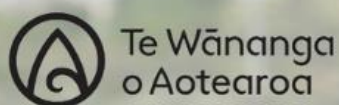


# RACE INFORMATION



Te Wānanga  
o Aotearoa



## 2025 REGIONAL SECONDARY SCHOOLS WAKA AMA SPRINTS



**SAT 8 MARCH 2025**

Lake Henley, Masterton

# Contents

<a href="#"><u>Introduction</u></a>	2
<a href="#"><u>Club contacts</u></a>	3
<a href="#"><u>Key information</u></a>	4
<a href="#"><u>Categories and age groups</u></a>	4
<a href="#"><u>Eligibility</u></a>	4
<a href="#"><u>Entries</u></a>	5
<a href="#"><u>Race schedule and lane draw</u></a>	5
<a href="#"><u>Key dates</u></a>	5
<a href="#"><u>Event area</u></a>	6
<a href="#"><u>Fundraising</u></a>	6
<a href="#"><u>Waste minimisation</u></a>	7
<a href="#"><u>COVID-19</u></a>	7
<a href="#"><u>Rules and regulations</u></a>	7
<a href="#"><u>Code of conduct</u></a>	7
<a href="#"><u>Canoes</u></a>	7
<a href="#"><u>Uniform</u></a>	8
<a href="#"><u>Progressions and finals</u></a>	8
<a href="#"><u>Safety</u></a>	8
<a href="#"><u>Paddles</u></a>	8
<a href="#"><u>Pre-race guidance</u></a>	8
<a href="#"><u>Racecourse</u></a>	9
<a href="#"><u>Lanes</u></a>	9
<a href="#"><u>Starts</u></a>	9
<a href="#"><u>Disqualification and time penalties</u></a>	10
<a href="#"><u>Volunteer information</u></a>	10
<a href="#"><u>Waiver - Regional Secondary School Sprints</u></a>	11
<a href="#"><u>Year 7/8 Event Registration Form</u></a>	12
<a href="#"><u>Year 7/8 Paddler roster</u></a>	13

## Introduction

Hoe Tonga Pacifica Waka Ama Association, in association with College Sport Wellington, is pleased to offer secondary school students the opportunity to participate in our region's Secondary School Sprint Champs. Following a successful regionals in Wairarapa last year, our biggest one in Hoe Tonga history, the board decided to take the event back to Henley Lake, Wairarapa, March 8th, 2025.

We will once again also have a year 7/8 division for W6 races. This will open up entries to schools with year 7/8 students that wish to partake in the event. This division will act as a bridging division.

We recognise the effort schools undertake to ensure all students are given the opportunity to participate in sport at any level and we believe Waka Ama delivers an experience of a lifetime. We wish to acknowledge those involved in delivering programmes to students, particularly clubs who provide access to equipment and coaching, and of course the many parents and teachers who offer their support and guidance.

It is our hope that students enjoy this unique experience and consider joining one of the many clubs within our region to further develop their skills and engage fully in the many different aspects Waka Ama provides. Waka Ama provides individuals with the opportunity to develop connections to our community, develop leadership skills and adopt a healthier lifestyle and sense of hauora or wellbeing.

Our Secondary Schools regatta has increased in numbers every year and its success is largely due to our team of dedicated volunteers. Hoe Tonga invites you and your supporters to be part of this success while enjoying all the excitement waka ama brings to our community.



## Club contacts

Hoe Tonga Pacifica Waka Ama Association (Hoe Tonga) is the organisation representing Waka Ama (Outrigger Canoeing) in the lower North Island. The region comprises Wellington, Porirua, Hutt Valley, Horowhenua, Manawatu, Wairarapa and Whanganui.

There are a total of 14 clubs located within the Hoe Tonga region with key contacts listed below. Sports Coordinators and schools will need to make arrangements with these clubs to assist with or provide training. Some schools already have existing relationships with clubs in their area and we encourage you to continue with relevant arrangements.

