

Waka Ama

You need a classmate

Activity

Waka ama is a very popular water sport in New Zealand. A waka ama, unlike other canoes, has an outrigger, which acts as a counterbalance. The most popular size is for a six-person crew.

Ben, Paora, and Julian are part of a six-person midgets crew (boys and girls aged 11–12 years).

Their crew has a stroke rate of 40–45 strokes per minute.

Every 10 strokes, the paddlers change the side that they are paddling on.

1. Ben, Paora, and Julian's crew covered a sprint distance of 250 metres in $2\frac{1}{2}$ minutes.
 - a. How many strokes did the crew take?
 - b. How many times did they change sides?
 - c. Would they have gone faster if their stroke rate had been higher? Discuss this with a classmate.
2. Midget crews usually take 2–3 minutes for a 250 metre sprint and 4–8 minutes for a 500 metre sprint. Discuss why the 500 metre time is not 4–6 minutes.
3. The boys' parents take part in waka ama distance races. Discuss the following questions with your classmate.
 - a. If the 30 kilometre open men's race was won in 2:04:06, what was the average time taken by the winning crew to cover 1 kilometre? Would their speed be the same for the whole race?
 - b. The open women's 22 kilometre race was won in 1:56:46. Which waka ama was faster, the men's or the women's?

