



2026 World Rowing Under-23 Championships
Media Guide
July 22-26
Duisburg, Germany

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About the 2025 World Rowing Under-23 Championships

The 2026 World Rowing Under-23 championships will take place in Duisburg, Germany, from the 22 of July to the 26. The racing will happen over these four days at the Regattabahn Duisburg rowing venue. Athletes may compete in an Under-23 event until the 31 of December of the year in which they reach the age of 22.

Website: <https://worldrowing.com/event/2026-world-rowing-under-23-championships>

About the Venue

Duisburg is a city that is right on the intersection of the Rhine and Ruhr rivers, and is about 75 kilometers north of Cologne. It has a very industrial past known for being Europe's biggest producer of steel and coal for most of the twentieth century. The Port of Duisburg also currently holds the title of the world's largest inland port.

The Regattabahn Duisburg is found southeast of the intersection of the Rhine and Ruhr rivers. It is a man-made lake that was created in the 1920s when a steel production company started extracting gravel and sand from the land, creating several lakes. In the early 1930s, one of the lakes was dredged to create a rowing course. The course features grandstands, a regatta tower, boatsheds, and a parallel warm-up course.

Regattabahn Duisburg has been supporting upper-level international rowing competitions for decades, first in 1957 by hosting the European Rowing Championships. Since then, Regattabahn Duisburg has hosted the World Championships in 1983, the U19 World Championships in 2001, the World Rowing Masters Regatta in 2012, and the canoe sprint world championships six times.

Address: Regattabahn Duisburg, Kruppstraße 30a, 47055 Duisburg, Germany

Event List

BM1x	Men's Single Sculls
BW1x	Women's Single Sculls
BLM1x	Lightweight Men's Single Sculls
BLW1x	Lightweight Women's Single Sculls
BPR3 M1x	PR3 Men's Single Sculls
BPR3 W1x	PR3 Women's Single Sculls
BM2x	Men's Double Sculls
BW2x	Women's Double Sculls
BLM2x	Men's Lightweight Double Sculls
BLW2x	Women's Lightweight Double Sculls
BMix2x	Mixed Double Sculls
BM2-	Men's Pair
BW2-	Women's Pair
BM4x	Men's Quadruple Sculls
BW4x	Women's Quadruple Sculls
BM4-	Men's Four
BW4-	Women's Four
BM8+	Men's Eight
BW8+	Women's Eight
BMix8+	Mixed Eight

General Schedule of Events

Wednesday, July 22nd-Practice, spares race

Thursday, July 23rd-Heats

Friday, July 24th-Placement finals, quarterfinals, semifinals

Saturday, July 25th- Placement finals, semifinals, heats for mixed double sculls

Sunday, July 26th-Placement finals

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

<https://worldrowing.com/event/2026-world-rowing-under-23-championships?tab=information>

How to Follow the Event

1. All press releases, athlete bios, photos and videos, and news will be featured on the [US 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 US Rowing and World Rowing. The official account of US Rowing is @USRowing, and the official account of World Rowing is @worldrowingofficial.

Event Preview

The U.S. Under 23 National Team is set to take the international stage at the [2026 World Rowing Under 23 Championships](#), July 23-26, in Duisburg, Germany. The four-day regatta will feature many of the world's top developing athletes, with racing taking place on the historic Wedau Regatta Course.

The United States has a strong squad this year with 53 athletes representing 16 states and 22 colleges and universities. The team will race in 14 events with a roster that blends returning national team athletes, U19 athletes making their first U23 team, and rowers making their World Rowing Championships debuts. Several athletes return after competing at the 2025 World Rowing Under 23 Championships, including Ella Wheeler and Joely Cherniss from the silver medal-winning women's eight.

Single Sculls

University of Washington's [Cillian Mullen](#) returns to the women's single sculls after placing ninth in 2024 and will line up against 19 other competitors. Middlebury College's [Levi Munster](#) makes his national team debut in a 24-boat men's single sculls field. In the lightweight men's single sculls, incoming Dartmouth freshman [Simeon John](#) from Community Rowing will race at his first world championship against 17 other entries. Boston University's [Ela Ersan](#) also makes her world championship debut in the lightweight women's single sculls, where she will face 10 competitors.

Pairs

The women's pair features a 17-boat field with no returning medalists from last year. Northeastern University's [Gracelyn Theobald](#) and Stanford University's [Carly Brown](#) will represent the United States together, with Brown bringing previous international experience from the 2023 and 2024 U19 teams. Dartmouth College's [Francis McGrath](#) and [Jack Kastner](#) will race the men's pair, taking on 17 other crews in a highly competitive field.

Double Sculls

[Tony Madigan](#) makes his U23 debut despite not yet competing collegiately, joining Boston University's [Daniel Malecki](#) in the men's double sculls. The 24-entry event includes the reigning world champions from Italy. Princeton University's [Cate Sauer](#) and the University of Texas's [Savanna Jerome](#) will make their first appearances on the world stage in the women's double sculls, where 15 crews are entered, including the defending champions. Yale University's [Fielding Staelin](#) and [Ryan Natterson](#) round out the sculling events in the lightweight double sculls, racing against six other crews that include several returning medalists.

Fours

After capturing the United States' first-ever gold medal in the men's four last year, the event returns with another strong American lineup. Princeton University's [Kian Aminian](#) and Yale University's [Timothy Parsons](#) provide international experience, having competed on multiple U23 teams, while Harvard University's [Jordan Dykema](#) and Gonzaga University's [Tobias Finn](#) complete the crew. The women's four is made up entirely of returning national team athletes. Stanford's [Annika Jeffrey](#) and [Claire Van Praagh](#), the University of California-Berkeley's [Ella Wheeler](#), and the University of Texas's [Phoebe Wise](#) have all represented the United States at the U19 level and won world championship gold. The men's event features 16 entries, while 15 crews will contest the women's race.

Quadruple Sculls

Eighteen crews are entered in the men's quadruple sculls after one of the deepest fields at last year's championships. Princeton University's [George Dolce](#) and [Cyrus Rosenberg](#) will join Georgetown University's [Michael Ruschmann](#) and [Thomas Segrera](#) in representing the United States. On the women's side, returning national team athletes Stanford's [Sumner Kerr](#) and Harvard University's [Kathryn Serra](#) are joined by the University of Virginia's [Lila Henn](#) and Michigan State University's [Madison Kieft](#).

Eights

The men's and women's eights feature nine and six entries, respectively. The two U.S. crews feature a combined 10 returning national team athletes. The men's eight includes Harvard's [Marcus Chung](#) and [Sam Gallaudet](#), the University of California-Berkeley's [Louis Gagnon](#) and [Michael Kain](#), Princeton's [Taeden Landa](#) and [Andrew Wilkinson](#), Oxford Brookes' [Travis O'Neil](#), and Stanford's [Gabriel George](#) and [Sandro Scalfi](#). Last year's women's eight took home silver. This year's crew is made up of Syracuse's [Olivia Bachert](#), Ohio State's [Amelia Boes](#), Princeton's [Joely Cherniss](#) and [Lauren Dubois](#), the University of Virginia's [Elsa Hartman](#), Stanford's [Quincy Stone](#), the University of Tennessee's [Hannah Smith](#), and the University of Texas's [Katherine Nordheim](#) and [Amy Werner](#).

Mixed Boats

The 2026 championships mark the first time the United States will enter mixed events at the U23 level. Sumner Kerr and Thomas Segrera will compete in the mixed double sculls against six other crews, while the men's and women's fours will combine to race in the six-boat mixed eight, coxed by Michael Kain.

Racing begins Thursday with heats before repechages and semifinals determine the finalists. Medal racing concludes the championships on Sunday.

2026 World Rowing Under-23 Championships Roster

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

(Lineups subject to change)

Men's Single Sculls

Levi Munster (San Luis Obispo, Calif./Middlebury College)

Women's Single Sculls

Cillian Mullen (Tacoma, Wash./University of Washington)

Men's Lightweight Single Sculls

Simeon John (Boston, Mass./Community Rowing Inc.)

