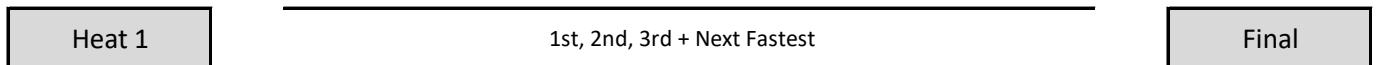
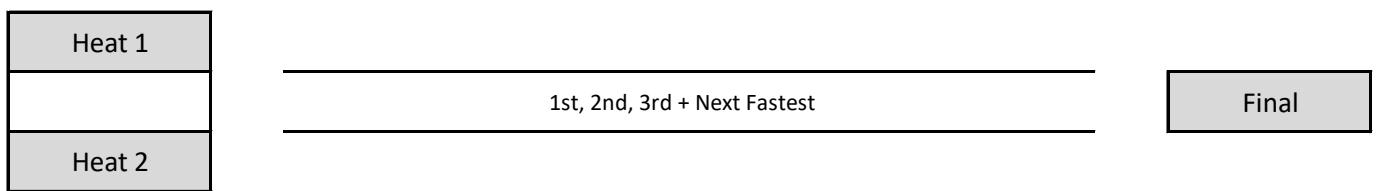


Waka Ama Sprint Nationals Progressions
W6 Turns / W12 (8 lanes, Seeding Heat)

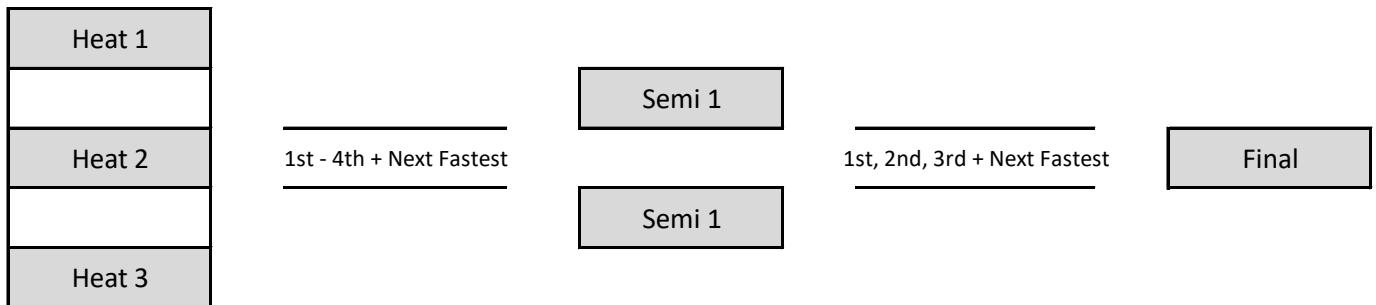
1 Heat (3-8 teams)



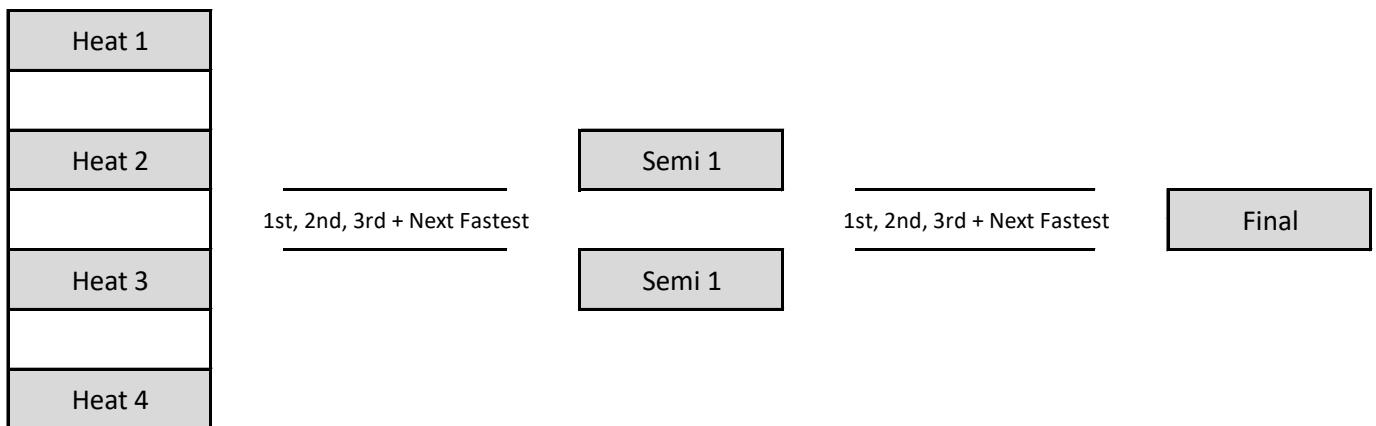
2 Heats (9-16 teams)



