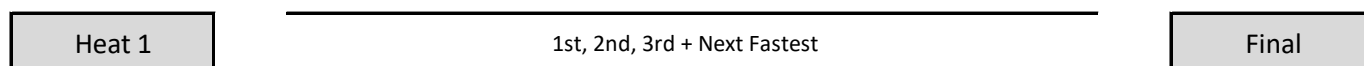


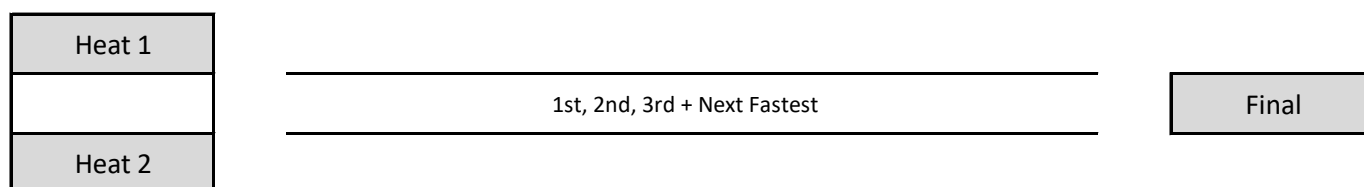
# Waka Ama Sprint Nationals Progressions

## W6 Turns / W12 (8 lanes, Seeding Heat)

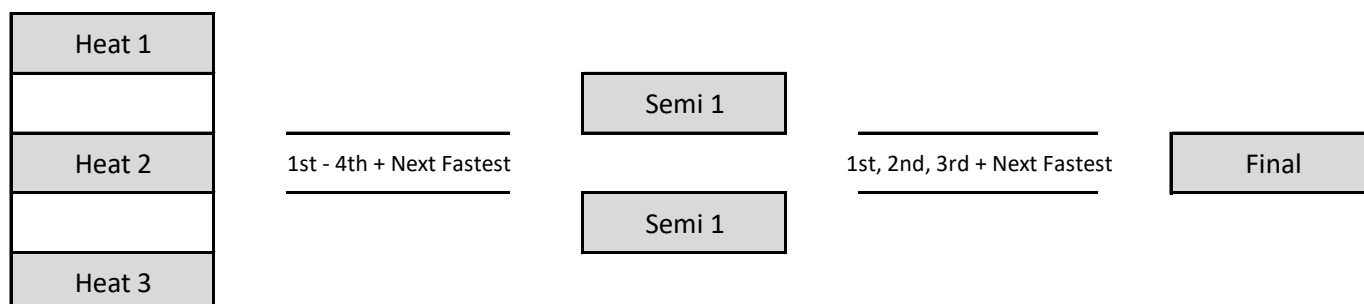
### 1 Heat (3-8 teams)



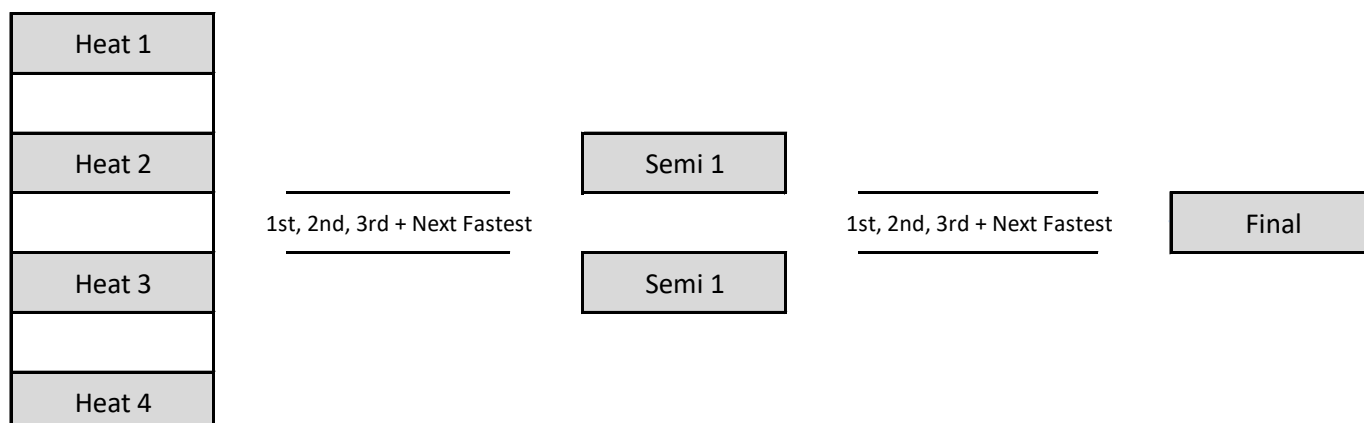
### 2 Heats (9-16 teams)