**All paddlers are expected to have experienced at least one capsiz drill during training, and be regarded as sufficiently competent by Sports Coordinators or team managers to compete at the regatta.**

Club	Contact	Email
<b>PORIRUA</b>		
Toa Waka Ama Club	Trini Ropata-Tawhiri	<a href="mailto:toawakaama@gmail.com">toawakaama@gmail.com</a>
Porirua Canoe and Kayak Club	Joan Nathu	<a href="mailto:poriruacanoekayakclub@gmail.com">poriruacanoekayakclub@gmail.com</a>
Hawaikinui Tuarua Waka Ama Club	Joe Ropeti	<a href="mailto:hawaikinuiwakaama@gmail.com">hawaikinuiwakaama@gmail.com</a> <a href="mailto:hawaikinui2@gmail.com">hawaikinui2@gmail.com</a>
Mana Pacifica	Dennis Ngatai	<a href="mailto:d2ngatai@gmail.com">d2ngatai@gmail.com</a>
<b>LOWER HUTT</b>		
Hikoikoi Waka Ama Club	Chris Fox	<a href="mailto:hikoikoiwakaama@gmail.com">hikoikoiwakaama@gmail.com</a>
Kokiri Tai Patu Waka Ama Club	John Kingi	<a href="mailto:john@kokiri-hauora.org.nz">john@kokiri-hauora.org.nz</a>
<b>WELLINGTON</b>		
Tunui a te Ika (Oriental Bay)	Roimata Tauroa	<a href="mailto:tunuiwakaama@gmail.com">tunuiwakaama@gmail.com</a>
Tai Tonga 41 Outrigger Canoe Club	Rachel Wright	<a href="mailto:taitonga41@gmail.com">taitonga41@gmail.com</a>
<b>MASTERTON</b>		
Wairarapa Waka Ama Canoe Club	Kathleen Rimene	<a href="mailto:wairarapawakaama@outlook.com">wairarapawakaama@outlook.com</a>
<b>WHANGANUI</b>		
Te Ringa Miti Tai Heke	Secretary	<a href="mailto:trmth.wakaama@gmail.com">trmth.wakaama@gmail.com</a>
Whanganui River Outrigger Canoe Club	Secretary	<a href="mailto:wroccnz@gmail.com">wroccnz@gmail.com</a>
Ratana Pa Kaihoe	Isaac Fonote	<a href="mailto:ratanapakaihoe@gmail.com">ratanapakaihoe@gmail.com</a>
River City Waka ama	Rachel Kingi	<a href="mailto:rivercitywakaama@gmail.com">rivercitywakaama@gmail.com</a>
<b>OTAKI</b>		
Otaki Waka Hoe	Tutere Henare	<a href="mailto:otakiwakahoe@gmail.com">otakiwakahoe@gmail.com</a>



## Key information

Organiser:	Hoe Tonga Pacific Waka Ama Association
Main contact:	Regional Development Officer, hoetonga@gmail.com
Venue:	Henley Lake, Masterton
Date:	Saturday 8 March 2025
Teams Arrive:	7am - 7:30am -Set up Marquees
Registration opens:	8am
Race briefing:	8.30am
Race No.1:	W1's (as indicated on race schedule) Published once College Sport Team registrations close.
Finish Time:	5pm (finish time estimate only)

## Categories and age groups

Category	Age Groups	Comment
W1 250m	Girls and Boys J16 and J19	Students must be competent to paddle a rudderless W1 in a range of conditions.
W6 250m	Girls and Boys Intermediate, J16 and J19	Raced in a straight line
W6 500m	Girls and Boys Intermediate, J16 and J19	Raced with one turn on a 250m course

## Eligibility

Competitors must be under 16 years old on 1 January of the year of race to enter as a J16 or be under 19 years old on 1 January to enter as J19. **The intermediate grade will only be open to those students in year 7 or 8 in their respective schools.**

Competitors may only compete for the school at which they are enrolled and attend full time.

A student may only paddle for one crew in any one race/event, ie Yr7/8 or J16 or J19. W6 teams must only comprise students from the same school.

Please note that no formal mixed divisions. While composite (mixed) teams may entered in the Boys division, these teams **are not eligible for prizes or progression to champ finals.**

## Entries

The cost to participate is \$25+GST per paddler. Paddlers competing in W1 and W6 races only pay one fee.

