

Waka Ama Sprint Nationals Progressions

W6 Turns / W12 (8 lanes, Seeding Heat)

1 Heat (3-8 teams)

Seeding Heat

1st, 2nd, 3rd + Next Fastest times

Final

2 Heats (9-16 teams)

Heat 1

1st, 2nd, 3rd + Next 2 Fastest times

Final

Heat 2

3 Heats (17-24 teams)

Heat 1

Semi 1

Heat 2

1st - 4th + Next 4 Fastest times

1st, 2nd, 3rd + Next 2 Fastest times

Final

Heat 3

Semi 1

4 Heats (25-32 teams)

Heat 1

Heat 2

Heat 3

Heat 4

1st, 2nd, 3rd + Next 4 Fastest times

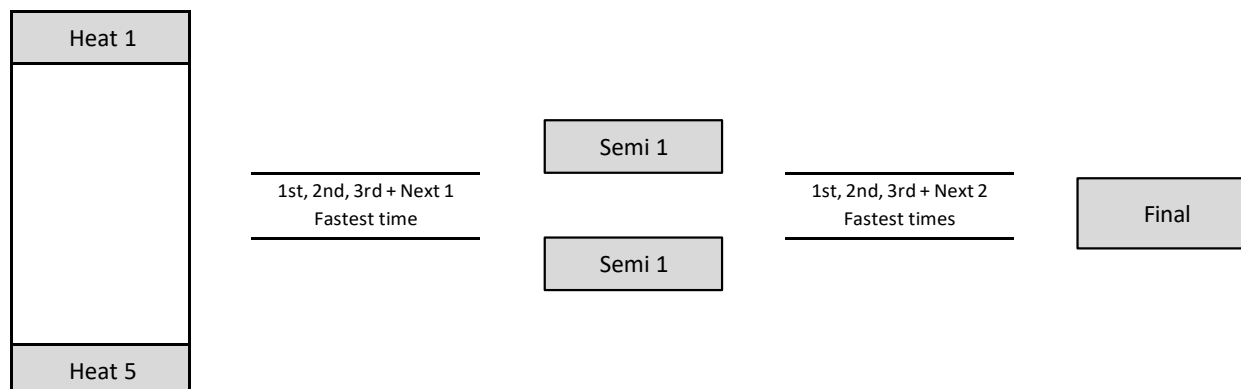
Semi 1

1st, 2nd, 3rd + Next 2 Fastest times

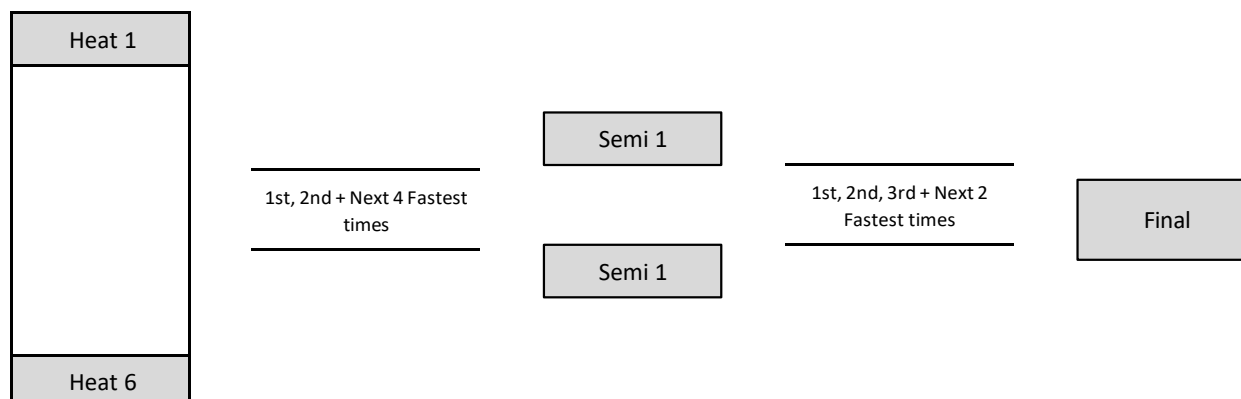
Final

Semi 1

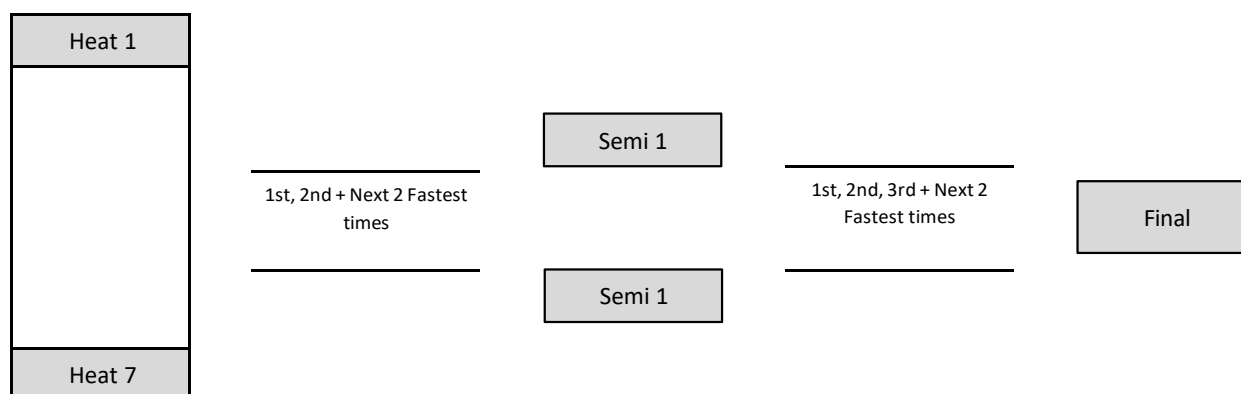
5 Heats (33-40 teams)



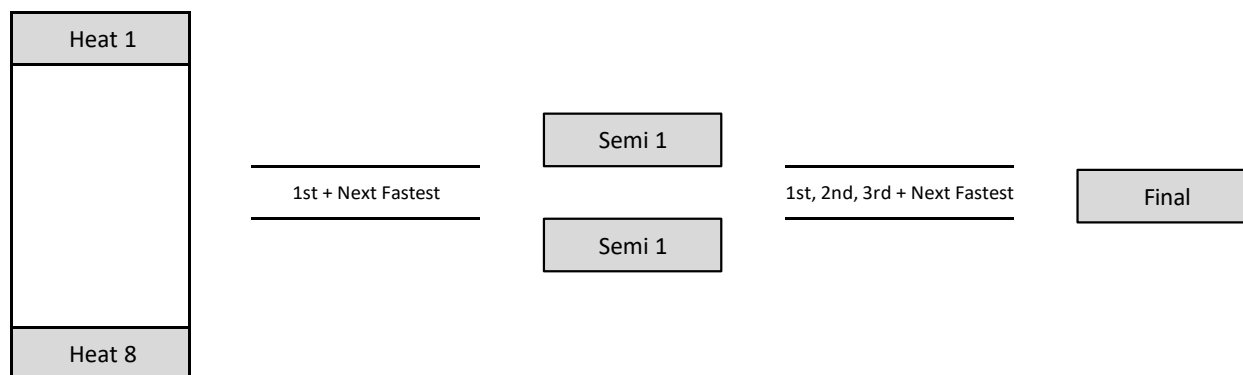
6 Heats (41-48 teams)



7 Heats (49-56 teams)



8 Heats (57-64 teams)



Waka Ama Sprint Nationals Progressions

W6 & W1 Straight (12 lanes, seeding heat)

1 Heat (1 - 12 teams)

Seeding Heat	1st, 2nd, 3rd + Next Fastest times	Final
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2 Heats (13 - 24 teams)

Heat 1	1st, 2nd, 3rd + Next 6 Fastest times	Final
Heat 2		

3 Heats (25 - 36 teams)

Heat 1		Semi 1		Final
Heat 2	1st, 2nd, 3rd, 4th + Next 12 Fastest times		1st, 2nd, 3rd + Next 6 Fastest times	
Heat 3		Semi 2		

4 Heats (37 - 48 teams)

Heat 1		Semi 1		Final
Heat 2	1st, 2nd, 3rd + Next 12 Fastest times		1st, 2nd, 3rd + Next 6 Fastest times	
Heat 3		Semi 2		
Heat 4				

