



2019 World Rowing Junior Championships

August 7-11, 2019

Tokyo, Japan

Press Kit

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About the 2019 World Rowing Junior Championships

The 2019 World Rowing Junior Championships will be held August 7-11 in Tokyo, Japan. The event offers international racing in 14 different categories for junior men and women including the men's and women's single sculls, double sculls, quadruple sculls, pair, four, four with coxswain, and eight.

The World Rowing Junior Championships showcases the highest level of competition for under 19 athletes in the sport of rowing.

World Rowing Website:

<http://www.worldrowing.com/events/2019-world-rowing-junior-championships/>

LOC Website: <https://www.2019wrjch.jp>

About the Venue

The rowing site offers a panoramic view of the city — and Mount Fuji on a clear day. The Tokyo race course can hold races up to 2,000 meters in distance and boasts eight lanes across. The West and East Dam separate the rowing course from the Tokyo Bay, with water gates on the east and west side to allow the water level to remain the same throughout the entire period of the 2019 World Rowing Junior Championships.

An asphalt road lines the north bank of the course. The east end of the course will have the athlete facilities, which include a boathouse/locker room, dining hall, and training areas for the competitors. The venue has the capacity to host 2,000 spectators. The course at Tokyo meets all the requirements and standards of FISA to hold a large, international regatta. This course will host the 2020 Summer Olympic and Paralympic Games.

Event Address

Sea Forest Waterway

Japan, 〒135-0064 Tōkyō-to, Koto City, Aomi, 3丁目地先 中央防波堤東西水路

Event list

JM1x	Junior Men's Single Sculls
JW1x	Junior Women's Single Sculls
JM2-	Junior Men's Pair
JW2-	Junior Women's Pair
JM2x	Junior Men's Double Sculls
JW2x	Junior Women's Double Sculls
JM4-	Junior Men's Four
JW4-	Junior Women's Four
JM4+	Junior Men's Four with Coxswain
JW4+	Junior Women's Four with Coxswain
JM4x	Junior Men's Quadruple Sculls
JW4x	Junior Women's Quadruple Sculls
JM8+	Junior Men's Eight
JW8+	Junior Women's Eight

General Schedule of Events

Wednesday, August 7 Heats

Thursday, August 8 Heats and Repechages

Friday, August 9 Repechages, C/D Semifinals

Saturday, August 10 A/B Semifinals, Finals B, C, D

Saturday, August 11 Finals A and B

The most up-to-date schedule and heat sheets can be viewed at

<http://www.worldrowing.com/events/2019-world-rowing-junior-championships/>

Event Press Releases

The most up-to-date event information is available at

<http://www.worldrowing.com/events/2019-world-rowing-junior-championships/> and www.usrowing.org. Press releases and a limited selection of event photos for editorial use are available by contacting the USRowing Communications Department. To be placed on USRowing's media distribution list, please email media@usrowing.org.

Social Media

The official account of USRowing is @USRowing. The official hashtags for the event are #WRJChamps and #Tokyo2019. USRowing will provide updates and short commentary via Twitter, Facebook and Instagram. Athletes, fans and media are encouraged to send messages using the official hashtag.

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 junior 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 Junior](#), [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](#)
5. Join the conversation!
 - Use the hashtag #WRJChamps and tag @usrowing.
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 USRowing Under 19 National Team Roster

(Boat lineups are subject to change.)

Name (Hometown) – Affiliation

Men's Single Sculls

Nicholas Aronow (Laurel Hollow, N.Y.) – Oak Neck Academy

Women's Single Sculls

Katelin Gildersleeve (Dallas, Texas) – Oklahoma City High Performance Center

Men's Double Sculls

(s) Gil Dexter (Saratoga Springs, N.Y.) – Saratoga Rowing Association

(b) Peter Lawry (Alplaus, N.Y.) – Saratoga Rowing Association

Women's Double Sculls

(s) Taylor English (La Claire, Ill.) – Y Quad Cities Rowing

(b) Delaney Evans (Bettendorf, Iowa) – Y Quad Cities Rowing

Men's Quadruple Sculls

(s) Austin Lai (Oakland, Calif.) – Oakland Athletic Rowing Society

(3) Malakai Leon (Sarasota, Fla.) – Sarasota Crew

(2) August Altucher (Portland, Ore.) – Oregon Rowing Unlimited

(b) Theory Millar (Topanga, Calif.) – California Yacht Club

Women's Quadruple Sculls

(s) Hailey Mead (Orinda, Calif.) – Redwood Scullers

(3) Graciella Leon (West Palm Beach, Fla.) – Miami International RowHouse

(2) Brenna Morley (Bettendorf, Iowa) – Y Quad Cities

(b) Audrey Lyda (Pittsburgh, Pa.) – Three Rivers Rowing Association

Men's Pair

(s) Adam Campaign (Ann Arbor, Mich.) – Ann Arbor Huron High School

(b) David Edington (Portland, Ore.) – Rose City Rowing Club

Women's Pair

(s) Heidi Jacobson (Greenwich, Conn.) – Connecticut Boat Club

(b) Kylie Oakes (Vero Beach, Fla.) – Treasure Coast Rowing Club

Men's Four

(s) Erik Spinka (Southport, Conn.) – Fairfield Prep

(3) Alexander DeGrado (Jacksonville, Fla.) – Sarasota Crew

- (2) Owen Corr (Sarasota, Fla.) – Sarasota Crew
- (b) Zachary Vachal (San Francisco, Calif.) – Pacific Rowing Club

Women's Four

- (s) Julia Abbruzzese (Ridgefield, Conn.) – Connecticut Boat Club
- (3) Isabella Batistoni (Issaquah, Wash.) – Holy Names Academy
- (2) Julia Braz (Sarasota, Fla.) – Sarasota Crew
- (b) Katherine Kelly (Vashon Island, Wash.) – Burton Beach Rowing Club

Men's Four with Coxswain

- (c) Elizabeth Romero (Pleasant Hill, Calif.) – Oakland Strokes
- (s) Michael Fairley (Saratoga Springs, N.Y.) – Saratoga Rowing Association
- (3) Chase Haskell (Ponte Vedra Beach, Fla.) – The Bolles School
- (2) Pablo Matan (San Jose, Calif.) – Los Gatos Rowing Club
- (b) Jackson Stone (West Newton, Mass.) – Belmont Hill School

Women's Four with Coxswain

- (c) Carina Baxter (El Dorado Hills, Calif.) – Capital Crew
- (s) Lindsey Rust (Roslyn, N.Y.) – Friends of Port Rowing
- (3) Morgan Linsley (Princeton, N.J.) – Princeton National Rowing Association/Mercer
- (2) Aidan Wrenn-Walzn (Arlington, Va.) – Washington-Lee Crew/Potomac Boat Club
- (b) Alena Criss (Baldwinsville, N.Y.) – Baldwinsville Crew

Men's Eight

- (c) Audrey Gates (Orinda, Calif.) – Oakland Strokes
- (s) Harrison Schofield (Sarasota, Fla.) – Sarasota Crew
- (7) Jacob Hudgins (Andover, Mass.) – Phillips Academy Andover
- (6) John Mark Ozaeta (Moraga, Calif.) – Oakland Strokes
- (5) Ian Burnett (Arlington, Mass.) – Community Rowing Inc.
- (4) James Patton (Houston, Texas) – Deerfield Academy Crew
- (3) Travis Keating (Placerville, Calif.) – Capital Crew
- (2) Savas Koutsouras (Culver, Ind.) – Culver Academies
- (b) Greg Le Meur (San Francisco, Calif.) – Pacific Rowing Club

Women's Eight

- (c) Hannah Diaz (Seattle, Wash.) – Holy Names Academy
- (s) Violet Barletta (Weston, Mass.) – St. Paul's School
- (7) Julietta Camahort (San Francisco, Calif.) – Marin Rowing Association
- (6) Mia Levy (Des Moines, Iowa.) – Phillips Academy Andover
- (5) Samantha Henriksen (Chicago, Ill.) – Chicago Rowing Foundation
- (4) Gabrielle Graves (Vashon, Wash.) – Burton Beach Rowing Club
- (3) Lettice Cabot (Cambridge, Mass.) – The Winsor School
- (2) Megan Lee (Natick, Mass.) – Newton Country Day School Crew

(b) Greta Filor (Rye, N.Y.) – RowAmerica Rye

Alternates

Kate Edwards (Seattle, Wash.) – Seattle Rowing Center
Ryan Link (Burke, Va.) – Gonzaga College High School
Bonnie Pushner (Fairfield, Conn.) – Saugatuck Rowing Club
Grant Stephanz (Larchmont, N.Y.) – RowAmerica Rye
Angela Szabo (Sarasota, Fla.) – Sarasota Crew

Coaches

Chris Chase, Men’s Four with Coxswain
Reilly Dampeer, Women’s Single Sculls
Brian de Regt, Men’s Pair
Brian Ebke, Women’s Eight
Jesse Foglia, Men’s Eight
Casey Galvanek, Men’s Single Sculls/Men’s Four
Caitlin McClain, Women’s Quadruple Sculls/Women’s Sculling Alternate
Justin Ochal, Men’s Quadruple Sculls
Marko Serafimovski, Women’s Four with Coxswain/Women’s Sweep Alternates
Sarah Tinsley, Men’s Double Sculls
Liz Trond, Women’s Pair/Women’s Four
Jamie Whalen, Women’s Quadruple Sculls

Support Staff

Dr. Kathryn Ackerman, Team Doctor
Maeve Berry, Team Press Officer
Will Daly, Team Leader
Liz Fusco, Team Dietician
Nicholas Haley, Team Leader
Steve Hargis, Director, U19 High Performance Programs
Kaitlin Jackson, Team Physical Therapist
Brett Johnson, Team Press Officer
Patrick McNerney, NGB Delegate
Laura Moretti, Team Dietician

Event Preview

The U.S. will have 14 crews competing at the five-day regatta. Events include the men's and women's single sculls, double sculls, quadruple sculls, pair, four, four with coxswain, and eight.

