



# SCHEDULE - DAY 1

## Sun, 15 Jan 2023

| RACE | EVENT                 | ROUND      |       | EST. START | PROGRESSIONS |
|------|-----------------------|------------|-------|------------|--------------|
| 001  | Taitama - W12 250     | Heat       | 1 / 4 | 11:00 am   |              |
| 002  | Taitamāhine - W6 250  | Heat       | 1 / 3 | 11:13 am   |              |
| 003  | Taitama - W12 250     | Heat       | 2 / 4 | 11:23 am   |              |
| 004  | Taitamāhine - W6 250  | Heat       | 2 / 3 | 11:36 am   |              |
| 005  | Taitama - W12 250     | Heat       | 3 / 4 | 11:46 am   |              |
| 006  | Taitamāhine - W6 250  | Heat       | 3 / 3 | 11:59 am   | See Race 015 |
| 007  | Taitama - W12 250     | Heat       | 4 / 4 | 12:09 pm   | See Race 014 |
| 008  | Taitama - W6 250      | Heat       | 1 / 4 | 12:22 pm   |              |
| 009  | Taitamāhine - W12 250 | Heat       | 1 / 2 | 12:32 pm   |              |
| 010  | Taitama - W6 250      | Heat       | 2 / 4 | 12:45 pm   |              |
| 011  | Taitama - W6 250      | Heat       | 3 / 4 | 12:55 pm   |              |
| 012  | Taitamāhine - W12 250 | Heat       | 2 / 2 | 1:05 pm    | See Race 050 |
| 013  | Taitama - W6 250      | Heat       | 4 / 4 | 1:18 pm    | See Race 018 |
| 014  | Taitama - W12 250     | Cup Semi   | 1 / 2 | 1:28 pm    |              |
| 015  | Taitamāhine - W6 250  | Champ Semi | 1 / 2 | 1:41 pm    |              |
| 016  | Taitama - W12 250     | Cup Semi   | 2 / 2 | 1:51 pm    | See Race 044 |
| 017  | Taitamāhine - W6 250  | Champ Semi | 2 / 2 | 2:04 pm    | See Race 032 |
| 018  | Taitama - W6 250      | Cup Semi   | 1 / 2 | 2:14 pm    |              |
| 019  | Taitama - W6 250      | Cup Semi   | 2 / 2 | 2:24 pm    | See Race 020 |
| 020  | Taitama - W6 250      | Champ Semi | 1 / 2 | 2:34 pm    |              |
| 021  | Taitama - W6 250      | Champ Semi | 2 / 2 | 2:44 pm    | See Race 031 |



# SCHEDULE - DAY 2

## Mon, 16 Jan 2023



| RACE | EVENT                 | ROUND       |       | EST. START | PROGRESSIONS |
|------|-----------------------|-------------|-------|------------|--------------|
| 022  | J16 Men - W6 500      | Heat        | 1 / 2 | 9:00 am    |              |
| 023  | J16 Men - W6 500      | Heat        | 2 / 2 | 9:06 am    | See Race 049 |
| 024  | Int Women - W12 500   | Heat        | 1 / 3 | 9:12 am    |              |
| 025  | Int Men - W6 500      | Heat        | 1 / 4 | 9:20 am    |              |
| 026  | Int Men - W6 500      | Heat        | 2 / 4 | 9:27 am    |              |
| 027  | Int Women - W12 500   | Heat        | 2 / 3 | 9:34 am    |              |
| 028  | Int Men - W6 500      | Heat        | 3 / 4 | 9:42 am    |              |
| 029  | Int Men - W6 500      | Heat        | 4 / 4 | 9:49 am    | See Race 051 |
