



2018 World Rowing Under 23 Championships
Media Guide
July 25-29
Poznan, Poland

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About the 2018 World Rowing Under 23 Championships

The 2018 World Rowing Under 23 Championships will take place on the Lake Malta rowing course in west-central Poland along the Warta River. This event is a five-day regatta for athletes in the U23 age category. A rower may compete in an under 23 rowing event until December 31 of the year in which they reach the age of 22.

Website: <http://wru23ch2018.com/>

About the Venue

ul. Władysława Reymonta 35,
60-751 Poznań, Poland

The Lake Malta regatta course is located in the center of Poznan. It is one of the most modern venues in the world and, over the last 20 years, has hosted large international events in water sports. Poznan hosted the 2007 and 2015 European Rowing Championships, 2009 World Rowing Championships, 2016 World Rowing Cup III and the 2017 World Rowing Cup II.

Poznan is located in west-central Poland along the Warta River. It is the fifth largest city in Poland with a population of approximately 550,000.

The origins of the first Poznan rowing club go back to the year 1904. Its initiator and founder was Maciej Wierzbiński, who settled then in Poznan after a long-term stay in England. In 1912, the Tryton Poznan Association was established, and in 1919, the Students' Sport Association began life. In the same year, the Polish Federation of Rowing Associations (Polski Związek Towarzystw Wioślarskich, PZTW) was established in Poznan. It was one of the first sports federations created in the reborn Poland and was founded by 13 sports clubs. In 1924, Polish rowers took part in the Olympic Games in Paris for the first time, entering two crews, a single and a four, into competition. They won their first Olympic medal (bronze) during their second Olympic appearance in 1928 in Amsterdam. From 1925, Polish rowing crews participated in the European Championships until their last appearance in 1938. The rowers returned to the European Championships after the Second World War in 1947, in Lucerne.

Event list

BLM1x	U23 Lightweight Men's Single Sculls
BLW1x	U23 Lightweight Women's Single Sculls
BLM2-	U23 Lightweight Men's Pair
BLW2-	Under 23 Lightweight Women's Pair
BLM2x	U23 Lightweight Men's Double Sculls
BLW2x	U23 Lightweight Women's Double Sculls

BLM4-	U23 Lightweight Men's Four
BLM4x	U23 Lightweight Men's Quadruple Sculls
BLW4x	U23 Lightweight Women's Quadruple Sculls
BM1x	U23 Men's Single Sculls
BW1x	U23 Women's Single Sculls
BM2-	U23 Men's Pair
BW2-	U23 Women's Pair
BM2x	U23 Men's Double Sculls
BW2x	U23 Women's Double Sculls
BM4-	U23 Men's Four
BW4-	U23 Women's Four
BM4+	U23 Men's Four with Coxswain
BW4+	U23 Women's Four with Coxswain
BM4x	U23 Men's Quadruple Sculls
BW4x	U23 Women's Quadruple Sculls
BM8+	U23 Men's Eight
BW8+	U23 Women's Eight

General Schedule of Events

Wednesday, July 25	Heats
Thursday, July 26	Heats and Repechages
Friday, July 27	Repechages, Quarterfinals, Semifinals
Saturday, July 28	Semifinals, Finals
Saturday, July 29	Finals

The most up-to-date schedule and heat sheets can be viewed at www.worldrowing.com.

Media Transport

A shuttle service will operate between the official hotels and the regatta venue. Due to the limited parking space available at the facility, teams will not be able to use their own transport vehicles for access to the venue (only one car per team is allowed), and therefore, they should use the official transport service provided by the organizing committee. The official transport service will operate from July 23-29. Transport before these dates is available upon request. The service will operate from 07:30 to 19:30 hours on training days and from 06:00 to 20:00 hours on racing days.

How to Follow the Event

1. Press releases, athlete bios, photos and videos about the U.S. team will be available on the [USRowing website's U23 coverage page](#).
2. Live audio commentary and live race tracker will be available for ALL races on www.worldrowing.com.
3. Follow World Rowing on [Facebook Under 23](#), [Twitter](#) and [Instagram](#) for behind the scenes interviews, live updates, photos and more.
4. Also available on WorldRowing.com
 - [Startlists](#) / [Schedule](#)
 - [Results](#)
 - [News / Photos / Live Blog / Quotes from Athletes](#)
5. Join the conversation ...
 - Use the hashtag #WRU23Champs
6. Learn more about rowing with this short series about the sport. Full playlist here: <https://www.youtube.com/playlist?list=PL3HMysxDej7pYika4-RIHlOpIlhl-bTAF>

2018 Under 23 National Team Roster

Name (Hometown) – College/University

Men's Single Sculls

Ben Davison (Inverness, Fla.) – University of Washington

Women's Single Sculls

Emily Kallfelz (Jamestown, R.I.) – Princeton University

Lightweight Men's Single Sculls

Zachary Heese (Pelham, N.Y.) – University of Virginia

Lightweight Women's Single Sculls

Brigid Kennedy (East Greenwich, R.I.) – Harvard University

Men's Double Sculls

(s) Evan Dwinell (Tallahassee, Fla.) – Dartmouth College

(b) Joshua Bilchik (Brookline, Mass.) – Bates College

Women's Double Sculls

(s) Ashley Johnson (Buffalo, N.Y.) – Syracuse University

(b) Sydney Michalak (Peterborough, N.H.) – Syracuse University

Lightweight Men's Double Sculls

(s) Artym Hayda (Providence, R.I.) – Georgetown University

(b) Thomas Satterthwaite (Cranston, R.I.) – Harvard University

Lightweight Women's Double Sculls

(s) Isabella Garcia-Camargo (Seattle, Wash.) – Stanford University

(b) Sophia Denison-Johnston (Berkeley, Calif.) – University of California, Los Angeles

Men's Quadruple Sculls

Baxter Call (Vashon Island, Wash.) – Oregon State University

Alexandr Lilichenko (Orinda, Calif.) – University of California, Berkeley

Jesse Maritz (Stanwood, Wash.) – Oregon State University

Jacob Plihal (Vashon Island, Wash.) – University of California, Berkeley

Women's Quadruple Sculls

(s) Claire Campbell (New Canaan, Conn.) – Dartmouth University

(3) Isabella Strickler (Grosse Pointe, Mich.) – University of Virginia

(2) Megan Hinkle (Troy, Ohio) – University of Michigan

(b) Arianna Lee (Folsom, Calif.) – Syracuse University

Lightweight Men's Quadruple Sculls

Chase Deitner (Perth, Australia) – University of Washington
Jimmy Francis (St. Louis, Mo.) – Oklahoma City University
Danny Madden (New Rochelle, N.Y.) – Manhattan College
Sam Melvin (Costa Mesa, Calif.)

Lightweight Women's Quadruple Sculls

Olivia Farrar (Pittsford, N.Y.) – Harvard University
Janice Hagerman (Boxford, Mass.) – Boston University
Grace Joyce (Northfield, Ill.) – University of Wisconsin
Elizabeth Ray (Miami, Fla.) – Columbia University

Men's Pair

(s) Aidan Bridwell (Redding, Conn.) – Northeastern University
(b) Louis Pratt (Arlington, Mass.) – Northeastern University

Women's Pair

(s) Alina Hagstrom (Seattle, Wash.) – Oregon State University
(b) Regina Salmons (Methuen, Mass.) – University of Pennsylvania

Lightweight Men's Pair

(s) Luke Smith (Tampa, Fla.) – Colgate University
(b) Alexander Damjanovic (Alexandria, Va.) – Colgate University

Lightweight Women's Pair

(s) Caroline O'Brien (Darien, Conn.) – Georgetown University
(b) Sarah Maietta (Wayland, Mass.) – Boston University

Men's Four

(s) Alexander Wallis (Cupertino, Calif.) – University of California, Berkeley
(3) Andrew Knoll (Greenback, Tenn.) – United States Naval Academy
(2) Hunter Hodges (Seattle, Wash.) – University of California, Berkeley
(b) Eli Maesner (Redmond, Wash.) – University of Washington

Women's Four

Meghan Gutknecht (Guilderland, N.Y.) – University of Michigan
Niamh Martin (Seattle, Wash.) – University of Wisconsin
Teresa Rokos (Pasadena, Calif.) – Harvard University
Chase Shepley (Crystal Lake, Ill.) – Stanford University

Men's Four with Coxswain

(c) Woods Connell (Bethesda, Md.) – Yale University

Peter Arata (Bellevue, Wash.) – Northeastern University
William Creedon (Denver, Colo.) – University of California, Berkeley
Viggo Hoite (Berkeley, Calif.) – Brown University
Alex Miklasevich (Pittsburgh, Pa.) – Brown University

Women's Four with Coxswain

(c) Izzi Weiss (Chicago, Ill.) – University of Virginia
Sarah Johaneck (Cleveland, Ohio) – Rutgers University
Samantha Lamos (Petaluma, Calif.) – University of California, Berkeley
Jennifer Mundelius (Danville, Calif.) – Brown University
Carlisle Wheeler (Brewster, Mass.) – University of California, Los Angeles

Men's Eight

(c) Rielly Milne (Woodinville, Wash.) – University of Washington
(s) Andrew Gaard (Madison, Wis.) – University of Washington
(7) Michael Grady (Pittsburgh, Pa.) – Cornell University
(6) Sam Halbert (Redmond, Wash.) – University of Washington
(5) Madison Molitor (Redmond, Wash.) – University of Washington
(4) Arne Landboe (Shoreline, Wash.) – University of Washington
(3) Chris Carlson (Bedford, N.H.) – University of Washington
(2) Justin Best (Kennett Square Pa.) – Drexel University
(b) Brennan Wertz (Mill Valley, Calif.) – Stanford University

Women's Eight

(c) Leigh Warner (Portland, Ore.) – Stanford University
(s) Brooke Pierson (Alexandria, Va.) – University of Washington
(7) Elise Beuke (Sequim, Wash.) – University of Washington
(6) Marlee Blue (Seattle, Wash.) – University of Washington
(5) Alison Rusher (West Bend, Wis.) – Stanford University
(4) Kaitlyn Kynast (Ridgefield, Conn.) – Stanford University
(3) Claire Collins (McLean, Va.) – Princeton University
(2) Liliane Lindsay (Harrison, N.Y.) – Yale University
(b) Hadley Irwin (Washington, D.C.) – Princeton University

Coaches

Michael Callahan, Coach, Men's Eight
Megan Carcagno, Coach, Women's Eight
Carlos Dinares, Coach, Men's Four
Malcolm Doldron, Coach, Lightweight Women's Pair/Lightweight Women's Quadruple Sculls
Sergio Espinoza, Coach, Men's Four with Coxswain
Hilary Gehman, Coach, Women's Quadruple Sculls
Brett Gorman, Coach, Women's Pair
Justin Jones, Coach, Men's Pair

Andrew Kallfelz, Coach, Women's Single Sculls
Skip Kielt, Coach, Lightweight Men's Quadruple Sculls
Alan Kush, Coach, Lightweight Men's Single Sculls
Richard Parr, Coach, Men's Quadruple Sculls
David Ringham, Coach, Lightweight Women's Single Sculls/ Lightweight Women's Double Sculls
Kathryn Ruderman, Coach, Lightweight Men's Double Sculls
Khaled Sanad, Coach, Lightweight Men's Pair
Samantha Warren, Coach, Women's Double Sculls
Rob Weber, Coach, Women's Four/Women's Four with Coxswain
Stephen Whelpley, Coach, Men's Single Sculls/Men's Double Sculls

Support Staff

Dan Brauchli, Team Press Officer
Will Daly, Team Leader
Liz Fusco, Team Dietician
Brett Johnson, Team Press Officer
Deirdre McLoughlin, Team Physical Therapist
Liz Soutter, Team Leader
Dr. Peter Wenger, Team Doctor

Event Preview

The U.S. will compete in all 22 boat classes over the five-day event. These classes include the men's and women's single sculls, lightweight single sculls, double sculls, lightweight double sculls, quadruple sculls, lightweight quadruple sculls, pair, lightweight pair, four, four with coxswain, and eight.

The U.S. roster includes 19 athletes returning from the 2017 Under 23 National Team including Elise Beuke, Chris Carlson, Claire Collins, Ben Davison, Olivia Farrar, James Francis, Michael Grady, Meghan Gutknecht, Janice Hagerman, Emily Kallfelz, Brigid Kennedy, Arne Landboe, Danny Madden, Reilly Milne, Brooke Pierson, Jacob Plihal, Alison Rusher, Leigh Warner, and Carlisle Wheeler.

Twenty-eight colleges and universities are represented across the 72-person roster. Last year, the United States National Team took home five medals at the 2017 World Rowing Under 23 Championships in Plovdiv, Bulgaria. The men's lightweight four and women's eight won silver, while the women's single, women's pair and men's four with coxswain all took bronze in their respective finals.

Men's Single Sculls (BM1x)

Craftsbury Sculling Center's **Ben Davison** (Inverness, Fla.) is one of the most experienced rowers on the U.S. squad, having competed at the junior, under 23 and senior levels.

In 2017, Davison rowed in the men's four with coxswain that placed third at the World Rowing Under 23 Championships. He also competed in the men's double sculls with partner John Graves at the 2017 World Rowing Championships, finishing ninth overall. In 2016 at the World Rowing Under 23 Championships, Davison raced in the single sculls, placing seventh. That same year, he was part of the quadruple sculls crew that placed third at the European and Final Olympic Qualification Regatta.

