



**2019 World Rowing Under 23 Championships
Media Guide
July 24-28
Sarasota-Bradenton, Florida, USA**

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About the 2019 World Rowing Under 23 Championships

The 2019 World Rowing Under 23 Championships will take place at Nathan Benderson Park in Sarasota-Bradenton along the west coast of Florida. 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://wru23ch2019.com/>

About the Venue

5851 Nathan Benderson Circle
Sarasota, FL 34235
United States of America

Situated just west of Interstate 75 in tropically beautiful Sarasota, Fla., Nathan Benderson Park (NBP) is a unique 600-acre community park providing the public access to a picturesque 400-acre lake and an exciting world of recreational pursuits. NBP is one of only a handful of sites in North America identified as having all of the natural attributes that make up a premiere rowing facility. The park began hosting organized regatta competitions in 2009. Nathan Benderson Park hosted the 2015 USRowing Youth National Championships, 2017 USRowing Youth National Championships, 2017 World Rowing Championships, 2018 World Rowing Masters Regatta, and the 2019 USRowing Youth National Championships. Hosting national championships such as the USRowing Youth National Championships and winter training for collegiate teams will help prepare athletes to enter onto the international stage. NBP will play host to the USRowing Youth National Championships from 2019-2021.

In addition to world-renowned rowing, the Sarasota area is home to dozens of attractions, such as the famed Siesta Beach, of which athletes and their families can take advantage.

Event list

BLM1x	U23 Lightweight Men's Single Sculls
BLW1x	U23 Lightweight Women's Single Sculls
BLM2-	U23 Lightweight Men's Pair
BLW2-	U23 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 24	Heats
Thursday, July 25	Heats and Repechages
Friday, July 26	Repechages, Quarterfinals, Semifinals
Saturday, July 27	Semifinals, Finals
Saturday, July 28	Finals

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

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>

2019 Under 23 National Team Roster

Name (Hometown) – College/University

Men's Single Sculls

James Wright (Philadelphia, Pa.) – Stanford University

Women's Single Sculls

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

Lightweight Men's Single Sculls

Sam Melvin (Costa Mesa, Calif.) – Columbia University

Lightweight Women's Single Sculls

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

Men's Double Sculls

(s) Cole Dorsey (Rowayton, Conn.) – George Washington University

(b) Mark Couwenhoven (Parkton, Md.) – University of Maryland, Baltimore County

Women's Double Sculls

(s) Emily Delleman (Davenport, Iowa) – Stanford University

(b) Elizabeth Sharis (Bettendorf, Iowa) – Stanford University

Lightweight Men's Double Sculls

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

Lightweight Women's Double Sculls

- (s) Elizabeth Ray (Miami, Fla.) – Columbia University
- (b) Grace Joyce (Northfield, Ill.) – University of Wisconsin

Men's Quadruple Sculls

- (s) Thomas Johnson (Centreville, Va.) – Virginia Commonwealth University
- (3) Samuel Gatsos (New York, N.Y.) – Colgate University
- (2) Jack Reid (Deerfield, N.H.) – Trinity College
- (b) Nathan Phelps (Ridgefield, Conn.) – Princeton University

Women's Quadruple Sculls

- (s) Hannah Paynter (Lyme, Conn.) – Princeton University
- (3) Arianna Lee (Folsom, Calif.) – Syracuse University
- (2) Camille VanderMeer (Elmira, N.Y.) – Princeton University
- (b) Katy Flynn (Churchville, N.Y.) – Rensselaer Polytechnic Institute

Lightweight Men's Quadruple Sculls

- (s) Michael Wilson (Braintree, Mass.) – Cambridge Boat Club
- (3) Kieran Edwards (Arcata, Calif.) – SoCal Scullers/Vesper Boat Club
- (2) Jarrett Heflin (Wayzata, Minn.) – Williams College
- (b) Edward "Cooper" Tuckerman (Bozeman, Mont.) – Dartmouth College

Lightweight Women's Quadruple Sculls

- (s) Sarah McErlean (Vevey, Switzerland) – Club Aviron Vevey
- (3) Caroline O'Brien (Darien, Conn.) – Georgetown University
- (2) Olivia Farrar (Pittsford, N.Y.) – Harvard University
- (b) Emma Starr (Walnut Creek, Calif.) – University of British Columbia

Men's Pair

- (s) Mark Levinson (San Francisco, Calif.) – Dartmouth College

(b) Daniel Perez (Fort Lauderdale, Fla.) – Dartmouth College

Women's Pair

(s) Hadley Irwin (Washington, D.C.) – Princeton University

(b) Sarah Johaneck (Cleveland, Ohio) – Rutgers University

Lightweight Men's Pair

(s) Collin Hay (Shrewsbury, Mass.) – University of Delaware

(b) Matthew Marchiony (Weston, Mass.) – Dartmouth College

Lightweight Women's Pair

(s) Emily Molins (Wilmette, Ill.) – Stanford University

(b) Sarah Maietta (Wayland, Mass.) – Boston University

Men's Four

(s) Liam Corrigan (Old Lyme, Conn.) – Harvard University

(3) George Esau (Long Lake, Minn.) – University of Washington

(2) David Bridges (Portland, Ore.) – University of Washington

(b) Thomas Beck (Sandy, Utah) – Yale University

Women's Four

(s) Teal Cohen (Dallas, Texas) – University of Washington

(3) Meredith Koenigsfeld (Cedar Rapids, Iowa) – University of Iowa

(2) Kaitlyn Kynast (Ridgefield, Conn.) – Stanford University

(b) Chase Shepley (Crystal Lake, Ill.) – Stanford University

Men's Four with Coxswain

(c) Adam Gold (Seattle, Wash.) – University of Washington

(s) Eli Maesner (Redmond, Wash.) – University of Washington

(3) Peter Chatain (Winnetka, Ill.) – Stanford University

(2) Evan Olson (Bothell, Wash.) – University of Washington

(b) Nikita Lilichenko (Orinda, Calif.) – Stanford University

Women's Four with Coxswain

- (c) Aparajita Chauhan (Seattle, Wash.) – Yale University
- (s) Megan Varcoe (Porter Corners, N.Y.) – Syracuse University
- (3) Molly Gallaher (Snoqualmie, Wash.) – University of Washington
- (2) Margaret Saunders (Arlington, Va.) – Yale University
- (b) Kadee Sylla (San Francisco, Calif.) – University of San Diego

Men's Eight

- (c) Woods Connell (Bethesda, Md.) – Yale University
- (s) Andrew Gaard (Madison, Wis.) – University of Washington
- (7) Andrew Knoll (Greenback, Tenn.) – United States Naval Academy
- (6) Sam Halbert (Redmond, Wash.) – University of Washington
- (5) Alex Miklasevich (Pittsburgh, Pa.) – Brown University
- (4) William Creedon (Denver, Colo.) – University of California, Berkeley
- (3) Chris Carlson (Bedford, N.H.) – University of Washington
- (2) Justin Best (Kennett Square Pa.) – Drexel University
- (b) Madison Molitor (Moses Lake, Wash.) – University of Washington

Women's Eight

- (c) Isabel Weiss (Chicago, Ill.) – University of Virginia
- (s) Larkspur Skov (Steamboat Springs, Colo.) – University of Washington
- (7) Sophia Kershner (Palmyra, Va.) – University of Virginia
- (6) Mary Mazzio-Manson (Wellesley, Mass.) – Yale University
- (5) Kinsey McNamara (Chelmsford, Mass.) – Worcester Polytechnic Institute
- (4) Kendall Fearnley (Huntington Beach, Calif.) – University of California
- (3) Jeri Rhodes (St. Louis, Mo.) – University of Michigan
- (2) Sierra Tiede (Missoula, Mont.) – Ohio State University
- (b) Madeline Perrett (Ann Arbor, Mich.) – Ohio State University

Coaches

Kate Bertko, Coach, Women's Quadruple Sculls
Michael Callahan, Coach, Men's Eight
Kelsie Chaudoin, Coach, Women's Eight
Nick Dawe, Coach, Lightweight Men's Single Sculls
Carlos Dinares, Coach, Men's Four
Malcolm Doldron, Coach, Lightweight Women's Quadruple Sculls
Sergio Espinoza, Coach, Men's Four with Coxswain
Brett Gorman, Coach, Women's Pair
Mark Grinberg, Coach, Lightweight Men's Pair
Molly Hamrick, Coach, Lightweight Women's Pair
Grace Hollowell, Coach, Lightweight Women's Double Sculls
Andrew Kallfelz, Coach, Women's Single Sculls
Bill Manning, Lightweight Men's Quadruple Sculls
Al Monte, Coach, Men's Pair
Aaron Preetam, Coach, Men's Single Sculls
David Ringham, Coach, Lightweight Women's Single Sculls
Khaled Sanad, Coach, Lightweight Men's Double Sculls
Kevin Sauer, Coach, Women's Four
Peter Sharis, Coach, Women's Double Sculls
Jamie Snider, Coach, Women's Four with Coxswain
Stephen Whelpley, Coach, Men's Double Sculls/Men's Quadruple Sculls

Support Staff

John Bartman, USRowing Communications Intern
Maeve Berry, Team Press Officer
Karen Calara, Team Physical Therapist
Will Daly, Team Leader

Liz Fusco, Team Dietician

Matt Imes, High Performance Director

Patricia Kolesa, USRowing Dietetic Intern

Deirdre McLoughlin, Team Physical Therapist

Patrick McNerney, NGB Delegate

Dr. Peter Wenger, Team Doctor

Wendy Wilbur, Team Leader

Event Preview

The U.S. will have 22 crews competing at the five-day event. Events 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 Sarasota roster includes 26 athletes returning from the 2018 Under 23 National Team including Justin Best, Chris Carlson, Woods Connell, William Creedon, Alexandar Damjanovic, Olivia Farrar, Andrew Gaard, Sam Halbert, Hadley Irwin, Sarah Johaneck, Grace Joyce, Emily Kallfelz, Brigid Kennedy, Andrew Knoll, Kaitlyn Kynast, Arianna Lee, Eli Maesner, Sarah Maietta, Sam Melvin, Alex Miklasevich, Madison Molitor, Caroline O'Brien, Elizabeth Ray, Chase Shepley, Luke Smith, and Isabel Weiss.