| 030  | Int Women - W12 500   | Heat        | 3 / 3 | 9:56 am    | See Race 064 |
|      | 250m Startline        |             |       |            |              |
| 031  | Taitama - W6 250      | Cup Final   |       | 10:04 am   | See Race 034 |
| 032  | Taitamāhine - W6 250  | Cup Final   |       | 10:14 am   | See Race 033 |
| 033  | Taitamāhine - W6 250  | Champ Final |       | 10:24 am   |              |
| 034  | Taitama - W6 250      | Champ Final |       | 10:34 am   |              |
| 035  | Int Men - W12 500     | Heat        | 1 / 3 | 10:44 am   |              |
| 036  | J16 Women - W6 500    | Heat        | 1 / 3 | 10:52 am   |              |
| 037  | J16 Women - W6 500    | Heat        | 2 / 3 | 10:58 am   |              |
| 038  | Int Men - W12 500     | Heat        | 2 / 3 | 11:04 am   |              |
| 039  | J16 Women - W6 500    | Heat        | 3 / 3 | 11:12 am   | See Race 046 |
| 040  | Int Women - W6 500    | Heat        | 1 / 4 | 11:18 am   |              |
| 041  | Int Men - W12 500     | Heat        | 3 / 3 | 11:25 am   | See Race 070 |
| 042  | Int Women - W6 500    | Heat        | 2 / 4 | 11:33 am   |              |
| 043  | Int Women - W6 500    | Heat        | 3 / 4 | 11:40 am   |              |
| 044  | Taitama - W12 250     | Champ Semi  | 1 / 2 | 11:47 am   |              |
| 045  | Int Women - W6 500    | Heat        | 4 / 4 | 12:00 pm   | See Race 055 |
| 046  | J16 Women - W6 500    | Semi        | 1 / 2 | 12:07 pm   |              |
| 047  | Taitama - W12 250     | Champ Semi  | 2 / 2 | 12:13 pm   | See Race 054 |
| 048  | J16 Women - W6 500    | Semi        | 2 / 2 | 12:26 pm   | See Race 058 |
| 049  | J16 Men - W6 500      | Final       |       | 12:32 pm   |              |
| 050  | Taitamāhine - W12 250 | Champ Semi  | 1 / 2 | 12:38 pm   |              |
| 051  | Int Men - W6 500      | Semi        | 1 / 2 | 12:51 pm   |              |
| 052  | Taitamāhine - W12 250 | Champ Semi  | 2 / 2 | 12:58 pm   | See Race 060 |
| 053  | Int Men - W6 500      | Semi        | 2 / 2 | 1:11 pm    | See Race 059 |
| 054  | Taitama - W12 250     | Cup Final   |       | 1:18 pm    | See Race 057 |
| 055  | Int Women - W6 500    | Semi        | 1 / 2 | 1:31 pm    |              |
| 056  | Int Women - W6 500    | Semi        | 2 / 2 | 1:38 pm    | See Race 061 |
| 057  | Taitama - W12 250     | Champ Final |       | 1:45 pm    |              |
| 058  | J16 Women - W6 500    | Final       |       | 1:58 pm    |              |
| 059  | Int Men - W6 500      | Final       |       | 2:04 pm    |              |
| 060  | Taitamāhine - W12 250 | Champ Final |       | 2:11 pm    |              |
| 061  | Int Women - W6 500    | Final       |       | 2:24 pm    |              |
|      | Prizegiving           |             |       |            |              |