Women's Lightweight Single Sculls

Ela Ersan (Bettendorf, Iowa/Boston University)

Men's Pair

Francis McGrath (s)(Chalfont, Pa./Dartmouth College)

Jack Kastner (b) (Wellesley, Mass./Dartmouth College)

Women's Pair

Gracelyn Theobald (s) (Seattle, Wash./Northeastern University)

Carly Brown (b) (Grosse Pointe Farms, Mich./Stanford University)

Men's Double Sculls

Tony Madigan (s) (Arlington, Va./Wakefield High School Crew and Potomac Boat Club)

Daniel Malecki (b) (Piedmont, Calif./Boston University)

Women's Double Sculls

Cate Sauer (s) (Pittsburgh, Pa./Princeton University)

Savanna Jerome (b) (San Diego, Calif./University of Texas)

Men's Lightweight Double Sculls

Ry Natterson (s) (Los Angeles, Calif./Yale University)

Fielding Staelin (b) (Nashville, Tenn./Yale University)

Men's Four

Tobias Finn (s) (Portland, Ore./Gonzaga University)
Jordan Dykema (3) (Seattle, Wash./Harvard University)
Kian Aminian (2) (Newport Beach, Calif./Princeton University)
Timothy Parsons (b) (Eugene, Ore./Yale University)

Women's Four

Ella Wheeler (2) (South Orange, N.J./University of California, Berkeley)
Annika Jeffery (s) (Portland, Ore./Stanford University)
Phoebe Wise (b) (Greenwich, Conn./University of Texas)
Claire Van Praagh (3) (Rye, N.Y./Stanford University)

Men's Quadruple Sculls

George Dolce (s) (Rye Brook, N.Y./Princeton University)
Cyrus Rosenberg (3) (Glen Ridge, N.J./Princeton University)
Michael Ruschmann (2) (Wayne, Pa./Georgetown University)
Thomas Segrera (b) (Miami, Fla./Georgetown University)

Women's Quadruple Sculls

Sumner Kerr (s) (Richmond, Va./Stanford University)
Kathryn Serra (3) (Miami, Fla./Harvard-Radcliffe University)
Madison Kieft (2) (Ypsilanti, Mich./Michigan State University)
Lila Henn (b) (Palo Alto, Calif./University of Virginia)

Men's Eight

Michael Kain (cox) (Philadelphia, Pa./University of California, Berkeley)
Sam Gallaudet (s) (Andover, Mass./Harvard University)
Gabriel George (7) (New York, N.Y./Stanford University)
Andrew Wilkinson (6) (Chicago, Ill./Princeton University)
Taeden Landa (5) (San Anselmo, Calif./Princeton University)
Louis Gagnon (4) (Montclair, N.J./University of California, Berkeley)
Sandro Scalfi (3) (Chester, N.J./Stanford University)
Marcus Chung (2) (Greenwich, Conn./Harvard University)
Travis O'Neil (b) (Newport Beach, Calif./Oxford Brookes University)

Women's Eight

Amy Werner (cox) (Saint Davids, Pa./University of Texas)
Olivia Bachert (s) (Grosse Point Farms, Mich./Syracuse University)
Lauren Dubois (7) (New York, N.Y./Princeton University)
Katherine Nordheim (6) (Boca Raton, Fla./University of Texas)
Amelia Boes (5) (Republic, Ohio/Ohio State University)
Joely Cherniss (4) (San Francisco, Calif./Princeton University)
Hannah Smith (3) (East Grand Rapids, Mich./University of Tennessee)
Elsa Hartman (2) (Roseville, Calif./University of Virginia)
Quincy Stone (b) (San Francisco, Calif./Stanford University)

Mixed Double Sculls

Sumner Kerr (s)
Thomas Segrera (b)

Mixed Eight

Michael Kain (cox)
Ella Wheeler (s)
Annika Jeffery (7)
Tobias Finn (6)
Jordan Dykema (5)
Timothy Parsons (4)
Kian Aminian (3)
Phoebe Wise (2)
Claire Van Praagh (b)

Alternates

Nathaniel Duffy (Fairfield, Conn./US Naval Academy)
Davis Kelly (Vashon Island, Wash./Brown University)
Cecily Shaber (Peach Tree City, Ga./Duke University)
Emily Tierney (Hackettstown, N.J./Stanford University)
Benjamin Vogel (Arlington, Va./US Naval Academy)

Coaches

Sergio Espinoza, Head Coach
Gia Doonan, Women's Coach
Asiya Mahmud, Women's Coach
Trevor Michelson, Men's Coach
Andrew Hess, Men's Coach

Lizzie Mitchell, Coach
Noah Axford, Coach

Support Staff

Thomas Wenk
Wendy Wilbur

Rowers by State



California (11)

Kian Aminian
Joely Cherniss
Elsa Hartman
Lila Henn
Savanna Jerome
Taeden Landa
Quincy Stone
Daniel Malecki
Levi Munster
Ry Natterson
Travis O'Neil

Connecticut (3)

Marcus Chung
Nathaniel Duffy
Phoebe Wise

Florida (3)

Kathryn Nordheim
Thomas Segrera

Kathryn Serra

Georgia (1)

Cecily Shaber

Illinois (1)

Andrew Wilkinson

Iowa (1)

Ela Ersan

Massachusetts (3)

Simeon John
Jack Kastner
Sam Gallaudet

Michigan (3)

Carly Brown
Madison Kieft
Hannah Smith

New Jersey (5)

Louis Gagnon
Cyrus Rosenburg
Sandro Scalfi
Emily Tierney
Ella Wheeler

New York (4)

George Dolce
Lauren Dubois
Gabriel George
Claire Van Praagh

Ohio (2)

Amelia Boes

Oregon (3)

Tobias Finn
Annika Jeffery
Timothy Parsons

Pennsylvania (5)

Francis McGrath
Cate Sauer
Michael Ruschmann
Michael Kain
Amy Werner

Tennessee (1)

Fielding Staelin

Virginia (3)

Tony Madigan
Sumner Kerr
Benjamin Vogel

Washington (4)

Davis Kelly
Cillian Mullen
Gracelyn Theobald
Jordan Dykema

Rowers by University



Boston University (2)

Ela Ersan
Daniel Malecki

Brown University (1)

Davis Kelly

University of California, Berkeley (3)

Ella Wheeler
Louis Gagnon
Michael Kain

Dartmouth College (2)

Francis McGrath
Jack Kastner

Duke University (1)

Cecily Shaber

Georgetown University (2)

Michael Ruschmann
Thomas Segrera

Gonzaga University (1)

Tobias Finn

Harvard/ Harvard-Radcliffe University (4)

Marcus Chung
Jordan Dykema
Sam Gallaudet
Kathryn Serra

Michigan State University (1)

Madison Kieft

Middlebury College (1)

Levi Munster

United States Naval Academy (2)

Nathaniel Duffy
Benjamin Vogel

Northeastern University (1)

Gracelyn Theobald

Ohio State University (1)

Amelia Boes

Oxford Brookes University (1)

Travis O'Neil

Princeton University (7)

Kian Aminian
Joely Cherniss
Cate Sauer
George Dolce
Cyrus Rosenberg
Andrew Wilkinson
Taeden Landa

Stanford University (8)

Carly Brown
Annika Jeffery
Claire Van Praagh
Sumner Kerr
Gabriel George
Sandro Scalfi
Quincy Stone
Emily Tierney

Syracuse University (2)

Olivia Bachert

University of Texas (4)

Savanna Jerome
Phoebe Wise
Amy Werner
Katherine Nordheim

University of Tennessee (1)

Hannah Smith

University of Virginia (2)

Elsa Hartmann
Lila Henn

University of Washington (1)

Cillian Mullen

Yale University (3)

Ry Natterson
Timothy Parsons
Fielding Staelin

Under-23 National Team Athlete Bios

Kian Aminian

Men's Four and Mixed Eight

Birthdate: 6/4/2004

Hometown: Newport Beach, Calif.

Height: 6'4"

Weight: 195

Pronouns: he/him

High School: Fairmont Prep Academy

University: Princeton University

Current Coach: Greg Hughes, Jason Elephant, and Nick D'Antoni

Training Location: Princeton, N.J.

National Teams: Four-U23, 2024-2026; U19, 2022

International Results: finished fifth in the eight at the 2025 World Rowing U23

Championships. Won silver in the eight at the 2024 World Rowing U23 Championships. Finalist in the Temple Challenge Cup at the 2024 Henley Royal Regatta. Won bronze in the eight at the 2022 World Rowing U19 Championships.

National Results: Earned bronze in the varsity eight at the 2026 IRA Championships. Finished fourth in the first varsity eight at the 2025 IRA championships. Earned silver in the second varsity eight at the 2024 IRA championships. Placed second in the eight at the 2022 USRowing Youth National Championships. Won the pair, four with coxswain, and eight at the 2022 USRowing Southwest Youth Championships.

Personal: Kian was named a 2026 IRCA All-American. His hobbies include rowing, motor sports, flying planes, and cooking. Kian has his pilot's license. After rowing, he would like to get into endurance racing and train for an Ironman. He was a member of the debate and International Business program in high school. He raced cars once and got second-to-last. Kian's neighbor rowed, which led his mom to make Kian row as well. He lists his personal heroes as his dad and Nick D'Antoni because they both inspire him. His little sister has won the San Diego Crew Classic twice and came second at the 2026 Youth National Championships. His dad tried to row a single once and immediately flipped.

Olivia Bachert

Women's Eight

Birthdate: 12/9/2004

Hometown: Grosse Pointe Park, Mich.