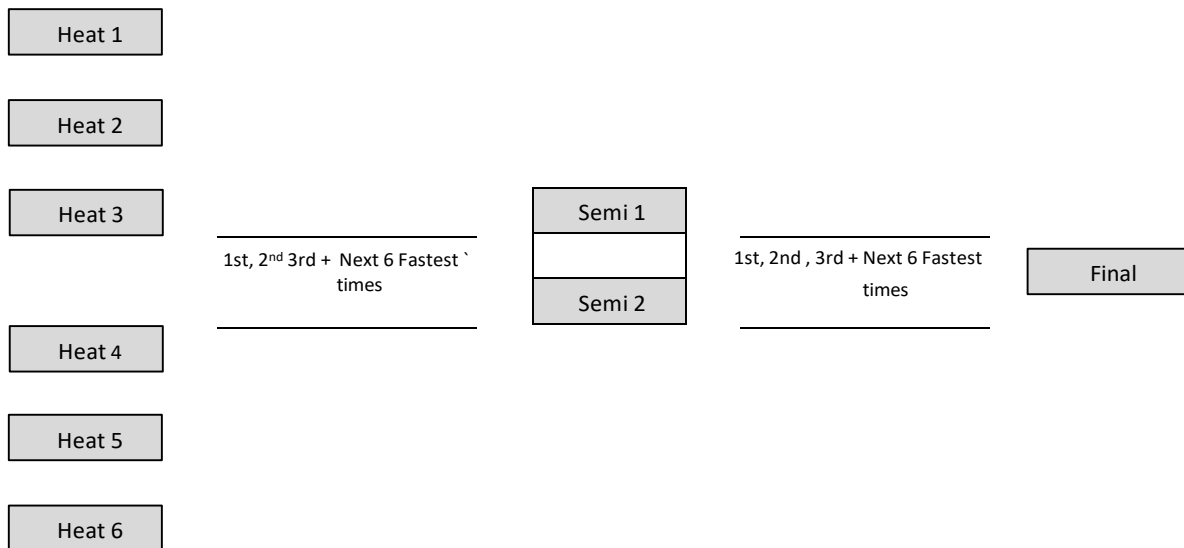
5 Heats (49 - 60 teams)

Heat 1		Semi 1		Final
Heat 2			1st, 2nd, 3rd + Next 6 Fastest times	
Heat 3	1st, 2nd, 3rd + Next 9 Fastest times			
Heat 4		Semi 2		
Heat 5				

W6 W1

12 Lanes Seeding Heat)

6 Heats (61 – 72 teams)



Waka Ama Sprint Nationals Progressions

Taitamariki W12 (8 lanes, Seeding Heat)

1 Heat (1-8 teams)

Heat 1	Fastest 8	Champ Final
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2 Heats (9-18 teams)

Heat 1		Champ Semi		
	1st, 2nd, 3rd + Next 10 fastest times		1st, 2nd + Next 4 fastest times	Champ Final
Heat 2		Champ Semi		

3 Heats (19-14 teams)

Heat 1		Champ Semi		
	1st, 2nd + Next 10 fastest times		1st, 2nd + Next 4 fastest times	Champ Final
Heat 2		Champ Semi		
Heat 3				
	All Remaining			Cup Final

4 Heats (25-32 teams)

Heat 1		Champ Semi		
	1st, 2nd + Next 8 fastest times		1st, 2nd + Next 4 fastest times	Champ Final
Heat 2		Champ Semi		
Heat 3		Cup Semi		
	Next 16 fastest times		1st, 2nd + Next 4 fastest times	Cup Final
Heat 4		Cup Semi		

5 Heats (33-40 teams)

Heat 1		Champ Semi		Champ Final
	1st, 2nd + Fastest 6		1st, 2nd + Next 4 fastest times	
Heat 2		Champ Semi		
Heat 3		Cup Semi		Cup Final
	Next 16 fastest times		1st, 2nd + Next 4 fastest times	
Heat 4		Cup Semi		
Heat 5		All Remaining		Plate Final

6 Heats (41-48 teams)

Heat 1	2026 Progressions	Champ Semi		Champ Final
	1st + Next 10 fastest times		1st, 2nd + Next 4 fastest times	
Heat 2		Champ Semi		
Heat 3		Cup Semi		Cup Final
	Next 16 fastest times		1st, 2nd + Next 4 fastest times	
Heat 4		Cup Semi		
Heat 5		Plate Semi		Plate Final
	Next 16 fastest times		1st, 2nd + Next 4 fastest times	
Heat 6		Plate Semi		

