



**2026 World Rowing Under-19 Championships Media
Guide
August 5-9
Plovdiv, Bulgaria**

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About the 2026 World Rowing Under-19 Championships

The 2026 World Rowing Under-19 Championships will take place in Plovdiv, Bulgaria, from the 5th of August to the 9th. The racing will happen over these five days at the Park “Otdih I kultura” Regatta Venue. Athletes may compete in an Under 19 event until the 31st of December of the year in which they reach the age of 18.

Website: <https://worldrowing.com/event/2026-world-rowing-under-19-championships>

About the Venue

The 2026 World Rowing Under-19 Championships are taking place on the Park “Otdih I kultura” Regatta Venue in the heart of Plovdiv, right off the river Maritsa. The canal was constructed in 1984, finishing in 1988, and was designed specifically for hosting major water sports events. The canal is 2200 meters long with a designated warm-up area and start bridge. The canal is an 8-lane rowing course that also has a finish tower, a boathouse, grandstands, and is completely wheelchair accessible. Plovdiv has been hosting regattas on the canal since 1988, including the World U19 Rowing Championships in 1999, 2012, and 2021.

Event List

JM1x	Men’s Single Sculls
JW1x	Women’s Single Sculls
JM2x	Men’s Double Sculls
JW2x	Women’s Double Sculls
JMix2x	Mixed Double
JM2-	Men’s Pair
JW2-	Women’s Pair
JM4x	Men’s Quadruple Sculls
JW4x	Women’s Quadruple Sculls
JM4-	Men’s Four
JW4-	Women’s Four
JM8+	Men’s Eight
JW8+	Women’s Eight
JMix8+	Mixed Eight

General Schedule of Events

Wednesday, August 5th- Practice and spares races

Thursday, August 6th- Heats and Quarterfinals for Men's Double Sculls

Friday, August 7th- Quarterfinals for single sculls, Placement finals, Semifinals.

Saturday, August 8th-Semifinals and Placement finals

Sunday, August 9th- A and B finals for all remaining boats

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

<https://worldrowing.com/event/2026-world-rowing-under-19-championships/?tab=information>

How to Follow the Event

1. All press releases, athlete bios, photos and videos, and news will be featured on the [U.S. Rowing](#) website.
2. Live audio commentary, live race tracker, and live streaming will be available on www.worldrowing.com. Exact schedule to be announced.
3. Startlists, exact schedule, results, news, photos, and a live blog including quotes from athletes will also be on the World Rowing website.
4. News and results will be shared on the social media accounts of both USRowing and World Rowing.

2026 World Rowing Under-19 Championships Roster

Name (Boat Position) (Hometown/club/Affiliation)

(Lineups subject to change)

Men's Single Sculls

Porter Collins (Houston, Texas/Greater Houston Rowing Club)

Men's Double Sculls

Graham Matlock (s) (Eldridge, Iowa/Y Quad Cities Rowing)

Andrew Vizecky (b) (Little Canada, Minn./Unaffiliated)

Women's Double Sculls

Addi Levensten (Philadelphia, Pa./Black Sheep Racing)

Kathryn McClellan (Vancouver, Wash./Vancouver Lake Rowing Club)

Mixed Double Sculls

Dean Burton (s) (New York, N.Y./Phillips Academy Andover)

Shay Triepel (b) (Virginia Beach, Va./Coastal Virginia Community Rowing)

Men's Quadruple Sculls

Dean Burton (s) (New York, N.Y./Phillips Academy Andover)

Rowan Arendt (3) (Philadelphia, Pa./Conshohocken Rowing Center, Inc.)

Brogan Fernald (2) (Eliot, Maine/Great Bay Rowing)

Goose Faynsod (b) (Manhattan Beach, Calif./Marina Aquatic Center)

Women's Quadruple Sculls

Clare Junius (s) (Greenwich, Conn./RowAmerica Greenwich)

Sydney Vilhelm (3) (Orlando, Fla./South Orlando Rowing Association)

Naomi Ronen (2) (Nyack, N.Y./Rockland Rowing Association, Inc.)

Shay Triepel (b) (Virginia Beach, Va./Coastal Virginia Community Rowing)

Men's Four

Noah Arismendez (s) (San Francisco, Calif./Marin Rowing Association)

Howard Elliot Davis (3) (Belmont, Mass./ Noble & Greenough School)

John Piersma (2) (Cincinnati, Ohio/ Cincinnati Juniors)

Vrishank Nalla (b) (West Windsor, N.J./ PNRA/Mercer)

Women's Four

Sophie Rostad (s) (Milwaukee, Wisc./The Milwaukee Rowing Club)
Angela Johnson (3) (Alpharetta, Ga./St. Andrew Rowing Club)
Tessa Murphy (2) (Greenwich, Conn./Greenwich Crew)
Olivia Lill (b) (Saratoga Springs, N.Y./Saratoga Rowing Association, Inc.)

Men's Eight

Jacob Bobrow (c) (San Rafael, Calif./Marin Rowing Association)
Cole Martin (s) (Tewksbury, N.J./PNRA/Mercer)
Ethan Pirigyi (7) (Buffalo, N.Y./Canisius High School)
Beckett Kallman (6) (Gainesville, Fla./Gainesville Area Rowing, Inc.)
Peter Ward (5) (San Mateo, Calif./NorCal)
Patrick Meredith Caldwell (4) (Chattanooga, Tenn./McCallie School)
Parker Mansfield (3) (Greenfield Center, N.Y./Saratoga Rowing Association)
Charlie Winder (2) (Boston, Mass./RowAmerica Rye)
Malcolm Stanton (b) (Belmont, Mass./Community Rowing, Inc.)