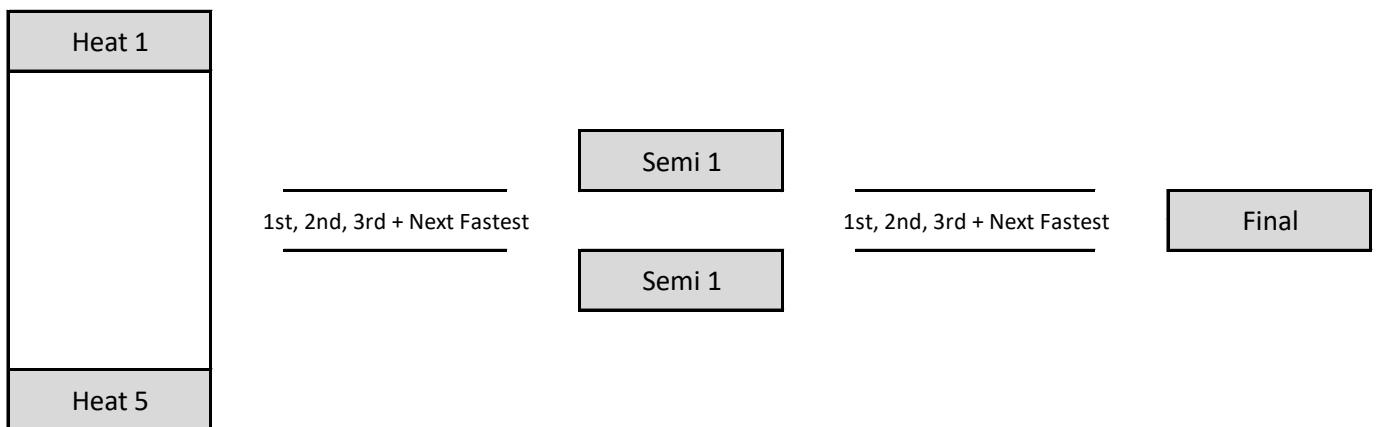
3 Heats (17-24 teams)



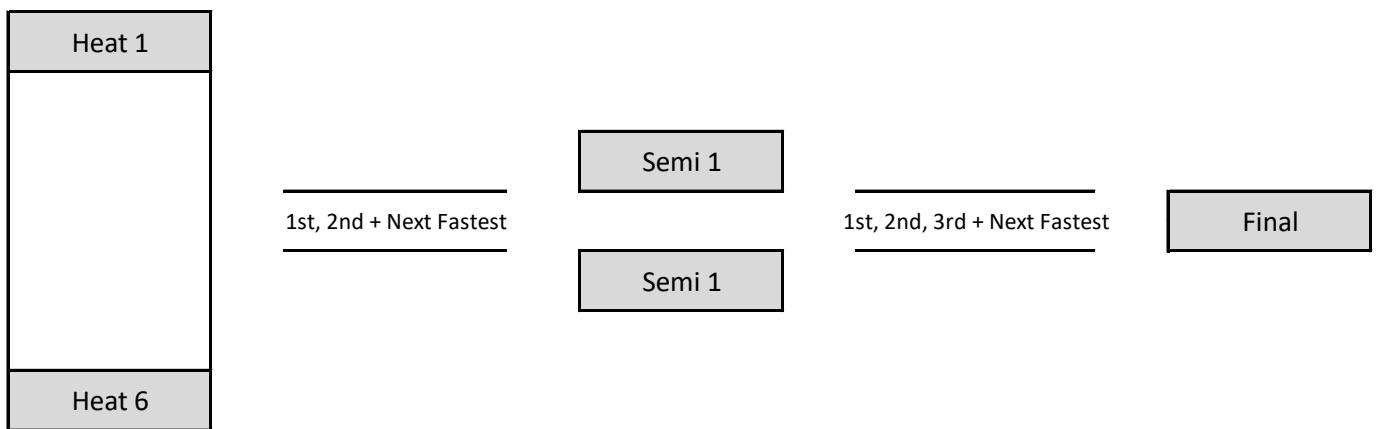
4 Heats (25-32 teams)



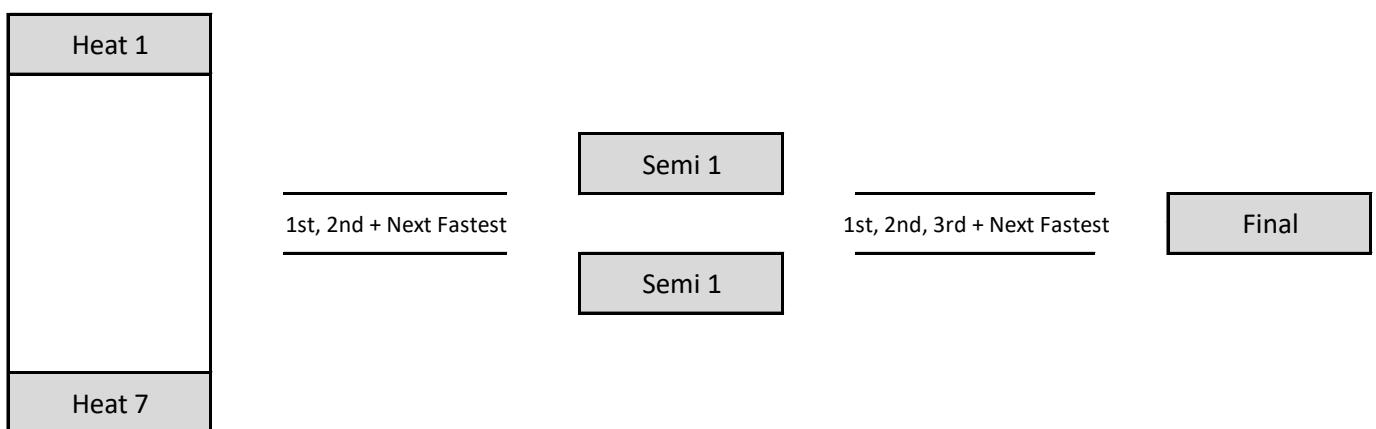
5 Heats (33-40 teams)



