



RACE SCHEDULE - DAY 1

2010 Waka Ama Sprint Nationals
Tue, 19 Jan 2010



Race	Event	Round	No	Est. Start	Progressions
001	J19 Men W6 1000	Heat	1 / 4	7:30 AM	
002	Mid Men W6 500	Heat	1 / 4	7:39 AM	
003	J19 Men W6 1000	Heat	2 / 4	7:46 AM	
004	Mid Men W6 500	Heat	2 / 4	7:55 AM	
005	J19 Men W6 1000	Heat	3 / 4	8:02 AM	
006	Mid Men W6 500	Heat	3 / 4	8:11 AM	
007	J19 Men W6 1000	Heat	4 / 4	8:18 AM	See Race 071
008	Mid Men W6 500	Heat	4 / 4	8:27 AM	See Race 092
009	J19 Women W6 1000	Heat	1 / 5	8:34 AM	
010	Mid Women W6 500	Heat	1 / 3	8:43 AM	
011	J19 Women W6 1000	Heat	2 / 5	8:50 AM	
012	Mid Women W6 500	Heat	2 / 3	8:59 AM	
013	J19 Women W6 1000	Heat	3 / 5	9:06 AM	
014	Mid Women W6 500	Heat	3 / 3	9:15 AM	See Race 125
015	J19 Women W6 1000	Heat	4 / 5	9:22 AM	
016	J19 Women W6 1000	Heat	5 / 5	9:31 AM	See Race 048
017	Int Men W6 1000	Heat	1 / 4	9:40 AM	
018	Int Men W6 1000	Heat	2 / 4	9:50 AM	
019	Int Men W6 1000	Heat	3 / 4	10:00 AM	
020	Int Men W6 1000	Heat	4 / 4	10:10 AM	See Race 057
021	J19 Men WT12 500	Heat	1 / 2	10:20 AM	
022	Int Women W6 1000	Heat	1 / 5	10:26 AM	
023	J19 Men WT12 500	Heat	2 / 2	10:36 AM	See Race 085
024	Int Women W6 1000	Heat	2 / 5	10:42 AM	
025	J19 Women WT12 500	Heat	1 / 2	10:52 AM	
026	Int Women W6 1000	Heat	3 / 5	10:58 AM	
027	J19 Women WT12 500	Heat	2 / 2	11:08 AM	See Race 070
028	Int Women W6 1000	Heat	4 / 5	11:14 AM	
029	Int Women W6 1000	Heat	5 / 5	11:24 AM	See Race 059
030	J16 Women WT12 500	Heat	1 / 2	11:34 AM	
031	J16 Men W6 1000	Heat	1 / 4	11:40 AM	
032	J16 Women WT12 500	Heat	2 / 2	11:49 AM	See Race 091
033	J16 Men W6 1000	Heat	2 / 4	11:55 AM	
034	J16 Men W6 1000	Heat	3 / 4	12:04 PM	
035	J16 Men W6 1000	Heat	4 / 4	12:13 PM	See Race 052
036	Mid Men WT12 500	Heat	1 / 2	12:22 PM	
037	J16 Women W6 1000	Heat	1 / 5	12:29 PM	
038	Mid Men WT12 500	Heat	2 / 2	12:38 PM	See Race 079
039	J16 Women W6 1000	Heat	2 / 5	12:45 PM	
040	J16 Men WT12 500	Heat	1 / 2	12:54 PM	
041	J16 Women W6 1000	Heat	3 / 5	1:00 PM	
042	J16 Men WT12 500	Heat	2 / 2	1:09 PM	See Race 072
043	J16 Women W6 1000	Heat	4 / 5	1:15 PM	