Women's Eight

Evelyn Mace (c) (Boston, Mass./Community Rowing, Inc.)
Camilla Calderwood (s) (Darien, Conn./Connecticut Boat Club)
Caitlin Cecere (7) (Montclair, N.J./Montclair High School)
Ava Smith (6) (Ambler, Pa./Mount Saint Joseph Academy)
Ellah Taylor (5) (Knoxville, Tenn./Atomic Rowing)
Maija Andert (4) (Windemere, Fla./Orlando Area Rowing Society)
Lynn Gulli (3) (Greenwich, Conn./Greenwich Crew)
Francine Carr (2) (San Diego, Calif./San Diego Rowing Club)
Isabella Roberts (b) (Roseville, Calif./Capital Crew)

Mixed Eight

Jacob Bobrow (c) (San Rafael, Calif./Marin Rowing Association)
Sophie Rostad (8) (Milwaukee, Wisc./The Milwaukee Rowing Club)
Angela Johnson (7) (Alpharetta, Ga./St. Andrew Rowing Club)
Noah Arismendez (6) (San Francisco, Calif./Marin Rowing Association)
Howard Elliot Davis (5) (Boston, Mass./ Noble & Greenough School)
John Piersma (4) (Cincinnati, Ohio/ Cincinnati Juniors)
Vrishank Nalla (3) (West Windsor, N.J./ PNRA/Mercer)
Tessa Murphy (2) (Greenwich, Conn./Greenwich Crew)
Olivia Lill (b) (Saratoga Springs, N.Y./Saratoga Rowing Association, Inc.)

Alternates

Harper Skey (Palo Alto, Calif./Redwood Scullers)

Connor Cross (Piedmont, Calif./Oakland Strokes)

Brayden Collins (Lawrenceville, N.J./PRNA/Mercer)

Suzanne Reardon (Draper, Utah/Waterford Crew)

Charlotte Green (Washington, D.C./DC National Rowing Club)

Olivia Peters (Boston, Mass./Noble & Greenough School)

Coaches

Geordie Macleod - Men's Four

Caitlin McClain - Women's Four

James Konopka - Men's Quadruple Sculls

Carol Dinion - Women's Quadruple Sculls

Jamie Phelps - Men's and Women's Double Sculls

Nick Haley - Men's Eight

Allison Foster - Women's Eight

Porter Collins Sr. - Men's Single Sculls

Rowers by State



California (8)

Noah Arismendez
Jacob Bobrow
Francine Carr
Connor Cross
Goose Faynsod
Isabella Roberts
Harper Skey
Peter Ward

Connecticut (4)

Camilla Calderwood
Lynn Gulli
Clare Junius
Tessa Murphy

Florida (3)

Maija Andert
Beckett Kallman
Sydney Vilhelm

Georgia (1)

Angela Johnson

Iowa (1)

Graham Matlock

Maine (1)

Brogan Fernald

Massachusetts (5)

Howard Elliot Davis

Evelyn Mace

Olivia Peters

Malcolm Stanton

Charlie Winder

Minnesota (1)

Andrew Vizecky

New Jersey (4)

Caitlin Cecere

Brayden Collins

Cole Martin

Vrishank Nalla

New York (5)

Dean Burton

Olivia Lill

Parker Mansfield

Ethan Pirigyi

Naomi Ronen

Ohio (1)

John Piersma

Pennsylvania (3)

Rowan Arendt

Addi Levensten

Ava Smith

Tennessee (2)

Patrick Meredith Caldwell

Ellah Taylor

Texas (1)

Porter Collins

Utah (1)

Suzanne Reardon

Virginia (1)

Shay Triepel

Washington (1)

Kathryn McClellan

Washington D.C. (1)

Charlotte Green

Wisconsin (1)

Sophie Rostad

Under-19 National Team Athlete Bios

Maija Andert

Women's Eight

Birthdate: 10/8/2008

Hometown: Windermere, Fla.

Height: 5'9"

Weight: 155

Pronouns: she/her

School: Olympia High School

Current Club Affiliations: Orlando Area Rowing Society

Current Coach: Kirsten Anderson, JM Francis, Emily Goldsmith, and Michael Small

Training Location: Orlando, Fla.

National Teams: One- U19, 2026

National Results: Won gold in the pair at the 2026 Southeast Regional Championships. Finished fourth in the pair at the 2026 USRowing Youth National Championships. Finished second in the varsity eight at the 2025 FSRA Sweep States. Finished seventh in the pair at the 2025 USRowing Youth National Championships. Won bronze in the pair at the 2025 Southeast Regional Championships. Champion in the Freshman 4x at 2024 FSRA Sculling States State Champion finished seventh in the U17 eight at the 2024 Youth National Championships.

Personal: Maija is committed to the University of Texas. When not rowing, she enjoys drawing, reading, swimming, sailing, pickleball, bracelet making, bedazzling, going to Disney, eating, boating, and playing Roblox. Her favorite musicians are Neil Diamond, Queen, and Elton John. Her twin sister is also her pair partner.

Rowan Arendt

Men's Quadruple Sculls

Birthdate: 7/7/2009

Hometown: Philadelphia, Pa.

Height: 6'4"

Weight: 205

Pronouns: he/him

School: Central High School

Current Club Affiliations: Conshohocken Rowing Center

Current Coach: Aaron Preetam and Craig Hoffman

Training Location: Philadelphia, Pa.

National Teams: One-U19, 2026

Personal: Rowan's favorite pre-race meal is pancakes. His favorite song to erg to is Lights Burn Dimmer by Fred Again.

