



**2025 World Rowing Under-19 Championships Media  
Guide  
August 6-10  
Trakai, Lithuania**

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## About the 2025 World Rowing Under-19 Championships

The 2025 World Rowing Under-19 Championships will take place in Trakai, Lithuania, from the 6th of August to the 10th. The racing will happen over these five days at the Galve Lake rowing 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/2025-world-rowing-under-23-championships>

## About the Venue

The 2025 World Rowing Under-19 Championships is taking place on Lake Galvé in the heart of Trakai. Lake Galvé is a UNESCO Historical Heritage Site with the famous Trakai Island Castle only meters away from the race course. The lake covers almost 900 acres and has a depth of over 150 feet. The venue also boasts an 8 lane rowing course, a finish tower, a boathouse, grandstands, a hotel, a conference hall, a fitness room, and showers and sauna. Trakai has been hosting regattas on the lake since 1928 including the World Junior Rowing Championships in 2002, 2013, and 2017.

## Event List

JM1x	Men's Single Sculls
JW1x	Women's Single Sculls
JM2x	Men's Double Sculls
JW2x	Women's Double Sculls
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

## **General Schedule of Events**

Wednesday, August 6th- Practice, spares races, and heats for single and double sculls

Thursday, August 7th- Heats

Friday, August 8th- Quarterfinals for single and double sculls, Placement finals for single and double sculls

Saturday, August 9th-Semifinals and Placement finals

Sunday, August 10th- 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/2025-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](http://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 U.S. Rowing and World Rowing
5. Join the conversation ...
  - Use the hashtag #WRU19Champs

## **2025 World Rowing Under-19 Championships Roster**

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

*(Lineups subject to change)*

#### **Men's Single Sculls**

Tony Madigan (Arlington, Va./Potomac Boat Club)

#### **Men's Quadruple Sculls**

Alexander Auth (s) (New York, N.Y./Deerfield Academy)

Donovan Moses (3) (Greenwich, Conn./V-Sculls)

Andrew Vizecky (2) (Arden Hills, Minn./Lake Phalen)

George Kapp (b) (Greenwich, Conn./Brunswick School)

#### **Women's Quadruple Sculls**

Mira Meek (s) (Arlington, Va./Potomac Boat Club)

Clare Junius (3) (Greenwich, Conn./RowAmerica Greenwich)

Emma Kirk (2) (Boston, Mass./Cambridge Boat Club)

Claire Copko (b) (Portland, Ore./Jesuit High School)

#### **Men's Four**

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

Nolan Hamm (3) (Santa Cruz, Calif./ Los Gatos RC)

William Heaton (2) (Chicago, Ill./ Chicago Rowing Foundation)

George Dolce (b) (Rye Brook, N.Y./ Row America Rye)

#### **Women's Four**

Claire Van Praagh (s) (New York, N.Y./ Row America Rye)

Lauren Dubois (3) (New York, N.Y./ Groton School)

Lia Nathan (2) (Washington D.C./ Sidwell Friends School)

Teagan Farley (b) (New York, N.Y./ Deerfield Academy)

#### **Men's Eight**

Rhea Kaycee (c)(Princeton, N.J./PNRA Mercer)

Isaac Rabinowitz (s) (Rye, N.Y./RowAmerica Rye)

Liam Feeney (7) (Buffalo, N.Y./Canisius High School)

Augustine Freijo (6) (Long Beach, Calif./ Newport Aquatic Club)

Grant Shore (5) (Princeton, N.J./PRNA Mercer)

Ben Ewer (4) (Seattle, Wash./ Pocock Youth Rowing)

Charlie Winder (3) (Boston, Mass./ Community Rowing, Inc.)

Matthew Dopkin (2) (Philadelphia, Pa./St. Joseph's Prep)  
Isaiah Aljuwani (1) (Buffalo, N.Y./Canisius High School)

### **Women's Eight**

Avery Harries-Jones (c)(San Rafael, Calif./Marin Rowing Association)  
Stefania McMasters (s) (Boston, Mass./Community Rowing, Inc.)  
Katie Dahl (7) (Long Beach, Calif./Newport Aquatic Center)  
Alexis Gormley (6) (Margate City, N.J./Atlantic City High School)  
Eden Alfi (5) (Miami, Fla./Gulliver Prep/Miami International RowHouse)  
Zara Taylor (4) (Radnor, Pa./Radnor Girls Crew Club)  
Madeline Glover (3) (Oklahoma City, Ok./OKC Riversport)  
Caitlin Cecere (2) (Montclair, N.J./Montclair High School)  
Ana Ciechanover (b) (Hissborough, Calif./ NorCal Crew)

### **Alternates**

Porter Collins (Houston, Texas/Greater Houston Rowing Club)  
Angela Johnson (Alpharetta, Ga./St. Andrew Rowing Club)  
Beatrix Lay (Bryn Mawr, Pa./Conshohocken Rowing Center, Inc.)  
Olivia Lindemann (Chicago, Ill./Chicago Rowing Foundation)  
Parker Mansfield (Greenfield Center,N.Y./Saratoga Rowing Association)  
Spencer Morinigo (Narberth, Pa./St. Joseph's Prep)

### **Coaches**

Eric Gehrke, Men's four  
Caitlin McClain, Women's four  
Sarah Gehrke, Women's eight  
Matt Grau, Women's quadruple sculls  
James Hamp, Men's eight  
James Konopka, Men's quadruple sculls  
Matt Madigan. Men's single sculls

### **Support Staff**

Nick Haley, Team Leader  
Kathryn Rizzzone, Team Doctor  
Kerry Simmonds, Team PT  
Wendy Wilbur, Team Leader

## **Event Preview**

The 2025 World Rowing Under-19 Championships will take place on Lake Galvé beginning on Wednesday, August 6th and continuing until Sunday, August 10th.