RACE SCHEDULE - DAY 1

2010 Waka Ama Sprint Nationals
Tue, 19 Jan 2010



Race	Event	Round	No	Est. Start	Progressions
044	Int Men WT12 500	Heat	1 / 2	1:24 PM	
045	J16 Women W6 1000	Heat	5 / 5	1:31 PM	See Race 055
046	Int Men WT12 500	Heat	2 / 2	1:40 PM	See Race 081
047	Mid Women WT12 500	Heat	1 / 2	1:47 PM	
048	J19 Women W6 1000	Semi	1 / 2	1:54 PM	
049	Mid Women WT12 500	Heat	2 / 2	2:03 PM	See Race 074
050	J19 Women W6 1000	Semi	2 / 2	2:10 PM	See Race 073
051	Int Women WT12 500	Heat	1 / 2	2:19 PM	
052	J16 Men W6 1000	Semi	1 / 2	2:26 PM	
053	Int Women WT12 500	Heat	2 / 2	2:35 PM	See Race 119
054	J16 Men W6 1000	Semi	2 / 2	2:42 PM	See Race 090
055	J16 Women W6 1000	Semi	1 / 2	2:51 PM	
056	J16 Women W6 1000	Semi	2 / 2	3:00 PM	See Race 080
057	Int Men W6 1000	Semi	1 / 2	3:09 PM	
058	Int Men W6 1000	Semi	2 / 2	3:19 PM	See Race 076
059	Int Women W6 1000	Semi	1 / 2	3:29 PM	
060	Int Women W6 1000	Semi	2 / 2	3:39 PM	See Race 077
061	J19 Women W6 500	Heat	1 / 5	3:49 PM	
062	J19 Women W6 500	Heat	2 / 5	3:55 PM	
063	J19 Women W6 500	Heat	3 / 5	4:01 PM	
064	J19 Women W6 500	Heat	4 / 5	4:07 PM	
065	J19 Women W6 500	Heat	5 / 5	4:13 PM	See Race 115
066	J19 Men W6 500	Heat	1 / 4	4:19 PM	
067	J19 Men W6 500	Heat	2 / 4	4:25 PM	
068	J19 Men W6 500	Heat	3 / 4	4:31 PM	
069	J19 Men W6 500	Heat	4 / 4	4:37 PM	See Race 108



RACE SCHEDULE - DAY 2

2010 Waka Ama Sprint Nationals
Wed, 20 Jan 2010



Race	Event	Round	No	Est. Start	Progressions
070	J19 Women WT12 500	Final	1 / 1	7:30 AM	
071	J19 Men W6 1000	Semi	1 / 2	7:36 AM	
072	J16 Men WT12 500	Final	1 / 1	7:45 AM	
073	J19 Women W6 1000	Final	1 / 1	7:51 AM	
074	Mid Women WT12 500	Final	1 / 1	8:00 AM	
075	J19 Men W6 1000	Semi	2 / 2	8:07 AM	See Race 078
076	Int Men W6 1000	Final	1 / 1	8:16 AM	
077	Int Women W6 1000	Final	1 / 1	8:26 AM	
078	J19 Men W6 1000	Final	1 / 1	8:36 AM	
079	Mid Men WT12 500	Final	1 / 1	8:45 AM	
080	J16 Women W6 1000	Final	1 / 1	8:52 AM	
081	Int Men WT12 500	Final	1 / 1	9:01 AM	
	250m Startline				
082	Mid Women W6 250	Heat	1 / 3	9:08 AM	
083	Mid Women W6 250	Heat	2 / 3	9:13 AM	
084	Mid Women W6 250	Heat	3 / 3	9:18 AM	See Race 107
	500m Startline (for 1 race)				
085	J19 Men WT12 500	Final	1 / 1	9:23 AM	
	250m Startline				
086	Mid Men W6 250	Heat	1 / 4	9:29 AM	
087	Mid Men W6 250	Heat	2 / 4	9:34 AM	
088	Mid Men W6 250	Heat	3 / 4	9:39 AM	
089	Mid Men W6 250	Heat	4 / 4	9:44 AM	See Race 098
	500m Startline				
090	J16 Men W6 1000	Final	1 / 1	9:49 AM	
091	J16 Women WT12 500	Final	1 / 1	9:58 AM	
092	Mid Men W6 500	Semi	1 / 2	10:04 AM	
093	Mid Men W6 500	Semi	2 / 2	10:11 AM	See Race 124
094	J16 Men W6 500	Heat	1 / 4	10:18 AM	
095	J16 Men W6 500	Heat	2 / 4	10:24 AM	
096	J16 Men W6 500	Heat	3 / 4	10:30 AM	
097	J16 Men W6 500	Heat	4 / 4	10:36 AM	See Race 126
	250m Startline				
098	Mid Men W6 250	Semi	1 / 2	10:42 AM	
099	Mid Men W6 250	Semi	2 / 2	10:47 AM	See Race 106
	500m Startline				
100	J16 Women W6 500	Heat	1 / 6	10:52 AM	
101	J16 Women W6 500	Heat	2 / 6	10:58 AM	
102	J16 Women W6 500	Heat	3 / 6	11:04 AM	
103	J16 Women W6 500	Heat	4 / 6	11:10 AM	
104	J16 Women W6 500	Heat	5 / 6	11:16 AM	
105	J16 Women W6 500	Heat	6 / 6	11:22 AM	See Race 122
	250m Startline				