7 Heats (49-56 teams)

Heat 1		Champ Semi		Champ Final
	1st + Next 9 fastest times		1st, 2nd + Next 4 fastest times	
Heat 2		Champ Semi		
Heat 3		Cup Semi		Cup Final
	Next 16 fastest times		1st, 2nd + Next 4 fastest times	
Heat 4		Cup Semi		
Heat 5		Plate Semi		Plate Final
	Next 16 fastest times		1st, 2nd + Next 4 fastest times	
Heat 6		Plate Semi		
Heat 7		All Remaining		Bowl Final

8 Heats (57-64 teams)

Heat 1		Champ Semi		Champ Final
	1st + Next 8 fastest times		1st, 2nd + Next 4 fastest times	
Heat 2		Champ Semi		
Heat 3		Cup Semi		Cup Final
	Next 16 fastest times		1st, 2nd + Next 4 fastest times	
Heat 4		Cup Semi		
Heat 5		Plate Semi		Plate Final
	Next 16 fastest times		1st, 2nd + Next 4 fastest times	
Heat 6		Plate Semi		
Heat 7		Bowl Semi		Bowl Final
	Next 16 fastest times		1st, 2nd + Next 4 fastest times	
Heat 8		Bowl Semi		

Waka Ama Sprint Nationals Progressions

Taitamariki W6 (12 lanes, seeding heat)

1 Heat (1-12 teams)

Heat 1	Fastest 12	Champ Final
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2 Heats (12-24 teams)

Heat 1	1st, 2nd, 3rd + Next 18 fastest times	Champ Semi	1st, 2nd, 3rd + Next 6 fastest times	Champ Final
Heat 2		Champ Semi		

3 Heats (25-36 teams)

Heat 1	1st, 2nd, 3rd, 4th + Next 12 fastest times	Champ Semi	1st, 2nd, 3rd + next 6 fastest times	Champ Final
Heat 2		Champ Semi		
Heat 3	All Remaining			Cup Final

4 Heats (32-48 teams)

Heat 1	1st, 2nd, 3rd + Next 12 fastest times	Champ Semi	1st, 2nd, 3rd + Next 6 fastest times	Champ Final
Heat 2		Champ Semi		
Heat 3	Next 24 fastest times	Cup Semi	1st, 2nd, 3rd + Next 6 fastest times	Cup Final
Heat 4		Cup Semi		

5 Heats (49-60 teams)

Heat 1		Champ Semi		
	1st, 2nd, 3rd + Next 9 fastest times		1st, 2nd, 3rd + Next 6 fastest times	Champ Final
Heat 2		Champ Semi		
Heat 3		Cup Semi		
	Next 24 fastest times		1st, 2nd, 3rd + Next 6 fastest times	Cup Final
Heat 4		Cup Semi		
Heat 5		All Remaining		Plate Final

6 Heats (61-72 teams)

Heat 1		Champ Semi		
	1st, 2nd + Next 12 fastest times		1st, 2nd, 3rd + Next 6 fastest times	Champ Final
Heat 2		Champ Semi		
Heat 3		Cup Semi		
	Next 24 fastest times		1st, 2nd, 3rd + Next 6 fastest times	Cup Final
Heat 4		Cup Semi		
Heat 5		Plate Semi		
	Next 24 fastest times		1st, 2nd, 3rd + Next 6 fastest times	Plate Final
Heat 6		Plate Semi		

7 Heats (73- 84 teams)

Heat 1		Champ Semi		
	1st, 2nd + Fastest 12		1st, 2nd, 3rd + 6 fastest	Champ Final
Heat 2		Champ Semi		
Heat 3		Cup Semi		
	next fastest 24		1st, 2nd, 3rd + 6 fastest	Cup Final
Heat 4		Cup Semi		
Heat 5		Plate Semi		
Heat 6	next fastest 36	Plate Semi	1st, 2nd + 6 fastest	Plate Final
Heat 7		Plate Semi		



Waka Ama Sprint Nationals Corporate Challenge Progressions 2026

Corporate Challenge 250m W12 (8 lanes)

3 Heats (17-24 teams)

Heat 1	1 st and 2 nd + 2 fastest	Champ Final
Heat 2	Next 8 fastest	Cup Final
Heat 3	All remaining	Bowl Final