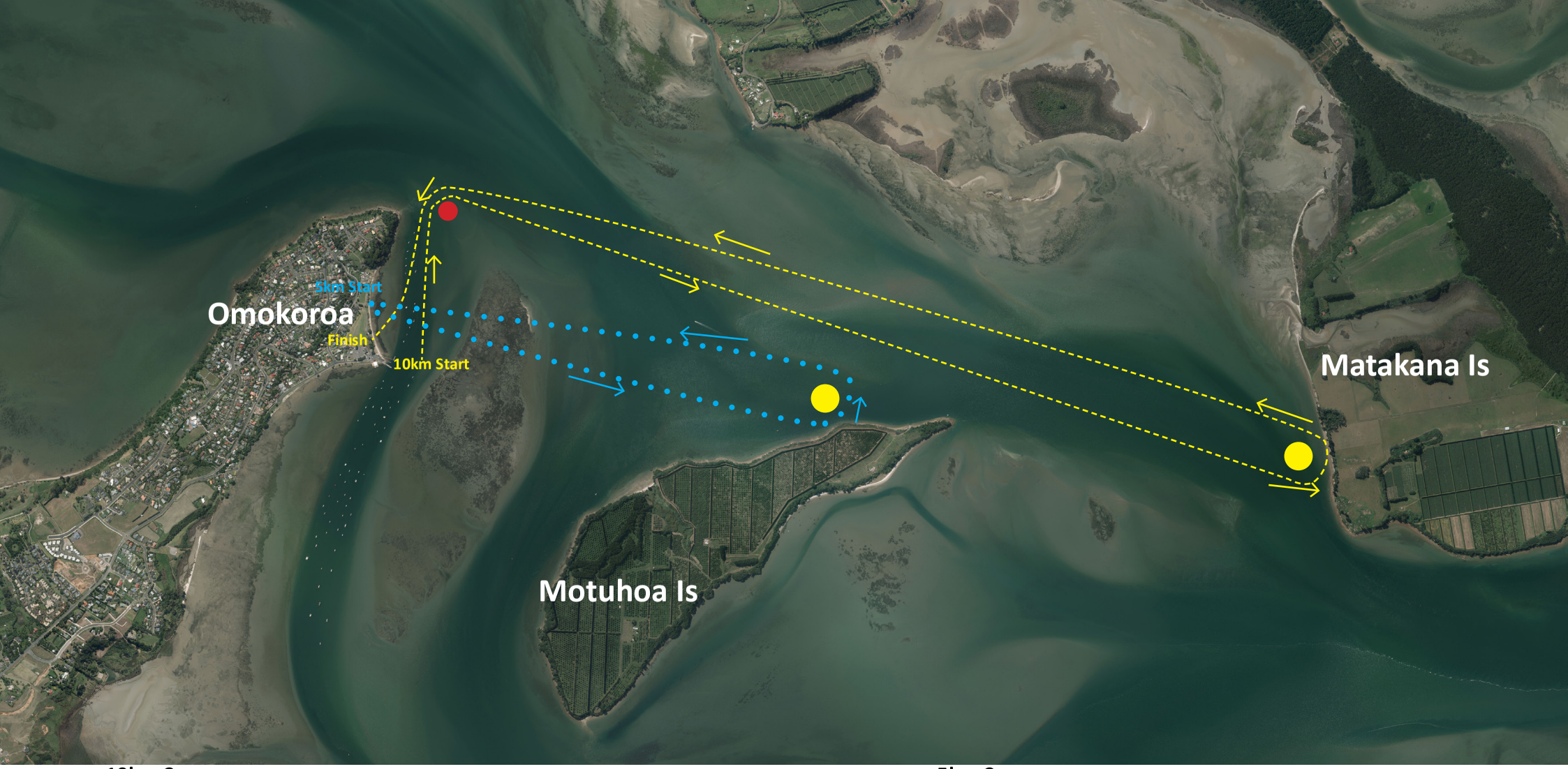
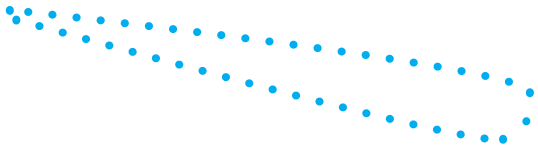


10km Course

1. Line up in channel facing north
2. Start on flags
3. Avoid moored boats
4. Avoid Ferry
5. Turn right at Red Channel marker at end of channel
6. Head east to Rangiwaea Island
7. Turn left around Yellow bouy - leaving it on your ama side
8. Pick up block from beach (beach should be on right hand side of canoe)
9. Return along same course - leaving all approaching waka on your ama side.
10. Finish at beach - run to timekeepers on beach

5km Course



1. Line up on beach
2. Start on flags
3. Avoid moored boats
4. Avoid Ferry
5. Head straight across channel due east to Big Yellow Bouy
6. AMA turn
7. Return along same course - leaving all approaching waka on your ama side.
8. Finish at beach - run to timekeepers on beach