The U.S. won eight medals at the 2018 World Rowing Under 23 Championships in Poznan, Poland, including gold medals in the men's eight, men's four with coxswain, women's four with coxswain, lightweight women's pair, and women's pair. The U.S. also took home silver in the women's single sculls and bronze in the lightweight men's quadruple sculls and women's eight.

The U.S. roster includes athletes from 25 states, plus the District of Columbia and Switzerland. California leads the way with eight athletes. Thirty-three colleges and universities are represented on the roster, with the University of Washington leading the way with 12 team members.

Men's Single Sculls (BM1x)

James Wright (Philadelphia, Pa.) will race the single sculls in an international event for the first time. He finished 10th in the quadruple sculls at the 2018 World Rowing Junior Championships and finished seventh in the quadruple sculls at the 2017 World Rowing Junior Championships. Wright won the under 19 event at the 2018 World Indoor Rowing Championships and also won the single sculls at the 2018 USRowing Youth National Championships.

Last year in this event, Canada won gold, followed by Germany and Bulgaria. The United States finished fourth. This year, there are 24 entries in the event.

Lightweight Men's Single Sculls (BLM1x)

Making his second Under 23 National Team appearance is **Sam Melvin** (Costa Mesa, Calif.). He finished second in the under 23 lightweight single sculls at the 2017 World Trials. Domestically, he won the lightweight division at the 2017 C.R.A.S.H.-B. Indoor Rowing Championships.

Last year in this event, Brazil came in first place, followed by France and Australia. The United States finished in 19th place. This year, there are 22 entries in the event.

Women's Single Sculls (BW1x)

Emily Kallfelz (Jamestown, R.I.) returns for her fourth U23 National Team appearance. She was a member of the 2014 and 2015 Junior National Teams, where she placed seventh and then third in the single sculls. She has made an appearance on every U23 National Team since 2016, placing fourth that year, followed by winning bronze in 2017 and silver in 2018.

Last year in this event, New Zealand came in first place, followed by the United States and Bulgaria. This year, there are 13 entries in the event.

Lightweight Women's Single Sculls (BLW1x)

Brigid Kennedy (East Greenwich, R.I.) finished 10th in the lightweight single sculls at the 2018 World Rowing Under 23 Championships. She returns to the U23 stage with the goal of improving on her last single scull performance. She also finished 11th in the lightweight double sculls at the 2017 World Rowing Under 23 Championships and eighth in the lightweight quadruple sculls at the 2016 World Rowing Under 23 Championships.

Last year in this event, Great Britain came in first place, followed by Germany and Italy. This year, there are 15 entries in the event.

Men's Double Sculls (BM2x)

Cole Dorsey (Rowayton, Conn.) and **Mark Couwenhoven** (Parkton, Md.) are both making their first international appearances. They attend George Washington University and the University of Maryland, Baltimore County respectively.

Last year in this event, Greece came in first place, followed by The Netherlands and Poland. The United States finished in 17th place. This year, there are 14 entries in the event.

Lightweight Men's Double Sculls (BLM2x)

Luke Smith (Tampa, Fla.) and **Alexandar Damjanovic** (Alexandria, Va.) return to the U23 National Team, this time in the lightweight men's double sculls. Last year, they raced together in the lightweight men's pair.

Last year in this event, Spain came in first place, followed by Italy and Germany. The United States finished in 19th place. This year, there are 14 entries in the event.

Women's Double Sculls (BW2x)

The Iowa natives and Stanford University duo of **Emily Delleman** (Davenport, Iowa) and **Elizabeth Sharis** (Bettendorf, Iowa) look to keep their chemistry in tact as they return to the international stage. Delleman will see international action for the first time since 2017, as a member of the U23 team. She also was on the Junior National Team from 2014-2016. Sharis also last experienced international competition in 2017, finishing fourth in the double sculls with current senior team athlete Cicely Madden. Sharis was a member of the junior team from 2012-2015.

Last year in this event, Great Britain finished first, followed by Germany and Italy. The United States finished in 18th place. This year, there are 11 entries in the event.

Lightweight Women's Double Sculls (BLW2x)

Elizabeth Ray (Miami, Fla.) of Columbia University returns to the U23 National Team for the second straight year alongside **Grace Joyce** (Northfield, Ill.) from the University of Wisconsin.

Last year in this event, Italy came in first place, followed by Germany and Great Britain. The United States finished in 13th place. This year, there are 10 entries in the event.

Men's Quadruple Sculls (BM4x)

Thomas Johnson (Centreville, Va.), **Samuel Gatsos** (New York, N.Y.), and **Jack Reid** (Deerfield, N.H.) are set to make their first national team appearances, while **Nathan Phelps** (Ridgefield, Conn.) rowed on the Junior National Team in 2018 in the men's quad.

Last year in this event, Great Britain came in first, followed by Italy and Germany. The United States finished in 18th place. This year, there are 13 entries in the event.

Lightweight Men's Quadruple Sculls (BLM4x)

Michael Wilson (Braintree, Mass.), **Kieran Edwards** (Arcata, Calif.), and **Jarrett Heflin** (Wayzata, Minn.) will represent the United States for the first time as members of the U23

National Team. **Edward “Cooper” Tuckerman** (Bozeman, Mont.) represented the U.S. last year as part of the Junior National Team, where he rowed in the double sculls.

Last year in this event, Italy came in first place, followed by Ireland and the United States. This year, there are six entries in the event.

Women’s Quadruple Sculls (BW4x)

Hannah Paynter (Lyme, Conn.) and **Katy Flynn** (Churchville, N.Y.) will make their first national Team appearances at the World Rowing Under 23 Championships. **Arianna Lee** (Folsom, Calif.) is the most experienced member of the boat, with two previous national team appearances, first in 2015 as a member of the Junior National Team and second in 2018 where she rowed on the U23 National Team. **Camille VanderMeer** (Elmira, N.Y.) joins a national team for the second consecutive year. In 2018, she was a member of the Junior National Team.

Last year in this event, Romania came in first place, followed by the Netherlands and Great Britain. The United States finished in sixth place. This year, there are 11 entries in the event.

Lightweight Women’s Quadruple Sculls (BLW4x)

The lightweight women’s quadruple sculls has three national team veterans and one newcomer. **Sarah McErlean** (Vevey, Switzerland) rowed in the double sculls at the 2018 World Rowing Junior Championships, while **Caroline O’Brien** (Darien, Conn.) is making her second Under 23 National Team appearance. **Olivia Farrar** (Pittsford, N.Y.) is making her fourth consecutive U23 National Team appearance. **Emma Starr** (Walnut Creek, Calif.) is making her national team debut.

Last year in this event, Italy came in first place, followed by The Netherlands and France. The United States finished sixth. This year, there are five entries in the event.

Men’s Pair (BM2-)

Mark Levinson (San Francisco, Calif.) and **Daniel Perez** (Fort Lauderdale, Fla.) both row collegiately for Dartmouth College. Levinson is making his first national team appearance since 2015 when he represented the United States as a member of the junior team. Perez returns to the national team after a one year absence. He was a member of the U23 team in 2017.

Last year in this event, South Africa came in first place, followed by Romania and Italy. The United States finished 15th. This year, there are 12 entries in the event.

Lightweight Men’s Pair (BLM2-)

Collin Hay (Shrewsbury, Mass.) and **Matthew Marchiony** (Weston, Mass.) both are making their first-ever national team appearances.

Last year in this event, Ireland came in first place, followed by Greece and Italy. The United States finished sixth. This year, there are 10 entries in the event.

Women's Pair (BW2-)

Hadley Irwin (Washington, D.C.) will make her second national team appearance after competing at the U23 championships last year. **Sarah Johanek** (Cleveland, Ohio) also making her second national team appearance after making the U23 roster last year.

Last year in this event, the U.S. won the gold medal, followed by Great Britain and Chile. This year, there are 14 entries in the event.

Lightweight Women's Pair (BLW2-)

Emily Molins (Wilmette, Ill.) is making her first national team appearance and **Sarah Maietta** (Wayland, Mass.) is returning to the U23 National Team for the second consecutive year. Maietta won gold in the event last year.

Last year in this event, the United States won gold, followed by Germany and Italy. This year, there are five entries in the event.

Men's Four (BM4-)

Liam Corrigan (Old Lyme, Conn.) will be competing on his fourth national team. He was a member of the Junior National Team in 2014 and 2015 before stepping up to the U23 National Team in 2017. **George Esau** (Long Lake, Minn.) and **David Bridges** (Portland, Ore.) both row collegiately for the University of Washington and are making their international debuts. **Thomas Beck** (Sandy, Utah) joins a national team for the first time, coming off of his collegiate season with Yale.

Last year in this event, Romania finished first, followed by Great Britain and New Zealand. The United States finished in fourth place. This year, there are 12 entries in the event.