The roster includes 14 athletes returning from the 2018 Under 19 National Team including Julia Abbruzzese, Julia Braz, Alexander DeGrado, Delaney Evans, Michael Fairley, Gabrielle Graves, Chase Haskell, Samantha Henriksen, Heidi Jacobson, Travis Keating, Greg Le Meur, John Mark Ozaeta, Harrison Schofield and Zachary Vachal

The U.S. led the medal table with seven at the 2018 World Rowing Junior Championships in Racice, Czech Republic. The women's four and men's single sculls won gold, while the women's pair, men's four with coxswain, men's eight and women's eight won silver. The women's four with coxswain brought home a bronze medal.

The U.S. roster includes athletes from 15 states. California claims 11 athletes on the U19 roster, while Florida and New York each have eight.

Junior Men's Single Sculls (JM1x)

Nicholas Aronow (Laurel Hollow, N.Y.) of Oak Neck Academy will represent the United States in the men's single sculls. Aronow won the 2019 USRowing Youth National Championships in the men's single sculls and the 2019 USRowing National Championships in the under 19 single.

In 2018, USA's Clark Dean won the gold, followed by Australia and Belarus.

Junior Women's Single Sculls (JW1x)

Katelin Gildersleeve (Dallas, Texas) of Oklahoma City High Performance Center will represent the United States in the women's single sculls.

Gildersleeve won the under 19 women's single by 27 seconds at the 2019 U19/U23/Senior I Trials to secure her national team spot. Gildersleeve placed second at the 2019 USRowing Youth National Championships in the women's single sculls.

In 2018, Romania, Argentina and Italy won the medals, with the U.S. finishing 22nd.

Junior Men's Double Sculls (JM2x)

Saratoga Rowing Association's **Gil Dexter** (Saratoga Springs, N.Y.) and **Peter Lawry** (Alplaus, N.Y.) will be representing the United States in the men's double sculls. Both are competing for the first time internationally.

Last year, the U.S. finished 21st. Germany took home the gold, followed by Greece and the Czech Republic.

Junior Women's Double Sculls (JW2x)

Y Quad Cities' **Taylor English** (La Claire, Ill.) and **Delaney Evans** (Bettendorf, Iowa) will represent the United States in the junior women's double sculls.

The duo are decorated scullers. They won the 2019 USRowing Youth National Championships in the women's double sculls and quadruple sculls events. English is making her international debut, while Evans is representing the U.S. for the second time after competing in the quadruple sculls last year.

China, Greece and New Zealand won the medals last year, with the U.S. finishing seventh.

Junior Men's Pair (JM2-)

Ann Arbor Huron High School's **Adam Campain** (Ann Arbor, Mich.) and Rose City Rowing Club's **David Edington** (Portland, Ore.) will represent the U.S. in the junior men's pair.

This is the first time the two have earned spots on the under 19 roster.

Last year, Romania, Germany and Croatia won the medals, with the U.S. finishing 17th.

Junior Women's Pair (JW2-)

Connecticut Boat Club's **Heidi Jacobson** (Greenwich, Conn.) and Treasure Coast Rowing Club's **Kylie Oakes** (Vero Beach, Fla.) will be competing in the junior women's pair.

Heidi Jacobson won bronze in the four with coxswain at the 2018 World Rowing Junior Championships. This is Oakes' international debut.

In 2018, Greece took home the gold with the bronze going to China. The U.S. took the silver.

Junior Men's Quadruple Sculls (JM4x)

Austin Lai (Oakland, Calif.), **Malakai Leon** (Sarasota, Fla.), **August Altucher** (Portland, Ore.), and **Theory Millar** (Topanga, Calif.) will represent the United States in the junior men's quadruple sculls.

This crew won the 2019 CanAmMex Regatta in Sarasota, Fla.

The Czech Republic, Great Britain, and Germany won the medals last year, with the U.S. finishing 10th.

Junior Women's Quadruple Sculls (J W4x)

Hailey Mead (Orinda, Calif.), **Graciella Leon** (West Palm Beach, Fla.), **Brenna Morley** (Bettendorf, Iowa), and **Audrey Lyda** (Pittsburgh, Pa.) will represent the United States in the junior women's quadruple sculls.

This is the international debut for all four.

Switzerland, Germany, and the Netherlands won the medals last year, with the U.S. finishing 10th.

Junior Men's Four (JM4-)

The lineup of **Erik Spinka** (Southport, Conn.), **Alexander DeGrado** (Jacksonville, Fla.), **Owen Corr** (Sarasota, Fla.), and **Zachary Vachal** (San Francisco, Calif.) will race in the men's junior four.

De Grado and Vachal are returning members from 2018.

The U.S. men's four placed 10th last year, with Great Britain, New Zealand and Italy winning the medals.

Junior Women's Four (JW4-)

The women's four includes **Julia Abbruzzese** (Ridgefield, Conn.), **Isabella Batistoni** (Issaquah, Wash.), **Julia Braz** (Sarasota, Fla.), and **Katherine Kelly** (Vashon Island, Wash.)

Julia Braz is racing in the event for the second time after winning gold last year. Julia Abbruzzese took bronze in the women's four with coxswain in 2018. Abbruzzese also served as an alternate on the 2017 Under 19 National Team. Batistoni and Kelly are making their under 19 team debuts.

Italy and New Zealand followed the U.S. last year.

Junior Men's Four with Coxswain (JM4+)

Coxswain **Elizabeth Romero** (Pleasant Hill, Calif.), **Michael Fairley** (Saratoga Springs, N.Y.), **Chase Haskell** (Ponte Vedra Beach, Fla.), **Pablo Matan** (San Jose, Calif.), and **Jackson Stone** (West Newton, Mass.) will race in the junior men's four with coxswain. Fairley and Haskell competed in this event last year.

Last year, the U.S. took home the silver medal, finishing in between Italy and Australia.

Junior Women's Four with Coxswain (JW4+)

The U.S. crew will include five junior national team rookies in coxswain **Carina Baxter** (El Dorado Hills, Calif.), **Lindsey Rust** (Roslyn, N.Y.), **Morgan Linsley** (Princeton, N.J.), **Aidan Wrenn-Walzn** (Arlington, Va.), and **Alena Criss** (Baldwinsville, N.Y.).

In 2018, the U.S. took the bronze behind Italy and Australia.

Junior Men's Eight (JM8+)

Last year, the U.S. won the silver medal in the junior men's eight. This year's lineup includes coxswain **Audrey Gates** (Orinda, Calif.), **Harrison Schofield** (Sarasota, Fla.), **Jacob Hudgins** (Andover, Mass.), **John Mark Ozaeta** (Moraga, Calif.), **Ian Burnett** (Arlington, Mass.), **James Patton** (Houston, Texas), **Travis Keating** (Placerville, Calif.), **Savas Koutsouras** (Culver, Ind.), and **Greg Le Meur** (San Francisco, Calif.)

Schofield and Ozaeta return to the eight. Travis Keating served as an alternate to the team in 2018. Greg Le Meur competed in the pair last year. The remainder of the lineup is racing at the World Rowing Junior Championships for the first time.

Great Britain won the race last year, with Germany taking the bronze.

Junior Women's Eight (JW8+)

Last year, the U.S. won the silver medal in the junior women's eight. This year's lineup consists of coxswain **Hannah Diaz** (Seattle, Wash.), **Violet Barletta** (Weston, Mass.), **Julietta Camahort** (San Francisco, Calif.), **Mia Levy** (Des Moines, Iowa.), **Samantha Henriksen** (Chicago, Ill.), **Gabrielle Graves** (Vashon, Wash.), **Lettice Cabot** (Cambridge, Mass.), **Megan Lee** (Natick, Mass.), and **Greta Filor** (Rye, N.Y.).

Graves and Henriksen competed in the boat at last year's World Rowing Junior Championships. The rest of the lineup consists of national team rookies.

Last year, the Czech Republic and Romania took the gold and bronze medals, respectively.

Athlete Bios

Julia Abbruzzese

Women's Four

Date of Birth: 12/5/2001

Birthplace: Stamford, Conn.

Hometown: Ridgefield, Conn.

Current Residence: Darien, Conn.

Height: 6'0"

Weight: 160

High School: Darien High School

Current Club Affiliation: Connecticut Boat Club

Current Coach: Liz Trond

Training Location: Norwalk, Conn.

National Teams: Three – Junior, 2017-2019

International Results: Placed third in the four with coxswain at the 2018 World Rowing Junior Championships...Served as an alternate on the 2017 Under 19 National Team.

National Results: Won the women's four with coxswain at the 2018 USRowing Youth National Championships.

