

2026 Waka Ama Long Distance Nationals

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

Pānui 2 – August 1st 2026

Waerea, waerea
kia hora te marino kia hakaapa 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 ō Tāmaki ki uta, o Tāmaki ki tai, Tāmaki Makaurau e rāhiri nei kia koutou. Hoea mai ngā tira hoe waka kia herea ki te pou herenga o ngā whakataetae hoe 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 Aotearoa New Zealand (WAANZ), are proud to host the 2026 Waka Ama Long Distance Nationals (LDNs), at **Orewa Beach, Orewa.**

2026 LDN PŌWHIRI

The pōwhiri will take place at **8am Thursday 1st October - at the venue, Orewa Beach/Orewa Surf Life Saving Club**, followed by a cup of tea. **Please be on-site by 7.45am**. Closer to the time, a poll survey will be sent to club contacts to ascertain numbers of people attending the pōwhiri for catering purposes.

IMPORTANT DATES

● 7 September	Entries close
● 21 September	Roster closes
● 22 September	Clubs invoiced
● Thursday 1st October	LDN Pōwhiri - 8am at the race venue
● 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.**

Please refer to the [event web page](#) and [Pānui 1](#), for ALL of the following Important information:

ENTRY FEES

LATE FEE PAYMENT PENALTIES - including withdrawals

AFFILIATIONS / VERIFICATIONS - all paddlers must be affiliated and verified

REFUND POLICY - no refunds after the roster has closed

COMPETITOR'S ABILITIES

PADDLING FOR TWO DIFFERENT CLUBS

RACE DISTANCES AND COURSES - 8 - 24km; W1/W6; Novice/Uni/Para, J16 - M80

RACE DIVISIONS

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.

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.

VENUE

- The event will be based at the Orewa Surf Life Saving Club - [Google map link Orewa SLSC](#)
- The wider building and wider reserve grass areas are where the following are located:
 - o Registration and Administration - Orewa SLSC/Main event Marquee
 - o WANZ Merchandise Tent, Food trucks and Vendors - Vendors area
 - o Kaumatua and accessible parking / toilet facilities - as marked
- Surrounding the main hub, on the carpark and grassed areas will be:
 - First Aid
 - Safety checks and rigging for all waka - 2 areas
 - Additional race portaloos and accessible toilet block
 - The trailer parking will be on-site at the venue for as many as we can fit - see Site Map below (reverse parallel parking). With all overflow parking, including waka trailers moving to Western Reserve. Details to follow.



EVENT TIKANGA

All venues used by our event are drug, alcohol, vape and smoke-free. Please respect our whānau and whenua. You will be asked to leave the venue if the rules are not followed. This includes all car parks, marquees, and beach areas surrounding both venues

RACE RULES

All entrants must be familiar with the Waka Ama New Zealand race and safety rules.

Race Rules can be found online here: <https://wakaama.co.nz/pages/view/1005147>

- **PFD's – All J16 and Novice paddlers/Teams must wear PFD's to race.** All other paddlers must have them readily available in the waka. Should the conditions require it – the Race Director may advise that it is compulsory for all paddlers to wear their PFD.
- **Spray Skirts: All W4/W6 must have spray skirts.** These are required to be fitted for the safety check.
 - For W2 that cannot be fitted with sprayskirts - paddlers will be required to wear their PFDs and have onboard 1 bailer per person.
- **Only 1 Entry in a division** – As per the race rules: There must be a minimum of two (2) paid entries for a programmed race to be run. If there is only one entry for a race, the race committee will automatically combine this entry with the most suitable division, and inform the affected club.
 - Please note: there are no medals awarded for divisions with only 1 entry.
- **Race Briefings** - One (1) member of each crew will be required to attend the race briefing and sign the briefing check-in form
- **Racing Uniforms** - As per the [WAANZ Race Rules](#), Paddlers are required to wear club uniform tops for their racing. All paddlers in any one team shall wear the same uniform (Tops) in all but the mixed events - any differences in uniform may only be between the male and female paddlers.

TIDES DURING THE EVENT

The tidal predictions for 1st October have a range of approximately 2.5m and are characterised by high tide in the middle of the day. If the races run to program the majority will fall around mid to high tide with the exception of the Men's W6 on the Saturday.

The table below shows the tide times and the anticipated water levels at the start of each race.