Noah Arismendez

Men's Four and Mixed Eight

Birthdate: 3/6/2009

Hometown: San Francisco, Calif.

Height: 6'0"

Weight: 188

Pronouns: he/him

School: Laurel Springs Online High School

Current Club Affiliations: Marin Rowing Association

Current Coach: Geordie Macleod and Amanda Harvey

Training Location: Greenbrae, Calif.

National Teams: One- U19, 2026

Personal: Noah likes reading, writing, and math.

Jacob Bobrow

Men's Eight and Mixed Eight

Birthdate: 5/24/2008

Hometown: San Rafael, Calif.

Height: 5'10"

Weight: 121

Pronouns: he/him

School: Terra Linda High School

Current Club Affiliations: Marin Rowing Association

Current Coach: Geordie Macleod

Training Location: Greenbrae, Calif.

National Teams: One- U19, 2026

International Results: Quarterfinalist in the Princess Elizabeth Challenge Cup at the 2025 Henley Royal Regatta.

National Results: Earned bronze in the eight at the 2026 and 2025 USRowing Youth National Championships. Earned silver in the youth eight at the 2024 Head of the Charles.

Personal: Jacob's favorite workout is a coxswain 500.

Dean Burton

Men's Quadruple Sculls

Birthdate: 11/30/2008

Hometown: New York, N.Y.

Height: 6'1"

Weight: 164

Pronouns: he/him

School: Phillips Academy Andover

Current Club Affiliations: Phillips Academy Andover/New York Athletic Club

Current Coach: Michael Martinov and Taylor Washburn

Training Location: Andover, Mass.

National Teams: One- U19, 2026

National Results: Finished second at the 2026 U19 trials in the single sculls.

Personal: Dean is headed to Cornell University in the fall. Dean likes eating potatoes and meat before a race. He found rowing after his mom signed him up for it.

Camilla Calderwood

Women's Eight

Birthdate: 8/18/2008

Hometown: Darien, Conn.

Height: 6'2"

Pronouns: she/her

Current Club Affiliations: Connecticut Boat Club

Current Coach: Liz Trond

Training Location: Norwalk, Conn.

National Teams: One- U19, 2026

National Results: Earned silver in the four at the 2025 USRowing Youth National Championships.

Personal: Camilla likes playing the trumpet, teaching her dogs tricks, and crafting when she is not rowing. She loves the television show Gilmore Girls and listening to music by Harry Styles.

Patrick Meredith Caldwell

Men's Eight

Birthdate: 3/18/2008

Hometown: Chattanooga, Tenn.

Height: 6'3"

Weight: 190

Pronouns: he/him

School: McCallie School

Current Club Affiliations: McCallie School

Current Coach: Sean McCourt and Connor Ilchert

Training Location: Chattanooga, Tenn.

National Teams: One- U19, 2026

Personal: When not rowing, he likes playing disc golf, trail running, and hiking. His favorite post-workout snack is Lucky Charms with chocolate milk. His favorite workout is doing hill runs.

Francine (Frankie) Carr

Women's Eight**Birthdate:** 4/29/2009**Hometown:** San Diego, Calif.**Height:** 5'9"**Pronouns:** she/her**Current Club Affiliations:** San Diego Rowing Club**Current Coach:** Patrick Kington**Training Location:** San Diego, Calif.**National Teams:** One- U19, 2026**National Results:** Finished ninth in the four at the 2026 US Rowing Youth National Championships.**Personal:** In her free time, Frankie likes going to the beach and walking her dog. Her favorite erg song is Blessings by Calvin Harris.**Caitlin (Cait) Cecere****Women's Eight****Birthdate:** 8/17/2009**Hometown:** Montclair, N.J.**Height:** 5'11"**Weight:** 185**School:** Montclair High School**Current Club Affiliations:** Montclair Rowing**Current Coach:** Lorna Rundle and Jeremy Michalitsianos**Training Location:** Montclair, N.J.**National Teams:** Two- U19, 2025-2026**International Results:** Earned silver in the eight at the 2025 U19 World Rowing Championships.**National Results:** Won gold in the women's youth pair and finished ninth in the women's youth eight at the 2025 USRowing Youth National Championships. Finished fifth in the Women's U17 eight at the 2024 USRowing Youth National Championships.**Personal:** Cait likes weightlifting, art, writing, walking, and hanging out with her family. Her favorite erg song is Thunderstruck by ACDC.**Brayden Collins****Men's Alternate****Birthdate:** 10/13/2009**Hometown:** Lawrenceville, N.J.**Pronouns:** he/him**School:** Lawrence High School**Current Club Affiliations:** Princeton National Rowing Association/Mercer

Current Coach: Jamie Hamp and Mike Hurley

Training Location: West Windsor, N.J.

National Teams: One- U19, 2026

National Results: Finished fourth in the men's eight at the 2026 USRowing Youth National Championships. Finished fifth in the men's eight at the 2025 USRowing Youth National Championships

Porter Collins

Men's Single Sculls

Birthdate: 8/1/2008

Hometown: Houston, Tex.

Height: 6'6"

Weight: 195

Pronouns: he/him

School: St. John's School

Current Club Affiliations: Greater Houston Rowing

Current Coach: Porter Collins Sr.

Training Location: Houston, Tex.

National Teams: Two-U19, 2025-2026

National Results: Won the single sculls at the 2026 U19 Trials. Finished sixth in the men's youth single sculls at the 2025 USRowing Youth National Championships. Won bronze in the men's U17 single sculls at the 2024 USRowing Youth National Championships.

Personal: Porter likes fishing, tennis, golfing, volleyball, and lacrosse. After rowing, he wants to go into a career in politics or energy. He loves Oasis. Father, Porter Collins, is a three-time world champion for the US national team and finished fifth in the Men's eight at the 2000 Olympics in Sydney, Australia.