Women's Four (BW4-)

Teal Cohen (Dallas, Texas) shifts from the eight, which she rowed on the junior team, to the four in her second national team appearance. **Meredith (Hunter) Koenigsfeld** (Cedar Rapids, Iowa), a cross-country runner turned rower, makes her first national team appearance as part of the U23 roster. **Kaitlyn Kynast** (Ridgefield, Conn.) is making her fifth national team appearance. Kynast was a member of the Junior National Team from 2015 through 2017, where she won a gold in the four in 2015, bronze in the pair in 2016, and bronze in the four in 2017. She was a bronze medalist in the eight at the 2018 World Rowing Under 23 Championships.

Chase Shepley (Crystal Lake, Ill.) joins her Stanford teammate, Kynast, in the four during her second national team appearance. The other appearance came as part of the 2018 U23 squad.

Last year in this event, Russia came in first place, followed by Romania and China. The United States finished in 10th place. This year, there are 11 entries in the event.

Men's Four with Coxswain (BM4+)

After coxing the Washington eight to a Pac-12 title, **Adam Gold** (Seattle, Wash.) joins his first national team. **Eli Maesner** (Redmond, Wash.) and **Evan Olson** (Bothell, Wash.), both from the University of Washington, join Gold in the boat. Maesner appeared on the 2018 U23 National Team and rowed at the World Cup III in 2018. Olson rejoins the U23 National Team after appearing in 2017. Stanford teammates **Peter Chatain** (Winnetka, Ill.) and **Nikita Lilichenko** (Orinda, Calif.) make up the rest of the four with coxswain. Chatain is making his second national team appearance after rowing on the junior team in 2017. Lilichenko is appearing on his third national team and first U23 team, after rowing the eight for the Junior National Team in 2016 and 2017.

Last year in this event, the United States won gold, followed by New Zealand and Italy. This year, there are eight entries in the event.

Women's Four with Coxswain (BW4+)

Aparajita Chauhan (Seattle, Wash.) coxes in her second national team experience after coxing the eight in at the 2017 World Rowing Junior Championships. **Megan Varcoe** (Porter Corners, N.Y.), **Molly Gallaher** (Snoqualmie, Wash.), **Margaret Saunders** (Arlington, Va.) and **Kadee Sylla** (San Francisco, Calif.) are making their first national team appearances.

Last year in this event, the United States won gold, followed by Italy and Russia. This year, there are five entries in the event.

Men's Eight (BM8+)

Coxswain **Woods Connell** (Bethesda, Md.) makes his return to the U23 National Team after coxing in the 2018 U23 World Championships. This Washington-heavy boat includes four Huskies. **Andrew Gaard** (Madison, Wis.) **Sam Halbert** (Redmond, Wash.), **Chris Carlson** (Bedford, N.H.), and **Madison Molitor** (Moses Lake, Wash.) all represent the purple and gold during the academic season. Gaard has appeared on two previous national teams, the Junior National Team in 2015, where he won a silver medal, and the U23 squad in 2018, where he won gold. Halbert and Molitor's only other national team experience came as part of the gold-medal winning eight at the 2018 World Rowing Under 23 Championships. Carlson has been a part of the last two U23 National Teams, both in the eight. **Andrew Knoll** (Greenback, Tenn.), from the United States Naval Academy, joins the eight after being on the 2018 U23 Team. **Alex Miklasevich** (Pittsburgh, Pa.) has been a member of three national teams. He appeared on the

Junior National Team in 2013 and 2014, before racing on the U23 squad in 2018. **William Creedon** (Denver, Colo.) is racing on his second national team after rowing for the U23 Team in 2018. **Justin Best** (Kennett Square Pa.) was part of the eight that won gold in the 2018 World Rowing Under 23 Championships. He also appeared on the 2015 Junior National Team.

Last year in this event, the United States won gold, followed by Great Britain and Romania. This year, there are nine entries in the event.

Women's Eight (BW8+)

Isabel Weiss (Chicago, Ill.) will cox her second event national team after coxing in the 2018 World Rowing Under 23 Championships. **Larkspur Skov** (Steamboat Springs, Colo.), **Mary (Daisy) Mazzio-Manson** (Wellesley, Mass.), **Kinsey McNamara** (Chelmsford, Mass.) and **Sophia Kershner** (Palmyra, Va.) will make their first international appearances. **Kendall Fearnley** (Huntington Beach, Calif.) is one of the few rowers in the boat with international racing experience, as she was a member of the 2016 Junior National Team. Another athlete with international experience is **Jeri Rhodes** (St. Louis, Mo.), who hails from the University of Michigan. She was a member of the 2018 Junior National Team. Teammates at Ohio State, **Sierra Tiede** (Missoula, Mont.) and **Madeline Perrett** (Ann Arbor, Mich.), round out the eight. Both Buckeyes are racing on their first national team.

Last year in this event, Canada came in first place, followed by the Netherlands and the United States. This year, there are five entries in the event.

Athlete Bios

Thomas Beck

Men's Four

Birthdate: 11/2/1997

Birthplace: Salt Lake City, Utah

Hometown: Sandy, Utah

Current Residence: Sandy, Utah

Height: 6'5"

Weight: 205

High School: The Waterford School

College: Yale University

Current Club Affiliations: Yale University

Current Coaches: Steve Gladstone

Training Location: Seattle, Wash.

National Teams: One – Under 23, 2019

International Results: Raced in the semifinals of the 2017 Henley Royal Regatta Temple Challenge Cup.

National Results: Won the 2018 Intercollegiate Rowing Association Championships in the varsity eight...Won the 2018 Eastern Sprints in the varsity eight.

Personal: Beck is a 2018 Men's Rowing First Team All-Ivy. Outside of rowing, he enjoys mountain biking, skiing and travelling.

Justin Best

Men's Eight

Birthdate: 8/17/1997

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: Three – Junior, 2015; Under 23, 2018-2019

International Results: Finished seventh in the eight at the 2019 World Rowing Cup III...Won gold in the eight at the 2018 World Rowing Under 23 Championships...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: Best'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. Best likes reading, video games, exercising, and watching movies.

David Bridges

Men's Four

Birthdate: 7/12/2019

Birthplace: Billings, Mont.

Hometown: Portland, Ore.

Current Residence: Seattle, Wash.

Height: 6'3"

Weight: 200

High School: Jesuit High School

College: University of Washington

Current Club Affiliation: University of Washington

Current Coaches: Michael Callahan, Carlos Dinares

Training Location: Seattle, Wash.

National Teams: One – Under 23, 2019

International Results: Won the Temple Challenge Cup at the 2018 Henley Royal Regatta.

National Results: Finished second in the second varsity eight at the 2019 Intercollegiate Rowing Association Championships...Won the third varsity eight at the 2018 Intercollegiate Rowing Association Championships.

Personal: Bridges is an All-Academic Pac-12 Second Team. He enjoys reading, rock climbing, and playing Mario Party. He walked on to the Washington rowing program with no prior rowing experience.

Chris Carlson

Men's Eight

Birthdate: 3/14/1997

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: Three – Under 23, 2017-2019

International Results: Finished seventh in the eight at the 2019 World Rowing Cup III...Won gold in the eight at the 2018 World Rowing Under 23 Championships...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: Carlson was named the 2018 Pac-12 Conference Newcomer of the Year.

Peter Chatain

Men's Four with Coxswain

Birthdate: 11/8/1999

Birthplace: Evanston, Ill.

Hometown: Winnetka, Ill.

Current Residence: Winnetka, Ill.

Height: 6'6"

Weight: 210

High School: New Trier High School

College: Stanford University

Current Club Affiliation: Stanford University

Current Coaches: Niles Garratt, Ted Sobolewski

Training Location: Redwood City, Calif.

National Teams: Two – Junior, 2017; Under 23, 2019

International Results: Placed sixth in the four with coxswain at the 2017 World Rowing Junior Championships...Won gold in the eight at the 2016 CanAmMex Regatta.

National Results: Finished 10th in the varsity eight at the 2019 Intercollegiate Rowing Association Championships.

Personal: Chatain enjoys reading, learning math, physics and computer science.

Aparajita Chauhan

Women's Four with Coxswain

Birthdate: 1/12/1999

Birthplace: Seattle, Wash.

Hometown: Seattle, Wash.

Current Residence: Seattle, Wash.

Height: 5'3"

Weight: 110

High School: Holy Names Academy

College: Virginia Commonwealth University

Current Club Affiliation: Virginia Commonwealth University

Current Coaches: William Porter, Jamie Snider

Training Location: New Haven, Conn.

National Teams: Two – Junior, 2017; Under 23, 2019

International Results: Placed seventh in the eight at the 2017 World Rowing Junior Championships.

National Results: Placed eighth in the varsity eight at the 2019 NCAA Championships...Finished sixth in the second varsity eight at the 2018 NCAA Championships.

Personal: Chauhan was named 2019 All-American Honorable Mention. Her name means "invincible."

Teal Cohen

Women's Four

Birthdate: 5/7/1999

Birthplace: Dallas, Texas

Hometown: Dallas, Texas

Current Residence: Seattle, Wash.

Height: 5'10"

Weight: 170

High School: The Hockaday School

College: University of Washington

Current Club Affiliation: University of Washington

Current Coaches: Yaz Farooq, Josh Gautreau

Training Location: Seattle, Wash.

National Teams: Two – Junior, 2017; Under 23, 2019

International Results: Placed seventh in the eight at the 2017 World Rowing Junior Championships.