The team consists of 41 athletes from across the country representing 17 states with the most athletes hailing from New York. Out of these athletes, 23 are making their national team debut on the race course in Lithuania and 12 are returning from last year's under-19 world championships in St. Catherine's, Canada. Last year the team came home with one gold, one silver, and two bronze medals.

The United States will be racing in seven out of the twelve events offered at the regatta. These events include the men's single sculls, the men's and women's quadruple sculls, the men's and women's four, and the men's and women's eight.

The women's four is a highly anticipated race as all four of the women in the boat are returners from last year's team. Claire Van Praagh, Lauren Dubois, and Lia Nathan all won gold in the women's eight while Teagan Farley came ninth in the women's quadruple sculls. The foursome are set to make a dominating impression on the race course.

In the women's quadruple sculls, Claire Sopko returns to the U19 lineup and is joined by Mira Meek, Clare Junius, who won bronze at the 2025 Youth National Championships, and Emma Kirk, who placed fourth in the women's youth single sculls at the same event. In the women's eight, four athletes, Avery Harries-Jones, Katie Dahl, Alexis Gormley, and Eden Alfi, return from the 2024 U19 World Championships bronze medal-winning crew in the women's four with coxswain.

On the men's side, the four include George Dolce, who placed seventh in the pair at last year's U19 world championships, and Nolan Hamm, the 2025 Youth National Champion in the men's quadruple sculls. In the men's quadruple sculls, George Kapp and Donovan Moses reunite in the men's quadruple sculls after finishing 14th together in the 2024 men's double, joining Alexander Auth and Andrew Vizecky.

The men's eight features all-new talent to the international stage but boasts strong results from the Youth National Championships. The lineup includes Newport Aquatic Center's Augie Freijo, the 2025 men's pair winner; RowAmerica Rye's Isaac Rabinowitz, who won the 2025 men's eight; Pocock's Ben Ewer, 2025 champion in the men's four with coxswain; and Canisius High School's Isaiah Aljuwani and Liam Feeney, 2024 winners of the men's pair.

Making his debut in the men's single sculls is Tony Madigan, who won the 2025 U19 Time Trial and captured the national title at the Youth National Championships. He is coached by his father, Matt Madigan, a former national team rower and two-time Olympic coach.



## Rowers by State



### California (5)

Ana Ciechanover  
Katie Dahl  
Augustine Freijo  
Nolan Hamm  
Avery Harries-Jones

### Connecticut (3)

George Kapp  
Clare Junius  
Donovan Moses

### Florida (1)

Eden Alfi

### Georgia (1)

Angela Johnson

**Illinois (2)**

William Heaton  
Olivia Lindemann

**Massachusetts (3)**

Emma Kirk  
Stefania McMasters  
Charlie Winder

**Minnesota (1)**

Andrew Vizecky

**New Jersey (4)**

Caitlin Cecere  
Lexi Gormley  
Rhea Kaycee  
Grant Shore

**New York (9)**

Isaiah Aljuwani  
Zander Auth  
George Dolce  
Lauren Dubois  
Teagan Farley  
Liam Feeney  
Parker Mansfield  
Isaac Rabinowitz  
Claire Van Praagh

**Ohio (1)**

John Piersma

**Oklahoma (1)**

Madeline Glover

**Oregon (1)**

Claire Sopko

**Pennsylvania (4)**

Matthew Dopkin

Beatrix Lay

Spencer Morinigo

Zara Taylor

**Texas (1)**

Porter Collins

**Virginia (2)**

Tony Madigan

Mira Meek

**Washington (1)**

Ben Ewer

**Washington D.C. (1)**

Lia Nathan

## **Under-19 National Team Athlete Bios**

**Eden Alfi**

**Women's Eight**

**Birthdate:** 8/7/2007

**Hometown:** Miami, Fla.

**Height:** 6'0"

**Weight:** 165

**Pronouns:** she/her

**School:** Gulliver Preparatory

**Current Club Affiliations:** Miami RowHouse

**Current Coach:** Francisco Viacava

**Training Location:** Miami, Fla.

**National Teams:** Two-U19, 2024-2025

**International Results:** Won bronze in the four with coxswain at the 2024 U19 World Rowing Championships.

**National Results:** Won bronze in the single at the 2024 FSRA Sculling Championships.

Finished eight in the U17 single at the 2023, USRowing Youth National Championships.

Finished fourth in the single at the 2023 SRAA National Championships. Won the single at the

2023 Southeast Youth Championships. Won bronze in the U17 single at the 2022 Southeast

Youth Championships. Won silver in the U15 single at the 2021 Head of the Hooch. Won bronze in the U15 single at the 2021 USRowing Youth National Championships.