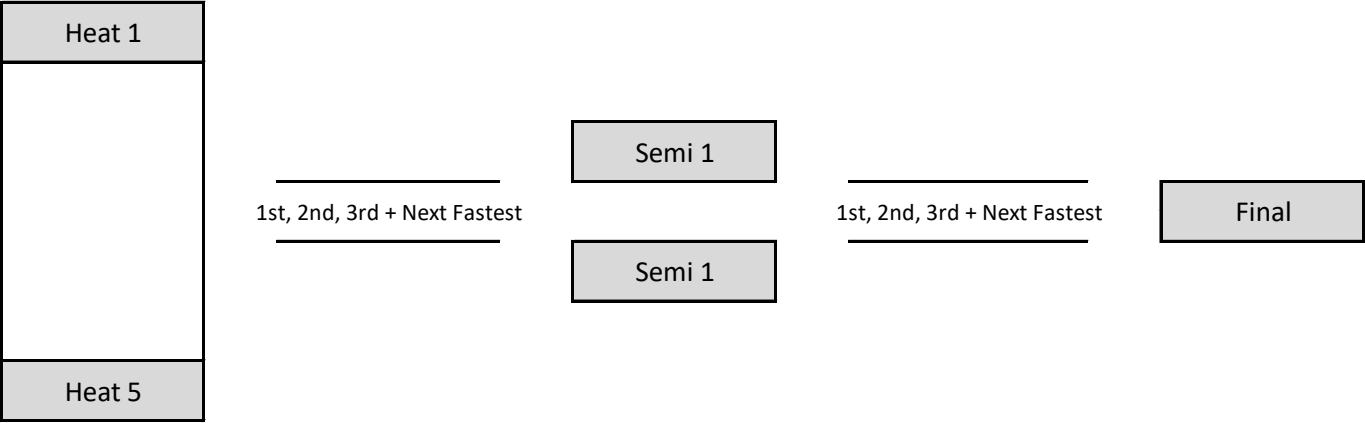
### 3 Heats (17-24 teams)