National Results: Won the varsity eight at the 2019 NCAA Championships.

Woods Connell

Men's Eight

Birthdate: 3/2/1998

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 Affiliation: Yale University

Current Coach: Steve Gladstone

Training Location: New Haven, Conn.

National Teams: Two – Under 23, 2018-2019

International Results: Finished seventh in the eight at the 2019 World Rowing Cup III...Won gold in the men's four with coxswain at the 2018 World Rowing Under 23 Championships.

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

Personal: Connell likes running and skiing.

Liam Corrigan

Men's Four

Birthdate: 9/11/1997

Birthplace: Mississauga, Ontario, Canada

Hometown: Old Lyme, Conn.

Current Residence: Old Lyme, Conn.

Height: 6'5"

Weight: 195

High School: Lyme-Old Lyme High School

College: Harvard University

Current Club Affiliations: Harvard University, Blood Street Sculls

Current Coaches: Vincent Breet, Charlie Butt, Chris Richards

Training Location: Cambridge, Mass.

National Teams: Four – Junior, 2014-2015; Under 23, 2017, 2019

International Results: Finished fourth in the pair at the 2017 World Rowing Under 23 Championships...Finished fifth in the four at the 2015 World Rowing Junior

Championships...Finished eighth in the pair at the 2014 Youth Olympic Games...Finished ninth in the eight at the 2014 World Rowing Junior Championships.

National Results: Won the pair at the 2017 Under 23 World Championships Trials... Stroked the second varsity to an undefeated 2017 season, winning the the Eastern Sprints title...Won silver in the four with coxswain at the 2015 USRowing Youth National Championships.

Personal: Corrigan plays bass guitar, guitar and trumpet and participates in various other sporting endeavors, including basketball, ultimate Frisbee, rock climbing and cycling.

Mark Couwenhoven

Men's Double Sculls

Birthdate: 1/28/1997

Birthplace: Towson, Md.

Hometown: Parkton, Md.

Current Residence: Halethorpe, Md.

Height: 6'5"

Weight: 180

High School: Hereford High School

College: University of Maryland - Baltimore County

Current Club Affiliations: Craftsbury Sculling Center, Penn AC Rowing Association

Current Coaches: Stephen Whelpley, Grace Hollowell, Mackenzie Sherman, Sean Hall, Marc Daeman

Training Location: Craftsbury, Vt.

National Teams: One – Under 23, 2019

International Results: Won the under 19 single sculls at the 2015 Canadian Henley.

National Results: Won the single sculls at the 2018 and 2019 ACRA National Championships...Won the single sculls at the 2019 Dad Vail Regatta...Won the lightweight eight at the 2017 Dad Vail Regatta.

Personal: Couwenhoven earned the Rank of Eagle Scout 2015. He is a Maryland State Track & Field Championship competitor (2014 and 2015) and enjoys running, hiking, and cycling. Couwenhoven's favorite thing to do is go out to the crab shacks along the Baltimore harbor during his free time. His mom is his personal hero, because she is one of the strongest people he knows.

William Creedon

Men's Eight

Birthdate: 10/21/1997

Birthplace: Denver, Colo.

Hometown: Denver, Colo.

Current Residence: Denver, Colo.

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: Two – Under 23, 2018-2019

International Results: Finished seventh in the eight at the 2019 World Rowing Cup III... Won gold in the men's four with coxswain at the 2018 World Rowing Under 23 Championships.

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: Creedon was a three-year varsity basketball starter in high school.

Alexandar Damjanovic

Lightweight Men's Double Sculls

Birthdate: 4/3/1998

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 Coach: Khaled Sanad

Training Location: Tampa, Fla.

National Teams: Two – Under 23, 2018-2019

International Results: Won bronze at the 2019 World Rowing Indoor Championships in the under 23 lightweight men's event... Finished sixth in the lightweight pair at the 2018 World Rowing Under 23 Championships.

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

Emily Delleman

Women's Double Sculls

Birthdate: 6/7/1998

Birthplace: Chicago, Ill.

Hometown: Davenport, Iowa

Current Residence: Davenport, Iowa

Height: 5'9"

Weight: 180

High School: Davenport Central High School

College: Stanford University

Current Club Affiliations: Y Quad Cities Rowing Association, Stanford University

Current Coach: Peter Sharis

National Teams: Five – Junior, 2014-2016; Under 23, 2017, 2019

International Results: Finished sixth in the quadruple sculls at the 2017 World Rowing Under 23 Championships...Won gold in the double sculls at the 2016 World Rowing Junior Championships...Finished first and set a new U.S. record in junior open division at the 2016 C.R.A.S.H.-B. Sprints World Indoor Rowing Championships...Reached the semifinals of the Diamond Jubilee Challenge Cup at the 2015 Henley Royal Regatta...Finished third in the quadruple sculls at the 2015 World Rowing Junior Championships...Placed seventh in the quadruple sculls at the 2014 World Rowing Junior Championships.

National Results: Won the junior double sculls and finished third in the under 23 double sculls at the 2016 Junior, Under 23, and Senior Team Trials...Won the under 19 single sculls and double sculls at the 2016 USRowing Club National Championships...Won the quadruple sculls at the 2016 USRowing Youth National Championships...Won the youth junior double sculls at the 2015 Head of the Charles Regatta.

Personal: Delleman's hobbies include swimming, drawing and writing. Her most memorable sporting achievement is the last 100 meters of her final at the USRowing Youth National Championships before she won gold. She chose rowing because the people on her swim team encouraged her to try it.

Cole Dorsey

Men's Double Sculls

Birthdate: 12/8/1998

Birthplace: Greenwich, Conn.

Hometown: Greenwich, Conn.

Current Residence: Washington, D.C.

Height: 6'0"

Weight: 180

High School: King School

College: George Washington University

Current Club Affiliations: New Canaan Crew, Maritime Rowing Club, George Washington University, Craftsbury Green Racing Project

Current Coaches: Stephen Whelpley, Grace Hollowell, Mark Davis, Steve McCarthy, David Lincoln

Training Location: Craftsbury, Vt.

National Teams: One – Under 23, 2019

National Results: Placed fifth in the quadruple sculls at the 2017 USRowing Youth National Championships...Won the under 19 quadruple sculls at the 2016 USRowing Club National Championships.

Personal: Dorsey enjoys rowing, golf and gluten-free baking.

Kieran Edwards

Lightweight Men's Quadruple Sculls

Birthdate: 5/5/1997

Birthplace: Arcata, Calif.

Hometown: Arcata, Calif.

Current Residence: Philadelphia, Pa.

Height: 5'11"

Weight: 160

High School: Arcata High School

College: Orange Coast College, Sacramento State University

Current Club Affiliations: SoCal Scullers, Vesper Boat Club

Current Coaches: Ian Simpson, Peter Mansfeld

Training Location: Newport, Calif.

National Teams: One – Under 23, 2019

International Results: Finished third in the lightweight quadruple sculls at the 2017 Canadian Henley.

National Results: Finished fifth in the lightweight men's single sculls at the 2018 USRowing Spring Speed Order.

Personal: Edwards enjoys cycling, eating yogurt, sketching, and backpacking. If stuck on a desert island with only one source of food, it would be Greek yogurt.

George Esau

Men's Four

Birthdate: 3/10/1998

Birthplace: Eden Prairie, Minn.

Hometown: Orono, Minn.

Current Residence: Orono, Minn.

Height: 6'4"

Weight: 205

High School: Orono High School

College: University of Washington

Current Club Affiliation: University of Washington

Current Coaches: Michael Callahan, Carlos Dinares

Training Location: Seattle, Wash.

National Teams: One – Under 23, 2019

International Results: Won the Temple Challenge Cup at the 2018 Henley Royal Regatta.

National Results: Placed second in the varsity eight at the 2019 Intercollegiate Rowing Association Championships...Won gold in the second eight at the 2018 Intercollegiate Rowing Association Championships.

Personal: Esau was named to the Second Team All Academic Pac-12 Conference and was voted "Best Dressed" on the University of Washington rowing team. He enjoys fishing and cooking.

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: Four – Under 23, 2016-2019

International Results: Finished sixth in the lightweight quadruple sculls at the 2018 World Rowing Under 23 Championships...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 World Championships Trials...Placed first in the lightweight double sculls at the 2016 Under 23 World Championships Trials...Placed first in the intermediate women's lightweight double sculls at the 2016 USRowing Club National Championships...Placed third in the U19 women's single sculls at the 2016 USRowing Club National Championships...Placed third in the U19 single sculls at the 2015 USRowing Club National Championships.

Personal: Farrar 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. Farrar 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. Farrar is a 2018 Harvard First-Year Creativity Award Nominee. In academics, she was a 2015-2017 AP Scholar with Distinction and a 2016 National Merit Scholarship recipient. In 2015, she was a Congressional Art Competition winner for New York State and, in 2017, a Monroe Community College Scholar's Day winner.

Kendall Fearnley

Women's Eight

Birthdate: 9/21/1998

Birthplace: Newport Beach, Calif.

Hometown: Huntington Beach, Calif.

Current Residence: Berkeley, Calif.

Height: 5'10"

Weight: 170

High School: Newport Harbor 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, 2019

National Results: Won a silver medal in the varsity four with coxswain at the 2018 Pac-12 Championships.

Personal: Fearnley loves camping and anything that is outside or on the water including surfing and snowboarding. Her all-time favorite things to do are painting or walking around art museums. Fearnley can't live without panda puff and almond milk and always puts family first.