**Personal:** Eden was voted her rowing team captain the past two years. She received the Excellence in Engineering III award and is a two-time National Honor Society member and the Math National Honor Society and is a member of the Science National Honor Society. She is president of the environmental branch of Together We Innovate. As part of this, she educates middle schoolers about STEM. She is president of Future Society of Women Engineers, encouraging and empowering all the girls in the engineering classes at her school. She is in the robotics club and solar powered go-kart club at her school. She loves yoga. She is Israeli and Jewish. She started rowing when she was 9 years old. Both her mom and her older brother rowed in high school. She plans to keep rowing for the rest of her life while pursuing a career in biomedical engineering. Her favorite movies are Harry Potter and Twilight. She is dyslexic and wrote The Elephant In The Room, a children's book about dyslexia for dyslexic children.

**Isaiah Aljuwani**

**Men's Eight**

**Birthdate:** 3/7/2007

**Hometown:** Kenmore, N.Y.

**Height:** 6'3"

**Weight:** 180

**Pronouns:** he/him

**School:** Canisius High School

**Current Club Affiliations:** Canisius High School/RowBuffalo

**Current Coach:** Jacob Filby

**Training Location:** Buffalo, N.Y.

**National Teams:** One-U19, 2025

**International Results:** Won gold in the men's varsity eight at the 2025 Canadian Scholastic Championships. Won gold in the men's U19 eight at the 2024 Canadian Henley Regatta. Won gold in the men's U19 four with coxswain at the 2024 Canadian Henley Regatta.

**National Results:** Won gold in the men's varsity eight at the 2025 Scholastic National Championships. Won gold in the men's pair at the 2024 USRowing Youth National Championships. Won gold in the men's U17 four with coxswain at the 2023 USRowing Youth National Championships.

**Personal:** Isaiah began rowing in his freshman year of high school, and he dreams of rowing at the Olympics. He is committed to row for Boston University in the fall.

## **Zander Auth**

### **Men's Quadruple Sculls**

**Birthdate:** 7/24/2007

**Hometown:** New York, N.Y.

**Current Residence:** Deerfield, Mass.

**Pronouns:** he/him

**School:** Deerfield Academy

**Current Club Affiliations:** Deerfield Academy

**Current Coach:** Spencer Washburn

**Training Location:** Deerfield, Mass.

**National Teams:** One- U19, 2025

**National Results:** Won silver in the Men's Youth Eight at the 2025 USRowing National Championships. Finished 17th in the Men's Youth Eight at the 2024 USRowing National Championships.

## **Caitlin Cecere**

### **Women's Eight**

**Birthdate:** 8/17/2009

**Hometown:** Montclair, N.J.

**School:** Montclair High School

**Current Club Affiliations:** Montclair Rowing

**Current Coach:** Lorna Rundle

**Training Location:** Montclair, N.J.

**National Teams:** One- U19, 2025

**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.

**Ana Ciechanover**

**Women's Eight**

**Birthdate:** 10/1/2007

**Hometown:** Hillsborough, Calif.

**Height:** 6'1"

**Weight:** 150

**Pronouns:** she/her

**School:** Lick-Wilmerding High School

**Current Club Affiliations:** NorCal

**Current Coach:** Laura Simon

**Training Location:** Redwood City, Calif.

**National Teams:** One-U19, 2025

**National Results:** Finished tenth in the women's varsity four with coxswain at the 2024 USRowing Youth National Championships. Finished seventh in the women's varsity four with coxswain at the 2024 USRowing Youth National Championships.

**Porter Collins**

**Men's Alternate**

**Birthdate:** 8/1/2008

**Hometown:** Houston, Tex.

**Pronouns:** he/him

**School:**

**Current Club Affiliations:** Greater Houston Rowing

**Current Coach:** Robert Hearn and Porter Collins

**Training Location:** Houston, Tex.

**National Teams:** One-U19, 2025

**National Results:** 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:** 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.

**Kathryn (Katie) Dahl**

**Women's Eight**

**Birthdate:** 7/27/2007

**Hometown:** Long Beach, Calif.

**Height:** 6'0"

**Weight:** 165

**Pronoun:** she/her

**School:** Millikan High School

**Current Club Affiliations:** Newport Aquatic Center (NAC)

**Current Coach:** Weston Cole

**Training Location:** Newport, Calif.

**National Teams:** Two-U19, 2024-2025

**International Results:** Won bronze in the four with coxswain at the 2024 U19 World Rowing Championships.

**National Results:** Won silver in the eight at the 2025 USRowing Youth National Championships. Won silver in the eight at the 2024 USRowing Youth National Championships. Won bronze in the U17 four with coxswain at the 2023 USRowing Youth National Championships. Finished fifth in the eight at the 2023 Head of the Charles. Won the junior varsity eight at the 2024 San Diego Crew Classic. Won the quadruple sculls at the 2024 Southwest Regional Championships. Won the eight at the 2024 Southwest Regional Championships. Won silver in the four at the 2024 Southwest Regional Championships.

**Personal:** Katie was named to the Principal's Honor Roll. She enjoys spending time with her friends and family, baking, as well as spending time in nature. After rowing, she looks forward to earning a sports medicine degree. She loves racing the Head of the Charles.

