

2026 Waka Ama Long Distance Nationals

Orewa, Auckland – Thursday 1st – Sunday 4th October 2026

Pānui 1 – May 1st 2026

Waerea, waerea
kia hora te marino kia hakapapa pounamu te moana
waerea, waerea
kia eke pānuku, eke Tangaroa
Rere ki uta, rere ki tai
Papaki kau mai ki ngā one tai o Orewarewa e!

E ngā mana, e ngā tapu, e ngā ihi o ngā iwi haere mai, piki mai, kake mai.

Ko te reo aroha tēnei o Tāmaki ki uta, o Tāmaki ki tai, Tāmaki Makaurau e rāhiri nei kia koutou. Hoes mai ngā tira hoes waka kia herea ki te pou herenga o ngā whakataetae hoes roa ā motu.

E te iwi kia mataara, ko te ringa ki te hoe, karawhiua.



2026 LONG DISTANCE NATIONALS

Auckland Regional Outrigger Canoe Association (AROCA) alongside Waka Ama New Zealand (WANZ), are proud to host the 2026 Waka Ama Long Distance Nationals (LDNs) to be held at **Orewa Beach, Orewa**.

2026 LDN PŌWHIRI

The pōwhiri will take place on the morning of **Thursday 1st October** - at 8am, Venue TBC. Closer to the time we will send out a survey link for clubs to let us know how many paddlers/supporters/whānau will be attending the pōwhiri for catering purposes.

IMPORTANT DATES

- | | |
|------------------------|-------------------------------|
| ● 13 May 2026 | Pānui 1 online |
| ● Monday 18 May | Entries Open |
| ● 7 September | Entries close |
| ● 21 September | Roster closes |
| ● 22 September | Clubs invoiced |
| ● Thursday 1st October | LDN Pōwhiri - 8am (Venue TBA) |
| ● Thursday 1st October | Race 1 and 2 |
| ● Friday 2nd October | Race 3 and 4 |
| ● Saturday 3rd October | Race 5 and 6 |
| ● Sunday 4th October | Back Up Race Day (If needed) |

BACK-UP RACE DAY

If the weather or sea conditions make it unsafe to paddle any one of the allocated races then **Sunday October 4th, is the back-up race day. Clubs/Paddlers are advised to make plans to be available that day.**

RACE RULES

All entrants must be familiar with the Waka Ama New Zealand race and safety rules. Refer to the following link for more information - [Waka Ama Aotearoa NZ Race Rules](#).

ENTRY FEES

The fees for all entries received prior to September 22nd, 2026 are:

Grade	W6	W1 Rudderless/W1 Rudderred/W2	Combination
Senior Adults	\$75 each	\$75 each	\$115 each
Juniors / M70+	\$55 each	\$55 each	\$85 each

NOTE:

- If an Adult paddler is entered for one club in both the W6 and W1 Rudderless/W1 Rudderred races the entry fee payable is \$115.00.
- If a Junior/M70+ paddler is entered for one club in both the W6 and W1 Rudderless/W1 Rudderred races, the entry fee payable is \$85.00.
- Entry into a third event (under the same club) would cost a further \$40.00 for Adults and \$30.00 for Juniors/M70+ ie: W6 + W1+W2 = \$155.00/Adult or \$115/Junior/M70+.
- If a paddler wishes to **paddle for two different clubs**, then **full entry fees** will be charged for each event entered (\$75+\$75/Adult, \$55+\$55/Junior/M70+). The combination discount is not applicable in this case.

PAYMENT PENALTIES

After the paddler roster closes September 22nd 2026, a **\$30 per paddler late fee will apply**, for any changes or additions, in addition to the entry fees.

Any club that withdraws teams after being invoiced will still be charged the full entry fee.

All team entries are to be entered via the Waka Ama New Zealand website through your Club Coordinator.