Entries will close on **Thursday 27 February 2025**. This is to allow for the preparation of the race schedule and lane draw. Unfortunately we are unable to accept late entries. Entries will not be accepted on the day.

Entries for J16 and J19 divisions are to be made by school representatives (Sports Coordinators) **online through their own registration pages via SPORTY**. (This is a password protected site and the School Sports Coordinators will need to manage this) and also the CSW regulations <https://www.collegesport.org.nz/sports-1/bylaws>. Any school in Whanganui, Wairarapa and Manawatu wishing to enter will need to contact College Sport Wellington to process their entry.

**Entries for year 7/8 division** are to be made manually via the entry form at the end of this information pack and emailed to [hoetonga@gmail.com](mailto:hoetonga@gmail.com).

Any enquiries regarding entries should be directed to College Sport Wellington: David Fa'atafa, Code Manager Waka Ama, [david@collegesport.org.nz](mailto:david@collegesport.org.nz), 021 448279.

NOTE: Each school will be invoiced by College Sport Wellington for J19 and J16 entries after the event. Each school with year 7/8 entries will be invoiced by Hoe Tonga Pacifica Waka Ama Association. Schools will be invoiced for registered teams and individuals competing in W1 that are not in a team. Invoices, which may not be sent out until after the event, are based on those teams and paddlers registered as at **Thursday 27 February 2025**.

## Race schedule and lane draw

Unless otherwise notified, the race schedule and lane draw will be published by 8pm on Thursday 6th March 2025 at [www.hoetonga.co.nz](http://www.hoetonga.co.nz) and our Facebook Page and distributed by College Sport Wellington to Sport Coordinators.

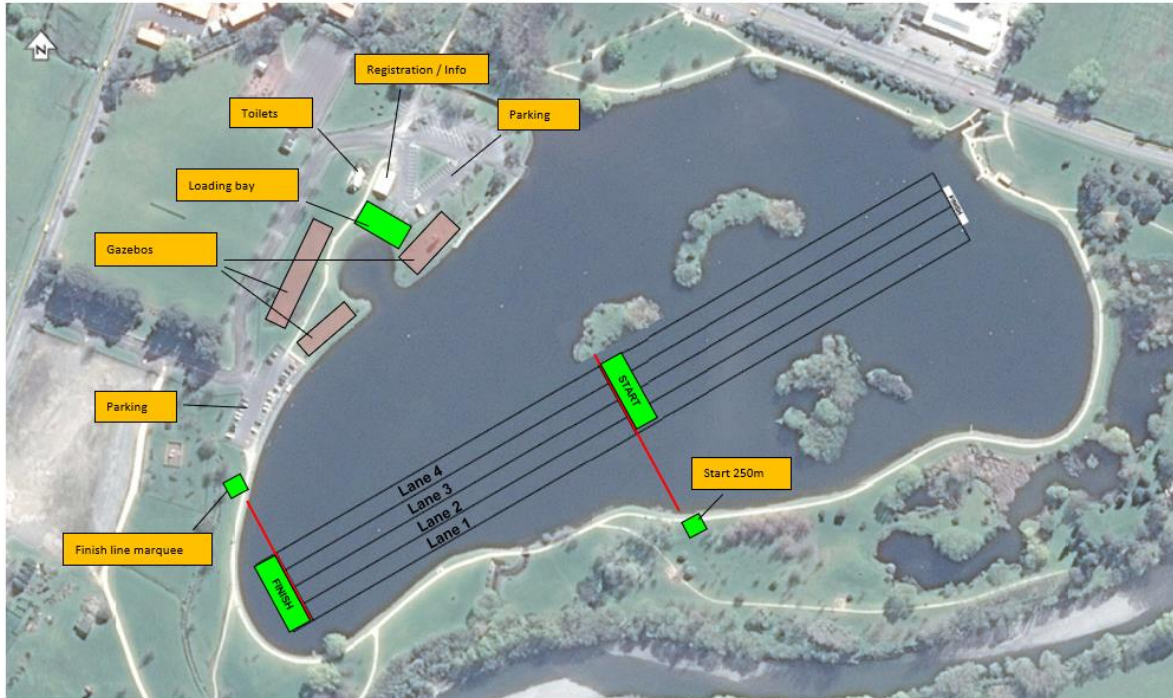
Races may be combined at the sole discretion of Hoe Tonga.