## **George Dolce**

### **Men's Four**

**Birthdate:** 5/29/2007

**Hometown:** Bronx, N.Y.

**Height:** 6'1"

**Weight:** 160

**School:** Fordham Preparatory

**Current Club Affiliations:** RowAmerica Rye

**Current Coach:** Aleksander Radovic

**Training Location:** Rye, N.Y.

**National Teams:** Two-U19, 2024-2025

**International Results:** Finished eight in the pair at the 2024 U19 World Rowing Championships.

**National Results:** Won gold in the eight at the 2025 USRowing Youth National Championships. Won gold in the eight at the 2024 USRowing Youth National Championships. Won gold in the eight at the 2023 USRowing Youth National Championships. Won gold in the U17 Eight and the U17 single sculls at the 2023 USRowing Club Nationals. Won bronze in the U16 eight at the

2022 USRowing Youth National Championships. Won gold in the U17 Eight and the U16 four with coxswain at the 2022 USRowing Club Nationals.

**Matthew Dopkin**

**Men's Eight**

**Birthdate:** 11/27/2007

**Hometown:** Philadelphia, Pa.

**Height:** 6'3"

**Weight:** 185

**Pronouns:** he/him

**School:** St. Joseph's Prep

**Current Club Affiliations:** St. Joseph's Prep

**Current Coach:** John Fife

**Training Location:** Philadelphia, Pa.

**National Teams:** One-U19, 2025

**National Results:** Finished fourth in the men's eight at the 2025 USRowing Youth National Championships. Won silver in the men's eight at the 2024 USRowing Youth National Championships

**Lauren Dubois**

**Women's Four**

**Birthdate:** 5/11/2007

**Hometown:** New York, N.Y.

**Current Residence:** Groton, Mass.

**Height:** 5'9"

**Weight:** 162

**Pronouns:** she/her

**School:** Groton School

**Current Club Affiliations:** Groton School

**Current Coach:** Cola Parker and Andy Anderson

**Training Location:** Groton, Mass.

**National Teams:** Two-U19, 2024-2025

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

**National Results:** Finished ninth in the women's youth four with coxswain at the 2025

USRowing Youth National Championships. Won bronze in the eight at the 2023, US Rowing Summer Nationals. Won the U17 eight at the 2023 US Rowing Summer Nationals. Won silver in the four with coxswain at the 2024 NEIRA Championships.

**Personal:** Lauren is the varsity crew captain. She 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 for fencing. She began rowing the spring of her freshman year at



Groton School. Her mom is her hero because of her unwavering love and 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.

**Benjamin (Ben) Ewer**

**Men's Eight**

**Birthdate:** 3/5/2008

**Hometown:** Seattle, Wash.

**Height:** 6'5"

**Weight:** 215

**Pronouns:** he/him

**School:** Cedar Park Christian School

**Current Club Affiliations:** Pocock Rowing Club

**Current Coach:** Helen Tilghman

**Training Location:** Seattle, Wash.

**National Teams:** One-U19, 2025

**National Results:** Won gold in the Men's Youth four at the 2025 USRowing Youth Nationals.

**Teagan Farley**

**Women's Four**

**Birthdate:** 4/10/2008

**Hometown:** New York, N.Y.

**Current Residence:** Deerfield, Mass.

**Height:** 5'8"

**Weight:** 170

**School:** Deerfield Academy

**Pronouns:** she/her

**Current Club Affiliations:** Deerfield Academy/New York Athletic Club

**Current Coach:** Parker Washburne

**Training Location:** Deerfield, Mass.

**National Teams:** Two-U19, 2024-2025

**International Results:** Finished ninth in the quadruple sculls at the 2024 U19 World Rowing Championships. Finished second in the Phillip Challenge Trophy at the 2023 Royal Henley.

**National Results:** Won silver in the double at the 2023 Head of the Charles. Finished seventh in the eight at the 2023 Youth National Championships. Won the U17 double and finished second in the U19 double at the 2022 Head of the Charles. Won the U17 single at the 2022 USRowing Summer Nationals. Won gold in the U17 event at the 2023 US Rowing Indoor National Championship. Won gold in the U15 event at the 2020 US Rowing Indoor National

Championship. Holds the 14 age group World Records on the Concept 2 Rower and SkiErg machines.

**Personal:** Teagan is the Deerfield Academy Cross Country Captain. She has a twin. She loves funny nightgowns, and has a dog named McGillicuddy Benji Danger Kitchen Charger Gornegrat Conchito Johnson Farley. During covid, her dad bought an erg, became an erg coach, and introduced her to the sport. A personal hero of hers is one of her coaches, Jim Dietz. She would like to go skydiving with fellow teammate Claire Van Praagh. Her favorite place to compete is the Charles because steering a good course matters just as much as going fast, and she has lots of family and friends in the Boston area who come to watch her compete. She enjoys the Ocean's 11 franchise and her favorite musicians are Taylor Swift, Mt. Joy, Noah Kahan and Zach Bryan.

### **Liam Feeney**

#### **Men's Eight**

**Birthdate:** 2/7/2007

**Hometown:** West Seneca, N.Y.

**Pronouns:** he/him

**School:** Canisius High School

**Current Club Affiliations:** Buffalo Scholastic

**Current Coach:** Jacob Filby

**Training Location:** Buffalo, N.Y.

**National Teams:** One-U19, 2025

**International Results:** Won gold in the men's varsity eight at the 2025 Canadian Scholastic Championships. Won gold in the men's U19 eight at the 2024 Royal Canadian Henley Regatta. Won gold in the men's U19 four with coxswain at the 2024 Canadian Henley Regatta.

**National Results:** Won gold in the men's varsity eight at the 2025 Scholastic National Championships. Won gold in the men's pair at the 2024 USRowing Youth National Championships. Won gold in the men's U17 four with coxswain at the 2023 USRowing Youth National Championships.