RACE SCHEDULE - DAY 2

2010 Waka Ama Sprint Nationals
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Race	Event	Round	No	Est. Start	Progressions
106	Mid Men W6 250	Final	1 / 1	11:28 AM	
107	Mid Women W6 250	Final	1 / 1	11:33 AM	
	500m Startline				
108	J19 Men W6 500	Semi	1 / 2	11:38 AM	
109	J19 Men W6 500	Semi	2 / 2	11:44 AM	See Race 131
110	Int Women W6 500	Heat	1 / 5	11:50 AM	
111	Int Women W6 500	Heat	2 / 5	11:57 AM	
112	Int Women W6 500	Heat	3 / 5	12:04 PM	
113	Int Women W6 500	Heat	4 / 5	12:11 PM	
114	Int Women W6 500	Heat	5 / 5	12:18 PM	See Race 128
115	J19 Women W6 500	Semi	1 / 2	12:25 PM	
116	J19 Women W6 500	Semi	2 / 2	12:31 PM	See Race 130
117	Int Men W6 500	Heat	1 / 4	12:37 PM	
118	Int Men W6 500	Heat	2 / 4	12:44 PM	
119	Int Women WT12 500	Final	1 / 1	12:51 PM	
120	Int Men W6 500	Heat	3 / 4	12:58 PM	
121	Int Men W6 500	Heat	4 / 4	1:05 PM	See Race 132
122	J16 Women W6 500	Semi	1 / 2	1:12 PM	
123	J16 Women W6 500	Semi	2 / 2	1:18 PM	See Race 134
124	Mid Men W6 500	Final	1 / 1	1:24 PM	
125	Mid Women W6 500	Final	1 / 1	1:31 PM	
126	J16 Men W6 500	Semi	1 / 2	1:38 PM	
127	J16 Men W6 500	Semi	2 / 2	1:44 PM	See Race 135
128	Int Women W6 500	Semi	1 / 2	1:50 PM	
129	Int Women W6 500	Semi	2 / 2	1:57 PM	See Race 136
130	J19 Women W6 500	Final	1 / 1	2:04 PM	
131	J19 Men W6 500	Final	1 / 1	2:10 PM	
132	Int Men W6 500	Semi	1 / 2	2:16 PM	
133	Int Men W6 500	Semi	2 / 2	2:23 PM	See Race 137
134	J16 Women W6 500	Final	1 / 1	2:30 PM	
135	J16 Men W6 500	Final	1 / 1	2:36 PM	
136	Int Women W6 500	Final	1 / 1	2:42 PM	
137	Int Men W6 500	Final	1 / 1	2:49 PM	
	Medal Presentations				