# SCHEDULE - DAY 3

## Tue, 17 Jan 2023

| RACE        | EVENT                     | ROUND |       | EST. START | PROGRESSIONS |
|-------------|---------------------------|-------|-------|------------|--------------|
| 062         | J16 Women - W6 1000       | Heat  | 1 / 5 | 9:00 am    |              |
| 063         | J16 Women - W6 1000       | Heat  | 2 / 5 | 9:09 am    |              |
| 064         | Int Women - W12 500       | Semi  | 1 / 2 | 9:18 am    |              |
| 065         | J16 Women - W6 1000       | Heat  | 3 / 5 | 9:26 am    |              |
| 066         | J16 Women - W6 1000       | Heat  | 4 / 5 | 9:35 am    |              |
| 067         | Int Women - W12 500       | Semi  | 2 / 2 | 9:44 am    | See Race 086 |
| 068         | J16 Women - W6 1000       | Heat  | 5 / 5 | 9:52 am    | See Race 090 |
| 069         | J16 Men - W6 1000         | Heat  | 1 / 3 | 10:01 am   |              |
| 070         | Int Men - W12 500         | Semi  | 1 / 2 | 10:10 am   |              |
| 071         | J16 Men - W6 1000         | Heat  | 2 / 3 | 10:18 am   |              |
| 072         | J16 Men - W6 1000         | Heat  | 3 / 3 | 10:27 am   | See Race 093 |
| 073         | Int Men - W12 500         | Semi  | 2 / 2 | 10:36 am   | See Race 092 |
| 074         | Int Women - W6 500 (Turn) | Heat  | 1 / 6 | 10:44 am   |              |
| 075         | Int Women - W6 500 (Turn) | Heat  | 2 / 6 | 10:52 am   |              |
| 076         | Int Women - W6 500 (Turn) | Heat  | 3 / 6 | 11:00 am   |              |
| 077         | J16 Men - W12 500         | Heat  | 1 / 1 | 11:08 am   | See Race 089 |
| 078         | Int Women - W6 500 (Turn) | Heat  | 4 / 6 | 11:14 am   |              |
| 079         | Int Women - W6 500 (Turn) | Heat  | 5 / 6 | 11:22 am   |              |
| 080         | Int Women - W6 500 (Turn) | Heat  | 6 / 6 | 11:30 am   | See Race 095 |
| 081         | J16 Women - W12 500       | Heat  | 1 / 2 | 11:38 am   |              |
| 082         | Int Men - W6 500 (Turn)   | Heat  | 1 / 5 | 11:44 am   |              |
| 083         | Int Men - W6 500 (Turn)   | Heat  | 2 / 5 | 11:52 am   |              |
| 084         | J16 Women - W12 500       | Heat  | 2 / 2 | 12:00 pm   | See Race 103 |
| 085         | Int Men - W6 500 (Turn)   | Heat  | 3 / 5 | 12:06 pm   |              |
| 086         | Int Women - W12 500       | Final |       | 12:14 pm   |              |
| 087         | Int Men - W6 500 (Turn)   | Heat  | 4 / 5 | 12:22 pm   |              |
| 088         | Int Men - W6 500 (Turn)   | Heat  | 5 / 5 | 12:30 pm   | See Race 097 |
| 089         | J16 Men - W12 500         | Final |       | 12:38 pm   |              |
| 090         | J16 Women - W6 1000       | Semi  | 1 / 2 | 12:44 pm   |              |
| 091         | J16 Women - W6 1000       | Semi  | 2 / 2 | 12:53 pm   | See Race 099 |
| 092         | Int Men - W12 500         | Final |       | 1:02 pm    |              |
| 093         | J16 Men - W6 1000         | Semi  | 1 / 2 | 1:10 pm    |              |
| 094         | J16 Men - W6 1000         | Semi  | 2 / 2 | 1:19 pm    | See Race 100 |
| 095         | Int Women - W6 500 (Turn) | Semi  | 1 / 2 | 1:28 pm    |              |
| 096         | Int Women - W6 500 (Turn) | Semi  | 2 / 2 | 1:36 pm    | See Race 101 |
| 097         | Int Men - W6 500 (Turn)   | Semi  | 1 / 2 | 1:44 pm    |              |
| 098         | Int Men - W6 500 (Turn)   | Semi  | 2 / 2 | 1:52 pm    | See Race 102 |
| 099         | J16 Women - W6 1000       | Final |       | 2:00 pm    |              |
| 100         | J16 Men - W6 1000         | Final |       | 2:09 pm    |              |
| 101         | Int Women - W6 500 (Turn) | Final |       | 2:18 pm    |              |
| 102         | Int Men - W6 500 (Turn)   | Final |       | 2:26 pm    |              |
| 103         | J16 Women - W12 500       | Final |       | 2:34 pm    |              |
| Prizegiving |                           |       |       |            |              |