Davison took seventh place in the single sculls at his second World Rowing Under 23 Championships in 2015. In 2014, he finished sixth in the single sculls at the World Rowing Junior Championships and then 21st in the single at his first World Rowing Under 23 Championships.

Canada took gold last year in the event, with South Africa and Poland rounding out the medal positions. The U.S. finished in 22nd place. This year, Davison will race 27 other scullers.

Lightweight Men's Single Sculls (BLM1x)

Zachary Heese (Pelham, N.Y.) will represent the U.S. in his first international racing appearance against 27 other scullers. Brazil, Mexico and Italy took home the medals in 2017.

Women's Single Sculls (BW1x)

No stranger to the international stage, Princeton University's **Emily Kallfelz** (Jamestown, R.I.) is a two-time World Rowing Under 23 Championships athlete. In 2017, Kallfelz raced in the women's single sculls and placed third. In 2016, Kallfelz placed fourth in the women's double sculls.

Sweden and Switzerland took home the top two spots ahead of Kallfelz last year. This year, the five-time national team member will take on scullers from 18 other nations.

Lightweight Women's Single Sculls (BLW1x)

Brigid Kennedy (East Greenwich, R.I.) is a U23 National Team veteran, having finished 11th in the lightweight double sculls in 2017 and eighth in the lightweight quadruple sculls in 2016. New to the single category this year, she will face off against 19 other boats. Last year, the Netherlands placed first, followed by Italy and South Africa.

Men's Double Sculls (BM2x)

Evan Dwinell (Tallahassee, Fla.) placed fourth in the four at the 2016 World Rowing Junior Championships and **Joshua Bilchik** (Brookline, Mass.) is racing for the first time internationally. Last year, the U.S. placed 21st overall in the event. Great Britain claimed first place, with France and Lithuania coming in second and third. Dwinell and Bilchik will take on 17 other crews.

Lightweight Men's Double Sculls (BLM2x)

Artym Hayda (Providence, R.I.) and **Thomas Satterthwaite** (Cranston, R.I.) are both new to the U23 international circuit. Satterthwaite finished 29th in the double sculls at the 2017 World Rowing Junior Championships. Last year, the U.S. placed 22nd in the event. Italy took gold in a narrow finish over Denmark and Spain, who both finished within a second of first place.

The U.S. is one of 23 entries in the event.

Women's Double Sculls (BW2x)

Ashley Johnson (Buffalo, N.Y.) and **Sydney Michalak** (Peterborough, N.H.) of Syracuse University are both racing for the first time at the under 23 world championships. The U.S. narrowly missed the medal podium in 2017. Belarus took gold, followed by Italy and Greece. The bow of Greece's boat in 2017 will repeat her appearance in the double this year. Johnson and Michalak are part of a 21-boat field.

Lightweight Women's Double Sculls (BLW2x)

Isabella Garcia-Camargo (Seattle, Wash.) makes her international racing debut alongside **Sophia Denison-Johnston** (Berkeley, Calif.)

Romania, Italy and Greece took the top three spots last year. The U.S. placed 11th. The duo will race against 17 other crews in Poland.

Men's Quadruple Sculls (BM4x)

Baxter Call (Vashon Island, Wash.), **Alexandr Lilichenko** (Orinda, Calif.), **Jesse Maritz** (Stanwood, Wash.), **Jacob Plihal** (Vashon Island, Wash.) will try to improve on the United States' 14th-place finish from last year. Plihal is the lone returnee from the boat.

Canada narrowly beat out France last year to cross the line first, while Belarus took bronze. This year, the U.S. will take on 17 other crews.

Lightweight Men's Quadruple Sculls (BLM4x)

Chase Deitner (Perth, Australia), **Jimmy Francis** (St. Louis, Mo.), **Danny Madden** (New Rochelle, N.Y.) and **Sam Melvin** (Costa Mesa, Calif.) will take on 12 other crews in this year's regatta.

Francis and Madden both competed at last year's world championships. Francis finished 32nd in the lightweight single sculls and Danny Madden finished 22nd in the lightweight double. The U.S. finished in 11th last year in the event. Switzerland took home the gold, followed by Austria and Ireland.

Women's Quadruple Sculls (BW4x)

Three former junior national team athletes will race at the World Rowing Under 23 Championships in the women's quadruple sculls for the first time after competing on the international stage in the junior category.

Claire Campbell (New Canaan, Conn.) competed in 2014 and 2017 at the World Rowing Junior Championships in the women's double sculls and single sculls, placing 12th and 13th, respectively. **Arianna Lee** (Folsom, Calif.) raced at the 2015 World Rowing Junior Championships in the women's pair, bringing home a bronze medal. **Isabella Strickler** (Grosse Pointe, Mich.) finished seventh in the women's double sculls at the 2015 Junior World Rowing Championships. The three rowers will be joined by **Megan Hinkle** (Troy, Ohio), who is making her national team debut.

The U.S. is one of eight entries in the quad. Last year, the U.S. finished sixth overall with Great Britain, Australia and Germany winning the medals.

Lightweight Women's Quadruple Sculls (BLW4x)

The lightweight women's quadruple sculls of **Olivia Farrar** (Pittsford, N.Y.), **Janice Hagerman** (Boxford, Mass.), **Grace Joyce** (Northfield, Ill.) and **Liza Ray** (Miami, Fla.) will take on six other boats in Poland.

Farrar finished 11th in the lightweight double sculls last year and 15th in the the lightweight double sculls in 2016. Hagerman is making her return to the boat after finishing seventh last year. Joyce and Ray are making their national team debuts.

Last year, Italy, The Netherlands and Germany won the medals.

Men's Pair (BM2-)

Aidan Bridwell (Redding, Conn.) and **Louis Pratt** (Arlington, Mass.) are racing for the first time at the U23 championships.

In 2017, the men's pair finished .02 seconds behind Serbia for the bronze medal. Romania placed first and France took second. This year, Bridwell and Pratt will compete against 20 other crews.

Lightweight Men's Pair (BLM2-)

Luke Smith (Tampa, Fla.) and **Alexandar Damjanovic** (Alexandria, Va.) are racing for the first time at the U23 championships.

The U.S. took ninth last year, with Italy, Turkey and Ireland winning the medals. The bow seat from Italy's gold-winning crew is back again this year. Smith and Damjanovic will take on a nine other crews.

Women's Pair (BW2-)

Alina Hagstrom (Seattle, Wash.) and **Regina Salmons** (Methuen, Mass.) will make up the duo competing against Australia, Belarus, Canada, Chile, Croatia, Spain, Great Britain, Greece, Ireland, Italy, Japan, New Zealand, Romania and Russia.

Hagstrom is racing for the first time internationally, while Salmons won gold in the four and eight at the 2016 World Rowing Under 23 Championships.

The U.S. won bronze last year in the women's pair. Chile took first and Australia crossed next, just 0.2 seconds in front of the U.S.

Lightweight Women's Pair (BLW2-)

Caroline O'Brien (Darien, Conn.) and **Sarah Maietta** (Wayland, Mass.) will make history as the first U.S. women to compete in this event and personal history as they race for the first time internationally. This is the first year that the lightweight women's pair will be contested at the World Rowing Under 23 Championships. The event only has four entries. Germany, Hungary and Italy make up the other boats.

Men's Four (BM4-)

Alexander Wallis (Cupertino, Calif.), **Andrew Knoll** (Greenback, Tenn.), **Hunter Hodges** (Seattle, Wash.) and **Eli Maesner** (Redmond, Wash.) will race in the men's four against 14 other crews. Wallis finished 10th in the eight at the 2016 World Rowing Under 23 Championships. Wallis, Knoll, Hodges and Maesner finished eighth in the four at the 2018 World Rowing Cup III.

In 2017, the U.S. placed ninth overall in the event. Australia claimed gold, while Great Britain followed in second and Austria in third.

Women's Four (BW4-)

Meghan Gutknecht (Guilford, N.Y.), **Niamh Martin** (Seattle, Wash.), **Teresa Rokos** (Pasadena, Calif.) and **Chase Shepley** (Crystal Lake, Ill.) make up the women's four.

Gutknecht has international experience in multiple age categories. She finished sixth in the quadruple sculls at the 2017 World Rowing Under 23 Championships and third in the quadruple sculls at the 2015 World Rowing Junior Championships. Martin, Rokos and Shepley will race internationally for the first time.

In 2017, the U.S. women placed 10th in the four. The Netherlands took gold, Romania silver and Germany bronze. This year, the U.S. will race Belarus, China, Denmark, Great Britain, Germany, Greece, Italy, New Zealand, Romania and Russia.

Men's Four with Coxswain (BM4+)

After finishing on the podium with a bronze medal at the 2017 World Rowing Under 23 Championships, the men's four will feature a lineup of athletes almost entirely new to the world championship stage. **Alex Miklasevich** (Pittsburgh, Pa.) finished 10th in the four at the 2014 World Rowing Junior Championships and eighth in the four with coxswain at the 2013 World Rowing Junior Championships. **Woods Connell** (Bethesda, Md.), **Peter Arata** (Bellevue, Wash.), **William Creedon** (Denver, Colo.) and **Viggo Hoite** (Berkeley, Calif.) complete the rest of the boat.

This year, the men will row against crews from Australia, Denmark, Great Britain, Germany, Italy, New Zealand, Romania, Russia and Ukraine.

Last year, Italy won gold, followed by Great Britain.

Women's Four with Coxswain (BW4+)

Izzi Weiss (Chicago, Ill.), **Sarah Johaneck** (Cleveland, Ohio), **Samantha Lamos** (Petaluma, Calif.), **Jennifer Mundelius** (Danville, Calif.) and **Carlisle Wheeler** (Brewster, Mass.) will race in the first-ever women's four with coxswain event at the under 23 world championships. Wheeler is the only experienced international athlete, having placed 10th in the four at the 2017 World Rowing Under 23 Championships.

The U.S. will compete in a field of five boats.

Men's Eight (BM8+)

The men's eight is stacked with seven athletes who have competed on the world championship level across junior and under 23 categories.

Chris Carlson (Bedford, N.H.) and **Michael Grady** (Pittsburgh, Pa.) will make a repeat appearance in the men's eight after finishing fourth last year, just three seconds off Great Britain and the medal podium. Grady also competed in the World Rowing Junior Championships in 2013 and 2014, finishing eighth in the four with coxswain and ninth in the eight, respectively.

Arne Landboe (Shoreline, Wash.) raced last year in the men's four with coxswain, which won the bronze medal, along with **Rielly Milne** (Woodinville, Wash.). Landboe also was a part of the 2016 crew that took sixth in the same event. As a coxswain, Milne has competed at the U23 championships every year since 2015. In 2015 and 2016, he placed sixth in the men's four with coxswain.

In 2015, **Justin Best** (Kennett Square, Pa.) and **Andrew Gaard** (Madison, W.I.) won silver in the men's eight at the World Rowing Junior Championships. Gaard also finished 11th in the four with coxswain at the 2014 World Rowing Junior Championships.

Brennan Wertz (Mill Valley, Calif.) competed at the 2016 World Rowing U23 Championships in the men's pair, winning a bronze medal. Previously, he rowed at the 2014 World Rowing Junior Championships in the men's eight that placed ninth.

Sam Halbert (Redmond, Wash.) and **Madison Molitor** (Moses Lake, Wash.) will make their national team debut at the 2018 World Rowing Under 23 Championships.

Last year, the U.S. men finished in fourth place overall behind the winning crew from The Netherlands, Romania and Great Britain.

This year, the U.S. will take on 10 other crews from Canada, France, Great Britain, Germany, Italy, Netherlands, Poland, Romania, Russia and the Ukraine.

Women's Eight (BW8+)

Elise Beuke (Sequim, Wash.), **Claire Collins** (McLean, V.A.), **Brooke Pierson** (Alexandria, V.A.), **Alison Rusher** (West Bend, W.I.) and **Leigh Warner** (Portland, O.R.) are all World Rowing Under 23 Championship veterans having competed last year. Beuke, Collins and Warner all raced in the eight that took second place. Rusher placed 10th in the women's four, while Pierson won bronze in the women's pair.

Marlee Blue (Seattle, Wash.) raced at the World Rowing Under 23 Championships in 2016 and won medals at the World Rowing Junior Championships in 2014 and 2015.

Kaitlyn Kynast (Ridgefield, Conn.) makes her first appearance at the U23 level. Kynast helped lead the U.S. to a gold medal in the four at the 2015 World Rowing Junior Championships. She won a bronze medal in the pair at the 2016 World Rowing Junior Championships and another bronze in the four at the 2017 World Rowing Junior Championships.

Liliane Lindsay (Harrison, N.Y.) placed third in the women's pair at the 2014 World Rowing Junior Championships and fifth in the women's eight at the 2013 World Rowing Junior Championships.

Hadley Irwin (Washington, D.C.) will make her international debut.

The U.S. has won gold in the event seven of the last 11 years. Last year, Canada took the top spot over the U.S.

The U.S. will take on eight other crews in 2018.

Athlete Bios

Peter Arata

Men's Four with Coxswain

Birthplace: Bellevue, Wash.

Hometown: Medina, Wash.

Current Residence: Medina, Wash.