### **Augustine (Augie) Freijo**

#### **Men's Eight**

**Birthdate:** 3/27/2007

**Hometown:** Long Beach, Calif.

**Height:** 6'4"

**Weight:** 195

**Pronouns:** he/him

**School:** St. John Bosco High School

**Current Club Affiliations:** Newport Aquatic Club

**Current Coach:** Marcel Stiffey

**Training Location:** Newport Beach, Calif.

**National Teams:** One-U19, 2025

**International Results:** Won gold in the men's four and the men's eight at the 2024 CanAmMex Championships.

**National Results:** Won the men's youth pair at the 2025 USRowing Youth National Championships. Finished eighth in the men's youth eight at the 2025 USRowing Youth National Championships. Finished third in the men's youth four at the 2024 USRowing Youth National championships. Finished seventh in the men's youth "B" eight at the 2023 USRowing Youth National championships. Finished fifth in the men's youth quadruple sculls with coxswain at the 2022 Head of the Charles.

### **Madeline Glover**

**Women's Eight**

**Birthdate:** 4/4/2008

**Hometown:** Oklahoma City, Ok.

**Height:** 5'9"

**Weight:** 170

**Pronouns:** she/her

**School:** Westmoore High School

**Current Club Affiliations:** OKC Riversport

**Current Coach:** Sarah Gherke

**Training Location:** Oklahoma City, Ok.

**National Teams:** One-U19, 2025

**International Results:** Finished second in the U19 pair at the 2024 Canadian Henley.

**National Results:** Finished 28th in the women's youth eight at the 2024 USRowing Youth National Championships.

### **Alexis (Lexi) Gormley**

**Women's Eight**

**Birthdate:** 7/29/2007

**Hometown:** Margate City, N.J.

**Height:** 5'11"

**Weight:** 185

**Pronouns:** she/her

**School:** Atlantic City High School

**Current Club Affiliations:** Atlantic City High School

**Current Coach:** Sean Duffey

**Training Location:** Atlantic City, N.J.

**National Teams:** Two-U19, 2024-2025

**International Results:** Won bronze in the four with coxswain at the 2024 U19 World Rowing Championships.

**National Results:** Won the varsity eight at the 2024 SRAA National Championships 2024. Won bronze in the eight at the 2023 Stotesbury Cup Regatta. Won bronze in the single at the 2023 Head of the Schuylkill.

**Personal:** Lexi holds her school record in 2k and 6k tests. She is on the Academic Honor Roll. She enjoys working out, spending time with friends and family, biking, surfing, baking, and journaling. She played basketball for eight years before rowing. Her dad rowed in college and always urged her to row. Her parents are her heroes and her biggest supporters in whatever she decides to pursue. Whether it was basketball a few years ago, or rowing now, they are at every event cheering her team on. They constantly make an effort to be there for her, even if it's an inconvenience for them at the moment. They always remind her to keep her chin up and look at the positives. She would like to continue her education and explore careers. Her favorite music artists and bands are Fleetwood Mac, Lana Del Rey, Frank Ocean, Dominic Fike, Empire of the Sun, Tyler, the Creator, and Labrinth.

## **Nolan Hamm**

### **Men's Four**

**Birthdate:** 12/17/2007

**Hometown:** Santa Cruz, Calif.

**Height:** 6'2"

**Weight:** 200

**Pronouns:** he/him

**School:** Los Gatos High School

**Current Club Affiliations:** Los Gatos Rowing Club

**Current Coach:** Channing Walker

**Training Location:** Los Gatos, Calif.

**National Teams:** One-U19, 2025

**International Results:** Won gold in the men's eight and finished fourth in the men's four at the 2024 CanAmMex Championships.

**National Results:** Won gold in the men's quadruple sculls at the 2025 USRowing Youth National Championships. Won gold in the men's 2v quadruple sculls at the 2024 USRowing Youth National Championships.

## **Avery Harries-Jones**

### **Women's Eight**

**Birthdate:** 6/1/2007

**Hometown:** San Rafael, Calif.

**Height:** 5'4"

**Weight:** 114

**Pronouns:** she/her

**School:** The Branson School

**Current Club Affiliations:** Marin Rowing Association

**Current Coach:** Sandy Armstrong, Rodrigo Rodrigues

**Training Location:** Larkspur, Calif.

**National Teams:** Two-U19, 2024-2025

**International Results:** Won bronze in the four with coxswain at the 2024 U19 World Rowing Championships.

**National Results:** Finished 13th in the eight at the 2025 USRowing Youth National championships. Won bronze in the eight at the 2024 Youth National Championships. Won the U16 eight at the 2022 Youth National Championships

**Pronouns:** Avery won the MVP and Captain Awards on her team and won Most Improved. She enjoys playing chess, baking, watching tv shows, going on long walks, and playing pickleball. Her dad is from South Africa. When she was in 4th grade, she was the point guard of her CYO basketball team. Avery was a pretty talkative point guard so her coach went up to her parents and recommended that she became a coxswain. Her parents did some research and found Marin Rowing. Her personal hero is her Aunt Melissa Phillips because of how much she has persevered through her life and her determination. She was recruited to George Washington University to play D1 basketball. Her success and athletic drive has influenced and inspired Avery to try and go as far as she can in Rowing. She loves comedies and mystery movies, especially Murder Mystery and Knives Out.

