



**2023 Pan American Games
October 20- November 5
Santiago, Chile**

**Rowing Venue
Laguna Grande
San Pedro de la Paz, Chile**

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About the Event

The 2023 Pan American Games will be held from October 20-November 5 in Santiago, Chile, with the rowing events being held October 21-25 at Laguna Grande in San Pedro de la Paz, which is approximately 500 kilometers from Santiago.

The five-day regatta offers racing in 15 events including the men's and women's single sculls, double sculls, lightweight double sculls, pair, quadruple sculls, four, and eight, as well as a mixed eight.

Men (M): 1x, 2x, 2-, 4x, 4-, 8+

Women (W): 1x, 2x, 2-, 4x, 4-, 8+

Lightweight Men (LM): 2x

Lightweight Women (LW): 2x

Mixed: 8+

The Pan American and Parapan American Games is the largest multisport event in the Americas, where the best athletes from all over the continent compete. It is held every four years, and Chile will be the host country for the first time in its history in 2023.

About the Venue

Laguna Grande in San Pedro de la Paz is a natural lagoon that offers great conditions for sprint canoeing and rowing, disciplines that enjoy a great tradition in the district that is part of the Gran Concepción.

Please [click here](#) to view the location of the venue on Google Maps.

Important Links

Pan American Games website: <https://www.santiago2023.org/en/deportes/remo.html>

USRowing Website: <https://usrowing.org>

USRowing 2023 Pan American Games Coverage Page:

<https://usrowing.org/sports/2023/10/4/2023%20pan%20american%20games%20coverage%20page.aspx>

Event Press Releases

The official website of the 2023 Pan American Games: <https://www.santiago2023.org/en>

Press releases and a limited selection of event photos for editorial use are available by contacting the USRowing Communications Department. To be placed on USRowing's media distribution list, please email media@usrowing.org.

Social Media

The official account of USRowing is @USRowing. The official hashtag for the event is #PAG2023. USRowing will provide updates and short commentary via Twitter, Facebook, and Instagram. Athletes, fans, and media are encouraged to send messages using the official hashtags.

Interview policy for U.S. National Team Members

Most rowers and coaches are available for interviews on a daily basis outside of competition. USRowing's policy is to not release athlete phone numbers without prior approval from the athlete. Interviews or photos may be arranged on an individual basis by contacting Brett Johnson, Senior Director of Programs and Communications, at Brett.Johnson@USRowing.org.

General Event Schedule (Tentative and Subject to Change)

Saturday, October 21: Heats

Sunday, October 22: Heats, Repechages

Monday, October 23 : Repechages, Finals (Women's Pair, Men's Pair, Men's Quadruple Sculls, Women's Quadruple Sculls, Men's Eight)

Tuesday, October 24: Semifinals, Finals (Lightweight Women's Double Sculls, Lightweight Men's Double Sculls, Men's Four, Women's Four, Women's Eight)

Wednesday, October 25: Finals (Women's Double Sculls, Men's Double Sculls, Women's Single Sculls, Men's Single Sculls, Mixed Eight)

2023 Pan American Games Team Roster

Name (Hometown/University/Club Affiliation)
(Lineups alphabetical and subject to change)

Women's Single Sculls

Grace Joyce (Northfield, Ill./University of Wisconsin/Craftsbury Green Racing Project)

Men's Single Sculls

Jacob Plihal (Vashon Island, Wash./Northeastern University/Craftsbury Green Racing Project)

Women's Double Sculls

Madeleine Focht (Long Beach, Calif./California State University, Long Beach/ARION)

Veronica Nicacio (Vancouver, Wash./University of Portland/ARION)

Men's Double Sculls

Mark Couwenhoven (Parkton, Md./University of Maryland-Baltimore County/Penn AC)

Casey Fuller (Newtown, Conn./Fairfield University/Saugatuck Rowing Club)

Lightweight Women's Double Sculls

Elizabeth Martin (Lexington, Mass./ Massachusetts Institute of Technology/Riverside Boat Club)

Mary Wilson (Dover, Del./Duke University/Vesper Boat Club/Penn AC)

Lightweight Men's Double Sculls

Sean Richardson (Beverly, Mass./University of Massachusetts/Riverside Boat Club)

Alex Twist (Boston, Mass./ University of Puget Sound/Riverside Boat Club)

Women's Quadruple Sculls

Madeleine Focht (Long Beach, Calif./California State University, Long Beach/ARION)

Katherine Horvat (Philadelphia, Pa./Yale University/ARION)

Grace Joyce (Northfield, Ill./University of Wisconsin/Craftsbury Green Racing Project)

Veronica Nicacio (Vancouver, Wash./University of Portland/ARION)

Men's Quadruple Sculls

Mark Couwenhoven (Parkton, Md./University of Maryland-Baltimore County/Penn AC)

Casey Fuller (Newtown, Conn./Fairfield University/Saugatuck Rowing Club)

Cooper Hurley (Andover, Mass./University of Delaware/Penn AC)

Luke Rein (Barrington, R.I./College of Charleston/Penn AC)

Women's Pair

Isa Darwin (Madison, Wis./University of Wisconsin/Penn AC)

Hannah Paynter (Lyme, Conn./Princeton University/ARION)

Men's Pair

Ezra Carlson (Eureka, Calif./University of Washington/ Craftsbury Green Racing Project)

Alexander Hedge (Morristown, N.J./Columbia University/ Craftsbury Green Racing Project)

Women's Four

Isa Darvin (Madison, Wis./University of Wisconsin/Penn AC)

Lauren Miller (Saint Cloud, Minn./University of Minnesota/ARION)

Hannah Paynter (Lyme, Conn./Princeton University/ARION)

Cristina Pretto (Prospect, Conn./Trinity College/Penn AC)

Men's Four

Casey Fuller (Newtown, Conn./Fairfield University/Saugatuck Rowing Club)

Luke Rein (Barrington, R.I./College of Charleston/Penn AC)

