



Seattle Canoe & Kayak Club's 43rd Annual

Ted Houk Regatta
Green Lake, Seattle
June 13th & 14th, 2026



An ACA Sanctioned Event

Coaches:

- Please fill out the online RACE ENTRY SYSTEM, which will open on Monday, May 18th, listing all team athletes by race, by Monday, June 1st. Athletes from 2025 will be imported into the system. Please e-mail philipmurphy@wonderanimal.com to request access to the entry system.
- Please fill out the TEAM ENTRY FORM (<https://forms.gle/3JxyMK1R9mBH7LHy9>) and submit it to the Green Lake Small Craft Center, along with the team entry fee, no later than Friday, June 5th, 2026.

Race Entries:

The Online Race Entry System will be open on Monday, May 18th. Access details will be sent out by Friday May 15th to all coaches, who must request access by e-mailing the Competition Secretary, Philip Murphy, philipmurphy@wonderanimal.com. 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.

Team Entry Fees:

The non-refundable entry fee is US \$120.00 per athlete. Paracanoe entry is US \$50 per athlete. Team Entry Form & Fees are due by Friday, Jun 5th, 2026, 5:00pm Pacific Time. Checks (payable to City of Seattle) or credit card information are accepted. The office will take credit card payment over the phone. Payments received after the deadline date will incur a late fee of 10%.

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: Tamara.Oki@seattle.gov

Important Dates:

| | |
|---------------------------------------|---|
| Monday, May 18 th | Race Entry System opens |
| Monday, June 1 st Midnight | Online Entries close |
| Friday, June 5 th , 5PM | TEAM Entry form due |
| Saturday, June 6 th | Team Boat Building Virtual Meeting 1:00 pm, (details to come later) |
| Thursday, June 11 th | Virtual Scratch Meeting 7:00 pm |
| Saturday, June 13 th | 7:00 am Coaches/Officials meeting 8:00 am – 5:00 pm 1000m and 500m races, Paracanoe 200m races 5:30 pm - 7:00 pm: Dinner |
| Sunday, June 14 th | 8:00 am - 3:00 pm 500m, Paracanoe 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; Mixed: Open | Men: AllU18/Open |
| C4 | | Women: AllU18/Open/Masters Men: Masters | Men: AllU18/Open |
| V1/K1 | Paracanoe (2) (races run twice) | | |

NOTES:

- Paracanoe 200m races will be offered on both Saturday and Sunday at two separate times. A paracanoe athlete can have 4 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. **New for this year, 5.2 meter length sit-on-top surfskis/K1s will be allowed in Masters’ K-1 races.**
- **The schedule will be optimized to support racing up one level.**

LEVELS: Age Groups will follow USA Canoe Kayak standards:

U14 (Bantam): Must be under 14 years old on January 1, 2026.

**Must be able to paddle to start line unassisted
PFD required**

U16 (Juvenile): Must be under 16 years old on January 1, 2026

U18 (Junior): Must be under 18 years old on January 1, 2026

Includes races for Bantam, Juvenile and Junior

Masters A: Must be at least 29 years old on January 1, 2026

Masters B: Must be at least 50 years old on January 1, 2026

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 June 1, 2026, (All ACA competitors must have signed and completed ACA waivers), or
- a member of CKC by June 1, 2026. CKC competitors (or guardian/parents for under 18 competitors) must complete the Seattle Parks Risk and Release form available at this link: <https://tinyurl.com/2p8cmmvr>

Safety:

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

Race Meetings:

The Team Boat Completion Virtual Meeting will be held on Saturday, June 6, 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 virtual on Thursday, June 11, at 7:00 PM. Coaches may also e-mail scratches to the Competition Secretary prior to that.

Directions to Venue:

GREEN LAKE SMALL CRAFT CENTER (5900 W. Green Lake Way N., Seattle 98115) The competition venue is located at the south end of the lake. 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.

Parking:

The parking lot behind the new building will be for team trailers. Travelling northwest along W. Green Lake Way N., this is the first parking lot on the right (lake side). We will send out additional information to the Team contacts about trailer parking in a separate communication.

There are two large lots on the west side of Green Lake Way (opposite 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: \$10.

Results

Timing management will be done with CrewTimer.

Vendors

Please contact Tami Oki tamara.oki@seattle.gov .

Volunteers:

Volunteers can sign up at <https://tinyurl.com/yc3s54jj>. We are asking every club to supply at least 4 volunteers. We will need help at the finish line; at the competition tent; in announcing; and with set-up for the Saturday night dinner. We also need safety launch drivers – we need people who have either a US state boaters' license or a Canadian provincial boaters' license. The success of the regatta depends on the community of paddlers supporting our event. Please contact Tami Oki at tamara.oki@seattle.gov with questions.

Questions

- Competition Secretary (any questions regarding entries): philipmurphy@wonderanimal.com
- SCKC Website: <http://www.seattlecanoekayak.club/>