



Regatta Guide

FROSTBITE

November 1, 2025

Green Lake

[5900 W Green Lake Way N](#)

Welcome everyone to the last weekend of our Fall season and the 60th Annual Frostbite Regatta! This is not necessarily a complete guide to everything to expect but we are hopeful that it will help prepare you for the upcoming races. If you have any questions, please do not hesitate to ask.

WHAT TYPE OF RACE IS THIS?

Hosted by Greenlake Rowing Club, the Frostbite is a 1K sprint on Green Lake. Unlike a head race, in a sprint race, rowers are racing each other rather than the clock. The lanes are marked with buoys so it is essential for boats to steer a straight course. For more information about this regatta, check out:

https://www.regattacentral.com/regatta/?job_id=9467&org_id=0

and <https://www.greenlakecrew.org/events/frostbite-regatta/>

HOW LONG DOES IT LAST?

The first races of the day will be underway starting about 8am and the last race of the day we have a boat in this year starts at 5:00 pm — although if weather conditions turn, races will be abruptly cancelled, and race times can be switched around throughout the day. Each race should take approximately 3 ½ to 5 min each.

WHAT IS THE COURSE?

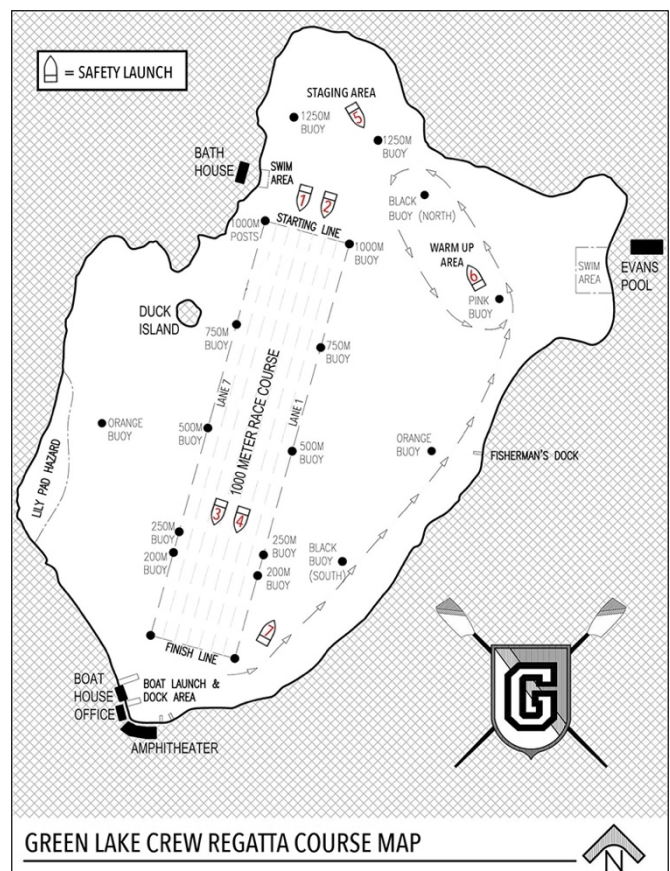
Crews launch at the southwest corner of the lake at the Green Lake Small Craft Center and row counterclockwise around the east edge of the lake to reach the start line.

WHO IS PARTICIPATING?

We currently have 20 boats scheduled to race. Lineups and events are coach prerogative and subject to change.

Also, please be aware that of all regattas of the season, the **Frostbite can be highly unpredictable due to weather conditions.**

Because the lake is susceptible to wind and fog, race officials will delay, re-order, and cancel events, so please check both the event list and [Crewtimer.com](https://www.crewtimer.com) (in live time) for race updates throughout the day.



HOW DOES MY CHILD GET THERE?

As per School policy, athletes are not allowed to drive themselves to this race. We have buses and vans set up to transport student athletes to this Regatta. The departure time is scheduled at 6am from the Inglemoor Bus lot. Be at the school by 5:45 am. It is critical that your rower arrives before the bus leaves—failing to arrive on time, not only jeopardizes their own race, but affects an entire boat. Do not be late.

HOW CAN I WATCH?

The finish line is directly in front of the spectator area at the Small Craft Center. Best viewing spots are along the shore to the north of the Small Craft Center and in the Aqua Theater stands. Races can be viewed from start (with binoculars) to finish. Launching and landing are from rowing docks.

HOW CAN I FIND OUT THE RESULTS?

Real-time results are posted on [Crewtimer.com](https://www.crewtimer.com).