Cooper Hurley (Andover, Mass./University of Delaware/Penn AC)

Nick Ruggiero (Haddonfield, N.J./University of Delaware/Penn AC)

Women's Eight

Colette Lucas-Conwell (Paris, France/University of Virginia/California Rowing Club/New York Athletic Club)

Isa Darvin (Madison, Wis./University of Wisconsin/Penn AC)

Madeleine Focht (Long Beach, Calif./California State University, Long Beach/ARION)

Katherine Horvat (Philadelphia, Pa./Yale University/ARION)

Elizabeth Martin (Lexington, Mass./ Massachusetts Institute of Technology/Riverside Boat Club)

Lauren Miller (Saint Cloud, Minn./University of Minnesota/ARION)

Veronica Nicacio (Vancouver, Wash./University of Portland/ARION)

Hannah Paynter (Lyme, Conn./Princeton University/ARION)

Cristina Pretto (Madison, Wis./University of Wisconsin/Penn AC)

Men's Eight

Colette Lucas-Conwell (Paris, France/University of Virginia/California Rowing Club, New York Athletic Club)

Ezra Carlson (Eureka, Calif./University of Washington/ Craftsbury Green Racing Project)

Mark Couwenhoven (Parkton, Md./University of Maryland-Baltimore County/Penn AC)

Alexander Hedge (Morristown, N.J./Columbia University/ Craftsbury Green Racing Project)

Casey Fuller (Newtown, Conn./Fairfield University/Saugatuck Rowing Club)

Cooper Hurley (Andover, Mass./University of Delaware/Penn AC)

Nick Ruggiero (Haddonfield, N.J./University of Delaware/Penn AC)

Sean Richardson (Beverly, Mass./University of Massachusetts/Riverside Boat Club)

Alex Twist (Boston, Mass./University of Puget Sound/Riverside Boat Club)

Mixed Eight

Colette Lucas-Conwell (Paris, France/University of Virginia/California Rowing Club, New York Athletic Club)

Ezra Carlson (Eureka, Calif./University of Washington/ Craftsbury Green Racing Project)

Mark Couwenhoven (Parkton, Md./University of Maryland-Baltimore County/Penn AC)

Isa Darvin (Madison, Wis./University of Wisconsin/Penn AC)

Alexander Hedge (Morristown, N.J./Columbia University/ Craftsbury Green Racing Project)

Jacob Plihal (Vashon Island, Wash./Northeastern University/Craftsbury Green Racing Project)

Lauren Miller (Saint Cloud, Minn./University of Minnesota/ARION)

Hannah Paynter (Lyme, Conn./Princeton University/ARION)

Cristina Pretto (Prospect, Conn./Trinity College/Penn AC)

Coaches & Staff

Stephen Bohler – Coach

Kristine Karlson – Team Physician

David Lefebvre – Coach

Bill Manning – Coach

Deirdre McLoughlin – Physical Therapist

Josy Verdonkschot – Head Coach

Stephen Hap Whelpley – Coach

Wendy Wilbur – Team Leader

Pan American Games Preview

The U.S. will have 15 boats competing in the five-day regatta October 21-25 at Laguna Grande in San Pedro de la Paz including the men's and women's single sculls, double sculls, lightweight double sculls, quadruple sculls, pair, four, and eight, as well as a mixed eight.

Twenty-one athletes will make up this year's roster including Alexander Hedge, Ezra Carlson, and Grace Joyce, who all recently raced at the 2023 World Rowing Championships in Belgrade, Serbia. Carlson and Hedge were part of the men's eight in Serbia and will be racing in three events in Chile – the men's pair, men's eight, and mixed eight. Joyce raced in the women's quadruple sculls in Belgrade and will compete in the women's single sculls and women's quadruple sculls in San Pedro de la Paz.

In addition, Jacob Plihal raced in the men's quadruple sculls at the 2022 World Rowing Championships. He will row in the men's single sculls and mixed eight in Chile. Sean Richardson, who will race in the lightweight men's double sculls and men's eight in San Pedro de la Paz, competed in the lightweight men's quad at last year's world championships, while Elizabeth Martin, who will race in the lightweight women's double sculls and women's eight at the Pan American Games, raced in the lightweight women's quad at last year's worlds. Hannah Paynter, an alternate on last year's world championships' squad, will race in the women's pair, women's four, women's eight, and mixed eight.

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Athlete Bios

Ezra Carlson

Men's Pair, Men's Eight, Mixed Eight

Hometown: Eureka, Calif.

Date of Birth: 4/28/1994

Height: 6'2"

Weight: 190

High School: Eureka Senior High School

Undergraduate Education: University of Washington, Environmental Science & Resource Management, 2017

Current Club Affiliation: Craftsbury Green Racing Project

Current Coach: Steve Whelpley

Training Location: Craftsbury, Vt.

National Teams: Six – Junior, 2012; Under 23, 2016; Senior, 2019, 2022-23; Pan American Games, 2023

International Results: Finished sixth in the eight at the 2023 World Rowing Championships...Won gold in the pair and finished fourth in the four at the 2023 Pan American Games Qualification Regatta...Served as an alternate at the 2022 World Rowing Championships...Finished 13th in the the pair at the 2019 World Rowing Championships...Finished sixth in the four with coxswain at the 2016 World Rowing Under 23 Championships...Finished 14th in the quadruple sculls at the 2012 World Rowing Junior Championships.

National Results: Finished sixth in the pair at the 2023 USRowing Winter Speed Order...Won the pair at the 2022 Pan American Games Trials...Won gold in the championship single sculls and championship eight at the 2022 Head of the Charles Regatta...Won the four with coxswain at the 2016 Junior, Under 23 and Senior Team Trials...Won gold in the eight at the 2015 IRA National Championships...Won gold in the eight at the 2015 Pac-12 Championships...Took fourth place in double sculls at the 2012 USRowing Youth National Championships...Placed seventh in single sculls at the 2011 USRowing Youth National Championships...Finished in sixth place in the double sculls at the 2010 USRowing Youth National Championships.

