

***COGSWELL HARBOUR MEDAL
CHAMPIONSHIP RACE
and
NORTHWEST ARM REGATTA***

Saturday, September 19, 2009

Hosted by:



Cogswell Harbour Championship and Pelham Prize

The history of Canadian Rowing is rich with events, one of the most significant of which is the race for the Cogswell Belt in Halifax, Nova Scotia. Many of the chroniclers of Canadian history consider the institution of the Cogswell Race the beginning of competitive rowing in Canada.

Dr. Charles Cogswell, physician and founder of the event, was born in Halifax on May 12, 1813 and died in England on January 2, 1892. He was a distinguished Haligonian who contributed much to the city. As well as practicing medicine, Dr. Cogswell became a City Alderman and is credited with the production of the City Crest. In 1887, he proposed a design for the Canadian flag that was to contain a beaver, three maple leaves and a jewelled crown. In 1938, on his behalf, the Mayor presented to the Halifax Cricket Club a flag that embodied in visible shape for the first time the province's Coat of Arms.

In 1858, Dr. Cogswell donated four hundred dollars and a belt for annual competition by single scullers in Halifax Harbour. The winner of three consecutive championships would retain the belt. In 1880, Warren Smith won and retained the belt after which the winner received a silver medal. A silver clasp was awarded for each subsequent win, but the winner of three consecutive races would receive a medal of Nova Scotia gold. The traditional presentation by the Nova Scotia Rowing Association of a silver medal and a cheque based on the interest of the fund to the winner of the Cogswell Harbour Championship persists to this day.

In 1883, the original bequest of \$400 was increased to one thousand dollars to be invested at not less than five percent and the interest used to pay for the medals. If, for any reason, the annual interest from the principal should be less than \$50, the City of Halifax agreed to make up the difference. The Mayor of Halifax and the Chairman of Public Accounts were appointed the trustees of the fund, now called the Halifax Harbour Championship Fund.

The first competition was held in 1858. For the next decade, the Belt was won and held first by George Lovett and then George Brown. Other notable Haligonians to have won the race include John Mann, Stewart Cogswell, Joe Reardon, Daniel P. Wallace, Bill Martin, Bob Sawler (past President of the Nova Scotia Rowing Association), and Bud Myra. 1984 Olympic Bronze Medallist, Bob Mills, won in 1983, 1984, 1986, and 2001. PanAm medallist and Olympian Todd Hallett won the Championship in 1996 and in 2003. More recent winners include Lawrence Nwaesei (1997), Dafydd Davies (2000), Pat Cody (2002), and Chris Williams (2004). In 2007, Tony Landry (MicMac Rowing Club) captured the Cogswell medal for the third consecutive year (2005, 2006 and 2007) and was ceremoniously awarded the Cogswell Belt, which is on display at the Maritime Museum of the Atlantic.

The Pelham Prize was established as an award for the top finisher of the opposite sex from the Cogswell Medal in the Cogswell Harbour Championship. The prize is named after local rowing champion Henry Pelham (1908-1978). Henry was an avid sportsman and a man of many talents. Henry rowed with both the Jubilee Rowing Club and the

MicMac Rowing Club and won numerous races with various crews. Fiercely competitive, Henry rowed with the Jubilee 4- crew of 1930, which placed second in the British Empire Games (precursor to the Commonwealth Games). In 1932, Henry was named to the Canadian Olympic 4-.

– Adapted from the Charles Cogswell Harbour Rowing Championship Trust Nova Scotia Rowing Association, with contributions from Linda Lee.

COGSWELL HARBOUR CHAMPIONSHIP/PELHAM PRIZE AND NORTHWEST ARM REGATTA

Regatta Co-Chair
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RACE FORMAT

Cogswell Harbour Medal Championship Race

Singles will race the 4 km Northwest Arm Course in a time trial format (See Map Appendix 1). Start list will begin in order of winners from 2008. Crews will assemble according to bow numbers at the Point Pleasant Park end of the Northwest Arm. Crews will be called through the start line in roughly 15-20 second intervals. Race results will be based on the time taken to complete the course.

Northwest Arm Regatta

Crews will race the 4.6 km up and back course on the Northwest Arm (See Map APPENDIX 2) in a time trial format keeping to the right/starboard side, thus travelling counterclockwise around the turn at the buoys. Crews will assemble according to bow numbers in the pooling area near the south shore of start/finish line across from the Halifax Rowing Club boathouse. Crews who do not make the buoys risk a minimum time penalty of one minute and up to elimination depending on the severity of the miss. Adaptive crews will race a 1 km course from the Dingle Tower to the finish in front of the St. Mary's Boat House. Crews will be called through the start line in roughly 15-20 second intervals. Race results will be based on the time taken to complete the course. Medals will only be awarded when more than one boat participates in a race.