WHERE ARE THE RESTROOMS?

Facilities include restrooms and port-a-potties.

WHERE CAN I BUY FOOD OR MERCHANDISE?

Northwest Designs will be onsite to provide participants with custom t-shirts or sweatshirts. It is our understanding that no food will be available for purchase on site.

WHERE DO I PARK?

There is limited parking directly behind the boathouse/Aqua Theater. More parking can be found within a short walking distance at the sports fields across the street and in the surrounding neighborhoods. **DO NOT PARK ON W GREEN LAKE WAY N. You will be ticketed and possibly towed at your expense if you park along the road.** It happens every year – don't let it happen to you. Don't leave valuables in your car.

WHAT DO I BRING?

Please confer with the Regatta packing list on our Booster website <https://leagues.teamlinkt.com/inglemoorcrew/RegattaSurvivalGuide> and go over it carefully **and make sure that rowers bring warm clothes/jackets/blankets/towels/and rain gear for in between races.** It will be a long day. Please have your child pack a chair. It will likely be cold, wet, and windy. If you do not have a waterproof bag, put your backpack/duffel inside a garbage bag to keep your gear dry. Pack extra socks! We cannot stress enough how cold and uncomfortable this regatta can be, if you are not prepared.

Boosters intend to set up a comfort station somewhere on site and will have light snacks, hot and cold beverages, and some hot lunch options. Rowers should eat a nutritious light breakfast and pack some power bar type snacks for before race and post-race munchies. Look for the black and gold Inglemoor Crew flag!

A signup genius is listed below for families to bring food to share, more details below.

<https://www.signupgenius.com/go/10C0E45ADAD2DAAF9CE9-52433718-frostbite#/>

EVENT #	DESCRIPTION	TIME
6	MENS JR NOV 8+	9:10 AM
8	WOMENS JR JV 8+	9:30 AM
10	WOMENS JR VARSITY 4+	9:50 AM
13	WOMENS JR NOV 8+	10:30 AM
14	MENS JR JV 8+ A	11:00 AM
	MENS JR JV 8+ B	11:10 AM
16	MENS JR NOV 4+ A	11:30 AM
	MENS JR NOV 4+ B	11:40 AM
	MENS JR NOV 4+ C	11:40 AM
22	MENS U17 4+ A	12:40 PM
	MENS U17 4+ B	
23	MENS JR NOV B 8+	12:50 PM
28	MENS JR JV 4+ A	1:40 PM
	MENS JR JV 4+ B	
29	WOMENS U17 4+ A	3:10 PM
	WOMENS U17 4+ B	
37	WOMENS JR NOV 4+ A	4:30 PM
	WOMENS JR NOV 4+ B	4:40 PM
39	WOMENS JR JV 4+ A	5:00 PM
	WOMENS JR JV 4+ B	

WHERE CAN I FIND PICTURES?

If you have good images or video to share, please upload them to [Frostbite 2025 Album](#). Also, there might be pictures available through Greenlake, but you will need to set up an account, instructions can be found here: <https://www.greenlakecrew.org/junior-crew/glcphotos/>.

HOW CAN I HELP?

Boosters will be hosting a comfort station to support the rowers and we need your food donations and hands on help!

<https://www.signupgenius.com/go/10C0E45ADAD2DAAF9CE9-52433718-frostbite#/>

We still have some gaps in the SignUp Genius, and would especially love for the families of **novice rowers** to assist—this is a great opportunity to meet other parents in your child's cohort since the race day is really centered on the younger or newer rowers. We especially need the following as of this writing: **take down & clean up helpers, tables, a canopy tent.** Thank you!

Banquet:

Please attend and support the end of season banquet on November 5th, 6:30-8:30 at the IHS Cafeteria. It's a potluck for families, student athletes and coaches, see Coach's 10/28 email for details!

Donations: As always, financial donations are always appreciated!

Inglemoor Crew Boosters is a 501(c) 3 organization, and your donation is tax deductible. Our PayPal link is [here](#). Your donation pays for so many things! Boat transportation, Donut Fridays, equipment repairs and upgrades, end of season coach's gifts... ***Thank you for keeping us rowing strong!***

HOW ELSE CAN I STAY INFORMED?

Check out our website! <https://leagues.teamlinkt.com/inglemoorcrew/Home>

****PLEASE NOTE THAT THE EVENT TIMES AND ORDER OF EVENTS OFTEN CHANGE FOR THIS REGATTA****

Thank you for all your support, Go Team!