Connor Cross

Men's Alternate

Birthdate: 4/28/2009

Hometown: Piedmont, Calif.

Height: 6'5"

Weight: 195

Pronouns: he/him

School: Piedmont High School

Current Club Affiliations: Oakland Strokes

Current Coach: Jovan Jovanovic

Training Location: Oakland, Calif.

National Teams: One- U19, 2026

National Results: Earned silver in the four at the 2026 USRowing Youth National Championships.

Personal: Connor found the sport of rowing through his dad. His favorite workout is six by ten minutes with two minutes rest.

Howard Elliot Davis

Men's Four and Mixed Eight

Birthdate: 7/12/2009

Height: 6'2"

Weight: 196

Pronouns: he/him

School: Noble & Greenough School

Current Club Affiliations: Nobles Crew

Current Coach: Adam Balogh

Training Location: Boston, Mass.

National Teams: One- U19, 2026

National Results: Earned bronze in the four with coxswain at the 2026 USRowing Youth National Championships. Won gold in the four with coxswain at the 2026 NEIRA Championships. Earned bronze in the U17 four with coxswain at the 2025 Head of the Charles. Earned silver in the U17 four with coxswain at the 2025 USRowing Youth National Championships.

Personal: Elliot likes sailing, fishing, and photography. Elliot loves country music, particularly modern-day country music.

Goose Faynsod

Men's Quadruple Sculls

Birthdate: 3/14/2008

Hometown: Manhattan Beach, Calif.

Height: 6'0"

Weight: 160

Pronouns: he/him

School: Mira Costa High

Current Club Affiliations: Marina Aquatic Center Rowing

Current Coach: Cat Hamilton, Matt Smith, and David Burke

Training Location: Marina del Rey, Calif.

National Teams: One- U19, 2026

National Results: Earned bronze in the single sculls at the 2026 US Rowing Youth National Championships. Won gold in the single sculls at the 2025 and 2026 Southwest Youth Regionals.

Personal: Goose loves fishing, golfing, and cooking. He would like to go into finance after rowing. Goose is headed to Princeton's lightweight rowing program in the fall.

Brogan Fernald**Men's Quadruple Sculls****Birthdate:** 8/1/2008**Hometown:** Eliot, Maine**Height:** 6'2"**Weight:** 181**Pronouns:** he/him**School:** Fernald Family Prep Homeschool**Current Club Affiliations:** Great Bay Rowing**Training Location:** Dover, N.H.**National Teams:** One- U19, 2026**International Results:** Earned silver in the single sculls at the 2025 International Rowing Challenge.**National Results:** Finished third in the single sculls at the 2026 U19 Speed Trials. Earned bronze in the double sculls at the 2026 US Rowing Youth National Championships.**Personal:** Brogan likes chopping wood, lathe work, rock climbing, listening to science podcasts, biking, and playing board games with his family.**Charlotte Green****Women's Alternate****Birthdate:** 2/23/2009**Hometown:** Washington, D.C.**Height:** 6'1"**Weight:** 146**Pronouns:** she/her**School:** Maret School**Current Club Affiliations:** DC National Rowing Club**Current Coach:** Julian Canha and Norah Fennelly**Training Location:** Washington, D.C.**National Teams:** One- U19, 2026**National Results:** Won gold in the coxed four at the 2026 USRowing Youth National Championships.**Personal:** Charlotte's favorite pre-race meal is a plain bagel and a banana. She started rowing because her older brother started and inspired her. Her favorite workout is six by 500 meters.**Lynn Gulli****Women's Eight****Birthdate:** 10/27/2009

Hometown: Greenwich, Conn.

Height: 5'9"

Weight: 145

Pronouns: she/her

School: Greenwich High School

Current Club Affiliations: Greenwich Crew

Current Coach: Paul Rugeberg

Training Location: Greenwich, Conn.

National Teams: One- U19, 2026

National Results: Finished fifth in the eight at the 2025 and 2026 USRowing Youth National Championships. Earned bronze in the youth eight at the 2024 and 2025 Head of the Charles.

Personal: Lynn's favorite pre-race meal is a bagel with peanut butter. Her favorite workout is four by 2k.

Angela Johnson

Women's Four and Mixed Eight

Birthdate: 7/29/2010

Hometown: Roswell, Ga.

Height: 6'1"

Weight: 170

Pronouns: she/her

School: Rivers Academy

Current Club Affiliations: St. Andrew Rowing Club

Current Coach: Rob Canavan

Training Location: Roswell, Ga.

National Teams: Two- U19, 2025-2026

National Results: Finished eighth in the eight at the 2026 USRowing Youth National Championships. Finished fourth in the youth eight at the 2025 Head of the Charles. Finished eighth in the women's youth eight at the 2024 Head of the Charles. Finished third in the women's U17 eight at the 2024 USRowing Youth National Championships.

Clare Junius

Women's Quadruple Sculls

Birthdate: 6/14/2008

Hometown: Greenwich, Conn.

Height: 5'11"

Weight: 160

Pronouns: she/her

School: Sacred Heart Greenwich

Current Club Affiliations: RowAmerica Greenwich

Current Coach: Costel Mutescu

Training Location: Greenwich, Conn.

National Teams: Two- U19, 2025-2026

International Results: Finished 11th in the quadruple sculls at the 2025 U19 World Rowing Championships.

