



Seattle Canoe & Kayak Club's 40th Annual
Ted Houk Regatta
Green Lake, Seattle
June 8th & 9th, 2019



An ACA Sanctioned Event

Coaches:

- Please fill out the online RACE ENTRY SYSTEM, listing all team athletes by race, by May 24th.
- Please fill out 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 24th, 2019.

Race Entries:

The Race Entry System will be open on Mon May 13th at <http://www.sckclub.org/sckcreg/TH19.aspx>.
Access details will be sent out to all coaches the week beforehand.

Each athlete may enter a total of 7 races.

In the Race Entry System unaffiliated entries will be accepted from competitors who are not currently members of a recognized US ACA 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 \$75.00 U.S. funds per athlete. Paracanoe entry is \$25 U.S. funds per athlete. Team Entry Form & Fees are due by Friday, May 24th, 2019, 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

Important Dates:

Friday, May 17th: Billeting requests must be submitted
 Friday, May 24th: Online Entries close, Fees need to be paid
 Saturday, Jun 1st: Team Boat Building Virtual Meeting by conference call and web meeting 1:00 pm
 Friday, June 7th: Scratch Meeting at Boathouse 7:00 pm
 Saturday, June 8th: 8:00 am – 5:00 pm 1000m and 500m races, Paracanoes 200m races
 5:30 pm - 7:00 pm: Dinner
 Sunday, June 9th: 8:00 am - 3:00 pm 500m, Paracanoes 200m race

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

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

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

NOTE: All Mens K4 races will be run over 500m again this year, to better align the regatta with international trends,

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, direct finals will be split into multiple races, and scoring will be based on the best overall times.

NOTE: Age Groups will follow USA Canoe Kayak standards:

- Bantam: Must be under 14 years old on January 1, 2019
- Juvenile: Must be under 16 years old on January 1, 2019
- Junior: Must be under 18 years old on January 1, 2019
- Master: Must be at least 29 years old on January 1, 2019
- AllU18: Includes races for Bantam, Juvenile and Junior

Eligibility:

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

Each competitor must be:

- a member of ACA by May 24th, 2019, or
- a member of CKC by May 1st, 2019

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

Scratch Meetings:

The Team Boat Building Virtual Meeting will be held on Saturday, June 2nd, at 1:00 PM. Access details will be sent out closer to the time. Team boats not completed at this meeting will be eliminated.

The Final Scratch Meeting will be Friday, June 8th, 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.

NEW FOR 2019: We will be offering spaces to vendors in the north end of the parking area. This will change the way we arrange parking for trailers and will reduce some of the area that was previously available to trailer parking and access in this area. We will send out additional information to the Team contacts about these changes in a separate communication. We will also be reaching out to coaches with additional instructions.

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. *Suggested donation per diner: \$5.*

Accommodations:

Billeting

Billeting requests must be made separately and submitted no later than Friday, May 17th, 2019 to Cynthia Cozza (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 \$129 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. The Group Reservation Number is #350765.

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 really need help in the boats(WA boating license required), and 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 Cynthia Cozza (cynthia@archconsultants.com).

Questions (?)

Race Director: David Jennings: davidejennings206@gmail.com

Competition Secretary (any questions regarding entries): philipmurphy@wonderanimal.com

SCKC Website: <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>