

**2015
COGSWELL/PELHAM
HALIFAX HARBOUR
CHAMPIONSHIP RACE
&
NORTHWEST ARM REGATTA**

Sunday, September 20th, 2015

Hosted by:



2015 HALIFAX HARBOUR CHAMPIONSHIP RACE AND NORTHWEST ARM REGATTA

RACE FORMAT

1) Halifax Harbour Championship Race (Cogswell Medal & Pelham Prize)

Singles will race the 4 km Northwest Arm course in a time trial format (See Map Appendix I). Rowers will assemble according to bow numbers at the Point Pleasant Park end of the Northwest Arm at 7:30 am.

The starting order will follow the list of winners from 2014 (new entrants will be added to the end of the list). Each rower 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.

2) Northwest Arm Regatta

The Northwest Arm Regatta will start at 8:30 am immediately after the Halifax Harbour Championship. Crew boats will race either a 1 km (Masters, Novice) or 2 km (Juniors, Open) time trial race course, with both races finishing in front of the St. Mary's Boathouse (See Map Appendix II, III and IV).

All boats for each flight must be at the designated start/pooling area prior to the start of the flight. Masters and Novice crews will race first followed by Juniors and Open. A time trial format will be used to determine the winner for each event. For all Junior and Open events, if there is only one crew in a race category, the event will still take place. There will be no medal awarded; however, the crew will be allowed to compete for a chance to race in the Duelling event.

3) Duel

The Regatta will conclude with a Duelling sprint race to determine the fastest boats on the Northwest Arm! The fastest times from the 2 km races will be used to determine the participants in this event. There will be four races in total; both male and female events for the fastest double and the fastest quad/four.

The race course will be a 1 km sprint from the Dingle tower to the St. Mary's Boathouse (See Map Appendix V). For each duelling race, two boats will line up at the start line for a static start. These races will not be timed; the first boat to cross the finish line will win the race. Please note that the Regatta Chair and the Chief Umpire reserve the right to change the flight order if an individual happens to be in both races.

REGISTRATION

1. Registration will be online through regattadata.com.
2. Registration will open Sept 6th and close Sept 13th.

3. There will be a \$125 late entry fee for clubs who miss the registration window.
4. Athletes may register for a maximum of three Open and/or Junior events in the Northwest Arm Regatta. There is no limit to the number of events for Coxswains or Master events; however races will not be delayed due to hot seating Coxswains and Masters.
5. RCA numbers (or equivalent for out of country participants) MUST be included in order to complete the online registration.
6. The registration fee for the regatta is **\$30 per participant** (including coxswains). Please note that all fees are due at the Safety Meeting on Saturday, September 19th.
7. Only exact cash or cheques made payable to 'Halifax Rowing Club' will be accepted.

EVENTS SUMMARY

	1x	2x	4x	4+	8+	Mix 8+	Mix 4x	Mix 2x
OM	x	x	x	x	x			
OW	x	x	x	x	x			
JM		x	x			x		
JW		x	x			x		
MM		x	x				x	x
MW		x	x		x		x	x
PARA		x						
NM		x		x				
NW		x		x				

FLIGHT SCHEDULE

Cogswell	Flight 1	Flight 2	Flight 3	Flight 4	Flight 5	Duels
7:30	8:30	9:30	10:30	11:30	12:00	12:30
O1x	MMIX4X NM2X OM8+ JM4X OW4+ JW2X	MW4X NW4+ PARA2X OM4X OW8+ JM2X	MM2X MW8+ OM4+ JW4X OW2X	MM4X MW2X NM4+ NW2X OM2X JMIX8+ OW4X	MMIX2X	M4x/- W4x/- M2x W2x

CATEGORY RESTRICTIONS

1. Novice (N): Must not have competed in any competitive regatta prior to Jan 1st, 2015.
2. Junior (JR): Must be less than 19 years of age this calendar year.
3. Open (O): Open to any age including Masters.
4. Masters (M): Must be 21 years of age or older this calendar year and registered as 'competitive' with RCA. Masters will be allowed to race in the Open category for this regatta.
5. Mix 4x/8+ (MIX): Crew must contain a minimum of 50% female rowers.
6. PARA: A PARA rower is a rower with a disability who meets the criteria set out in the RCA PARA Rowing classification rules.

RULES OF RACING

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.

The Rowing Canada (RCA) Rules of Racing will apply for the duration of the Regatta.