National Results: Won bronze in the women's single sculls at the 2025 USRowing Youth National Championships. Finished fourth in the women's youth single sculls at the 2024 Head of the Charles. Finished fifth in the women's U17 single sculls at the 2024 USRowing Youth National Championships. Finished 11th in the women's youth single sculls at the 2023 Head of the Charles. Won silver in the women's youth single sculls and bronze in the women's youth double sculls at the 2023 USRowing Summer National Championships.

Beckett Kallman

Men's Eight

Birthdate: 8/27/2008

Hometown: Gainesville, Fla.

Height: 6'6"

Weight: 218

Pronouns: he/him

School: Gainesville High School

Current Club Affiliations: Gainesville Area Rowing

Current Coach: Garrett Bauer

Training Location: Gainesville, Fla.

National Teams: One- U19, 2026

Personal: Beckett likes to read and hike in his free time. His favorite movie is Forrest Gump. Beckett is headed to the University of Pennsylvania in the fall.

Addison (Addi) Levensten

Women's Double Sculls

Birthdate: 8/25/2008

Hometown: Philadelphia, Pa.

Height: 5'10"

Weight: 148

Pronouns: she/her

School: Harriton High School

Current Club Affiliations: Black Sheep Racing

Current Coach: Michael Sean Hall

Training Location: Philadelphia, Pa.

National Teams: One- U19, 2026

National Results: Earned bronze in the double sculls at the 2026 USRowing Youth National Championships. Finished fifth in the U19 single sculls at the 2025 Head of the Schuylkill.

Personal: Addi loves hiking, baking, biking, and surfing. Her favorite erg song is Crazy in Love by Beyoncé. She loves the television show Friends. Addi is headed to Duke this fall.

Olivia Lill

Women's Four and Mixed Eight

Birthdate: 7/23/2008

Hometown: Saratoga, N.Y.

Height: 5'10"

Weight: 155

Pronouns: she/her

Current Club Affiliations: Saratoga Rowing Association

Current Coach: Abbie Peckham and Mike Macminn

Training Location: Saratoga, N.Y.

National Teams: One- U19, 2026

Personal: Olivia is set to go to the University of Central Florida next fall.

Evelyn Mace

Women's Eight

Birthdate: 3/11/2008

Hometown: Boston, Mass.

Pronouns: she/her

Current Club Affiliations: Community Rowing, Inc.

Current Coach: Skye Elliot

Training Location: Boston, Mass.

National Teams: One- U19, 2026

Parker Mansfield

Men's Eight

Birthdate: 2/26/2009

Hometown: Greenfield, N.Y.

Height: 6'5"

Weight: 220

Pronouns: he/him

School: Saratoga Springs High School

Current Club Affiliations: Saratoga Rowing Association

Current Coach: Mike Macminn, Donnie Jensen, and Tessa Yurko

Training Location: Saratoga Springs, N.Y.

National Teams: Two-U19, 2025-2026

National Results: Finished 15th in the men's eight at the 2025 USRowing Youth National Championship. Finished 13th in the men's youth eight at the 2024 Head of the Charles. Finished tenth in the men's eight at the 2024 USRowing Youth National Championship. Won bronze in the men's U15 quadruple sculls with coxswain at the 2023 Youth National Championships.

Personal: Parker likes reading, playing music, and skiing. After he is done rowing, he would like to travel the world and give back to the sport. His favorite books are *The Grapes of Wrath* by John Steinbeck, *How Bad Do You Want It* by Matt Fitzgerald, and *The Sun Also Rises* by Ernest Hemingway. His favorite musicians are Tame Impala, Pearl Jam, Kanye West, James Brown, Marvin Gaye, John Coltrane, and Jay-Z.

Cole Martin

Men's Eight

Birthdate: 12/31/2008

Hometown: Tewksbury, N.J.

Height: 6'5"

Weight: 195

Pronouns: he/him

School: Voorhees High School

Current Club Affiliations: Princeton National Rowing Association/Mercer

Current Coach: Jamie Hamp

Training Location: West Windsor, N.J.

National Teams: One- U19, 2026

National Results: Finished fourth in the eight at the 2026 USRowing Youth National Championships. Finished fifth in the eight at the 2025 USRowing Youth National Championships.

Personal: Cole likes wakesurfing on the lake, skiing out west in the winter, and spending time with his family. His favorite movies are *Days of Thunder* and *Talladega Nights*. Cole wanted to include something that drives him: "Don't stop until you are there".

Graham Matlock

Men's Double Sculls

Birthdate: 11/11/2008

Hometown: Eldridge, Iowa

Height: 6'2"

Weight: 165

Pronouns: he/him

School: Rivermont High School

Current Club Affiliations: Y Quad Cities

Current Coach: Dr. Peter Sharis, Jamie Whalen, and Audra Weber

Training Location: Moline, Ill.

National Teams: One- U19, 2026

National Results: Won gold in the double sculls at the 2025 and 2026 USRowing Youth National Championships. Won gold and set a course record in the youth double at the 2025 Head of the Charles.

Kathryn (Katie) McClellan

Women's Eight

Birthdate: 7/9/2009

Hometown: Vancouver, Wash.

Height: 6'0"

Weight: 170

Pronouns: she/her

School: Columbia River High School

Current Club Affiliations: Vancouver Lake Rowing Club

Current Coach: Jamie Phelps, Allegra Goodrich, and Richard Laurence

Training Location: Vancouver, Wash.

National Teams: One- U19, 2026

National Results: Earned bronze in the U17 double sculls at the 2024 and 2025 USRowing Youth National Championships.

Personal: Katie enjoys spending time with friends, speaking Spanish, and listening to music. Her favorite erg song is Dragula by Rob Zombie. After rowing, she would like to work in finance. Her favorite musicians are Malcolm Todd, Leon Bridges, Role Model, Phoebe Bridgers, and Kid Cudi.