Personal: In her spare time, Julia likes to scuba dive and go wakeboarding. She was the recipient of the 2017 Charles Huthmaker Sculling Award. Her personal hero is teammate Julia Braz because they get along extremely well and have the same name.

August Altucher

Men's Quadruple Sculls

Date of Birth: 1/20/2002

Birthplace: New York, N.Y.

Hometown: Portland, Ore.

Current Residence: Portland, Ore.

Height: 6'2"

Weight: 191

High School: Cleveland High School

Current Club Affiliation: Oregon Rowing Unlimited

Current Coach: Plamen Petrov

Training Location: Portland, Ore.

National Teams: One – Junior, 2019

National Results: Placed third in the double at th 2019 Youth National Championships.

Personal: Gus has been in his school's band for five years and found rowing through a family friend.

Nicholas Aronow

Men's Single Sculls

Birthplace: Manhasset, N.Y.

Hometown: Laurel Hollow, N.Y.

Height: 6'1"

Weight: 160

High School: Cold Spring Harbor High School

Current Club Affiliation: Oak Neck Rowing Academy

Current Coach: Amadeusz Pietrzak

Training Location: Oyster Bay, N.Y.

National Teams: One – Junior, 2019

National Results: Placed first and sixth in the single sculls and quadruple sculls at the 2019 USRowing Youth National Championships...Won the junior lightweight category at the 2019 C.R.A.S.H.-B. Championships...Placed eighth in the youth single sculls at the 2018 Head of the Charles Regatta...Won gold in the under 17 single sculls at the 2018 USRowing Club National Championships...Won gold in the under 17 single sculls at the 2018 Independence Day Regatta.

Violet Barletta

Women's Eight

Date of Birth: 4/3/2001

Birthplace: Boston, Mass.

Hometown: Weston, Mass.

Current Residence: Weston, Mass.

Height: 5'11"

Weight: 160

High School: St. Paul's School

Current Club Affiliation: St. Paul's School

Current Coach: Michael Spencer

Training Location: Concord, N.H.

National Teams: One – Junior, 2019

International Results: Won the Peabody Cup at the 2019 Henley Women's Regatta...Placed first in the under 19 eight, four with coxswain and quadruple sculls at the 2018 Canadian Henley.

National Results: Finished 14th in the eight at the 2019 USRowing Youth National Championships...Three-time New England Interscholastic Rowing Champion in the varsity eight (2017, 2018 and 2019)...Placed 12th in the youth double sculls at the 2017 Head of the Charles Regatta.

Personal: Violet is a three-time Coaches Award recipient at St. Paul's. She enjoys watching movies, writing and knitting.

Isabella Battistoni

Women's Four

Date of Birth: 7/18/2002

Birthplace: Bellevue, Wash.

Hometown: Issaquah, Wash.

Current Residence: Issaquah, Wash.

Height: 5'9"

Weight: 150

High School: Holy Names Academy

Current Club Affiliation: Holy Names Academy

Current Coach: Caitlin McClain

Training Location: Seattle, Wash.

National Teams: One – Junior, 2019

National Results: Placed third in the eight at the 2019 USRowing Youth National Championships...Won the junior pair at 2019 USRowing U19, U23, Senior and Para Team Trials.

Personal: Isabella earned the Most Valuable Swimmer honor at Issaquah High School her freshman year. In 2018, she was selected for the USA Swimming Scholastic All-American Team. Outside of rowing, she enjoys swimming and singing.

Julia Braz

Women's Four

Date of Birth: 12/19/2001

Birthplace: Port Saint Lucie, Fla.

Hometown: Sarasota, Fla.

Current Residence: Sarasota, Fla.

Height: 5'10"

Weight: 150

High School: Riverview High School

Current Club Affiliation: Sarasota Crew

Current Coach: Kirby Gallie

Training Location: Sarasota, Fla.

National Teams: Three – Junior, 2017-2019

International Results: Earned gold in the four at the 2018 World Rowing Junior Championships...Finished seventh in the eight at the 2017 World Rowing Junior Championships.

National Results: Won gold in the pair and four with coxswain at the 2019 USRowing Youth National Championships... Finished second in the youth four with coxswain at the 2017 Head of the Charles Regatta...Competed for the Southwest squad at the 2017 Youth Regional Challenge in Sarasota...Finished fourth in the lightweight eight at the 2016 USRowing Youth National Championships.

Personal: In her spare time, Julia likes to draw. Her biggest hero is Kendall Ellis, who won the 4x400-meter relay for USC in the final meters at the 2018 NCAA Track and Field Championships.

Carina Baxter

Women's Four with Coxswain

Date of Birth: 8/3/2001

Birthplace: Mountain View, Calif.

Hometown: El Dorado Hills, Calif.
Current Residence: El Dorado Hills, Calif.
Height: 5'1"
Weight: 100
High School: Oak Ridge High School
Current Club Affiliation: Capital Crew
Current Coaches: Sarah Puddicombe, Annie Couwenhoven
Training Location: Gold River, Calif.
National Teams: One – Junior, 2019
International Results: Won the eight at the 2018 CanAmMex Regatta.
National Results: Placed ninth in the eight at the 2019 Youth National Championships...Placed sixth in the eight at the 2018 Youth National Championships...Finished 10th in the eight at the 2017 Youth National Championships.
Personal: Carina enjoys hiking, boating and traveling. She has a twin sister and two older brothers. She will be attending the University of Washington.

Ian Burnett

Men's Eight

Date of Birth: 5/8/2001
Birthplace: Boston, Mass.
Hometown: Arlington, Mass.
Current Residence: Arlington, Mass.
Height: 6'6"
Weight: 195
High School: Arlington High School
Current Club Affiliation: Community Rowing, Inc.
Current Coach: Will Congram
Training Location: Boston, Mass.
National Teams: One – Junior, 2019
National Results: Placed sixth in the eight and pair at the 2019 USRowing Youth National Championships.
Personal: In his free time, Ian likes playing board games. His hero is his mom.

Lettice Cabot

Women's Eight

Date of Birth: 5/21/2001
Birthplace: Cambridge, Mass.
Hometown: Cambridge, Mass.
Current Residence: Cambridge, Mass.
Height: 6'0"
Weight: 172
High School: The Winsor School
Current Club Affiliation: The Winsor School

Current Coach: Lisa Stone

Training Location: Boston, Mass.

National Teams: One – Junior, 2019

International Results: Placed second in the four with coxswain and third in the eight at the 2018 Canadian Henley.

National Results: Finished third in the four with coxswain at the 2019 NEIRA Championships...Placed eighth and 11th in the four with coxswain at the 2018 and 2017 Head of the Charles Regattas...Placed second in the four with coxswain at the 2018 NEIRA Championships.

Personal: Lettice enjoys reading, baking, hiking and puzzles. She has a cat named Espresso and a dog named Richard. She will be attending Stanford University.

Julietta Camahort

Women's Eight

Date of Birth: 7/10/2003

Birthplace: San Francisco, Calif.

Hometown: San Francisco, Calif.

Current Residence: San Francisco, Calif.

Height: 5'9"

Weight: 140

High School: The Branson School

Current Club Affiliation: Marin Rowing Association

Current Coach: Sandy Armstrong

Training Location: Greenbrae, Calif.

National Teams: One – Junior, 2019

National Results: Finished 10th in the eight at the 2019 USRowing Youth National Championships...Won the varsity four with coxswain and varsity eight at the 2019 USRowing Southwest Youth Championships...Finished 10th in the youth eight at the 2018 Head of the Charles Regatta.

Personal: Swimming, playing piano, writing, reading, drawing, and baking. She has an older brother and sister. Her favorite television show is The Office.

Adam Campain

Men's Pair

Date of Birth: 8/21/2001

Birthplace: Portland, Ore.

Hometown: Ann Arbor, Mich.

Current Residence: Ann Arbor, Mich.

Height: 6'5"

Weight: 210

High School: Huron High School

Current Club Affiliation: Huron Rowing Association

Current Coaches: Mike Taft, Brian de Regt

Training Location: Ann Arbor, Mich.

National Teams: One - Junior, 2019

International Results: Placed fourth in the under 19 pair at the 2018 Canadian Henley.

National Results: Won the under 19 eight at the 2018 USRowing Club National Championships.

Personal: In his spare time, Adam likes to be outdoors.

Owen Corr

Men's Four

Date of Birth: 10/29/2002

Birthplace: Bangor, Maine

Hometown: Sarasota, Fla.

Current Residence: Sarasota, Fla.

Height: 6'5"

Weight: 210

High School: Florida Virtual School

Current Club Affiliation: Sarasota Crew

Current Coaches: Caitlynn Crouch, Casey Galvanek

Training Location: Sarasota, Fla.

National Teams: One – Junior, 2019

National Results: Took second in the eight at 2019 USRowing Youth National Championships...Finished first in the eight at the 2018 USRowing Youth National Championships.

Alena Criss

Women's Four with Coxswain

Date of Birth: 11/26/2001

Birthplace: Syracuse, N.Y.

Hometown: Baldwinsville, N.Y.

Current Residence: Baldwinsville, N.Y.

Height: 5'10"

Weight: 156

High School: C.W. Baker High School

Current Club Affiliation: Baldwinsville Crew, Syracuse Chargers Rowing Club

Current Coach: Christopher Ludden

Training Location: Syracuse, N.Y.