## **William (Will) Heaton**

**Men's Four**

**Birthdate:** 6/25/2007

**Hometown:** Chicago, Ill.

**Pronouns:** he/him

**School:** Latin School of Chicago

**Current Club Affiliations:** Chicago Rowing Foundation

**Current Coach:** Matt Dignan, Mike Wallin

**Training Location:** Chicago, Ill.

**National Teams:** One- U19, 2025

**National Results:** Finished 23rd in the men's youth eight at the 2025 USRowing Youth National Championships. Finished 18th in the men's youth eight at the 2024 USRowing Youth National Championships. Finished ninth in the men's U17 eight at the 2023 USRowing Youth National Championships.

## **Angela Johnson**

**Women's Alternate**

**Birthdate:** 7/29/2010

**Hometown:** Alpharetta, Ga.

**Height:** 6'1"

**Weight:** 165

**Pronouns:** she/her

**School:** Rivers Academy

**Current Club Affiliations:** St. Andrew Rowing Club

**Current Coach:** Erin Hayes

**Training Location:** Roswell, Ga.

**National Teams:** One- U19, 2025

**National Results:** Finished 22nd in the women's youth eight at the 2025 USRowing Youth National Championships. 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.

**Pronouns:** she/her

**School:** Sacred Heart Greenwich

**Current Club Affiliations:** RowAmerica Greenwich

**Current Coach:** Costel Mutescu

**Training Location:** Greenwich, Conn.

**National Teams:** One- U19, 2025

**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.

### **George Kapp**

#### **Men's Quadruple Sculls**

**Birthdate:** 4/27/2008

**Hometown:** Greenwich, Conn.

**Current Residence:** Greenwich, Conn.

**Height:** 6'2"

**Weight:** 155

**Pronouns:** he/him

**School:** Brunswick School

**Current Club Affiliations:** Brunswick School/V-Sculls

**Current Coach:** John Martin, Amadeusz Pietrzak

**Training Location:** Greenwich, Conn.

**National Teams:** Two- U19, 2024-2025

**International Results:** Finished 14th in the men's double sculls at the 2024 U19 World Rowing Championships.

**National Results:** Finished ninth in the men's single sculls at the 2025 USRowing Youth National Championships. Won gold in the men's youth four at the 2024 Head of the Charles. Won gold in the U17 single sculls at the 2024 USRowing Youth National Championships. Won silver in the men's youth four at the 2023 Head of the Charles.

**Rhea Kaycee**

**Men's Eight**

**Birthdate:** 4/27/2007

**Hometown:** Princeton, N.J.

**Pronouns:** she/her

**School:** Princeton High School

**Current Club Affiliations:** PNRA Mercer

**Current Coach:** Jamie Hamp

**Training Location:** Princeton, N.J.

**National Teams:** One-U19, 2025

**International Results:** Finished fifth in the men's U19 eight at 2024 Royal Canadian Henley Regatta.

**National Results:** Finished fifth in the men's eight at the 2025 USRowing Youth National Championships. Finished fourth in the men's youth eight at the 2024 Head of the Charles.

**Emma Kirk**

**Women's Quadruple Sculls**

**Birthdate:** 11/12/2007

**Hometown:** Cambridge, Mass

**School:** Buckingham Brown & Nichols School

**Current Club Affiliations:** Cambridge Boat Club

**Current Coach:** Abby Knight

**Training Location:** Cambridge, Mass.

**National Teams:** One-U19, 2025

**International Results:** Won the women's under-19 quadruple sculls, women's under-19 four with coxswain, and the women's under-19 eight at the 2024 Royal Canadian Henley.

**National Results:** Finished fourth in the women's single sculls at the 2025 USRowing Youth National Championships. Won gold in the women's youth single sculls at the 2024 Head of the

Charles. Finished fifth in the women's double sculls at the 2024 USRowing Youth National Championships. Finished sixth in the women's youth single at the 2023 Head of the Charles.

**Beatrix (Bea) Lay**

**Women's Alternate**

**Birthdate:** 7/14/2007

**Hometown:** Radnor, Pa.

**Height:** 6'0"

**Weight:** 155

**Pronouns:** she/her

**School:** The Grayson School

**Current Club Affiliations:** Conshohocken Rowing Center

**Current Coach:** Joe Sullivan

**Training Location:** Conshohocken, Pa.

**National Teams:** One-U19, 2025

**National Results:** Finished 13th in the women's quadruple sculls at the 2025 USRowing Youth National Championships. Finished 31st in the women's youth single sculls at the 2024 Head of the Charles.

**Olivia Lindemann**

**Women's Alternate**

**Birthdate:** 11/1/2007

**Hometown:** Chicago, Ill.

**Height:** 5'11"

**Weight:** 170

**Pronouns:** she/her

**School:** Latin School of Chicago

**Current Club Affiliations:** Chicago Rowing Foundation

**Current Coach:** Mike Wallin, Maida Wallin

**Training Location:** Chicago, Ill.

**National Teams:** One-U19, 2025

**National Results:** Finished 17th in the women's eight at the 2025 USRowing Youth National Championships. Finished tenth in the women's second varsity eight at the 2024 USRowing Youth National Championships.

