

Waka Ama Secondary School Sprints Progressions W6 & W12 (8 Lanes)

2 Heats (9-16 teams)

Heat 1	1st, 2nd + Fastest 4	Champ Final
Heat 2	All Remaining	Plate Final

3 Heats (17-24 teams)

Heat 1	1st + Fastest 5			Champ Final
Heat 2		Plate Semi		
	All Remaining		1st, 2nd + Fastest 4	Plate Final
Heat 3		Plate Semi		

4 Heats (25-32 teams)

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

5 Heats (33-40 teams)

Heat 1	1st, 2nd + Fastest 6	Champ Semi	1st, 2nd + Fastest 4	Champ Final
Heat 2		Champ Semi		
	All Remaining		1st, 2nd + Fastest 2	Plate Final
Heat 3		Plate Semi		
Heat 4		Plate Semi		
Heat 5		Plate Semi		

6 Heats (41-48 teams)

Heat 1	1st, 2nd + Fastest 4	Champ Semi	1st, 2nd + Fastest 4	Champ Final
Heat 2		Champ Semi		
	Next Fastest 16		1st, 2nd + Fastest 4	Plate Final
Heat 3		Plate Semi		
Heat 4	All Remaining	Plate Semi	1st, 2nd + Fastest 4	Bowl Final
Heat 5		Bowl Semi		
Heat 6		Bowl Semi		

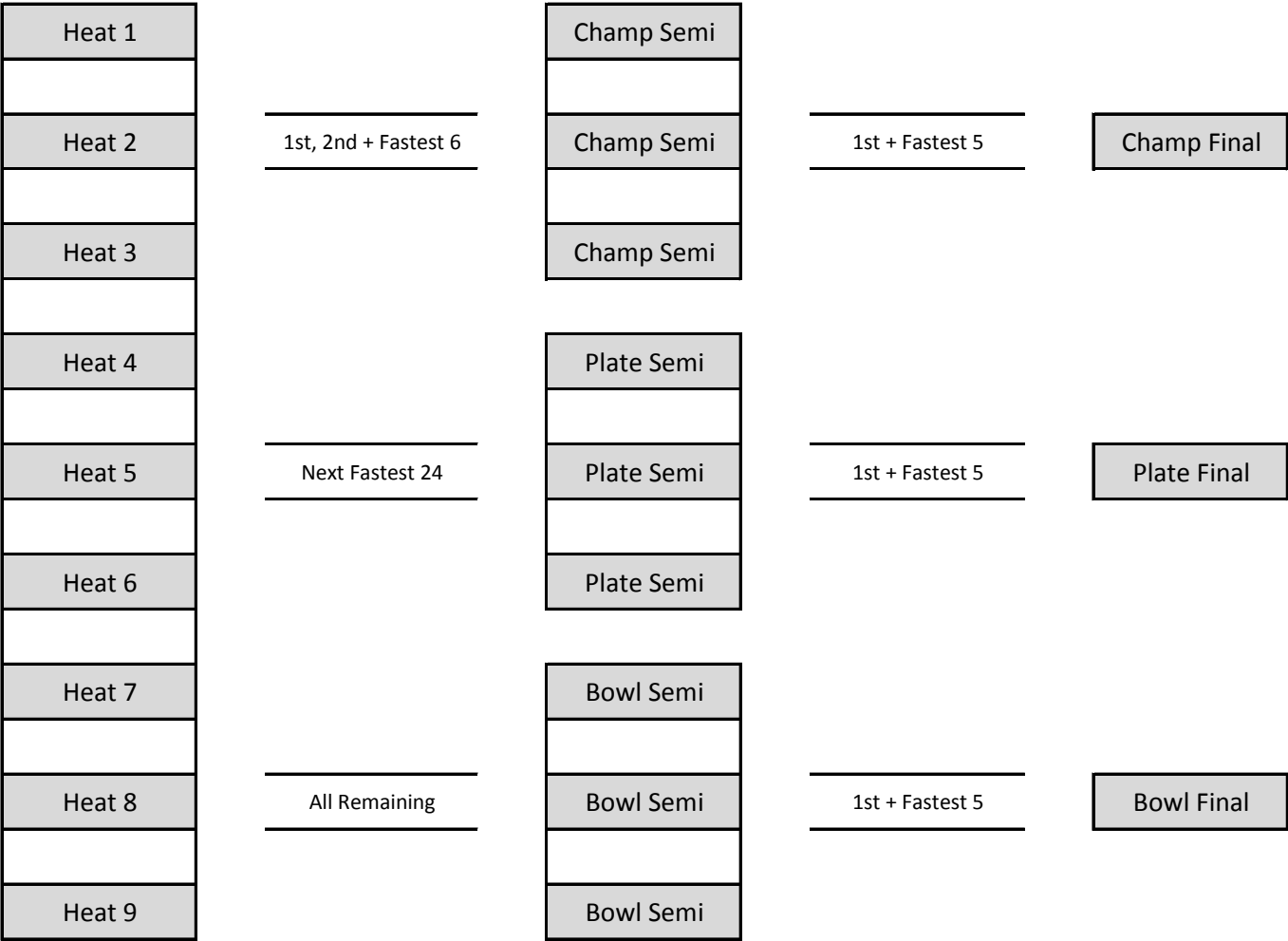
7 Heats (49-56 teams)