# SCHEDULE - DAY 4

Wed, 18 Jan 2023

| RACE | EVENT                     | ROUND |       | EST. START | PROGRESSIONS |
|------|---------------------------|-------|-------|------------|--------------|
| 104  | Int Men - W1 500          | Heat  | 1 / 3 | 8:00 am    |              |
| 105  | Int Men - W1 500          | Heat  | 2 / 3 | 8:05 am    |              |
| 106  | Int Men - W1 500          | Heat  | 3 / 3 | 8:10 am    | See Race 154 |
| 107  | Int Women - W1 500        | Heat  | 1 / 3 | 8:15 am    |              |
| 108  | Int Women - W1 500        | Heat  | 2 / 3 | 8:20 am    |              |
| 109  | Int Women - W1 500        | Heat  | 3 / 3 | 8:25 am    | See Race 156 |
| 110  | J16 Men - W1 500          | Heat  | 1 / 3 | 8:30 am    |              |
| 111  | J16 Men - W1 500          | Heat  | 2 / 3 | 8:35 am    |              |
| 112  | J16 Men - W1 500          | Heat  | 3 / 3 | 8:40 am    | See Race 158 |
| 113  | J16 Women - W1 500        | Heat  | 1 / 3 | 8:45 am    |              |
| 114  | J16 Women - W1 500        | Heat  | 2 / 3 | 8:50 am    |              |
| 115  | J16 Women - W1 500        | Heat  | 3 / 3 | 8:55 am    | See Race 160 |
| 116  | J19 Men - W1 500          | Heat  | 1 / 3 | 9:00 am    |              |
| 117  | J19 Men - W1 500          | Heat  | 2 / 3 | 9:05 am    |              |
| 118  | J19 Men - W1 500          | Heat  | 3 / 3 | 9:10 am    | See Race 162 |
| 119  | J19 Women - W1 500        | Heat  | 1 / 3 | 9:15 am    |              |
| 120  | J19 Women - W1 500        | Heat  | 2 / 3 | 9:20 am    |              |
| 121  | J19 Women - W1 500        | Heat  | 3 / 3 | 9:25 am    | See Race 164 |
| 122  | U23 Men - W1 500          | Heat  | 1 / 1 | 9:30 am    | See Race 187 |
| 123  | U23 Women - W1 500        | Heat  | 1 / 1 | 9:35 am    | See Race 188 |
| 124  | Master 75 Men - W1 500    | Heat  | 1 / 1 | 9:40 am    | See Race 189 |
| 125  | Master 75 Women - W1 500  | Heat  | 1 / 1 | 9:46 am    | See Race 190 |
| 126  | Master 70 Men - W1 500    | Heat  | 1 / 1 | 9:52 am    | See Race 191 |
| 127  | Master 70 Women - W1 500  | Heat  | 1 / 1 | 9:58 am    | See Race 192 |
| 128  | Master 80 Men - W1 500    | Heat  | 1 / 1 | 10:04 am   | See Race 193 |
| 129  | Gld Master Men - W1 500   | Heat  | 1 / 3 | 10:10 am   |              |
| 130  | Gld Master Men - W1 500   | Heat  | 2 / 3 | 10:15 am   |              |
| 131  | Gld Master Men - W1 500   | Heat  | 3 / 3 | 10:20 am   | See Race 166 |
| 132  | Gld Master Women - W1 500 | Heat  | 1 / 2 | 10:25 am   |              |
| 133  | Gld Master Women - W1 500 | Heat  | 2 / 2 | 10:30 am   | See Race 195 |
| 134  | Snr Master Men - W1 500   | Heat  | 1 / 3 | 10:35 am   |              |
| 135  | Snr Master Men - W1 500   | Heat  | 2 / 3 | 10:40 am   |              |
| 136  | Snr Master Men - W1 500   | Heat  | 3 / 3 | 10:45 am   | See Race 168 |
| 137  | Snr Master Women - W1 500 | Heat  | 1 / 3 | 10:50 am   |              |
| 138  | Snr Master Women - W1 500 | Heat  | 2 / 3 | 10:55 am   |              |
| 139  | Snr Master Women - W1 500 | Heat  | 3 / 3 | 11:00 am   | See Race 170 |
| 140  | Master Men - W1 500       | Heat  | 1 / 3 | 11:05 am   |              |
| 141  | Master Men - W1 500       | Heat  | 2 / 3 | 11:10 am   |              |
| 142  | Master Men - W1 500       | Heat  | 3 / 3 | 11:15 am   | See Race 174 |
| 143  | Master Women - W1 500     | Heat  | 1 / 3 | 11:20 am   |              |
| 144  | Master Women - W1 500     | Heat  | 2 / 3 | 11:25 am   |              |
| 145  | Master Women - W1 500     | Heat  | 3 / 3 | 11:30 am   | See Race 172 |
| 146  | Premier Men - W1 500      | Heat  | 1 / 3 | 11:35 am   |              |
| 147  | Premier Men - W1 500      | Heat  | 2 / 3 | 11:40 am   |              |