RACE SCHEDULE - DAY 3

2010 Waka Ama Sprint Nationals
Thu, 21 Jan 2010



Race	Event	Round	No	Est. Start	Progressions
138	Int Men W1 500	Heat	1 / 4	7:30 AM	
139	Int Men W1 500	Heat	2 / 4	7:35 AM	
140	Int Men W1 500	Heat	3 / 4	7:40 AM	
141	Int Men W1 500	Heat	4 / 4	7:45 AM	See Race 202
142	Int Women W1 500	Heat	1 / 5	7:50 AM	
143	Int Women W1 500	Heat	2 / 5	7:55 AM	
144	Int Women W1 500	Heat	3 / 5	8:00 AM	
145	Int Women W1 500	Heat	4 / 5	8:05 AM	
146	Int Women W1 500	Heat	5 / 5	8:10 AM	See Race 204
147	Gld Master Men W1 500	Heat	1 / 2	8:15 AM	
148	Gld Master Men W1 500	Heat	2 / 2	8:20 AM	See Race 230
149	Gld Master Women W1 500	Heat	1 / 3	8:25 AM	
150	Gld Master Women W1 500	Heat	2 / 3	8:30 AM	
151	Gld Master Women W1 500	Heat	3 / 3	8:35 AM	See Race 231
152	J19 Men W1 500	Heat	1 / 4	8:40 AM	
153	J19 Men W1 500	Heat	2 / 4	8:45 AM	
154	J19 Men W1 500	Heat	3 / 4	8:50 AM	
155	J19 Men W1 500	Heat	4 / 4	8:55 AM	See Race 206
156	J19 Women W1 500	Heat	1 / 4	9:00 AM	
157	J19 Women W1 500	Heat	2 / 4	9:05 AM	
158	J19 Women W1 500	Heat	3 / 4	9:10 AM	
159	J19 Women W1 500	Heat	4 / 4	9:15 AM	See Race 208
160	Master Men W1 500	Heat	1 / 5	9:20 AM	
161	Master Men W1 500	Heat	2 / 5	9:25 AM	
162	Master Men W1 500	Heat	3 / 5	9:30 AM	
163	Master Men W1 500	Heat	4 / 5	9:35 AM	
164	Master Men W1 500	Heat	5 / 5	9:40 AM	See Race 210
165	Master Women W1 500	Heat	1 / 4	9:45 AM	
166	Master Women W1 500	Heat	2 / 4	9:50 AM	
167	Master Women W1 500	Heat	3 / 4	9:55 AM	
168	Master Women W1 500	Heat	4 / 4	10:00 AM	See Race 212
169	J16 Men W1 500	Heat	1 / 4	10:05 AM	
170	J16 Men W1 500	Heat	2 / 4	10:10 AM	
171	J16 Men W1 500	Heat	3 / 4	10:15 AM	
172	J16 Men W1 500	Heat	4 / 4	10:20 AM	See Race 214
173	J16 Women W1 500	Heat	1 / 4	10:25 AM	
174	J16 Women W1 500	Heat	2 / 4	10:30 AM	
175	J16 Women W1 500	Heat	3 / 4	10:35 AM	
176	J16 Women W1 500	Heat	4 / 4	10:40 AM	See Race 216
177	O23 Men W1 500	Heat	1 / 3	10:45 AM	
178	O23 Men W1 500	Heat	2 / 3	10:50 AM	
179	O23 Men W1 500	Heat	3 / 3	10:55 AM	See Race 238
180	O23 Women W1 500	Heat	1 / 4	11:00 AM	