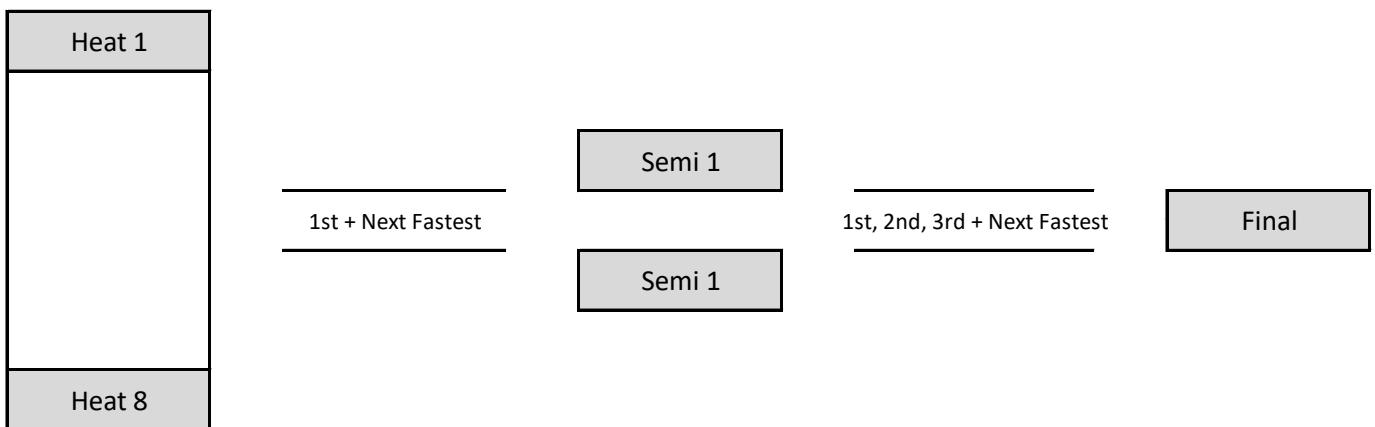
6 Heats (41-48 teams)



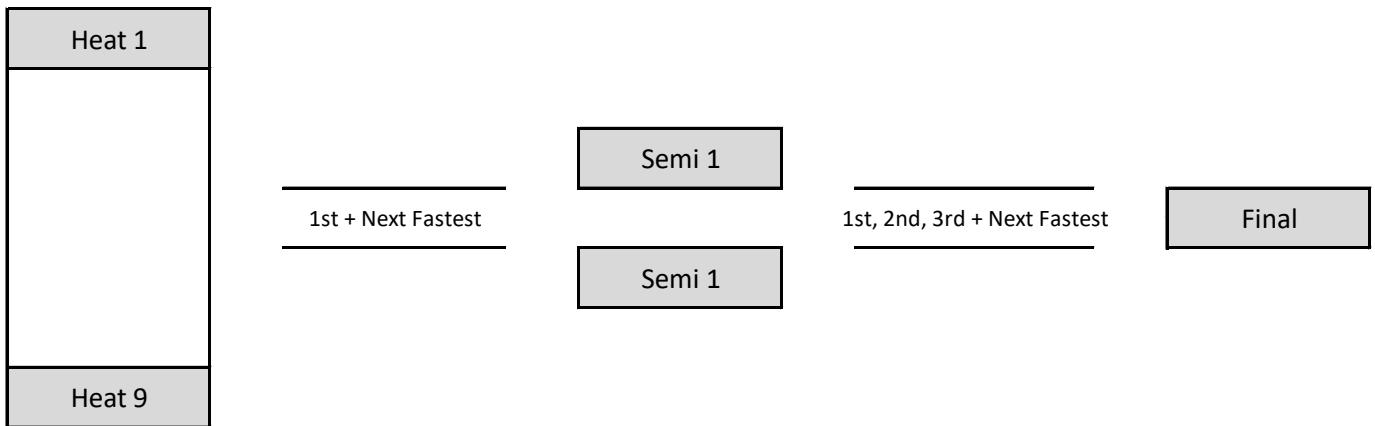
7 Heats (49-56 teams)



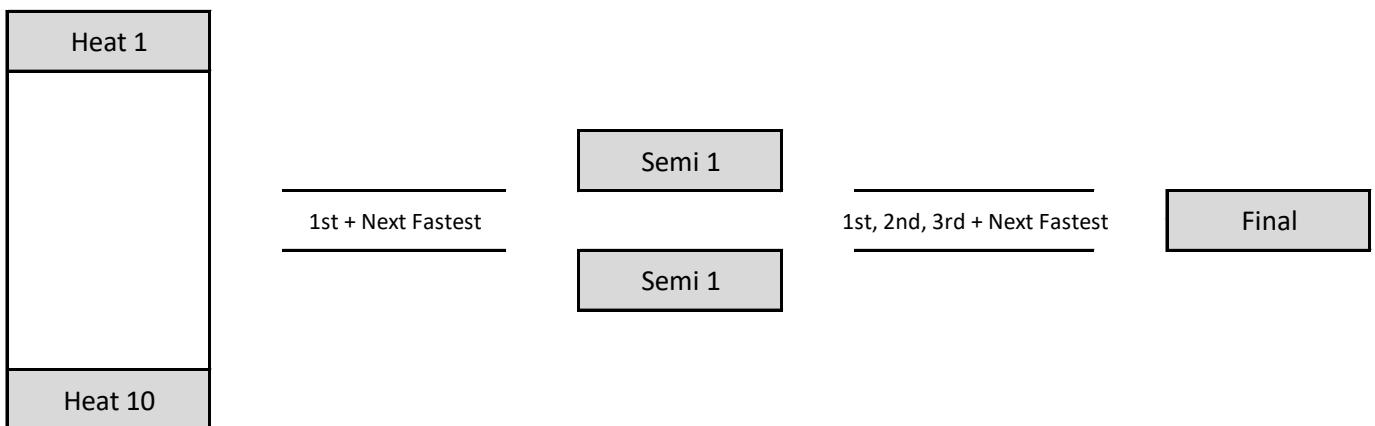
8 Heats (57-64 teams)