Height: 5'10"

Weight: 175

Pronouns: she/her

High School: Grosse Point South High School

University: Syracuse University

Current Coach: Luke McGee

Training Location: Syracuse, N.Y.

National Teams: Two-U23, 2024, 2026

International Results: Earned silver in the coxed four at 2024 World Rowing U23 Championships. Won gold in the U23 four at the 2025 Canadian Henley.

National Results: Won gold in the second varsity eight at the 2024 ACC championships. Earned bronze in the second varsity eight at the 2026 ACC championships.

Personal: Olivia is majoring in health and exercise science in the David B. Falk College of Sport and Human Dynamics. She previously rowed at Detroit Boat Club. After graduating, Olivia is excited to start her master's in athletic training.

Amelia Boes

Women's Eight

Birthdate: 2/19/2004

Hometown: Republic, Ohio

Height: 6'2"

Weight: 174

Pronouns: she/her

High School: Seneca East High School

University: Ohio State University

Current Coach: Emily Gackowski

Training Location: Columbus, Ohio

National Teams: Two-U23, 2025-2026

National Results: Finished 12th in the varsity eight at the 2026 NCAA Championships.

Personal: Walked onto Ohio State's rowing team. Earned the title of CRCA All-American Second Team and First Team All-Big Ten in 2026. She would like to be a rowing coach in the future.

Carly Brown

Women's Pair

Birthdate: 3/30/2006

Hometown: Grosse Pointe Farms, Mich.

Height: 5'10"

Weight: 170

Pronouns: she/her

High School: Grosse Pointe South

University: Stanford University

Current Coach: Derek Byrnes

Training Location: Palo Alto, Calif.

National Teams: Three-U23, 2026; U19, 2023-2024

International Results: Won gold in the eight at the 2024 World Rowing U19 Championships. Won gold in the four with coxswain at the 2023 World Rowing U19 Championships.

National Results: Finished fifth in the varsity four at the 2026 NCAA Championships. Won gold in the varsity four at the 2026 ACC Championships. Won gold in the second varsity eight at the 2025 NCAA Championships. Won gold in the second varsity eight at the 2025 ACC Championships.

Personal: Carly likes to read, lie in the hammock, spend time outdoors, and go to markets with her friends in her free time. Her favorite song to erg to is Thunderstruck by ACDC. After rowing, Carly would like to work to improve health in developing countries. She would also like to go to New Zealand at least once. She loves the Star Wars movies.

Joely Cherniss

Women's Eight

Hometown: San Francisco, Calif.

Birthdate: 2/20/2005

Height: 5'10"

Weight: 180

Pronouns: she/her

High School: St. Ignatius College Prep.

University: Princeton University

Club Affiliation: Pacific Rowing Club/Marin Rowing Association

Current Coach: Lori Dauphiny

Training Location: Princeton, N.J.

National Teams: Four- U23, 2024-2026; U19, 2023

International Results: Won silver in the eight at the 2025 World Rowing U23 Championships. Won silver in the eight at the 2024 World Rowing U23 Championships. Placed fourth in the women's eight at the 2023 World Rowing U19 Championships. Won the four with coxswain and eight at the 2022 CanAmMex Regatta.

National Results: Finished sixth in the varsity eight at the 2026 NCAA Championships. Came seventh in the varsity eight at the 2025 NCAA championships. Won the 2024 Ivy League Championships. Placed fourth in the varsity eight at the 2024 NCAA Championships. Won the women's youth eight at the 2023 USRowing Youth National Championships.

Marcus Chung

Men's Eight

Birthdate: 2/15/2007

Hometown: Greenwich, Conn.

Height: 6'7"

Pronouns: he/him

High School: Greenwich High School

University: Harvard University

Current Coach: Charley Butt

Training Location: Cambridge, Mass.

National Teams: One-U23, 2026

National Results: Earned silver in the second varsity eight at the 2025 IRA Championships. Champion in the youth eight at both the 2022 and 2021 Head of the Charles.

George Dolce

Men's Quadruple Sculls

Birthdate: 5/29/2007

Hometown: Rye Brook, N.Y.

Height: 6'2"

Weight: 170

Pronouns: he/him

High School: Fordham Prep

University: Princeton University (Lightweight)

Current Coach: Matt Smith, David Burke, and Aleksander Radovic

Training Location: Princeton, N.J.

National Teams: Three-U23, 2026; U19, 2024-2025

International Results: Finished fourth in the four at the 2025 World Rowing U19 Championships. Finished seventh in the pair at the 2024 World Rowing U19 Championships.

National Results: Won gold in the eight at the USRowing Youth National Championships in 2023, 2024, and 2025.

Personal: George won the awards for fastest erg and fastest freshman at Princeton Lights. He loves going to church, playing football, going on road trips, talking and hanging out with his family, and hanging out with his friends. After rowing, he would like to have a family, retire, and coach at a university or club. He likes reading books that help with self-development, and his favorite movie is Scarface.

Lauren Dubois

Women's Eight

Birthdate: 5/11/2007

Hometown: New York, N.Y.

Height: 5'9"

Weight: 150

Pronouns: she/her

High School: Groton School

University: Princeton University

Current Club Affiliation:

Current Coach: Lori Dauphiny

Training Location: Princeton, N.J.

National Teams: Three- U23, 2026; U19, 2024-2025

International Results: Won gold in the four at the 2025 World Rowing U19 Championships.

Won gold in the eight at the 2024 World Rowing U19 Championships.

National Results: Won gold in the second varsity eight at the 2026 Ivy League Championships.

Finished fifth in the second varsity eight at the 2026 NCAA Championships.

Personal: Lauren enjoys hiking, cooking, and photography. She backpacked the last 200 miles of the Appalachian Trail in Maine. She is fluent in Bulgarian. She used to compete internationally in fencing. She began rowing in the spring of her freshman year at Groton School. Her mom is her hero because of her unwavering love, support, and endless sacrifices. She is Lauren's rock. She has shaped her into the person she is today. One of Lauren's favorite movies is Mamma Mia, she adores the soundtrack. She is fueled by the support of her big Bulgarian family.

Nathaniel Duffy

Men's Alternate

Birthdate: 1/22/2004

Hometown: Fairfield, Conn.

Height: 6'2"

Weight: 195

Pronouns: he/him

High School: Fairfield Prep

University: United States Naval Academy

Current Coach: Matt Fluhr

Training Location: Annapolis, Md.

National Teams: One- U23, 2026

National Results: Finished 14th in the varsity eight at the 2026 IRA Championships.

Personal: Nathaniel won the Rusty Callow Award, which is "Presented to that member of the crew squad who has contributed most to the development of the squad's determination, competitive desire and willingness to sacrifice." Outside of rowing, he enjoys playing guitar and fishing. His mother rowed and played lacrosse at Georgetown and won the Dad Vail Championship for Women's V8 in 1987. Older brothers M.J. and Billy were heavyweight rowers at the Naval Academy. Great-grandfather William McCafferty was a 1923 graduate of the U.S. Naval Academy.

Jordan Dykema

Men's Four and Mixed Eight

Birthdate: 4/5/2004

Hometown: Seattle, Wash.

Height: 6'1"

Weight: 187

Pronouns: he/him

High School: University Prep

University: Harvard University

Current Coach: Charley Butt

Training Location: Cambridge, Mass.

National Teams: Three-U23, 2026; U19, 2021-2022

International Results: Earned bronze in the eight at the 2022 World Rowing Junior Championships. Won gold in the 2021 World Rowing Junior Championships.

National Results: Won gold in the varsity eight at the 2026 Eastern Sprints.

Personal: Both of Jordan's parents rowed, and his dad is currently a rowing coach.

Ela Ersan

Women's Lightweight Single Sculls

Birthdate: 2/19/2004

Hometown: Bettendorf, Iowa

Height: 5'8"

Pronouns: she/her

High School: Pleasant Valley High School

University: Boston University

Current Coach: Mary Foster

Training Location: Boston, Mass.

National Teams: One-U23, 2026

International Results: Competed in the Championship Lightweight Singles at the Henley Women's Regatta.

National Results: Finished fourth in the eight at the 2026, 2025, 2024, and 2024 IRA Championships.

Tobias (Toby) Finn

Men's Four and Mixed Eight

Birthdate: 1/31/2004

Hometown: Portland, Ore.

Height: 6'7"

Weight: 213

Pronouns: he/him

High School: Cleveland High School

University: Gonzaga University

Current Coach: Dan Gehn, Mike Teti, Mark Voorhees, Skip Kielt, Plamen and Nadia Petrov, and Kayla Cartelli

Training Location: Spokane, Wash.

National Teams: One-U23, 2026

International Results: Won gold in the championship eight, U23 eight, and U23 four at the 2025 Canadian Henley.

