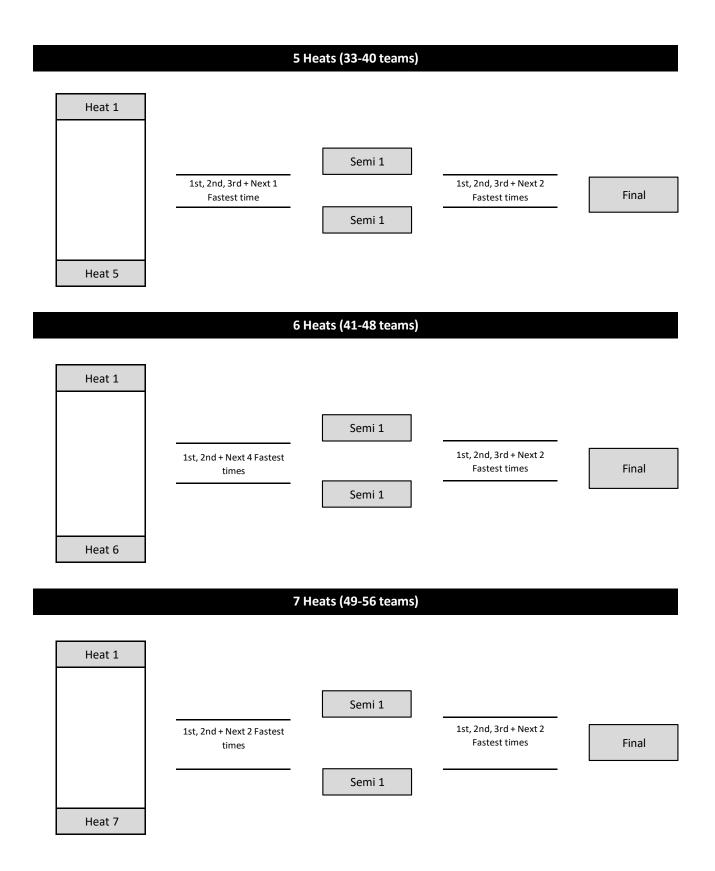
W6 Turns / W12 (8 lanes, Seeding Heat)

			1 Heat (3-8 teams)		
See	eding Heat	1st,	2nd, 3rd + Next Fastest tir	mes	Final
		2	Heats (9-16 teams)		
	Heat 1				
		1st, :	2nd, 3rd + Next 2 Fastest t	imes	Final
	Heat 2				
		3	Heats (17-24 teams)		
	Heat 1				
			Semi 1		
	Heat 2	1st - 4th + Next 4 Fastest		1st, 2nd, 3rd + Next 2	Final
	11646 2	times		Fastest times	
			Semi 1		
	Heat 3				
		4	Heats (25-32 teams)		
	Heat 1				
	Heat 2		Semi 1		
		1st, 2nd, 3rd + Next 4 Fastest times		1st, 2nd, 3rd + Next 2 Fastest times	Final
	Heat 3				
			Semi 1		
	Heat 4				



Heat 1 Semi 1 1st + Next Fastest Semi 1 Semi 1 Heat 8

W6 & W1 Straight (12 lanes, seeding heat)

	1	. Heat (1 - 12 teams	s)	
Seeding Heat	1	st, 2nd, 3rd + Next Fastes	t times	Final
	2 H	eats (13 - 24 teams	s)	
Heat 1	151	t, 2nd, 3rd + Next 6 Fastes	it times	Final
Heat 2				
	3 H	eats (25 - 36 teams	s)	
Heat 1 Heat 2	1st, 2nd, 3rd, 4th + Next 12 Fastest times	Semi 1	1st, 2nd, 3rd + Next 6 Fastest times	Final
Heat 3		Semi 2		
	4 H	leats (37 - 48 teams	s)	
Heat 1	1st, 2nd, 3rd + Next 12	Semi 1	1st, 2nd, 3rd + Next 6 Fastest times	Final
Heat 3	Fastest times	Semi 2	<u> </u>	
Heat 4				
	5 H	leats (49 - 60 teams	s)	
Heat 1				
Heat 2		Semi 1		
Heat 3	1st, 2nd, 3rd + Next 9 Fastest times		1st, 2nd, 3rd + Next 6 Fastest times	Final
Heat 4		Semi 2		
Heat 5		W6 W1 12 La	anes Seeding Heat)	

	6 H	eats (61 – 72 team	is)	
Heat 1				
Heat 2				
Heat 3	1st, 2 nd 3rd + Next 6 Fastest ` times	Semi 1	1st, 2nd , 3rd + Next 6 Fastest times	Final
Heat 4				
Heat 5				
Heat 6				



Taitamariki W12 (8 lanes, Seeding Heat)