Personal: Ezra was selected first-team All-PAC-12 in 2016 and 2017. He enjoys camping/off-roading, auto mechanics, and welding/metal fabrication. He lists Steve Prefontaine as someone he admires for his competitive spirit and determination to overcome obstacles to achieve his athletic goals.

Mark Couwenhoven

Men's Double Sculls, Men's Quadruple Sculls, Men's Eight, Mixed Eight

Hometown: Parkton, Md.

Date of Birth: 1/28/1997

Height: 6'5"

Weight: 180

High School: Hereford High School

Undergraduate Education: University of Maryland-Baltimore County

Current Club Affiliation: Penn AC

Current Coach: Bill Manning

Training Location: Philadelphia, Pa.

National Teams: Two – Under 23, 2019; Pan American Games, 2023

International Results: Finished sixth in the quadruple sculls at the 2023 Pan American Games

Qualification Regatta...Finished 10th in the double at the 2019 World Rowing Under 23

Championships...Won the under 19 single sculls at the 2015 Canadian Henley.

National Results: Won the single sculls at the 2018 and 2019 ACRA National

Championships...Won the single sculls at the 2019 Dad Vail Regatta...Won the lightweight eight at the 2017 Dad Vail Regatta.

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

Isabela (Isa) Darvin

Women's Pair, Women's Four, Women's Eight, Mixed Eight

Hometown: Madison, Wis.

Date of Birth: 9/21/1999

Height: 6'0"

Weight: 180

High School: West High School

Undergraduate Education: University of Wisconsin, Economics, 2021

Current Club Affiliation: Penn AC

Current Coach: Bill Manning

Training Location: Philadelphia, Pa.

National Teams: One – Pan American Games, 2023

International Results: Won silver in the pair and four at the 2023 Pan American Games Qualification Regatta.

Personal: Isabela began rowing as a walk-on at the University of Wisconsin.

Madeleine Focht

Women's Double Sculls, Women's Quadruple Sculls, Women's Eight

Hometown: Long Beach, Calif.

Date of Birth: 12/9/1994

Height: 5'10.5"

Weight: 165

High School: Long Beach Polytechnic High School

Undergraduate Education: California State University, Long Beach, Technical Theater, 2019

Current Club Affiliation: ARION

Current Coaches: Steve Bohler and Eric Catalano

Training Location: Saratoga Springs, N.Y.

National Teams: One – Pan American Games, 2023

International Results: Won the quadruple sculls at the 2023 Holland Beker Regatta...Won gold in the double sculls and silver in the quadruple sculls at the 2023 Pan American Games Qualification Regatta.

Personal: Madeleine won the 2023 Athlete of the Year from the Aquatic Capital of America. She was nominated by past Olympians in her Long Beach Rowing Association. She enjoys taking dance classes in acrobatic chair, aerial hoop, and silk, as well as yoga. She is on the spectrum, mild autism. Her personal hero is her mother who has taught her that if she sets her mind to it, nothing is impossible. She wants to become a coach. She loves competing in Canada and loves to travel to Maui, Hawaii. She is a fan of the musician, GRAVEDGR.

Casey Fuller

Men's Double Sculls, Men's Quadruple Sculls, Men's Four, Men's Eight

Hometown: Newtown, Conn.

Height: 6'3"

High School: Canterbury High School

Undergraduate Education: Fairfield University

Current Club Affiliation: Saugatuck Rowing Club

National Teams: One – Pan American Games, 2023

International Results: Finished sixth in the quadruple sculls and seventh in the double sculls at the 2023 Pan American Games Qualification Regatta.

Alexander Hedge

Men's Pair, Men's Eight, Mixed Eight

Hometown: Morristown, N.J.

Date of Birth: 5/11/1997

Height: 6'6"

Weight: 210

High School: Morristown High School

Undergraduate Education: Columbia University, Sustainable Development, 2019

Current Club Affiliation: Craftsbury Green Racing Project

Current Coach: Steve Whelpley

Training Location: Craftsbury, Vt.

National Teams: Two – Senior, 2023; Pan American Games, 2023

International Results: Finished sixth in the eight at the 2023 World Rowing Championships...Won gold in the pair and finished fourth in the four at the 2023 Pan American Games Qualification Regatta...Won the eight at the 2022 SH Netz Cup...Reached the quarterfinal in the double sculls at the 2021 Henley Royal Regatta.

National Results: Finished sixth in the pair at the 2023 USRowing Winter Speed Order...Won the pair at the 2022 Pan American Games Trials...Won gold in the championship eight at the 2022 Head of the Charles Regatta, setting a course record...Finished second in the pair at the

2022 National Selection Regatta...Won the open double sculls at the 2021 USRowing Summer National Championships.

Personal: Alexander is an avid outdoorsman and amateur chef. He enjoys fly fishing, archery, and orienteering. He has won multiple speed eating competitions. He found the sport of rowing through his grandparents. He lists John Graves as one of his personal heroes. Alexander started following his rowing journey when he was a young high school rower with aspirations to compete internationally. John has since become a great mentor and even better friend. A true role model. When he's done rowing he wants to work in the sustainable construction space and continue to volunteer as a first responder. His favorite place to compete is Banyoles, Spain. His favorite place to travel is Vermont's Northeast Kingdom. He lists Derek Redmond being helped by his father in the 1992 Olympics as his favorite Olympic moment.

Katherine Horvat

Women's Quadruple Sculls, Women's Eight

Hometown: Philadelphia, Pa.

Height: 6'2"

High School: Germantown Academy

Undergraduate Education: Yale University

Current Club Affiliation: ARION

Current Coach: Eric Catalano

Training Location: Saratoga Springs, N.Y.

National Teams: One – Pan American Games, 2023

International Results: Won silver in the four at the 2023 Pan American Games Qualification Regatta.