REFUND POLICY

- No refunds will be given for any withdrawals after September 22nd when the roster is closed
- No refund will be given if the event is cancelled due to a natural disaster or extreme weather should the event be cancelled after September 24th 2026

RACE DISTANCES AND COURSES

The race course will be set closer to the event based on the weather and ocean conditions to provide all paddlers with an enjoyable, challenging, and safe experience. Course maps for all alternate courses will be available in the next pānui.

J16 & Short Course races will take place at this event, and the courses may be modified for the conditions.

Waka	Distance	Divisions	Categories
W6	23-25 km	Open, Master and Senior Master	Men, Women & Mixed
	12-16 km	J19, Golden Master	Men, Women & Mixed
	8-10 km	J16, University, M70, M75, M80	Men, Women & Mixed
	8-10 km	Adaptive	Mixed
	8-10 km	Short course - Open*	Men, Women and Mixed*
W4	23-25 km	Open	Men, Women & Mixed
W1 Ruddered/ Rudderless	12-16 km	U23, Open, Master, Snr Master	Men & Women
	8-10 km	J16, J19, Golden Master, M70, M75, M80	Men & Women
	8-10 km	Adaptive	Men & Women
W2	12-16 km	U23, Open, Master, Snr Master	Men, Women & Mixed
	8-10 km	J16, J19, Golden Master, M70, M75, M80	Men, Women & Mixed

*NB. These are NOT a medal category

INTERNATIONAL PADDLERS - NEW

The 2026 Waka Ama Aotearoa NZ Long Distance Nationals will offer new International Race divisions for International teams who come to compete in the event.

- International entries are permitted but will not be eligible for NZ National medals
- If there are 2 or more International paddlers in the same age division and race distance, separate (different) International medals/recognition will be awarded for this category.

RACE DIVISIONS

All age groups are outlined in the Waka Ama New Zealand Race Rules, rule 50.2. Note: J16 minimum age is 14 (ocean racing) and J19 competitors must be a minimum age of 14 in the year of competition.

DIVISION	Minimum (Age as of 31 December 2026)	Maximum (Age as of 31 December 2026)
Junior 16	14	16
Junior 19	14	19
U23	14	23
Open	14	None
Masters	40	None
Senior Masters	50	None
Golden Masters	60	None
Master 70	70	None
Master 75	75	None
Master 80	80	None
University	18	None

- All New Zealand entrants must be from clubs affiliated with Waka Ama New Zealand.
- All paddlers must be verified to enter.
- The adaptive teams must comprise a minimum of 3 affiliated adaptive paddlers. The 3 other seats can be filled by affiliated adaptive or non-adaptive paddlers
- Mixed W6 Crews are to be of mixed gender. The majority (at least 50%) of paddlers must be female
- Mixed W2 teams must be made up of 1 man and 1 woman

University Division - NEW

A new University Division will be held at this LDN event

- The University Race will be held over the 8-10km distance, Race #3 on Friday October 2nd 2026.
- University teams will be selected and entered by a university to represent them.
- University teams must comprise students attending said university.
- A further pānui with information on the University Division and Rules will be circulated and sent to Universities.

COMPETITORS' ABILITY

We are providing opportunities for experienced and capable crews and individuals in age categories from J14 and above. The term "experienced" means that teams and individuals have experience paddling in sea conditions, including paddling through waves/surf breaks, refer [Race Rule 50.3](#). All Clubs are directly responsible for ensuring that all their paddlers are competent in the divisions that they have been entered into. The Race Director has the discretion to withdraw a team or an individual who is deemed to be unfit or unprepared to start or complete the race.

The Short Course Open races (8-10km Friday #3) will provide an opportunity to those paddlers who are newly experienced to ocean racing, and are unable to complete the senior distance, The Short Course Open events will not be eligible for medals. J16 and Short Course events may be modified for the conditions.

AFFILIATIONS / VERIFICATIONS

As this is a National Championship, all paddlers must be verified and affiliated members to be able to enter their names on the club roster prior to the deadlines.