Tessa Murphy

Women's Four and Mixed Eight

Birthdate: 6/29/2008

Hometown: Greenwich, Conn.

Height: 5'8"

Weight: 136

Pronouns: she/her

School: Greenwich High School

Current Club Affiliations: Greenwich Crew

Current Coach: Paul Ruggeberg

Training Location: Greenwich, Conn.

National Teams: One- U19, 2026

National Results: Finished fifth in the eight at the 2026 USRowing Youth National Championships. Earned bronze in the four at the 2025 USRowing Youth National Championships. Earned bronze in the youth eight at the 2024 and 2025 Head of the Charles.

Personal: Tessa likes eating a cinnamon raisin bagel before a race. After rowing, she would like to go premed and then become a surgeon. Tessa is heading to Stanford University in the fall.

Vrishank (Vrr-ih-shah-nk) Nalla

Men's Four and Mixed Eight

Birthdate: 5/7/2008

Hometown: West Windsor, N.J.

Height: 6'3"

Weight: 190

Pronouns: he/him

School: West Windsor-Plainsboro High School

Current Club Affiliations: Princeton National Rowing Association/ Mercer

Current Coach: Jamie Hamp and Mike Hurley

Training Location: West Windsor, N.J.

National Teams: One-U19, 2026

International Results: Finished third in the U17 eight and U17 four with coxswain at the 2024 Royal Canadian Henley.

National Results: Finished fourth in the men's eight at the 2026 US Rowing Youth National Championships. Won the pair at the 2025 U19 Speed Trials. Finished fifth in the men's eight at the 2025 USRowing Youth National Championships. Earned bronze in the youth four with coxswain at the 2024 Head of the Charles.

Personal: Vrishank enjoys biking, playing guitar, playing tennis, and playing pickleball. He found rowing after doing a summer camp one year. His favorite television show is Outer Banks and his favorite musicians are Led Zeppelin and Nickelback. Vrishank is headed to the University of Wisconsin in the fall.

Olivia Peters

Women's Alternate

Birthdate: 11/1/2008

Hometown: Boston, Mass.

Height: 5'10"

Pronouns: she/her

School: Noble & Greenough School

Current Club Affiliations: Nobles Crew

Current Coach: Blair Crawford and Abby Knight

Training Location: Dedham, Mass.

National Teams: One- U19, 2026

Personal: Olivia found rowing through her dad, who rowed in high school. Her older sister, Hannah, also rowed on the national team. She is eternally grateful to her family and friends. Her

mom, Dad, and siblings have pushed her to be better inside and outside this sport. Their support means the world to her.

John Piersma

Men's Four and Mixed Eight

Birthdate: 1/18/2008

Hometown: Cincinnati, Ohio

Height: 6'6"

Weight: 200

Pronouns: he/him

School: St. Xavier High School

Current Club Affiliations: Cincinnati Junior Rowing Club

Current Coach: Gregory Hull, Daniel Puttman, Paul Schmid

Training Location: Newport, Ky.

National Teams: Two- U19, 2025-2026

National Results: Finished sixth in the men's eight at the 2025 USRowing Youth National Championships. Finished sixth in the U17 men's eight at the 2024 USRowing Youth National Championships.

International Results: Finished fourth in the four at the 2025 U19 World Rowing Championships.

Personal: John is headed to Stanford in the fall.

Ethan Pirigyi (Pur-ree-gee)

Men's Eight

Birthdate: 1/22/2008

Hometown: Buffalo, N.Y.

Height: 6'5"

Weight: 210

Pronouns: he/him

School: Canisius High School

Current Club Affiliations: Canisius Rowing

Current Coach: Jacob Filby and Thomas Flaherty

Training Location: Buffalo, N.Y.

National Teams: One- U19, 2026

Personal: Ethan loves skiing and cycling. His favorite books are Tuesdays with Morrie by Mitch Albom and A Separate Peace by John Knowles. Ethan is headed to Brown in the fall.

Suzanne (Suzy) Reardon

Women's Alternate**Birthdate:** 12/30/2008**Hometown:** Draper, Utah**Height:** 5'10"**Weight:** 163**Pronouns:** she/her**School:** The Waterford School**Current Club Affiliations:** Waterford Crew**Current Coach:** Dan Salerno and Micah Boyd**Training Location:** Draper, Utah**National Teams:** One-U19, 2026

Personal: When not rowing, Suzy enjoys ceramics and playing the cello. She has played in Hungary, Czechia, Slovakia, and Austria. After rowing, she would like to go into data science focusing on sports or finance. Her favorite television shows are Gilmore Girls and Gossip Girl. She loves Christopher Nolan movies.

Isabella Roberts**Women's Eight****Birthdate:** 7/5/2009**Hometown:** Roseville, Calif.**Height:** 5'9"**Weight:** 155**Pronouns:** she/her**School:** Oakmont High School**Current Club Affiliations:** Capital Crew**Current Coach:** Rich Wendling**Training Location:** Gold River, Calif.**National Teams:** One- U19, 2026

National Results: Finished 15th in the eight at the 2026 USRowing Youth National Championships. Finished fifth in the U17 four with coxswain at the 2025 USRowing Youth National Championships.

Personal: Isabella enjoys running, biking, reading, being outdoors, spending time with family and friends, and playing card and board games. You can always find her reading a new book. After rowing, she wants to work in politics. Isabella is headed to Stanford in the fall of 2027.

Naomi Ronen**Women's Quadruple Sculls****Birthdate:** 3/28/2008**Hometown:** Nyack, N.Y.**Height:** 5'11"

Weight: 165

Pronouns: she/her

Current Club Affiliations: Rockland Rowing

Current Coach: Macarena Urdiles

Training Location: Valley Cottage, N. Y.

