



**Ngā Hau Maiangi Hard & Fast Series**  
**16 July 2022**  
**Ian Shaw Park Reserve**  
**Ngā Hau Maiangi Inc**  
**RACE 4 Pānui**

**EVENT SUMMARY**

*Ngā Hau Maiangi welcomes you to the Hard & Fast Race series 2022 to be held at Ian Shaw Park Reserve, Auckland. This is an annual event that has been running for the past few years and is intended to be a fun event to celebrate the beginning of the winter season. The series offers something to all levels of waka ama paddlers. It also provides a warmup opportunity before the National Sprint Championship. The event is a full day of fun racing, food vendors and an end of series prize giving.  
We welcome you and your whānau to join us for this event.*

**EVENT SCHEDULE**

<b>7.00am</b>	Registration, waka drop off & safety checks
<b>8.00am</b>	Karakia
<b>8.15am</b>	Managers meeting
<b>8.30am</b>	Race & safety briefings
<b>9.00am</b>	Racing starts
<b>2.00pm</b>	Racing finishes

**RACE SCHEDULE**

<b>Time</b>	<b>Race</b>
8.30am	Race Briefing - all races
9.00am	Race Start – W6 5km Junior, Novice
	Open, Master, Senior Master, Golden Master
10.30am	Race Start - W6 10km Junior, Novice
	Open, Master, Senior Master, Golden Master



### RACE DAY INFORMATION

**Car Parking:** Parking is available inside the venue in the car park area or street parking is available. Please note all parking is under Auckland Council management and you will need to park accordingly.

**Trailer parking:** Trailer parking will be in the grass area behind the new Ngā Hau Maiangi car park.

**Food:** We encourage you to bring your own healthy kai, however there may be food vendors available onsite to purchase a variety of kai.

**Toilets:** Toilets are available at the venue and located under the Ngā Hau Maiangi building. Further details will be included in the race briefing.

**First Aid:** First Aid will be available at the registration tent, via the main driveway.

**Rubbish/Recycling:** We encourage you to please take what you bring. However, there are council rubbish bins at the venue. Please note these are small bins only.

**Alcohol/Smokefree:** 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:**

- Waka drop off will be available from 6.00am on the event day
- Waka drop off will be in the forecourt of the Ngā Hau Maiangi building and will be clearly signed with entry & exit.
- Trailer parking is on the grass area behind the new Ngā Hau Maiangi car park.
- **Safety Checks:**
- All waka will have to pass a safety check and be marked before racing. Any waka not marked will not be permitted to race.

### RACE RULES

All entrants must be familiar with the Waka Ama New Zealand race and safety rules.

Refer to the following link for more information: <http://wakaama.co.nz/pages/read/1003423>

### AGE DIVISIONS & RACE EVENTS

WAKA	DISTANCE	DIVISIONS	GENDER
W6	10km	J16, J19, Open, Master, Senior Master, Golden Master	Men & Women, Mixed
W6	5km	J16, J19, Open, Master, Senior Master, Golden Master	Men, Women, Mixed

### FEES

**Fees:** Fees for this event are *per person by age division*

PER PERSON BY AGE DIVISION ( <i>charged one fee according to age on race day</i> )	
Distance	Cost
5km	\$10.00
10km	\$20.00



### ONLINE ENTRIES & PAYMENT

- Online entries are to be completed using the Waka Ama NZ online entry system.
- All entries to be completed through your club admin – contact your club admin to process your entry.
- No entries on the day, no exceptions
- Entries close on **Tuesday 12 July 11.59pm**
- Rosters close on **Wednesday 13 July 11.59pm** rosters must be completed by close date, no exceptions
- Once entered, payment can be made online to:
  - Ngā Hau Maiangi Inc
- Hard n Fast Acct 50 / Acct# 12-32870326561-50
  - Use your club, team name and division as your reference

### SAFETY REQUIREMENTS

- All waka must be Safety Checked
- All Junior age divisions must wear life jackets.
- All Junior (J16 & J19) and Senior (Open and above) must have the following safety equipment for their races:
  - PFD - Personal Floatation Device (per person)
  - Bailers
  - Flare or cell phone in waterproof case
  - Spare Paddle - 2 for a W6
  - Spray Skirt (W6)
  - Tow Rope (W6)

### TEAM WAIVERS

- Team waivers must be completed by all paddlers/teams
- All paddlers U18 must have their waiver signed by their parent/guardian
- Waivers can be sent to [nhminc.secretary@gmail.com](mailto:nhminc.secretary@gmail.com) or handed in at the managers meeting on the day
- Team waivers online.

### CONTACT INFORMATION

All enquiries please email: [nhminc.secretary@gmail.com](mailto:nhminc.secretary@gmail.com)

- All urgent matters please call: Heremaia Rosieur **02102529001**



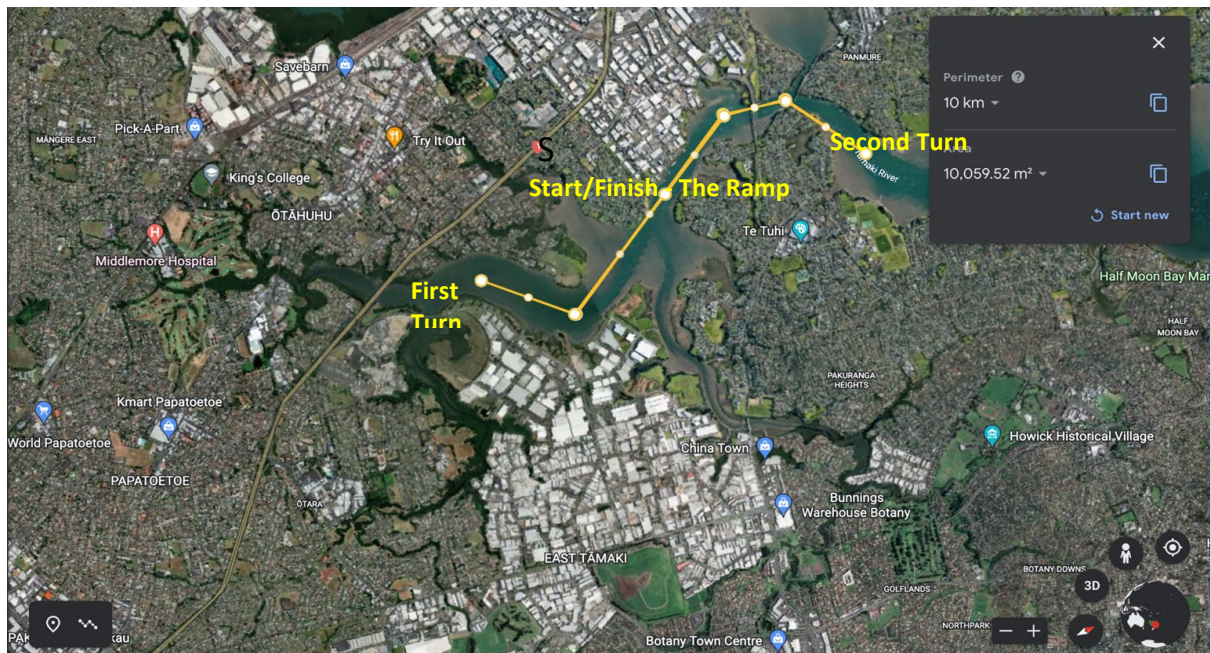
## COURSE MAPS

### MAP 1: 5KM Course Map





## MAP 2: 10KM Course Map



- High tide: 11.30 am
- Low tide: 5.10 am