REGISTRATION

1. All entries **MUST** be in the hands of the Regatta Chair no later than midnight on **Saturday September 12, 2009**. **ONLY EMAIL ENTRIES WILL BE ACCEPTED.**
2. **Registration forms for all clubs must be completed in full.** The entry forms include room to list spares. There are no spares for singles, one spare for pairs and doubles, two spares for fours and quads, and four spares for eights. If extra spaces than allowed are listed only the first ones that are listed will be accepted.
3. RCA memberships of all participants are required. Registration will be verified through the RCA offices and participants who are not registered with RCA will **NOT** be allowed to participate.
4. The registration fees for the regatta are:

Head Race = **\$25** per participant (including coxswains)
5. ONLY CHEQUES MADE PAYABLE TO 'HALIFAX ROWING CLUB' WILL BE ACCEPTABLE.

CATEGORY RESTRICTIONS

6. Novice (N): Must not have competed in any competitive regatta prior to May 1, 2009.
7. Junior (Jr): Must not be older than 18 years of age this calendar year.
8. Open (Op): Open to any age including Masters.
9. University (U): Any competitor attending a recognized university and competing under their title.
10. Masters (M): Must be 27 years of age or older this calendar year and registered as 'competitive' with RCA. Masters will be allowed to race Open for this regatta.
11. Mix 8+ (MIX): Crew must contain a minimum of 4 female rowers.
12. Adaptive (AdpTA): An adaptive rower is a rower with a disability who meets the criteria set out in the RCA Adaptive Rowing classification rules. AdpTA is the classification for arms and trunk only.

MISCELLANY

13. For the safety of the regatta there will be a check of boats to ensure that heel ties as well as bow balls are in place. Failure to meet the RCA safety restrictions for racing shells may result in disqualification.

14. There will be a coaches and officials meeting the night before the regatta, **Friday, September 18, 2009**, at 7:00pm at Halifax Rowing Club.

The major rules of the regatta, the race schedule draw, head race bow numbers, and any other administrative details will be dealt with at the safety meeting.

Registration fees must be paid in full at the safety meeting. Failure to do so will result in disqualification from the regatta.

15. To avoid difficulty with the race schedule, please make sure that your crews have plenty of time to prepare and try to avoid putting participants in events that are close together.
16. There will be an Awards Ceremony and BBQ immediately following the final race. Food and refreshments are complimentary for regatta participants only.

EVENTS INFORMATION

Cogswell Medal Championship/Pelham Prize 1x Race (Men and Women):

Start time: **7:30am** (Start list will begin in order of winners from 2008)

Head Races:

<u>Flight 1</u> 8:30 am START	<u>Flight 2</u> 9:30 am START	<u>Flight 3</u> 10:30 am START	<u>Flight 4</u> 11:30 am START
MW 2x N Mix 8+ Jr W 4+ Op M 4x Op W 2x*	MM 2x Op W 4+* NW 2x Op M 4+*	Jr M 2x NM 2x Op W 4x Op M 8+ NW 4+	Jr W 2x MW 4x Op M 2x* Jr M 4+ NM 4+ Op W 8+ Adaptive 4+

* These races will include a University Championship (U) and medals will be awarded in races with more than two University entries.

RULES OF RACING
COGSWELL HARBOUR CHAMPIONSHIP / PELHAM PRIZE
NORTHWEST ARM REGATTA 2009

GENERAL GUIDELINES

The Northwest Arm is a narrow waterway with many obstacles, including moored and mobile boats. The Organizing Committee, officials, and regatta participants have no way of restricting traffic along the Arm, so please be aware there may be wake and other obstacles associated with the movements of sailboats and motorboats. Please be aware of the traffic flow pattern, warm-up areas, and other vessels present along the Northwest Arm. This will ensure a safe and successful racing experience.

1. The Rowing Canada (RCA) Rules of Racing will apply for the duration of the Regatta.
2. The start of all races will be a flying start across the line. The start of event races will occur in 15-20 second intervals commencing at the flight start times (e.g. 7:30 am, 8:30 am, etc.). To avoid difficulty with the race schedule, please make sure your crews have adequate time to make it to the race start.
3. In the event that a boat overtakes another boat, the boat being overtaken must move to the starboard side, if a safe pass can be accomplished. **Please note:** If a pass is attempted and there is not adequate room and time to perform the pass, the Passer is at risk of incurring interference penalties subject to the officials' decision. The boat being overtaken (Overtake) must yield and give suitable room to the Passer if a safe pass can be accomplished. **All scullers and crews:** be alert to possible upcoming passing attempts and promptly yield when there is adequate room and time. Please communicate effectively during racing.
4. Any boat showing a blatant disregard for safety will be penalized and may be disqualified from the regatta.

