

2023 Long Distance Nationals Race Start Waves

Please note: The time between each wave start will be advised on the day

Day 1 - Race 1 Start 8:30am		
Race 1 - Wave 1 - Men	Distance	Laps
W1 - Gld Master Men (Rudderless)*	8-10km	1
W1 - Junior 19 Men (Rudderless)*	8-10km	1
W1 - Master 70 Men (Rudderless)*	8-10km	1
W1 - Master Men (Rudderless)*	16-18km	2
W1 - Open Men (Rudderless)*	16-18km	2
W1 - Snr Master Men (Rudderless)*	16-18km	2
W1 - U23 Men (Rudderless)	16-18km	2
Race 1 - Wave 2 - Women	Distance	Laps
W2 - Master Women	16-18km	2
W2 - Open Mixed	16-18km	2
W2 - Snr Master Mixed	16-18km	2
W2 - Snr Master Women	16-18km	2
W1 - Gld Master Women (Ruddered)	8-10km	1
W1 - Junior 19 Women (Ruddered)	8-10km	1
W1 - Snr Master Women (Ruddered)	16-18km	2
W2 - Gld Master Mixed	8-10km	1
W2 - Gld Master Women	8-10km	1
W2 - Junior 19 Mixed	8-10km	1
W2 - Junior 19 Women	8-10km	1
W1 - Master Women (Ruddered)	16-18km	2
W1 - Open Women (Ruddered)	16-18km	2
W2 - Master Mixed	16-18km	2
W2 - Open Women	16-18km	2
W1 - Master 70 Women (Ruddered)	8-10km	1

*indicates divisions qualifying for the 2023 Samoa World Distance Championships

**These divisions have qualified for the 2023 Samoa World Distance Champs prior to the event

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Day 1 - Race 2 - Start 11:30am		
Race 2 - Wave 1 - Men	Distance	Laps
W2 - Gld Master Men	8-10km	1
W2 - Master Men	16-18km	2
W2 - Open Men	16-18km	2
W2 - Snr Master Men	16-18km	2
W1 - Junior 19 Men (Ruddered)	8-10km	1
W1 - Master 70 Men (Ruddered)	8-10km	1
W1 - Master Men (Ruddered)	16-18km	2
W1 - Open Men (Ruddered)	16-18km	2
W1 - Snr Master Men (Ruddered)	16-18km	2
W1 - U23 Men (Ruddered)	16-18km	2
W1 - Gld Master Men (Ruddered)	8-10km	1
W1 -M75 Men (Ruddered)	8-10km	1
Race 2 - Wave 2 - Women	Distance	Laps
W1 - Gld Master Women (Rudderless)*	8-10km	1
W1 - Junior 19 Women (Rudderless)*	8-10km	1
W1 - Master 70 Women (Rudderless)**	8-10km	1
W1 - Master Women (Rudderless)*	16-18km	2
W1 - Open Women (Rudderless)*	16-18km	2
W1 - Snr Master Women (Rudderless)*	16-18km	2
W1 - U23 Women (Rudderless)	16-18km	2
W1 - M75 Women (Rudderless)**	8-10km	1
Day 1 - Race 3 Start 1:30 pm		
Race 3 - Wave 1 - J16s	Distance	Laps
W6 - J16 Men*	8-10km	1
W6 - J16 Mixed	8-10km	1
W6 - J16 Women*	8-10km	1
Race 3 - Wave 2 - Short-course	Distance	Laps
W6 - Short Course Open Men (Non-Medal event)	8-10km	1
W6 - Short Course Open Women (Non-Medal event)	8-10km	1
W6 - Short Course Open Mixed (Non-Medal event)	8-10km	1

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Day 2 - Race 4 Start 8:00am

Race 4 - Wave 1 - W6s	Distance	Laps
W6 - Junior 19 Women	16-18km	2
W6 - Open Women	23-25km	3
W6 - Master Women*	23-25km	3
W6 - Snr Master Women*	23-25km	3
W6 - Gld Master Women*	16-18km	2
W6 - Master 70 Women**	16-18km	2

Race 4 - Wave 2 - J16	Distance	Laps
W1 - Junior 16 Men (Ruddered)	8-10km	1
W2 - J16 Men	8-10km	1
W1 - Junior 16 Women (Rudderless)*	8-10km	1

Day 2 - Race 5 Start 11:00am

Race 5 - Wave 1 - W6s	Distance	Laps
W6 - Open Mixed	23-25km	3
W6 - Master Mixed	23-25km	3
W6 - Snr Master Mixed	23-25km	3
W6 - Gld Master Mixed	16-18km	2

Race 5 - Wave 2 - W1/2	Distance	Laps
W1 - Junior 16 Men (Rudderless)*	8-10km	1
W3 - J16 Women	8-10km	1
W1 - Junior 16 Women (Ruddered)	8-10km	1
W2 - J16 Women	8-10km	1

Day 2 - Race 6 Start 2:00pm

Race 6 - Wave 1	Distance	Laps
W6 - Open Men	23-25km	3
W6 - Master Men*	23-25km	3
W6 - Snr Master Men*	23-25km	3

Race 6 - Wave 2	Distance	Laps
W6 - Gld Master Men*	16-18km	2
W6 - Master 70 Men**	16-18km	2
W6 - Junior 19 Men	16-18km	2

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