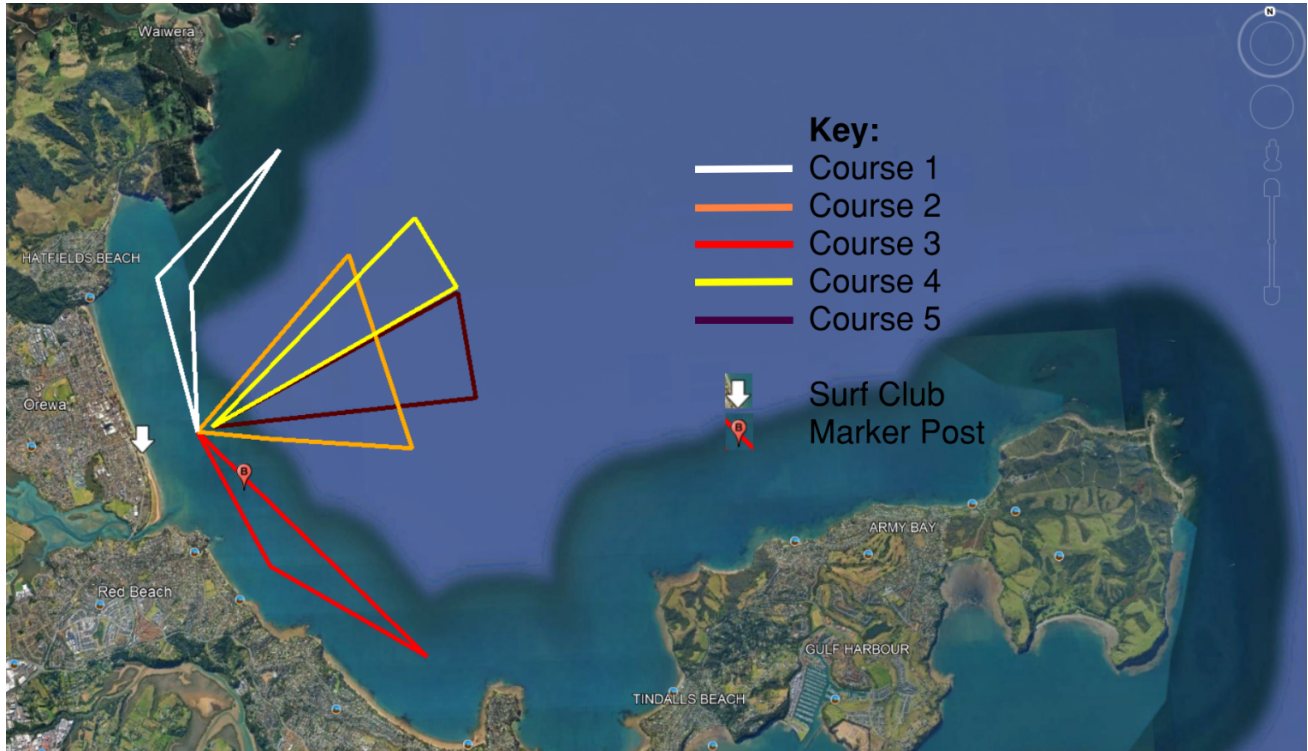
Date	Day	Time	High/Low	Depth
Oct-01	Thursday	4:53 AM	LOW	0.26m
Oct-01	Thursday	11:12 AM	HIGH	2.79m
Oct-01	Thursday	5:22 PM	LOW	0.47m
Oct-01	Thursday	11:27 PM	HIGH	2.66m
Oct-02	Friday	5:43 AM	LOW	0.3m
Oct-02	Friday	12:04 PM	HIGH	2.75m
Oct-02	Friday	6:16 PM	LOW	0.54m
Oct-03	Saturday	12:20 AM	HIGH	2.56m
Oct-03	Saturday	6:36 AM	LOW	0.37m
Oct-03	Saturday	1:01 PM	HIGH	2.69m
Oct-03	Saturday	7:15 PM	LOW	0.62m
Oct-04	Sunday	1:18 AM	HIGH	2.47m
Oct-04	Sunday	7:34 AM	LOW	0.46m
Oct-04	Sunday	2:02 PM	HIGH	2.63m
Oct-04	Sunday	8:19 PM	LOW	0.68m

EVENT SCHEDULE (to be read in conjunction with the Race Schedule on page 9 & 10)