9 Heats (65-72 teams)



10 Heats (73-80 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

2 Heats (13 - 24 teams)

Heat 1
Heat 2

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

Final

3 Heats (25 - 36 teams)

Heat 1
Heat 2
Heat 3

1st, 2nd, 3rd, 4th + Next 12
Fastest times

Semi 1

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

Semi 2

Final

4 Heats (37 - 48 teams)

Heat 1
Heat 2
Heat 3
Heat 4

1st, 2nd, 3rd + Next 12
Fastest times

Semi 1

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

Final

5 Heats (49 - 60 teams)

Heat 1
Heat 2
Heat 3
Heat 4
Heat 5

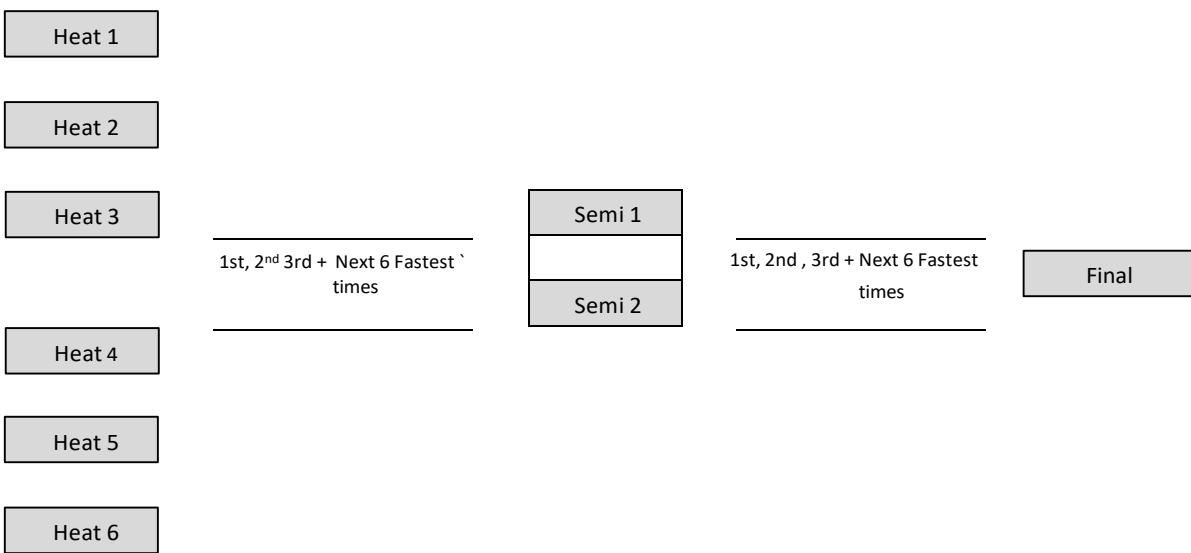
1st, 2nd, 3rd + Next 9
Fastest times

Semi 1

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

Final

6 Heats (61 – 72 teams)



Waka Ama Sprint Nationals Progressions

Taitamariki W12 (8 lanes, Seeding Heat)

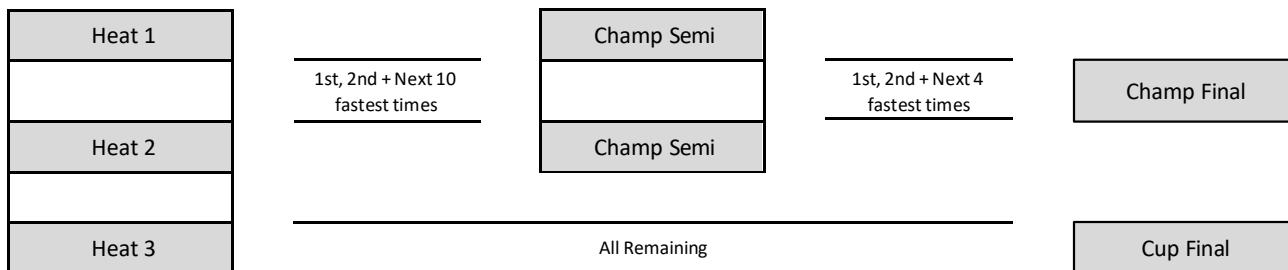
1 Heat (1-8 teams)



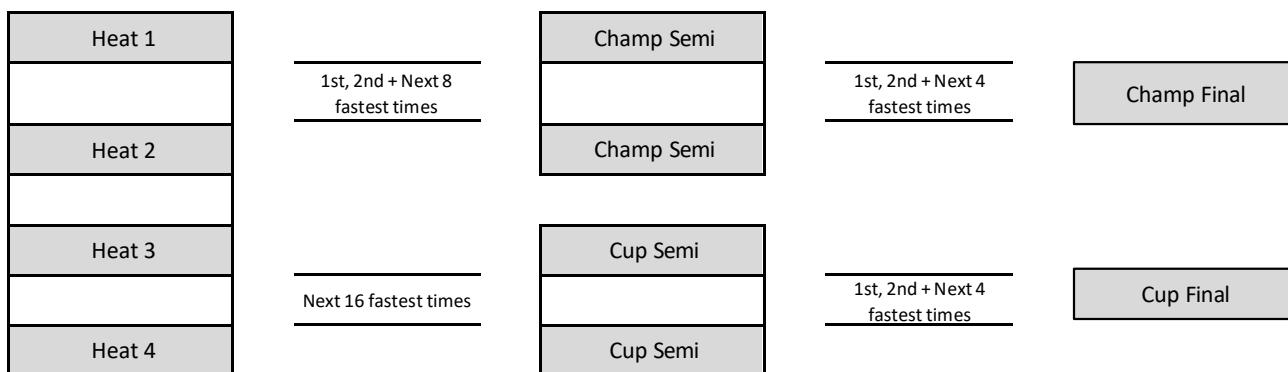
2 Heats (9-18 teams)