1. Starts

The start of all Open and Junior races (except the Duels in Flight 5) will be a flying start across the line. The Master races will be a static start so long as the amount of entries allow for safe and fair head to head racing. If the amount of Master entries in an event exceeds 3, the event will be raced in a time trial format with a staggered start.

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 start.

2. Passing

In the event that a boat overtakes another boat, the Passer has the right of way to pass on the side of its choice, **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 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.

3. Duels

The Duelling races in Flight 5 will follow standard sprint format with a static start. The two boats in each duel are to line up next to each other; Lane 1 is on the Dingle side Lane 2 is closest to the HRC club. The umpire on shore at the Dingle Tower will align the two boats and start the race. There are no buoys marking the lanes for this race; the crews are expected to stay a safe distance away from each other during the race. An umpire boat may follow the races down to ensure there are no incidents.

4. Penalties

Penalties are as such: 30 seconds for a passing violation.

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 the race package.
3. Any boat showing a blatant disregard for safety will be penalized and may be disqualified from the regatta.

MISCELLANY

1. Safety Meeting

There will be a safety meeting the night before the regatta, **Saturday, September 19th, 2015**, at 6:00 PM at Halifax Rowing Club. All cox and bow seat competitors are encouraged to attend. The major rules of the regatta, the race schedule draw, and any other administrative details will be dealt with at the safety meeting.

2. Registration fees

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

3. Awards and BBQ

There will be an Awards Ceremony and bbq lunch immediately following the final race. Food and refreshments are complimentary for regatta participants and volunteers; all others may purchase a food ticket for \$5.

CONTACT INFORMATION

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HISTORY OF THE HALIFAX HARBOUR CHAMPIONSHIP AND THE COGSWELL MEDAL/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 Row Nova Scotia of a silver medal and a cheque based on the interest of the fund to the winner of the Halifax Harbour Championship persists to this day.

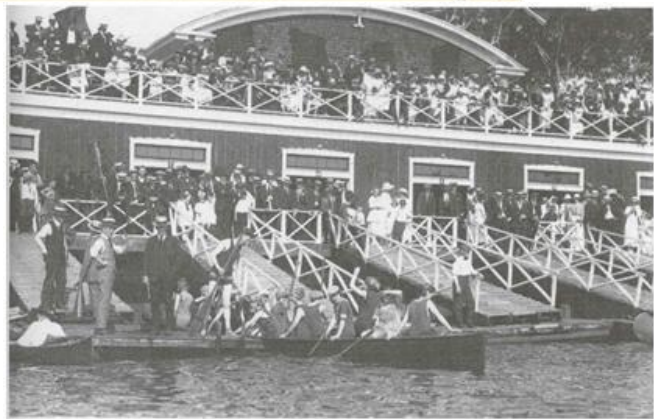
In 1883, the original bequest of \$400 was increased to one thousand dollars to be invested at not less than five percent and the interest used to pay for the medals. If, for any reason, the annual interest from the principal should be less than \$50, the City of Halifax agreed to make up the difference. 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 Halifax 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.



Selection of historical rowing images on the Northwest Arm¹

Top: George Brown (Left) and Warren Smith (Right), both 5 time winners of the Halifax Harbour Championship in the 1860's and 70's.