WEDNESDAY SEPTEMBER 30th	
2 pm – 6 pm	Waka Drop off, Trailer Parking and Administration areas open Registration for Races 1 & 2 open.
THURSDAY OCTOBER 1st	
6.45 am - 8 am	Waka drop off and Administration areas open Registration & Safety checks for Races 1 & 2 open
8 am	Pōwhiri, Orewa Beach Reserve (registration desk & safety checks closed)
9.30 am	Race briefing for Race 1
10 am	Race 1 Start
9.30 am - 12.00 pm	Administration for general queries re-open Registration and Safety Checks for Race 2 open
12.30 pm	Race briefing for Race 2
1 pm	Race 2 Start
2 pm - 6 pm	Waka Drop off and Administration areas open Registration & Safety checks for Race 3 & 4 open
Approx 4 pm	Prizegiving at event venue
FRIDAY OCTOBER 2nd	
7 am - 9 am	Waka drop off and Administration areas open Registration & Safety checks for Races 3 & 4 open
9.30 am	Race briefing for Race 3
10 am	Race 3 Start
9.30 am - 11.30 am	Administration for general queries re-open Registration and Safety Checks for Race 2 open
12.00 pm	Race briefing for Race 4
12.30 pm	Race 4 Start
2 pm - 6 pm	Administration areas open Registration & Safety checks for Races 5 & 6 open
Approx 4 pm	Prizegiving at event venue
Approx 6 pm	Race Briefing for Race 5 & 6 at event venue (after prizegiving)
SATURDAY OCTOBER 3rd	
6.15 am - 11 am	Registration & Safety checks for Races 5 & 6 open
7.30 am	Pre-race Update for Race 5 (steerers only)
8.30 am	Race 5 start
11.30 am	Race briefing for Race 6 (steerers only)
12.30 pm	Race 6 start
2 pm – 5 pm	<u>If Sunday is not required as a Race day:</u> Trailer Parking will be open for collecting of waka
Approx 4 pm	Prizegiving at event venue
SUNDAY October 4th - Back-up Race Day if required	

COURSE MAPS

Five 8 km courses have been developed to suit varying weather and swell conditions, balancing enjoyable racing with sheltered alternatives where needed. Decisions will be made leading up to each race day as to the most suitable course for the predicted weather patterns



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 Auckland clubs directly if you want to hire a single or double waka.

The W6 Waka Hire Spreadsheet is live on the [event web page](#). This will be continually populated once clubs list their available waka. Please regularly check this if you are looking for a waka for a particular race, and remember to make sure you have paid the club directly if you are hiring waka (not WANZ).

To all teams bringing waka: **please remember to bring your waka trolleys and tyres**, as some waka will be stored in the carpark.

FACILITIES

There is a Council toilet block and outside shower available at the venue. There will also be extra portaloos throughout the race/event area. NB. Toilet facilities within the Surf Club are reserved for cafe patrons and event officials only. There are waste bins onsite, which will be emptied regularly. Please respect the whenua and ensure you pick up any rubbish, and leave the area tidy.

Wheelchair Accessible Toilets

There is an accessible toilet in the main outside toilet block, close to the waka rigging area, and in the Orewa Surf Club building, and an accessible portaloos at the race entry/exit points.

PARKING

Car Parking

Public car parking will be on the marked car parks, and grass within the reserve confines - see site map. There is also free public parking on the road, and surrounding streets. On street parking is controlled by Auckland City Council, please be considerate of people's driveways, and park according to the street signs

- Please do NOT park in the areas/roads where there are yellow lines, and do not park in the mobility car parks unless you have a sticker to do so. **Please follow the instructions of the parking volunteers.**

Trailer Parking

Is located on the grass reserve to the south of the SLS Club. There is only one gate in/out for access, as is marked on the site map. NB: Trailers parked here will be in for the duration of the event, in on Wednesday afternoon - out Saturday afternoon. Please do not park trailers in the regular car parks. **Please follow the instructions of the parking volunteers.**

Overflow parking for cars/trailers - we are working on a plan with Auckland Council to use Western Reserve. Further details will follow once confirmed.

Accessible parking

There are a few limited accessible parking spots close to the event admin area. Please leave these parks for our most physically immobile paddlers. You must also display your mobility pass at all times.