Katy Flynn

Women's Quadruple Sculls

Birthdate: 7/18/1997

Hometown: Churchville, N.Y.

Current Residence: Charlottesville, Va.

Height: 5'10"

Weight: 160

High School: Churchville-Chili High School

College: Rensselaer Polytechnic Institute

Graduate: University of Virginia

Current Club Affiliation: ARION

Current Coach: Eric Catalano

Training Location: Saratoga, N.Y.

National Teams: One – Under 23, 2019

National Results: Won gold in the single sculls at the 2019 Dad Vail Regatta and ACRA Championships.

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: Three – Junior, 2015; Under 23, 2018-2019

International Results: Finished seventh in the eight at the 2019 World Rowing Cup III... Won gold in the eight at the 2018 World Rowing Under 23 Championships... 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: Gaard majored in mechanical engineering.

Samuel Gastos

Men's Quadruple Sculls

Birthplace: New York, N.Y.

Hometown: New York, N.Y.

Current Residence: New York, N.Y.

Height: 6'2"

Weight: 195

High School: Berkshire School

College: Colgate University

Current Club Affiliation: Craftsbury Green Racing Project

Current Coaches: Khaled Sanad, Stephen Whelpley, Anthony Chacon, Grace Hollowell

Training Location: Hamilton, N.Y.

National Teams: One – Under 23, 2019

National Results: Broke the course record and won the 2019 Dad Vail Regatta in the varsity eight.

Personal: Gastos was voted Colgate's Most Valuable Rower in 2019 and is the school's 6k record holder. He earned Berkshire School's Coach's Award and is the 2k record holder there. He enjoys aviation and has a twin brother, Theodore, and a dog named Bandit. His father rowed lightweight at Trinity College.

Molly Gallaher

Women's Four with Coxswain

Birthdate: 8/31/1998

Hometown: Snoqualmie, Wash.

Current Residence: Seattle, Wash.

Height: 6'0"

Weight: 185

High School: Skyline High School

College: University of Washington

Current Club Affiliation: University of Washington

Current Coaches: Yaz Farooq, Josh Gautreau

Training Location: Seattle, Wash.

National Teams: One – Under 23, 2019

National Results: A part of the second varsity eight that won the 2019 NCAA Championships.

Personal: Gallaher switched to rowing after she tore her ACL playing volleyball in high school.

Adam Gold

Men's Four with Coxswain

Birthdate: 12/20/1998

Birthplace: Seattle, Wash.

Hometown: Seattle, Wash.

Current Residence: Seattle, Wash.

Height: 5'8"

High School: Seattle Academy

College: University of Washington
Current Club Affiliation: University of Washington
Current Coaches: Michael Callahan, Sergio Espinoza
Training Location: Seattle, Wash.
National Teams: One – Under 23, 2019
National Results: Finished second in the varsity eight at the 2019 Intercollegiate Rowing Association Championships...Won gold in the varsity eight at the 2019 Pac-12 Championships.

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: Two – Under 23, 2018-2019

International Results: Finished seventh in the eight at the 2019 World Rowing Cup III...Won gold in the eight at the 2018 World Rowing Under 23 Championships...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.

Collin Hay

Lightweight Men's Pair

Hometown: Shrewsbury, Mass.

Height: 5'10"

Weight: 150

College: University of Delaware

Current Club Affiliations: Riverside Boat Club

Training Location: Cambridge, Mass.

National Teams: One – Under 23, 2019

International Results: Finished second in the under 23 lightweight pair at the 2018 Canadian Henley.

Personal: Hay is majoring in computer science and loves playing string instruments.

Jarrett Heflin

Lightweight Men's Quadruple Sculls

Birthdate: 1/5/1998

Hometown: Wayzata, Minn.

Current Residence: Wayzata, Minn.

Height: 6'0"

Weight: 153

College: Williams College

Current Club Affiliation: Williams College

Current Coach: Marc Mandel

Training Location: Pittsfield, Mass.

National Teams: One – Under 23, 2019

National Results: Finished third in the varsity eight at the 2019 New England Rowing Championships.

Personal: Heflin enjoys running, boating and music.

Hadley Irwin

Women's Pair

Birthdate: 10/18/1997

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: Two – Under 23, 2018-2019

International Results: Earned bronze in the eight at the 2018 World Rowing Under 23 Championships.

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: Irwin 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. Irwin 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 Pair

Birthdate: 10/4/1997

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 Affiliation: Rutgers University

Current Coach: Justin Price

Training Location: New Brunswick, N.J.

National Teams: Two – Under 23, 2018-2019

International Results: Won gold in the four with coxswain at the 2018 World Rowing Under 23 Championships.

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.

Thomas Johnson

Men's Quadruple Sculls

Birthdate: 8/3/1997

Birthplace: Centreville, Va.

Hometown: Centreville, Va.

Current Residence: Richmond, Va.

Height: 6'5"

Weight: 190

High School: Westfield High School

College: Virginia Commonwealth University

Current Club Affiliation: Craftsbury Green Racing Project

Current Coach: Steve Whelpley

Training Location: Craftsbury, Vt.

National Teams: One – Under 23, 2019

International Results: Placed first in the under 23 men's double sculls at the 2019 Canadian Henley.

Personal: Johnson is a 2019 ACRA All-Region Athlete. He enjoys cooking in cast iron wares and bicycling.

Grace Joyce

Lightweight Women's Double Sculls

Birthdate: 3/3/1998

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

Current Coach: Dusty Mattison

Training Location: Madison, Wis.

National Teams: Two – Under 23, 2018-2019

International Results: Finished sixth in the lightweight double sculls at the 2018 World Rowing Under 23 Championships...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: Joyce used to play soccer but her older sister tried out for the rowing team her freshman year of high school and encouraged her to try out as well. She admires Coach Stephen Whelpley because he has helped her become the rower and person she is today. Joyce won the 2017 Freshman MVP Award at Wisconsin.

Emily Kallfelz

Women's Single Sculls

Birthdate: 4/5/1997

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: Cambridge Boat Club

Current Coach: Andrew Kallfelz

Training Location: Cambridge, Mass.

National Teams: Six – Junior, 2014-2015; Under 23, 2016-2019

International Results: Earned silver in the single sculls at the 2018 World Rowing Under 23 Championships...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, 2018 and 2019 Under 23 World Championships 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: Kallfelz'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. Kallfelz 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

Birthdate: 4/19/1999

Birthplace: Boston, Mass.

Hometown: East Greenwich, R.I.

Current Residence: Cambridge, Mass.

Height: 5'8"

Weight: 127

High School: Moses Brown School

College: Harvard University

Current Club Affiliation: Narragansett Boat Club

Current Coach: Malcolm Doldron

Training Location: Boston, Mass.

National Teams: Four – Under 23, 2016-2019

International Results: Placed 10th in the lightweight single sculls at the 2018 World Rowing Under 23 Championships...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: Kennedy loves being on the water. She adores long walks on the beach, as well as long rows in small craft advisories. Her goals in life are to continue rowing and competing in triathlons as long as she can, while also traveling as much as possible. She is forever grateful to her first coach, Peter Wilhelm, for developing her love for the sport and to her parents who made every part of this journey possible through their endless support.

Sophia Kershner

Women's Eight

Birthdate: 3/26/2019

Birthplace: Charlottesville, Va.

Hometown: Palmyra, Va.

Current Residence: Charlottesville, Va.

Height: 5'11"

Weight: 170

High School: Fluvanna County High School

College: University of Virginia

Current Club Affiliation: University of Virginia

Current Coach: Kevin Sauer

Training Location: Charlottesville, Va.

National Teams: One – Under 23, 2019

National Results: Finished 12th in the varsity eight at the 2019 NCAA Championships.

Personal: Kershner is a 2019-2020 Endowed Scholarship Recipient, a part of the 2019 ACC Crew of the Year and 2019 All-ACC Academic Team. She wants to be an ER Physician and got her start rowing as a walk-on novice at the University of Virginia.

Andrew Knoll

Men's Eight

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: Two – Under 23, 2018-2019

International Results: Finished seventh in the eight at the 2019 World Rowing Cup III...Placed fourth in the four at the 2018 World Rowing Under 23 Championships...Finished eighth in the four at the 2018 World Rowing Cup III...Won gold in the under 23 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: Knoll trained with the 2015 U.S. Junior Worlds' Development Team in Spain.

Hunter (Meredith) Koenigsfeld

Women's Four

Birthdate: 1/22/1998

Birthplace: Fremont, Neb.

Hometown: Cedar Rapids, Iowa

Current Residence: Iowa City, Iowa

Height: 6'2"

Weight: 170

High School: Jefferson High School

College: University of Iowa

Current Club Affiliation: University of Iowa

Current Coaches: Andrew Carter, Jeff Garbutt

Training Location: Iowa City, Iowa

National Teams: One – Under 23, 2019

International Results: Competed in the Remenham Challenge Cup heats at the 2018 Henley Royal Regatta.

National Results: Placed ninth in the varsity eight at the 2019 NCAA Championships...Placed 11th at the 2018 NCAA Championships in the varsity eight.

Personal: Koenigsfeld ran cross country for Iowa in 2016.

Kaitlyn Kynast

Women's Four

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: Five – Junior, 2015-17; Under 23, 2018-2019

International Results: Earned bronze in the eight at the 2018 World Rowing Under 23 Championships...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 Junior 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: Kynast 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. She 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."

Arianna Lee

Women's Quadruple Sculls

Birthdate: 5/8/1997

Birthplace: Santa Barbara, Calif.