# SCHEDULE - DAY 4

## Wed, 18 Jan 2023

| RACE | EVENT                         | ROUND     |       | EST. START | PROGRESSIONS |
|------|-------------------------------|-----------|-------|------------|--------------|
| 148  | Premier Men - W1 500          | Heat      | 3 / 3 | 11:45 am   | See Race 176 |
| 149  | Premier Women - W1 500        | Heat      | 1 / 2 | 11:50 am   |              |
| 150  | Premier Women - W1 500        | Heat      | 2 / 2 | 11:55 am   | See Race 201 |
|      | 200m Startline                |           |       |            |              |
| 151  | Adaptive Men (VL3) - W1 200   | St. Final |       | 12:00 pm   |              |
| 152  | Adaptive Men (VL4) - W1 200   | St. Final |       | 12:05 pm   |              |
| 153  | Adaptive Women (VL4) - W1 200 | St. Final |       | 12:10 pm   |              |
| 154  | Int Men - W1 500              | Semi      | 1 / 2 | 12:15 pm   |              |
| 155  | Int Men - W1 500              | Semi      | 2 / 2 | 12:20 pm   | See Race 181 |
| 156  | Int Women - W1 500            | Semi      | 1 / 2 | 12:25 pm   |              |
| 157  | Int Women - W1 500            | Semi      | 2 / 2 | 12:30 pm   | See Race 182 |
| 158  | J16 Men - W1 500              | Semi      | 1 / 2 | 12:35 pm   |              |
| 159  | J16 Men - W1 500              | Semi      | 2 / 2 | 12:40 pm   | See Race 183 |
| 160  | J16 Women - W1 500            | Semi      | 1 / 2 | 12:45 pm   |              |
| 161  | J16 Women - W1 500            | Semi      | 2 / 2 | 12:50 pm   | See Race 184 |
| 162  | J19 Men - W1 500              | Semi      | 1 / 2 | 12:55 pm   |              |
| 163  | J19 Men - W1 500              | Semi      | 2 / 2 | 1:00 pm    | See Race 185 |
| 164  | J19 Women - W1 500            | Semi      | 1 / 2 | 1:05 pm    |              |
| 165  | J19 Women - W1 500            | Semi      | 2 / 2 | 1:10 pm    | See Race 186 |
| 166  | Gld Master Men - W1 500       | Semi      | 1 / 2 | 1:15 pm    |              |
| 167  | Gld Master Men - W1 500       | Semi      | 2 / 2 | 1:20 pm    | See Race 194 |
| 168  | Snr Master Men - W1 500       | Semi      | 1 / 2 | 1:25 pm    |              |
| 169  | Snr Master Men - W1 500       | Semi      | 2 / 2 | 1:30 pm    | See Race 196 |
| 170  | Snr Master Women - W1 500     | Semi      | 1 / 2 | 1:35 pm    |              |
| 171  | Snr Master Women - W1 500     | Semi      | 2 / 2 | 1:40 pm    | See Race 197 |
| 172  | Master Women - W1 500         | Semi      | 1 / 2 | 1:45 pm    |              |
| 173  | Master Women - W1 500         | Semi      | 2 / 2 | 1:50 pm    | See Race 199 |
| 174  | Master Men - W1 500           | Semi      | 1 / 2 | 1:55 pm    |              |
| 175  | Master Men - W1 500           | Semi      | 2 / 2 | 2:00 pm    | See Race 198 |
| 176  | Premier Men - W1 500          | Semi      | 1 / 2 | 2:05 pm    |              |
| 177  | Premier Men - W1 500          | Semi      | 2 / 2 | 2:10 pm    | See Race 200 |
| 178  | Adaptive Men (VL3) - W1 500   | St. Final |       | 2:15 pm    |              |
| 179  | Adaptive Men (VL4) - W1 500   | St. Final |       | 2:20 pm    |              |
| 180  | Adaptive Women (VL4) - W1 500 | St. Final |       | 2:25 pm    |              |
| 181  | Int Men - W1 500              | Final     |       | 2:30 pm    |              |
| 182  | Int Women - W1 500            | Final     |       | 2:35 pm    |              |
| 183  | J16 Men - W1 500              | Final     |       | 2:40 pm    |              |
| 184  | J16 Women - W1 500            | Final     |       | 2:45 pm    |              |
| 185  | J19 Men - W1 500              | Final     |       | 2:50 pm    |              |
| 186  | J19 Women - W1 500            | Final     |       | 2:55 pm    |              |
| 187  | U23 Men - W1 500              | Final     |       | 3:00 pm    |              |
| 188  | U23 Women - W1 500            | Final     |       | 3:05 pm    |              |
| 189  | Master 75 Men - W1 500        | Final     |       | 3:10 pm    |              |
| 190  | Master 75 Women - W1 500      | Final     |       | 3:16 pm    |              |