Heat 1	1st + Fastest 9	Champ Semi	1st, 2nd + Fastest 4	Champ Final
Heat 2		Champ Semi		
	Next Fastest 16		1st, 2nd + Fastest 4	Plate Final
Heat 3		Plate Semi		
Heat 4	All Remaining	Plate Semi	1st + Fastest 5	Bowl Final
Heat 5		Bowl Semi		
Heat 6		Bowl Semi		
Heat 7		Bowl Semi		

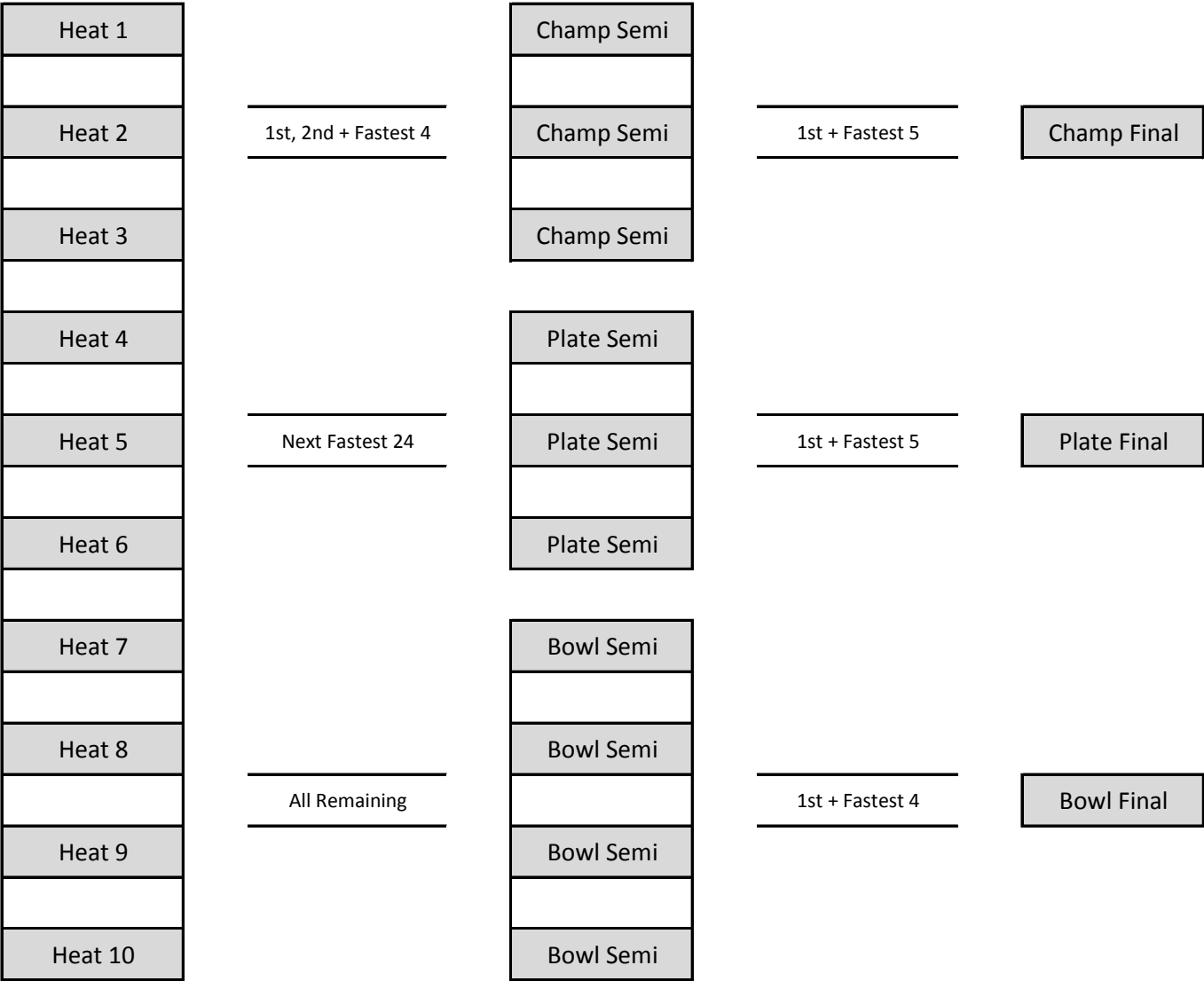
8 Heats (57-64 teams)