Cooper Hurley

Men's Quadruple Sculls, Men's Four, Men's Eight

Hometown: Andover, Mass

Date of Birth: 7/29/1996

Height: 6'2"

Weight: 190

High School: Phillips Academy

Undergraduate Education: University of Delaware, Engineering, 2018

Graduate Education: University of Delaware, Electrical Engineering, 2022

Current Club Affiliation: Penn AC

Current Coach: Bill Manning

Training Location: Philadelphia, Pa.

National Teams: Two – Pan American Games 2019, 2023

International Results: Finished fourth in the four at the 2023 Pan American Games Qualification Regatta...Finished ninth in the lightweight men's double sculls at the 2019 Pan American Games...Won the senior lightweight eight at the 2015 Canadian Henley

National Results: Finished 17th in the single sculls at the 2023 USRowing Spring Speed Order...Won the pair and eight at the 2022 Independence Day Regatta...Won the pair at the 2022 USRowing Summer National Championships.

Personal: Both of Cooper's parents are rowers and teachers. They are his personal heroes because of their commitment to their passions and they are amazing teachers. His father was his high school rowing coach. Cooper enjoys photography, cycling and playing video games. His favorite TV show is Adventure Time.

Grace Joyce

Women's Single Sculls, Women's Quadruple Sculls

Hometown: Northfield, Ill.

Date of Birth: 3/5/1998

Height: 5'9"

Weight: 140

High School: New Trier High School

Undergraduate Education: University of Wisconsin, Neurobiology and Computer Science, 2020

Current Club Affiliation: Craftsbury Green Racing Project

Current Coach: Stephen Whelpley

Training Location: Craftsbury, Vt.

National Teams: Five – Under 23, 2018-2019; Senior, 2022-23; Pan American Games, 2023

International Results: Finished 11th in the quadruple sculls at the 2023 World Rowing Championships...Won gold in the single sculls and silver in the quadruple sculls at the 2023 Pan American Games Qualification Regatta...Finished ninth in the quadruple sculls at the 2022 World Rowing Championships...Finished sixth in the lightweight double at the 2019 World Rowing Under 23 Championships...Finished sixth in the lightweight double sculls at the 2018 World Rowing Under 23 Championships...Won the under 23 lightweight double sculls and under 23 lightweight pair at the 2017 Canadian Henley.

National Results: Finished sixth in the single sculls at the 2023 USRowing Winter Speed Order...Finished fifth in the double sculls at the 2022 National Selection Regatta II...Finished sixth in the single sculls at the 2022 National Selection Regatta I...Placed fourth in the lightweight eight at the 2017 Intercollegiate Rowing Association Championships.

Personal: Grace used to play soccer but her older sister tried out for the rowing team her freshman year of high school and encouraged her to try out as well. She admires Coach Stephen Whelpley because he has helped her become the rower and person she is today. Grace won the 2017 Freshman MVP Award at Wisconsin.

Colette Lucas-Conwell

Women's Eight, Men's Eight, Mixed Eight

Hometown: Paris, France

Date of Birth: 8/12/1995

Height: 5'5"

Weight: 121

High School: Palo Alto High School

Undergraduate Education: University of Virginia, Economics, 2017

Current Club Affiliations: California Rowing Club, New York Athletic Club

Current Coach: Mike Teti

Training Location: Oakland, Calif.

National Teams: Three – Under 23, 2015-16; Pan American Games, 2023

International Results: Reached the semifinals in the Grand Challenge Cup in the men's eight at the 2022 Henley Royal Regatta...Won gold in the men's masters eight at the 2022 Heineken Roeivierkamp...Won gold in the men's masters eight at the 2018 Heineken Roeivierkamp ...Won gold in the women's eight at the 2016 World Rowing Under 23 Championships...Won gold in the women's eight at the 2015 World Rowing Under 23 Championships.

National Results: Finished second in the men's senior masters eight at the 2022 Head of the Charles...Finished second in the men's championship four at the 2021 Head of the Charles...Won gold in the men's championship eight at the 2019 Head of the Charles...Won gold and set a course record in the alumni eight at the 2017 Head of the Charles...Finished third in the varsity eight at the 2015 NCAA Women's Rowing Championships...Won the varsity eight at the Atlantic Coast Conference Championships in 2015, 2016, and 2017...Won gold in the college championship eight at the 2014 Head of the Charles...Finished fourth in the lightweight eight at the 2013 USRowing Youth National Championships...Finished second in the men's junior B eight at the 2011 USRowing Club National Championships.

Personal: Colette was the 2023 MLB Katy Feeney Award Recipient. This prestigious invitation is granted annually to one female employee working in the front office at each of the 30 MLB clubs who is making a significant contribution and displaying exceptional initiative. Colette received multiple accolades at the University of Virginia. She was nominated to the All-ACC first-team in 2016, was a 2015 CRCA Second-Team All-American, and was CRCA All-Region 3 first team in 2015. She is a hobbyist at heart and enjoys running, mountain biking, puzzles, knitting, and skiing. She runs on a regular basis and completed the Napa Marathon in March 2023. She earned her motorcycle license and picked up surfing and skateboarding. She is passionate about sports and the outdoors and sits on the board of two local non-profits, East Bay Rowing Club and Civicorps. She works full-time at the Oakland A's in the Office of the President. She is a dual-citizen and was born in France and moved to the U.S. at 10 years old. She has a fraternal twin named Geneviève and two older sisters named Mélanie and Caroline. She is deathly afraid of snakes. Her personal hero is Elaine Brown; she was the first and only female leader of the Black Panther Party. Colette has had the privilege of getting to know her through her work at the Oakland A's. Elaine Brown is one of the few people who is unapologetically themselves and is not afraid to speak her mind. The work she does in the community will have a real and lasting impact on the people of Oakland. Colette's favorite books include The Shadow of the Mind, When We Cease to Understand the World, The Light We Carry, Carrie Soto is Back, and The Midnight Library. Her favorite movie is The Illusionist. Her favorite TV shows are the Foundation, Ted Lasso, The Great British Bake Off, Lost, and Gilmore Girls.