W1 and W6 Drop off

W1 and W6 drop-off and rigging areas can be seen on the site map. For W6 drop-off - there will be trailer access and parking to the grass on Wednesday from 12-6 pm. Additional access to the reserve for W6 drop-off, will be determined at the time if there is any room left. Alternatively, W6 waka can be trollyed from the carpark from 2pm Thursday (after the start of the last W1 race), and Friday 9 - 11am. There will be no trailer access to the Trailer Parking area for W6 pick-up until **after racing** on Saturday.

****For W1 drop off, there is no vehicle access to the grass reserve storage area.**

Waka Trolleys & Tyres

Please bring ALL your trolleys to assist in moving your waka from the safety check area to the launch area down on the beach. Canoes can be left overnight on the grass and in the carpark, in the safety check/rigging area, as security is provided.

PADDLER KAI

POST-RACE KAI - THURSDAY, FRIDAY & SATURDAY

- Kai will be available to all paddlers immediately after their races at the finish area, on Thursday, Friday & Saturday. Please note, this is only for the paddlers that are racing on those days.

POST-EVENT PADDLER MEAL - **NEW**

Due to there being no suitable venue big enough, there will not be one main function centre for the Saturday night Post Event paddler meal in 2026. Instead this will be set up on a voucher system, where paddlers can redeem their meal voucher with partnering hospitality venues, at any time across the event weekend. For example, Mixed and Junior teams could use them for Friday night dinner. Further details provided in due course.

PRIZE GIVING

Prizegiving will occur daily at the race venue, within 30mins of the end of racing

MERCHANDISE

The team is working behind the scenes to finalise the 2026 LDNs merchandise line. Information and ordering links will be shared separately once available.

There will be limited merchandise across the full range available to purchase at the venue. So please remember to pre-order your items in your correct size/colour choice, so they can be picked up at the event.

ACCOMMODATION

Accommodation options in Orewa can be found [here](#) and in the surrounding areas (e.g. Red [Beach](#), Silverdale, [Whangaparaoa](#)) 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](#)

Please allow plenty of time on Wednesday, Thursday and Friday, if travelling out of Auckland Central, to get to the venue, because of commuter traffic.

VENDORS

Please bring cash/eftpos for the vendors who will be selling a range of kai, clothing, coffee and paddling equipment. The on-site cafe is also available for food and drinks, and the Orewa shops are a 5 minute walk down the road.

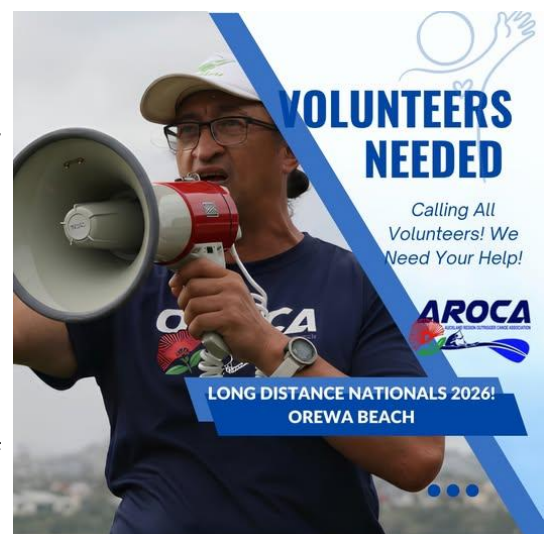
KAIMAHI - VOLUNTEERS

Tāmaki Makaurau is calling out to all our legends - we need YOU!

Volunteers are the powerhouse behind events like this. With your awahi, we can create an unforgettable experience for our waka whānau, kaihoe, supporters, rangatahi, and everyone who comes to celebrate this kaupapa.

If you're keen, jump in, be part of the buzz, and help make this event something truly special. Every helping hand counts — and we appreciate you all!

Reminder: If you have already volunteered via email, through word of mouth, or your club has submitted your Club on behalf to take on an area, please ensure that you still complete the form personally. This allows us to keep our records accurate and up to date. If you wish to help out as a Volunteer at the event, the registration form is live - [Register here](#)



RACE 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 - at the venue, within 30 minutes of the last competitor finishing

Sunday October 4 , 2026 - back up race day if required

FURTHER INFORMATION AND PĀTAI

All current event information has been uploaded to the [Long Distance Nationals 2026](#) event page.

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

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