PADDLING FOR TWO DIFFERENT CLUBS

As per the [Race Rule 50.4](#), W1 paddlers may have the option of competing for another club in a W6/W4 event, if their primary club for which they are registered in the W1 event does not have sufficient numbers to field a W6/W4 crew in.

If a W1(or W2) paddlers are eligible, the following requirements need to be met:

- The paddler must be added to the W1/W2 event first by their primary club
- Their secondary club (W6/W4 team) must email events@wakaama.co.nz to notify WAANZ that the paddler is racing across two clubs, & which W6 team they should be entered into - WAANZ will action
- WAANZ will verify that the paddler/s are eligible and confirm the entry
- If a paddler wishes to paddle for two different clubs, full entry fees will be charged for each event entered (\$75+\$75/Senior, \$55+\$55/Junior). The combination discount is not applicable in this case
- WAANZ will invoice the applicable fees to each club separately.

WAKA HIRE

W6 Waka Hire - We encourage teams to bring their own waka to the Long Distance Nationals, however we understand that is not as easy for everyone. V1, OC1, OC2 Hire - please contact clubs directly in Auckland if you want to hire a single or double waka.

As in previous years, closer to the event, a W6 Waka Hire spreadsheet will be shared to all clubs, showing who has waka available for hire for which race. In the meantime, any waka hire enquiries or availability of waka can be emailed to events@wakaama.co.nz which will be passed onto the person in charge from the Local Organising Committee (LOC). In all cases, the LOC will endeavour to connect you via email for W6 Waka hire, however, it is up to individual club contacts to arrange and confirm hire bookings.

ACCOMMODATION

Accommodation options in Orewa can be found [here](#) and in the surrounding areas (Red Beach, Silverdale, North Auckland) via Booking.com, Airbnb, or [Auckland Council Holiday Parks](#). Please allow plenty of time if travelling out of Auckland Central or from out West Auckland, because of commuter traffic.

TRAVEL

Here is a Google Map link to the venue: [Orewa Beach, Orewa Surf Lifesaving Club](#)

VENDORS

Vendor information will be available in June. If you have any questions, contact events@wakaama.co.nz

KAIMAHI - VOLUNTEERS

Volunteer information will be shared shortly. In the meantime if you are keen to volunteer, please email events@wakaama.co.nz

EVENT SCHEDULE

Thursday October 1 , 2026

8am – Pōwhiri

Race 1 - Women's W1 Rudderless, Men's W1 Rudderless, Men W2 Race Briefing: 9:30am Race Start: 10:00am			Wave Start
MEN - U23, Open, Master, Snr Master	W1 Rudderless	12 - 16 km	Wave 1 Start 10:00am
MEN - J19, Gld Master, Master 70+	W1 Rudderless	8 - 10 km	Wave 1 Start 10:00am
MEN - U23, Open, Master, Snr Master	W2	12 - 16 km	Wave 1 Start 10:00am
MEN - J19, Gld Master, Master 70+	W2	8 - 10 km	Wave 1 Start 10:00am
WOMEN - U23, Open, Master, Snr Master	W1 Rudderless	12 - 16 km	Wave 2 Start 10:05am
WOMEN - J19, Gld Master, Master 70+	W1 Rudderless	8 - 10 km	Wave 2 Start 10:05am