National Results: Finished 24th in the varsity eight at the 2025 IRA Championships.

Personal: Toby has been named to the All-Conference team four times at Gonzaga. When not rowing, he likes to hike, run, cycle, backpack, and bake. After rowing, he would like to do sports performance research, specifically focusing on exercise psychology. His favorite quote is “Set boats are slow boats,” said by his coach, Mark Vorhees.

Louis Xavier (Xav) Gagnon

Birthdate: 11/19/2005

Hometown: Montclair, N.J.

Height: 6’5”

Weight: 215

Pronouns: he/him

High School: Montclair High School

School: University of California, Berkeley

Current Coach: Scott Frandsen

Training Location: Orinda, Calif.

National Teams: Two-U23, 2025-2026

International Results: Finished fifth in the eight at the 2025 World Rowing U23 Championships.

National Results: Earned bronze in the second varsity eight at the 2025 IRA championships.

Won the freshman eight at the 2025 Mountain Pacific Sports Federation Championships. Won the men’s pair at the 2024 USRowing Youth National Championships.

Personal: Xav loves to mountain bike, hike, and play chess. His favorite pre-race meal is yogurt and granola. After rowing, he would like to work in tech sales.

Sam Gallaudet

Men’s Eight

Birthdate: 11/3/2004

Hometown: Andover, Mass.

Height: 6’4”

Weight: 200

Pronouns: he/him

High School: Phillips Academy Andover

University: Harvard University

Current Coach: Charley Butt

Training Location: Cambridge, Mass.

National Teams: One-U23, 2026

National Results: Earned bronze in the second varsity eight at the 2026 IRA Championships.
Earned silver in the second varsity eight at the 2025 IRA Championships.

Personal: Sam's favorite song to erg to is Love Story by Taylor Swift. He loves to read and says his two favorite books are The Name of the Wind by Patrick Rothfuss and The Wheel of Time by Robert Jordan.

Gabriel George

Men's Eight

Birthdate: 2/15/2006

Hometown: New York, N.Y.

Height: 6'1"

Weight: 190

Pronouns: he/him

High School: Radley College

University: Stanford University

Current Coach: Ted Sobolewski and Niles Garratt

Training Location: Palo Alto, Calif.

National Teams: Three- USA U23, 2026; Great Britain U19, 2023-2024

International Results: Won silver in the four at the 2024 World Rowing U19 Championships.

Won gold in the eight at the 2023 World Rowing U19 Championships.

National Results: Finished sixth in the varsity eight at the 2026 IRA Championships. Finished ninth in the varsity eight at the 2025 IRA championships.

Personal: Gabriel loves cycling, going outside, and eating when he isn't rowing. His favorite snack pre-workout is jasmine rice, and his favorite snack post-workout is pomegranate juice. He found the sport of rowing after a teacher in high school encouraged him to try it.

Elsa Hartman

Women's Eight

Birthdate: 2/6/2004

Hometown: Roseville, Calif.

Height: 5'10"

Weight: 170

Pronouns: she/her

High School: Granite Bay High School

University: University of Virginia

Current Club Affiliation:

Current Coach: Wesley Ng

Training Location: Charlottesville, Va.

National Teams: Four-U23, 2023 and 2026; U19, 2021-2022

International Results: Finished tenth in the four at the 2023 World Rowing Under-23 Championships. Finished fourth in the four at the 2022 World Rowing Under-19 Championships. Won the eight at the 2021 World Rowing Junior Championships.

National Results: Finished fourth in the varsity eight at the 2026 NCAA Championships. Won the pair at the 2022 USRowing Youth National Championships

Personal: Elsa was named a 2026 First Team All-American. When not rowing, she loves to hike, ski, and paint. After she is finished with rowing, she would like to attend medical school.

Lila Henn

Women's Quadruple Sculls

Birthdate: 10/26/2005

Hometown: Palo Alto, Calif.

Height: 5'9"

Weight: 155

Pronouns: she/her

High School: Castilleja School

University: University of Virginia

Current Coach: Wesley Ng

Training Location: Charlottesville, Va.

National Teams: Two-U23, 2026; U19, 2023

International Results: Finished fifth in the quadruple sculls at the 2023 World Rowing U19 Championships.

National Results: Finished fourth in the varsity eight at the 2026 NCAA Championships.

Personal: Lila likes to cycle, mountain bike, crochet, read, and hike. Her favorite erg song is Tubthumping by Chumbawamba. After rowing, she plans to pursue a career in public policy with a focus on housing, urban planning, and local government. Her favorite movie is Little Miss Sunshine, her favorite book is Play It As It Lays by Joan Didion, and her favorite song is Under Cover of Darkness by the Strokes.

Annika Jeffery

Women's Four and Mixed Eight

Birthdate: 4/10/2004

Hometown: Portland, Ore.

Height: 5'11"

Weight: 175

Pronouns: she/her

High School: Cleveland High School

University: Stanford University

Current Coach: Derek Byrnes and Molly Hamrick

Training Location: Palo Alto, Calif.

National Teams: Three- U23, 2026; U19, 2021-2022

International Results: Won gold in the four with coxswain at the 2022 World Rowing U19 Championships.

National Results: Won silver in the varsity eight at the 2026, 2025, and 2024 NCAA Championships. Won gold in the varsity eight at the 2023 NCAA Championships. Won gold in the varsity eight at the 2026 and 2025 ACC Championships. Won gold in the varsity eight at the 2024 and 2023 PAC-12 Championships.

Personal: Annika was a finalist for the 2026 CRCA Athlete of the Year and earned CRCA First Team All-American honors. She loves camping, skiing, playing spikeball and cards with friends, and doing pottery. After rowing, she would like to become an occupational therapist. Her favorite music group is the Dire Straits.

Savanna (Savvy) Jerome

Women's Double Sculls

Birthdate: 5/14/2004

Hometown: San Diego, Calif.

Height: 5'10"

Weight: 175

Pronouns: she/her

High School: Cathedral Catholic High School

University: University of Texas

Current Club Affiliations: San Diego Rowing Club

Current Coach: Dave O'Neill, Patrick Kington (SDRC)

Training Location: Austin, Texas and San Diego, Calif.

National Teams: One-U23, 2026

National Results: Earned silver in the second varsity eight at the 2026 NCAA Championships. Won gold in the second varsity eight at the 2026 SEC Championships. Finished fourth in the second varsity eight at the 2025 NCAA Championships.

Personal: Savvy likes to read and listen to audiobooks, listen to music, craft, bake, cook, surf, and swim. Her favorite song to erg to is Thunderstruck by ACDC. Her favorite musicians are Michael Jackson, One Direction, and the Black Eyed Peas. Her favorite movies are Cars, Surf's Up, and The Hunger Games.

Simeon John

Men's Lightweight Single Sculls

Birthdate: 7/8/2007

Hometown: Boston, Mass.

Pronouns: he/him

High School: The Gifford School

Current Club Affiliation: Community Rowing, Inc.

Current Coach: Kevin McCarthy

Training Location: Boston, Mass.

National Teams: One-U23, 2026

National Results: Won gold in the single at the 2026 USRowing Youth National Championships. Earned silver in the single at the 2025 USRowing Youth National Championships. Earned bronze in the single at the 2025 USRowing Youth National Championships.

Personal: Simeon is headed to Dartmouth next fall to row with the lightweight program.

Michael (Mike) Kain

Men's Eight and Mixed Eight

Birthdate: 5/29/2007

Hometown: Philadelphia, Pa.

Height: 5'6"

Weight: 120

Pronouns: he/him

High School: St. Joseph's Preparatory School

University: University of California, Berkeley

Current Coach: Scott Frandsen

Training Location: Orinda, Calif.

National Teams: Two-U23, 2026; U19, 2024

International Results: Won silver in the eight at the 2024 World Rowing U19 Championships.

National Results: Won silver in the varsity eight at the 2026 IRA Championships.

Personal: Michael enjoys playing soccer and playing cards with friends. His dad also rowed in high school, so Michael decided to try it out. His favorite race course is Nathan Benderson Park. He loves to travel to the Bahamas. His favorite show is Game of Thrones.

Jack Kastner

Men's Pair

Birthdate: 6/29/2006

Hometown: Wellesley, Mass.

Pronouns: he/him

High School: Belmont Hill School

University: Dartmouth College

Current Coach: Wyatt Allen

Training Location: Hanover, N.H.

National Teams: One-U23, 2026

National Results: Finished seventh in the third varsity eight at the 2026 IRA Championships.

Personal: Jack wants to pursue a career in medicine. He was on the Nordic Ski team in high school.