National Teams: One- U19, 2026

National Results: Finished seventh in the single sculls at the 2026 USRowing Youth National Championships. Finished ninth in the U19 single sculls at the 2025 Head of the Charles.

Personal: Naomi likes reading, hiking, and exploring coffee shops and cities. Her favorite pre-race meal is hummus with chicken and pita. Her favorite television shows are the Office and Friends. Her sister rows at Stanford.

Sophie Rostad

Women's Four and Mixed Eight

Birthdate: 12/4/2008

Hometown: Milwaukee, Wisc.

Height: 6'1"

Pronouns: she/her

School: Whitefish Bay High School

Current Club Affiliations: Milwaukee Rowing Club

Current Coach: Zoë Tiffin

Training Location: Milwaukee, Wisc.

National Teams: One- U19, 2026

National Results: Finished 11th at the 2025 Head of the Charles.

Personal: Sophie loves creating DJ mashups and experimenting with music. Her favorite song to erg to is Power by Kanye West.

Harper Skey

Men's Alternate

Birthdate: 2/16/2009

Hometown: Palo Alto, Calif.

Height: 6'3"

Weight: 190

Pronouns: he/him

School: Palo Alto High School

Current Club Affiliations: Redwood Scullers

Current Coach: Monica Hilcu

Training Location: Redwood City, Calif.

National Teams: One- U19, 2026

Personal: Harper enjoys coding. His favorite erg song is Killing in the Name by Rage Against the Machine.

Ava Smith

Women's Eight

Birthdate: 8/15/2008

Hometown: Ambler, Pa.

Height: 5'8"

Weight: 179

Pronouns: she/her

School: Mount Saint Joseph Academy

Current Club Affiliations: Mount Crew

Current Coach: Alanna McCloy and Mike McKenna

Training Location: Conshohocken, Pa.

National Teams: One- U19, 2026

National Results: Finished sixth in the eight at the 2025 USRowing Youth National Championships. Finished eighth in the eight at the 2024 USRowing Youth National Championships. Won gold in the varsity eight at the 2024 Stotesbury Cup Regatta.

Personal: When not rowing, Ava loves to draw, read, and bake. It is said that she makes the best banana chocolate chip muffins. Her favorite post-workout snack is a popsicle. She loves the musician Lord Huron. After rowing, she would like to pursue a career in engineering. She comes from a family of rowers. Her father, Don Smith, was a two-time Olympian; her brother, Luke Smith, was on the U19 national team in 2023 and rows at Stanford; and her sister, Addy Smith, rows at Texas. She is headed to the University of California, Berkeley in the fall.

Malcolm Stanton

Men's Eight

Birthdate: 2/7/2008

Hometown: Belmont, Mass.

Height: 6'3"

Pronouns: he/him

Current Club Affiliations: Community Rowing, Inc.

Current Coach: Kevin McCarthy

Training Location: Boston, Mass.

National Teams: One- U19, 2026

National Results: Finished fifth in the eight at the 2026 US Rowing Youth National Championships.

Ellah Taylor**Women's Eight**

Birthdate: 2/4/2009

Hometown: Knoxville, Tenn.

Height: 5'11"

Weight: 179

Pronouns: she/her

School: ICL Academy

Current Club Affiliations: Atomic Rowing

Current Coach: Scott Charatte

Training Location: Oak Ridge, Tenn.

National Teams: One- U19, 2026

National Results: Finished fifth in the double sculls at the 2026 US Rowing Youth National Championships. Won gold and set a course record in the U17 Four with coxswain at the 2025 Head of the Charles. Earned silver in the U17 four with coxswain at the 2024 and 2025 USRowing Youth National Championships.

Personal: Ellah enjoys drawing, painting, reading, being outside, and playing with her dogs. Ellah would like to row her entire life; she sees it as a lifelong sport. She loves action and horror movies, specifically the Jurassic Park movies.

Shay Triepel (tree-pole)**Women's Quadruple Sculls and Mixed Double Sculls**

Birthdate: 9/15/2008

Hometown: Virginia Beach, Va.

Height: 5'9"

Weight: 150

Pronouns: she/her

School: Frank W. Cox High School

Current Club Affiliations: Coastal Virginia Community Rowing

Current Coach: Melissa Kuch

Training Location: Virginia Beach, Va.

National Teams: One- U19, 2026

National Results: Won gold in the single sculls at the 2026 US Rowing Youth National Championships. Won gold in the single sculls at the 2026 SRAA Championships. Won gold in the single sculls at the 2026 Stotesbury Cup.

Personal: Shay likes charcoal architectural drawing, oil painting, and any outdoor activity. She wants to go into a career in Nuclear Engineering. Shay is a twin.

Sydney Vilhelm**Women's Quadruple Sculls****Birthdate:** 4/8/2009**Hometown:** Orlando, Fla.**Height:** 5'10"**Weight:** 150**Pronouns:** she/her**School:** Innovation High School**Current Club Affiliations:** South Orlando Rowing Association**Current Coach:** Terry Davison**Training Location:** Orlando, Fla.**National Teams:** One- U19, 2026**National Results:** Won gold in the U17 single sculls at the 2025 USRowing Youth National Championships.**Personal:** When not rowing, Sydney enjoys being with friends and doing arts and crafts. After rowing, she would like to pursue a career in medicine and help people.**Andrew (Andy) Vizecky****Men's Double Sculls****Birthdate:** 1/23/2009**Hometown:** Little Canada, Minn.**Height:** 6'0"**Weight:** 195**Pronouns:** he/him**School:** Mounds View Senior High School**Current Club Affiliations:** Unaffiliated**Training Location:** St. Paul, Minn.**National Teams:** Two- U19, 2025-2026**International Results:** Finished 14th in the quadruple sculls at the 2025 U19 World Rowing Championships. Won gold in the men's quadruple sculls and bronze in the men's single sculls at the 2024 CanAmMex Regatta.**National Results:** Finished fourth in the men's U17 single sculls at the 2025 USRowing Youth National Championships. Won gold in the men's youth double at the 2024 Head of the Charles. Finished fourth in the men's U17 single sculls at the 2024 USRowing Youth National Championships.**Peter (Pete) Ward****Men's Eight****Birthdate:** 5/24/2008**Hometown:** San Mateo, Calif.

