

# Big Head Regatta

September 6, 2025

- Date: Saturday, September 6, 2025. Racing begins at 11 a.m.
- Where: North Shore Camp Ground Big Lake, AK. Overnight camping is \$20; day parking is \$7 per vehicle. Trailer parking fees for one night for all teams will be covered by your team's entry fees you can decide whether that's Friday or Saturday night. **\*\*Please be sure to bring cash/check to pay parking fees\*\***
- Entry due date: Entries are due Tues, August 26<sup>th</sup> at 5PM. Entries may be submitted by email [bighead@anchoragerowing.com](mailto:bighead@anchoragerowing.com).
- Entry fees: \$35 per rower – one check from each team on race day preferred. Email for the link if you want to pay by credit card to [bighead@anchoragerowing.com](mailto:bighead@anchoragerowing.com).
- Waivers: Each team is responsible for their own team waivers at this non-USRowing sanctioned team meet meaning your team is accepting liability for your own team members.
- Awards: Medals will be awarded to all first-place finishers

1. **ALL HANDS MEETING** to be held at 9:30 a.m. in picnic pavilion on the lake shore. Coaches will be given bow numbers for their team at this meeting. You will not be timed if you cross either the start or finish line without a visible entry number.
2. **FLIGHTS** Races start at 11 a.m. There will be four flights, with competitors starting approximately every 30 seconds to allow for each flight to finish before the next begins. NOTE: Race schedule may be compressed to avoid long delays. However, intervals between flights will remain unchanged. **Please check the final schedule race day for race times.**
3. **HANDICAPPING** Masters crews' average ages are REQUIRED on the entry form for time handicapping. Masters entries without a specified age will be calculated as age 27. Handicap is 8 seconds per year.
4. **EQUIPMENT** All shells must have bow balls and heel ties.
  - Bow numbers will be provided.
  - Limited equipment rental is available for \$25 per seat (out of state rowers). Please make your request as early as possible by emailing [bighead@anchoragerowing.com](mailto:bighead@anchoragerowing.com). Payment due on race day and may be included in your check for race fees.
5. **LIP SYNC BATTLE**  
The Lip Sync Battle to be held during the post regatta BBQ. Entries are open to individuals, groups, Novices, Juniors, Masters, parents, spectators, random park users, all entries will be accepted. Costumes are encouraged but not required.
6. **SNACKS, DRINKS & BBQ** The campground pavilion will have food for all competitors and guests who have paid the guest fee.  
**Morning:** Light breakfast items will be potluck style, snacks (fruit, bread, toppings, coffee, hot water, and Gatorade) will be available during all the flights.  
**After Race Food & Festivities:**
  - Late lunch style BBQ will offer traditional picnic fare (burgers, hot dogs, potato salad, salad, etc.)
  - Awards ceremony and Lip Sync Battle will follow boat de-rigging and the final flight.
  - Camping Saturday evening is highly encouraged!**Spectator Fees:** Spectators are welcome to watch for free. If they would like to partake of the breakfast and lunch the fee is \$12 for Adult (age 13 +) and \$5 for Children (age 12 and under, babes in arms free). Spectator numbers are also due on 08/26/2025.

# Entry Form Due by 8/26/2025

Send to [bighead@anchoragerowing.com](mailto:bighead@anchoragerowing.com)

Team Name: \_\_\_\_\_ Team Contact: \_\_\_\_\_

Total # Athletes	_____ x \$35.00	= \$ _____	
# Spectators	_____ x \$12.00(Adult)	= \$ _____	
	_____ x \$ 5.00(Child)	= \$ _____	Total Due \$ _____

List your entries below with **stroke name** (s) and **average age** (s) below each event time.  
 For masters events, give average age of each entry; otherwise, age will be entered as 27.

**Flight 1 11:00am**

Adaptive 1X  
(men or women)

\_\_\_\_\_  
 \_\_\_\_\_

Men/Women 2-  
(master & junior)

\_\_\_\_\_  
 \_\_\_\_\_

Novice 1X  
(men or women)

\_\_\_\_\_  
 \_\_\_\_\_

Junior 1X  
(men or women)

\_\_\_\_\_  
 \_\_\_\_\_

Men 2X  
(master & junior)

\_\_\_\_\_  
 \_\_\_\_\_

Women 4X  
(master & junior)

\_\_\_\_\_  
 \_\_\_\_\_

**Flight 2 12:00pm**

Master Men 1X

\_\_\_\_\_  
 \_\_\_\_\_

Master Women 1X

\_\_\_\_\_  
 \_\_\_\_\_

Novice 2X  
(mix or gender specific)

\_\_\_\_\_  
 \_\_\_\_\_

Women 8+  
(master & junior)

\_\_\_\_\_  
 \_\_\_\_\_

Men 4X  
(master & junior)

\_\_\_\_\_  
 \_\_\_\_\_

**Flight 3 1:00pm**

Master Mix 4X

\_\_\_\_\_  
 \_\_\_\_\_

Women 2X  
(master & junior)

\_\_\_\_\_  
 \_\_\_\_\_

Mix 8+  
(master & junior)

\_\_\_\_\_  
 \_\_\_\_\_

Novice 8+  
(mix or gender specific)

\_\_\_\_\_  
 \_\_\_\_\_

Men 4+  
(master & junior)

\_\_\_\_\_  
 \_\_\_\_\_

**Flight 4 2:00pm**

Junior Mix 4X

\_\_\_\_\_  
 \_\_\_\_\_

Novice 4X  
(mix or gender specific)

\_\_\_\_\_  
 \_\_\_\_\_

Mix 2X  
(master & junior)

\_\_\_\_\_  
 \_\_\_\_\_

Women 4+  
(master & junior)

\_\_\_\_\_  
 \_\_\_\_\_

Men 8+  
(master & junior)

\_\_\_\_\_  
 \_\_\_\_\_

## **ADDITIONAL BIG HEAD INFORMATION:**

### Launching Boats

All boats will launch from the designated beach launching area. Rowers should expect to wade into the water up to mid-thigh and must wear water shoes for foot protection.

### Boat Loading/Unloading schedule for *ARA Members*

- Thursday, Sept. 4th 5:30pm plan to load the trailer at the ARA shell pen.
- Saturday, Sept. 6th 8:30am meet at boat launch to unload and rig boats.
- Sunday, Sept. 7th 5:00pm unload the trailer and rig boats at the ARA shell pen.