**Michael (Tony) Madigan**

**Men's Single Sculls**

**Birthdate:** 11/11/2007

**Hometown:** Arlington, Va

**Height:** 6'4"



**Weight:** 195

**Pronouns:** he/him

**School:** Wakefield High School

**Current Club Affiliations:** Potomac Boat Club

**Current Coach:** Matt Madigan, Carol Dinion, Jamie Whalen, Kevin Bedell

**Training Location:** Washington, D.C.

**National Teams:** One-U19, 2025

**International Results:** Won gold in the U19 single sculls, double sculls and quadruple sculls at the 2024 Canadian Henley.

**National Results:** Won gold in the single sculls at the 2025 Youth National Championships.

Won the U19 2000 meter 2025 Mid Atlantic Erg Sprints. Won gold in the senior single sculls at the 2024 SRAA Nationals. Won silver in the single sculls at the 2024 Head of the Charles. Won gold in the single sculls at the 2024 Head of the Schuylkill.

**Personal:** Tony is an Eagle Scout with a Silver Palm and a Gold Palm. He enjoys spending time with his brothers. He loves to play 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 a college team, but a junior team would be cool too. 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 George Michael and Wham!, Bruce Springsteen, and The Beach Boys. Fun Fact: he watched La La Land during every race trip this spring.

## **Parker Mansfield**

### **Men's Alternate**

**Birthdate:** 2/26/2009

**Hometown:** Saratoga Springs, N.Y.

**Height:** 6'4"

**Weight:** 215

**Pronouns:** he/him

**School:** Saratoga Springs High School

**Current Club Affiliations:** Saratoga Rowing Association

**Current Coach:** Mike MacMinn, Madeline Lebed

**Training Location:** Saratoga Springs, N.Y.

**National Teams:** One-U19, 2025

**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.

**Stefania McMasters**

**Women's Eight**

**Birthdate:** 12/26/2007

**Hometown:** Brookline, Mass.

**Current Club Affiliations:** Community Rowing Inc.

**Current Coach:** Violet Collier

**Training Location:** Boston, Mass.

**National Teams:** One- U19, 2025

**International Results:**

**National Results:** Finished eighth in the women's eight at the 2025 Youth National Championships.

**Mira Meek**

**Women's Quadruple Sculls**

**Birthdate:** 2/6/2007

**Hometown:** Arlington, Va.

**Height:** 6'1"

**Weight:** 150

**Pronouns:** she/her

**School:** Wakefield High School

**Current Club Affiliations:** Wakefield/Potomac Boat Club

**Current Coach:** Russell Topp and Carol Dinion

**Training Location:** Arlington, Va./Washington D.C.

**National Teams:** One-U19, 2025

**National Results:** Finished fifth in the girls senior eight at the 2025 SRAA Scholastic National Championships. Finished tenth in the women's youth singles at the 2024 Head of the Charles. Finished fifth in the girls senior eight at the 2024 SRAA Scholastic National Championships. Finished ninth in the girls senior eight at the 2023 SRAA Scholastic National Championships.

**Spencer Morinigo**

**Men's Alternate**

**Birthdate:** 12/14/2007

**Hometown:** Philadelphia, Pa.

**Height:**

**Weight:**

**Pronouns:** he/him

**School:** St. Joseph's Preparatory School

**Current Club Affiliations:** St. Joseph's Prep

**Current Coach:** John Fife

**Training Location:** Philadelphia, Pa.

**National Teams:** One- U19, 2025

**National Results:** Finished fourth in the men's eight at the 2025 USRowing Youth National Championships. Finished fifth in the men's youth eight at the 2023 Head of the Charles. Won silver in the men's eight at the 2024 USRowing Youth National Championships. Finished tenth in the men's youth eight at the 2023 Head of the Charles.

**Donovan "Van" Moses**

**Men's Quadruple Sculls**

**Birthdate:** 4/27/2007

**Hometown:** Greenwich, Conn.

**Height:** 6'6"

**Pronouns:** he/him

**School:** Greenwich High School

**Current Club Affiliations:** V-Sculls

**Current Coach:** Dmitri Vlasov

**Training Location:** Old Greenwich, Conn.

**National Teams:** Two- U19, 2024-2025

**International Results:** Finished 14th in the men's double sculls at the 2024 U19 World Rowing Championships.

**National Results:** Finished seventh in the men's youth double sculls at the 2024 Head of the Charles. Finished sixth in the men's youth single sculls at the 2024 USRowing Youth National Championships.

**Lia Nathan**

**Women's Four**

**Birthdate:** 7/21/2007

**Hometown:** Washington, D.C.

**Height:** 5'11"

**Weight:** 170

**Pronouns:** she/her

**School:** Sidwell Friends School

**Current Club Affiliations:** Sidwell Friends School Rowing

**Current Coach:** Ted Bristol, Maggie Taylor, Cecilia Laguarda, Colette Nortman

**Training Location:** Washington, D.C.

**National Teams:** Two- U19 2024-25

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

**National Results:** Won the U17 eight at the 2023 Summer Nationals. Won silver in the U19 eight at the 2023 Summer Nationals. Won the U17 events at the 2023 Mid-Atlantic Erg Sprints.

**Personal:** In her free time, she enjoys doing ceramics and photography, baking, walking her dog, playing soccer, surfing, and skiing. She hates bananas. She has a Nova Scotia Duck Tolling Retriever named Clio. She found rowing through her mother who suggested it to me because I needed a spring sport for school. Her dad is her hero because he is smart, hardworking, kind, and resilient. Her favorite TV shows are Ted Lasso and Slow Horses.