Davis Kelly**Men's Alternate****Birthdate:** 4/12/2004**Hometown:** Vashon Island, Wash.**Height:** 6'4"**Weight:** 215**Pronouns:** he/him**High School:** Vashon Island High School**University:** Brown University**Current Coach:** Paul Cooke and Richard Parr**Training Location:** Providence, R.I.**National Teams:** Four-U23, 2025-2026; U19, 2021-22

International Results: Placed tenth in the quadruple sculls at the World Rowing U23 Championships. Finished third in the eight at the 2022 World Rowing U19 Championships. Placed ninth in the four at the 2021 World Rowing Junior Championships. Won the junior double sculls at the 2019 Zhengzhou Longzi Lake University Regatta.

National Results: Helped the varsity eight earn a fifth-place finish and fourth-place overall at the 2025 IRA Championships. Won gold in the club eight at the 2024 Head of the Charles. Finished third in the youth double at the 2021 Head of the Charles. Finished third in the under-19 category at the 2021 USRowing Indoor National Championships/C.R.A.S.H.-B. Sprints.

Personal: Davis was named an IRCA All-American in 2026. He enjoys fishing, hiking, and sailing. His favorite workout is a Wednesday morning 3 by 2k on the Seekonk River. He found the sport through his sister, Kate, who is also a multi-national team member. Davis lists his parents as his personal heroes, as they have always pushed him to do his best.

Sumner Kerr**Women's Quadruple Sculls and Mixed Double****Birthdate:** 7/20/2006**Hometown:** Richmond, Va.**Height:** 5'9"**Weight:** 165**Pronouns:** she/her**High School:** St. Catherine's School**University:** Stanford University**Current Coach:** Derek Byrnes**Training Location:** Palo Alto, Calif.**National Teams:** Three-U23, 2026; U19, 2023-2024

International Results: Finished ninth in the quadruple sculls at the 2024 World Rowing U19 Championships. Finished fifth in the quadruple sculls at the 2023 World Rowing U19 Championships.

National Results: Won gold in the varsity four at the 2026 ACC Championships. Earned silver in the double sculls at the 2025 Youth National Championships. Earned silver in the double sculls at the 2024 Head of the Charles. Won gold in the double sculls at the 2024 Youth National Championships.

Personal: Sumner loves to walk her dog, Ginger and cook in her free time. Her favorite show is Ted Lasso, and her favorite musicians are Noah Kahan and Fleetwood Mac. Her mom rowed at Princeton and won the national championship in the varsity eight.

Madison (Maddie) Kieft

Women's Quadruple Sculls

Birthdate: 2/8/2004

Hometown: Ypsilanti, Mich.

Height: 6'2"

Weight: 155

Pronouns: she/her

High School: Huron High School

University: Michigan State University

Current Coach: Stacy Rippetoe and Kit Bennett

Training Location: East Lansing, Mich.

National Teams: One-U23, 2026

International Results: Won gold in the women's U23 single and silver in the U23 eight at the 2025 Canadian Henley.

Personal: Earned first-team All-Big Ten Honors in 2026. When Maddie is not rowing, she loves to hike and swim. Her favorite pre-race meal is Lasagna.

Taeden Landa

Men's Eight

Birthdate: 9/9/2006

Hometown: San Anselmo, Calif.

Height: 6'4"

Weight: 195

Pronouns: he/him

High School: Redwood High School

University: Princeton University

Current Coach: Greg Hughes, Sergio Espinoza, Jason Elefant, Hutch Collins, and Geordie Macleod

Training Location: Princeton, N.J.

National Teams: Two-U23, 2026; U19, 2024

International Results: Earned silver in the eight at the 2024 World Rowing U19 Championships.

National Results: Won gold in the second varsity eight at the 2026 IRA Championships. Won gold in the second varsity eight at the 2026 Eastern Sprints.

Personal: Taeden loves golfing, pickup basketball, Brawl Stars, pickleball, kicking the soccer ball around every once in a while, and maybe playing some keep-ups. He loves investing and paying attention to the stock market, getting sausage, egg, and cheese from Olives on Witherspoon, reading self-help books, shopping, getting bad haircuts, playing Fortnite, and getting coffee. His favorite movie is Kung Fu Panda 2, and he also likes Project Hail Mary. He loves his grandparents.

Michael (Tony) Madigan

Men's Double Sculls

Birthdate: 11/11/2007

Hometown: Arlington, Va.

Height: 6'4"

Weight: 190

Pronouns: he/him

High School: Wakefield High School

Current Club Affiliation: Potomac Boat Club

Current Coach: Matt Madigan and Carol Dinion

Training Location: Arlington, Va.

National Teams: Two-U23, 2026; U19, 2025

International Results: Finished fifth in the single at the 2025 World Rowing U19 Championships.

National Results: Finished ninth in the 2026 Senior Speed Order. Won gold in the single at the 2025 Youth National Championships.

Personal: Tony was named the 2025 U19 USRowing Athlete of the Year and is headed to Stanford University. He is an Eagle Scout with a Silver Palm and a Gold Palm. He enjoys spending time with his brothers and playing with his two dogs. His parents signed him up for a learn-to-row camp in the summer before 7th grade, and he really enjoyed it. He didn't fall in love with the sport, though, until he beat his older brother in a race that fall. He wants to be a rowing coach, preferably for a collegiate program. Both of his parents made the U.S. national rowing team. His mom placed second at the Pan-Am Games. His dad was on the national teams, held a Head of the Charles record, and coached multiple national team boats at World Championships and Olympics. Some of his favorite musical artists are Tyler Childers and Zach Bryan.

Daniel (Dan) Malecki

Men's Double Sculls

Birthdate: 5/6/2005

Hometown: Piedmont, Calif.

Height: 6'1"

Weight: 200

Pronouns: he/him

High School: Piedmont High School

University: Boston University

Current Coach: Tom Bohrer, Alex Dillon, and Michael Collela

Training Location: Boston, Mass.

National Teams: One-U23, 2026

National Results: Finished twelfth in the varsity eight at the 2026 IRA Championships.

Personal: Dan loves to cycle, fish, and play soccer. He likes to eat oats before a workout and drink milk after a workout.

Francis (Fran) McGrath

Men's Pair

Birthdate: 7/20/2006

Hometown: Chalfont, Pa.

Height: 6'2"

Pronouns: he/him

High School: Central Bucks West High School

University: Dartmouth College

Current Coach: Wyatt Allen

Training Location: Hanover, N.H.

National Teams: Two-U23, 2026; U19, 2024

International Results: Won silver in the eight at the 2024 World Rowing U19 Championships.

National Results: Finished fifth in the eight at the 2024 Youth National Championships.

Personal: Fran enjoys swimming, sleeping, playing Xbox, lifeguarding, and hiking. He loves football. His friends from swimming tried rowing and made him curious about the sport, so he joined. His favorite course is the Royal Henley Regatta course. He hopes to pursue a career in law. He is a member of Beyond the Athlete, dedicated to helping former athletes create consistency, find fulfillment and achieve meaningful goals through a transformational coaching approach blending routine changes, self-reflection and actionable steps.

Cillian Mullen

Women's Single Sculls

Birthdate: 5/21/2004

Hometown: Tacoma, Wash.

Height: 6'0"

Weight: 165

Pronouns: he/him

High School: Batavia High School

Current Club Affiliation: Green Racing Project

University: University of Washington

Current Coach: Yaz Farooq and Steve Hap Whelpley

Training Location: Seattle, Wash.

National Teams: Four-U23, 2023 and 2026; U19, 2021-2022

International Results: Finished ninth in the single sculls at the 2024 World Rowing Under-23 Championships. Finished fourth in the quadruple sculls at the 2022 World Rowing Under-19 Championships. Placed fourth in the four at the 2021 World Rowing Junior Championships.

National Results: Finished seventh in the varsity eight at the 2026 NCAA Championships. Won gold in the varsity eight at the 2026 Big 10 Championships. Finished fifth in the varsity eight at the 2025 NCAA Championships.

Personal: Cillian was named to Washington's 2026 "Husky 100," which honors 100 top students for truly exemplifying the Husky Experience inside the classroom, in our communities, and beyond. Cillian enjoys writing, learning more about fungal ecosystems, mushroom hunting, hiking, and listening to podcasts. Before joining rowing, Cillian played volleyball and ultimate frisbee. Cillian also has a dog named Filippi and loves making bagels out of Greek yogurt. Cillian's mom rowed for Purdue University and noticed an advertisement for a local club in St. Charles, and thought Cillian should give it a shot. Cillian lists one of his personal heroes as Angel Joy Flores because she is a fellow trans athlete who keeps a positive but realistic attitude about playing sports as a trans athlete and is someone Cillian strives to be like for generations of trans athletes to come.

Levi Munster

Men's Single Sculls

Birthdate: 12/6/2004

Hometown: San Luis Obispo, Calif.

Pronouns: he/him

High School: Mission College Prep

University: Middlebury College

Current Coach: Noah Wanner

Training Location: Salisbury, Vt.