Height: 6'6"

Weight: 210

Pronouns: he/him

School: Junipero Serra High School

Current Club Affiliations: Norcal Crew

Current Coach: John Kaitz

Training Location: Redwood City, Calif.

National Teams: One- U19, 2026

International Results: Won gold in the four with coxswain at the 2025 International Rowing Challenge.

National Results: Earned silver in the eight at the 2026 USRowing Youth National Championships. Won gold in the eight at the 2026 San Diego Crew Classic.

Personal: Pete enjoys surfing when he is not rowing. He is an Eagle Scout. His aunt is a two-time Olympian and five-time world championship member. Pete is headed to the University of California, Berkeley in the fall.

Charles (Charlie) Winder

Men's Eight

Birthdate: 6/21/2008

Hometown: Boston, Mass.

Pronouns: he/him

School: Brimmer and May School

Current Club Affiliations: Community Rowing, Inc.

Current Coach: Kevin McCarthy

Training Location: Boston, Mass.

National Teams: Two- U19, 2025-2026

International Results: Finished eighth in the eight at the 2025 Under-19 World Rowing Championships.

National Results: Finished 12th in the men's youth eight at the 2025 USRowing Youth National Championships. Finished tenth in the men's youth eight at the 2024 Head of the Charles.

Finished sixth in the men's 2V eight at the 2024 USRowing Youth National Championships.

Finished fifth in the men's U16 eight at the 2023 USRowing Youth National Championships.

Personal: Charlie enjoys biking, skiing, sailing, tennis, and swimming. Being from Boston, he was always surrounded by the sport of rowing. He watched Head of the Charles many times before he started rowing, and his dad rowed casually when he was younger. Because of his height, his mom and a lot of his dad's old friends pushed him to try out rowing, and he immediately loved it. At his tennis program, Charlie won the Robert W. Edge Award, which is given for sportsmanship in tennis. He would like to go into real estate or consulting. My favorite book is *Rebecca* by Daphne du Maurier. He loves gothic and/or creepy sort of books, so he loves

a lot of du Maurier's books. He also likes *Dracula* by Bram Stoker. He plans to read some more of his books, even if they are significantly less renowned than *Dracula*.

United States Under-19 World Championships Finishes: 1970-2025

Junior Men								
Year	4+	2x	2-	1x	2+	4-	4x	8+
2025	/	-	-	5	/	4	14	8
2024	3	14	7	10	/	-	12	2
2023	5	-	16	13	/	8	12	7
2022	7	12	14	15	/	10	10	3
2021	4	14	8	3	/	9	15	1
2020	Event Canceled Due to COVID-19							
2019	8	16	7	11	/	6	15	2
2018	2	21	17	1	/	10	10	2
2017	6	23	11	1	/	16	7	2
2016	2	13	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	26	-	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	-	-	-	
1989	10	-	-	-	9	-	-	5
1988	8	dnq	-	8	7	-	dn q	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	q	-	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
Junior Women								
	4-	4+	2x	2-	1x	4x/ 4x +	8+	
2025	1	/	-	-	-	11	2	
2024	-	3	-	-	-	9	1	
2023	-	1	16	9	11	5	4	
2022	4	1	17	9	12	4	1	
2021	4	1	19	7	16	6	1	
2020	Event Canceled Due to COVID-19							
2019	6	4	9	9	3	12	4	
2018	1	3	7	2	22	10	2	
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	/	8	-	7	-	4	
1987	/	4	-	-	-	4	
1986	/	-	-	-	-	-	
1985	/	-	-	5	-	6	
JW4x+ becomes JW4x							
1984	/	8	-	6	-	4	
1983	/	-	-	-	-	10	4
1982	/	-	-	-	-	-	
1981	/	-	-	6	-	-	
1980	/	7	-	-	10	-	7
1979	/	-	-	9	-	-	
1978	/	8	11	dnq	-	7	6

(-) 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 the national governing body for rowing in the United States, dedicated to promoting and developing rowing at all levels, from juniors to elite competition. With a membership base of 1,400 member organizations and 77,000+ individuals, USRowing provides theoretical and practical education programs that strengthen and grow rowing while helping members achieve their goals. The national governing body works closely with international rowing bodies to represent the United States at the highest levels of competition, including the World Rowing Championships, Olympic and Paralympic Games.

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 out 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 them must follow their 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.

World Rowing, 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. World Rowing, 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.

Two Olympic rowers are in the USOPC Hall of Fame: Jack Kelly Sr., the father of Grace Kelly and the first rower to win three Olympic gold medals, and Anita DeFrantz, Olympic bronze medalist, activist and the first female vice-president of the IOC.

The U.S. women's eight went on an 11-year winning streak from 2006 to 2016, winning 3 Olympic gold medals and 8 World Championships.

The win in the U.S. men's four in 2024 was the first Olympic gold in the event since 1960.