National Teams: One – Junior, 2019

Personal: Alena received the MVP/Coaches Award the past two years. She loves CrossFit and strength training, which sparked her interest in rowing.

Alex DeGrado

Men's Four

Date of Birth: 10/9/2001

Birthplace: Hackensack, N.J.

Hometown: Jacksonville, Fla.

Current Residence: Sarasota, Fla.

Height: 6'3"

Weight: 208

High School: Florida Virtual School

Current Club Affiliation: Sarasota Crew

Current Coach: Caitlynn Crouch

Training Location: Sarasota, Fla.

National Teams: Two – Junior, 2018-2019

International Results: Finished 10th in the four at at the 2018 World Rowing Junior Championships...Placed second in the quadruple sculls and third in the single sculls at the 2017 CanAmMex Regatta.

National Results: Won the eight at the 2018 USRowing Youth National Championships...Won the double sculls and eight at the 2018 USRowing Southeast Youth Championships...Won the quadruple sculls and eight at the 2018 FSRA State Championships...Placed third in the youth double sculls at the 2017 Head of Charles...Placed second in the under 19 quadruple sculls and intermediate quadruple sculls at the 2017 USRowing Club National Championships...Placed second in the under 17 eight and fifth in the under 17 quadruple sculls at the 2016 USRowing Club National Championships.

Personal: Alex likes boating and fishing. He has a twin and a younger sister. Alex has always enjoyed water sports and used to be a swimmer.

Hannah Diaz

Women's Eight

Date of Birth: 4/22/2001

Birthplace: Houston, Texas

Hometown: Seattle, Wash.

Current Residence: Seattle, Wash.

Height: 5'4"

Weight: 108

High School: Holy Names Academy

Current Club Affiliation: Holy Names Academy

Current Coach: Caitlin McClain

Training Location: Seattle, Wash.

National Teams: One – Junior, 2019

National Results: Earned third in the eight at the 2019 USRowing Youth National Championships...Placed third in the lightweight eight at the 2018 USRowing Youth National Championships.

Personal: Hannah enjoys hiking and hanging out with friends. She lists her hard-working Grandpa as her personal hero and will be attending Princeton University.

Gil Dexter

Men's Double Sculls

Date of Birth: 5/18/2002

Birthplace: Saratoga Springs, N.Y.

Hometown: Saratoga Springs, N.Y.

Current Residence: Saratoga Springs, N.Y.

Height: 6'0"

Weight: 157

High School: The Albany Academies

Current Club Affiliation: Saratoga Rowing Association

Current Coach: Sarah Tinsley

Training Location: Saratoga Springs, N.Y.

National Teams: One – Junior, 2019

National Results: Finished third in lightweight eight at the 2019 USRowing Youth National Championships...Finished third in the single at 2019 SRAAs...Finished eighth in youth eight at the 2018 Head of the Charles...Placed second in the under 19 eight at the 2018 Royal Canadian Henley Regatta...Finished first in the junior quad and eight at the 2018 Head of the Fish Regatta.

Personal: In his free time, Gil can be found napping, boating, camping, and doing hot yoga. He also can be found tending to his five pet chickens in his backyard. His hero is Bill Gates because he decided to create his own path instead of doing what everybody else told him to do and used his success to help improve the lives of those around him, specifically the less fortunate. Gates is also Gil's hero because he believes Gates is also extremely humble and won't be seen flaunting his wealth or talking down to people.

David Edington

Men's Pair

Date of Birth: 5/27/2001

Birthplace: Portland, Ore.

Hometown: Portland, Ore.

Current Residence: Portland, Ore.

Height: 6'2"

Weight: 195

High School: Catlin Gabel High School

Current Club Affiliation: Rose City Rowing Club

Current Coaches: Nicolas Haley, Brian de Regt

Training Location: Portland, Ore.

National Teams: One – Junior, 2019

International Results: Won the eight and four with coxswain at the 2018 CanAmMex Regatta.

National Results: Placed sixth in the eight at the 2018 USRowing Youth National Championships...Finished first in the quadruple sculls at the 2017 USRowing Club National Championships.

Personal: David's cousin, Jamie Schroeder, competed in the 2008 Olympic Games. He absolutely loves music, especially alternative, rock and oldies.

Kate Edwards**Alternate****Date of Birth:** 2/8/2001**Birthplace:** Seattle, Wash.**Hometown:** Seattle, Wash.**Current Residence:** Seattle, Wash.**Height:** 5'7"**Weight:** 158**High School:** Lakeside School**Current Club Affiliation:** Seattle Rowing Center**Current Coach:** Conal Groom**Training Location:** Seattle, Wash.**National Teams:** One – Junior, 2019**National Results:** Placed third in the women's single sculls at the 2019 USRowing Youth National Championships...Placed second in the quadruple sculls at the 2018 USRowing Youth National Championships...Placed third in the quadruple sculls at the 2018 USRowing Youth National Championships.**Personal:** Kate was selected for USRowing's Scholastic Honor Roll. She enjoys painting, cross-country skiing and hiking.**Taylor English****Women's Double Sculls****Date of Birth:** 7/4/2002**Birthplace:** San Diego, Calif.**Hometown:** Poughkeepsie, N.Y.**Current Residence:** Bettendorf, Iowa**Height:** 6'1"**Weight:** 175**High School:** Pleasant Valley High School**Current Club Affiliation:** Y Quad Cities Rowing**Current Coaches:** Peter Sharis, Jamie Whalen**Training Location:** Moline, Ill.**National Teams:** Two – Junior, 2017, 2019**International Results:** Won the Diamond Jubilee Challenge Cup at the 2018 Royal Henley Regatta...Placed fifth in the quadruple sculls at the 2017 World Rowing Junior Championships.**National Results:** Won the double sculls and quadruple sculls at the 2019 USRowing Youth National Championships...Won the junior double sculls at the 2018 Head of the Charles Regatta...Won the quadruple sculls at the 2018 USRowing Youth National Championships...Won the quadruple sculls at the 2017 USRowing Youth National Championships.**Personal:** Taylor enjoys napping, spending time with her dog, Custard, playing alto saxophone and watching Criminal Minds.

Delaney Evans**Women's Double Sculls****Date of Birth:** 10/25/2001**Birthplace:** Sterling, Ill.**Hometown:** Bettendorf, Iowa**Current Residence:** Bettendorf, Iowa**Height:** 5'7"**Weight:** 145**High School:** Pleasant Valley High School**Current Club Affiliation:** Y Quad Cities Rowing Association**Current Coaches:** Dr. Peter Sharis, Jamie Whalen**Training Location:** Moline, Ill.**National Teams:** Two – Junior, 2018-2019**International Results:** Placed 10th in the quadruple sculls at the 2018 World Rowing Junior Championships...Won gold in the lightweight junior category at the 2018 World Rowing Indoor Championships...Placed fourth in lightweight junior category at the 2017 C.R.A.S.H.-B. Championships.**National Results:** Won gold in the double sculls and quadruple sculls at the 2019 USRowing Youth National Championships...Won gold in the double sculls and quadruple sculls at the 2018 USRowing Youth National Championships...Won gold in junior double sculls at the 2017 Head of the Charles, setting a new course record...Won gold in the under 17 quadruple sculls and silver in under 17 single sculls at the 2017 USRowing Club National Championships...Won gold in the lightweight double sculls at the 2017 USRowing Youth National Championships.**Personal:** Delaney enjoys cooking, hiking, swimming, kayaking, and spending time with her family. She is the second oldest of five siblings and lists her mom as her personal hero.**Michael Fairley****Men's Four with Coxswain****Date of Birth:** 1/3/2001**Hometown:** Saratoga Springs, N.Y.**Current Residence:** Saratoga Springs, N.Y.**Height:** 6'1"**Weight:** 165**High School:** Saratoga Springs High School**Current Club Affiliation:** Saratoga Rowing Association**Current Coach:** Bradley Maxwell**Training Location:** Saratoga Springs, N.Y.**National Teams:** Two – Junior, 2018-2019**International Results:** Finished second in the four with coxswain at the 2018 World Rowing Junior Championships...Won the under 17 double sculls and placed second in the under 17 quadruple sculls at the 2017 Canadian Henley.

National Results: Won gold in the four with coxswain at the 2019 USRowing Youth National Championships...Won gold in the double sculls at the 2018 USRowing Youth National Championships...Finished second in the quadruple sculls at the 2018 SRAA National Championships...Placed 11th in youth eight at the 2017 Head of the Charles.

Personal: Michael likes biking and hiking.

Greta Filor

Women's Eight

Date of Birth: 12/7/2001

Birthplace: Hoboken, N.J.

Hometown: Rye, N.Y.

Current Residence: Rye, N.Y.

Height: 5'8"

Weight: 158

High School: Rye High School

Current Club Affiliation: RowAmerica Rye

Current Coach: Marko Serafimovski

Training Location: Rye, N.Y.

National Teams: One – Junior, 2019

National Results: Finished second in the four with coxswain at the 2019 USRowing Youth National Championships...Won the youth four with coxswain at the 2018 Head of the Charles Regatta...Finished second in the four with coxswain at the 2018 USRowing Youth National Championships.

Personal: Greta enjoys writing short stories, drawing and sailing. She loves smoothies, mac n' cheese, coffee and mint chocolate chip ice cream. She will be attending Brown University.