**John Piersma**

**Men's Four**

**Birthdate:** 1/18/2008

**Hometown:** Cincinnati, Ohio

**Pronouns:** he/him

**School:** St. Xavier High School

**Current Club Affiliations:** Cincinnati Juniors

**Current Coach:** Gregory Hull, Daniel Puttman, Paul Schmid

**Training Location:** Newport, Ky.

**National Teams:** One- U19, 2025

**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.

**Isaac Rabinowitz**

**Men's Eight**

**Birthdate:** 9/23/2008

**Hometown:** Rye, N.Y.

**School:** Rye Neck High School

**Current Club Affiliations:** RowAmerica Rye

**Current Coach:** Aleksander Radovic

**Training Location:** Rye, N.Y.

**National Teams:** One-U19, 2025

**National Results:** Won gold in the eight at the 2025 USRowing Youth National Championships. Won silver in the U17 eight at the 2024 USRowing Youth National Championships. Won gold in the eight at the 2023 USRowing Youth National Championships.

**Grant Shore**

**Men's Eight**

**Birthdate:** 10/24/2007

**Hometown:** Princeton, N.J.

**Height:**

**Weight:**

**Pronouns:** he/him

**School:** Princeton High School

**Current Club Affiliations:** PNRA Mercer

**Current Coach:** Jamie Hamp

**Training Location:** Princeton, N.J.

**National Teams:** One-U19, 2025

**International Results:** Finished fifth in the men's U19 eight at 2024 Royal Canadian Henley Regatta.

**National Results:** Finished fifth in the men's youth eight at the 2025 USRowing Youth National Championships. Finished fourth in the men's youth eight at the 2024 Head of the Charles.

Finished fifth in the men's youth eight at the 2024 USRowing Youth National Championships.

## **Claire Sopko**

### **Women's Quadruple Sculls**

**Birthdate:** 5/10/2007

**Hometown:** Portland, Ore.

**Height:** 5'8"

**Weight:** 175

**Pronouns:** she/her

**School:** Jesuit High School

**Current Club Affiliations:** Oregon Rowing Unlimited

**Current Coach:** Plamen Petrov, Nadia Petrov

**Training Location:** Portland, Ore.

**National Teams:** Two-U19, 2024-2025

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

**National Results:** Finished sixth in the women's pair at the 2025 USRowing Youth National Championships. Won bronze in the quadruple sculls at the 2024 Youth National Championships. Won the U17 quadruple sculls at the 2022 Youth National Championships. Won the quadruple sculls at the 2023 Youth National Championships.

**Personal:** Claire received the Jesuit High School's History and French awards in 2022, Mathematics award in 2023, and French, Theology, Mathematics, and Science Awards in 2024. She was inducted into the National Honors Society in 2024. She enjoys hiking, thrifting, and napping. Her older sister's best friend was a rower, and she convinced Claire to try it out during quarantine. She loves racing at the Brentwood International Regatta in Mill Bay, Canada. She is incredibly grateful for the tremendous support her family, friends, coaches, and teammates have given her. From always pushing her to be just a little bit faster to waiting for hours in the wind and rain to cheer her on, it means the world to Claire.

## **Zara Taylor**

### **Women's Eight**

**Birthdate:** 4/23/2007

**Hometown:** Radnor, Penn.

**Height:** 6'4"

**Weight:** 185

**Pronouns:** she/her

**School:** Radnor Senior High School

**Current Club Affiliations:** Radnor Girls Crew

**Current Coach:** Travis Schilling

**Training Location:** Radnor, Pa.

**National Teams:** One- U19, 2025

**National Results:** Finished tenth in the Girls Senior Four at the 2025 Stotesbury Cup Regatta.

### **Claire Van Praagh**

#### **Women's Four**

**Birthdate:** 2/9/2007

**Hometown:** Pelham, N.Y.

**Height:** 6'2"

**Weight:** 160

**Pronouns:** she/her

**School:** Riverdale Country School

**Current Club Affiliations:** RowAmerica Rye

**Current Coach:** Marko Serafimovski

**Training Location:** Rye, N.Y.

**National Teams:** Two-U19, 2024-2025

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

Finalist in the Prince Philip Challenge Trophy at the 2024 Henley Royal Regatta.

**National Results:** Won the eight at the 2025 USRowing Youth National Championships. Won the eight at the 2024 USRowing Youth National Championships. Won the eight at the 2023 Head of the Charles. Won the eight at the 2022 Head of the Charles.

**Personal:** Claire is committed to row at Stanford. She enjoys running and traveling. She looks forward to skydiving with teammate Teagan Farley.

### **Andrew Vizecky**

#### **Men's Quadruple Sculls**

**Birthdate:** 1/23/2009

**Hometown:** Arden Hills, Minn.

**Height:** 6'0"

**Weight:** 195

**Pronouns:** he/him

**School:** Mounds View Senior High School

**Current Club Affiliations:** Lake Phalen

**Current Coach:** Mike DuPont, John Cavanaugh

**Training Location:** St. Paul, Minn.

**National Teams:** One- U19, 2025

**International Results:** 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.

**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:** One-U19, 2025

**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.

## United States Under-19 World Championships Finishes: 1970-2024

Junior Men								
Year	4+	2x	2-	1x	2+	4-	4x	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+	
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.