National Teams: One-U23, 2026

National Results: Finished eighth in the varsity eight at the 2026 ACRA Championships.

Personal: Levi is the captain of the Middlebury Crew Team.

Ryan (Ry) Natterson

Men's Lightweight Double Sculls

Birthdate: 6/8/2005

Hometown: Los Angeles, Calif.

Pronouns: he/him

High School: Crossroads School for Arts & Sciences

University: Yale University (Lightweight)

Current Coach: Andy Card

Training Location: New Haven, Conn.

National Teams: One-U23, 2026

National Results: Finished seventh in the varsity eight at the 2026 IRA Championships.

Finished sixth in the second varsity eight at the 2025 IRA Championships.

Personal: Ry likes cycling, skiing, and food.

Katherine Nordheim

Women's Eight

Birthdate: 8/9/2004

Hometown: Boca Raton, Fla.

Pronouns: she/her

High School: Boca Raton Community High School

University: University of Texas

Current Coach: Dave O'Neill

Training Location: Austin, Texas

National Teams: One-U23, 2026

National Results: Earned silver in the second varsity eight at the 2026 NCAA Championships.

Won gold in the second varsity eight at the 2026 SEC Championships. Finished fourth in the second varsity eight at the 2025 NCAA Championships. Won gold in the varsity four at the 2025 SEC Championships. Won gold in the varsity four at the 2024 NCAA Championships. Won gold in the varsity four at the 2024 Big 12 Championships.

Personal: Katherine likes spending time with family and friends, going to the beach, and going out on the boat.

Travis O'Neil

Men's Eight

Birthdate: 3/4/2004

Hometown: Newport Beach, Calif.

Height: 6'6"

Weight: 220

Pronouns: he/him

High School: Newport Harbor High School

University: Oxford Brookes University

Current Club Affiliation: United States Training Center

Current Coach: Casey Galvanek

Training Location: Sarasota, Fla.

National Teams: Three-U23, 2026; U19, 2021-2022

International Results: Reached the finals in the Visitors' Challenge Cup at the 2025 Henley Royal Regatta. Won the Temple Challenge Cup at the 2024 Henley Royal Regatta. Earned bronze at the 2022 World Rowing U19 Championships.

National Results: Finished second in the eight at the 2022 USRowing Youth National Championships.

Personal: Travis was named USRowing's 2022 U19 Athlete of the Year. Travis is a Scratch Golfer, likes basketball, specifically pick up at 24 Hour Fitness, pickleball, hunting, fishing, and working on boats. He loves eating the same food and playing video games. His favorite pre-race meal is a Wawa snack wrap, a pack of Skittles, and a Coke. His favorite television show is The Office.

Timothy (Timmy) Parsons

Men's Four and Mixed Eight

Birthdate: 5/6/2004

Hometown: Eugene, Ore.

Height: 6'0"

Weight: 170

Pronouns: he/him

High School: South Eugene High School

University: Yale University (Lightweight)

Current Coach: Andrew Card and Andrew Hess

Training Location: Derby, Conn.

National Teams: Six- U23, 2023-2026; U19, 2021-2022

International Results: Finished tenth in the quadruple sculls at the 2025 World Rowing U23 Championships. Finished seventh in the lightweight men's single sculls at the 2024 World Rowing U23 Championships. Finished 14th in the men's lightweight double at the World Rowing U23 Championships. Finished 10th in the quadruple sculls at the 2022 World Rowing U19 Championships. Placed 15th in the quadruple sculls at the 2021 World Rowing Junior Championships.

National Results: Finished eighth in the lightweight varsity eight at the 2025 IRA championships. Finished third in the lightweight double at the 2024 Olympic Trials. Finished sixth in the lightweight varsity eight at the 2023 IRA Championships. Finished sixth in the lightweight varsity eight at the 2023 Eastern Sprints. Won the double sculls at the 2022 USRowing Youth National Championships. Finished third in the double sculls at the 2021 Youth National Championships.

Personal: Timmy began rowing because of his father. He said his parents inspire him each day and support him through everything he does. Outside of rowing, Timmy likes surfing and skiing, and said his favorite place to travel to is Nicaragua. Timothy served as South Eugene Rowing Club's team captain in 2020-21 and will again in 2021-22. He was the 2020 Adam Hughes Award Winner, given to the athlete who is most unselfish and shows great commitment to their

teammates. He was ranked No. 1 in the Pacific Northwest Region during the 2019-2020 season in the Super-G event (alpine skiing). He began rowing the summer before eighth grade at a learn-to-row camp. He lists Brad Alan Lewis, 1984 Olympic gold medalist in the double sculls, as his sporting hero because of his mental toughness.

Cyrus (Cy) Rosenberg

Men's Quadruple Sculls

Birthdate: 2/4/2006

Hometown: Glen Ridge, N.J.

Height: 6'5"

Weight: 192

Pronouns: he/him

High School: Montclair Kimberly Academy

University: Princeton University

Current Coach: Greg Hughes

Training Location: Princeton, N.J.

National Teams: Two-; U23, 2026; U19, 2024

International Results: Finished twelfth in the quadruple sculls at the 2024 World Rowing U19 Championships.

National Results: Finished third in the varsity eight at the 2026 IRA championships.

Personal: Cyrus's favorite workout is a 2k. He would like to work in tech after he finishes rowing.

Michael Ruschmann

Men's Quadruple Sculls

Birthdate: 1/9/2006

Hometown: Wayne, Pa.

Height: 6'5"

Weight: 190

Pronouns: he/him

High School: Conestoga High School

University: Georgetown University

Current Coach: Jim Granger

Training Location: Washington, D.C.

National Teams: One-U23, 2026

National Results: Finished 17th in the varsity eight at the 2026 IRA Championships. Won silver in the youth quadruple sculls at the 2023 Youth National Championships. Won gold in the youth double sculls at the 2023 Head of the Charles.

Personal: Michael's favorite workout is 10 by 1k.

Cate Sauer**Women's Double Sculls****Birthdate:** 12/23/2004**Hometown:** Pittsburgh, Pa.**Height:** 6'2"**Weight:** 195**Pronouns:** she/her**High School:** Shady Side Academy**University:** Princeton University**Current Coach:** Lori Dauphiny**Training Location:** Princeton, N.J.**National Teams:** One- U23, 2026

National Results: Finished sixth in the varsity eight at the 2026 NCAA Championships. Earned bronze in the second varsity eight at the 2025 NCAA Championships. Finished fifth in the U19 double at the 2022 Youth National Championships.

Personal: Cate loves drawing, volunteering at animal shelters, and workout classes. Her favorite erg song is Breakin' Dishes by Rihanna. After she finishes rowing, she would like to go to law school. She is a cancer survivor.

Alessandro (Sandro) Scalfi**Men's Eight****Birthdate:** 3/1/2005**Hometown:** Chester, N.J.**Height:** 6'7"**Weight:** 212**Pronouns:** he/him**High School:** George Walton Comprehensive High School**University:** Stanford University**Current Coach:** Ted Sobolewski**Training Location:** Palo Alto, Calif.**National Teams:** Two- U23, 2026; U19, 2023

International Results: Won gold in the senior eight at Canadian Henley.

National Results: Finished sixth in the varsity eight at the 2026 IRA Championships.

Personal: Sandro is set to be the team captain for Stanford in the 2026-2027 school year. He loves cooking and playing guitar as well as a chocolate milk both before and after a workout. His favorite erg song is Cotton Eyed Joe and his favorite movie is Paddington 2.

Thomas Segrera**Men's Quadruple Sculls and Mixed Double Sculls****Birthdate:** 8/1/2005

Hometown: Miami, Fla.

Height: 6'2"

Weight: 195

Pronouns: he/him

High School: Ransom Everglades School

University: Georgetown University

Current Coach: Jim Granger

Training Location: Washington, D.C.

National Teams: One-U23, 2026

National Results: Finished 17th in the varsity eight at the 2026 IRA Championships.

Personal: Thomas loves boating when he is home in Miami, reading, and spending time with his friends. He decided to start rowing after his brother started rowing.

Kathryn Serra

Women's Quadruple Sculls

Birthdate: 11/1/2004

Hometown: Miami, Fla.

Height: 5'9"

Weight: 179

Pronouns: she/her

High School: Ransom Everglades High School

University: Harvard-Radcliffe University

Current Coach: Claire Ochal

Training Location: Cambridge, Mass.

National Teams: Three- U23, 2024-2026

International Results: Won silver in the eight at the 2025 World Rowing U23

Championships. Won silver in the eight at the 2024 World Rowing U23 Championships.

National Results: Finished 14th in the varsity eight at the 2025 NCAA Championships. Finished fifth in the double at the 2023 USRowing Youth National Championships. Won the 2020 USRowing Youth National Championships.