Audrey Gates

Men's Eight

Date of Birth: 6/7/2001

Birthplace: Oakland, Calif.

Hometown: Orinda, Calif.

Current Residence: Orinda, Calif.

Height: 5'4"

Weight: 120

High School: Miramonte High School

Current Club Affiliation: Oakland Strokes

Current Coaches: Brian de Regt, Jesse Foglia

Training Location: Chula Vista, Calif.

National Teams: One – Junior, 2019

International Results: Coxed the men's eight to a gold medal at the 2018 CanAmMex Regatta.

National Results: Finished second in the men's eight at 2018 USRowing Youth National Championships...Finished fifth in the lightweight men's eight at the 2017 USRowing Youth National Championships.

Personal: Audrey enjoys ceramics, slalom waterskiing, cycling, and hiking with her dogs.

Katelin Gildersleeve

Women's Single Sculls

Date of Birth: 7/12/2001

Birthplace: Jacksonville, Fla.

Hometown: Dallas, Texas

Current Residence: Dallas, Texas

Height: 5'7"

Weight: 155

High School: Episcopal School of Dallas

Current Club Affiliation: Oklahoma City High Performance Center

Current Coach: Reilly Dampeer

Training Location: Oklahoma City, Okla.

National Teams: One – Junior, 2019

National Results: Finished second in the single sculls at the 2019 USRowing Youth National Championships...Won the junior single sculls at the 2018 Head of the Charles Regatta.

Personal: Katelin enjoys wheel throwing, eating and spending time with her "tripod dog," Chance. She wears Crocs any chance she gets, even to her high school graduation, and will be attending Stanford University.

Gabrielle Graves

Women's Eight

Date of Birth: 12/19/2002

Birthplace: Vashon, Wash.

Hometown: Vashon, Wash.

Current Residence: Vashon, Wash.

Height: 5'10"

Weight: 175

High School: Holy Names Academy

Current Club Affiliation: Burton Beach Rowing Club

Current Coach: Richard Parr

Training Location: Vashon, Wash.

National Teams: Two – Junior, 2018-2019

International Results: Finished fourth in the junior category at the 2019 World Rowing Indoor Championships...Finished second in the eight at the 2018 World Rowing Junior Championships.

National Results: Finished 17th in the pair at the 2019 USRowing Youth National Championships...Finished 12th in the pair at the 2018 USRowing Youth National Championships.

Personal: In her spare time, Gabrielle enjoys going to the beach with friends, watching and playing with her little siblings, and going for walks in the forest. She is a movie connoisseur with a love for horror movies and Lightning McQueen. She is obsessed with chocolate milk and

chocolate in general. She has not only broken three bones, but three world records in the 15-16 age category (100-meter, 500-meter and 1-minute).

Chase Haskell

Men's Four with Coxswain

Date of Birth: 4/12/2001

Birthplace: New York, N.Y.

Hometown: Ponte Vedra Beach, Fla.

Current Residence: Ponte Vedra Beach, Fla.

Height: 6'2"

Weight: 205

High School: The Bolles School

Current Club Affiliation: Bolles Crew

Current Coach: Chris Register

Training Location: Jacksonville, Fla.

National Teams: Two – Junior, 2018-2019

International Results: Earned silver in the four with coxswain at the 2018 World Rowing Junior Championships.

National Results: Placed seventh in the eight and quadruple sculls at the 2018 FSRA State Championships...Finished fourth in the under 17 eight at the 2017 USRowing Club National Championships.

Personal: Chase likes playing guitar, walking on the beach and archiving emails. He lists his mom as his personal hero.

Samantha Henriksen

Women's Eight

Date of Birth: 3/10/2001

Birthplace: Chicago, Ill.

Hometown: Chicago, Ill.

Current Residence: Chicago, Ill.

Height: 5'10"

Weight: 165

High School: DePaul College Prep

Current Club Affiliation: Chicago Rowing Foundation

Current Coach: Mike Wallin

Training Location: Chicago, Ill.

National Teams: Two – Junior, 2018-2019

International Results: Earned silver in the eight at the 2018 World Rowing Junior Championships...Won gold in the eight and four with coxswain at the 2017 CanAmMex Regatta.

National Results: Finished third in the eight at the 2018 USRowing Youth National Championships.

Personal: Samantha enjoys traveling, going to concerts, watching movies and trying new foods. She was named her club's Most Outstanding Rower in 2018 for 2,000-, 4,000- and

10,000-meter records. She will be attending the University of California, Berkeley this fall. Travis Scott is her personal hero because he invented the idea of going Sicko Mode, constantly goes Sicko Mode and wants all of us to go Sicko Mode, which is an inspiration.

Jacob Hudgins

Men's Eight

Date of Birth: 3/23/2001

Birthplace: Burlingame, Calif.

Hometown: Andover, Mass.

Current Residence: Andover, Mass.

Height: 6'2"

Weight: 200

High School: Phillips Academy

Current Club Affiliation: Andover Crew

Current Coach: Andy Finch, Dale Hurley

Training Location: Methuen, Mass.

National Teams: One – Junior, 2019

National Results: Finished second in the under 19 eight at the 2018 USRowing Club National Championships.

Personal: Jacob enjoys playing guitar, rock climbing and swimming. He started rowing after a friend pushed him into it his freshman year of high school and served as co-captain in 2019.

Heidi Jacobson

Women's Pair

Date of Birth: 9/14/2001

Birthplace: New York, N.Y.

Hometown: Greenwich, Conn.

Current Residence: Greenwich, Conn.

Height: 5'10"

Weight: 155

High School: Greenwich Academy

Current Club Affiliation: Connecticut Boat Club

Current Coach: Liz Trond

Training Location: Norwalk, Conn.

National Teams: Two – Junior, 2018-2019

International Results: Earned bronze in the four with coxswain at the 2018 World Rowing Junior Championships, setting a junior world's best time in the repechage.

National Results: Won gold in the four with coxswain at the 2019 USRowing Youth National Championships...Finished sixth in the pair at the 2018 USRowing Youth National Championships...Won the under 17 and 19 eight at the 2017 USRowing Club National Championships.

Personal: Heidi enjoys biking, photography and baking. She has three brothers and two dogs and lists her Grandma as her personal hero.

Travis Keating

Men's Eight

Date of Birth: 1/19/2001

Birthplace: San Francisco, Calif.

Hometown: Placerville, Calif.

Current Residence: Placerville, Calif.

Height: 6'3"

Weight: 190

Current Club Affiliation: Capital Crew

Current Coaches: Ben Hise, Jesse Foglia

Training Location: Gold River, Calif.

National Teams: Two – Junior, 2018-2019

International Results: Served as an alternate at the 2018 World Rowing Junior Championships...Won gold in the eight and pair at the 2018 CanAmMex Regatta.

National Results: Earned gold in the eight and four with coxswain at the 2019 USRowing Southwest Youth Championships...Finished second in the youth varsity eight at the 2018 San Diego Crew Classic.

Katherine Kelly

Women's Four

Date of Birth: 7/2/2002

Birthplace: Vashon Island, Wash.

Hometown: Vashon Island, Wash.

Current Residence: Vashon Island, Wash.

Height: 6'0"

Weight: 160

High School: Vashon Island High School

Current Club Affiliation: Burton Beach Rowing Club

Current Coach: Richard Parr

Training Location: Vashon Island, Wash.

National Teams: One – Junior, 2019

International Results: Placed third in the under 19 four with coxswain at the 2019 New Zealand Rowing National Championships.

National Results: Finished 12th in the pair at the 2018 USRowing Youth National Championships...Finished ninth in the pair at the 2017 USRowing Youth National Championships.

Personal: Katherine enjoys teaching kids how to sail, playing the cello, petting her yellow lab and going to the beach with friends. She lists her parents as her personal heroes.

Savas Koutsouras

Men's Eight

Date of Birth: 4/18/2002

Birthplace: Indianapolis, Ind.

Hometown: Seattle, Wash.

Current Residence: Culver, Ind.

Height: 6'3"

Weight: 195

High School: Culver Academies

Current Club Affiliation: Culver Academies

Current Coach: Nathan Walker

Training Location: Culver, Ind.

National Teams: One – Junior, 2019

National Results: Won the men's four with coxswain at the 2019 SRAA Championships.

Personal: Savas enjoys long walks on the beach and playing board games. He has pride that his first name is a palindrome. Savas joined rowing after being peer pressured into the sport sophomore year of high school. His mom is his hero.

Austin Lai

Men's Quadruple Sculls

Birthplace: Oakland, Calif.

Hometown: Oakland, Calif.

Current Residence: Oakland, Calif.

High School: Oakland Technical High School

Current Club Affiliation: Oakland Athletic Rowing Society

Current Coach: James Kwan

Training Location: Oakland, Calif.

National Teams: One – Junior, 2019

International Results: Won the quadruple sculls at the 2019 CanAmMex Regatta.

National Results: Placed 11th in the four with coxswain at the 2019 USRowing Youth National Championships...Won the under 17 quadruple sculls at the 2018 USRowing Club National Championships.

Peter Lawry

Men's Double Sculls

Date of Birth: 12/7/2002

Birthplace: Alplaus, N.Y.

Hometown: Alplaus, N.Y.

Current Residence: Alplaus, N.Y.