## Key dates

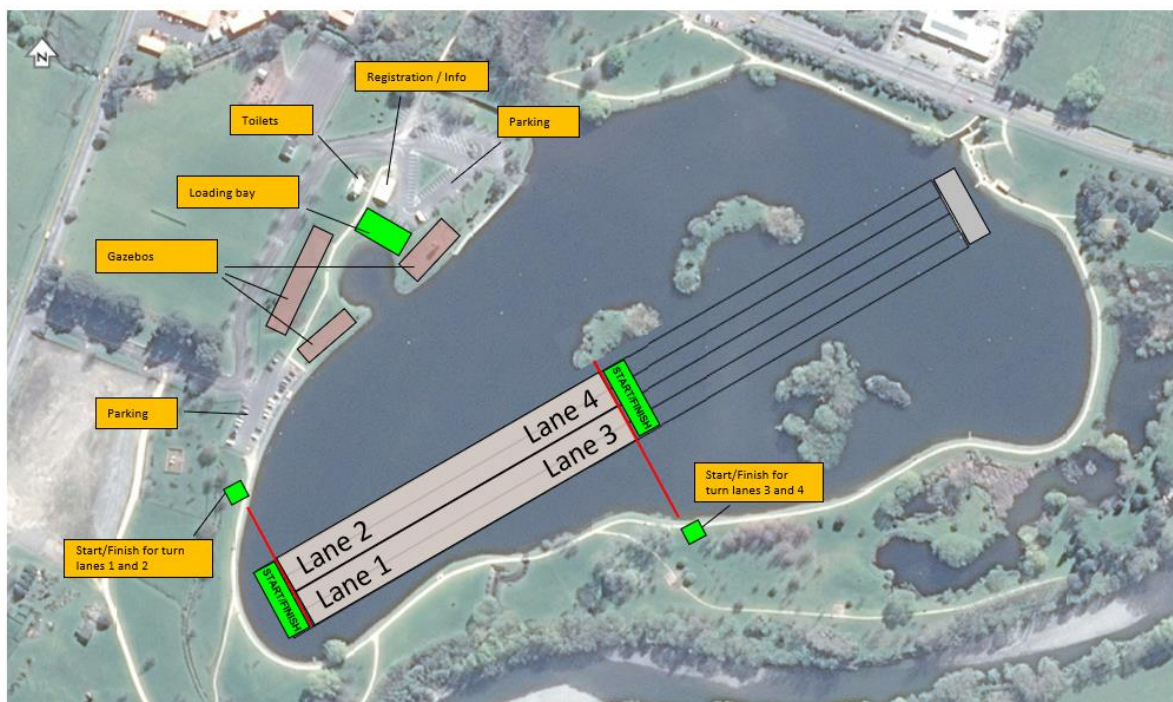
Date	What	Notes
27/02/2025	Entries close (midnight)	
06/03/2025	Race schedule and lane draw published	refer to <a href="http://www.hoetonga.co.nz">www.hoetonga.co.nz</a> or Hoe Tonga Facebook page
06/03/2025	Safety Waivers to be completed and forwarded to <a href="mailto:hoetonga@gmail.com">hoetonga@gmail.com</a>	Teams are responsible to print, complete and register prior to racing.
08/03/2025	Race day	

## Event area and race course

### Course layout (250m straight races)



### Course layout (turn races)



## Fundraising

Teams are invited to bring refreshments and food. Organisers will endeavour to have a coffee cart and food stalls along with our DJ on site for the day. However, every year Hoe Tonga receives requests from schools that wish to have stalls on site for fundraising.

If your school wishes to have a stall, YOUR Sports Coordinator must make a request to do so by contacting [hoetonga@gmail.com](mailto:hoetonga@gmail.com) before **March 1st 2025**. This is to avoid competing activities and duplication. Please note that each school is responsible for any permits required by the Masterton District Council.

## Waste minimisation

Hoe Tonga will provide rubbish bins for the day, please use them. If you see litter, especially plastic wrappers and the like, please pick it up (even if it's not yours) to avoid this reaching our water ways and ultimately becoming micro-plastics.