Personal: Kathryn majors in government. Won the U17 event at the 2019 Spartan World Championship. She enjoys watching debates, cross-training, baking, and going to church. She played tackle football up until 8th grade. She could eat sweet potatoes at every meal. She ran her first half-marathon at the age of 12. She loves her Cuban heritage. After having tried out almost every sport, she was looking for a full-body sport that would challenge her physically and mentally. A friend of hers in middle school encouraged me to try out for the rowing team. She found it to be exactly what she was looking for! Her father is her hero. He has taught her so many life lessons and has led by example. Her father came here on a boat from Cuba, escaping the communist regime and its persecution of his beliefs. He came here with nothing, and he got right to work. He has always put her brother and her first and has spent endless hours training us, motivating us, and exemplifying perseverance and commitment. She hopes to compete in a

variety of physical endurance competitions such as CrossFit, Ironman, triathlons, etc. Having lived all her life without them, she would love to go wherever there are mountains. There is nothing better than going on a long hike and arriving at a spectacular view at the summit! Her favorite music is Morgan Wallen. Her favorite books are The Little Prince by Antoine de Saint-Exupéry and Of Mice and Men by John Steinbeck.

Cecily Shaber

Women's Alternate

Birthdate: 3/22/2006

Hometown: Peachtree City, Ga.

Height: 6'2"

Weight: 180

Pronouns: she/her

High School: Starr's Mill High School

University: Duke University

Current Coach: Adrian Spracklen

Training Location: Durham, N.C.

National Teams: Two- U23, 2026; U19, 2024

International Results: Won gold in the eight at the 2024 World Rowing U19 Championships.

Personal: Cecily loves to read. She is a fan of the music group Caamp. She played soccer before rowing. When she was in high school, her mom heard about the local rowing club and that rowers tend to be tall, like Cecily. It clicked when she gave it a try, and the rest is history.

Hannah Smith

Women's Eight

Birthdate: 8/8/2004

Hometown: East Grand Rapids, Mich.

Height: 5'11"

Weight: 155

Pronouns: she/her

High School: East Grand Rapids High School

University: University of Tennessee

Current Coach: Kim Cupini

Training Location: Knoxville, Tenn.

National Teams: Four-U23, 2024, 2026; U19, 2021-2022

International Results: Earned silver in the eight at the 2024 World Rowing U23 Championships.

National Results: Won gold in the varsity eight at the 2026 SEC Championships. Won bronze in the varsity eight at both the 2024 and 2026 NCAA Championships.

Personal: Hannah earned the title of first-team All-American in 2026. She enjoys hiking, visiting Lake Michigan, and hammocking. She began rowing when she was looking for a new sport, going into her freshman year of high school. She joined and never looked back.

Fielding Staelin

Men's Lightweight Double Sculls

Birthdate: 5/28/2005

Hometown: Nashville, Tenn.

Pronouns: he/him

High School: Montgomery Bell Academy

University: Yale University (Lightweight)

Current Coach: Andy Card

Training Location: New Haven, Conn.

National Teams: One-U23, 2026

National Results: Finished seventh in the varsity eight at the 2026 IRA championships. Finished eighth in the varsity eight at the 2025 IRA Championships.

Personal: Fielding is majoring in Biomedical engineering. He also swam in high school.

Quincy Stone

Women's Eight

Birthdate: 9/19/2004

Hometown: San Francisco, Calif.

Height: 5'9"

Weight: 175

Pronouns: she/her

High School: St. Ignatius College Prep

University: Stanford University

Current Coach: Derek Byrnes

Training Location: Palo Alto, Calif.

National Teams: Five- U23, 2023, 2025-2026; U19, 2021-2022

International Results: Finished fifth in the four at the 2025 World Rowing U23 Championships. Won bronze in the four with coxswain at the 2023 World Rowing U23 Championships. Won gold in the eight at the 2022 World Rowing U19 Championships. Won gold in the four with coxswain at the 2021 World Rowing Junior Championships.

National Results: Won gold in the varsity eight at the 2026 NCAA Championships. Won gold in the varsity four at the 2025 NCAA championships. Won gold in the second varsity eight at the 2024 NCAA championships. Won the eight at the 2023 USRowing Youth National Championships. Won the eight, four with coxswain, and pair at the 2023 USRowing Southwest Youth Championships. Won the eight at the 2023 San Diego Crew Classic. Finished sixth in the eight at the 2022 USRowing Youth National Championships. Won the eight and four at the 2022

USRowing Southwest Youth Championships. Won the eight at the 2022 San Diego Crew Classic. Finished second in the youth eight at the 2021 Head of the Charles.

Personal: She enjoys speaking Spanish, writing, and line dancing. Quincy said her mother is her personal hero due to her unwavering grit and resilience in everything she does. Quincy also loves the rapper 50Cent, as well as Yoke Lore and Lord Huron, and watching The Office.

Emily Tierney

Women's Alternate

Birthdate: 10/2/2006

Hometown: Hackettstown, N.J.

Height: 5'11"

Weight: 160

Pronouns: she/her

High School: Blair Academy

University: Stanford University

Current Coach: Derek Byrnes

Training Location: Palo Alto, Calif.

National Teams: Three- U23, 2026; U19, 2023-2024

International Results: Won gold in the eight at the 2024 World Rowing U19 Championships.

Finalist in the women's J18 four with coxswain at the 2025 Henley Women's Regatta.

National Results: Won gold with a record time in the varsity four at the 2026 ACC

Championships. Stotesbury Cup Champion in the four with coxswain in 2023, 2024, and 2025.

Won gold in the four with coxswain at the SRAA National Championships in 2023 and 2025.

Personal: Emily loves trying new ice cream, running (she ran her first marathon in December of 2025), listening to music (specifically Noah Kahan and country music), watching Survivor, and spending time with her family and baby nephew. Her favorite post-workout snack are her mom's homemade protein balls. She hopes to attend medical school and become an anesthesiologist or pediatric physician. She is also interested in interior design and fashion, and would love to start a business. Both of her sisters rowed at Duke, and her brother rowed at Yale. Ice Cream is her favorite food, and she has a special message for Salt and Straw: "Please sponsor me!!!"

Gracelyn (Grace) Theobald

Women's Pair

Birthdate: 6/3/2004

Hometown: Seattle, Wash.

Height: 5'10"

Weight: 175

Pronouns: she/her

High School: Lakeside School

University: Northeastern University

Current Coach: Joe Wilhelm

Training Location: Boston, Mass.

National Teams: One-U23, 2026

National Results: Won gold in the varsity eight at the CAA Championships in 2024, 2025, and 2026.

Personal: When not rowing, Grace loves mountaineering, backcountry skiing, backpacking, swimming, cycling, line dancing, and playing guitar.

Claire Van Praagh

Women's Four and Mixed Eight

Birthdate: 2/9/2007

Hometown: New York, N.Y.

Height: 6'2"

Weight: 165

Pronouns: she/her

High School: Riverdale Country School

University: Stanford University

Current Coach: Derek Byrnes, Molly Hamrick, Marko Serafimovski, and Filip Topalovic

Training Location: Palo Alto, Calif.

National Teams: Three- U23, 2026; U19, 2024-2025

International Results: Won gold in the four at the 2025 World Rowing U19 Championships.

Won gold in the eight at the 2024 World Rowing U19 Championships. Finalist in the Prince Philip Challenge Trophy at the 2024 Henley Royal Regatta.

National Results: Won gold in the second varsity eight at the 2026 NCAA Championships. Won gold in the varsity eight at the 2026 ACC Championships. Won gold in the eight at both the 2025 and 2024 Youth National Championships. Won gold in the youth eight at the 2022, 2023, and 2024 Head of the Charles.

Personal: Claire was named the 2025 U19 USRowing Athlete of the Year. She enjoys running and traveling.

Benjamin (Ben) Vogel

Men's Alternate

Birthdate: 7/19/2004

Hometown: Arlington, Va.

Height: 6'4"

Weight: 205

Pronouns: he/him

High School: Yorktown High School

University: United States Naval Academy

Current Coach: Matthew Fluhr

Training Location: Annapolis. Md.

National Teams: One-U23, 2026

National Results: Finished 14th in the varsity eight at the 2026 IRA Championships.

Personal: Ben enjoys reading, hiking, and hanging out with friends. He is interested in space engineering, economics, and physics. He is majoring in aerospace engineering at Navy. His favorite movies are Whiplash and all three Lord of the Rings movies.

Amy Werner

Women's Eight

Birthdate: 4/27/2004

Hometown: Saint Davids, Pa.