RACE SCHEDULE - DAY 3

2010 Waka Ama Sprint Nationals
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Race	Event	Round	No	Est. Start	Progressions
181	O23 Women W1 500	Heat	2 / 4	11:05 AM	
182	O23 Women W1 500	Heat	3 / 4	11:10 AM	
183	O23 Women W1 500	Heat	4 / 4	11:15 AM	See Race 218
184	Snr Master Men W1 500	Heat	1 / 5	11:20 AM	
185	Snr Master Men W1 500	Heat	2 / 5	11:25 AM	
186	Snr Master Men W1 500	Heat	3 / 5	11:30 AM	
187	Snr Master Men W1 500	Heat	4 / 5	11:35 AM	
188	Snr Master Men W1 500	Heat	5 / 5	11:40 AM	See Race 220
189	Snr Master Women W1 500	Heat	1 / 4	11:45 AM	
190	Snr Master Women W1 500	Heat	2 / 4	11:50 AM	
191	Snr Master Women W1 500	Heat	3 / 4	11:55 AM	
192	Snr Master Women W1 500	Heat	4 / 4	12:00 PM	See Race 222
193	Open Men W1 500	Heat	1 / 5	12:05 PM	
194	Open Men W1 500	Heat	2 / 5	12:10 PM	
195	Open Men W1 500	Heat	3 / 5	12:15 PM	
196	Open Men W1 500	Heat	4 / 5	12:20 PM	
197	Open Men W1 500	Heat	5 / 5	12:25 PM	See Race 224
198	Open Women W1 500	Heat	1 / 4	12:30 PM	
199	Open Women W1 500	Heat	2 / 4	12:35 PM	
200	Open Women W1 500	Heat	3 / 4	12:40 PM	
201	Open Women W1 500	Heat	4 / 4	12:45 PM	See Race 226
	Semi Finals				
202	Int Men W1 500	Semi	1 / 2	12:50 PM	
203	Int Men W1 500	Semi	2 / 2	12:55 PM	See Race 228
204	Int Women W1 500	Semi	1 / 2	1:00 PM	
205	Int Women W1 500	Semi	2 / 2	1:05 PM	See Race 229
206	J19 Men W1 500	Semi	1 / 2	1:10 PM	
207	J19 Men W1 500	Semi	2 / 2	1:15 PM	See Race 232
208	J19 Women W1 500	Semi	1 / 2	1:20 PM	
209	J19 Women W1 500	Semi	2 / 2	1:25 PM	See Race 233
210	Master Men W1 500	Semi	1 / 2	1:30 PM	
211	Master Men W1 500	Semi	2 / 2	1:35 PM	See Race 234
212	Master Women W1 500	Semi	1 / 2	1:40 PM	
213	Master Women W1 500	Semi	2 / 2	1:45 PM	See Race 235
214	J16 Men W1 500	Semi	1 / 2	1:50 PM	
215	J16 Men W1 500	Semi	2 / 2	1:55 PM	See Race 236
216	J16 Women W1 500	Semi	1 / 2	2:00 PM	
217	J16 Women W1 500	Semi	2 / 2	2:05 PM	See Race 237
218	O23 Women W1 500	Semi	1 / 2	2:10 PM	
219	O23 Women W1 500	Semi	2 / 2	2:15 PM	See Race 239
220	Snr Master Men W1 500	Semi	1 / 2	2:20 PM	
221	Snr Master Men W1 500	Semi	2 / 2	2:25 PM	See Race 240
222	Snr Master Women W1 500	Semi	1 / 2	2:30 PM	



