



Seattle Canoe and Kayak Club

**Seattle Canoe & Kayak Club's 38<sup>th</sup> Annual  
Ted Houk Regatta  
Green Lake, Seattle  
June 10th & 11th, 2017**

**Coaches:**

- Please fill out the online RACE ENTRY SYSTEM, listing all team athletes by race, by May 26th.
- Please submit the TEAM ENTRY FORM, and submit it to the Green Lake Small Craft Center, along with the team entry fee, no later than Friday, May 26<sup>th</sup>, 2017.

**Race Entries:**

The Race Entry System will be open on Mon May 15<sup>th</sup> at <http://www.sckclub.org/sckcreg/TH17.aspx> .  
Access details will be sent out to all coaches the week beforehand.

Each athlete may enter a total of 7 races. Further races are automatically ignored for scoring.

In the Race Entry System unaffiliated entries will be accepted from competitors who are not currently members of a recognized USAC/K or CKC club. For Organization, enter Unaffiliated. However, see eligibility rules below.

Late entries may be accepted at the discretion of the Race Director at the Scratch Meeting, absolutely no entries will be accepted after the Scratch Meeting.

**Team Entry Fees:**

The non-refundable entry fee is **\$60.00 U.S.** funds per athlete. Paracanoe entry is **\$25 U.S. funds per athlete**. Team Entry Form & Fees are due by Friday, May 26<sup>th</sup>, 2017, 5:00pm. Checks or credit card information payable to City of Seattle. Payments received after the deadline date will owe DOUBLE the amount.

Mail fees to: Seattle Canoe & Kayak Club, Green Lake Small Craft Center  
5900 W Green Lake Way N. Seattle, WA 98103

Contact Info: Phone: 206-684-4074 FAX: 206-684-4042  
email: [Jason.Frisk@seattle.gov](mailto:Jason.Frisk@seattle.gov)

**Important Dates:**

Friday, May 19th: Billeting requests must be submitted  
 Friday, May 26th: Early entries close  
 Saturday, Jun 3rd: Virtual Team Boat Building Meeting by conference call and web meeting 1:00 pm  
 Friday, June 9th: Scratch Meeting at Boathouse 7:00 pm  
 Saturday, June 10th: 8:00 am – 5:00 pm 1000m and 500m races, 200m Paracanoes races  
 5:30 pm - 7:00 pm: Dinner  
 Sunday, June 11th: 8:00 am - 1:00 pm 500m, 200m Paracanoes races

**Races:** (Olympic Flat-water Canoe and Kayak Sprint Events)

“ALLU18” means Bantams, Juveniles and Juniors (see below for definitions)

	200m	500m	1000m
<b>K1</b>		Men & Women: AllU18/Open/Masters	Men & Women: AllU18/Open/Masters
<b>K2</b>		Women: AllU18/Open/Masters Men: Masters	Men: AllU18/Open
<b>K4</b>		Women: AllU18/Open/Masters Men: Masters	Men: AllU18/Open
<b>C1</b>		Men & Women: AllU18/Open/Masters	Men & Women: AllU18/Open/Masters
<b>C2</b>		Women: AllU18/Open/Masters Men: Masters	Men: AllU18/Open
<b>C4</b>		Women: AllU18/Open/Masters Men: Masters	Men: AllU18/Open
<b>V1/K1</b>	Paracanoes (2) (races run twice)		

NOTE: In order to keep the regatta within a reasonable schedule, all 200m races, except for paracanoes events, have been eliminated from the schedule this year.

Paracanoes races will be 200m on both Saturday and Sunday. The Saturday races are intended primarily for those seeking qualifying times for the US National team. The Sunday races are intended for all paracanoes athletes.

NOTE: Open and Masters races are separate races.

All Masters races will be direct finals. In Masters races with more than 10 boats, Finals will be split into multiple races, and scoring will be based on the best overall times.

NOTE: Age Groups will follow USACK standards:

Bantam: Must be under 14 years old on January 1, 2017  
 Juvenile: Must be under 16 years old on January 1, 2017  
 Junior: Must be under 18 years old on January 1, 2017  
 Master: Must be at least 29 years old on January 1, 2017  
 AllU18: Includes races for Bantam, Juvenile and Junior

**Eligibility:**

You must be a current USAC/K (or CKC) member in good standing in order to race.