Height: 6'4"

Weight: 200

High School: Bellevue High School

College: Northeastern University

Current Club Affiliation: Northeastern University

Current Coach: John Pojednic

Training Location: Boston, Mass.

National Teams: One – Under 23, 2018

International Results: Won the junior eight and junior four with coxswain at the 2015 Brentwood Regatta.

National Results: Three consecutive seventh place finishes in three seat for Northeastern varsity eight at the 2016-2018 IRA regattas.

Personal: Peter enjoys woodworking, cycling, homebrewing and part-time, long-haul trucking.

Justin Best

Men's Eight

Birthplace: Wilmington, Del.

Hometown: Kennett Square, Pa.

Current Residence: Philadelphia, Pa.

Height: 6'4"

Weight: 190

High School: Unionville High School

College: Drexel University

Current Club Affiliation: Vesper Boat Club

Current Coach: Paul Savell

Training Location: Philadelphia, Pa.

National Teams: Two – Junior, 2015; Under 23, 2018

International Results: Finished fourth in the eight at the 2018 World Rowing Cup III...Won gold in the under 23 eight at the 2017 Canadian Henley...Won silver in the eight at the 2015 World Rowing Junior Championships.

National Results: Won the varsity eight at the 2017 Dad Vail Regatta.

Personal: Justin's parents watched "The Social Network" and thought since the actors who portrayed the Winklevoss Twins had big upper bodies, he would be perfect for the sport. They signed him up for a summer camp the next day. Justin likes reading, video games, exercising, and watching movies.

Elise Beuke**Women's Eight****Birthplace:** Port Angeles, Wash.**Hometown:** Sequim, Wash.**Current Residence:** Sequim, Wash**Height:** 5'11"**Weight:** 166**High School:** Sequim High School**College:** University of Washington**Current Club Affiliations** Olympic Peninsula Rowing Association**Current Coaches:** Rodrigo Rodrigues, Megan Carcagno**Training Location:** University of Washington**National Teams:** Three – Junior, 2015; Under 23, 2017-18**International Results:** Won silver in the eight at the 2017 World Rowing Under 23 Championships...Finished seventh in the double sculls at the 2015 World Rowing Junior Championships.**National Results:** Won the double sculls at the 2015 Junior World Championships Trials...Won silver in the single sculls at the 2015 USRowing Youth National Championships.**Joshua Bilchik****Men's Double Sculls****Hometown:** Brookline, Mass.**Current Residence:** Brookline, Mass.**Height:** 5'11"**Weight:** 165**High School:** Brookline High School**College:** Bates College**Current Club Affiliation:** Craftsbury Sculling Center**Current Coaches:** Stephen Whelpley, Grace Hollowell**Training Location:** Craftsbury, Vt.**National Teams:** One – Under 23, 2018**National Results:** Rowed on the Bates team that won the 2017 and 2018 New England Small College Athletic Conference Championships.**Personal:** Named Second Team All-New England Small College Athletic Conference in 2018...Received the 2018 Senior Scholar Award...Named to the 2018 Intercollegiate Rowing Association All-Academic Team.**Marlee Blue****Women's Eight****Birthplace:** Seattle, Wash.**Hometown:** Seattle, Wash.**Current Residence:** Seattle, Wash.

Height: 6'0"

Weight: 170

High School: Holy Names Academy

College: University of Washington

Current Club Affiliation: University of Washington

Current Coaches: Yaz Farooq, Josh Gautrea, Megan Carcagno

Training Location: Seattle, Wash.

National Teams: Four – Junior, 2014-15; Under 23, 2016, 2018

International Results: Finished 11th in the quadruple sculls at the 2016 World Rowing Under 23 Championships...Won gold in the four at the 2015 World Rowing Junior Championships...Won silver in the four at the 2014 World Rowing Junior Championships.

National Results: Finished second in the varsity eight at the 2018 NCAA Women's Rowing Championships...Won the second varsity eight at the 2017 NCAA Women's Rowing Championships.

Personal: Outside of rowing, Marlee also enjoys breadmaking. One of Marlee's personal heroes is her teammate, Anna Thornton.

Aidan Bridwell

Men's Pair

Birthplace: Rochester, N.Y.

Hometown: Redding, Conn.

Current Residence: Boston, Mass.

Height: 6'1"

Weight: 176

High School: Joel Barlow High School

College: Northeastern University

Current Club Affiliations: Henderson Development Camp

National Teams: One – Under 23, 2018

National Results: Finished seventh in the varsity eight at the 2018 Intercollegiate Rowing Association Championships.

Claire Campbell

Women's Quadruple Sculls

Birthplace: Darien, Conn.

Hometown: New Canaan, Conn.

Current Residence: New Canaan, Conn.

Height: 5'8"

Weight: 148

High School: New Canaan High School

College: Dartmouth University

Current Club Affiliations: Dartmouth Women's Rowing

Current Coaches: Wendy Bordeau

Training Location: Hanover, N.H.

National Teams: Three – Junior, 2016-2017; Under 23, 2018

International Results: Finished 13th in the single sculls at the 2017 World Rowing Junior Championships...Finished 12th in the double sculls at the 2016 World Rowing Junior Championships.

National Results: Won the freshman eight at the 2017 Princeton Chase...Won the single sculls at the 2017 Under 19 World Championships Trials....Won the single sculls at the 2017 USRowing Youth National Championships...Finished second in the quadruple sculls at the 2015 USRowing Youth National Championships...Won the double sculls at the 2014 USRowing Youth National Championships.

Personal: Claire enjoys playing with her two labradoodles, sleeping and being a daughter of Dartmouth. Her adoptive brother, Chris Freeman, is professional DJ. Claire is the youngest competitor ever to race at Head of the Charles in the father-daughter double sculls at age 10. Her older siblings were involved in crew, and Claire got exposure to the sport when her mom drove them to their practices.

Baxter Call

Men's Quadruple Sculls

Birthplace: Seattle, Wash.

Hometown: Vashon Island, Wash.

Current Residence: Vashon Island, Wash.

Height: 6'0"

Weight: 175

High School: Vashon High School

College: Oregon State University

Graduate Education: University of Washington

Current Club Affiliations: Northwest Rowing Center

Current Coaches: Richard Parr

Training Location: Vashon Island, Wash.

National Teams: One – Under 23, 2018

National Results: Finished fourth in the varsity eight at the 2017 Pac-12 Championships.

Personal: Baxter began rowing in 2011.

Chris Carlson

Men's Eight

Hometown: Bedford, N.H.

Height: 6'5"

Weight: 185

High School: Brewster Academy

College: University of Washington

Current Club Affiliation: University of Washington

Current Coach: Michael Callahan

Training Location: Seattle, Wash.

National Teams: Two – Under 23, 2017-18

International Results: Finished fourth in the eight at the 2018 World Rowing Cup III...Finished fourth in the eight at the 2017 World Rowing Under 23 Championships.

National Results: Won silver in the varsity eight at the 2018 Intercollegiate Rowing Association Championships...Won gold in the varsity eight at the 2018 Pac-12 Championships.

Personal: Named the 2018 Pac-12 Conference Newcomer of the Year.

Claire Collins

Women's Eight

Birthplace: Greenbrae, Calif.

Hometown: McLean, Va.

Current Residence: McLean, Va.

Height: 5'11"

Weight: 180

High School: Deerfield Academy

College: Princeton University

Current Club Affiliation: Princeton University

Current Coach: Lori Dauphiny

Training Location: Princeton, N.J.

National Teams: Five – Junior, 2012-14; Under 23, 2017-18

International Results: Won silver in the eight at the 2017 World Rowing Under 23 Championships...Won silver in the four at the 2014 World Rowing Junior Championships...Won silver in the eight at the 2012 World Rowing Junior Championships.

National Results: Won the four with coxswain at both the 2014 and 2015 USRowing Youth National Championships...Won the varsity eight from 2016-2018 at the Ivy League Championships.

Personal: Claire loves baking, swimming, hanging with family and friends, grocery shopping and traveling. She believes her spirit animal is a polar bear. Claire started rowing spring of her freshman year in high school with a nudge from her swim coach and sister. Claire admires Katie Ledecky for working incredibly hard, setting new standards and not being brought down by limits. Claire is a recipient of the Sheldon Award from Deerfield Academy for exceptional enthusiasm for, and talent in, athletics and consistent academic achievement. She also won the Deerfield Cup for attitude in the classroom, sportsmanship on the field and conduct among fellow students that has exemplified the best Deerfield ideal. Claire won the 2017 Spring Academic Athletic All-Ivy. In 2016-2018, she was first-team All Ivy League, and in 2017, she was second-team All-American.

Woods Connell

Men's Four with Coxswain

Birthplace: Bethesda, Md.

Hometown: Bethesda, Md.

Current Residence: New Haven, Conn.

Height: 5'8"

Weight: 125

High School: Gonzaga College High School

College: Yale University

Current Club Affiliations: Yale University

Current Coaches: Steve Gladstone

Training Location: New Haven, Conn.

National Teams: One – Under 23, 2018

National Results: Won the second varsity eight at the 2017 and 2018 Yale-Harvard Regatta...Finished third in the second varsity eight at the 2018 Intercollegiate Rowing Association Championships...Won silver medals in the second varsity eight at the 2017 and 2018 Eastern Sprints.

Personal: Woods likes running and skiing.

William Creedon

Men's Four with Coxswain

Birthplace: Denver, Colo.

Hometown: Denver, Colo.

Current Residence: Denver, Colo.

Began Rowing: 2015

Height: 6'7"

Weight: 205

High School: Colorado Academy

College: University of California, Berkeley

Current Club Affiliation: University of California, Berkeley

Current Coaches: Sergio Espinoza, Michael Callahan

Training Location: Seattle, Wash.

National Teams: One – Under 23, 2018

National Results: Won silver in the second varsity eight at the 2018 Intercollegiate Rowing Association Championships...Won silver in the second varsity eight at the 2018 Pac-12 Championships...Won the Sharp Memorial Cup in the second varsity eight at the 2018 San Diego Crew Classic.

Personal: William's was a three-year varsity basketball starter in high school.

Alexandar Damjanovic

Lightweight Men's Pair

Birthplace: Boulder, Colo.

Hometown: Washington, D.C.

Current Residence: Hamilton, N.Y.

Height: 6'1"

Weight: 160

High School: Bishop O'Connell

College: Colgate University

Current Club Affiliation: Colgate University

Current Coaches: Khaled Sanad

Training Location: Tampa, Fla.

National Teams: One – Under 23, 2018

National Results: Won the lightweight men's pair at the 2018 U19, U23, Senior and Para World Rowing Championship Trials.

Ben Davison

Men's Single Sculls

Birthplace: Durham, England

Hometown: Inverness, Fla.

Current Residence: Craftsbury, Vt.

Height: 6'4

Weight: 190

High School: Citrus High School

College: University of Washington

Current Club Affiliations: Craftsbury Sculling Center

Training Location: Craftsbury, Vt.

National Teams: Ten – Junior, 2013-14; Under 23 2014-18; Senior, 2016-18

International Results: Finished seventh in the double sculls at the 2018 World Rowing Cup III...Finished ninth in the double sculls at the 2017 World Rowing Championships...Won bronze in the four with coxswain at the 2017 World Rowing Under 23 Championships...Finished seventh in the single sculls at the 2016 World Rowing Under 23 Championships...Raced in the quadruple sculls at the 2016 World Rowing Cup II...Finished third in the quadruple sculls at the 2016 European and Final Olympic Qualification Regatta...Finished seventh in the single sculls at the 2015 World Rowing Under 23 Championships...Finished sixth in the single sculls at the 2014 World Rowing Junior Championships...Finished 21st in the single sculls at the 2014 World Rowing Under 23 Championships...Finished sixth in the single sculls at the 2013 World Rowing Junior Championships.

National Results: Won the men's double sculls at the 2017 U.S. Senior and Para World Championship Trials...Won the four with coxswain at the 2016 Under 23 Team Trials... Won the single sculls at the 2016 Junior, Under 23 and Senior Team Trials...Won the single sculls at the 2015 Under 23 World Championship Trials...Won the single sculls at the 2014 Under 23 and Junior World Championship Trials...Won the quadruple sculls at the 2013 Junior World Championship Trials.

Personal: Ben lists his family as the most important people in his life because of their support. He said his most proud sports moment was finding out his picture was on teammate Chris Wales' refrigerator. Ben's hobbies are rowing, eating and playing Temple Run. He says he hopes to row for the U.S. National Team as many times as possible and someday make it to the Olympics.

Chase Deitner

Lightweight Men's Quadruple Sculls

Hometown: Perth, Australia
Current Residence: Seattle, Wash.
Height: 5'10"
Weight: 162
High School: Scotch College
College: University of Washington
Current Club Affiliations: University of Washington
Training Location: Seattle, Wash.
National Teams: One – Under 23, 2018
National Results: Rowed in the freshman eight at 2018 Pac-12 Championships.
Personal: Participated in rugby, soccer, swimming and track & field. Rowed for Australia as a lightweight sculler at the Under 21 level.

