

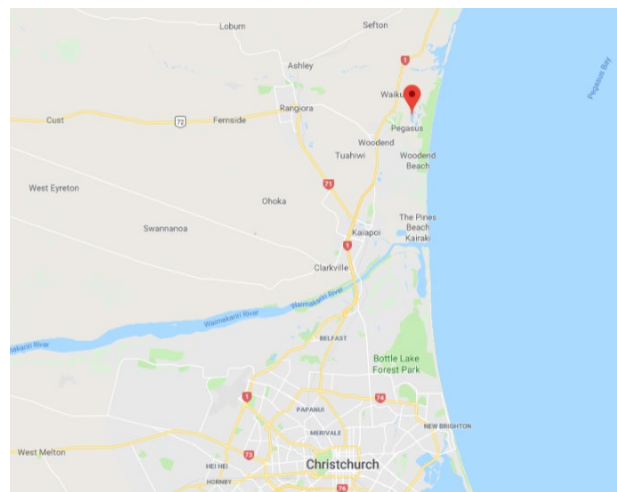
# Te Waka o Aoraki Regional Sprint Championships 2019

## Lake Pegasus Christchurch

### Panui 1

Te Waka o Aoraki welcome paddler to the 2019 Te Waka o Aoraki Regional Sprint Championships to be held at Lake Pegasus on the 14<sup>th</sup> December 2019. This is the qualification event for paddlers wishing to race in a W1 and/or the Regional W12 at the 2020 Waka Ama Sprint National Championships.

#### Venue



*Lake Pegasus, Pegasus.*

Once again we will be heading to lake Pegasus located 20 minutes North of Christchurch. Registration will be set up at the start finish line at the bridge end of the course where Infinity Drive turns into Lakeside Drive.

#### Important Dates

- 31<sup>th</sup> October                      Entries Open
- 29<sup>th</sup> November                  Entries Close
- 10<sup>th</sup> December                  Lane Draw Published
- 14<sup>th</sup> December                  Race Day

## Entry Fees and Age Divisions

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- Juniors (18 years old or younger) \$5.00
- Seniors \$10.00
- Age Divisions Intermediate to Master 70

Note: Entry fee covers all racing in W1's and W6's

Note: Paddlers must be affiliated to NKOA ( <http://www.wakaama.co.nz/affiliationchecker> )

Payment: Pay at registration

Entries are to be made via the Waka Ama New Zealand Website. See your Club representative.

## Race Distances

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- W1 500m and 250m
- W6 500m, 1000m and 1500m

## Indicative Programme

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Saturday, 14<sup>th</sup> December

0800-0900	Registration and W1 Weigh in (fully rigged waka must weigh 16km minimum)
0900-1100	W1 500m
1100-1200	W1 250m
1200-1300	W6 500m
1300-1500	W6 1500m/1000m
1500	After Function Venue TBA

## Regional W1 250m Dash Representative Qualification Process

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Each region has two men's and two women's entries into the W1 250m dash race. This is the last race held at the Waka Ama New Zealand Sprint National Championships. The race is a one-off race with all regional representatives racing together in either men's or women's. There are no age divisions for this event.

This year to more closely align our regional event with the national event and due to limited lanes available at Lake Pegasus (six lanes for W1 races) paddlers will get one race and the fastest two times out of each gender will qualify to be our regional representatives.

## Regional W12 Qualification Process

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Each region puts forward a men's and a women's Regional W12 team to compete at the Waka Ama New Zealand Sprint National Championships.

This year qualification will be based on athletes W1 250m Dash time at the TWA Regional Sprint Championships with the fastest 12 from each gender making up their respective crews.

In the event that a Team cannot be made from athletes at the TWA Regional Sprint Championships the TWA Committee will seek and select athletes who did not attend the TWA Regional Sprint Championships.

The TWA Committee will select Captains for each Team.

## Notes

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- There will be no ruddered racing this year
- W6 canoes will be supplied by TWOA
- This year all clubs are expected to help with running our Regions event.
- Questions or Enquires please contact the race directors Craig Pauling or Caleb Te Kahu

Good luck with your training and catch you at Pegasus!