Hometown: Folsom, Calif.

Height: 5'11"

Weight: 156

High School: Vista del Lago High School

College: Syracuse University

Current Club Affiliation: Syracuse University

Current Coach: Kate Bertko

Training Location: Charlottesville, Va.

National Teams: Three – Junior, 2015; Under 23, 2018-2019

International Results: Placed sixth in the women's quadruple sculls at the 2018 World Rowing Under 23 Championships...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: Lee earned an ACC Post-Graduate Studies Scholarship and was selected to the All-ACC Academic Team 2015-2019 and CRCA Scholar Athlete Award 2016-2019. She had the highest overall GPA among student athletes in the 2016-2017 academic year. Lee enjoys crocheting, cooking, eating said homemade food, and hiking. She has a bubble tea addiction, but always forgets to bring her reusable bubble tea straws when she gets bubble tea. She has a very large selection of scrunches and will never be seen without her Birkenstocks, even in the snow.

Mark Levinson

Men's Pair

Birthdate: 11/14/1997

Birthplace: San Francisco, Calif.

Hometown: San Francisco, Calif.

Height: 6'1"

Weight: 172

High School: Redwood High School

College: Dartmouth College

Current Club Affiliation: Dartmouth College

National Teams: Two – Junior, 2015; Under 23, 2019

International Results: Finished second in the eight at the 2015 World Rowing Junior Championships.

National Results: Won gold in the lightweight eight at the 2014 USRowing Youth National Championships...Finished second in the varsity eight at the 2014 Head of the Charles.

Personal: Levinson enjoys playing the drums and guitar. He lists winning the lightweight eight the 2014 USRowing Youth National Championships as his most memorable sporting achievement.

Nikita Lilichenko

Men's Four with Coxswain

Birthdate: 5/28/1999

Birthplace: San Francisco, Calif.

Hometown: Orinda, Calif.

Current Residence: Stanford, Calif.

Height: 6'5"

Weight: 215

High School: Miramonte High School

College: Stanford University

Current Club Affiliation: Stanford University

Current Coaches: Ted Sobolewski, Niles Garratt

Training Location: Stanford, Calif.

National Teams: Three – Junior, 2016-2017; Under 23, 2019

International Results: Earned a silver medal in the eight at both the 2016 and 2017 World Rowing Junior Championships.

National Results: Was a part of the varsity eight that finished 10th at the 2019 IRA Championships...sat in the varsity eight that placed third at the 2018 Pac-12 Championships.

Personal: Lilichenko enjoys hiking, traveling, exploring, water sports and video games. He comes from a Russian background and is studying symbolic systems and neuroscience.

Eli Maesner

Men's Four with Coxswain

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: Two – Under 23, 2018-2019

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

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

Personal: Maesner enjoys napping and rollerblading.

Sarah Maietta**Lightweight Women's Pair****Birthdate:** 12/13/1997**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 Affiliation:** Union Boat Club**Current Coaches:** Malcolm Doldron, Dave Ringham**Training Location:** Boston, Mass.**National Teams:** Two – Under 23, 2018-2019**National Results:** Won gold in the lightweight women's pair at the 2018 World Rowing Under 23 Championships.**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:** Maietta 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. She loves her dachshund, Izzy.**Mary "Daisy" Mazzio-Manson****Women's Eight****Birthdate:** 2/1/1998**Hometown:** Wellesley, Mass.**Current Residence:** New Haven, Conn.**Height:** 5'10"**Weight:** 180**High School:** Newton Country Day School**College:** Yale University**Current Club Affiliation:** Yale University**Current Coaches:** Will Porter**Training Location:** New Haven, Conn.**National Teams:** One – Under 23, 2019**International Results:** Stroked the Yale eight at the 2018 Henley Royal Regatta that made it to the semifinals of the Remenham Challenge Cup.**National Results:** Finished eighth in the varsity eight at the 2019 NCAA Championships. Finished ninth in the varsity eight at the 2018 NCAA Championships.

Personal: Mazzio-Manson was named first-team All-Ivy for the 2018 and 2019 seasons, second-team All-American in 2018 and first-team All-American in 2019. She received the Chris Ernst Award for excellence performance as a first-year at Yale. She enjoys hiking, dancing and swimming.

Matthew Marchioni

Lightweight Men's Pair

Birthdate: 2/3/2000

Birthplace: Boston, Mass.

Hometown: Weston, Mass.

Current Residence: Weston, Mass.

Height: 6'1"

Weight: 160

High School: Weston High School

College: Dartmouth College

Current Club Affiliation: Riverside Boat Club

Current Coaches: Mark Grinberg, Dan Roock

Training Location: Cambridge, Mass.

National Teams: One – Under 23, 2019

International Results: Placed third in the under 19 single sculls and second in the under 23 lightweight pair at the 2018 Canadian Henley.

National Results: Earned bronze in the lightweight four at the 2019 Intercollegiate Rowing Association Championships...won gold in the under 19 single and bronze in the intermediate lightweight quad at the 2018 USRowing Club National Championships.

Personal: Marchioni enjoys coaching a variety of sports, ultimate Frisbee, photography and videography, video editing, hearthstone and writing poetry. He loves ducks and will try any food. His dream car is the 2020 Nissan 370z Nismo. Marchioni's great, great grandfather, Italo Marchiony, invented the ice cream cone in 1896. The pair is his favorite boat class and has trained with 21 different coaches in all of his years rowing.

Sarah McErlean

Lightweight Women's Quadruple Sculls

Date of Birth: 1/25/2000

Birthplace: Vevey, Switzerland

Hometown: Vevey, Switzerland

Current Residence: Saint-Légier, Switzerland

Height: 5'8"

Weight: 136

High School: Gymnase Auguste Piccard, Lausanne, Switzerland

Current Club Affiliations: Club Aviron de Vevey, Narragansett Boat Club

Current Coach: Hugo Pfister

Training Location: Vevey, Switzerland

National Teams: Two – Junior, 2018; Under 23, 2019

International Results: Finished seventh in the double sculls at the 2018 World Rowing Junior Championships...Placed fifth in the quadruple sculls with coxswain at the 2018 Heineken Roeivierkamp...Competed in the quadruple sculls quarterfinal at the 2017 Henley Women's Regatta...Won a bronze medal in the pair at the 2017 Swiss National Championships...Placed fourth in the double sculls at the 2017 Coupe de la Jeunesse...Reached the final in the quadruple sculls at the 2016 International Deutscher Ruderverband Junior Regatta...Won silver and gold medals at the 2016 Coupe de la Jeunesse.

Personal: At age 13, McErlean became the world's youngest female Shodan (black belt) in the martial art of Aikido. She aspires to be a doctor. Her family is very close and important to her and plays a great role in her achievements. Her brother is her hero, as Swiss champion in the men's eight and founder of Project Vigil. She represented the Swiss at various international races in 2016 and 2017, but this is her first World Rowing Under 23 Championships.

Kinsey McNamara

Women's Eight

Birthdate: 8/7/1997

Birthplace: Concord, Mass.

Hometown: Chelmsford, Mass.

Current Residence: Chelmsford, Mass.

Height: 5'9"

Weight: 160

High School: Chelmsford High School

College: Worcester Polytechnic Institute

Current Club Affiliation: Worcester Polytechnic Institute

Current Coach: Kelsie Chaudoin

Training Location: Worcester, Mass.

National Teams: One – Under 23, 2019

National Results: Earned silver at the 2019 NCAA Championships in the varsity eight...Placed third in the varsity eight at the 2018 Head of the Charles and NCAA Championships.

Personal: McNamara enjoys surfing, skiing and hanging with her dog, Tucker. She is a 2019 CRCA All-American, 2019 NEWMAC Rower of the Year and a part of the First Team NEWMAC All-Conference from 2016-2019.

Sam Melvin

Lightweight Men's Single Sculls

Birthdate: 4/8/1997

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: Columbia University

Current Club Affiliation: SoCal Scullers

Current Coaches: Dan McGill, Ian Simpson, Skip Kielt

Training Location: Newport Beach, Calif.

National Teams: Two – Under 23, 2018-2019

National Results: Placed third in the lightweight quadruple sculls at the 2018 World Rowing Under 23 Championships.

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

Personal: Melvin 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. He 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.

Alex Miklasevich

Men's Eight

Birthdate: 7/17/1997

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 Affiliation: Brown University

Training Location: Pittsburgh, Pa.

National Teams: Four – Junior, 2013-14; Under 23, 2018-2019

International Results: Finished seventh in the eight at the 2019 World Rowing Cup III...Won gold in the four with coxswain at the 2018 World Rowing Under 23 Championships...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: Miklasevich'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.

Emily Molins**Lightweight Women's Pair****Birthdate:** 5/27/2000**Birthplace:** Chicago, Ill.**Hometown:** Wilmette, Ill.**Current Residence:** Palo Alto, Calif.**Height:** 5'10"**Weight:** 125**High School:** Loyola Academy**College:** Stanford University**Current Club Affiliation:** Stanford University**Current Coach:** Kate Bertko**Training Location:** Boston, Mass.**National Teams:** One – Under 23, 2019**National Results:** Won gold in the lightweight eight at the 2019 Intercollegiate Rowing Association Championships...Won the Division I varsity eight and double sculls at the 2019 WIRA Championships.**Personal:** Molins is a 2018 National Merit Scholarship recipient and 2018 Scholastic Rowing Association Scholar Athlete Award recipient. She placed first at the 2016 American Statistical Association's Project Competition. She enjoys hiking, baking, cooking and playing with her two dogs (Pip and Finn).**Madison Molitor****Men's Eight****Birthdate:** 3/20/1997**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:** Two – Under 23, 2018-2019**International Results:** Finished seventh in the eight at the 2019 World Rowing Cup III...Won gold in the eight at the 2018 World Rowing Under 23 Championships...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: Molitor is a former state champion swimmer.