Sophia Denison-Johnston

Lightweight Women's Double Sculls

Birthplace: San Francisco, Calif.
Hometown: Berkeley, Calif.
Current Residence: Berkeley, Calif.
Height: 5'5"
Weight: 127
High School: Berkeley High School
College: University of California, Los Angeles
Current Club Affiliation: Union Boat Club
Current Coaches: Malcolm Doldron, Dave Ringham
Training Location: Boston, Mass.
National Teams: One – Under 23, 2018
International Results: Placed second in under 23 lightweight double sculls at the 2017 Canadian Henley.
National Results: Placed second in the lightweight quadruple sculls at the 2017 Under 23 Team Trials.

Evan Dwinell

Men's Double Sculls

Birthplace: Summertown, Tenn.
Hometown: Tallahassee, Fla.
Height: 6'2"
Weight: 195
High School: Lawton Chilies High School
College: Dartmouth College
Current Club Affiliations: Dartmouth College, Craftsbury Sculling Center
Current Coaches: Wyatt Allen, Steve Whelpley
Training Location: Craftsbury, Vt.

National Teams: Two – Junior, 2016; Under 23, 2018

International Results: Placed fourth in the four at the 2016 World Rowing Junior Championships.

National Results: Finished fifth in the four with coxswain at the 2016 USRowing Youth National Championships...Finished first in the four with coxswain at the USRowing Southeast Youth Championships...Finished first in the four with coxswain at the 2015 Head of the Hooch...Finished first in the eight at the 2014 Head of the Hooch.

Personal: Evan enjoys rowing because of the sport's competitive nature and the amount of work required to be successful.

Olivia (Liv) Farrar

Lightweight Women's Quadruple Sculls

Birthplace: Pittsford, N.Y.

Hometown: Pittsford, N.Y.

Current Residence: Cambridge, Mass.

Height: 5'8"

Weight: 120

High School: Home Schooled

College: Harvard University

Current Club Affiliation: Union Boat Club

Current Coach: Malcolm Doldron

Training Location: Boston, Mass.

National Team: Three – Under 23, 2016-18

International Results: Placed 11th in the lightweight double sculls at the 2017 World Rowing Under 23 Championships...Placed 15th in the lightweight double sculls at the 2016 World Rowing Under 23 Championships.

National Results: Placed first in the lightweight double sculls at the 2017 Under 23 Worlds Trials...Placed first in the lightweight double sculls at the 2016 Under 23 Worlds Trials...Placed first at the 2016 USRowing Club National Championships in the intermediate women's lightweight double...Placed third at the 2016 USRowing Club National Championships in the U19 women's single sculls...Placed third in the U19 single sculls at the 2015 USRowing Club National Championships...

Personal: Liv enjoys drawing, painting and sculpting. She also has skills in shooting precision .22 rifles, air pistols and air rifles. Her older sister, Emily, rowed for five years in high school at Pittsford Crew and four years in college at the University of Tulsa. Liv went to the 2015 National Junior Olympics in air pistol as the New York state representative. She holds the 2017 New York State Junior Women's Team 3p Record in .22 Rifle and the 2017 New York State Junior Women's Team Air Pistol Record. Liv is a 2018 Harvard First-Year Creativity Award Nominee. In academics, Liv was a 2015-2017 AP Scholar with Distinction and a 2016 National Merit Scholarship recipient. In 2015, Liv was a Congressional Art Competition winner for New York State and, in 2017, a Monroe Community College Scholar's Day winner.

Jimmy Francis

Lightweight Men's Quadruple Sculls

Birthplace: St. Louis, Mo.

Hometown: St. Louis, Mo.

Current Residence: St. Louis, Mo.

Height: 6'2"

Weight: 158

High School: Ladle High School

College: Oklahoma City University

Current Club Affiliations: PNRA

Current Coach: Nathanael Kielt

Training Location: Princeton, N.J.

National Team: Two – Under 23, 2017-18

International Results: Finished 32nd in the lightweight single sculls at the 2017 World Rowing Under 23 Championships.

National Results: Won the pair at the 2018 Dad Vail Regatta...Finished first in the lightweight single sculls at the 2017 Under 23 World Trials.

Personal: Jimmy enjoys biking, walking, hiking, rowing, and eating. He loves pugs. His brother, Trey Francis, convinced him to start rowing in high school. Jimmy said that everyone in his life is a hero to him because everyone he has met and gotten to know has had a impact on his life.

Andrew Gaard

Men's Eight

Hometown: Madison, Wis.

Current Residence: Seattle, Wash.

Height: 6'2"

Weight: 200

College: University of Washington

Current Club Affiliation: University of Washington

Current Coach: Michael Callahan

Training Location: Seattle, Wash.

National Team: Two – Junior, 2015; Under 23, 2018

International Results: Finished fourth in the eight at the 2018 World Rowing Cup III...Won silver in the eight at the 2015 World Rowing Junior Championships.

National Results: Finished second in the varsity eight at the 2018 Intercollegiate Rowing Association Championships...Won gold in the third varsity eight at the 2017 Intercollegiate Rowing Association Championships...Won the freshman eight at the 2016 Intercollegiate Rowing Association Championships.

Personal: Majoring in mechanical engineering.

Isabella Garcia-Camargo

Lightweight Women's Double Sculls

Birthplace: Dallas, Texas

Hometown: Seattle, Wash.

Current Residence: Stanford, Calif.

Height: 5'8"

Weight: 140

High School: Holy Names Academy

College: Stanford University

Current Club Affiliation: Stanford Lightweight Rowing

Current Coaches: Kate Bertko, David Ringham

Training Location: Boston, Mass.

National Teams: One – Under 23, 2018

National Results: Won gold in the lightweight eight at the 2018 Intercollegiate Rowing Association Championships...Won gold in the lightweight eight at the 2017 Intercollegiate Rowing Association Championships.

Personal: Isabella has three younger brothers and family from Mexico and Venezuela. She majors in computer science at Stanford. Kate Bertko is her inspiration and Christine Cavallo is also a huge mentor to Isabella.

Michael Grady

Men's Eight

Hometown: Pittsburgh, Pa.

Current Residence: Ithaca, N.Y.

Height: 6'5"

Weight: 200

High School: Central Catholic High School

College: Cornell University

Current Club Affiliation: Cornell Rowing

Current Coaches: Todd Kennett, Dave Burke

Training Location: Ithaca, N.Y.

National Teams: Four – Junior 2013-14; Under 23, 2017-18

International Results: Finished fourth in the eight at the 2018 World Rowing Cup III...Finished fourth in the eight at the 2017 World Rowing Under 23 Championships...Finished ninth in the eight at the 2014 World Rowing Junior Championships...Finished eighth in the four with coxswain at the 2013 World Rowing Junior Championships.

National Results: Reached the final in the varsity eight at the 2016 Eastern Sprints.

Personal: Michael enjoys beekeeping and solving rubix cubes. He is also a twin and found the sport of rowing though his father. Michael admires Carlos Dinares for his enthusiasm towards the sport of rowing.

Meghan Gutknecht

Women's Four

Birthplace: Guilderland, N.Y.

Hometown: Guilderland, N.Y.

Current Residence: Guilderland, N.Y.

Height: 5'6"

Weight: 155

High School: Guilderland High School

College: University of Michigan

Current Club Affiliations: University of Michigan

Training Location: Ann Arbor, Mich.

National Teams: Three – Junior, 2015; Under 23, 2017-18

International Results: Finished sixth in the quadruple sculls at the 2017 World Rowing Under 23 Championships...Finished third in the quadruple sculls at the 2015 World Rowing Junior Championships...Won the U19 single sculls at the 2014 Canadian Henley.

National Results: Finished second in the single sculls and 11th in the eight at the 2015 USRowing Youth National Championships...Finished sixth in the four with coxswain at the 2014 USRowing Youth National Championships.

Personal: Meghan enjoys painting, hiking, listening to music and spending time with her dog. Meghan lists her most memorable sporting achievement as winning the U19 single sculls at the 2014 Canadian Henley. She started rowing because her best friend convinced her to do it with her to stay in shape when it wasn't soccer season. She lists her coach, Mike MacMinn, as the most influential person in her sporting career for always pushing her to be the best she can be by setting the standards so high. She also thanks her parents for their unwavering support.

Janice Hagerman

Lightweight Women's Quadruple Sculls

Hometown: Boxford, Mass.

Current Residence: Boston, Mass.

Height: 5'6"

Weight: 128

High School: Masconomet Regional High School

College: Boston University

Current Club Affiliation: Union Boat Club

Current Coach: Malcolm Doldron

Training Location: Boston, Mass.

National Teams: Two – Under 23, 2017-18

International Results: Finished seventh in the lightweight quadruple sculls at the 2017 World Rowing Under 23 Championships.

National Results: Finished second in the lightweight eight at the 2018 Intercollegiate Rowing Association Championships..Finished second in the lightweight eight at the 2017 Intercollegiate Rowing Association Championships.

Personal: Janice likes reading, baking, thrift shopping and trips to the library. In high school, she was peer-pressured to try crew but ended up falling in love with it. She was named to the Collegiate Rowing Coaches' Association All-American Team in 2016 and 2017.

Alina Hagstrom

Women's Pair

Hometown: Seattle, Wash.

Current Residence: Corvallis, Ore.

Height: 5'10"

Weight: 180

High School: Bishop Blanchet High School

College: Oregon State University

Current Club Affiliation: Oregon State University

Current Coach: Kate Maxim

Training Location: Corvallis, Ore.

National Teams: One – Under 23, 2018

National Results: Finished sixth in the varsity eight at the 2018 Pac-12

Championships...Finished sixth in the varsity eight at the 2017 Pac-12 Championships.

Personal: Alina likes to hike, ski and swim. She was named to the 2018 Pac-12 All-Conference Team and the 2018 Collegiate Rowing Coaches Association All-Conference Team. Alina earned Pac-12 All Academic first team in 2017 and second team in 2018.

Sam Halbert

Men's Eight

Hometown: Redmond, Wash.

Current Residence: Redmond, Wash.

Height: 6'5"

Weight: 197

High School: Woodinville High School

College: University of Washington

Current Club Affiliation: University of Washington

Current Coach: Michael Callahan

Training Location: Seattle, Wash.

National Teams: One – Under 23, 2018

International Results: Finished fourth in the eight at the 2018 World Rowing Cup III.

National Results: Won silver in the varsity eight at the 2018 Intercollegiate Rowing

Association Championships...Won gold in the varsity eight at the 2018 Pac-12

Championships...Won gold in the second varsity eight at the 2017 Intercollegiate Rowing

Association Championships...Won gold in the second varsity eight at the 2017 Pac-12

Championships.

Artym Hayda

Lightweight Men's Double Sculls

Birthplace: Germany

Hometown: Providence, R.I.

Current Residence: Boston, Mass.

Began Rowing: 2012

Height: 5'10"

Weight: 155

High School: Wheeler School

College: Georgetown University

Current Club Affiliation: Riverside Boat Club

Current Coach: Katy Ruderman

Training Location: Boston, Mass.

National Teams: One – Under 23, 2018

National Results: Won the lightweight double sculls at the 2015 USRowing Youth National Championships... Placed fourth in the youth double at the 2014 Head of the Charles.

Personal: Artym speaks four languages. He credits his biggest inspirations as his mom and dad.

Zachary Heese

Lightweight Men's Single Sculls

Birthplace: Washington, D.C.

Hometown: Pelham, N.Y.

Current Residence: Charlottesville, Va.

Height: 6'0"

Weight: 155

High School: Pelham Memorial High School

College: University of Virginia

Current Club Affiliations: New York Athletic Club, Pelham Community Rowing Association

Current Coaches: Alan Kush, Frank Biller, Nick Dawe

Training Location: Charlottesville, Va.

National Teams: One – Under 23, 2018

Personal: Zachary was the winner of two donut eating competitions and has unlocked all 128 playable characters in Lego Star Wars: The Complete Saga. He majored in computer science and minored in statistics.

Meg Hinkle

Women's Quadruple Sculls

Birthplace: Kettering, Ohio

Hometown: Troy, Ohio

Current Residence: Troy, Ohio

Height: 5'11"

Weight: 189

High School: Troy Christian High School

College: University of Michigan

Current Club Affiliations: University of Michigan

Current Coaches: Hilary Gehman, Kate Bertko

Training Location: Princeton, N.J.

National Teams: One – Under 23, 2018

National Results: Finished fourth in the second varsity eight at the 2018 NCAA Women's Rowing Championships...Finished third in the single sculls at the 2017 USRowing Youth

National Championships...Finished fourth in the single sculls at the 2016 USRowing Youth National Championships.

Personal: Meg likes reading, napping and eating.

Hunter Hodges

Men's Four

Birthplace: Seattle, Wash.

Hometown: Seattle, Wash.

Current Residence: Berkeley, Calif.

Height: 6'2"

Weight: 200

High School: Roosevelt High School

College: University of California, Berkeley

Current Club Affiliation: University of California, Berkeley

Current Coach: Scott Frandsen

Training Location: Oakland, Calif.

National Teams: One – Under 23, 2018

International Results: Finished eighth in the four at the 2018 World Rowing Cup III.

National Results: Won silver in the second varsity eight at the 2018 Intercollegiate Rowing Association Championships...Won silver in the second varsity eight at the 2017 Intercollegiate Rowing Association Championships.

Personal: Hunter likes painting, freestyle dancing and biking. He has three younger brothers and picked up crew because his mother rows. Won the Cal Crew "Relevance Award."

Viggo Hoite

Men's Four with Coxswain

Birthplace: Oakland, Calif.

