

Waka Ama Secondary School Sprints Progressions W1s (12 Lanes)

2 Heats (13-24 teams)

Heat 1	1st, 2nd, 3rd + Fastest 6	Champ Final
Heat 2	All Remaining	Plate Final

3 Heats (25-36 teams)

Heat 1	1st, 2nd + Fastest 6			Champ Final
Heat 2		Plate Semi		
	All Remaining		1st, 2nd, 3rd + Fastest 6	Plate Final
Heat 3		Plate Semi		

4 Heats (37-48 teams)

Heat 1		Champ Semi		
	1st, 2nd, 3rd, 4th + Fastest 8		1st, 2nd, 3rd + Fastest 6	Champ Final
Heat 2		Champ Semi		
Heat 3		Plate Semi		
	All Remaining		1st, 2nd, 3rd + Fastest 6	Plate Final
Heat 4		Plate Semi		

5 Heats (49-60teams)