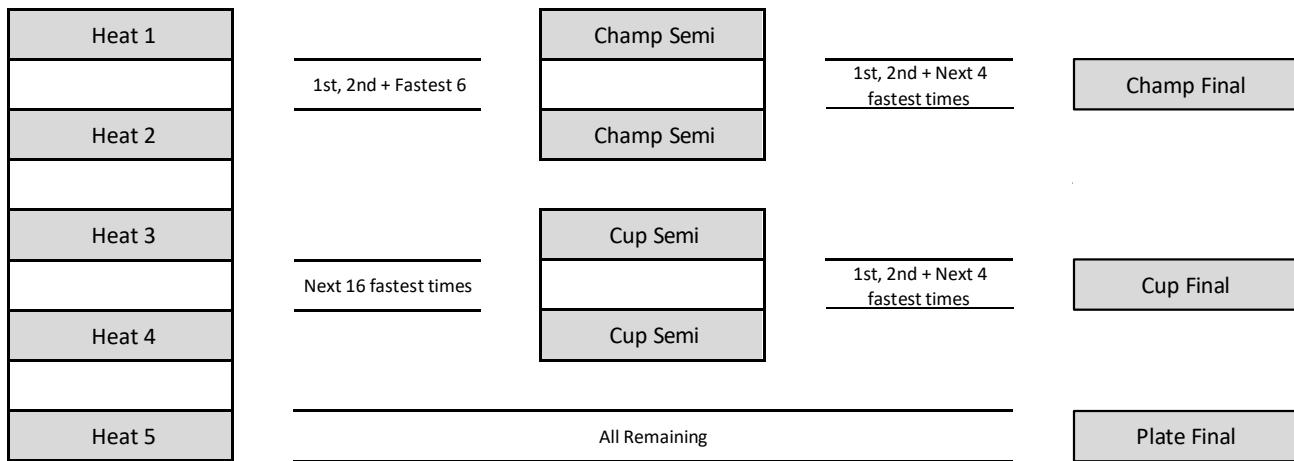
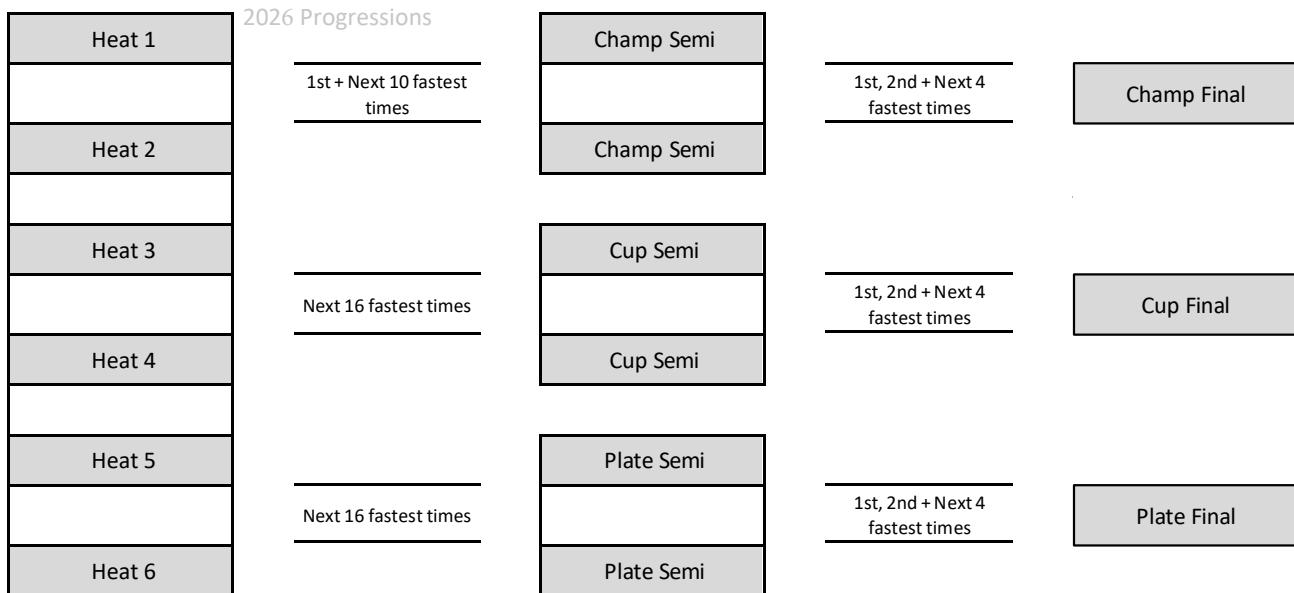