Each competitor must be:

- a member of USAC/K by May 26th, 2017, or
- a member of CKC by May 1<sup>st</sup>, 2017

All competitors must be competent swimmers. It is the responsibility of the entering organization to verify this.

**Scratch Meetings:**

The Virtual Team Boat Building Meeting will be held on Saturday, June 3rd, at 1:00 PM. Access details will be sent out closer to the time.

The Final Scratch Meeting will be Friday, June 9th, 7:00 PM at the Green Lake Boathouse Meeting Room:  
Green Lake Small Craft Center: 5900 W Green Lake Way N Seattle, WA 98103 Phone: 206-684-4074

**Directions to Venue:**

GREEN LAKE The competition venue is located at the south end of the lake, adjacent to the boathouses. From I-5, exit at NE 50th Street (just north of the UW). Turn west onto NE 50th ("NE" becomes "North"). Follow about 25 blocks to the 5-way intersection at Stone Way. Turn right (north) onto Green Lake Way N. Continue north to just past first light; turn left (west) just before the "Pitch & Putt Golf Course" onto W Green Lake Way N. The venue is on your right, just past the golf course.

**Parking:**

The semicircular parking lot overlooking the lake and racecourse will be our staging area, as in the past. Travelling northwest along Green Lake Way, this is the second lot on the right (lake side). Boat trailers may park along the left side (when facing northwest) of this lot, parallel to the street and tight to the curb. Please do not park opposite the regatta management area (where the tents are). There are two large lots on the left side of Green Lake Way (opposite from the lake) and another lot on the right (lake side) south of the main regatta parking lot. Additional parking may be available up the paved road in front of the tennis courts by the picnic shelters - only a short walk to the lake. Drop off your equipment before you park.

**Security:**

Boat security will be available both Friday and Saturday nights from 7:30pm to 5:00am.

**Saturday Dinner:**

Please indicate the number of dinner tickets your team would like on the Team Entry Form. All participants, families, volunteers, coaches, chaperones and supporters are invited. There will be no charge for this dinner.

## **Accommodations:**

### **Billeting**

Billeting requests must be made separately and submitted no later than Friday, May 19th, 2017 to Cynthia Cozza ([cynthia@archconsultants.com](mailto:cynthia@archconsultants.com))

### **Hotel Lodging**

GREEN LAKE SPECIAL! As in past years Hotel Nexus in Seattle has graciously extended a special offer for the out-of-town Ted Houk Race participants. They are offering a reduced rate of \$98 US + Tax per night per double queen room, including hot breakfast for up to 4 individuals per room.

Note however, that local hotels are extremely busy this year, and Hotel Nexus is almost full for the nights of the regatta. Participants are advised to book quickly.

### **Hotel Address:**

Nexus Hotel: 2140 North Northgate Way, Seattle, WA 98133. Local phone: 206-365-0700  
(Outside the Seattle area - use the toll-free number 1- 800-435-0754).

Make reservations by calling in and asking for the Sales Department to be sure to get the Green Lake Special Rate! [www.hotelnexusseattle.com](http://www.hotelnexusseattle.com)

Directions to Hotel Nexus: From I-5, exit westbound at Northgate Way exit (at about N. 105th St.). Go one block west of the interchange, hotel is on the north side.

## **Volunteers:**

Please lend a hand with the races. We can always use help in the boats, on the finish line, etc., if you are able. The success of the regatta depends on the community of paddlers supporting our event. Please contact John Cross-Whiter ([jhcross-whiter@comcast.net](mailto:jhcross-whiter@comcast.net))

## **Questions (?)**

Race Directors: John Cross-Whiter: [jhcross-whiter@comcast.net](mailto:jhcross-whiter@comcast.net)

David Jennings: [davidejennings206@gmail.com](mailto:davidejennings206@gmail.com)

<http://www.seattlecanoekayak.club/>

## **Seattle Area Information:**

Seattle-King County Visitors Bureau, 520 Pike Street, Suite 1300, Seattle, WA 98101 206-461-5840  
<http://www.seeseattle.org>