RACE SCHEDULE - DAY 3

2010 Waka Ama Sprint Nationals
Thu, 21 Jan 2010



Race	Event	Round	No	Est. Start	Progressions
223	Snr Master Women W1 500	Semi	2 / 2	2:35 PM	See Race 241
224	Open Men W1 500	Semi	1 / 2	2:40 PM	
225	Open Men W1 500	Semi	2 / 2	2:45 PM	See Race 242
226	Open Women W1 500	Semi	1 / 2	2:50 PM	
227	Open Women W1 500	Semi	2 / 2	2:55 PM	See Race 243
	Finals				
228	Int Men W1 500	Final	1 / 1	3:00 PM	
229	Int Women W1 500	Final	1 / 1	3:05 PM	
230	Gld Master Men W1 500	Final	1 / 1	3:10 PM	
231	Gld Master Women W1 500	Final	1 / 1	3:15 PM	
232	J19 Men W1 500	Final	1 / 1	3:20 PM	
233	J19 Women W1 500	Final	1 / 1	3:25 PM	
234	Master Men W1 500	Final	1 / 1	3:30 PM	
235	Master Women W1 500	Final	1 / 1	3:35 PM	
236	J16 Men W1 500	Final	1 / 1	3:40 PM	
237	J16 Women W1 500	Final	1 / 1	3:45 PM	
238	O23 Men W1 500	Final	1 / 1	3:50 PM	
239	O23 Women W1 500	Final	1 / 1	3:55 PM	
240	Snr Master Men W1 500	Final	1 / 1	4:00 PM	
241	Snr Master Women W1 500	Final	1 / 1	4:05 PM	
242	Open Men W1 500	Final	1 / 1	4:10 PM	
243	Open Women W1 500	Final	1 / 1	4:15 PM	
	Medal Presentations				



RACE SCHEDULE - DAY 4

2010 Waka Ama Sprint Nationals
Fri, 22 Jan 2010



Race	Event	Round	No	Est. Start	Progressions
244	Open Men W6 1500	Heat	1 / 7	7:30 AM	
245	Open Women WT12 500	Heat	1 / 3	7:42 AM	
246	Open Men W6 1500	Heat	2 / 7	7:48 AM	
247	Open Women WT12 500	Heat	2 / 3	8:00 AM	
248	Open Men W6 1500	Heat	3 / 7	8:06 AM	
249	Open Women WT12 500	Heat	3 / 3	8:18 AM	See Race 322
250	Open Men W6 1500	Heat	4 / 7	8:24 AM	
251	Open Men W6 1500	Heat	5 / 7	8:36 AM	
252	Open Men W6 1500	Heat	6 / 7	8:48 AM	
253	Open Men W6 1500	Heat	7 / 7	9:00 AM	See Race 294
254	Open Women W6 1500	Heat	1 / 6	9:12 AM	
255	Open Women W6 1500	Heat	2 / 6	9:24 AM	
256	Open Women W6 1500	Heat	3 / 6	9:36 AM	
257	Open Men WT12 500	Heat	1 / 4	9:48 AM	
258	Open Women W6 1500	Heat	4 / 6	9:54 AM	
259	Open Men WT12 500	Heat	2 / 4	10:06 AM	
260	Open Women W6 1500	Heat	5 / 6	10:12 AM	
261	Open Men WT12 500	Heat	3 / 4	10:24 AM	
262	Open Women W6 1500	Heat	6 / 6	10:30 AM	See Race 292
263	Open Men WT12 500	Heat	4 / 4	10:42 AM	See Race 284
264	Snr Master Men W6 1000	Heat	1 / 2	10:48 AM	
265	Snr Master Men W6 1000	Heat	2 / 2	10:57 AM	See Race 318
266	Snr Master Women W6 1000	Heat	1 / 3	11:06 AM	
267	Snr Master Women W6 1000	Heat	2 / 3	11:15 AM	
268	Snr Master Women W6 1000	Heat	3 / 3	11:24 AM	See Race 317
269	Master Men W6 1000	Heat	1 / 4	11:33 AM	
270	Master Men W6 1000	Heat	2 / 4	11:42 AM	
271	Master Men W6 1000	Heat	3 / 4	11:51 AM	
272	Master Men W6 1000	Heat	4 / 4	12:00 PM	See Race 298
273	Master Women WT12 500	Heat	1 / 2	12:09 PM	
274	O23 Women W6 1500	Heat	1 / 2	12:15 PM	
275	Master Women WT12 500	Heat	2 / 2	12:27 PM	See Race 307
276	O23 Women W6 1500	Heat	2 / 2	12:33 PM	See Race 315
277	Master Men WT12 500	Heat	1 / 2	12:45 PM	
278	Master Women W6 1000	Heat	1 / 6	12:51 PM	
279	Master Men WT12 500	Heat	2 / 2	1:00 PM	See Race 305
280	Master Women W6 1000	Heat	2 / 6	1:06 PM	
281	O23 Men WT12 500	St. Final	1 / 1	1:15 PM	
282	Master Women W6 1000	Heat	3 / 6	1:21 PM	
283	Master Women W6 1000	Heat	4 / 6	1:30 PM	
284	Open Men WT12 500	Semi	1 / 2	1:39 PM	
285	Master Women W6 1000	Heat	5 / 6	1:45 PM	
286	Open Men WT12 500	Semi	2 / 2	1:54 PM	See Race 316



