Kaihoe O Ngati Rehia Trust Pre Nationals Regatta 6th January 2018 Lake Manuwai

Snrs V1 or W6

4km warm up around the three little islands

Snrs V1 500m, 250m dash

W6 1000m, 500m

Juniors 16/19 same as seniors

Midgets/Intermediates V1 250m W6 250m and 500m (One turn)



Race Fees \$5 midgets/Intermediates/J16 \$10 J19/Seniors

0630 Rig waka in designated area for V1 and W6 sprayed and safety checked.0730 Registration opens0830 Powhiri/Karakia0900 Race start

PLEASE REGISTER ONLINE THROUGH YOUR CLUB REPS TO SAVE ANY DELAYS ON THE DAY

• ASB 12 3091 0219174 00 Kaihoe O ngati Rehia Trust