Elizabeth Martin**Lightweight Women's Double Sculls, Women's Eight****Hometown:** Lexington, Mass.**Date of Birth:** 8/11/1996**Height:** 5'7"**Weight:** 125**High School:** Buckingham Browne & Nichols School**Undergraduate Education:** Massachusetts Institute of Technology, Computer Science and Molecular Biology, 2018**Current Club Affiliations:** Riverside Boat Club, Whitemarsh Boat Club**Current Coach:** Bill Manning**Training Location:** Cambridge, Mass.**National Teams:** Two – Senior, 2022; Pan American Games, 2023**International Results:** Won bronze in the lightweight double sculls at the 2023 Pan American Games Qualification Regatta...Finished second in the lightweight quadruple sculls at the 2022 World Rowing Championship... Finished second in the quadruple sculls at the 2022 Holland Beker Regatta...Raced in the championship quadruple sculls at the 2022 Henley Women's Regatta...Won the senior lightweight pair and finished second in the senior lightweight double sculls at the 2019 Canadian Henley.**National Results:** Won the lightweight quadruple sculls and open weight quadruple sculls at the 2022 USRowing Summer National Championships...Finished fourth in the lightweight single sculls at the 2022 USRowing National Selection Regatta I...Won the lightweight single sculls at the 2021 Head of the Charles...Won the lightweight single sculls at the 2021 Head of the Schuylkill...Won the lightweight single sculls and lightweight pair at the 2021 USRowing Summer National Championships...Finished fifth in the lightweight double sculls at the 2020 U.S. Olympic Team Trials – Rowing...Finished third in the lightweight double sculls at the 2020 Head of the Charles...Finished third in the lightweight eight at the 2016 Head of the Charles...Finished fifth in the lightweight eight at the 2016 Intercollegiate Rowing Association National Championships.**Personal:** Liz is a two-time CRCA Scholar-Athlete and IRA All-Academic team member. She was a U.S. Figure Skating gold medalist. Liz was a competitive figure skater and a ballet dancer before she found rowing. She was a member and vice president of the MIT Figure Skating Club for several years, and she still loves figure skating in her spare time. Liz enjoys running, reading, and learning about interesting science. She works as a full-time computational biologist at The Broad Institute of MIT and Harvard in the Getz Lab. The lab specializes in cancer genome analysis. Her research is focused on studying patterns of drug resistance in different cancer types. She completed her masters in English at MIT in 2020. She loves being able to pursue two things that she is passionate about: science and rowing. She found rowing when her parents encouraged her to join a team sport when she entered high school. She joined her local club at the time, Navesink River Rowing, and then when she started rowing at BB&N on the Charles River later in high school, she got hooked. Liz admired so many female athletes, and growing up as a figure skater, two of her personal heroes were Michelle Kwan and Sarah

Hughes. Now, she says many of her personal heroes are women that she is lucky enough to be on the national Teamt with, as well as runners like Molly Seidel and Shalane Flanagan.

Lauren Miller

Women's Four, Women's Eight, Mixed Eight

Hometown: Saint Cloud, Minn.

Date of Birth: 10/11/1995

Height: 6'0"

Weight: 175

High School: Saint Cloud Technical High School

Undergraduate Education: University of Minnesota

Current Club Affiliation: ARION

Current Coach: Eric Catalano

Training Location: Saratoga Springs, N.Y.

National Teams: One – Pan American Games, 2023

International Results: Finished second in the four at the 2023 Pan American Games Qualification Regatta.

National Results: Finished second in the club single at the 2022 Head of the Charles.

Personal: Lauren began rowing as a walk-on at the University of Minnesota. She was named Academic All Big-Ten from 2014-2018. She was a CRCA Scholar Athlete from 2014-2018 and named the University of Minnesota team captain for 2017-2018. She loves all outdoor sports (running, biking, hiking, skiing) and enjoys traveling to Montana or the mountains. She enjoys visiting coffee shops, traveling, and eating ice cream with her teammates. She loves coffee and will go way out of her way to ensure she explores local coffee shops in new cities. Lauren is currently working at Medtronic.

Veronica Nicacio

Women's Double Sculls, Women's Quadruple Sculls, Women's Eight

Hometown: Vancouver, Wash.

Date of Birth: 6/9/1997

Height: 5'9"

Weight: 153

High School: CAM Academy

Undergraduate Education: University of Portland

Current Club Affiliation: ARION

Current Coaches: Eric Catalano, Steve Bohler, Stacey Apfelbaum

Training Location: Saratoga Springs, N.Y.

National Teams: One – Pan American Games, 2023

International Results: Won gold in the double sculls and silver in the quadruple sculls at the 2023 Pan American Games Qualification Regatta...Won gold in the double sculls, quadruple sculls, and 500m Dash at the 2022 Canadian Henley.

National Results: Finished third in the double at the 2022 USRowing Summer National Championships...Finished second in the quadruple sculls at the 2021 USRowing Summer National Championships.

Personal: Veronica began rowing in high school after struggling with shin splints and other injuries. She was named to the All-West Coast Conference team all four years of collegiate rowing. She loves hiking in the mountains, reading and writing, cooking new ethnic foods, ball sports, finding new coffee shops to work at, and improvising new songs on the piano. She comes from a large Latino family where all her sisters' names begin with "V." She loves corn dogs and hot cheetos and visiting her extended family in Mexico. She loves music from classical to rock. She listens to the Rich Roll podcast, the Growth Mindset podcast, Jocko Willink, Abiding Together, and lastly The Other 3 Years, hosted by her teammate, Kristi Wagner. She enjoys Anime, Broadway shows, and Brooklyn 99. She lists Allyson Felix among her heroes for her speed on the track and her impact on mothers in sports. She was pre-med in college and is interested in studying holistic or microbial medicine. Her passion is helping others.

