

2026 King's Birthday Weekend 30 May - 1 June Invitation

Aotearoa New Zealand Contingent - Pānui 1 - May 2026

KINGS BIRTHDAY WEEKEND AT KARĀPIRO - 30 MAY - 1 JUNE

All lanes at Karāpiro will be available over King's Birthday Weekend, **30 May – 1 June**. With our Elite teams training on site, this is a fantastic opportunity for you to utilise the lanes and support your race preparation.

If you would like to book a lane or lanes for your club you can do so [here](#)

- Lane hire (double or turns lane) will be **\$60 per waka, per 2 hour session, per lane**. I.e. If you are booking one lane and two canoes the cost will be \$180
- Each lane can accommodate up to **two waka**
- Please note: **you will need to provide and organise your own waka**
- Please ensure you submit your booking by 28th May
- Cancellation policy - any bookings cancelled before the 28th of May will be refunded
- If you have any questions contact worlds@wakaama.co.nz
- Please note there are 5 full lanes available per time slot (3 lanes are allocated to the elite teams and V1s) . The bookings are on a first in, first served basis

Please ensure your team has all safety equipment required including PFDs

We are still working through the Hydra use for the elite teams over the weekend and will get information out around spaces for clubs to hire them soon.

RECOVERY & RELAXATION

To support your training and recovery, WAANZ has booked a **wood-fired sauna** which is available on site, on **Saturday and Sunday**. The sauna fits up to 9 people at a time. This is our way of helping you recover to get the most out of your training.

You can secure a spot in the sauna for yourself and/or your team [here](#) . There is no charge for sauna use with a lane booking .

Details

How it Works:

The sauna is heated to 85-95 degrees

- After about 15 minutes in the sauna, jump into the lake to cool off
- Repeat this process 3 times over 1 hour

Sauna Etiquette:

- Sit on a towel

- Listen to your body
- Respect others
- Use sauna voices
- Silence for the aufguss (infusion)
- Respect the sauna

Instructions

What to Bring:

- Togs
- Jandals or Sandals
- 2x towels (1 to sit on & 1 for after)
- Water bottle - drink lots of water (no metal bottles inside the Sauna)
- Leave jewellery & watches at home

It is a Sauna Project sauna - <https://www.thesaunaproject.co.nz/cambridge>

Special Invitation – Elite V1 Age Division Paddlers

For our V1 age division paddlers representing Aotearoa New Zealand in Singapore, we warmly invite you to:

- Attend a celebratory dinner on Saturday evening at the **Don Rowlands Centre**, honouring all our elite athletes - RSVP [here](#) if you will attend by **12 May 2026** . (If you are already attending as part of an elite team there is no need to respond).
- If you want any extra people (partners, family, supporters etc) to attend, extra tickets are \$60 per person to cover the meal. [Click here to buy additional tickets for the evening](#)
- If you want to bring your V1 we will have a lane reserved for V1 paddlers from 2 - 4 pm Saturday
- Dinner would be a 5.30 - 5.45 arrival for a 6.30 dinner

HAKA & WAIATA PRACTICE

There will be an in person Haka & Waiata practice on Saturday 30th May at Lake Karāpiro if you are there. 4.45 pm - 5.45 pm. We encourage you to practice in your teams as well to be ready for the cultural evening in Singapore. We will look at having some practices in Singapore, in preparation

We will send information about the Waiata for us to practice before the camp. Below are links to assist you in practicing the Waka Ama NZ haka.

Haka Kupu <https://youtu.be/u-vAHwjDaqc?feature=shared>

Waka Ama NZ Haka https://youtu.be/6qeCD_V6ajU?feature=shared

And <https://youtu.be/Mcb33EkLIKE?feature=shared>

SPORT INTEGRITY COMMISSION CLEAN SPORT - DRUG FREE WORKSHOP

We have two workshops booked with the Sport Integrity Commission.

Monday 18 May 2026 - Online workshop 7 - 8 pm. A calendar appointment will be sent out with the meeting link

Saturday 30 May - In person Don Rowlands Centre 12 noon - 1 pm

The purpose of this session is to ensure you understand your responsibilities as an athlete, what to expect and the process if you are randomly chosen to be drug tested in Singapore. *Please note anyone 18 years or over is in the testing pool at the IVF World Sprint event.*

If you would like to know more about your responsibility, what to expect if you are randomly selected for testing, or why you should be cautious with supplements, you can do the [online learning](#)

THERAPEUTIC USE EXEMPTIONS (TUE)

The IVF medical committee has now expanded the testing pool for Clean Sport Anti Doping testing to all paddlers who are 18 or over.

If you are 18 years or older and competing in Singapore (any age division). Plus, you take any medication, please check it against the banned or restricted list here: <https://www.globaldro.com/Home>

If your medication appears on the banned or restricted list, you will need to complete a Therapeutic Use Exemption (TUE) form. TUE forms are available in the attachments on the [Information Hub page](#) and will require a doctor's appointment to complete.

Once completed, please submit your form to worlds@wakaama.co.nz **as soon as possible and before 4 June 2026.**

If you would like to understand your responsibilities as a paddler, manager, coach, or supporter, you can find further information [here](#).

If you have any further questions please contact worlds@wakaama.co.nz