Hometown: Berkeley, Calif.

Current Residence: Berkeley, Calif.

Began rowing: 2010

Height: 6'4"

Weight: 206

High School: Berkeley High School

College: Brown University

Current Club Affiliation: Oakland Strokes

Current Coach: Sergio Espinoza

Training Location: Seattle, Wash.

National Teams: One – Under 23, 2018

International Results: Reached the semifinals of the Ladies' Challenge Plate at the 2017 Henley Royal Regatta.

National Results: Finished sixth in the varsity eight at the 2018 Intercollegiate Rowing Association Championships...Finished sixth in the varsity eight at the 2017 Intercollegiate Rowing Association Championships.

Personal: Named to the IRA All-Academic Team in 2017 and 2018.

Hadley Irwin

Women's Eight

Birthplace: Washington, D.C.

Hometown: Washington, D.C.

Current Residence: Washington, D.C.

Height: 5'11"

Weight: 168

High School: National Cathedral School

College: Princeton University

Current Club Affiliation: Princeton University

Current Coach: Lori Dauphiny

Training Location: Princeton, N.J.

National Teams: One – Under 23, 2018

National Results: Finished fifth in the varsity eight at the 2018 NCAA Women's Rowing Championships...Won gold in the varsity eight at the 2017 and 2018 Ivy League Championships...Won gold in the senior eight at the 2016 Stotesbury Cup Regatta.

Personal: Hadley enjoys singing, running, and horseback riding. She has three siblings, Serena, Nicky and Harry. Her personal hero is her grandmother, Kathy, for her curiosity and determination to give back to the world around her. Hadley earned four varsity letters in field hockey and two in swimming, was a coaches award recipient and captain in field hockey, and was selected to the Field Hockey National Academic Squad. She is a two-time First Team All-Ivy League honoree.

Sarah Johaneck

Women's Four with Coxswain

Birthplace: Cleveland, Ohio

Hometown: Cleveland, Ohio

Current Residence: New Brunswick, N.J.

Height: 5'9"

Weight: 150

High School: St. Joseph Academy

College: Rutgers University

Current Club Affiliations: Rutgers University

Current Coaches: Justin Price

Training Location: New Brunswick, N.J.

National Teams: One – Under 23, 2018

National Results: Finished sixth in the varsity eight at the 2018 Big Ten Championships...Finished third in the varsity eight at the 2018 Eastern Sprints.

Personal: Sarah is a huge Cleveland Cavaliers fan and started rowing in high school to try something new. She was named Academic All Big Ten Conference in 2017 and 2018, as well as a Collegiate Rowing Coaches Association Scholar Athlete in 2017 and 2018. Sarah was named

First Team All Big 10 in 2017 and 2018.

Ashley Johnson

Women's Double Sculls

Hometown: Saratoga Springs, N.Y.

Current Residence: Saratoga Springs, N.Y.

Height: 5'8"

Weight: 145

High School: Clarence High School

College: Syracuse University

Current Club Affiliations: ARION, West Side Rowing Club

Current Coaches: Sam Warren, Eric Catalano

Training Location: Saratoga Springs, N.Y.

National Teams: One – Under 23, 2018

National Results: Finished 16th in the varsity eight at the 2018 NCAA Women's Rowing Championships...Finished 15th in the varsity eight at the 2017 NCAA Women's Rowing Championships...Finished 12th in the varsity eight at the 2016 NCAA Women's Rowing Championships.

Personal: Ashley has lived in six different countries. Her brother, Brandon, lives in California. Her parents, Barb and Alphy, live in Switzerland. She was named to the 2018 All ACC Academic Rowing Team.

Grace Joyce

Lightweight Women's Quadruple Sculls

Birthplace: Chicago, Ill.

Hometown: Northfield, Ill.

Current Residence: Madison, Wis.

Height: 5'9"

Weight: 123

High School: New Trier High School

College: University of Wisconsin

Current Club Affiliation: University of Wisconsin Lightweights

Current Coach: Dusty Mattison

Training Location: Madison, Wis.

National Teams: One – Under 23, 2018

International Results: Won the under 23 lightweight double sculls and under 23 lightweight pair at the 2017 Canadian Henley.

National Results: Placed fourth in the lightweight eight at the 2017 Intercollegiate Rowing Association Championships.

Personal: Grace used to play soccer but her older sister tried out for the rowing team her freshman year of high school and encouraged Grace to try out as well. She admires Coach Stephen Whelpley because he has helped her become the rower and person she is today. Grace won the 2017 Freshman MVP Award at Wisconsin.

Emily Kallfelz

Women's Single Sculls

Birthplace: Jamestown, R.I.

Hometown: Jamestown, R.I.

Current Residence: Jamestown, R.I.

Height: 5'11"

Weight: 160

High School: St. George's School

College: Princeton University

Current Club Affiliation: Narragansett Boat Club

Current Coach: Andrew Kallfelz

Training Location: Cambridge, Mass.

National Teams: Five – Junior, 2014-15; Under 23, 2016-18

International Results: Won bronze in the single sculls at the 2017 World Rowing Under 23 Championships...Finished fourth in the single sculls at the 2016 World Rowing Under 23 Championships...Won bronze in the quadruple sculls at the 2015 World Rowing Junior Championships...Finished seventh in the quadruple sculls at the 2014 World Rowing Junior Championships.

National Results: Won the single sculls at the 2017 Under 23 World Trials...Won the double sculls at the 2016 Junior, Under 23 and Senior Team Trials...Won the single sculls and double sculls at the 2015 USRowing Youth National Championships.

Personal: Emily's most influential figure in her life is her father because he is an amazing athlete and helped her to become passionate about rowing. Both of her parents rowed in college, and she is following in their footsteps. Emily was named First-Team All-Ivy League in 2017 and 2018 and was a Collegiate Rowing Coaches Association First-Team All-Region rower in 2017.

Brigid Kennedy

Lightweight Women's Single Sculls

Birthplace: Boston, Mass.

Hometown: East Greenwich, R.I.

Current Residence: Cambridge, Mass.

Height: 5'8"

Weight: 123

High School: Moses Brown School

College: Harvard University

Current Club Affiliation: Narragansett Boat Club

Current Coach: Malcolm Doldron

Training Location: Boston, Mass.

National Teams: Three – Under 23, 2016-18

International Results: Finished 11th in the lightweight double sculls at the 2017 World Rowing Under 23 Championships...Finished eighth in the lightweight quadruple sculls at the 2016 World Rowing Under 23 Championships.

National Results: Won bronze in the single sculls at the 2016 USRowing Youth National Championships..Placed second in the youth single sculls at the 2015 Head Of The Charles Regatta....Holds Concept2 World Records in lightweight 30 Minute, 6k, 10k, 60 Minute, Half Marathon and Full Marathon.

Personal: Brigid has traveled to more than 30 countries but her favorite place to be is on the water. She used to be a swimmer but tried rowing on a break between her summer and winter seasons and fell in love instantly. Brigid loves running, swimming, biking, reading, eating, drawing, and traveling. She was a member of the Moses Brown School Cum Laude Society and received the Narragansett Boat Club All-Time Mileage Award

Andrew Knoll

Men's Four

Hometown: Greenback, Tenn.

Current Residence: Greenback, Tenn.

Height: 6'4"

Weight: 205

High School: Maryville High School

College: United States Naval Academy

Current Club Affiliation: United States Naval Academy

Current Coach: Rob Friedrich

Training Location: Annapolis, Md.

National Teams: One – Under 23, 2018

International Results: Finished eighth in the four at the 2018 World Rowing Cup III...Won gold in the under 23 men's event at the 2018 World Rowing Indoor Championships.

National Results: Finished 15th in the varsity eight at the 2018 Intercollegiate Rowing Association Championships...Finished 16th in the varsity eight at the 2017 Intercollegiate Rowing Association Championships.

Personal: Participated with the 2015 U.S. Junior Worlds Development Team in Spain.

Kaitlyn Kynast

Women's Eight

Birthplace: Cleveland, Ohio

Hometown: Ridgefield, Conn.

Current Residence: Stanford, Calif.

Height: 6'3"

Weight: 182

High School: Ridgefield High School

College: Stanford University

Current Club Affiliation: Stanford University

Current Coaches: Derek Byrnes, Brett Gorman, Megan Cooke

Training Location: Princeton, N.J.

National Teams: Four – Junior, 2015-17; Under 23, 2018

International Results: Won bronze in the four at the 2017 World Rowing Junior Championships...Won bronze in the pair at the 2016 World Rowing Junior Championships...Won gold in the four at the 2015 World Rowing Championships.

National Results: Finished fourth in the varsity eight at the 2018 NCAA Women's Rowing Championships...Won gold in the pair at the 2017 USRowing Youth National Championships...Won gold in the pair and bronze in the eight at the 2016 USRowing Youth National Championships...Finished fourth in the four with coxswain at the 2015 USRowing Youth National Championships.

Personal: Kaitlyn started rowing as a way to train for lacrosse season after two concussions ended her basketball career. Her sister was already rowing at Connecticut Boat Club, and after doing her first erg piece, she was invited to join the World Development Team in Spain. Kaitlyn lists her mom as the most influential person in her life and sporting career. She aspires to be the best in the world, which would include winning gold in the Olympics and winning an NCAA Championship. Her motto is, "When you want to succeed as bad as you want to breathe, then you'll be successful."

Samantha Lamos

Women's Four with Coxswain

Birthplace: San Anselmo, Calif.

Hometown: Petaluma, Calif.

Current Residence: Berkeley, Calif.

Height: 5'11"

Weight: 175

High School: Petaluma High School

College: University of California, Berkeley

Current Club Affiliation: University of California, Berkeley

Current Coach: Al Acosta

Training Location: Berkeley, Calif.

National Teams: One – Under 23, 2018

National Results: Finished second in the second varsity eight at the 2018 NCAA Women's Rowing Championships...Finished second in the varsity four at the 2017 NCAA Women's Rowing Championships.

Personal: Samantha enjoys drawing and hiking. Outside of crew, she is also very involved in her student-athlete community at Cal through working on campaigns to bring attention to mental health issues among student-athletes. Samantha also started a mentorship program to help incoming student-athletes find their way at Cal.

Arne Landboe

Men's Eight

Birthplace: Seattle, Wash.

Hometown: Shoreline, Wash.

Current Residence: Seattle, Wash.

Height: 6'9"

Weight: 225

High School: Shorewood High School

College: University of Washington

Current Club Affiliation: University of Washington

Current Coach: Michael Callahan

Training Location: Seattle, Wash.

National Teams: Three – Under 23, 2016-18

International Results: Finished fourth in the eight at the 2018 World Rowing Cup III...Won bronze in the four with coxswain at the 2017 World Rowing Under 23 Championships...Finished sixth in the four with coxswain at the 2016 World Rowing Under 23 Championships.

National Results: Won gold in the second varsity eight at the 2018 Intercollegiate Rowing Association Championships and the Pac-12 Championships...Finished second in the varsity eight at the 2017 Intercollegiate Rowing Association Championships...Finished fourth in the varsity eight at the 2016 Intercollegiate Rowing Association Championships...Won the four with coxswain at the 2017 Under 23 Team Trials...Won the four with coxswain at the 2016 Junior, Under 23 and Senior Team Trials.

Personal: Arne is a dual citizen in the United States and Norway. He is interested in foreign policy/affairs. Arne enjoys fishing, hunting, camping, traveling and woodworking. He has one brother named Tore, along with parents Knut and Tracy. He was the captain of Washington's men's crew team 2017 and 2018.

Arianna Lee

Women's Quadruple Sculls

Birthplace: Santa Barbara, Calif.

Hometown: Folsom, Calif.

Current Residence: Folsom, Calif.

Height: 6'0"

Weight: 147

High School: Vista del Lago High School

College: Syracuse University

Current Club Affiliations: Syracuse University

Current Coaches: Hilary Gehman

Training Location: Princeton, N.J.

National Teams: Two – Junior, 2015; Under 23, 2018

International Results: Finished third in the pair at the 2015 World Rowing Junior Championships.

National Results: Finished 11th in the second varsity eight at the 2017 NCAA Women's Rowing Championships...Won the pair at the 2015 Junior World Championships Trials...Won silver in the four with coxswain at the 2015 USRowing Youth National Championships.

Personal: Arianna was a Collegiate Rowing Coaches Association Scholar-Athlete Award recipient and an All-ACC Academic Team honoree.