Please bring your refillable bottles.

Note that recycling bins will not be offered due to the cost involved with staffing bins to avoid contamination. However, we encourage competitors and supporters to take recyclable items (eg plastic bottles, cans) home for recycling via their kerbside services.

## COVID-19

We encourage best practice hygiene, ie wash your hands, utilise sanitiser. If you feel unwell with relevant symptoms, please do not attend this event. Sanitiser will be on-hand at the information desk.

## Rules and regulations

[Waka Ama New Zealand race rules](#), School Sport New Zealand bylaws, and <https://www.collegesport.org.nz/sports-1/regulations-1> apply to schools entering this event.

## Code of conduct

Schools are responsible for the behaviour of their students on and off the water. Supervisory staff and support adults will ensure that all race rules are observed and that their students display a good sportsperson type attitude when competing.

## Canoes

W6 Mahi Mahi will be used for all team events. Paddlers competing in W1 will be required to wear a high vis vest supplied by organisers and are to provide their own canoe.



Hoe Tonga Waka Ama Association will arrange the supply of W6 specifically for this event with its affiliated clubs. Any team causing damage to any W6 during this event will incur the cost of the repairs, which will be charged to the team's school. All contracted W6 waka are to be used solely for this competition.

## Uniform

All paddlers must paddle in a team uniform. Team uniform on the water must include the same tops.

While not essential, it is recommended that teams also wear the same shorts, skirts or lavalava. These should be standardised for the whole team.

Hats and sunglasses are permitted if individual paddlers wish to wear them.

Appropriate additional items of uniform may be worn in line with weather conditions. These items must be worn underneath their race uniform.

## Progressions and finals

Progressions to finals are based on a team's time posted in the heats. Normally racing will feature heats and finals.

Should there be any withdrawals, the Race Director may eliminate a heat and place competitors in other heats.

## Safety

Approved Personal Flotation Devices (PFDs) are compulsory and must be worn by ALL competitors. Schools must provide their own team PFDs. Note that correct sizing is an important part of safety.

**Waist type belts/ tubes are not approved.**

There will be at least two support boats monitoring racing. In case of adverse weather conditions on race day or any other matters that could compromise paddler safety, the Race Director retains the right to stop, postpone and/or cancel races on race day. Organisers may be unable to refund race fees in this case.

## Paddles

Paddles must be a single blade, and may be any size or shape, and constructed from any material. **Organisers will NOT provide paddles.**

## Pre-race guidance

Paddlers are to follow officials' instructions at all times.

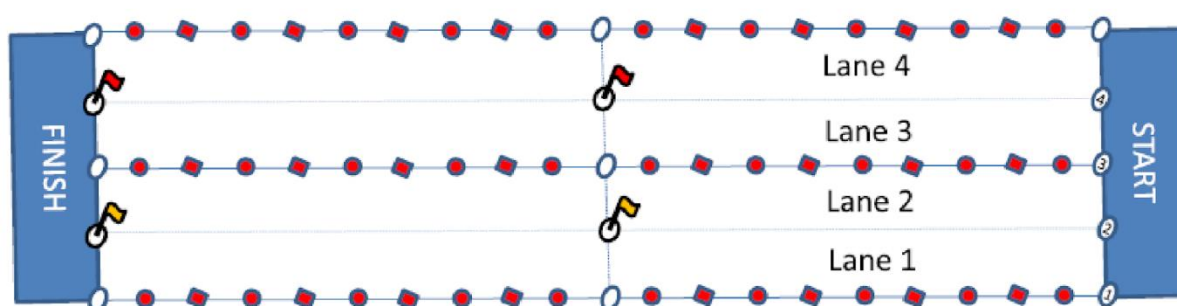
When races are called, teams/paddlers are to assemble at the loading bay. Paddlers must not load into canoes without going through the loading bay.

Loading bay officials will advise paddlers when to load. W6 will be allocated to lanes and teams by the officials in the loading bay.

Once on the water, teams are to paddle directly to the start. Teams are to wait on the water in the vicinity of the start area for their race.

## Race course for 250m events

For straight races over 250m, the race course consists of four lanes. Each lane is 13.5m wide. It applies to W1 and W6 races.