Note:

1. The Race Committee has the right to close the course and launch sites at any time during the regatta due to weather or safety concerns.
2. Scullers and crews: do not cut across the race course at any time during the regatta. Please follow the traffic flow pattern outlined in your race program.

ENTRY FORM

Event Number: _____ Event Name: _____

Club Name: _____

Crew Member(s):	Athlete Name	RCA Number
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____
Cox	_____	_____
Spare(s):	1 _____	_____
	2 _____	_____
	3 _____	_____
	4 _____	_____
	Cox _____	_____

Endorsement of Club Coach or Official:

(Please Print) (Signature)

Phone Number: _____

Return Entry Form by Saturday, September 12, 2009, to:

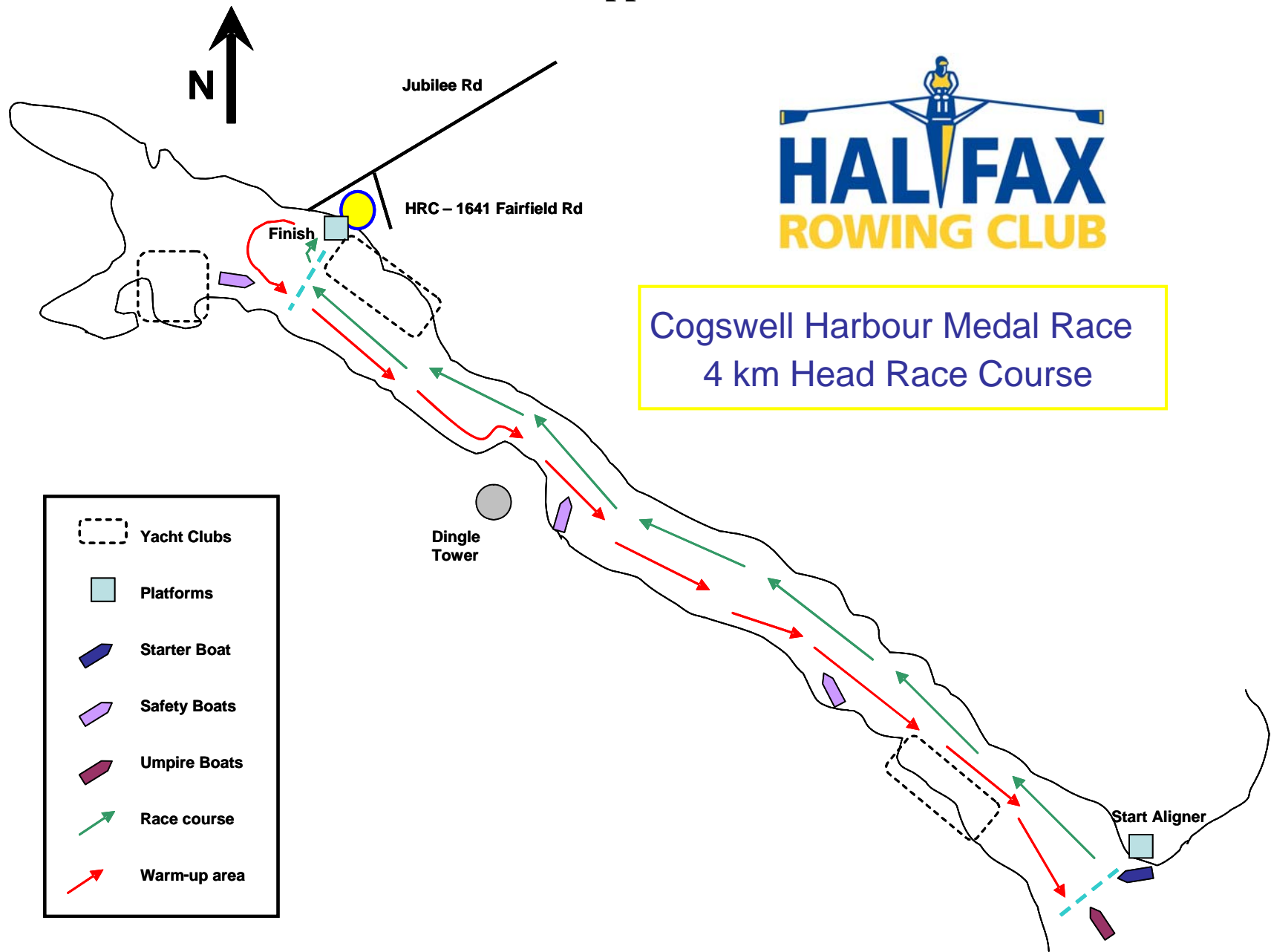
Cathy Ramier Publicover
cathynamier@hotmail.com

Fees due at Safety Meeting Friday, September 18, 2009

Appendix 1



Cogswell Harbour Medal Race
4 km Head Race Course



Appendix 2



Northwest Arm Regatta Race
4.6 km Head Race Course