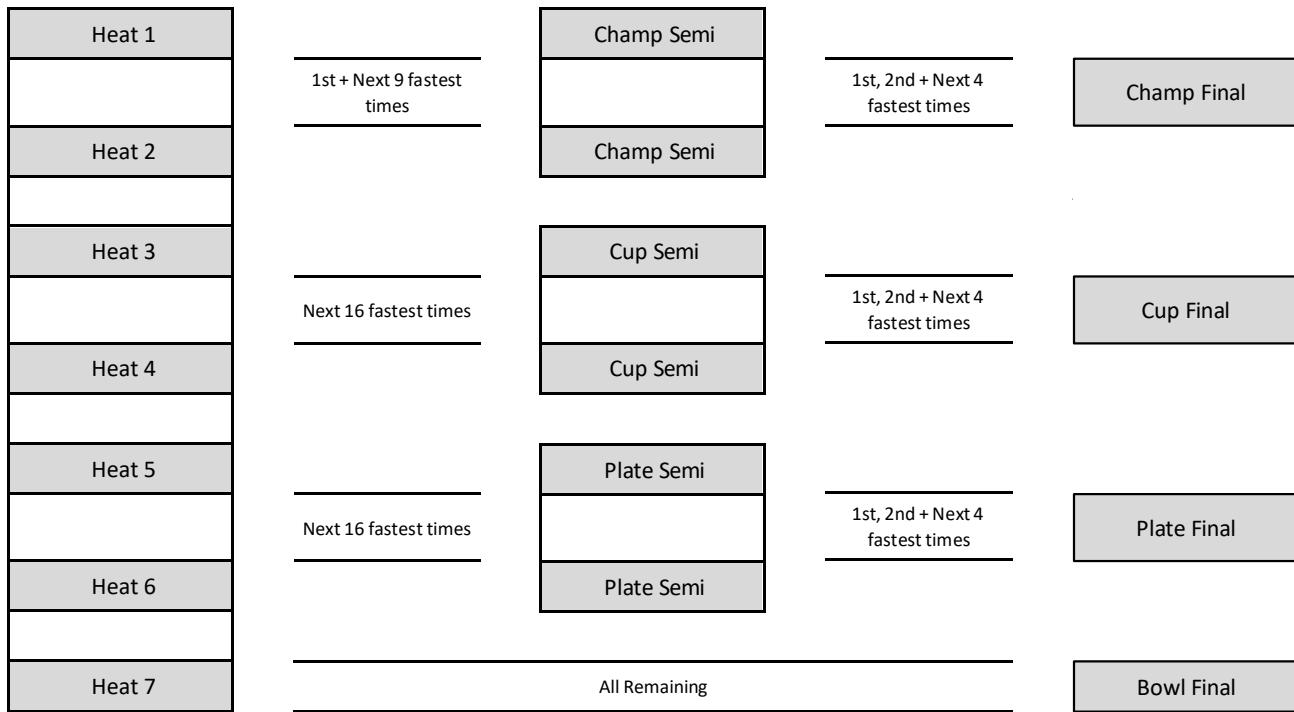
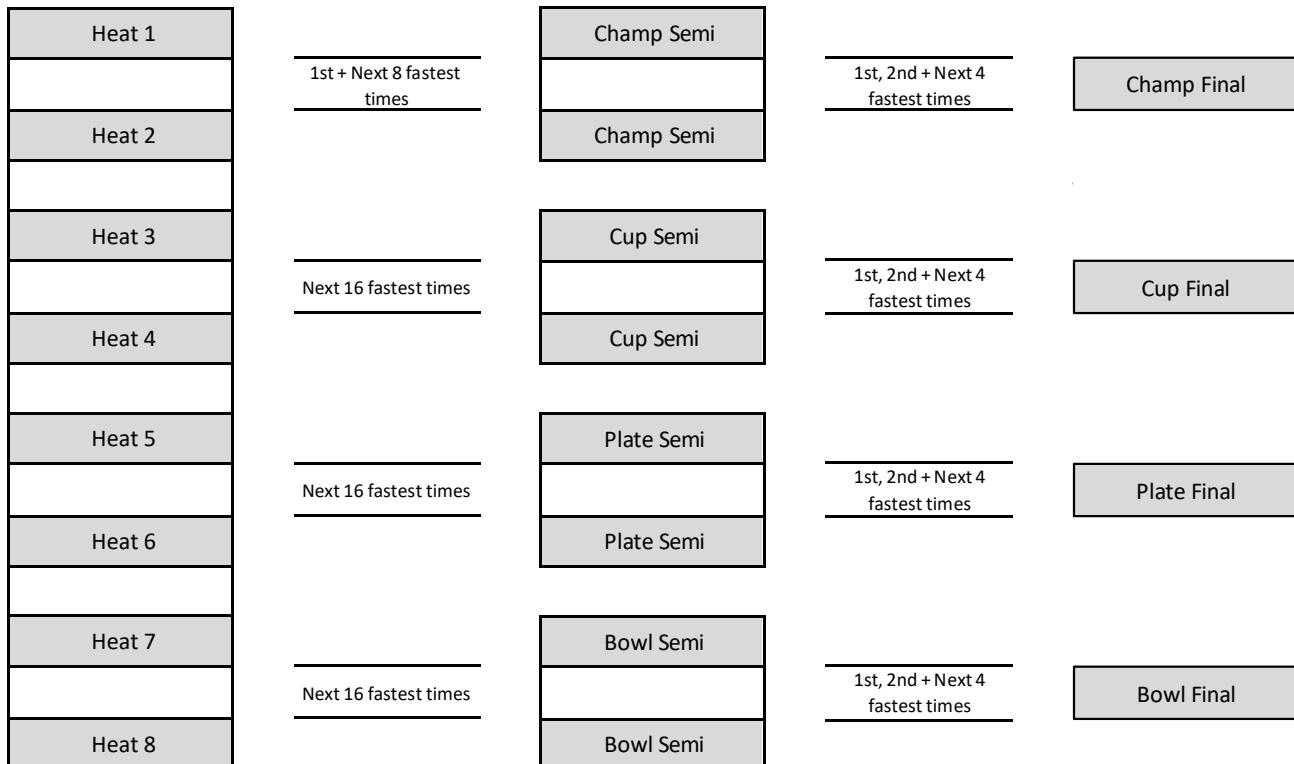
3 Heats (19-14 teams)