Heat 1	1st + Fastest 8	Champ Semi	1st, 2nd + Fastest 4	Champ Final
Heat 2		Champ Semi		
	Next Fastest 24		1st + Fastest 5	Plate Final
Heat 3		Plate Semi		
Heat 4		Plate Semi	1st + Fastest 5	Bowl Final
Heat 5		Plate Semi		
	All Remaining			
Heat 6		Bowl Semi		
Heat 7		Bowl Semi	1st + Fastest 5	Bowl Final
Heat 8		Bowl Semi		

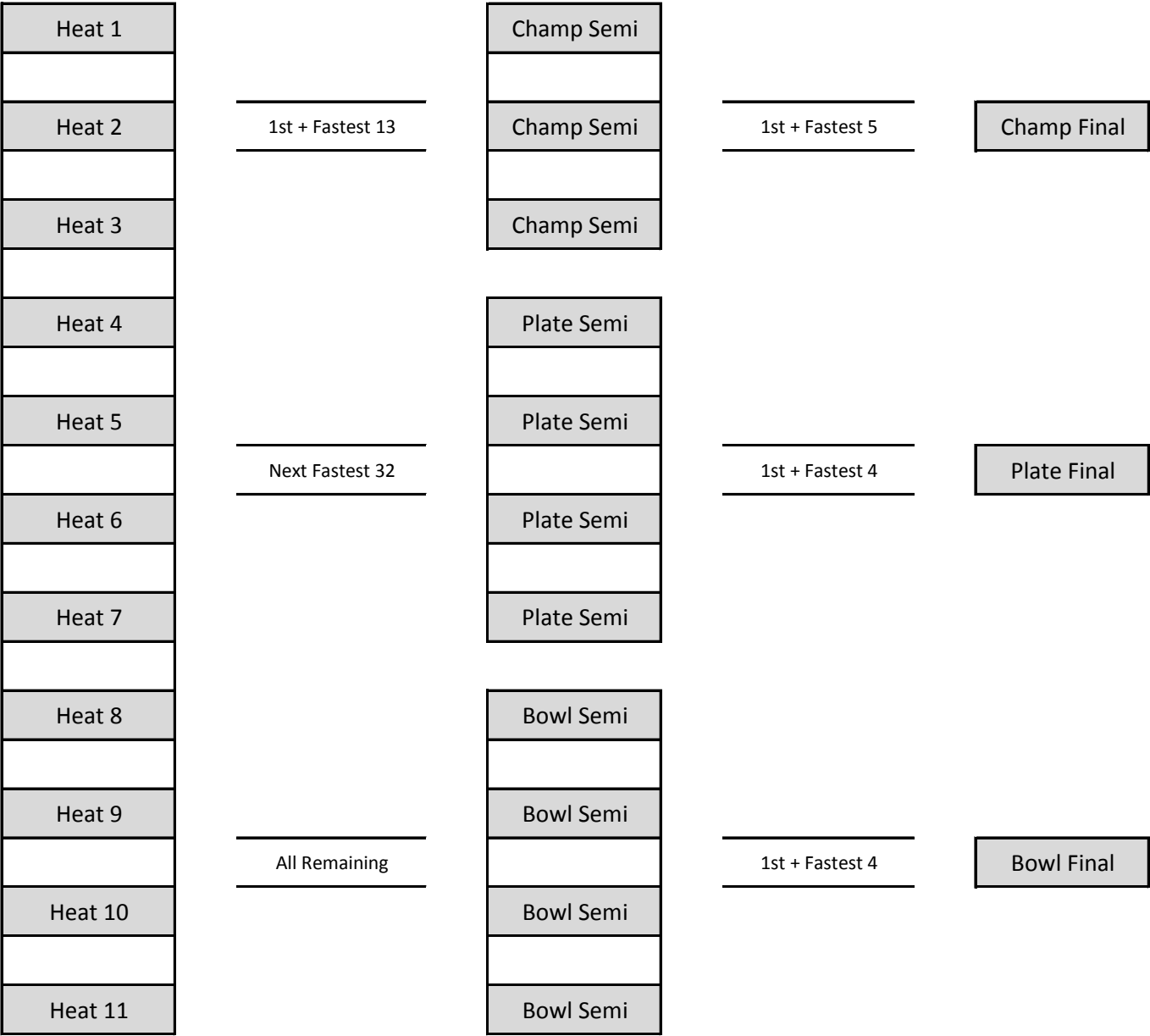
9 Heats (65-72 teams)



10 Heats (73-80 teams)



11 Heats (81-88 teams)



12 Heats (89-96 teams)