Evan Olson

Men's Four with Coxswain

Birthdate: 7/26/1997

Birthplace: Seattle, Wash.

Hometown: Bothell, Wash.

Current Residence: Bothell, Wash.

Height: 6'6"

Weight: 200

High School: Bothell High School

College: University of Washington

Current Coach: Sergio Espinoza

Training Location: Seattle, Wash.

National Teams: Two – Under 23, 2017, 2019

International Results: Finished third in the four with coxswain at the 2017 World Rowing Under 23 Championships.

National Results: Won the second varsity eight at the 2017 Pac-12 Championships...Won the freshman eight at the 2016 Intercollegiate Rowing Association Championships.

Hannah Paynter

Women's Quadruple Sculls

Birthdate: 6/13/1997

Birthplace: New York, N.Y.

Hometown: Lyme, Conn.

Current Residence: Princeton, N.J.

Height: 5'11"

Weight: 165

High School: Lyme-Old Lyme High School

College: Princeton University

Current Club Affiliation: Blood Street Sculls (Old Lyme Rowing Association)

Current Coaches: Lori Dauphiny, Kate Bertko

Training Location: Charlottesville, Va.

National Teams: One – Under 23, 2019

National Results: Won the second varsity eight at the 2018 and 2019 Ivy League Championships.

Personal: Paynter received the Spirit of Princeton Award in 2019. She enjoys coaching, cooking/baking, exploring national parks and listening to music.

Daniel Perez

Men's Pair

Birthdate: 2/26/1997

Birthplace: Hamilton, Bermuda

Hometown: Fort Lauderdale, Fla.

Current Residence: Hanover, N.H.

Height: 6'2"

Weight: 175

High School: Pine Crest School

College: Dartmouth College

Current Club Affiliation: Craftsbury Sculling Center

Current Coach: Stephen Whelpley

Training Location: Craftsbury, Vt.

National Teams: Two – Under 23, 2017, 2019

International Results: Placed 20th in the double sculls at the 2017 World Rowing Under 23 Championships.

National Results: Finished first in the double sculls at the 2017 Under 23 World Championships Trials...Finished third in the lightweight four at the 2017 Intercollegiate Rowing Association Championships.

Madeline Perrett

Women's Eight

Birthdate: 8/13/1998

Birthplace: Ann Arbor, Mich.

Hometown: Ann Arbor, Mich.

Current Residence: Columbus, Ohio

Height: 5'7"

Weight: 160

High School: Pioneer High School

College: Ohio State University

Current Club Affiliation: Ohio State University

Current Coaches: Andrew Teitelbaum, Kate Sweeney

Training Location: Columbus, Ohio

National Teams: One – Under 23, 2019

International Results: Competed in the heats of the Remenham Challenge Cup at the 2017 Royal Henley Regatta.

National Results: Took gold in the second varsity eight 2018 Big Ten Conference Championships...Finished second in the second varsity eight at the 2017 Big Ten Conference Championships.

Personal: Perrett enjoys knitting, playing guitar, Origami and skiing. She speaks German and knits all of her hats and scarves. She has an Andy Warhol tattoo and has never flipped a boat.

Nathan Phelps

Men's Quadruple Sculls

Birthdate: 9/29/2000

Birthplace: Danbury, Conn.

Hometown: Ridgefield, Conn.

Current Residence: Ridgefield, Conn.

Height: 6'3"

Weight: 205

High School: St. Luke's School

Current Club Affiliations: Maritime Rowing Club, New Canaan Crew

Current Coach: Yan Vengerovskiy

Training Location: Norwalk, Conn.

National Teams: Two – Junior, 2018; Under 23, 2019

International Results: Finished tenth in the quadruple sculls at the 2018 World Rowing Junior Championships...Finished second in the under 19 quadruple sculls and fourth in the under 19 double sculls at the 2017 Canadian Henley.

National Results: Won the quadruple sculls at the 2018 USRowing Youth National Championships...Won the junior quadruple sculls at the 2018 San Diego Crew Classic...Won the quadruple sculls at the 2017 Head of the Charles...Won the under 19 quadruple sculls at the 2017 USRowing Club National Championships.

Personal: Phelps enjoys photography, reading and collecting vinyl.

Liza Ray

Lightweight Women's Double Sculls

Birthdate: 6/5/1997

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: Two – Under 23, 2018-2019

International Results: Finished sixth in the lightweight quadruple sculls at the 2018 World Rowing Under 23 Championships.

Personal: Ray 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.

Jack Reid

Men's Quadruple Sculls

Birthdate: 10/8/1997

Birthplace: Manchester, N.H.

Hometown: Deerfield, N.H.

Current Residence: Deerfield, N.H.

Height: 6'4"

Weight: 210

High School: Concord High School

College: Trinity College

Current Club Affiliation: Craftsbury Green Racing Project

Current Coach: Steve Whelpley

Training Location: Craftsbury, Vt.

National Teams: One – Under 23, 2019

International Results: Won the under 23 double sculls at the 2018 Canadian Henley.

Personal: Reid enjoys reading, creative writing and making breakfast foods. He can change a tractor tire in less than five minutes.

Jeri Rhodes

Women's Eight

Date of Birth: 1/1/2000

Birthplace: St. Louis, Mo.

Hometown: St. Louis, Mo.

Current Residence: St. Louis, Mo.

Height: 5'9"

Weight: 185

High School: Ladue Horton Watkins High School

College: University of Michigan

Current Club Affiliation: St. Louis Rowing Club

Current Coaches: Tim Franck, Mark Rothstein

Training Location: St. Louis, Mo.

National Teams: Two – Junior, 2018; Under 23, 2019

International Results: Was an alternate at the 2018 World Rowing Junior Championships.

National Results: Won the intermediate eight at the 2018 USRowing Club National Championships...Finished sixth in the four with coxswain at the 2018 USRowing Youth National Championships...Finished third in the four with coxswain at the 2018 Midwest Youth Championships.

Personal: In her spare time, Jeri likes knitting, painting, drawing and ceramics. She has four siblings. Her hero is Simone Biles because she is the most decorated Olympic gymnast and inspires her to pursue her own goals. She received the most outstanding novice award of her rowing club, an award given to a novice who shows excellent leadership and dedication to the sport of rowing.

Margaret Saunders

Women's Four with Coxswain

Birthdate: 4/25/1998

Birthplace: Washington, D.C.

Hometown: Arlington, Va.

Current Residence: Arlington, Va.

Height: 6'2"

Weight: 190

High School: Kent School

College: Yale University

Current Club Affiliation: Yale University

Current Coach: Will Porter

Training Location: New Haven, Conn.

National Teams: One – Under 23, 2019

International Results: A part of the Yale eight at the 2018 Henley Royal Regatta that made it to the semifinals of the Remenham Challenge Cup.

National Results: Placed ninth in the varsity eight at the 2018 NCAA Championships.

Personal: Saunders was selected second-team All-Ivy and second-team All-American. She enjoys playing guitar and listening to music.

Elizabeth Sharis

Women's Double Sculls

Birthdate: 5/23/1997

Birthplace: Boston, Mass.

Hometown: Bettendorf, Iowa

Current Residence: Bettendorf, Iowa

Height: 5'11½"

Weight: 147

High School: Pleasant Valley High School

College: Stanford University

Current Club Affiliations: Y Quad Cities Rowing, Stanford University

Current Coach: Gunter Butter

Training Locations: Moline, Ill., New Milford, Conn.

National Teams: Six – Junior, 2012-2015; Under 23, 2017, 2019

International Results: Finished fourth in the double sculls at the 2017 World Rowing Under 23 Championships...Finished third in the quadruple sculls at the 2015 World Rowing Junior Championships...Advanced to the semifinals in the Diamond Jubilee Challenge Cup at the 2015 Henley Royal Regatta...Finished 10th in the single sculls at the 2014 World Rowing Junior Championships...Won a silver medal in the quadruple sculls at the 2013 World Rowing Junior Championships...Finished second in the junior quadruple sculls at the 2012 World Rowing Senior and Junior Championships...Finished fourth in the under 19 single sculls at the 2011 Canadian Henley.

National Results: Won the double sculls at the 2017 Under 23 World Championships Trials... Won the quadruple sculls and finished second in the double sculls at the 2015 USRowing Youth National Championships...Won the senior single sculls, open single sculls 500-meter dash and the junior A double sculls at the 2014 USRowing Club National Championships...Won the single sculls and quadruple sculls at the 2014 USRowing Youth National Championships...Finished

first in the youth double sculls at the 2013 Head of the Charles Regatta...Won gold in the intermediate quadruple sculls and senior quadruple sculls at the 2013 USRowing Club National Championships...Finished second in the single sculls at the 2013 USRowing Youth National Championships...Won gold in the youth double sculls at the 2012 Head of the Charles Regatta...Finished second in the single sculls and fourth in the double sculls at the 2012 USRowing Youth National Championships...Finished second in the lightweight junior division at the 2012 C.R.A.S.H.-B. Sprints World Indoor Rowing Championships...Finished first in the double sculls and fifth in the quadruple sculls at the 2011 USRowing Youth National Championships...Won gold in the junior B single sculls, junior double sculls and the junior quadruple sculls at the 2011 USRowing Club National Championships...Won gold in the youth double sculls and set a course record at the 2010 Head of the Charles Regatta.