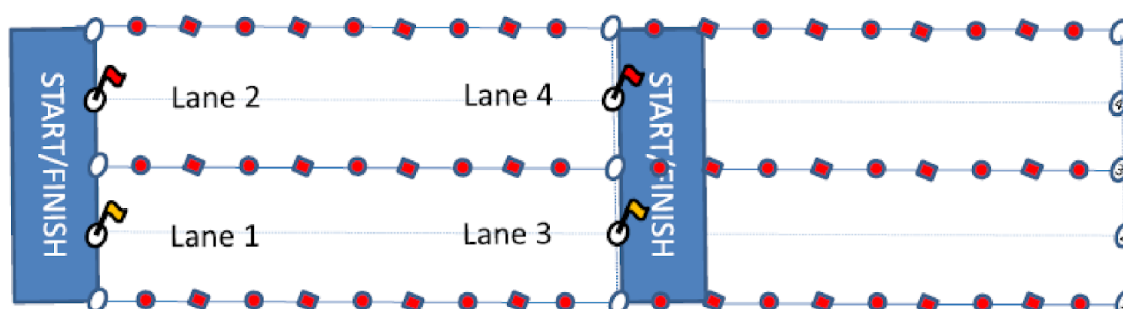


## Race course for turn events

For turn races over 500m, the race course consists of four lanes. Each lane is 27m wide.

As the lake's small size only allows for two turn lanes in a conventional race course layout, races with more than two entries will be run in the pursuit format. This means that two teams will start at one end of the 250m course, and the two other teams will start at the other end of the 250m course, at the same time. Therefore, at any time, there may be two teams racing within the same lane, pursuing each other. The format is similar to cycling pursuit races. Lane numbers for turn races are marked on the turn flag buoys as T1, T2, T3 and T4. By way of example, the turn flag buoy marked T2 will indicate the start location for Lane 2 for turn races.

Please consider the race course layout below, for lane numbering and respective start locations.



In any race involving turns, the canoe must turn counter-clockwise around the flag but may start or finish with the flag on either side so long as they are within their designated lane.

When a race is in progress, paddlers that are not racing are not permitted to be on the course.

## Starts

Competitors must be present at the start line for their event as shown on the programme. Starting signals shall be given regardless of absentees. The start procedure is as follows:

- Raising the white flag: Teams must position their canoes approximately 10m from the actual start line.
- Raising of the red flag: Teams must move to their starting position but remain behind the start line.
- Raising of the green flag indicates the start of the race.
- Raising of the black flag (while the red flag is raised) indicates that at least one canoe has moved over the start line. All teams should check, and if necessary, correct their positions. The black flag will be lowered as soon as all canoes have moved back behind the start line. If the green flag is raised while the black flag is still up, at least one team has incurred a start infringement.

## Disqualification and time penalties

Disqualification or time penalties will occur for any fault that is made before, during or after any race. This includes any breach of the Race Rules. The following provisions are cause for an infringement:

- Misconduct or bad behaviour.
- Competing for more than one school in an event will disqualify both crews.
- Paddling at any time during a race outside the assigned lane.
- Starting or finishing outside the assigned lane.
- Paddling in a non-seated position (standing in a canoe at any time)
- Crossing the start line at any time before the raising of the green flag.
- Not rounding the flags in a counter clockwise direction.
- Not rounding the turn flag with the entire waka including the ama.
- Failing to complete a turn within the designated lane and buoys.
- Not following the starting rules.
- Completing a race with fewer than 6 paddlers (W6).
- Paddling without the correct uniform.

## Volunteer information

Please note that each school will be asked to provide **two adult volunteers** to assist in the running of this regatta. The volunteers will need to assist for a minimum of half a day and ideally the same volunteer for the whole time is preferred. Hoe Tonga will provide team leaders for key areas, who will be able to guide volunteers at each station.

All volunteers will receive a lunch pack and drinks during the day.

Hoe Tonga requires volunteers in the following areas:

- General administration (signing in teams, runner to pick up results, errand runs)
- Finish line (results, spotters, time keeping, radio comms)
- Loading bay (marshalling, helping paddlers in and out of waka, bailing water out of canoes)
- Flag boat (assisting with flags and radio comms)
- Aligner boat (assisting with aligning canoes and radio comms)

Volunteers may be allocated to areas outside of their preference if required.