Height: 5'8"

Weight: 164

High School: Homeschooled

Current Club Affiliation: Saratoga Rowing Association

Current Coach: Sarah Tinsley

Training Location: Saratoga Springs, N.Y.

National Teams: One – Junior, 2019

International Results: Placed third in the under 17 quadruple sculls and single sculls at the 2018 Canadian Henley.

National Results: Placed second in the senior single sculls at the 2019 Stotesbury Cup Regatta...Won the under 17 double sculls and placed second in the under 17 single sculls at the 2018 USRowing Club National Championships...Won the junior double at the 2018 New York State Scholastic Championships.

Personal: Peter is one of nine siblings and enjoys playing music and woodworking.

Megan Lee

Women's Eight

Date of Birth: 5/14/2001

Birthplace: Boston, Mass.

Hometown: Natick, Mass.

Current Residence: Natick, Mass.

Height: 5'11"

Weight: 164

High School: Newton Country Day School

Current Club Affiliation: Newton Country Day School Crew

Current Coaches: Kate Spelman, Rebecca Milman

Training Location: Newton, Mass.

National Teams: One – Junior, 2019

International Results: Placed first in the eight and second in the four at the 2018 CanAmMex Regatta...Finished third in the eight and second in the four with coxswain at the 2018 Canadian Henley.

National Results: Placed eighth in the youth four with coxswain at the 2017 Head of the Charles Regatta.

Personal: Megan was voted the Most Improved Rower in 2017, the Most Valuable Rower in 2017-2019 and is a 2019 Scholar-Athlete. She was elected co-captain for the 2018-2019 season and earned the University of Pennsylvania Book Award. Outside of rowing, Megan enjoys volunteering, spending time with her extended family and being outside. She has already been to 12 of the National Parks and it is her goal to visit all of them in her lifetime.

Graciella Leon

Women's Quadruple Sculls

Date of Birth: 9/17/2001

Hometown: West Palm Beach, Fla.

Current Residence: Palm Beach Gardens, Fla.

Height: 5'6"

Weight: 160

High School: Seminole Ridge High School

Current Club Affiliation: Miami International RowHouse

Current Coach: Francisco Viacava

Training Location: Miami, Fla.

National Teams: One – Junior, 2019

International Results: Finished first in the quadruple sculls and second in the single sculls at the 2018 CanAmMex Regatta...Placed third in the under 19 double sculls at the 2018 Royal Canadian Henley Regatta and first in the under 17 double sculls at the 2017 Royal Canadian Henley Regatta.

National Results: Placed fourth and sixth in the single sculls and quadruple sculls at the 2019 USRowing Youth National Championships.

Personal: Gracie enjoys eating out with her friends, watching vine compilations and making herself look six inches taller in the boat. She also ate toaster waffles every day for 13 years.

Malakai Leon

Men's Quadruple Sculls

Date of Birth: 6/5/2002

Birthplace: Sarasota, Fla.

Hometown: Sarasota, Fla.

Current Residence: Sarasota, Fla.

Height: 6'2"

Weight: 197

High School: Florida Virtual School

Current Club Affiliation: Sarasota Crew

Current Coach: Caitlynn Crouch

Training Location: Sarasota, Fla.

National Teams: One – Junior, 2019

International Results: Won gold in the quadruple sculls and double sculls at the 2019 CanAmMex Regatta...Finished second in the under 17 quadruple sculls at the 2018 Canadian Henley.

National Results: Placed second in the eight at the 2019 USRowing Youth National Championships.

Personal: Malakai likes to fish, longboard, and play baseball. His favorite food is beef stroganoff, and his favorite movie is "La La Land". His dad is his personal hero because he served in the Marines.

Mia Levy

Women's Eight

Date of Birth: 6/5/2003

Birthplace: Des Moines, Iowa

Hometown: Des Moines, Iowa

Current Residence: Des Moines, Iowa

Height: 6'3"

Weight: 162

High School: Phillips Academy

Current Club Affiliation: Andover Crew

Current Coach: Ellen Minzner

Training Location: Andover, Mass.

National Teams: One – Junior, 2019

International Results: Won the junior category at the 2019 C.R.A.S.H.-B. Championships.

National Results: Took second in the eight at the 2018 NEIRA Championships.

Personal: Mia enjoys photography, music, backpacking and making Tik Toks. She can eat upwards of 15 cannolis in one sitting. Her personal hero is Serena Williams.

Greg Le Meur

Men's Eight

Date of Birth: 2/28/2001

Birthplace: Paris, France

Hometown: San Francisco, Calif.

Current Residence: San Francisco, Calif.

Height: 6'4"

Weight: 185

High School: Lycée Français de San Francisco

Current Club Affiliation: Pacific Rowing Club

Current Coach: Jesse Foglia

Training Location: Chula Vista, Calif.

National Teams: Two – Junior, 2018-2019

International Results: Placed 17th in the men's pair at the 2018 World Rowing Junior Championships...Won gold in the eight at the 2017 CanAmMex Regatta.

National Results: Finished fifth in the pair at the 2018 USRowing Youth National Championships.

Personal: Greg enjoys cycling, kitesurfing and playing guitar. He will be attending Princeton University.

Ryan Link

Alternate

Date of Birth: 3/16/2003

Birthplace: New London, Conn.

Hometown: Burke, Va.

Current Residence: Burke, Va.

Height: 6'4"

Weight: 195

High School: Gonzaga College High School

Current Club Affiliation: Gonzaga College High School

Current Coaches: Andy Bacas, Bobby Brown, Mike Farrey

Training Location: Washington, D.C.

National Teams: One – Junior, 2019

International Results: Won the pair and eight at the 2019 CanAmMex Regatta.

National Results: Took third in the eight at the 2019 SRAA Championships... Finished fourth in the eight at the 2019 Stotesbury Cup.

Personal: Ryan enjoys skiing, swimming and football.

Morgan Linsley

Women's Four with Coxswain

Date of Birth: 4/2/2001

Birthplace: Ridgewood, N.J.

Hometown: Princeton, N.J.

Current Residence: Princeton, N.J.

Height: 6'1"

Weight: 181

High School: Princeton High School

Current Club Affiliation: Princeton National Rowing Association/Mercer

Current Coach: Matthew Carlson

Training Location: West Windsor, N.J.

National Teams: One – Junior, 2019

International Results: Took gold in the eight and silver in the four with coxswain at the 2018 CanAmMex Regatta.

National Results: Finished fourth in the eight at the 2019 USRowing Youth National Championships...Placed fifth in the eight at the 2018 Head of the Charles Regatta.

Personal: Morgan enjoys knitting, crocheting and origami. When she gets the chance, she loves to bake (especially croissants), practice piano or play a few songs on either the ukulele or guitar. She will be attending Duke University.

Audrey Lyda

Women's Quad Sculls

Date of Birth: 10/24/2002

Birthplace: Pittsburgh, Pa.

Hometown: Pittsburgh, Pa.

Current Residence: Pittsburgh, Pa.

Height: 5'5"

Weight: 130

High School: The Ellis School

Current Club Affiliation: Three Rivers Rowing Association

Current Coach: Matt Grau

Training Location: Pittsburgh, Pa.

National Teams: One – Junior, 2019

International Results: Won the under 17 double sculls and finished second in the under 19 double sculls and under 23 lightweight double sculls at the 2018 Canadian Henley...Took second in the under 17 double sculls at the 2017 Canadian Henley.

National Results: Won the lightweight double sculls at the 2019 USRowing Youth National Championships...Placed second in the lightweight double sculls at the 2018 USRowing Youth National Championships...Placed first in the under 17 double sculls, first in the intermediate lightweight double sculls, third in the under 17 single sculls, and third in the intermediate

lightweight quadruple sculls at the 2018 USRowing Club National Championships...Finished third in the intermediate lightweight double sculls and under 17 double sculls at the 2017 USRowing Club National Championships.

Personal: Audrey enjoys self tanning, hot yoga, spin class, spending time with her sister and friends, meditation and dirt biking.

Pablo Matan

Men's Four with Coxswain

Date of Birth: 3/1/2001

Birthplace: Atlanta, Ga.

Hometown: San Jose, Calif.

Current Residence: San Jose, Calif.

Height: 6'5"

Weight: 210

High School: Bellarmine College Prep

Current Club Affiliation: Los Gatos Rowing Club

Current Coach: Jake Carrigan

Training Location: Los Gatos, Calif.

National Teams: One – Junior, 2019

National Results: Won the pair at the 2019 USRowing Youth National Championships.

Personal: In his free time, Pablo likes to play video games. He wrestled and played football before starting his rowing career. His dad, who rowed for the University of California, Berkeley, is his personal hero.

Hailey Mead

Women's Quad Sculls

Date of Birth: 3/26/2002

Birthplace: Palo Alto, Calif.

Hometown: Orinda, Calif.

Current Residence: Orinda, Calif.

Height: 5'11"

Weight: 150

High School: Miramonte High School

Current Club Affiliation: Redwood Scullers

Current Coach: Monica Hilcu

Training Location: Redwood City, Calif.

National Teams: One – Junior, 2019

National Results: Placed second in the quadruple sculls at the 2019 USRowing Youth National Championships...Finished first in the quadruple sculls at the 2018 USRowing Club National Championships...Placed second in the lightweight double sculls at the 2016 USRowing Youth National Championships...Took fourth in the lightweight double sculls at the 2015 USRowing Youth National Championships.