Alex Lilichenko**Men's Quadruple Sculls****Birthplace:** San Francisco, Calif.**Hometown:** Orinda, Calif.**Current Residence:** Orinda, Calif.**Began Rowing:** 2013**Height:** 6'4"**Weight:** 205**High School:** Miramonte High School**College:** University of California, Berkeley**Current Club Affiliation:** Northwest Rowing Center**Current Coaches:** Richard Parr**Training Location:** Vashon Island, Wash.**National Teams:** One – Under 23, 2018**International Results:** Raced in the Temple Challenge Cup at the 2016 Henley Royal Regatta.**National Results:** Won a silver medal in the freshman eight at the 2016 Intercollegiate Rowing Association Championships.**Liliane Lindsay****Women's Eight****Birthplace:** New York, N.Y.**Hometown:** Harrison, N.Y.**Current Residence:** New Haven, Conn.**Height:** 5'10"**Weight:** 170**High School:** Harrison High School**College:** Yale University, Environmental Studies B.A., 2018**Graduate Education:** University of Cambridge, MPhil in Environmental Policy, 2019**Current Coaches:** Will Porter**Training Location:** Derby, Conn.**National Teams:** Three – Junior, 2013-14; Under 23, 2018**International Results:** Won bronze in the pair at the 2014 World Rowing Junior Championships...Finished fifth in the eight at the 2013 World Rowing Junior Championships...Won the under 19 quadruple sculls at the 2012 Canadian Henley.**National Results:** Placed ninth in the varsity eight at the 2018 NCAA Women's Rowing Championships...Finished sixth in the varsity eight at the 2017 NCAA Women's Rowing Championships.**Personal:** Lily likes traveling, hiking, napping and reading. She climbed Mount Kilimanjaro in 2015. Lily has a lot of Saybrook Pride and hopes to travel to all seven continents one day. She loves nature, animals and anything that involves being outside. Lily's sister's friend asked her to start rowing with her, and her mom made her tag along. Lily's sister, Emma, is her personal hero because she is the most selfless and supportive person Lily knows. Lily said she owes much

of her success in her rowing career to Emma. Lily was a 2016-2017 Collegiate Rowing Coaches Association First-Team All-American, 2017-2018 Academic All-Ivy, 2017-2018 First-Team All-Ivy, 2016-2017 Collegiate Rowing Coaches Association First-Team All-Region, 2015-2018 CRCA Scholar Athlete, and recipient of the Anne Warner Award for contribution to the first varsity at Yale Women's Crew.

Danny Madden

Lightweight Men's Quadruple Sculls

Birthplace: Bronx, N.Y.

Hometown: New Rochelle, N.Y.

Current Residence: New Rochelle, N.Y.

Height: 6'1"

Weight: 156

College: Manhattan College

Current Club Affiliations: New York Athletic Club, Seattle Rowing Center

Current Coach: Conal Groom

Training Location: New Rochelle, N.Y.

National Teams: Two – 2017-18

International Results: Finished 22nd in the lightweight double sculls at the 2017 World Rowing Under 23 Championships.

National Results: Placed first in the lightweight double sculls at the 2018 National Selection Regatta 2...Placed fourth in the lightweight single sculls at the 2018 National Selection Regatta 1/Spring Speed Order 1...Won the lightweight double sculls at the 2017 Under 23 World Trials...Finished third in the lightweight freshman eight at the 2017 Dad Vail Regatta.

Eli Maesner

Men's Four

Birthplace: Redmond, Wash.

Hometown: Redmond, Wash.

Current Residence: Seattle, Wash.

Height: 6'3"

Weight: 190

High School: East Lake High School

College: University of Washington

Current Club Affiliation: University of Washington

Current Coach: Michael Callahan

Training Location: Seattle, Wash.

National Teams: One – Under 23, 2018

International Results: Finished eighth in the four at the 2018 World Rowing Cup III.

National Results: Finished second in the varsity eight at 2018 Intercollegiate Rowing Association Championships.

Personal: Eli enjoys napping and rollerblading.

Sarah Maietta

Lightweight Women's Pair

Birthplace: Boston, Mass.

Hometown: Wayland, Mass.

Current Residence: Boston, Mass.

Height: 5'10"

Weight: 126

High School: Wayland High School

College: Boston University

Current Club Affiliations: Union Boat Club

Current Coaches: Malcolm Doldron, Dave Ringham

Training Location: Boston, Mass.

National Teams: One – Under 23, 2018

National Results: Won silver in the varsity lightweight eight at the 2017 and 2018

Intercollegiate Rowing Association Championships...Won gold in the varsity eight at the 2018 Dad Vail Regatta...Won gold in the varsity eight at the 2018 Eastern Sprints.

Personal: Sarah figure skated and danced prior to beginning rowing in 2012. Her father started Wayland-Weston, and she has younger twin siblings, Kate and Christopher. Her father went to Boston University and her grandfather was a professor of education at BU. Sarah loves her dachshund, Izzy.

Jesse Maritz

Men's Quadruple Sculls

Birthplace: Everett, Wash.

Hometown: Stanwood, Wash.

Current Residence: Stanwood, Wash.

Began Rowing: 2011

Height: 6'1"

Weight: 195

High School: Stanwood High School

College: Oregon State University

Current Club Affiliation: Northwest Rowing Club

Current Coach: Richard Parr

Training Location: Vashon Island, Wash.

National Teams: One – Under 23, 2018

Personal: Jesse is majoring in chemistry with an option in advanced biochemistry. He enjoys music, boating and hiking.

Niamh Martin

Women's Four

Birthplace: Seattle, Wash.

Hometown: Seattle, Wash.

Current Residence: Madison, Wis.

Height: 6'3"

Weight: 185

High School: Holy Names Academy

College: University of Wisconsin

Current Club Affiliation: University of Wisconsin

Current Coaches: Bebe Bryan, Nancy Larocque, Jim Mitchell

Training Location: Madison, Wis.

National Teams: One – Under 23, 2018

National Results: Finished 15h in the varsity eight at the 2018 NCAA Women's Rowing Championships...Finished fourth in the varsity eight at the 2018 Big 10 Championships.

Personal: Niamh enjoys doing CrossFit classes during the off-season then watching CrossFit while in-season. She avidly enjoys watching Vines and identifies as more of a cat person than a dog person. Niamh started rowing in high school when her swim season was ended in early spring. She admires Missy Franklin because she was able to compete in the Olympics at 17 and win gold in multiple events.

Sam Melvin

Lightweight Men's Quadruple Sculls

Birthplace: Long Beach, Calif.

Hometown: Huntington Beach, Calif.

Current Residence: Huntington Beach, Calif.

Height: 6'0"

Weight: 160

High School: Huntington Beach High School

College: Orange Coast College

Current Club Affiliation: SoCal Scullers

Current Coaches: Dan McGill, Ian Simpson, Skip Kielt

Training Location: Newport Beach, Calif.

National Teams: One – Under 23, 2018

National Results: Finished second in the under 23 lightweight single sculls at the 2017 World Trials...Won the lightweight division at the 2017 C.R.A.S.H.-B. Indoor Rowing Championships.

Personal: Sam got his start in rowing on the Waitemata Harbour in Auckland, New Zealand, with Takapuna Grammar School. During his first year, he lost almost all of his races and believes there is hope for everyone in the sport. Sam enjoys playing guitar, relaxing with friends and family and watching films. He was named First-Team All-ACRA in 2017 and won the Outstanding Freshman Award at Orange Coast College in 2016.

Sydney Michalak

Women's Double Sculls

Birthplace: Peoria, Ill.

Hometown: Peterborough, N.H.

Current Residence: Saratoga Springs, N.Y.

Height: 5'10"

Weight: 166

High School: Conval Regional High School

College: University of New Hampshire

Graduate Education: Syracuse University

Current Club Affiliations: ARION, UNH Rowing

Current Coaches: Samantha Warren, Eric Catalano

Training Location: Saratoga Springs, N.Y.

National Teams: One – Under 23, 2018

Personal: Sydney has two siblings, Caleb, an avid soccer player, and Schuyler, a skier. Her dad is an orthopaedic surgeon, while her mom is part of NEk9 search and rescue with her search dog, Djenga. Sydney just graduated UNH with a bachelor's degree in mechanical engineering, where she started rowing as a freshman. Sydney was named to the 2018 ACRA All-Academic Team.

Alex Miklasevich

Men's Four with Coxswain

Birthplace: Pittsburgh, Pa.

Hometown: Pittsburgh, Pa.

Current Residence: Pittsburgh, Pa

Height: 6'7"

Weight: 195

High School: Central Catholic High School

College: Brown University

Current Club Affiliations: Brown University

Training Location: Pittsburgh, Pa.

National Teams: Three – Junior, 2013-14; Under 23, 2018

International Results: Finished 10th in the four at the 2014 World Rowing Junior Championships...Finished eighth in the four with coxswain at the 2013 World Rowing Junior Championships.

National Results: Finished fourth in the eight at the 2014 USRowing Youth National Championships...Finished fifth in the youth eight at the 2013 Head of the Charles Regatta...Finished first in the eight at the 2013 Scholastic Rowing Association of America Championships...Finished fifth in the eight at the 2013 USRowing Youth National Championships...Finished third in the freshman eight at 2012 Scholastic Rowing Association of America Championships

Personal: Alex's hobbies are swimming, playing video games, eating and going fast...He said the most influential people in his rowing career are his brother, Matthew, and his coach, Jay Hammond. His greatest rowing accomplishment was winning the SRAA Championships in the varsity eight.

Rielly Milne**Men's Eight**

Hometown: Woodinville, Wash.

Current Residence: Seattle, Wash.

Height: 5'9"

Weight: 129

College: University of Washington

Current Club Affiliation: University of Washington

Current Coaches: Michael Callahan, Niles Garratt, Matt Rung

Training Location: Seattle, Wash.

National Teams: Four – Under 23, 2015-18

International Results: Finished fourth in the eight at the 2018 World Rowing Cup III...Won bronze in the four with coxswain at the 2017 World Rowing Under 23 Championships...Finished sixth in the four with coxswain at the 2016 World Rowing Under 23 Championships...Finished sixth in the four with coxswain at the 2015 World Rowing Under 23 Championships.

National Results: Won the four with coxswain at the 2016 Under 23 Team Trials... Won the four with coxswain at the 2016 Junior, Under 23 and Senior Team Trials...Won the four with coxswain at the 2015 Under 23 World Championship Trials.

Madison Molitor**Men's Eight**

Birthplace: Seattle, Wash.

Hometown: Moses Lake, Wash.

Current Residence: Seattle, Wash.

Height: 6'6"

Weight: 210

High School: Moses Lake High School

College: University of Washington

Current Club Affiliation: University of Washington

Current Coach: Michael Callahan

Training Location: Seattle, Wash.

National Teams: One – Under 23, 2018

International Results: Finished fourth in the eight at the 2018 World Rowing Cup III.

National Results: Won silver in the varsity eight at the 2018 Intercollegiate Rowing Association Championships...Won gold in the varsity eight at the 2018 Pac-12 Championships...Won gold in the second varsity eight at the 2017 Intercollegiate Rowing Association Championships and Pac-12 Championships.

Personal: Madison is a former champion state swimmer.

Jennifer Mundelius**Women's Four with Coxswain**

Birthplace: Walnut Creek, Calif.

Hometown: Danville, Calif.

Current Residence: Columbus, Ohio

Height: 5'11"

Weight: 160

High School: San Ramon Valley High School

College: Brown University, B.A. in Health & Human Biology, BA Business, Entrepreneurship, & Organizations, May 2018

Current Coaches: Brett Groman, Megan Carcagno, Rob Weber

Training Location: Princeton, N.J.

National Teams: One – Under 23, 2018

National Results: Finished 10th in the second varsity eight at the 2018 NCAA Women's Rowing Championships...Finished eighth in the varsity eight at the 2017 NCAA Women's Rowing Championships...Finished fourth in the varsity eight at the 2016 NCAA Women's Rowing Championships...Won gold in the second varsity eight at the 2015 NCAA Women's Rowing Championships.

Personal: Jennifer enjoys skiing, Frisbee, and horseback riding. She loves Mexican food and rhubarb pie. Jennifer admires Stacy Dragila, one of the first female pole vaulters and first American woman to win gold for the USA in the Olympics for pole vaulting. In 2018, Jennifer was named Collegiate Rowing Coaches Association Second Team All-American, CRCA All-Conference Team, Second Team All-Ivy and CRCA Scholar-Athlete.

Caroline O'Brien

Lightweight Women's Pair

Birthplace: Greenwich, Conn.

Hometown: Darien, Conn.

Current Residence: Washington, D.C.

Height: 6'0"

Weight: 127

High School: Darien High School

College: Georgetown University

Current Club Affiliation: Union Boat Club

Current Coaches: Malcolm Doldron, Dave Ringham, Kieren Emery

Training Location: Boston, Mass.

National Teams: One – Under 23, 2018

National Results: Placed fourth in the lightweight eight at the 2018 Intercollegiate Rowing Association Championships...Won the lightweight four with coxswain at the 2017 Head of the Charles 2017...Won the eight at the 2016 USRowing Youth National Championships...Won the youth eight at the 2015 Head of the Charles Regatta...Won the under 19 eight and intermediate lightweight four at the 2015 USRowing Club National Championships...Won the eight at the 2015 USRowing Youth National Championships...Won the lightweight eight at the 2014 USRowing Youth National Championships.

Personal: Caroline likes going to the beach and ocean, running and hiking in Vermont. She has an identical twin and began rowing because her father rowed on the Georgetown men's

heavyweight team. Caroline was the MVP for Georgetown's lightweight women's rowing program during her sophomore year of college. She was a member of the Patriot League Women's Rowing Academic Honor Roll. Caroline was 'Athlete of the Year at Saugatuck Rowing Club during her senior year of high school.

Brooke Pierson

Women's Eight

Birthplace: Oak Harbor, Wash.

Hometown: Alexandria, Va.

Current Residence: Seattle, Wash.

Height: 6'1"

Weight: 178

High School: West Potomac High School

College: University of Washington

Current Coach: Megan Carcagno

Training Location: Princeton, N.J.

National Teams: Two – Under 23, 2017-18

International Results: Finished third in the pair at the 2017 World Rowing Under 23 Championships.