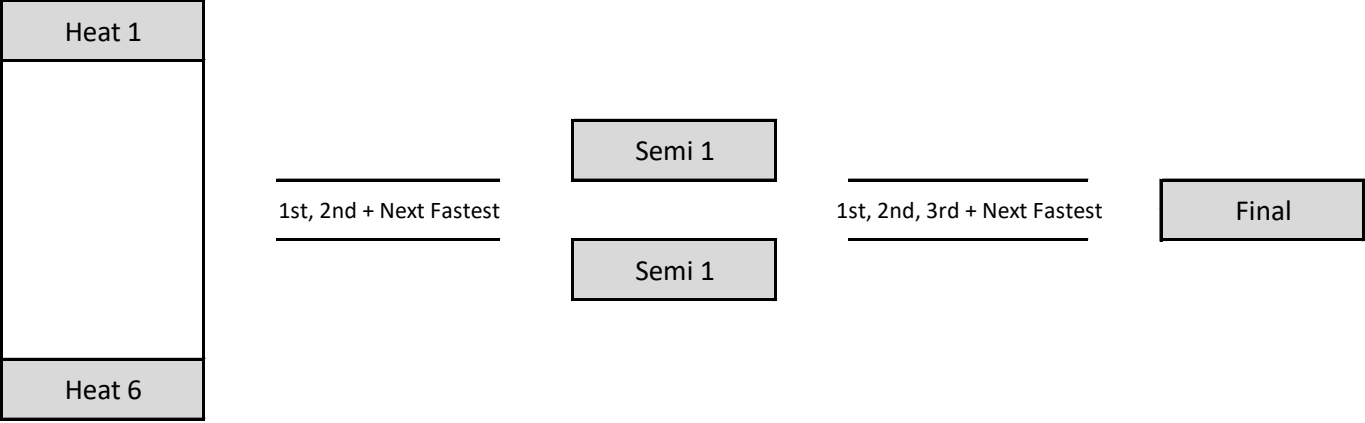
### 4 Heats (25-32 teams)