Hoe Tonga wishes to thank all those who give up their time willingly to help make this event a success. We hope you enjoy this day as we look forward to some exciting racing.

College Sport Wellington are making it easier for schools to get involved and will require Sports Coordinators to register your two volunteers online when your entry is processed.

If you have others in your community available and keen to assist please email Hoe Tonga ([hoetonga@gmail.com](mailto:hoetonga@gmail.com)) with their names, preferred volunteer area, and contact details.



# Waiver - Regional Secondary School Sprints

NOTE: To be completed and forwarded to [hoetonga@gmail.com](mailto:hoetonga@gmail.com) by 6 March 2025.

Teams are responsible for printing, completing and providing prior to racing.

Date \_\_\_\_\_

W6 Team / W1 Paddler \_\_\_\_\_ School \_\_\_\_\_

Category entered \_\_\_\_\_ Manager \_\_\_\_\_

I declare that:

1. The accepted entry will not be transferred to another entrant.
2. In the event of any "act of God" conditions causing a cancellation of the event, entry fees are not transferable or refundable.
3. I acknowledge that there are risks involved with Waka Ama and fully realise the dangers of participating in an event such as this and fully assume the risks associated with such participation and my wellbeing during the event.
4. I understand and agree that situations may arise during the event, which may be beyond the immediate control of officials or organisers, and I must continually participate in a manner that does not endanger either myself or others.
5. Neither the organisers, the sponsors nor other parties associated with the event shall have any responsibility, financial or otherwise, for any risk incident that might arise, whether or not by negligence, from any direct or indirect loss, injury or death that might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in the event or its related activities.
6. I authorise my name, voice, picture and information on this entry form to be used without payment to me in any broadcast, telecast, promotion, advertising, or any other way pursuant to the Privacy Act 1993.
7. I agree to comply with the rules, regulations and event instructions of Hoe Tonga Waka Ama Association.
8. I consent to receiving medical treatment, which may be advisable in the event of illness or injuries suffered during the event.
9. I confirm that I will wear a personal flotation device during the race.

*If Competitor is under 18, the Waiver must be signed by a parent, guardian or teacher.*

Paddler's full name	Date of birth	Medical conditions	Signature	Parent/ guardian/ teacher signature if under 18

# Year 7/8 Event Registration Form

NOTE: To be completed and forwarded to [hoetonga@gmail.com](mailto:hoetonga@gmail.com) by 6 March 2025.

Teams are responsible for printing, completing and providing prior to racing.

School: \_\_\_\_\_

Sports Coordinator / Teacher: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Team Name 1: \_\_\_\_\_ Division: Int Boys / Int Girls

Team Name 2: \_\_\_\_\_ Division: Int Boys / Int Girls

Team Name 3: \_\_\_\_\_ Division: Int Boys / Int Girls

Alternative School Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

*Fill in below if applicable*

Waka Ama Club (club school is working with): \_\_\_\_\_

Club Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Note: Please also complete the Paddler Roster for each team, see next page.**

# Year 7/8 Paddler roster

Please include full name of each participant and date of birth. NOTE: To be completed and forwarded to [hoetonga@gmail.com](mailto:hoetonga@gmail.com) by 6 March 2025. Teams are responsible for printing, completing and providing prior to racing.

## Team 1

Paddler 1:	Date of Birth:
Paddler 2:	Date of Birth:
Paddler 3:	Date of Birth:
Paddler 4:	Date of Birth:
Paddler 5:	Date of Birth:
Paddler 6:	Date of Birth:

## Team 2

Paddler 1:	Date of Birth:
Paddler 2:	Date of Birth:
Paddler 3:	Date of Birth:
Paddler 4:	Date of Birth:
Paddler 5:	Date of Birth:
Paddler 6:	Date of Birth:

## Team 3

Paddler 1:	Date of Birth:
Paddler 2:	Date of Birth:
Paddler 3:	Date of Birth:
Paddler 4:	Date of Birth:
Paddler 5:	Date of Birth:
Paddler 6:	Date of Birth: