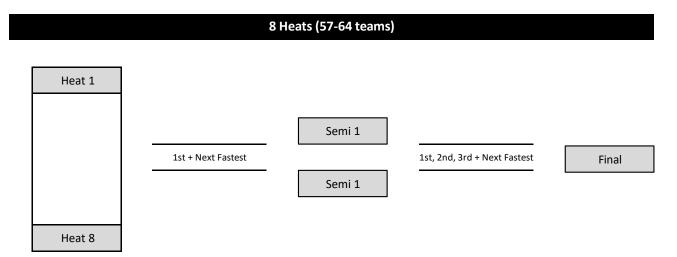
### W6 Turns / W12 (8 lanes, Seeding Heat)

		1 Heat (3-8 teams)		
Seeding Heat	1st,	Final		
	2	Heats (9-16 teams)		
Heat 1				
ficut 1		2nd, 3rd + Next 2 Fastest ti		Final
	1st, 2	Final		
Heat 2				
	3	Heats (17-24 teams)		
Heat 1				
		Semi 1		
Heat 2	1st - 4th + Next 4 Fastest		1st, 2nd, 3rd + Next 2	Final
	times		Fastest times	
		Semi 1		
Heat 3				
	Λ	Heats (25-32 teams)		
Heat 1				
Heat 2		Semi 1		
	1st, 2nd, 3rd + Next 4		1st, 2nd, 3rd + Next 2	Final
	Fastest times		Fastest times	
Heat 3		Semi 1		
Heat 4				





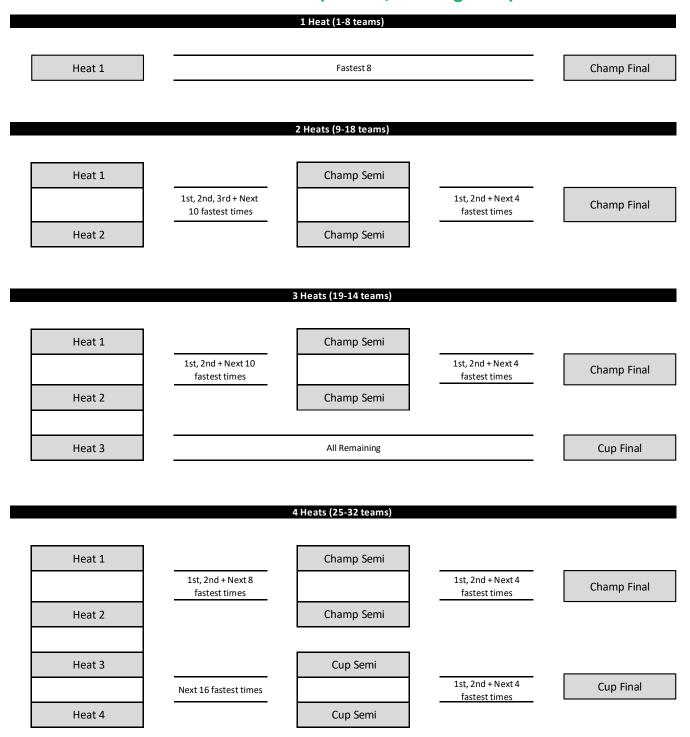
# W6 & W1 Straight (12 lanes, seeding heat)

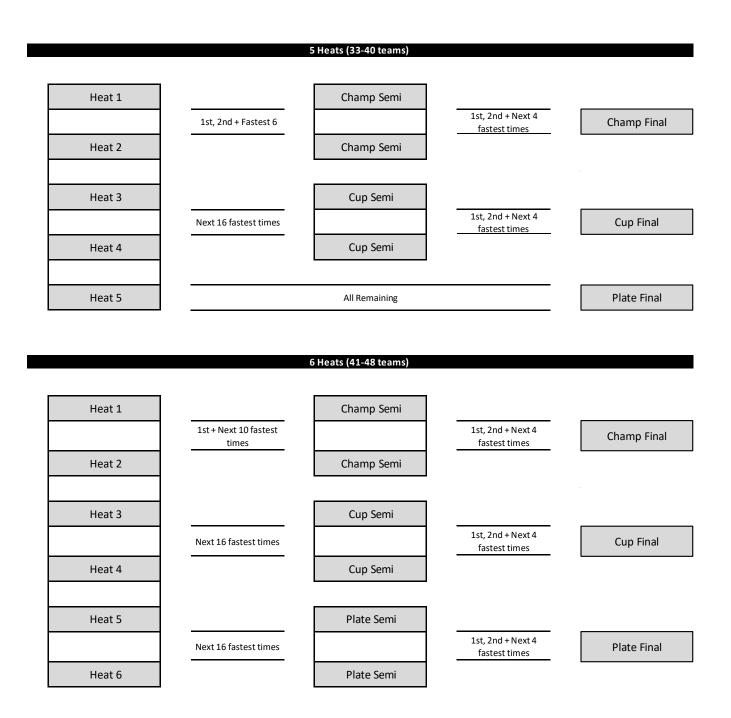
	1 Heat (1 - 12 teams)	
Seeding Heat	1st, 2nd, 3rd + Next Fastest times	Final
	2 Heats (13 - 24 teams)	
Heat 1	1st, 2nd, 3rd + Next 6 Fastest times	– Final
Heat 2	3 Heats (25 - 36 teams)	
Heat 1	S neats (25 - 50 teams)	
Heat 2	1st, 2nd, 3rd, 4th + Next 12 1st, 2nd, 3rd + Next 6 Fastes   Fastest times times	Final
Heat 3	Semi 2	
	4 Heats (37 - 48 teams)	
Heat 1 Heat 2	Semi 1	– Final
Heat 3	1st, 2nd, 3rd + Next 121st, 2nd, 3rd + Next 6 FastesFastest timesSemi 2	
Heat 4		
Heat 1	5 Heats (49 - 60 teams)	
Heat 2	Semi 1	
Heat 3	1st, 2nd, 3rd + Next 9 1st, 2nd, 3rd + Next 6   Fastest times Fastest times	Final
Heat 4 Heat 5 2025 Progressions	W6 W1 12 Lanes Seeding Heat)	

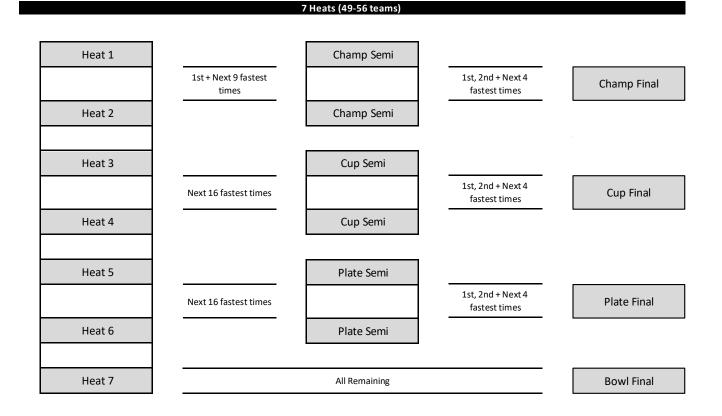
6 Heats (61 – 72 teams)							
Heat 1							
Heat 2							
Heat 3	1st, 2 <sup>nd</sup> 3rd + Next 6 Fastest ` times	Semi 1 Semi 2	1st, 2nd , 3rd + Next 6 Fastest times	Final			
Heat 4							
Heat 5							
Heat 6							



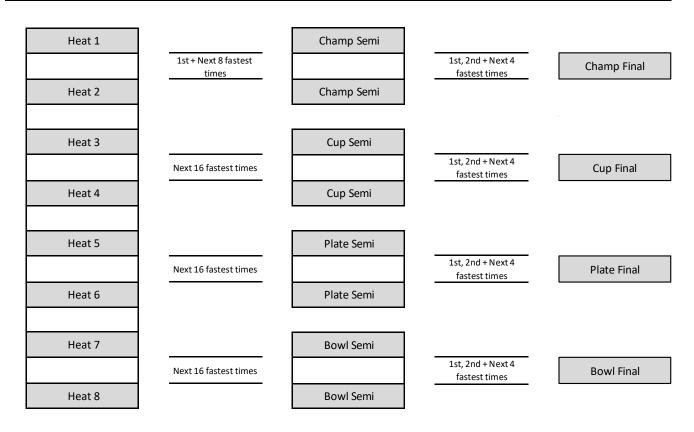
# Taitamariki W12 (8 lanes, Seeding Heat)





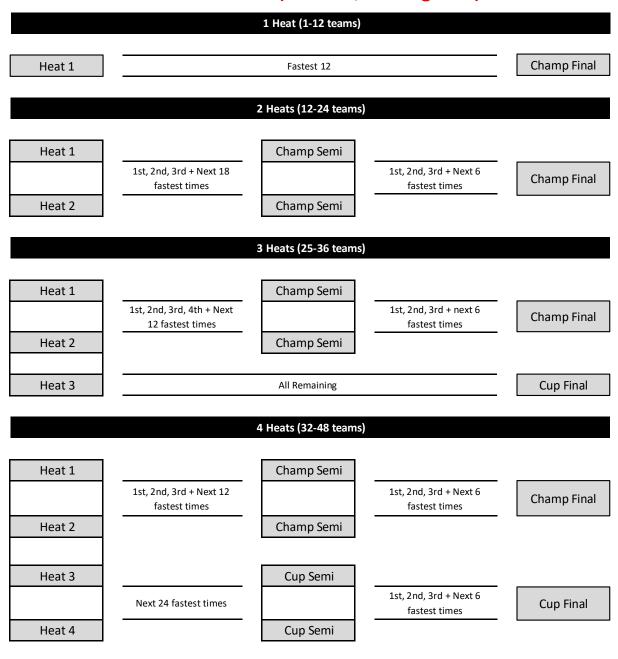


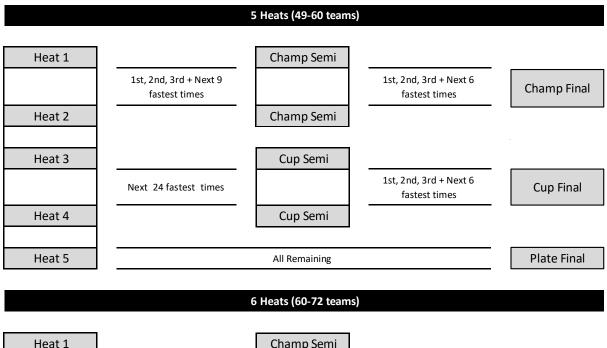
8 Heats 57-64 teams)

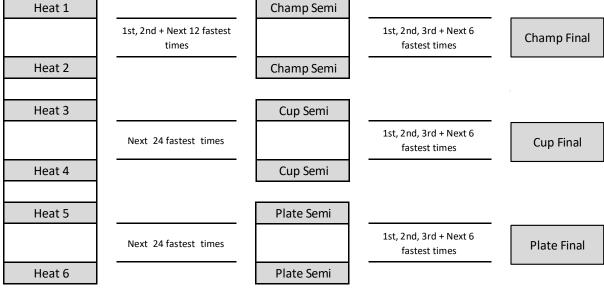




### Taitamariki W6 (12 lanes, seeding heat)







Page 1 of 1



#### Waka Ama Sprint Nationals Corporate Challenge Progressions 2024

### Corporate Challenge 250m W12 (8 lanes)