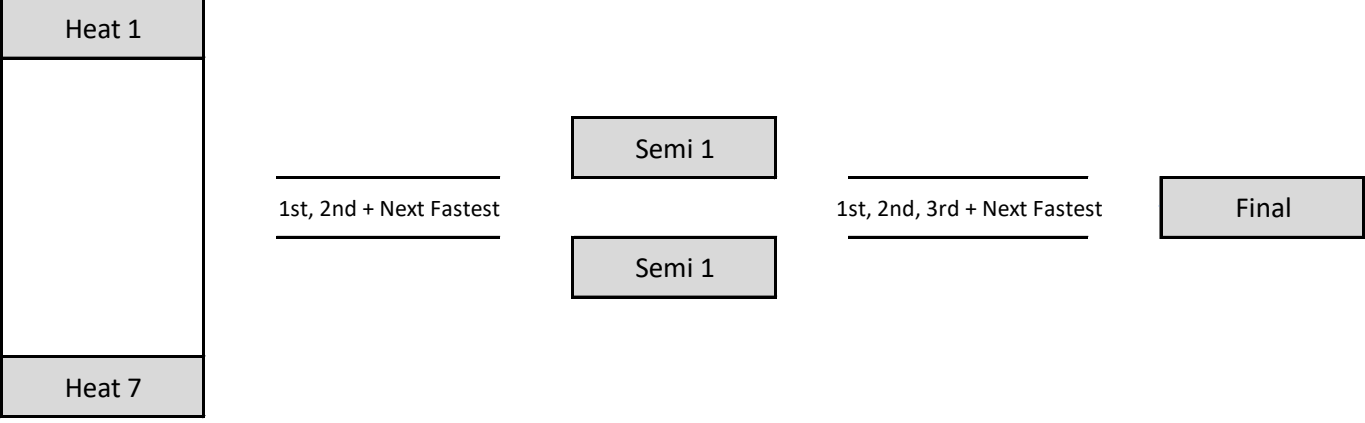
**5 Heats (33-40 teams)**



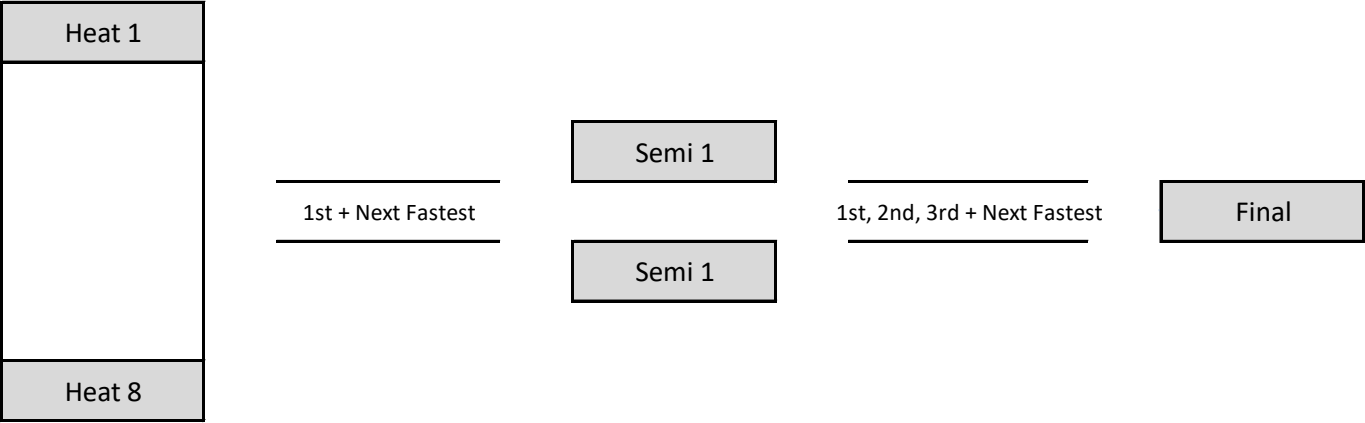
**6 Heats (41-48 teams)**



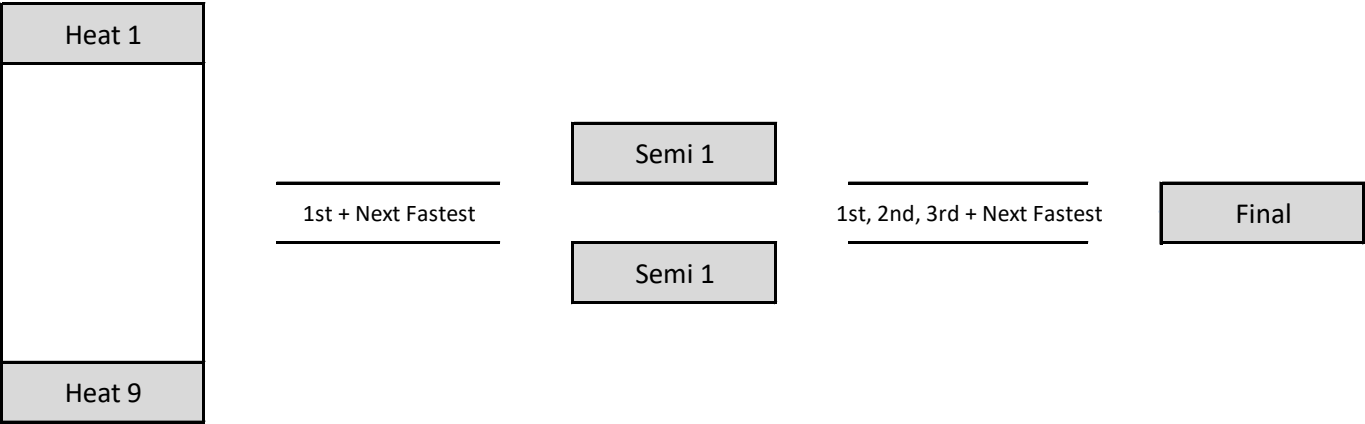
**7 Heats (49-56 teams)**



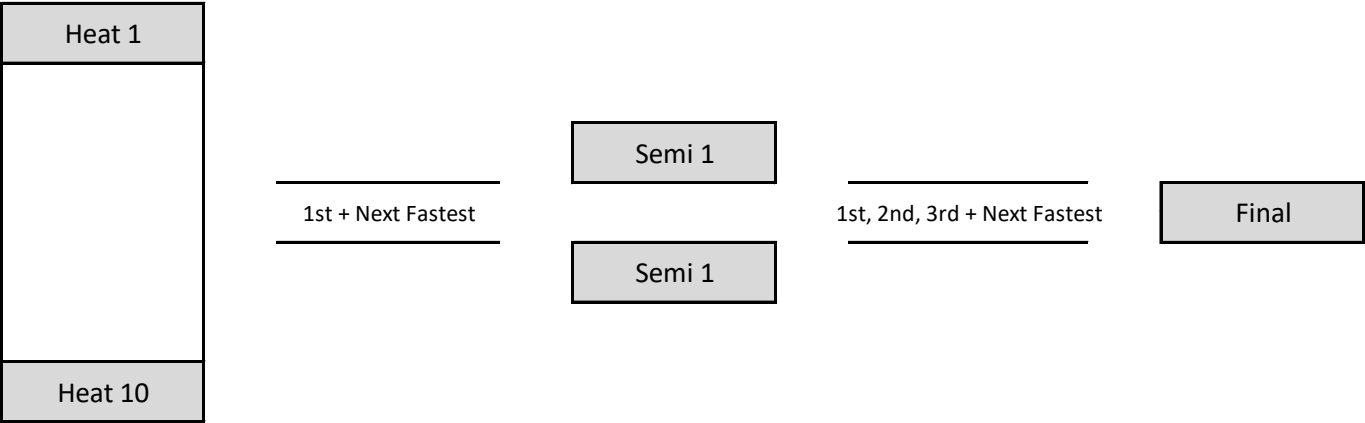
8 Heats (57-64 teams)



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
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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				

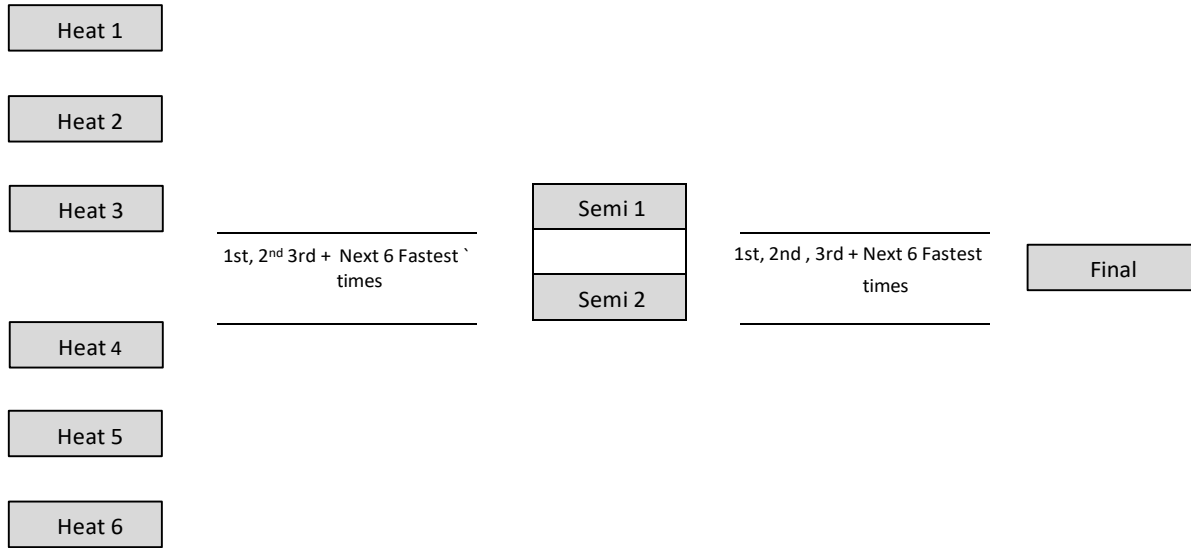
### 5 Heats (49 - 60 teams)

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		
	1st, 2nd + Fastest 6		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		All Remaining		Plate Final

**6 Heats (41-48 teams)**

Heat 1	2026 Progressions	Champ Semi		
	1st + Next 10 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		

**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		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 12 fastest times		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		Champ Semi			
	1st, 2nd, 3rd + 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			

**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)