# SCHEDULE - DAY 4

Wed, 18 Jan 2023

| RACE | EVENT                     | ROUND | EST. START | PROGRESSIONS |
|------|---------------------------|-------|------------|--------------|
| 191  | Master 70 Men - W1 500    | Final | 3:22 pm    |              |
| 192  | Master 70 Women - W1 500  | Final | 3:28 pm    |              |
| 193  | Master 80 Men - W1 500    | Final | 3:34 pm    |              |
| 194  | Gld Master Men - W1 500   | Final | 3:40 pm    |              |
| 195  | Gld Master Women - W1 500 | Final | 3:45 pm    |              |
| 196  | Snr Master Men - W1 500   | Final | 3:50 pm    |              |
| 197  | Snr Master Women - W1 500 | Final | 3:55 pm    |              |
| 198  | Master Men - W1 500       | Final | 4:00 pm    |              |
| 199  | Master Women - W1 500     | Final | 4:05 pm    |              |
| 200  | Premier Men - W1 500      | Final | 4:10 pm    |              |
| 201  | Premier Women - W1 500    | Final | 4:15 pm    |              |
|      | Prizegiving               |       |            |              |



# SCHEDULE - DAY 5

Thu, 19 Jan 2023

| RACE | EVENT                               | ROUND |       | EST. START | PROGRESSIONS |
|------|-------------------------------------|-------|-------|------------|--------------|
| 202  | Snr Master Men - W6 500             | Heat  | 1 / 2 | 9:00 am    |              |
| 203  | Snr Master Men - W6 500             | Heat  | 2 / 2 | 9:06 am    | See Race 326 |
| 204  | Nat Hauora Co Premier Men - W12 500 | Heat  | 1 / 2 | 9:12 am    |              |
| 205  | Snr Master Women - W6 500           | Heat  | 1 / 2 | 9:18 am    |              |
| 206  | Snr Master Women - W6 500           | Heat  | 2 / 2 | 9:24 am    | See Race 327 |
| 207  | Nat Hauora Co Premier Men - W12 500 | Heat  | 2 / 2 | 9:30 am    | See Race 285 |
| 208  | Gld Master Men - W6 500             | Heat  | 1 / 2 | 9:36 am    |              |
| 209  | Gld Master Men - W6 500             | Heat  | 2 / 2 | 9:42 am    | See Race 320 |
| 210  | J19 Women - W12 500                 | Heat  | 1 / 1 | 9:48 am    | See Race 274 |
| 211  | Master (70) Women - W6 500          | Heat  | 1 / 1 | 9:54 am    | See Race 321 |
| 212  | Premier Women - W6 500              | Heat  | 1 / 3 | 10:00 am   |              |
| 213  | Premier Women - W6 500              | Heat  | 2 / 3 | 10:06 am   |              |
| 214  | Premier Women - W6 500              | Heat  | 3 / 3 | 10:12 am   | See Race 300 |
| 215  | Gld Master Women - W12 500          | Heat  | 1 / 1 | 10:18 am   | See Race 247 |
| 216  | Master Men - W6 500                 | Heat  | 1 / 2 | 10:24 am   |              |
| 217  | Master Men - W6 500                 | Heat  | 2 / 2 | 10:30 am   | See Race 330 |
| 218  | Snr Master Women - W12 500          | Heat  | 1 / 1 | 10:36 am   | See Race 288 |
| 219  | Master Women - W6 500               | Heat  | 1 / 3 | 10:42 am   |              |
| 220  | Master Women - W6 500               | Heat  | 2 / 3 | 10:48 am   |              |
| 221  | Master Women - W6 500               | Heat  | 3 / 3 | 10:54 am   | See Race 264 |
| 222  | Snr Master Men - W12 500            | Heat  | 1 / 1 | 11:00 am   | See Race 244 |
| 223  | Gld Master Women - W6 500           | Heat  | 1 / 2 | 11:06 am   |              |
| 224  | Gld Master Women - W6 500           | Heat  | 2 / 2 | 11:12 am   | See Race 317 |
| 225  | Master Women - W12 500              | Heat  | 1 / 2 | 11:18 am   |              |
| 226  | Gld Master Men - W6 1000            | Heat  | 1 / 3 | 11:24 am   |              |
| 227  | Gld Master Men - W6 1000            | Heat  | 2 / 3 | 11:31 am   |              |
| 228  | Master Women - W12 500              | Heat  | 2 / 2 | 11:38 am   | See Race 256 |
| 229  | Gld Master Men - W6 1000            | Heat  | 3 / 3 | 11:44 am   | See Race 278 |
| 230  | Premier Men - W6 1500               | Heat  | 1 / 4 | 11:51 am   |              |
| 231  | Nat Hauora Co Premier Women - W12   | Heat  | 1 / 3 | 12:01 pm   |              |
| 232  | Premier Men - W6 1500               | Heat  | 2 / 4 | 12:07 pm   |              |
| 233  | Premier Men - W6 1500               | Heat  | 3 / 4 | 12:17 pm   |              |
| 234  | Nat Hauora Co Premier Women - W12   | Heat  | 2 / 3 | 12:27 pm   |              |
| 235  | Premier Men - W6 1500               | Heat  | 4 / 4 | 12:33 pm   | See Race 281 |
| 236  | Snr Master Women - W6 1000          | Heat  | 1 / 3 | 12:43 pm   |              |
| 237  | Nat Hauora Co Premier Women - W12   | Heat  | 3 / 3 | 12:50 pm   | See Race 250 |
| 238  | Snr Master Women - W6 1000          | Heat  | 2 / 3 | 12:56 pm   |              |
| 239  | Snr Master Women - W6 1000          | Heat  | 3 / 3 | 1:03 pm    | See Race 266 |
| 240  | Master Men - W12 500                | Heat  | 1 / 1 | 1:10 pm    | See Race 277 |
| 241  | Premier Women - W6 1500             | Heat  | 1 / 4 | 1:16 pm    |              |
| 242  | Premier Women - W6 1500             | Heat  | 2 / 4 | 1:26 pm    |              |
| 243  | J19 Men - W6 500                    | Heat  | 1 / 1 | 1:36 pm    | See Race 323 |
| 244  | Snr Master Men - W12 500            | Final |       | 1:42 pm    |              |
| 245  | Premier Women - W6 1500             | Heat  | 3 / 4 | 1:48 pm    |              |



# SCHEDULE - DAY 5

Thu, 19 Jan 2023



| RACE | EVENT                      | ROUND      | EST. START | PROGRESSIONS |
|------|----------------------------|------------|------------|--------------|
| 246  | Premier Women - W6 1500    | Heat 4 / 4 | 1:58 pm    | See Race 269 |
| 247  | Gld Master Women - W12 500 | Final      | 2:08 pm    |              |
|      | Prizegiving                |            |            |              |