Height: 5'2"

Weight: 100

Pronouns: she/her

High School: Merion Mercy Academy

University: University of Texas

Current Coach: Dave O'Neill

Training Location: Austin, Texas

National Teams: One-U23, 2026

National Results: Won gold with a record time in the varsity eight at the 2026 NCAA Championships. Earned bronze in the varsity eight at the 2025 NCAA Championships. Earned silver in the second varsity eight at the 2024 NCAA Championships.

Personal: Amy was a part of the 2026 SEC Community Service Team, given to one athlete at each SEC school that "gives back to their community in superior service efforts". Amy loves to needlepoint and spend time at the Jersey Shore with her family. She is attending Drexel's accelerated nursing program in the fall to work towards her BSN and RN.

Ella Wheeler

Women's Four and Mixed Eight

Birthdate: 5/10/2005

Hometown: South Orange, N.J.

Height: 6'2"

Weight: 175

Pronouns: she/her

High School: Northfield Mount Hermon School

University: University of California, Berkeley

Current Coach: Vanessa Tavalero

Training Location: Orinda, Calif.

National Teams: Four- U23, 2025-2026: U19, 2022-2023

International Results: Earned silver in the eight at the 2025 World Rowing U23 Championships. Won the four with coxswain at the 2023 World Rowing U19 Championships. Won the four with coxswain at the 2022 World Rowing U19 Championships.

National Results: Finished seventh in the varsity eight at the 2026 NCAA Championships. Finished tenth in the varsity eight at the 2025 NCAA Championships. Finished seventh in the varsity eight at the 2024 NCAA Championships.

Personal: Ella enjoys crafting and sewing. Her favorite workout is 6 by 2k.

Andrew Wilkinson

Men's Eight

Birthdate: 7/19/2004

Hometown: Chicago, Ill.

Height: 6'8"

Weight: 230

Pronouns: he/him

High School: Wolcott College Prep

University: Princeton University

Current Coach: Greg Hughes, Jason Elefant, Sergio Espinoza, and Hutch Collins

Training Location: Princeton, N.J.

National Teams: Four- U23, 2024-2026; U19, 2022

International Results: Finished fifth in the eight at the 2025 World Rowing U23 Championships. Finished second in the Temple Cup at the 2024 Henley Royal Regatta. Finished 7th in the men's four with coxswain at the 2022 World Rowing U19 Championships.

National Results: Won gold in the second varsity eight at the 2026 IRA Championships. Finished seventh in the second varsity eight at the 2025 IRA Championships. Won silver in the second varsity eight at the 2024 IRA Championships. Finished seventh in the third varsity eight at the 2023 IRA Championships. Finished seventh at the 2021 USRowing Youth National Championships

Personal: Andrew is in the School of Public and International Affairs at Princeton. In high school, he was named the team's Best Oarsman in 2022 and played basketball. He likes to play video games with friends and listen to music. He found the sport of rowing because of his older brother. His favorite place to compete is on Lake Carnegie. He loves to travel to Great Britain. His favorite Olympic moment is the Vince Carter dunk over the French 7-foot center. Andrew enjoys sleeping and gaming. He joined the sport of rowing after taking a baseball to the mouth and having to choose a non-contact sport. Andrew names his older brother as one of his personal heroes because he has introduced him to everything he loves, from building computers to rowing.

Phoebe Wise

Women's Four and Mixed Eight

Birthdate: 10/8/2004

Hometown: Greenwich, Conn.

Height: 5'11"

Weight: 170

Pronouns: she/her

High School: Greenwich Academy

University: University of Texas

Current Coach: Dave O'Neill

Training Location: Austin, Texas

National Teams: Three- U23, 2025-2026; U19, 2022

International Results: Won gold in the eight at the 2022 World Rowing U19 Championships, finished fifth in the four at the 2025 World Rowing U23 Championships

National Results: Won gold in the varsity eight at the 2026 NCAA Championships. Won bronze in the varsity eight at the 2025 NCAA Championships. Earned silver in the second varsity eight at the 2024 NCAA Championships.

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.

U23 Men's Historic Results

Year	4+	2x	2-	1x	4-	4x	8+	L1x	L2-	L2x	LM4-	LM4x
2025	/	18	14	-	1	10	5	2	/	-	/	/
2024	1	14	5	8	13	9	2	7	2	-	/	-
2023	3	-	10	14	-	11	2	10	1	-	/	4
2022	2	16	9	2	-	11	2	8	1	11	/	4
2021	3	14	15	8	17	13	2	7	4	11	/	6
2020	Canceled due to Covid											
2019	6	10	9	17	8	13	2	1	6	11	/	3
2018	1	17	15	4	4	18	1	19	6	19	/	3
2017	3	20	4	22	9	14	4	32	9	22	2	11
2016	6	15	3	7	4	16	10	18	5	13	8	14
2015	6	16	11	7	4	/	2	14	4	25	6	8
2014	5	14	8	21	6	15	3	1	7	11	7	/
2013	8	17	17	21	3	/	2	1	15	19	6	6
2012	2	13	4	26	4	14	1	15	12	4	7	10
2011	6	16	11	11	6	4	1	3	9	21	9	13
2010	9	16	12	11	7	10	2	11	6	19	3	12
2009	5	14	13	15	2	17	7	23	8	18	10	9
2008	5	/	20	16	9	/	1	19	10	14	9	/
2007	/	/	/	/	/	16	4	/	/	6	11	10
2006	6	/	/	15	/	14	5	/	/	/	7	2
2005*	/	/	/	/	4	12	/	/	/	/	8	/
* World Under 23 Regatta Upgraded to World Under 23 Championships												
2004	-	-	-	-	-	-	-	-	-	-	v	-
2003	-	-	-	-	-	-	-	-	-	-	-	-
2002	-	-	3	-	-	-	1	-	-	-	-	-
2001**	-	-	4	-	-	-	2	-	-	-	-	v

** Nation's Cup Renamed World Under 23 Regatta												
2000	-	-	5	-	-	-	3	-	/	-	5	-
1999	-	-	7	-	-	-	1	-	/	-	-	-
1998	-	4	-	-	-	9	2	-	/	-	5	-
1997	-	-	-	8	10	8	2	-	/	16	5	-
1996	-	-	-	-	-	-	1	-	/	-	-	-
1995	-	-	-	-	-	-	3	-	/	-	-	-
1994	-	-	-	-	-	-	-	-	/	-	-	-
1993	-	-	-	-	-	-	-	-	/	-	-	-
1992	-	-	-	-	-	-	-	-	/	-	-	-

U23 Women's Historic Results

Year	4+	4-	2x	2-	1x	4x	8+	L1x	L2x	L2-	LW4x
2025	/	5	-	-	-	-	2	-	-	/	/
2024	2	7	7	-	9	8	2	-	-	/	-
2023	3	10	10	-	8	9	1	13	12	-	-
2022	3	1	10	8	16	6	1	20	10	5	4
2021	5	2	15	2	10	9	1	9	10	3	3
2020	Canceled due to Covid										
2019	5	3	7	4	2	11	3	4	6	6	3
2018	1	10	18	1	2	6	3	10	13	1	6
2017	/	10	4	3	3	6	2	14	11	/	7
2016	/	1	4	4	4	11	1	10	15	/	8
2015	/	1	13	1	10	4	1	13	14	/	8
2014	/	1	7	2	10	9	1	17	5	/	5
2013	/	8	7	10	11	6	1	17	13	/	5
2012	/	6	10	8	15	10	1	18	13	/	4
2011	/	5	9	1	15	7	3	16	6	/	6
2010	/	1	3	1	3	4	1	12	9	/	5

2009	/	6	10	5	8	9	2	16	12	/	2
2008	/	4	-	-	6	-	1	19	12	/	/
2007	/	-	-	6	-	1	3	15	16	/	/
2006	/	-	-	4	-	-	1	11	-	/	/
2005*	/	1	3	-	-	-	/	-	-	/	/
* World Under 23 Regatta Upgraded to World Under 23 Championships											
2004	/	-	-	-	-	-	/	-	-	/	/
2003	/	-	-	-	-	-	/	-	-	/	/
2002	/	4	3	2	-	-	/	-	-	/	/
2001**	/	2	-	-	-	-	/	-	-	/	/
** Nation's Cup Renamed World Under 23 Regatta											
2000	/	1	-	-	-	-	/	10	-	/	/
1999	/	3	-	-	-	-	/	8	-	/	/
1998	/	2	-	7	-	7	/	-	-	/	/
1997	/	5	-	6	15	5	/	-	dnq	/	/
1996	/	1	9	-	-	-	/	-	-	/	/
1995	/	-	-	3	-	7	/	-	11	/	/
1994	/	1	-	-	-	-	/	-	-	/	/
1993	/	-	-	-	-	-	/	-	-	/	/
1992	/	-	-	-	-	-	/	-	-	/	/

(-) USA did not enter boats in this event

(dnq) USA crews did not qualify for placement

(/) Event not included in schedule

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.