RACE SCHEDULE - DAY 4

2010 Waka Ama Sprint Nationals
Fri, 22 Jan 2010



Race	Event	Round	No	Est. Start	Progressions
287	Master Women W6 1000	Heat	6 / 6	2:00 PM	See Race 300
288	O23 Women WT12 500	St. Final	1 / 1	2:09 PM	
289	O23 Men W6 1500	Heat	1 / 3	2:15 PM	
290	O23 Men W6 1500	Heat	2 / 3	2:27 PM	
291	O23 Men W6 1500	Heat	3 / 3	2:39 PM	See Race 313
292	Open Women W6 1500	Semi	1 / 2	2:51 PM	
293	Open Women W6 1500	Semi	2 / 2	3:03 PM	See Race 319
294	Open Men W6 1500	Semi	1 / 2	3:15 PM	
295	Snr Master Women WT12 500	Heat	1 / 2	3:27 PM	
296	Open Men W6 1500	Semi	2 / 2	3:33 PM	See Race 320
297	Snr Master Women WT12 500	Heat	2 / 2	3:45 PM	See Race 314
298	Master Men W6 1000	Semi	1 / 2	3:51 PM	
299	Master Men W6 1000	Semi	2 / 2	4:00 PM	See Race 310
300	Master Women W6 1000	Semi	1 / 2	4:09 PM	
301	Master Women W6 1000	Semi	2 / 2	4:18 PM	See Race 311
302	O23 Women W6 500	Heat	1 / 3	4:27 PM	
303	O23 Women W6 500	Heat	2 / 3	4:33 PM	
304	O23 Women W6 500	Heat	3 / 3	4:39 PM	See Race 364