# SCHEDULE - DAY 6

## Fri, 20 Jan 2023

| RACE | EVENT                                   | ROUND |       | EST. START | PROGRESSIONS |
|------|-----------------------------------------|-------|-------|------------|--------------|
| 248  | Premier Men - W6 500                    | Heat  | 1 / 3 | 9:00 am    |              |
| 249  | Premier Men - W6 500                    | Heat  | 2 / 3 | 9:06 am    |              |
| 250  | Nat Hauora Co Premier Women - W12       | Semi  | 1 / 2 | 9:12 am    |              |
| 251  | Premier Men - W6 500                    | Heat  | 3 / 3 | 9:18 am    | See Race 298 |
| 252  | Nat Hauora Co Premier Women - W12       | Semi  | 2 / 2 | 9:24 am    | See Race 280 |
| 253  | Master (70) Men - W6 500                | Heat  | 1 / 1 | 9:30 am    | See Race 322 |
| 254  | Gld Master Women - W6 1000              | Heat  | 1 / 2 | 9:36 am    |              |
| 255  | Gld Master Women - W6 1000              | Heat  | 2 / 2 | 9:43 am    | See Race 303 |
| 256  | Master Women - W12 500                  | Final |       | 9:50 am    |              |
| 257  | Snr Master Men - W6 1000                | Heat  | 1 / 2 | 9:56 am    |              |
| 258  | Snr Master Men - W6 1000                | Heat  | 2 / 2 | 10:03 am   | See Race 306 |
| 259  | J19 Men - W12 500                       | Heat  | 1 / 1 | 10:10 am   | See Race 271 |
| 260  | Master Men - W6 1000                    | Heat  | 1 / 3 | 10:16 am   |              |
| 261  | Master Men - W6 1000                    | Heat  | 2 / 3 | 10:23 am   |              |
| 262  | Master Men - W6 1000                    | Heat  | 3 / 3 | 10:30 am   | See Race 292 |
| 263  | J19 Women - W6 500                      | Heat  | 1 / 1 | 10:37 am   | See Race 324 |
| 264  | Master Women - W6 500                   | Semi  | 1 / 2 | 10:43 am   |              |
| 265  | Master Women - W6 500                   | Semi  | 2 / 2 | 10:49 am   | See Race 331 |
| 285  | Nat Hauora Co Premier Men - W12 500     | Final |       | 10:55 am   |              |
| 266  | Snr Master Women - W6 1000              | Semi  | 1 / 2 | 11:01 am   |              |
| 267  | Snr Master Women - W6 1000              | Semi  | 2 / 2 | 11:08 am   | See Race 307 |
| 268  | Gld Master Men - W12 500                | Heat  | 1 / 1 | 11:15 am   | See Race 291 |
| 269  | Premier Women - W6 1500                 | Semi  | 1 / 2 | 11:21 am   |              |
| 270  | Premier Women - W6 1500                 | Semi  | 2 / 2 | 11:31 am   | See Race 316 |
| 271  | J19 Men - W12 500                       | Final |       | 11:41 am   |              |
| 272  | Master Women - W6 1000                  | Heat  | 1 / 4 | 11:47 am   |              |
| 273  | Master Women - W6 1000                  | Heat  | 2 / 4 | 11:54 am   |              |
| 274  | J19 Women - W12 500                     | Final |       | 12:01 pm   |              |
| 275  | Master Women - W6 1000                  | Heat  | 3 / 4 | 12:07 pm   |              |
| 276  | Master Women - W6 1000                  | Heat  | 4 / 4 | 12:14 pm   | See Race 294 |
| 277  | Master Men - W12 500                    | Final |       | 12:21 pm   |              |
| 278  | Gld Master Men - W6 1000                | Semi  | 1 / 2 | 12:27 pm   |              |
| 279  | Gld Master Men - W6 1000                | Semi  | 2 / 2 | 12:34 pm   | See Race 302 |
| 280  | Nat Hauora Co Premier Women - W12       | Final |       | 12:41 pm   |              |
| 281  | Premier Men - W6 1500                   | Semi  | 1 / 2 | 12:47 pm   |              |
| 282  | Premier Men - W6 1500                   | Semi  | 2 / 2 | 12:57 pm   | See Race 314 |
| 283  | Master (70) Men - W6 500 (Turn)         | Heat  | 1 / 1 | 1:07 pm    | See Race 308 |
| 284  | Master (70) Women - W6 500 (Turn)       | Heat  | 1 / 1 | 1:15 pm    | See Race 309 |
| 285  | MOVED AFTER 265 - Nat Hauora Co Premier | Final |       |            |              |
| 286  | J19 Women - W6 1000                     | Heat  | 1 / 2 | 1:21 pm    |              |
| 287  | J19 Women - W6 1000                     | Heat  | 2 / 2 | 1:30 pm    | See Race 313 |
| 288  | Snr Master Women - W12 500              | Final |       | 1:39 pm    |              |
| 289  | J19 Men - W6 1000                       | Heat  | 1 / 2 | 1:45 pm    |              |
| 290  | J19 Men - W6 1000                       | Heat  | 2 / 2 | 1:54 pm    | See Race 311 |