National Results: Finished first in the pair at the 2017 Under 23 Team Trials.

Jacob Plihal

Men's Quadruple Sculls

Birthplace: Seattle, Wash.

Hometown: Vashon Island, Wash.

Current Residence: Vashon Island, Wash.

Began Rowing: 2013

Height: 6'10"

Weight: 218

College: Northeastern University

Current Club Affiliation: Northwest Rowing Center

Current Coach: Richard Parr

Training Location: Vashon Island, Wash.

National Teams: Two – Under 23, 2017-18

International Results: Placed 14th in the quadruple sculls at the 2017 World Rowing Under 23 Championships

National Results: Finished first in the quadruple sculls at the 2017 Under 23 Team Trials.

Personal: Jacob enjoys hiking, music, kite flying and cross-country skiing

Louis Pratt

Men's Pair

Birthplace: Boston, Mass.

Hometown: Arlington, Mass.

Current Residence: Boston, Mass.

Height: 6'4"

Weight: 198

High School: Arlington High School

College: Northeastern University

Current Club Affiliation: Henderson Development Camp

Current Coach: Justin Jones

Training Location: Boston, Mass.

National Teams: One – Under 23, 2018

International Results: Won the senior four and under 23 four at the 2017 Canadian Henley...Won the eight and the four with coxswain at the 2014 CanAmMex Regatta.

National Results: Finished fifth in the second varsity eight at the 2018 Intercollegiate Rowing Association Championships...Finished 11th in the second varsity eight at the 2017 Intercollegiate Rowing Association Championships.

Personal: Louis started rowing because of his older brother. He admires Tom Brady due to his consistency as a performer and the fact that he has been able to continue to succeed at the highest level longer than most in his sport.

Liza Ray

Lightweight Women's Quadruple Sculls

Birthplace: St. Petersburg, Russia

Hometown: Miami, Fla.

Current Residence: New York, N.Y.

Height: 5'6"

Weight: 130

High School: MAST Academy

College: Columbia University

Current Club Affiliation: Union Boat Club

Current Coaches: Malcolm Doldron, Dave Ringham

Training Location: Boston, Mass.

National Teams: One – Under 23, 2018

Personal: Liza likes long-distance running and erging, reading, writing and painting. She studies neuroscience and behavior and wants to be an author. She used to run cross-country before her mom signed her up for crew.

Teresa Rokos

Women's Four

Birthplace: Pasadena, Calif.

Hometown: Pasadena, Calif.

Current Residence: Pasadena, Calif.

Height: 6'0"

Weight: 165

High School: Pasadena Polytechnic

College: Harvard University

Current Club Affiliations: Harvard-Radcliffe, Long Beach Rowing Association

Current Coaches: Liz O'Leary

Training Location: Princeton, N.J.

National Teams: One – Under 23, 2018

National Results: Finished fourth in the second varsity eight at the 2018 Ivy League Championships.

Personal: Teresa likes running, road biking, hiking/backpacking, drawing, painting and playing the cello. Her freshman year roommate at Harvard wanted to try rowing and she tagged along. Previously, she hadn't heard much about the sport before coming to Harvard. Teresa is inspired by Gevvie Stone. Stone trains out of Weld, and Teresa thinks she is an amazing inspiration both as a rower and as someone who managed to pursue a career in medicine, while being a world-class athlete.

Alie Rusher

Women's Eight

Birthplace: London, England

Hometown: West Bend, Wis.

Current Residence: West Bend, Wis.

Height: 6'1"

Weight: 170

High School: St. Paul's School

College: Stanford University, B.S. Human Biology, 2018

Current Coaches: Megan Carcagno, Brett Gorman, Rob Weber

Training Location: Princeton, N.J.

National Teams: Two – Under 23, 2017-18

International Results: Finished 10th in the four at the 2017 World Rowing Under 23 Championships.

National Results: Finished fourth in the varsity eight at the 2018 NCAA Women's Rowing Championships...Finished second in the varsity eight at the 2017 NCAA Women's Rowing Championships...Finished third in the varsity eight at the 2016 NCAA Women's Rowing Championships.

Personal: Alie enjoys sailing, hiking and reading. She was first-team Pac-12 All-Academic in 2017 and 2018. Alie also won the Stanford Award of Excellence, for a max of 10% of graduating seniors who have demonstrated a sincere commitment to the university through involvement, leadership and extraordinary Stanford spirit.

Regina Salmons

Women's Pair

Birthplace: Boston, Mass.

Hometown: Jamestown, R.I.

Current Residence: Hopewell, N.J.

Height: 6'1"

Weight: 175

High School: Derryfield School

College: University of Pennsylvania

Current Club Affiliation: University of Pennsylvania

Training Location: Princeton Training Center

National Teams: Two – Under 23, 2016, 2018

International Results: Won gold in the four and eight at the 2016 World Rowing Under 23 Championships.

National Results: Placed third in the varsity eight at the 2018 Ivy League Championships (Penn's first medal since 1980)...Won gold in the intermediate four with coxswain at the 2015 USRowing Club National Championships.

Personal: Regina loves to write poetry, and in college, she was the editor in chief of the feminist literary and arts magazine "The F-word" and chaired the poetry workshop group "The Body Electric" named after Walt Whitman's poem. She admires her parents for their sheer love and determination and wants to grow up to be as kind and strong and persistent as they are. Regina is a 2017 and 2018 Scholar Athlete Award (CRCA) winner, for maintaining above a 3.5 GPA and participating in more than 75% of varsity races those years. She also was a 2018 All-Ivy First-Team selection.

Thomas Satterthwaite

Lightweight Men's Double Sculls

Birthplace: Providence, R.I.

Hometown: Cranston, R.I.

Current Residence: Cambridge, Mass.

Began rowing: 2013

Height: 6'1"

Weight: 158

High School: Wheeler School

College: Harvard University

Current Club Affiliation: Riverside Boat Club

Current Coaches: Billy Boyce, Ian Accomando, Peter Wilhelm, Katy Ruderman

Training Location: Cambridge, Mass.

National Teams: Two – Junior, 2017; Under 23, 2018

International Results: Finished 29th in the double sculls at the 2017 World Rowing Junior Championships.

National Results: Won the double sculls at the 2017 Under 19 World Trials.

Personal: Thomas's father was on the U.S. National Squash Team and his brother was co-captain of the Stanford University squash team.

Chase Shepley

Women's Four

Birthplace: Chicago, Ill.

Hometown: Crystal Lake, Ill.

Current Residence: Crystal Lake, Ill.

Height: 5'8"

Weight: 173

High School: Crystal Lake Central High School

College: Stanford University

Current Club Affiliation: Stanford University

Current Coach: Derek Byrnes

Training Location: Redwood City, Calif.

National Teams: One – Under 23, 2018

National Results: Finished fourth in the varsity eight at the 2018 NCAA Women's Rowing Championships...Finished fourth in the varsity four with coxswain at the 2016 NCAA Women's Rowing Championships.

Personal: Chase likes napping, hanging out with her dog and spending time with friends and family. She love cheese and bubble tea and has a lot of Midwest pride. Chase found rowing through one of the University of Wisconsin Rowing Camps and one of her personal heroes is Kelsie Chaudoin. She was a member of the 2013 Junior National High Performance Team and the 2014 Junior National High Performance Team that competed at CanAmMex.

Luke Smith

Lightweight Men's Pair

Birthplace: Tampa, Fla.

Hometown: Tampa, Fla.

Current Residence: Tampa, Fla.

Height: 6'2"

Weight: 160

High School: Tampa Preparatory School

College: Colgate University

Current Club Affiliation: Colgate University

Current Coaches: Khaled Sanad

Training Location: Tampa, Fla.

National Teams: One – Under 23, 2018

National Results: Won the lightweight pair at the 2018 U19, U23, Senior and Para World Rowing Championship Trials

Isabella Strickler

Women's Quadruple Sculls

Birthplace: Charlotte, N.C.

Hometown: Grosse Pointe, Mich.

Height: 5'10"

Weight: 154

High School: Grosse Pointe South

College: University of Virginia

Current Club Affiliation: University of Virginia

Current Coaches: Hilary Gehman, Kevin Sauer

Training Location: Princeton, N.J.

National Teams: Two – Junior, 2015; Under 23, 2018

International Results: Placed seventh in the double sculls at the 2015 World Rowing Junior Championships

National Results: Won a bronze medal in the second varsity eight at the 2018 NCAA Women's Rowing Championships...Won the double sculls at the 2015 Junior World Championships Trials...Won bronze in the single sculls at the 2015 USRowing Youth National Championships.

Personal: Isabella enjoys ice hockey, wakeboarding, swimming, running, mountain biking and food. She was named to the ACC Academic Honor Roll during the 2016-17 and 2017-18 academic years.

Alexander Wallis

Men's Four

Birthplace: Palo Alto, Calif

Hometown: Cupertino, Calif.

Current Residence: Berkeley, Calif.

Height: 6'6"

Weight: 208

High School: Cupertino High School

College: University of California, Berkeley

Current Club Affiliation: University of California, Berkeley

Current Coaches: Mike Teti, Scott Frandsen, Wyatt Allen

Training Location: Berkeley, Calif

National Teams: Two – Under 23, 2016, 2018

International Results: Finished eighth in the four at the 2018 World Rowing Cup III...Finished 10th in the eight at the 2016 World Rowing Under 23 Championships.

National Results: Won bronze in the varsity eight at the 2018 Intercollegiate Rowing Association Championships...Finished fourth in the varsity eight at the 2017 Intercollegiate Rowing Association Championships...Won gold in the varsity eight at the 2016 Intercollegiate Rowing Association Championships.

Leigh Warner

Women's Eight

Birthplace: Sacramento, Calif.

Hometown: Portland, Ore.

Current Residence: Princeton, N.J.

Height: 5'2"

Weight: 118

High School: Lincoln High School

College: Stanford University, BS in Human Biology, June 2018

Current Coaches: Megan Cooke, Derek Byrnes

Training Location: Princeton, N.J.

National Team: Two - Under 23, 2017-18

International Results: Won silver in the eight at the 2017 World Rowing Under 23 Championships.

National Results: Finished fourth in the varsity eight at the 2018 NCAA Women's Rowing Championships...Won silver in the varsity eight at the 2017 NCAA Women's Rowing Championships...Won bronze in the varsity eight at the 2016 NCAA Women's Rowing Championships.

Personal: Leigh loves running, reading and hiking with her dad. She became involved in rowing through friends in middle school and switched to coxing after a year on the team. Leigh's dad is her hero because he has taught her about resilience and self confidence. Leigh was the 2018 MVP and Oarswoman of the Year for Stanford, a CRCA scholar athlete, and part of the Pac-12 first team and All-American second team.

Izzi Weiss

Women's Four with Coxswain

Birthplace: Chicago, Ill.

Hometown: Chicago, Ill.

Current Residence: Charlottesville, Va.

Height: 5'5"

Weight: 108

High School: Latin School of Chicago

College: University of Virginia

Current Club Affiliation: University of Virginia

Current Coach: Kevin Sauer

Training Location: New Brunswick, N.J.

National Teams: One – Under 23, 2018

International Results: Placed first in the eight and four with coxswain at the 2014 CanAmMex Regatta.

National Results: Finished seventh in the varsity eight at the 2018 NCAA Women's Rowing Championships...Finished 12th in the second varsity eight at the 2017 NCAA Women's Rowing Championships...Placed fourth in the second varsity eight at the 2016 NCAA Women's Rowing Championships.

Personal: Izzy loves crafting, snacking, and exploring new places. She has broken five bones and is the middle child in her family. Her older sister joined LPJ in Chicago to make varsity soccer and bribed her to come to practice when they didn't have enough coxswains. Seven years later, Izzy is still coxing. She was first team All-ACC in 2018 and received the CRF Leadership Award in 2014 and 2015.

Brennan Wertz

Men's Eight

Birthplace: Marin, Calif.

Hometown: Mill Valley, Calif.

Current Residence: Palo Alto, Calif.

Height: 6'5"

Weight: 210

High School: Tamalpais High School

College: Stanford University

Current Club Affiliation: Stanford University

Current Coach: Craig Amerkhanian

Training Location: Stanford, Calif.

National Teams: Two – Under 23, 2016, 2018

International Results: Placed third in the pair at the 2016 World Rowing Under 23 Championships

National Results: Won the pair at the 2016 Junior, Under 23 and Senior Team Trials...Finished fifth in the eight at the 2014 USRowing Youth National Championships...Won the youth eight at the 2013 Head of the Charles Regatta...Finished third in the eight at the 2013 USRowing Youth National Championships.

Carlisle Wheeler

Women's Four with Coxswain

Birthplace: Barnstable, Mass.

Hometown: Brewster, Mass.

Current Residence: Los Angeles, Calif.

Height: 6'0"

Weight: 170

High School: Nauset Regional High School

College: University of California, Los Angeles

Training Location: Los Angeles, Calif.

National Teams: Two – Under 23, 2017-18

International Results: Placed 10th in the four at the 2017 World Rowing Under 23 Championships.

Personal: Carlisle is the oldest of Mark and Lynne Wheeler's three children...She has one younger sister, Peyton, and one younger brother, Hamilton.