4 Heats (25-32 teams)



5 Heats (33-40 teams)**6 Heats (41-48 teams)**

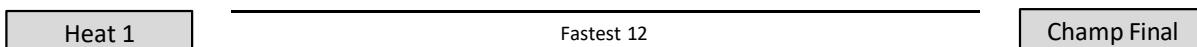
7 Heats (49-56 teams)**8 Heats (57-64 teams)**



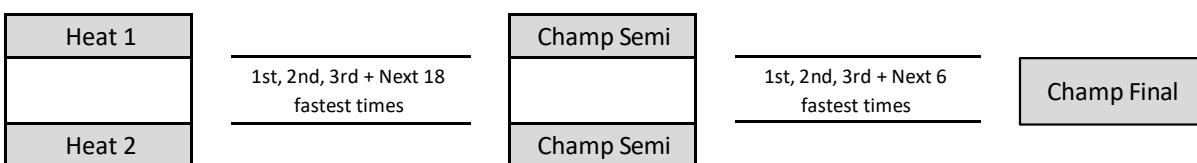
Waka Ama Sprint Nationals Progressions

Taitamariki W6 (12 lanes, seeding heat)

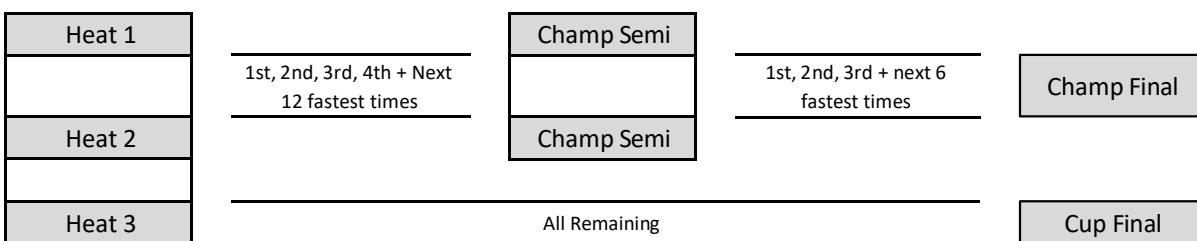
1 Heat (1-12 teams)



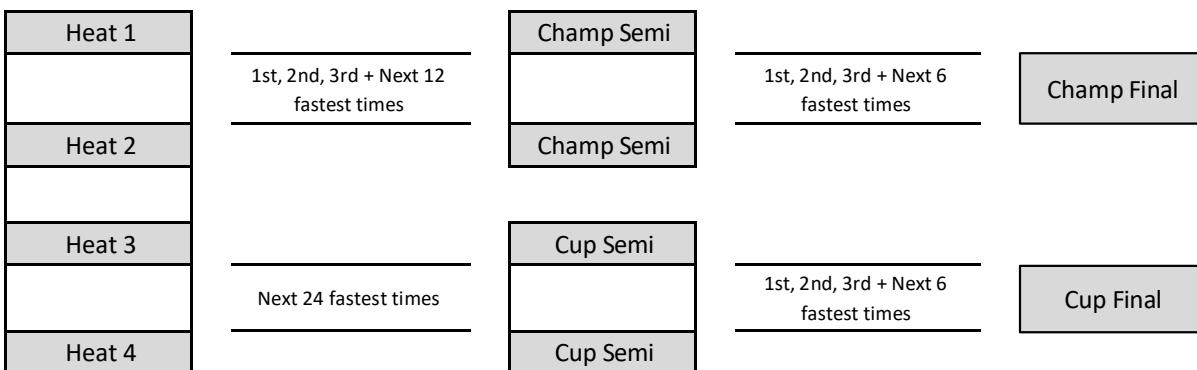
2 Heats (12-24 teams)