Personal: Hailey enjoys skiing, ice skating, eating lucky charms and wearing crocs. Her dad rowed for the University of California, Berkeley.

Theory Millar

Men's Quadruple Sculls

Date of Birth: 6/12/2002

Birthplace: Santa Monica, Calif.

Hometown: Topanga, Calif.

Current Residence: Topanga, Calif.

Height: 6'1"

Weight: 180

High School: Crossroads School

Current Club Affiliation: California Yacht Club

Current Coach: Craig Leeds

Training Location: Marina del Rey, Calif.

National Teams: One – Junior, 2019

International Results: Won the quadruple sculls at the 2019 CanAmMex Regatta.

National Results: Finished third in the single sculls at the 2019 USRowing Youth National Championships.

Brenna Morley

Women's Quadruple Sculls

Date of Birth: 2/4/2002

Birthplace: Chicago, Ill.

Hometown: Bettendorf, Iowa

Current Residence: Bettendorf, Iowa

Height: 5'10"

Weight: 138

High School: Pleasant Valley High School

Current Club Affiliation: Y Quad Cities

Current Coach: Peter Sharis

Training Location: Moline, Ill.

National Teams: One – Junior, 2019

International Results: Took the silver medal in the junior lightweight category of the 2019 C.R.A.S.H.-B. Championships...Won the under 17 double sculls and finished second in the under 17 single sculls, under 19 double sculls, and under 23 lightweight double sculls at the 2018 Canadian Henley.

National Results: Won gold in the quadruple sculls at the 2019 USRowing Youth National Championships...Won gold in the lightweight double sculls at 2018 USRowing Youth National Championships...Won gold in the under 17 single sculls, under 17 double sculls, and intermediate lightweight double sculls and bronze in the intermediate lightweight quadruple sculls at the 2018 USRowing Club National Championships...Won silver in the junior double sculls at the 2018 Head of the Charles...Won gold in the under 17 quadruple sculls, silver in the

under 17 quadruple sculls, and bronze in the intermediate lightweight quadruple sculls at the 2017 USRowing Club National Championships...Won gold in the lightweight double sculls at the 2017 USRowing Youth National Championships.

Personal: Brenna is an Iowa All-State clarinetist. She has been part of two groups who have broken the 100,000-meter under 19 female open world record, and the 100,000-meter under 19 female lightweight world record.

Kylie Oakes

Women's Pair

Date of Birth: 1/4/2002

Birthplace: Littleton, Colo.

Hometown: Vero Beach, Fla.

Current Residence: Vero Beach, Fla.

Height: 5'9"

Weight: 155

High School: Saint Edwards School

Current Club Affiliation: Treasure Coast Rowing

Current Coach: Stefanie Faulkner, Mitchell Gordon

Training Location: Vero Beach, Fla.

National Teams: One – Junior, 2019

International Results: Won the under 17 eight at 2018 Canadian Henley.

National Results: Finished fourth in the quadruple sculls at the 2019 USRowing Youth National Championships...Finished fifth in the pair at the 2019 USRowing Youth National Championships...Finished third in under 17 eight at the 2018 USRowing Club National Championships.

Personal: Kylie enjoys reading, knitting, going to the beach with friends and biking. She had one older brother, two dogs, and two fish.

John Mark Ozaeta

Men's Eight

Date of Birth: 2/3/2001

Birthplace: Oklahoma City, Okla.

Hometown: Orinda, Calif.

Current Residence: Snoqualmie, Wash.

Height: 6'2"

Weight: 205

High School: Newport Harbor High School

Current Club Affiliation: Oakland Strokes

Current Coach: Jesse Foglia

Training Location: Chula Vista, Calif.

National Teams: Two – Junior, 2018-2019

International Results: Earned silver in the eight at the 2018 World Rowing Junior Championships.

National Results: Finished second in the eight at the 2018 USRowing Youth National Championships...Finished second in the eight at the 2017 USRowing Youth National Championships.

Personal: John enjoys reading, hiking and eating cornbread and baked beans.

James Patton

Men's Eight

Date of Birth: 6/3/2002

Birthplace: Boston, Mass.

Hometown: Boston, Mass.

Current Residence: Houston, Texas

Height: 6'2"

Weight: 200

High School: Deerfield Academy

Current Club Affiliation: Deerfield Academy

Current Coaches: Spencer Washburn, Samuel Morris, Samuel Chapin, Jesse Foglia

Training Location: Chula Vista, Calif.

National Teams: One – Junior, 2019

National Results: Won the four with coxswain at the 2018 USRowing Youth National Championships.

Personal: Enjoys hiking and playing the clarinet. He is the middle of three siblings. His dad rowed in college and internationally.

Bonnie Pushner

Alternate

Date of Birth: 8/17/2001

Birthplace: Fairfield, Conn.

Hometown: Fairfield, Conn.

Current Residence: Fairfield, Conn.

Height: 5'7"

Weight: 130

High School: Fairfield Ludlowe High School

Current Club Affiliation: Saugatuck Rowing Club

Current Coach: Gordon Getsinger

Training Location: Westport, Conn.

National Teams: One – Junior, 2019

International Results: Won gold in the eight at the 2018 CanAmMex Regatta...Won gold in the pair at the 2018 Canadian Henley Regatta.

National Results: Won gold in the eight at the 2019 USRowing Youth National Championships...Won gold in the eight at the 2018 USRowing Youth National Championships...Won gold in the eight at the 2018 Head of the Charles...Won gold in the eight at the 2017 Head of the Charles.

Elizabeth Romero

Men's Four with Coxswain

Date of Birth: 6/24/2001

Birthplace: Pleasant Hill, Calif.

Hometown: Pleasant Hill, Calif.

Current Residence: Pleasant Hill, Calif.

Height: 5'2"

Weight: 105

High School: The Athenian School

Current Club Affiliation: Oakland Strokes

Current Coach: Brian De Regt

Training Location: Oakland, Calif

National Teams: One – Junior, 2019

National Results: Won gold in the lightweight men's eight at the 2018 USRowing Youth National Championships.

Personal: Elizabeth enjoys eating and painting.

Lindsey Rust

Women's Four with Coxswain

Date of Birth: 2/13/2001

Birthplace: New York, N.Y.

Hometown: Roslyn, N.Y.

Current Residence: Roslyn, N.Y.

Height: 5'6"

Weight: 130

High School: Roslyn High School

Current Club Affiliation: Port Rowing

Current Coach: Isa Rahman

Training Location: Port Washington, N.Y.

National Teams: One – Junior, 2019

International Results: Won gold in the under 23 lightweight eight at the 2017 Canadian Henley.

National Results: Won silver in the pair at the 2019 USRowing Youth National Championships...Won the junior lightweight category (third fastest time ever) at the 2019 C.R.A.S.H.-B. Championships...Won gold in the under 19 eight at the 2018 USRowing Youth Regional Challenge...Finished second in the under 19 lightweight category at the 2018 World Rowing Indoor Championships...Finished seventh in the pair at the 2018 USRowing Youth National Championships...Finished third in the junior lightweight category at the 2017 C.R.A.S.H.-B. Championships...Won the varsity pair at the 2017, 2018 and 2019 New York State Scholastic Championships...Finished eighth in the pair and 12th in the lightweight four with coxswain at the 2017 USRowing Youth National Championships.

Personal: In her free time, Lindsey enjoys spending time with friends, shopping, baking, and running.

Harrison Schofield

Men's Eight

Date of Birth: 1/28/2001

Birthplace: Sarasota, Fla.

Hometown: Sarasota, Fla.

Current Residence: Sarasota, Fla.

Height: 5'11"

Weight: 167

High School: Pine View School

Current Club Affiliation: Sarasota Crew

Current Coach: Jesse Foglia

Training Location: Sarasota, Fla.

National Teams: Three – Junior, 2017-2019

International Results: Finished second in the eight at the 2018 World Rowing Junior Championships...Finished 16th in four at the 2017 World Rowing Junior Championships.

National Results: Placed second in the eight at the 2019 USRowing Youth National Championships...Won gold in the eight at the 2018 USRowing Youth National Championships...Placed second in the youth eight at the 2017 Head of the Charles...Won bronze in eight at the 2017 USRowing Youth National Championships...Finished fifth in the youth eight at the 2016 Head of the Charles.

Personal: Harrison likes scuba diving, sailing, fishing and enjoys the outdoors. He is the youngest of five siblings and found rowing through his brother's experiences.

Erik Spinka

Men's Four

Date of Birth: 3/26/2001

Birthplace: Norwalk, Conn.

Hometown: Southport, Conn.

Current Residence: Southport, Conn.

Height: 6'5"

Weight: 215

High School: Fairfield Prep

Current Club Affiliation: Fairfield Prep Crew

Current Coach: Ed Feldheim

Training Location: Bridgeport, Conn.

National Teams: One – Junior, 2019

International Results: Won gold in the eight at the 2018 CanAmMex Regatta.

National Results: Won the under 19 category at the 2019 C.R.A.S.H.-B. Championships...Placed sixth in the eight at the 2018 NEIRA Championships...Placed sixth in the eight at the 2017 NEIRA Championships...

Personal: Erik enjoys playing basketball and recognizes both of his parents as his personal heroes.

Grant Stephanz

Alternate

Date of Birth: 8/31/2002

Birthplace: New York, N.Y.