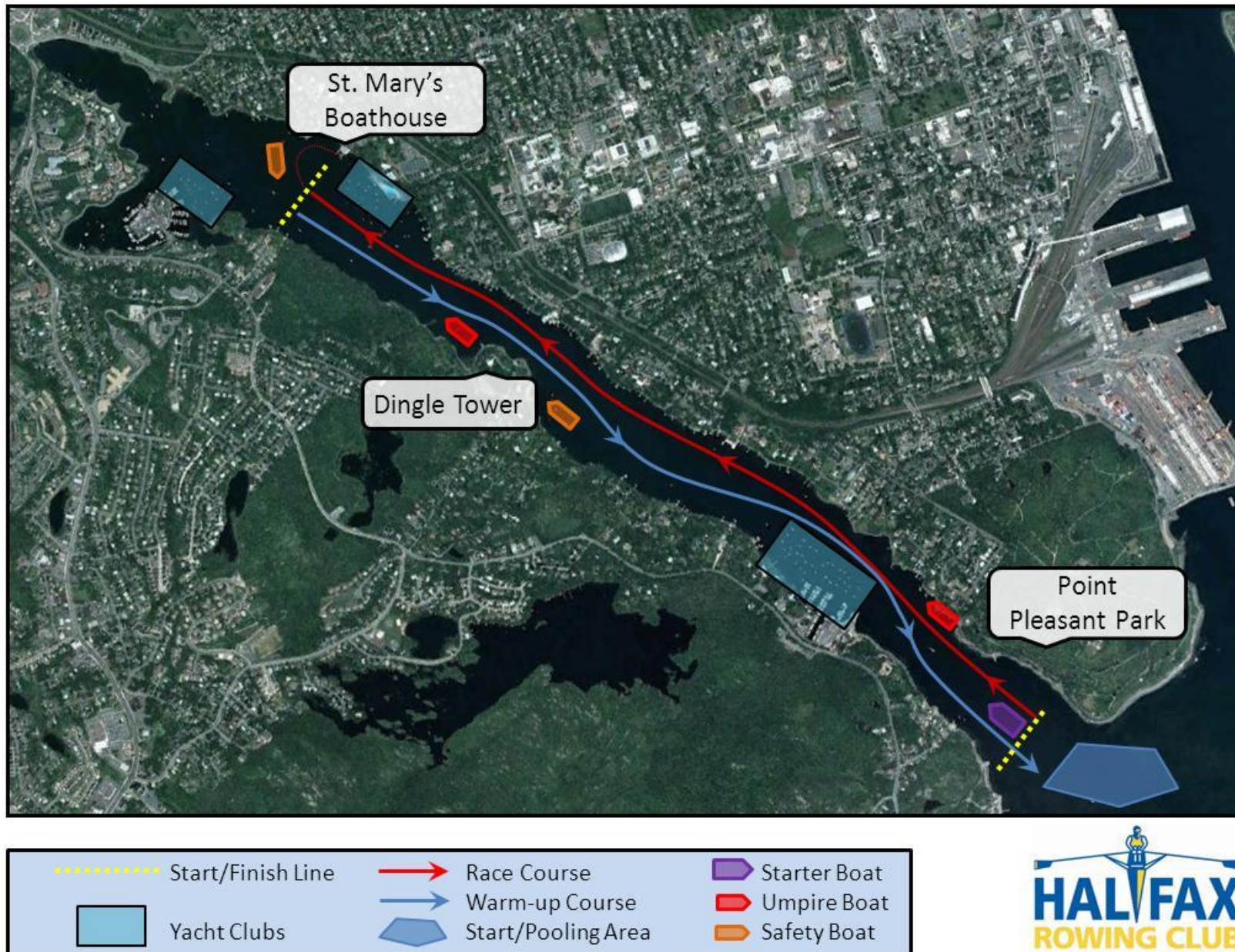
Middle: Regatta's on the Northwest Arm were often viewed by tens of thousands of spectators both on land and in pleasure boats.

Bottom: Rowing crews racing past the Dingle Tower in 1912 (left). The Northwest Arm Rowing Club (right) in 1919 was one of many rowing clubs on the Arm.

¹ Images from the Nova Scotia Archives (Tom Connors: The Old Sport)

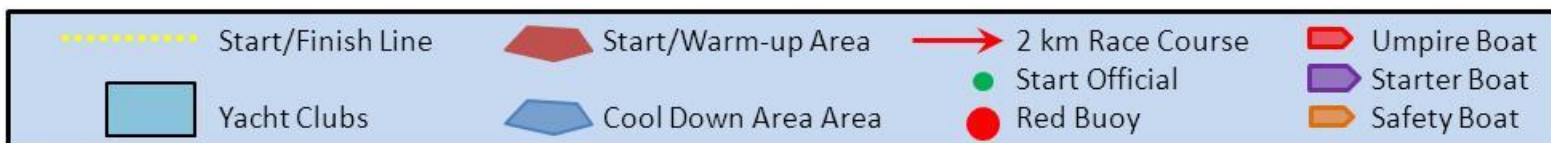
Appendix I:

Halifax Harbour Championship Race Course – 4 km Head Race

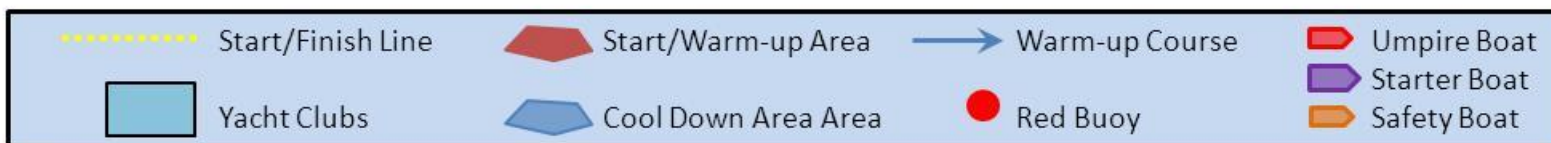


Appendix II:

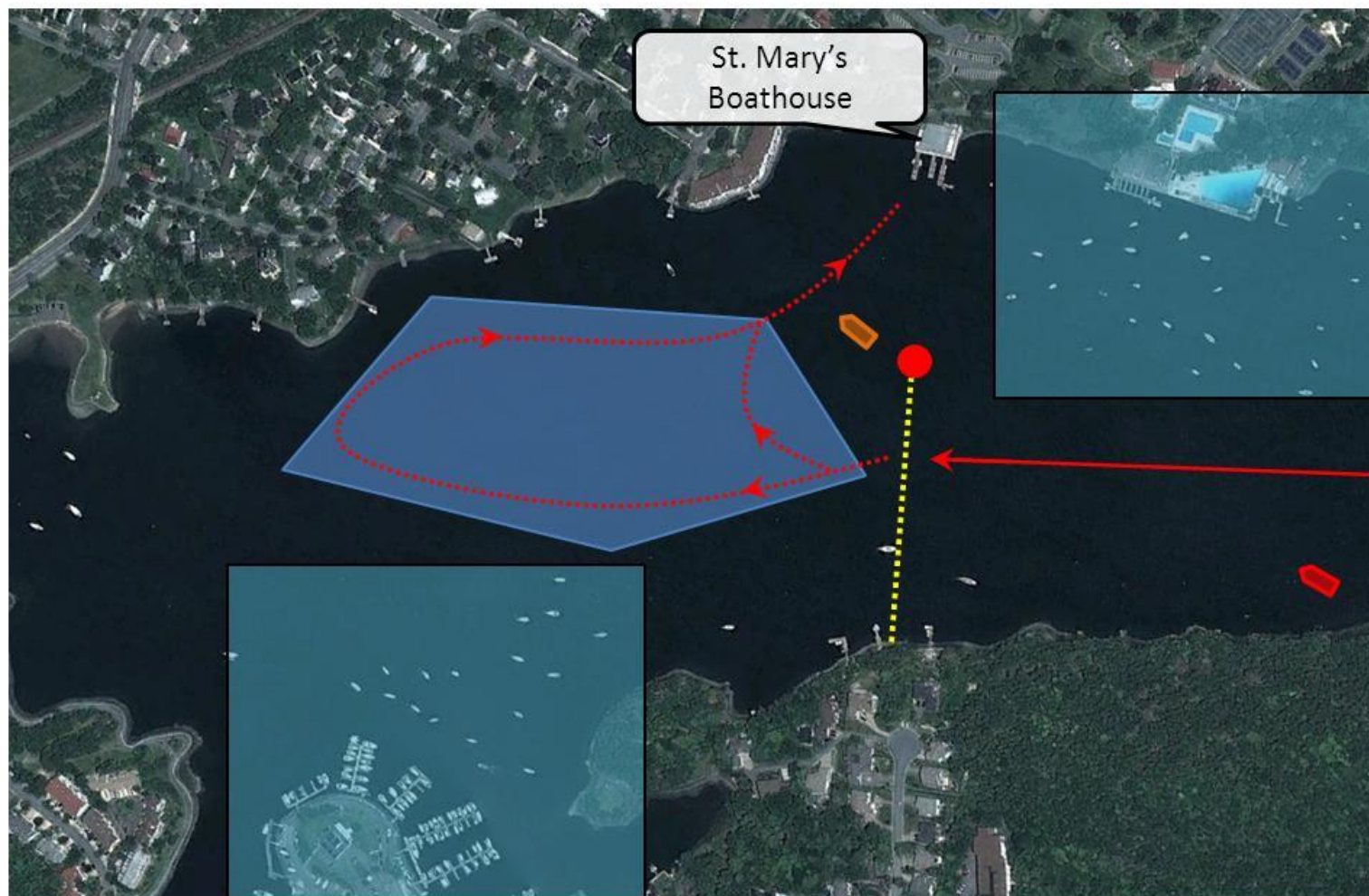
Northwest Arm Regatta – 1 & 2 km Time Trials