Hannah Paynter

Women's Pair, Women's Four, Women's Eight, Mixed Eight

Hometown: Lyme, Conn.

Date of Birth: 6/13/1997

Height: 5'11"

Weight: 165

High School: Lyme-Old Lyme High School

Undergraduate Education: Princeton University

Current Club Affiliation: ARION

Current Coach: Eric Catalano

Training Location: Saratoga Springs, N.Y.

National Teams: Three – Under 23, 2019; Senior, 2022; Pan American Games, 2023

International Results: Won silver in the four at the 2023 Pan American Games Qualification Regatta...Served as an alternate at the 2022 World Rowing Championships...Finished 11th in the quadruple sculls at the 2019 World Rowing Under 23 Championships.

National Results: Finished fourth in the single sculls at the 2022 Senior National Team Trials II...Finished fourth in the single sculls at the 2022 USRowing Summer National Championships...Finished third in the double sculls at the 2022 National Selection Regatta II...Finished seventh in the single sculls at the 2022 National Selection Regatta I...Won the second varsity eight at the 2018 and 2019 Ivy League Championships.

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

Jacob Plihal

Men's Single Sculls, Mixed Eight

Hometown: Vashon Island, Wash.

Date of Birth: 6/19/1996

Height: 6'10"

Weight: 218

High School: Vashon Island High School

Undergraduate Education: Northeastern University, Architectural Studies, 2018

Current Club Affiliation: Craftsbury Green Racing Project

Current Coaches: Stephen Whelpley, Krystal Melendez, Richard Parr

Training Location: Craftsbury, Vt.

National Teams: Four – Under 23, 2017-18; Senior, 2022; Pan American Games, 2023

International Results: Won gold in the single sculls and finished sixth in the quadruple sculls at the 2023 Pan American Games Qualification Regatta...Reached the finals of The Queen Mother Challenge Cup in the quadruple sculls at the 2022 Henley Royal Regatta...Finished ninth in the double sculls at the 2022 World Rowing Cup II...Finished 18th in the quadruple sculls at the 2018 World Rowing Under 23 Championships...Finished 14th in the quadruple sculls at the 2017 World Rowing Under 23 Championships

National Results: Finished third in the single sculls at the 2023 Winter Speed Order...Finished second in the single sculls at the 2022 National Selection Regatta I...Finished second in the double sculls at the 2022 National Selection Regatta II...Finished fourth in the double sculls at the 2020 U.S. Olympic Team Trials – Rowing...Finished first in the quadruple sculls at the 2017 Under 23 World Championship Trials...Finished second in the varsity eight at the 2015 Eastern Sprints.

Personal: Jacob was Northeastern's team captain in 2016. He was nominated three times to the IRA All-American team. He enjoys photography, fishing, design, reading, cycling, and hiking. Jacob wants to pursue a career in architecture and coaching. He considers his parents as his personal heroes due to their unwavering support in his pursuit of rowing, and for exemplifying hard work, discipline, and persistence. He enjoys listening to Yellow Days, King Krule, Steven Wilson and Sainté.

Cristina Pretto

Women's Four, Women's Eight, Mixed Eight

Hometown: Prospect, Conn.

Date of Birth: 2/19/1994

Height: 5'11"

Weight: 175

High School: The Westover School

Undergraduate Education: Trinity College, Literature/Environmental Science/Gender Studies, 2016

Current Club Affiliations: Penn AC

Current Coach: Bill Manning

Training Location: Philadelphia, Pa.

National Teams: One – Pan American Games, 2023

International Results: Won silver in the pair and four at the 2023 Pan American Games Qualification Regatta...Finished second in the double at the 2022 Holland Beker Regatta...Finished second in the double sculls and mixed quadruple sculls at the 2019 Challenge Prince Albert II.

National Results: Won the Division III varsity eight at the 2015 NCAA Women's Rowing Championships.

Personal: Cristina began rowing in college after a bad concussion ended her soccer and basketball career at Holy Cross. Cristina is a converted Eagles fan since moving to Philadelphia. She loves going to Philadelphia sports games and events. Outside of that, she enjoys exploring New York City, especially their museums and cultural events, with her brother, Jack Alessio. Cristina considers her teammates at Holy Cross to be her personal heroes because of the foundation of perseverance, grit, and support they created that meant the world to her. She loves competing in Monaco and traveling to Amsterdam. Her mother, Barbara Pretto, immigrated from the Philippines. Despite her mother not knowing how to swim, her children are involved in water sports. Her brother swam at Harvard and graduated in 2014. Cristina named her single "Barbie Dreams" in honor of her mother and the success she could have had if given the opportunities. Her favorite Olympic moment is Hidilyn Diaz's first Filipino gold medal at the 2020 Olympics. She enjoys watching Netflix dating shows, reading Virginia Woolf, and listening to Nicki Minaj.

Luke Rein

Men's Four, Men's Quadruple Sculls

Hometown: Barrington, R.I.

Date of Birth: 5/13/1993

Height: 6'2"

Weight: 190

Undergraduate Education: College of Charleston, Marine Biology, 2015

Graduate Education: Dartmouth College, Earth Sciences, 2025

Current Club Affiliation: Penn AC

Current Coach: Bill Manning

Training Location: Hanover, N.H.

National Teams: One – Pan American Games, 2023

International Results: Finished sixth in the quadruple sculls and seventh in the double sculls at the 2023 Pan American Games Qualification Regatta...Finished 24th in the mixed double sculls at the 2022 World Rowing Coastal Championships...Won the single sculls at the 2019 Canadian Henley.

National Results: Finished fifth in the championship single sculls at the 2022 Head of the Charles...Won and set a course record in the club single sculls at the 2017 Head of the Charles...Won the single sculls at the 2015 ACRA National Championship.