Hometown: Larchmont, N.Y.

Current Residence: Larchmont, N.Y.

Height: 6'4"

Weight: 195

High School: Fordham Preparatory School

Current Club Affiliation: RowAmerica Rye

Current Coach: Aleksandar Radovic

Training Location: Rye, N.Y.

National Teams: One – Junior, 2019

International Results: Won gold in the eight and four with coxswain at the 2019 CanAmMex Regatta.

National Results: Finished fifth in the four with coxswain at the 2019 USRowing Youth National Championships.

Personal: Grant enjoys basketball and golf and had two older sisters.

Jackson Stone

Men's Four with Coxswain

Date of Birth: 1/26/2001

Birthplace: Boston, Mass.

Hometown: West Newton, Mass.

Current Residence: West Newton, Mass.

Height: 6'1"

Weight: 185

High School: Belmont Hill School

Current Club Affiliation: Belmont Hill School/Cambridge Boat Club

Current Coaches: Chris Richards, Stephen George, Greg Stone, Raymond Parejo

Training Location: Chula Vista, Calif.

National Teams: One – Junior, 2019

International Results: Won the eight and pair at the 2018 CanAmMex Regatta...Placed third in the eight at the 2018 Canadian Henley Regatta...Placed third in the double sculls, fourth in the four with coxswain, and fifth in the eight at the 2017 Canadian Henley.

National Results: Finished third in the four with coxswain at the 2019 USRowing Youth National Championships...Finished second in the four with coxswain at the 2019 NEIRA Championships...Finished first in the four with coxswain at the 2018 NEIRA Championships...Finished first in the four coxswain at the 2017 NEIRA Championships.

Personal: Jackson enjoys making pottery and playing guitar. He loves country music and looks to Mike DiSanto as his personal hero.

Angela Szabo

Alternate

Date of Birth: 9/4/2002

Birthplace: Budapest, Hungary

Hometown: Sarasota, Fla.

Current Residence: Sarasota, Fla.

Height: 5'9"

Weight: 155

High School: Riverview High School

Current Club Affiliation: Sarasota Crew

Current Coach: Kirby Gallie

Training Location: Sarasota, Fla.

National Teams: One – Junior, 2019

Personal: In her free time, Angela enjoys cooking and dying her hair.

Aidan Wrenn-Walz

Women's Four with Coxswain

Date of Birth: 7/17/2002

Birthplace: Washington, D.C.

Hometown: Arlington, Va.

Current Residence: Arlington, Va.

Height: 5'11"

Weight: 165

High School: Washington-Lee High School

Current Club Affiliation: Washington-Lee Crew/Potomac Boat Club

Current Coaches: Dane Underwood, Marco Bovo

Training Location: Washington, D.C.

National Teams: One – Junior, 2019

International Results: Won silver in the eight at the 2019 Canadian Secondary School Rowing Association Championships.

National Results: Won the eight at the 2019 Virginia State Championships.

Personal: In her free time, Aidan enjoys making art, video editing, and traveling. Her mom rowed for Washington-Lee in high school and went on to row at the University of Wisconsin; her stepdad also rowed for the U.S. Naval Academy and competed on the U.S. National Team at the 1991 Pan American Games.

Zachary Vachal

Men's Four

Date of Birth: 10/10/2001

Birthplace: San Francisco, Calif.

Hometown: San Francisco, Calif.

Current Residence: San Francisco, Calif.

Height: 6'0"

Weight: 180

High School: Lick-Wilmerding High School

Current Club Affiliation: Pacific Rowing Club

Current Coach: Rich Wendling

Training Location: San Francisco, Calif.

National Teams: Two – Junior, 2018-2019

International Results: Placed 10th in the four at the 2018 World Rowing Junior Championships.

National Results: Finished 11th in the eight at the 2019 USRowing Youth National Championships...Finished fifth in the pair at the 2018 USRowing Youth National Championships...Won the under 17 quadruple sculls at the 2017 USRowing Club National Championships.

Personal: Zach enjoys biking and listening to classic rock. He is the middle of three brothers and loves to row for the goal of making his family and community proud.

United States Junior World Championships Finishes: 1970-2018

Junior Men

<u>Year</u>	<u>4+</u>	<u>2x</u>	<u>2-</u>	<u>1x</u>	<u>2+</u>	<u>4-</u>	<u>4x</u>	<u>8+</u>
2018	2	19	17	1	/	10	2	2
2017	6	23	11	1	/	16	7	2
2016	3	23	4	12	/	4	3	2
2015	4	15	10	7	/	5	15	2
2014	11	17	17	6	/	10	10	9
2013	8	17	9	10	/	6	6	7

2012	9	8	12	17	/	12	14	5
2011	8	18	8	21	/	12	10	5
2010	5	19	17	3	/	12	15	1
2009	9	25	13	4	/	9	9	4
2008	8	12	4	15	/	-	21	3
2007	7	-	-	14	/	8	23	5
2006	7	25	-	13	/	-	24	5
2005	4	21	-	20	/	-	-	1
2004	10	19	-	9	-	15	-	5
2003	4	18	-	19	-	10	-	2
2002	7	23	-	21	-	9	-	3
2001	8	19	-	19	8	-	-	7
2000	3	19	-	11	2	-	-	4
1999	11	-	10	15	8	17	-	7
1998	2	-	-	5	11	-	-	4
1997	6	-	-	7	7	-	-	2
1996	14	10	-	13	-	-	-	4
1995	7	-	-	13	7	-	-	7
1994	5	-	13	10	3	-	-	7
1993	5	-	14	18	11	-	-	3
1992	5	-	-	-	4	-	-	1
1991	-	-	-	4	9	-	-	5
1990	10	-	-	dnf	-	-	-	3
1989	10	-	-	-	9	-	-	5
1988	7	dnq	-	8	7	-	dnq	3
1987	8	12	dnq	-	12	-	-	1
1986	8	8	-	11	12	10	-	2
1985	2	-	dnq	5	10	-	-	3
1984	8	10	-	6	6	-	-	4
1983	-	-	-	-	10	-	-	7
1982	-	-	-	dnq	-	-	-	2
1981	dnq	-	-	-	-	-	-	10
1980	dnq	11	-	-	-	8	-	9
1979	-	-	-	-	-	-	-	-
1978	12	-	dnq	dnq	7	12	12	-
1977	9	dnq	8	-	dnq	dnq	-	9
1976	2	dnq	dnq	3	3	9	10	5
1975	10	dnq	dnq	10	6	6	10	7
1974	9	dnq	dnq	-	7	-	6	10
1973	7	12	dnq	11	8	8	/	-
1972	10	dnq	5	8	12	-	/	10
1971	6	dnq	dnq	8	10	12	/	8
1970	4	-	-	4	-	-	/	4

- (-) USA did not enter boats in this event
- (dnq) USA crews did not qualify for placement
- (/) Event not included in schedule

Junior Women

<u>Year</u>	<u>4+</u>	<u>2x</u>	<u>2-</u>	<u>1x</u>	<u>4x+/4x</u>	<u>8+</u>	<u>4-</u>
2018	3	7	2	22	10	2	1
2017	3	17	9	13	5	7	/
2016	3	1	3	7	9	6	/
2015	1	7	3	10	3	3	/
2014	2	12	3	10	7	6	/
2013	1	13	5	14	2	5	/
2012	2	6	2	15	2	2	/
2011	1	9	6	15	4	3	/
2010	2	14	7	10	6	2	/
2009	6	13	6	15	9	1	/
2008	6	12	7	2	13	1	/
2007	8	16	6	9	-	3	/
2006	7	12	8	3	18	2	/
2005	6	15	5	13	-	4	/
2004	4	15	6	10	-	7	/
2003	-	12	7	15	-	2	/
2002	8	17	5	16	-	3	/
2001	2	15	6	13	-	5	/
2000	1*	-	8	-	-	4	/

* First gold medal for a U.S. Junior Women's Crew

1999	4	20	7	12	12	2	/
1998	7	-	7	14	-	5	/
1997	-	-	10	-	-	3	/
1996	7	-	5	-	-	4	/
1995	-	-	7	-	-	9	/
1994	7	-	7	20	-	6	/
1993	4	15	8	-	-	-	/
1992	5	-	6	-	-	3	/
1991	8	-	6	-	-	5	/
1990	7	-	-	-	-	5	/
1989	4	-	-	-	-	5	/
1988	/	-	7	-	-	4	8
1987	/	-	-	-	-	4	4
1986	/	-	-	-	-	-	-
1985	/	-	5	-	-	6	-

JW4x+ becomes JW4x

1984	/	-	6	-	-	4	8
1983	/	-	-	-	10	4	-
1982	/	-	-	-	-	-	-
1981	/	-	6	-	-	-	-
1980	/	-	-	10	-	7	7
1979	/	-	9	-	-	-	-
1978	/	11	dnq	-	7	6	8

(-) 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.

United States Rowing Association (USRowing)

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Glossary of Rowing Terms

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Shell: Can be used interchangeably with boat.

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

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

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

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

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

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

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

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

Viewer's Guide & Frequently Asked Questions

The Race

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

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

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

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

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

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

The Stroke

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

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

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

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

The Equipment

Oars

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

The Boats – Sculls and Shells

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

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

Rowing Quick Facts

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

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

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

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

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

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

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

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

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

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

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

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

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