		1 Heat (1-8 teams)		
Heat 1	-	Fastest 8		Champ Final
		2 Heats (9-18 teams)		
Heat 1		Champ Semi		
	1st, 2nd, 3rd + Next		1st, 2nd + Next 4	Champ Final
	10 fastest times		fastest times	
Heat 2		Champ Semi		
		3 Heats (19-14 teams)		
Heat 1		Champ Semi		
Ticat 1	1st, 2nd + Next 10	Champ Semi	1st, 2nd + Next 4	
	fastest times		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		1st, 2nd + Next 4	Champ Final
Un-t-2	fastest times	Chaman Cami	fastest times	P
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 1st, 2nd + Next 4 Champ Final 1st, 2nd + Fastest 6 fastest times Heat 2 Champ Semi Heat 3 Cup Semi 1st, 2nd + Next 4 Next 16 fastest times **Cup Final** fastest times Heat 4 Cup Semi Heat 5 Plate Final All Remaining 6 Heats (41-48 teams) 2026 Progressions Heat 1 Champ Semi 1st + Next 10 fastest 1st, 2nd + Next 4 Champ Final times fastest times Heat 2 Champ Semi Heat 3 Cup Semi 1st, 2nd + Next 4 Cup Final Next 16 fastest times fastest times Heat 4 Cup Semi Heat 5 Plate Semi 1st, 2nd + Next 4 Plate Final Next 16 fastest times fastest times

Heat 6

Plate Semi

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

		8 Heats (57-64 teams)		
	1			
Heat 1		Champ Semi		
	1st + 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		
Heat 5		Plate Semi		
	Next 16 fastest times		1st, 2nd + Next 4 fastest times	Plate Final
Heat 6		Plate Semi		
Heat 7		Bowl Semi		
	Next 16 fastest times		1st, 2nd + Next 4 fastest times	Bowl Final
Heat 8		Bowl Semi		



Taitamariki W6 (12 lanes, seeding heat)

		1 Heat (1-12 teams)		
Heat 1		Fastest 12		Champ Final
		2 Heats (12-24 teams)		
Heat 1		Champ Semi		
	1st, 2nd, 3rd + Next 18 fastest times		1st, 2nd, 3rd + Next 6 fastest times	Champ Final
Heat 2		Champ Semi		
		3 Heats (25-36 teams)		
Heat 1		Champ Semi		
	1st, 2nd, 3rd, 4th + Next		1st, 2nd, 3rd + next 6	Champ Final
Heat 2	12 fastest times	Champ Semi	fastest times	·
ricat 2		champ semi		
Heat 3		All Remaining		Cup Final
	-		_	·
		4 Heats (32-48 teams)		
Heat 1		Champ Semi		
	1st, 2nd, 3rd + Next 12		1st, 2nd, 3rd + Next 6	Champ Final
Heat 2	fastest times	Champ Cami	fastest times	·
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		

		E 1100to /40 C0 tooms		
		5 Heats (49-60 teams)		
Heat 1		Champ Semi		
	1st, 2nd, 3rd + Next 9		1st, 2nd, 3rd + Next 6	Champ Final
	fastest times		fastest times	Champinal
Heat 2		Champ Semi		
Heat 3		Cup Semi		
		·	1st, 2nd, 3rd + Next 6	
	Next 24 fastest times		fastest times	Cup Final
Heat 4		Cup Semi		
		·		
Heat 5		All Remaining		Plate Final
ricat 5		7 III Kemaming		Tiute Tillui
		6 Heats (61-72 teams)		
Heat 1		Champ Semi		
Heat 1	1st, 2nd + Next 12 fastest	Champ Semi	1st, 2nd, 3rd + Next 6	Champ Final
Heat 1	1st, 2nd + Next 12 fastest times	Champ Semi	1st, 2nd, 3rd + Next 6 fastest times	Champ Final
Heat 1 Heat 2	•	Champ Semi Champ Semi		Champ Final
	•			Champ Final
	•	Champ Semi		Champ Final
Heat 2	•		fastest times	Champ Final
Heat 2	•	Champ Semi		Champ Final Cup Final
Heat 2 Heat 3	times	Champ Semi Cup Semi	fastest times 1st, 2nd, 3rd + Next 6	
Heat 2	times	Champ Semi	fastest times 1st, 2nd, 3rd + Next 6	
Heat 2 Heat 3 Heat 4	times	Champ Semi Cup Semi Cup Semi	fastest times 1st, 2nd, 3rd + Next 6	
Heat 2 Heat 3	times	Champ Semi Cup Semi	fastest times 1st, 2nd, 3rd + Next 6 fastest times	
Heat 2 Heat 3 Heat 4	times	Champ Semi Cup Semi Cup Semi	1st, 2nd, 3rd + Next 6 fastest times 1st, 2nd, 3rd + Next 6	Cup Final
Heat 2 Heat 3 Heat 4	Next 24 fastest times	Champ Semi Cup Semi Cup Semi	fastest times 1st, 2nd, 3rd + Next 6 fastest times	

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 Plate Semi Plate Final Heat 6 next fastest 36 1st, 2nd + 6 fastest 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
		Cup Final
Heat 2	Next 8 fastest	Cup Final
		Bowl Final
Heat 3	All remaining	Downina