United States Under 23 World Championships Finishes: 1992-2017

Under 23 Men

<u>Year</u>	<u>4+</u>	<u>2x</u>	<u>2-</u>	<u>1x</u>	<u>4-</u>	<u>4x</u>	<u>8+</u>	<u>L1x</u>	<u>L2-</u>	<u>L2x</u>	<u>LM4-</u>	<u>LM4x</u>
2017	3	20	4	22	9	14	4	32	9	22	2	11
2016	6	15	3	7	4	16	10	18	5	13	8	14
2015	6	16	11	7	4	-	2	14	4	25	6	8
2014	5	14	8	21	6	15	3	1	7	11	7	-
2013	8	17	17	21	3	-	2	1	15	19	6	6
2012	2	13	4	26	4	14	1	15	12	4	7	10
2011	6	16	11	11	6	4	1	3	9	21	9	13
2010	9	16	12	11	7	10	2	11	6	19	3	12
2009	5	14	13	15	2	17	7	23	8	18	10	9
2008	5	-	20	16	9	-	1	19	10	14	9	-
2007	-	-	-	-	-	16	4	-	-	6	11	10
2006	6	-	-	15	-	14	5	-	-	-	7	2
2005*	-	-	-	-	4	12	-	-	-	-	8	-

* World Under 23 Regatta Upgraded to World Under 23 Championships

2004	-	-	-	-	-	-	-	-	-	-	-	-
2003	-	-	-	-	-	-	-	-	-	-	-	-
2002	-	-	3	-	-	-	1	-	-	-	-	-
2001**	-	-	4	-	-	-	2	-	-	-	-	-

** Nation's Cup Renamed World Under 23 Regatta

2000	-	-	5	-	-	-	3	-	/	-	5	-
1999	-	-	7	-	-	-	1	-	/	-	-	-
1998	-	4	-	-	-	9	2	-	/	-	5	-
1997	-	-	-	8	10	8	2	-	/	16	5	-
1996	-	-	-	-	-	-	1	-	/	-	-	-
1995	-	-	-	-	-	-	3	-	/	-	-	-
1994	-	-	-	-	-	-	-	-	/	-	-	-
1993	-	-	-	-	-	-	-	-	/	-	-	-
1992	-	-	-	-	-	-	-	-	/	-	-	-

Under 23 Women

<u>Year</u>	<u>4+/4-</u>	<u>2x</u>	<u>2-</u>	<u>1x</u>	<u>4x+/4x</u>	<u>8+</u>	<u>LW1x</u>	<u>LW2x</u>	<u>LW4x</u>
2017	10	4	3	3	6	2	14	11	7
2016	1	4	4	4	11	1	10	15	8
2015	1	13	1	10	4	1	13	14	8
2014	1	7	2	10	9	1	17	5	5
2013	8	7	10	11	6	1	17	13	5
2012	6	10	8	15	10	1	18	13	4
2011	5	9	1	15	7	3	16	6	6
2010	1	3	1	3	4	1	12	9	5
2009	6	10	5	8	9	2	16	12	2
2008	4	-	-	6	-	1	19	12	/
2007	-	-	6	-	1	3	15	16	/
2006	-	-	4	-	-	1	11	-	/

2005*	1	3	-	-	-	/	-	-	/
* World Rowing Under 23 Regatta Upgraded to World Under 23 Championships									
2004	-	-	-	-	-	/	-	-	/
2003	-	-	-	-	-	/	-	-	/
2002	4	3	2	-	-	/	-	-	/
2001**	2	-	-	-	-	/	-	-	/
** Nation's Cup Renamed World Under 23 Regatta									
2000	1	-	-	-	-	/	10	-	/
1999	3	-	-	-	-	/	8	-	/
1998	2	-	7	-	7	/	-	-	/
1997	5	-	6	15	5	/	-	dnq	/
1996	1	9	-	-	-	/	-	-	/
1995	-	-	3	-	7	/	-	11	/
1994	1	-	-	-	-	/	-	-	/
1993	-	-	-	-	-	/	-	-	/
1992	-	-	-	-	-	/	-	-	/

(-) USA did not enter boats in this event

(dnq) USA crews did not qualify for placement

(/) Event not included in schedule

About USRowing

USRowing is a nonprofit membership organization recognized by the United States Olympic Committee as the national governing body for the sport of rowing in the United States. USRowing selects, trains and manages the teams that represent the U.S. in international competition, including the world championships, Pan American Games, Olympic Games and Paralympic Games.

More than 85,000 individuals and 1,350 member organizations strong, USRowing serves and promotes the sport on all levels of competition. USRowing membership reflects the spectrum of American rowers – juniors, collegians, masters and those who row for recreation, competition or fitness.

In 1982, the United States Rowing Association was formed by the merger of the National Association of Amateur Oarsmen, founded in 1872, and the National Women's Rowing Association, established in the early 1960s. USRowing brought these two organizations together with a name incorporating both men and women and reflecting the broader interests of rowing. In 1985, the organization moved from Philadelphia, Pa., to Indianapolis, Ind., home of several other Olympic sport governing bodies; and in 1994, Indianapolis became the only U.S. city to host a world rowing championship. In February 2006, USRowing moved its corporate headquarters to Princeton, N.J.

USRowing registers hundreds of regattas across the country each year, ensuring they are run under specific safety guidelines. The association also provides programs to educate referees and coaches. USRowing stages national championship regattas annually and conducts regional championships and national team selection events.

USRowing is a member of the United States Olympic Committee and Federation Internationale des Societes D'Aviron (FISA), the international rowing federation.

Media Services Directory

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Glossary of Rowing Terms

Bow: The forward section of the boat. The first part of the boat to cross the finish line. Also, the person in the seat closest to the bow, who crosses the finish line first.

Button: A wide collar on the oar that keeps it from slipping through the oarlock.

Coxswain: The person who steers the shell and is on the water coach for the crew.

Deck: The part of the shell at the bow and stern that is covered with fiberglass cloth or a thin plastic.

Ergometer: Rowers call it an “erg.” It’s a rowing machine that closely approximates the actual rowing motion. The rowers’ choice is the Concept2, which utilizes a flywheel and a digital readout so that the rower can measure his “strokes per minute” and the distance covered.

Gate: The bar across the oarlock that keeps the oar in place.

Lightweight: Refers to the rowers, not the boats; there is a maximum weight for each rower in a lightweight event as well as a boat average.

Oar: Used to drive the boat forward; rowers do not use paddles.

Port: The left side of the boat, while facing forward, in the direction of the movement.

Power 10: A call for rowers to do 10 of their best, most powerful strokes. It’s a strategy used to pull ahead of a competitor.

Repechage: The second-chance race, which ensures that everyone has two chances to advance from preliminary races since there is no seeding in the heats.

Rigger: The triangular shaped metal device that is bolted onto the side of the boat and holds the oars.

Run: The run is the distance the shell moves during one stroke. You can figure it by looking for the distance between the puddles made by the same oar.

Sculls: One of the two disciplines of rowing, where scullers use two oars or sculls.

Shell: Can be used interchangeably with boat.

Slide: The set of runners for the wheels of each seat in the boat.

Starboard: The right side of the boat, while facing forward, in the direction of movement.

Stern: The rear of the boat; the direction the rowers are facing.

Straight: Refers to a shell without a coxswain, i.e. a straight four or straight pair.

Stretcher or Foot stretcher: Where the rower’s feet go. The stretcher consists of two inclined footrests, which hold the rower’s shoes. The rower’s shoes are bolted into the footrests.

Stroke: The rower who sits closest to the stern. The stroke sets the rhythm for the boat; others behind him must follow his cadence.

Sweep: One of the two disciplines of rowing, where rowers use only one oar. Pairs (for two people), fours (for four people) and the eight are sweep boats. Pairs and fours may or may not have a coxswain. Eights always have a coxswain.

Swing: The hard to define feeling when near perfect synchronization of motion occurs in the shell, enhancing the performance and speed.

Viewer's Guide & Frequently Asked Questions

The Race

All events at the World Rowing Championships are 2,000 meters, or approximately 1.25 miles. The racecourse is divided into six lanes and each 500-meter section is marked with buoys.

The race begins with all boats aligned at the start in the lanes they've been assigned. Individuals in each lane hold the stern of each boat steady while an official, known as the aligner, ensures that each boat is even with the others and squarely facing the course.

Each crew is allowed one false start; two means disqualification. If within the first 100 meters there is legitimate equipment breakage (e.g., an oar snaps in two), the race will be stopped and restarted with repaired equipment.

The *stroke rate* (the number of rowing strokes per minute that a crew is taking) is high at the start – maybe 45 to even 50 for an eight, 38 to 42 for a single scull. Then, the crew will “settle” into the body of the race and drop the rating back – 38 to 40 for an eight, 32 to 36 for a single. The coach and the way the race is going determine when the crew will sprint, but finishing stroke rates of 46+ in the last 200 meters aren't unheard of. However, higher stroke rates are not always indicative of speed. A strong, technically talented crew may be able to cover more water faster than a less capable crew rowing a high stroke rate.

Unlike canoe/kayak competitions, rowers are allowed to leave their lanes without penalty, so long as they do not interfere with anyone else's opportunity to win. An official follows the crews to ensure safety and fairness.

Despite the exhaustion that follows each race, the crew will row for five to 10 minutes afterwards in order to cool down. In rowing, the medal ceremonies include the shells. The three medal winning crews row to the awards dock, climb out of their shells and receive their medals before rowing away.

The Stroke

The whole body is involved in moving a shell through the water. Although rowing tends to look like an upper body sport, the strength of the rowing stroke comes from the legs.

The stroke is made up of four parts: *catch, drive, finish and recovery*. As the stroke begins, the rower is coiled forward on the sliding seat, with knees bent and arms outstretched. At the *catch*, the athlete drops the oar blade vertically into the water.

At the beginning of the *drive*, the body position doesn't change – all the work is done by the legs. As the upper body begins to uncoil, the arms begin their work, drawing the oar blades through the water. Continuing the drive, the rowers move their hands quickly into the body, which by this time is in a slight “layback” position, requiring strong abdominal muscles.

During the *finish*, the oar handle is moved down, drawing the oar blade out of the water. Then, the rower “feathers” the oar – turning the oar handle – so that the oar blade changes from a vertical position to a horizontal one. The oar remains out of the water as the rower begins *recovery*, moving the hands away from the body and past the knees. The body follows the hands and the sliding seat moves forward until, knees bent, the rower is ready for the next catch.

The Equipment

Oars

Oars move the boat through the water and act as balancers. Sweep oars are longer than sculling oars and may have wooden handles instead of rubber grips. The shaft of the oar is made of extremely lightweight carbon fiber instead of the heavier wood used years ago. The popular “hatchet” blade – named because of its cleaverlike shape – is about 20 percent larger than previous blades. Its larger surface area has made it the almost universal choice among elite level rowers.

The Boats – Sculls and Shells

All rowing boats can be called shells. Rowing boats with scullers in them (each person having two oars) are called sculls, *e.g. single scull, double scull, quadruple scull*. So, all sculls are shells but not vice versa. Originally made of wood, today's boats – especially those used in competition – are made of honeycombed carbon fiber. They are light and appear fragile but are crafted to be strong and stiff in the water.

The smallest boat – the single scull – is approximately 27 feet long and as narrow as 10 inches across. At 58 feet, the eight is the longest boat on the water. The oars are attached to the boat with riggers, which provide a fulcrum for the levering action of rowing. Generally, sweep rowers sit in configurations that have the oars alternating from side to side along the boat. But sometimes, the coach will rig the boat so that two consecutive rowers have their oars on the same side in order to equalize individual athlete power.

Rowing Quick Facts

Rowing is one of the original sports in the modern Olympic Games. Baron Pierre de Coubertin, founder of the modern Olympics, was a rower.

Eight oared shells are about 60 feet long, about 20 yards on a football field.

Rowing was the first intercollegiate sport contested in the United States. Yale College founded the first collegiate boat club in the U.S. in 1843.

Physiologically, rowers are superb examples of physical conditioning. Cross-country skiers and long-distance speed skaters are comparable in terms of the physical demands the sport places on the athletes.

An eight, which carries more than three quarters of a ton (1,750 pounds), may weigh as little as 200 pounds. The boats are made of fiberglass composite material.

Singles may be as narrow as 10 inches across, weigh only 30.86 pounds, and stretch nearly 27 feet long.

FISA, the international governing body of the sport, requires all eights used in international competition to be sectional, so that crews who must disassemble and ship their boats overseas in standard shipping containers will not be at a disadvantage.

The first amateur sport organization was a rowing club, Philadelphia's Schuylkill Navy, founded in 1858.

From 1920 through 1956, the United States won the gold medal in the men's eight at every Olympic Games.

The first national governing body for a sport in the United States was for rowing. Founded as the National Association for Amateur Oarsmen in 1872, it was changed in 1982 to the United States Rowing Association.

FISA, the first international sports federation, was founded in 1892.

Dr. Benjamin Spock, the famous doctor, was an Olympic rower in 1924 and won a gold medal in the eight. Legendary Hollywood actor Gregory Peck rowed at the University of California in 1937.

Physiologists claim that rowing a 2,000-meter race – equivalent to 1.25 miles – is equal to playing back to back basketball games. All Olympic events are contested over a 2,000-meter course with six lanes. In the 1976, 1980, and 1984 Olympics, women raced 1,000 meters.