# SCHEDULE - DAY 6

Fri, 20 Jan 2023

| RACE | EVENT                            | ROUND     |       | EST. START | PROGRESSIONS |
|------|----------------------------------|-----------|-------|------------|--------------|
| 291  | Gld Master Men - W12 500         | Final     |       | 2:03 pm    |              |
| 292  | Master Men - W6 1000             | Semi      | 1 / 2 | 2:09 pm    |              |
| 293  | Master Men - W6 1000             | Semi      | 2 / 2 | 2:16 pm    | See Race 304 |
| 294  | Master Women - W6 1000           | Semi      | 1 / 2 | 2:23 pm    |              |
| 295  | Master Women - W6 1000           | Semi      | 2 / 2 | 2:30 pm    | See Race 305 |
| 296  | Premier Men Regional - W12 500   | St. Final |       | 2:37 pm    |              |
| 297  | Premier Women Regional - W12 500 | St. Final |       | 2:47 pm    |              |
|      | Prizegiving                      |           |       |            |              |



# SCHEDULE - DAY 7

## Sat, 21 Jan 2023

| RACE | EVENT                             | ROUND       |       | EST. START | PROGRESSIONS |
|------|-----------------------------------|-------------|-------|------------|--------------|
| 298  | Premier Men - W6 500              | Semi        | 1 / 2 | 9:00 am    |              |
| 299  | Premier Men - W6 500              | Semi        | 2 / 2 | 9:06 am    | See Race 333 |
| 300  | Premier Women - W6 500            | Semi        | 1 / 2 | 9:12 am    |              |
| 301  | Premier Women - W6 500            | Semi        | 2 / 2 | 9:18 am    | See Race 334 |
| 302  | Gld Master Men - W6 1000          | Final       |       | 9:24 am    |              |
| 303  | Gld Master Women - W6 1000        | Final       |       | 9:31 am    |              |
| 304  | Master Men - W6 1000              | Final       |       | 9:38 am    |              |
| 305  | Master Women - W6 1000            | Final       |       | 9:45 am    |              |
| 306  | Snr Master Men - W6 1000          | Final       |       | 9:52 am    |              |
| 307  | Snr Master Women - W6 1000        | Final       |       | 9:59 am    |              |
| 308  | Master (70) Men - W6 500 (Turn)   | Final       |       | 10:06 am   |              |
| 309  | Master (70) Women - W6 500 (Turn) | Final       |       | 10:14 am   |              |
| 310  | Adaptive Mixed - W6 500 (Turn)    | St. Final   |       | 10:22 am   |              |
| 311  | J19 Men - W6 1000                 | Final       |       | 10:29 am   |              |
| 312  | Corporate Challenge               | Heat        | 1 / 3 | 10:38 am   |              |
| 313  | J19 Women - W6 1000               | Final       |       | 10:53 am   |              |
| 314  | Premier Men - W6 1500             | Final       |       | 11:02 am   |              |
| 315  | Corporate Challenge               | Heat        | 2 / 3 | 11:12 am   |              |
| 316  | Premier Women - W6 1500           | Final       |       | 11:27 am   |              |
| 317  | Gld Master Women - W6 500         | Final       |       | 11:37 am   |              |
| 318  | Adaptive Mixed - W6 500           | Heat        | 1 / 1 | 11:43 am   | See Race 328 |
| 319  | Corporate Challenge               | Heat        | 3 / 3 | 11:50 am   | See Race 325 |
| 320  | Gld Master Men - W6 500           | Final       |       | 12:05 pm   |              |
| 321  | Master (70) Women - W6 500        | Final       |       | 12:11 pm   |              |
| 322  | Master (70) Men - W6 500          | Final       |       | 12:17 pm   |              |
| 323  | J19 Men - W6 500                  | Final       |       | 12:23 pm   |              |
| 324  | J19 Women - W6 500                | Final       |       | 12:29 pm   |              |
| 325  | Corporate Challenge               | Bowl Final  |       | 12:35 pm   | See Race 329 |
| 326  | Snr Master Men - W6 500           | Final       |       | 12:50 pm   |              |
| 327  | Snr Master Women - W6 500         | Final       |       | 12:56 pm   |              |
| 328  | Adaptive Mixed - W6 500           | Final       |       | 1:02 pm    |              |
| 329  | Corporate Challenge               | Plate Final |       | 1:09 pm    | See Race 332 |
| 330  | Master Men - W6 500               | Final       |       | 1:24 pm    |              |
| 331  | Master Women - W6 500             | Final       |       | 1:30 pm    |              |
| 332  | Corporate Challenge               | Champ Final |       | 1:36 pm    |              |
| 333  | Premier Men - W6 500              | Final       |       | 1:51 pm    |              |
| 334  | Premier Women - W6 500            | Final       |       | 1:57 pm    |              |
| 335  | J19 Men Dash - W1 250             | St. Final   |       | 2:03 pm    |              |
| 336  | J19 Women Dash - W1 250           | St. Final   |       | 2:13 pm    |              |
| 337  | Premier Men Dash - W1 250         | St. Final   |       | 2:23 pm    |              |
| 338  | Premier Women Dash - W1 250       | St. Final   |       | 2:33 pm    |              |
|      | Prizegiving                       |             |       |            |              |