Personal: Luke is a published co-author in Environmental Toxicology. He enjoys cycling, birding, environmental science, retro station wagons, and video projects. His hero is Grace Joyce, whose abilities have been questioned and doubted by others but never by herself. She steps up to the occasion, does her best work, and advocates for herself in a way that he tries to emulate. He wants to work to develop scalable, nature-based solutions to our ongoing climate crisis, with the first step being to investigate carbon sequestration in deep-sea environments.

Sean Richardson

Lightweight Men's Double Sculls, Men's Eight

Hometown: Beverly, Mass.

Date of Birth: 2/14/1999

Height: 6'2"

Weight: 160

Undergraduate Education: University of Massachusetts, 2021

Current Club Affiliation: Riverside Boat Club

Current Coach: Dave LeFebvre

Training Location: Cambridge, Mass.

National Teams: Two – Senior, 2022; Pan American Games, 2023

International Results: Finished seventh in the lightweight double sculls at the 2023 Pan American Games Qualification Regatta...Finished fifth in the lightweight quadruple sculls at the 2022 World Rowing Championships...Won the quadruple scull at the 2022 Canadian Henley...Finished second in the senior quadruple sculls at the 2022 Holland Beker Regatta.

National Results: Finished eighth in the lightweight single sculls at the 2023 Winter Speed Order... Finished second in the lightweight single sculls at the 2021 USRowing Fall Speed Order... Finished third in the under 23 lightweight single sculls at the 2021 USRowing Summer National Championships...Won the intermediate lightweight eight and four with coxswain at the 2019 USRowing Summer National Championships.

Personal: Sean enjoys running, hiking, coffee, coaching, baking, and Sudoku puzzles. He started rowing after being unable to walk-on to the track team at the University of Massachusetts. He lists his parents as his personal heroes for their endless support and insight. Sean would like to thank Amel Younis and Alex Twist for their mentorship over the past year.

Nicholas Ruggiero

Men's Four, Men's Eight

Hometown: Haddonfield, N.J.

Date of Birth: 5/1/1996

Height: 6'4"

Weight: 205

High School: Haddonfield Memorial High School

Undergraduate Education: University of Delaware

Current Club Affiliation: Penn AC

Current Coach: Bill Manning

Training Location: Philadelphia, Pa.

National Teams: One – Pan American Games, 2023

National Results: Finished fourth in the four at the 2023 Pan American Games Qualification Regatta...Won gold in the quadruple sculls and pair at the 2022 Head of the Schuylkill Regatta...Won the pair at the 2022 USRowing Summer National Championships...Won gold in the pair at the 2021 Head of the Schuylkill Regatta...Finished second in the varsity eight at the 2017 Dad Vail Regatta.

Personal: Nick won the 2018 Delaware Men's Crew Hammer Award. Nick began rowing his freshman year in high school. He enjoys cooking and his favorite movies are the Lord of the Rings trilogy. He can eat an entire pizza in 11 minutes. During Covid lockdown, he erged 100k.

Alex Twist

Lightweight Men's Double Sculls

Hometown: Boston, Mass.

Date of Birth: 10/13/1985

Height: 5'9"

Weight: 155

High School: William J. Palmer High School

Undergraduate Education: University of Puget Sound, Mathematics & Economics, 2008

Graduate Education: University of Washington, Economics, 2015

Current Club Affiliation: Riverside Boat Club

Current Coach: David LeFebvre

Training Location: Boston, Mass.

National Teams: Four – Senior, 2015, 2017; 2019; Pan American Games, 2023

International Results: Finished seventh in the lightweight double sculls at the 2023 Pan American Games Qualification Regatta...Finished seventh in the lightweight pair at the 2019 World Championships...Finished third in the lightweight division at the 2019 World Rowing Indoor Championships...Finished 17th in the single sculls at the 2018 World Rowing Cup III...Finished sixth in the lightweight pair at the 2017 World Championships... Finished third in the lightweight eight at the 2015 World Rowing Championships.

National Results: Finished fifth in the lightweight single sculls at the 2022 USRowing Speed Order...Won the lightweight double sculls at the 2021 USRowing Club National Championships...Won the lightweight pair at the 2019 U.S. Senior National Team Trials...Finished sixth in the lightweight single sculls at the 2019 USRowing Speed Order...Won the lightweight double sculls at the 2018 USRowing Speed Order...Finished sixth in the lightweight single sculls at the 2015 USRowing Speed Order...Finished third in the lightweight single sculls at the 2013 Speed Order... Finished ninth in the four at the 2007 IRA National Championships.

Personal: Alex is a Fellow of the Casualty Actuarial Society. As a freshman, he walked-on to his college team. His brother, Zach, is his hero because he is the most driven person he knows and always puts family first. He loves Trader Joe's, Star Trek, and Star Wars.

Mary Wilson

Lightweight Women's Double Sculls

Hometown: Dover, Del.

Date of Birth: 11/28/1993

Height: 5'5"

Weight: 125

High School: St. Andrew's School

Undergraduate Education: Duke University, Public Policy and Psychology

Graduate Education: Temple University, Lewis Katz School of Medicine, MD, 2026

Current Club Affiliations: Vesper Boat Club, Penn AC

Current Coach: Bill Manning

Training Location: Philadelphia, Pa.

National Teams: One – Pan American Games, 2023

International Results: Won bronze in the lightweight double sculls at the 2023 Pan American Games Qualification Regatta...Finished second in the lightweight double sculls and third in the double sculls at the 2022 Canadian Henley,

National Results: Finished third in the lightweight single sculls at the 2022 USRowing Summer National Championships...Finished 13th in the varsity four at the 2016 NCAA Women's Rowing Championships...Finished second in the varsity four at the 2016 ACC Championships.