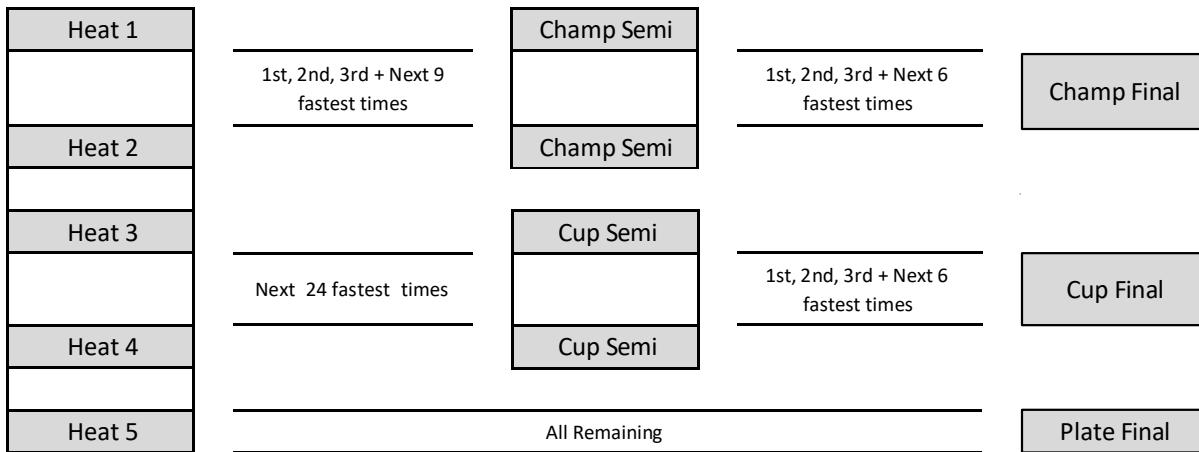
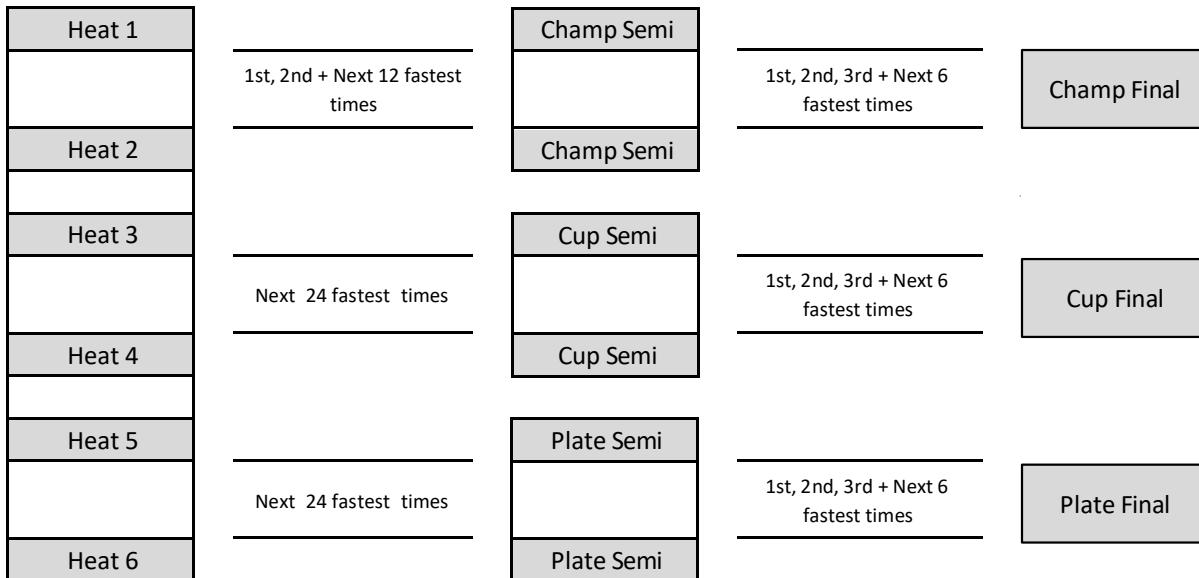


3 Heats (25-36 teams)

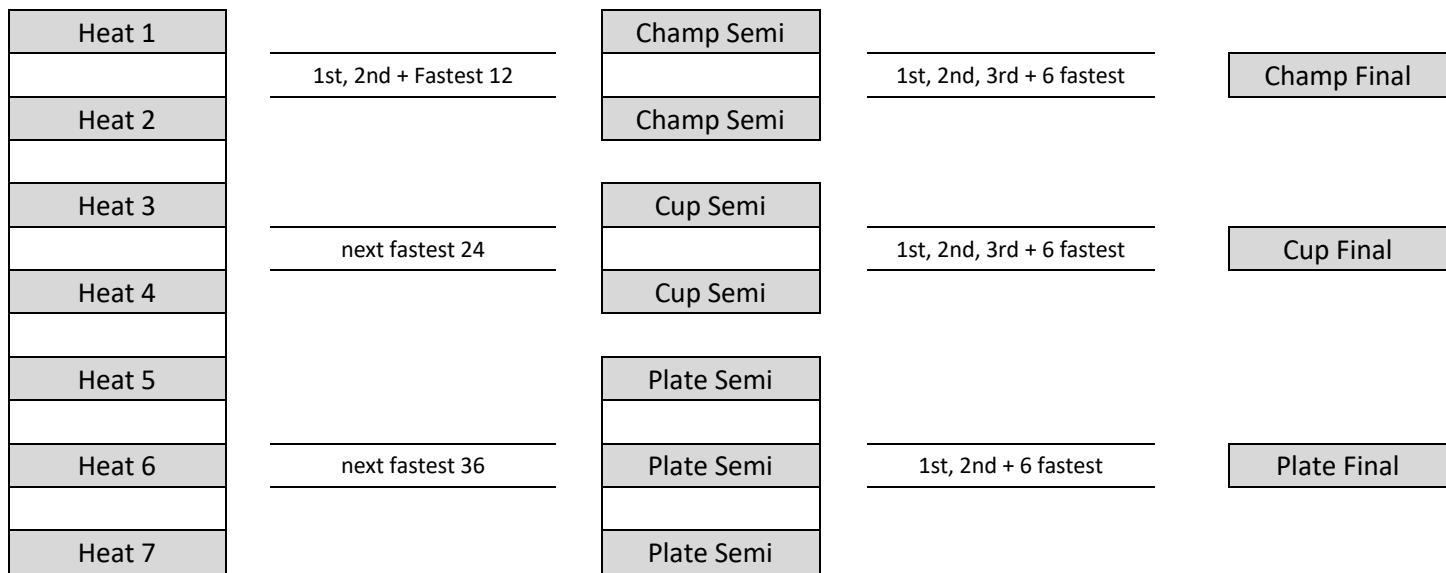


4 Heats (32-48 teams)



5 Heats (49-60 teams)**6 Heats (61-72 teams)**

7 Heats (73- 84 teams)





Waka Ama Sprint Nationals Corporate Challenge Progressions 2026

Corporate Challenge 250m W12 (8 lanes)

3 Heats (17-24 teams)

Heat 1

1st and 2nd + 2
fastest

Champ Final

Heat 2

Next 8 fastest

Cup Final

Heat 3

All remaining

Bowl Final