Personal: Sharis likes to listen to music and enjoyed playing the clarinet in her high school band. Her father is her hero, the most influential person in her rowing career and a U.S. Olympian. She started rowing after injuring her knee and discovering she liked erging. Her favorite foods are pasta and Starbursts. Sharis says her “lucky items” are her visor and stuffed sheep.

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: Two – Under 23, 2018-2019

International Results: Finished 10th in the four at the 2018 World Rowing Under 23 Championships.

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: Shepley 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. She found rowing through one of the University of Wisconsin Rowing Camps and one of her personal heroes is Kelsie Chaudoin. Chase was a member of the 2013 Junior National High Performance Team and the 2014 Junior National High Performance Team that competed at CanAmMex.

Larkspur Skov

Women’s Eight

Birthdate: 3/23/1998

Birthplace: Elmhurst, Ill.

Hometown: Steamboat Springs, Colo.

Current Residence: Seattle, Wash.

Height: 5'10"

Weight: 165

High School: Steamboat Springs High School

College: University of Washington

Current Club Affiliation: University of Washington

Current Coaches: Yaz Farooq, Josh Gautreau

Training Location: Seattle, Wash.

National Teams: One – Under 23, 2019

National Results: Won the 2019 NCAA Championships in the second varsity eight...took first in the second varsity eight at the 2019 Pac-12 Championships.

Personal: Skov was named second-team Academic All-Pac-12 in 2018 and 2019 and was a CRCA National Scholar Athlete in 2019. She enjoys skiing and music and got her start as a walk-on at Washington.

Emma Starr

Women's Quadruple Sculls

Birthdate: 5/8/1997

Birthplace: Dallas, Texas

Hometown: Walnut Creek, Calif.

Current Residence: Vancouver, British Columbia

Height: 5'9"

Weight: 127

High School: Acalanes High School

College: University of British Columbia

Current Club Affiliation: Seattle Rowing Center

Current Coaches: Malcolm Doldron, Conal Groom, Craig Pond

Training Location: Boston, Mass.

National Teams: One – Under 23, 2019

International Results: Earned silver in the lightweight double sculls and gold in the lightweight four with coxswain at the 2018 Canadian University Rowing Championships...Won gold in the lightweight double sculls and lightweight four with coxswain at the 2018 Western Canadian University Rowing Championships.

National Results: Earned gold in the under 23 lightweight eight, lightweight eight dash and senior lightweight quad and bronze in the senior lightweight double sculls at the 2018 Canadian Henley...Earned two golds and one bronze at the 2018 USRowing Club National Championships.

Luke Smith

Lightweight Men's Double Sculls

Birthdate: 2/4/1998

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 Coach: Khaled Sanad

Training Location: Tampa, Fla.

National Teams: Two – Under 23, 2018-2019

International Results: Finished fourth at the 2019 World Rowing Indoor Championships in the under 23 lightweight category...Finished sixth in the lightweight pair at the 2018 World Rowing Under 23 Championships.

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

Kadee Sylla

Women's Four with Coxswain

Hometown: San Francisco, Calif.

High School: Lowell High School

College: University of San Diego

Current Club Affiliation: University of San Diego

Training Location: San Diego, Calif.

National Teams: One – Under 23, 2019

National Results: Finished fifth at the 2018 Head of the Charles Regatta...Won the varsity eight at the 2018 San Diego Fall Classic...Finished 10th in the four with coxswain at the 2015 USRowing Youth National Championships.

Personal: Sylla is majoring in psychology and was named the 2014-2015 most improved at Pacific Rowing Club.

Sierra Tiede

Women's Eight

Birthdate: 10/19/1998

Hometown: Missoula, Mont.

Current Residence: Columbus, Ohio

Height: 5'10"

Weight: 172

College: Ohio State University

Current Club Affiliation: Ohio State University

Current Coach: Andy Teitelbaum

Training Location: Columbus, Ohio

National Teams: One – Under 23, 2019

National Results: Finished sixth in the varsity eight at the 2019 NCAA Championships...Finished second in the varsity eight at the 2019 Big Ten Championships.

Personal: Tiede enjoys hiking, cooking, swimming and hanging out with her sister. She was a 2018 and 2019 Academic All-Big Ten selection and a 2019 CRCA National Scholar Athlete.

Cooper (Edward) Tuckerman

Lightweight Men's Quadruple Sculls

Birthdate: 5/24/2000

Birthplace: Bozeman, Mont.

Hometown: Bozeman, Mont.

Height: 5'10"

Weight: 150

High School: Berkshire School

College: Dartmouth College

Current Coach: Trevor Michelson

Training Location: Philadelphia, Pa.

National Teams: Two – Junior, 2018; Under 23, 2019

International Results: Finished 21st in the double sculls at the 2018 World Rowing Junior Championships.

National Results: Finished second in the intermediate lightweight double sculls at the 2018 USRowing Club National Championships...Won the under 19 double sculls at the 2018 U19/U23/Senior I Trials.

Personal: Tuckerman loves skiing and is a hockey goalie when he is not rowing.

Camille VanderMeer

Women's Quadruple Sculls

Birthdate: 9/3/2000

Birthplace: Sayre, Pa.

Hometown: Elmira, N.Y.

Height: 5'11"

Weight: 150

High School: Notre Dame High School

College: Princeton University

Current Club Affiliation: Narragansett Boat Club

Current Coach: Andrew Kallfelz

Training Locations: Ithaca, N.Y./Providence, R.I.

National Teams: Two – Junior, 2018; Under 23, 2019

International Results: Finished seventh in the double sculls at the 2018 World Rowing Junior Championships.

National Results: Finished second in the quadruple sculls at the 2017 USRowing Youth National Championships...Finished sixth at the 2017 C.R.A.S.H.-B. World Indoor Championships.

Personal: VanderMeer loves playing the piano, sailing, hiking, reading and recycling. She found the sport of rowing through family and greatly admires her grandfather.

Megan Varcoe

Women's Four with Coxswain

Birthdate: 12/16/1998

Birthplace: Saratoga Springs, N.Y.

Hometown: Porter Corners, N.Y.

Current Residence: Porter Corners, N.Y.

Height: 6'0"

Weight: 175

High School: Saratoga Springs High School

College: Syracuse University

Current Club Affiliation: Saratoga Rowing Association

Current Coach: Luke McGee

Training Location: Charlottesville, Va.

National Teams: One – Under 23, 2019

National Results: Placed second in the varsity eight at the 2018 ACC Championship.

Personal: Varcoe was named first-team All-ACC, Honorable Mention All-America, the MVP for Syracuse's Student-Athlete Advisory Committee (SAAC), and received the Cuse Award in 2019. She enjoys baking, cooking, reading and driving long distance road trips. When people ask her how tall she is, she tells them 5'12" because she thinks it's funny to watch them get confused and ask "isn't that just 6'0"?

Izzi Weiss

Women's Eight

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: Two – Under 23, 2018-2019

International Results: Won gold in the four with coxswain at the 2018 World Rowing Under 23 Championships...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: Weiss 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. Eight years later, Weiss is still coxing. She was first-team All-ACC in 2018 and received the CRF Leadership Award in 2014 and 2015.

Michael Wilson

Lightweight Men's Quadruple Sculls

Birthdate: 3/7/2000

Birthplace: Boston, Mass.

Hometown: Braintree, Mass.

Current Residence: Braintree, Mass.

Height: 6'10"

Weight: 158

High School: Boston College High School

Current Club Affiliation: Cambridge Boat Club

Current Coaches: Bill Manning

Training Location: Princeton, N.J.

National Teams: One – Under 23, 2019

National Results: Finished first in the youth single sculls and double sculls at the 2018 Head of the Schuylkill.

Personal: Wilson has his name on a plaque at Cambridge Boat Club for erging the most meters in the club in the month of January. He enjoys cooking, biking, fishin, and reading. Chocolate chip cookie dough ice cream is his favorite, and he can solve a Rubik's cube. In the club single at the 2018 Head of the Charles, he finished with a different starboard oar than he started with.

James Wright

Men's Single Sculls

Birthdate: 1/31/2000

Birthplace: Philadelphia, Pa.

Hometown: Philadelphia, Pa.

Current Residence: Philadelphia, Pa.

Height: 6'5"

Weight: 205

High School: Germantown Friends School

Current Club Affiliation: Germantown Friends School

Current Coach: Aaron Preetam

Training Location: Philadelphia, Pa.

National Teams: Three – Junior, 2017-2018; Under 23, 2019

International Results: Finished 10th in the quadruple sculls at the 2018 World Rowing Junior Championships...Finished seventh in the quadruple sculls at the 2017 World Rowing Junior Championships.

National Results: Won the under 19 event at the 2018 World Indoor Rowing Championships...Won the single sculls at the 2018 USRowing Youth National Championships...Won the single sculls at the 2017 and 2018 SRAA National Championship.

Personal: Wright enjoys photography, soccer, chess and PB&Js.

United States Under 23 World Championships Finishes: 1992-2018

Under 23 Men

Year	4+	2x	2-	1x	4-	4x	8+	L1x	L2-	L2x	LM4-	LM4x
2018	1	17	15	4	4	18	1	19	6	19	/	3
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

Year	4+	4-	2x	2-	1x	4x+/4x	8+	LW1x	LW2x	LW2-	LW4x
2018	1	10	18	1	2	6	3	10	13	1	6
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.

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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 the 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.