RACE SCHEDULE - DAY 5

2010 Waka Ama Sprint Nationals
Sat, 23 Jan 2010



Race	Event	Round	No	Est. Start	Progressions
305	Master Men WT12 500	Final	1 / 1	7:30 AM	
306	O23 Men W6 500	Heat	1 / 3	7:36 AM	
307	Master Women WT12 500	Final	1 / 1	7:42 AM	
308	O23 Men W6 500	Heat	2 / 3	7:48 AM	
309	O23 Men W6 500	Heat	3 / 3	7:54 AM	See Race 365
310	Master Men W6 1000	Final	1 / 1	8:00 AM	
311	Master Women W6 1000	Final	1 / 1	8:09 AM	
312	Snr Master Men WT12 500	St. Final	1 / 1	8:18 AM	
313	O23 Men W6 1500	Final	1 / 1	8:24 AM	
314	Snr Master Women WT12 500	Final	1 / 1	8:36 AM	
315	O23 Women W6 1500	Final	1 / 1	8:42 AM	
316	Open Men WT12 500	Final	1 / 1	8:54 AM	
317	Snr Master Women W6 1000	Final	1 / 1	9:00 AM	
318	Snr Master Men W6 1000	Final	1 / 1	9:09 AM	
319	Open Women W6 1500	Final	1 / 1	9:18 AM	
320	Open Men W6 1500	Final	1 / 1	9:30 AM	
321	Gld Master Men W6 1000	St. Final	1 / 1	9:42 AM	
322	Open Women WT12 500	Final	1 / 1	9:51 AM	
323	Gld Master Women W6 1000	St. Final	1 / 1	9:57 AM	
324	Snr Master Men W6 500	Heat	1 / 2	10:06 AM	
325	Snr Master Men W6 500	Heat	2 / 2	10:12 AM	See Race 362
326	Snr Master Women W6 500	Heat	1 / 3	10:18 AM	
327	Snr Master Women W6 500	Heat	2 / 3	10:24 AM	
328	Snr Master Women W6 500	Heat	3 / 3	10:30 AM	See Race 363
329	Open Men W6 500	Heat	1 / 7	10:36 AM	
330	Open Men W6 500	Heat	2 / 7	10:42 AM	
331	Open Men W6 500	Heat	3 / 7	10:48 AM	
332	Open Men W6 500	Heat	4 / 7	10:54 AM	
333	Gld Master Women WT12 500	St. Final	1 / 1	11:00 AM	
334	Master Women W6 500	Heat	1 / 6	11:06 AM	
335	Master Women W6 500	Heat	2 / 6	11:12 AM	
336	Master Women W6 500	Heat	3 / 6	11:18 AM	
337	Master Women W6 500	Heat	4 / 6	11:24 AM	
338	Master Women W6 500	Heat	5 / 6	11:30 AM	
339	Master Women W6 500	Heat	6 / 6	11:36 AM	See Race 356
340	Open Men W6 500	Heat	5 / 7	11:42 AM	
341	Open Men W6 500	Heat	6 / 7	11:48 AM	
342	Open Men W6 500	Heat	7 / 7	11:54 AM	See Race 358
343	Open Women W6 500	Heat	1 / 7	12:00 PM	
344	Open Women W6 500	Heat	2 / 7	12:06 PM	
345	Open Women W6 500	Heat	3 / 7	12:12 PM	
346	Open Women W6 500	Heat	4 / 7	12:18 PM	
347	Master Men W6 500	Heat	1 / 4	12:24 PM	



RACE SCHEDULE - DAY 5

2010 Waka Ama Sprint Nationals
Sat, 23 Jan 2010



Race	Event	Round	No	Est. Start	Progressions
348	Master Men W6 500	Heat	2 / 4	12:30 PM	
349	Master Men W6 500	Heat	3 / 4	12:36 PM	
350	Master Men W6 500	Heat	4 / 4	12:42 PM	See Race 354
351	Open Women W6 500	Heat	5 / 7	12:48 PM	
352	Open Women W6 500	Heat	6 / 7	12:54 PM	
353	Open Women W6 500	Heat	7 / 7	1:00 PM	See Race 360
	Semi Finals				
354	Master Men W6 500	Semi	1 / 2	1:21 PM	
355	Master Men W6 500	Semi	2 / 2	1:27 PM	See Race 367
356	Master Women W6 500	Semi	1 / 2	1:33 PM	
357	Master Women W6 500	Semi	2 / 2	1:39 PM	See Race 366
358	Open Men W6 500	Semi	1 / 2	1:45 PM	
359	Open Men W6 500	Semi	2 / 2	1:51 PM	See Race 371
360	Open Women W6 500	Semi	1 / 2	1:57 PM	
361	Open Women W6 500	Semi	2 / 2	2:03 PM	See Race 370
	Finals				
362	Snr Master Men W6 500	Final	1 / 1	2:24 PM	
363	Snr Master Women W6 500	Final	1 / 1	2:30 PM	
364	O23 Women W6 500	Final	1 / 1	2:36 PM	
365	O23 Men W6 500	Final	1 / 1	2:42 PM	
366	Master Women W6 500	Final	1 / 1	2:48 PM	
367	Master Men W6 500	Final	1 / 1	2:54 PM	
368	Gld Master Men W6 500	St. Final	1 / 1	3:00 PM	
369	Gld Master Women W6 500	St. Final	1 / 1	3:06 PM	
370	Open Women W6 500	Final	1 / 1	3:12 PM	
371	Open Men W6 500	Final	1 / 1	3:18 PM	
	Medal Presentations				