Northwest Arm Regatta – Traffic Flow Pattern to Start

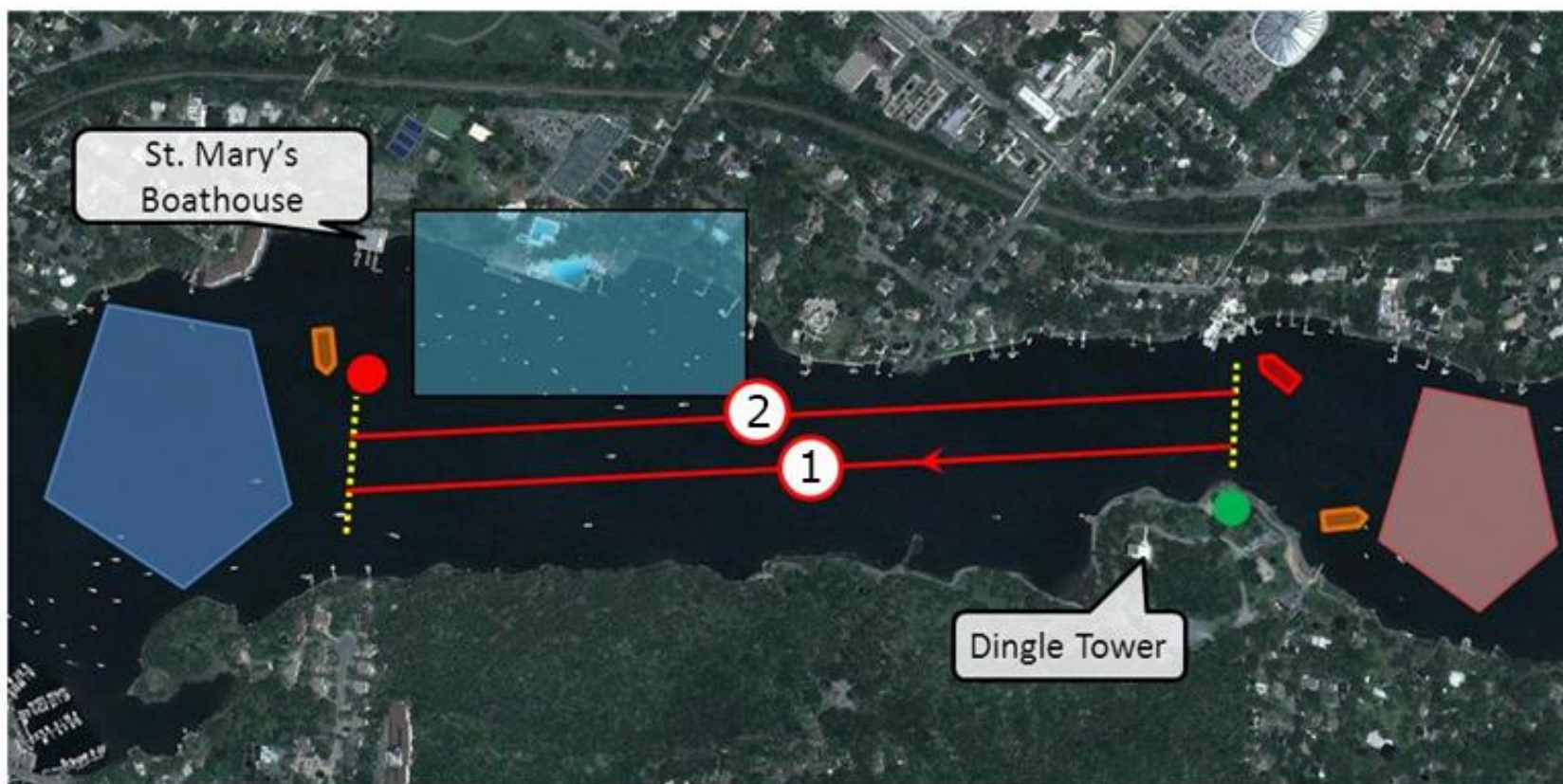


Cool Down Area/Boathouse Map



	Finish Line		Race Course		Umpire Boat		Red Buoy
	Yacht Clubs		Cool Down Area Area		Safety Boat		

Northwest Arm Regatta – 1 km Duelling Race



	Start/Finish Line		Race Course		Umpire Boat		Red Buoy
	Wag Yacht Club		Start/Pooling Area		Safety Boat		Lane #
			Cool Down Area Area				Start Official