Race 2 - Women's W1 Rudderless, Men's W1 Rudderless, Women/Mixed W2, Adaptive W1 Race briefing: 12.30pm Race Start: 1:00pm			Wave Start
MEN - U23, Open, Master, Snr Master	W1 Rudderless	12 - 16 km	Wave 1 Start 1:00pm
MEN - J19, Gld Master, Master 70+	W1 Rudderless	8 - 10 km	Wave 1 Start 1:00pm
MIXED - U23, Open, Master, Snr Master	W2	12 - 16 km	Wave 1 Start 1:00pm
MIXED - J19, Gld Master, Master 70+	W2	8 - 10 km	Wave 1 Start 1:00pm
Adaptive - Women, Men	W1	8 - 10km	Wave 2 Start 1:05pm
WOMEN - U23, Open, Master, Snr Master	W1 Rudderless	12 - 16 km	Wave 2 Start 1:05pm
WOMEN - J19, Gld Master, Master 70+	W1 Rudderless	8 - 10 km	Wave 2 Start 1:05pm
WOMEN - U23, Open, Master, Snr Master	W2	12 - 16 km	Wave 2 Start 1:05pm
WOMEN - J19, Gld Master, Master 70+	W2	8 - 10 km	Wave 2 Start 1:05pm

PRIZEGIVING DAY 1 - at the venue, within 30 minutes of the last competitor finishing

Friday October 2 , 2026

Race 3 - J16 W6; M70, M75, M80 W6; University Race W6; Adaptive W6; Short Course W6 Race briefing: 9.30 am Race Start: 10:00am			Wave Start
W6 - J16 - Men, Women, Mixed	W6	8 - 10 km	Wave 1 Start 10:00am
W6 - University Race - Mixed	W6	8 - 10 km	Wave 1 Start 10:00am
W6 - Para - Mixed	W6	8 - 10 km	Wave 1 Start 10:00am
WOMEN/MEN/MIXED - M70, M75, M80	W6	8 - 10km	Wave 1 Start 10:00am
SHORT COURSE** Open - Men, Women, Mixed	W6	8 - 10 km	Wave 2 Start 10:05am

**Not a medal category

Friday October 2 , 2026

Race 4 - J16 W1/W2, Mixed W6, Open W4 Race briefing: 12.00pm Race Start: 12.30pm			Wave Start
MIXED - Open, Master, Snr Master	W6	23 - 25 km	Wave 1 Start 12:30pm
MIXED - J19, Gld Master	W6	12 - 16 km	Wave 1 Start 12:30pm
OPEN - Men, Women, Mixed	W4	23 - 25 km	Wave 1 Start 12:30pm
J16 Women	W1 Rudderless	8 - 10 km	Wave 2 Start 12:35pm
J16 Men	W1 Rudderless	8 - 10 km	Wave 2 Start 12:35pm
J16 Men	W2	8 - 10 km	Wave 2 Start 12:35pm

PRIZEGIVING DAY 2 - at the venue, within 30 minutes of the last competitor finishing

Saturday October 3 , 2026

Race 5 - J16 W1/W2, Women W6 Pre race update (Steerers only): 7.30am Race Start: 8.30am			Wave Start
WOMEN - Open, Master, Snr Master	W6	23 - 25 km	Wave 1 Start 8:30am
WOMEN - J19, Gld Master	W6	12 - 16 km	Wave 1 Start 8:30am
J16 Women	W1 Rudderless	8 - 10 km	Wave 2 Start 8:35am
J16 Men	W1 Rudderless	8 - 10 km	Wave 2 Start 8:35am
J16 Women & Mixed	W2	8 - 10 km	Wave 2 Start 8:35am

Race 6 - W6 Men Pre race update (Steerers only): 11.30am Race Start: 12.30pm			Wave Start
MEN - Open, Master, Snr Master	W6	23 - 25 km	12:30pm
MEN - J19, Gld Master	W6	12 - 16 km	12:30pm

PRIZEGIVING DAY 3*

Prizegiving Function for all Saturday Finals Time and Venue TBC

Sunday October 4 , 2026

Back-up race day if required

INFORMATION AND PĀTAI

All event information will be uploaded to the [Long Distance Nationals 2026](#) event page, as it is available.

Any pātai, can be emailed to events@wakaama.co.nz

On behalf of Waka Ama Aotearoa NZ, AROCA and the collective of Auckland Clubs we look forward to hosting you in Auckland in October.