Personal: Mary was nominated as a CRCA Scholar Athlete in 2014 and 2016. She won the Most Improved Rower at Duke in 2016. She enjoys writing and painting. She started sculling in Cleveland, Ohio. She started rowing because her high school had rowing and not her favorite sport, softball. She is currently working towards her medical degree and wants to understand and impact systemic change within healthcare and elsewhere. She loved competing in Laguna Grande San Pedro. Her favorite books are Do Hard Things, Gold in the Water, and Better. She listens to podcasts and enjoys Huberman Lab and Whoop. She is a self-proclaimed chocolate milk connoisseur.

United States Pan American Games Finishes: 1951-2019

Men

Year	4+	2x	2-	1x	2+	4-	4x	8+
2019 (pag)	/	8	6	6	/	5	-	6
2015 (pag)	/	4	6	4	/	4	5	3
2011 (pag)	/	4	1	6	/	5	6	1
2007 (pag)	/	3	2	5	/	2	3	1
2003 (pag)	/	3	4	3	/	2	4	1
1999 (pag)	/	/	4	2	/	2	/	1
1995 (pag)	1	4	1	1	2	1	2	1
1991 (pag)	2	5	4	6	5	2	2	2
1987 (pag)	/	1	4	4	/	2	/	1
1983 (pag)	1	2	3	3	2	2	dnq	1
1979 (pag)	3	2	2	3	4	2	3	1
1975 (pag)	3	2	4	2	1	1	2	1
1971 (pag)	3	3	3	2	5	5	/	2
1967 (pag)	1	1	1	1	1	1	/	1
1963 (pag)	1	1	2	1	1	1	/	4
1959 (pag)	1	1	1	1	3	1	/	1
1955 (pag)	2	1	2	1	2	2	/	1
1951 (pag)	-	-	-	-	-	-	/	-

Women

Year	4+/4-	2x	2-	1x	4x+/4x	8+
2019 (pag)	/	2	4	5	3	/
2015 (pag)	/	2	1	2	5	/
2011 (pag)	/	2	2	1	3	/
2007 (pag)	/	1	3	5	2	/
2003 (pag)	/	2	/	3	/	/
1999 (pag)	/	2	2	2	/	/
1995 (pag)	1	2	1	2	2	/
1991 (pag)	2	2	1	1	2	/
1987 (pag)	/	2	2	2	/	/
1983 (pag)	/	1	/	1	/	/

Lightweight Men

Year	1x	4-	2x	4x	8+	2-
2019 (pag)	/	-	9	/	/	/
2015 (pag)	/	2	2	/	/	/
2011 (pag)	/	7	4	/	/	/
2007 (pag)	/	2	2	/	/	/

Lightweight Women

Year	1x	2x	4-	2-	4x
2019 (pag)	-	dnq	/	/	/
2015 (pag)	1	3	/	/	/
2011 (pag)	/	3	/	/	/
2007 (pag)	/	4	/	/	/

2003 (pag)	/	7	4	3	/	/	3	3	/	/	2
1999 (pag)	1	1	4	3	/	/	3	2	/	/	2
1995 (pag)	6	1	1	2	1	1	4	2	/	1	1
1991 (pag)	4	1	3	2	/	/	1	/	/	2	/
1987 (pag)	1	1	3	/	/	/	2	1	/	1	/

(-) USA did not enter boats in this event

(dnq) USA crews did not qualify for placement

(dq) USA crew disqualified for two false starts

(/) Event not included in schedule

(pag) Pan American Games

Pan American Games Medal Count

1951 Pan American Games – Buenos Aires, Argentina

Men

Event	Gold	Silver	Bronze
M1x	ARG	-	-
M2x	ARG	-	-
M2-	ARG	BRA	-
M2+	ARG	-	-
M4-	ARG	BRA	-
M4+	ARG	CHI	PER
M8+	ARG	CHI	PER

1955 Pan American Games – Mexico City, Mexico

Men

Event	Gold	Silver	Bronze
M1x	USA	URU	ARG
M2x	USA	ARG	MEX
M2-	ARG	USA	MEX
M2+	ARG	USA	CHI
M4-	ARG	USA	URU
M4+	ARG	USA	CHI
M8+	USA	ARG	MEX

1959 Pan American Games – Chicago, United States

Men

Event	Gold	Silver	Bronze
M1x	USA	CAN	URU
M2x	USA	URU	PER
M2-	USA	BRA	ARG
M2+	URU	ARG	USA
M4-	USA	ARG	CHI
M4+	USA	ARG	BRA
M8+	USA	CAN	ARG

1963 Pan American Games – Sao Paulo, Brazil

Men

Event	Gold	Silver	Bronze
M1x	USA	BRA	-
M2x	USA	ARG	BRA
M2-	URU	USA	ARG
M2+	USA	ARG	BRA
M4-	USA	BRA	ARG

M4+	ARG	BRA	USA
M8+	CAN	BRA	URU

1967 Pan American Games – Winnipeg, Canada

Men

Event	Gold	Silver	Bronze
M1x	ARG	USA	MEX
M2x	USA	CAN	ARG
M2-	USA	CAN	MEX
M2+	USA	ARG	BRA
M4-	USA	CAN	MEX
M4+	USA	ARG	CUB
M8+	USA	CAN	CUB

1971 Pan American Games – Cali, Columbia

Men

Event	Gold	Silver	Bronze
M1x	ARG	USA	CUB
M2x	BRA	ARG	USA
M2-	ARG	BRA	USA
M2+	BRA	CUB	URU
M4-	BRA	CUB	ARG
M4+	ARG	CUB	USA
M8+	ARG	USA	CAN

1975 Pan American Games – Mexico City, Mexico

Men

Event	Gold	Silver	Bronze
M1x	ARG	USA	MEX
M2x	BRA	USA	CUB
M2-	BRA	ARG	URU
M2+	USA	CAN	BRA
M4x	CUB	USA	MEX
M4-	USA	ARG	CAN
M4+	CAN	CUB	USA
M8+	USA	CUB	ARG

1979 Pan American Games – San Juan, Puerto Rico

Men

Event	Gold	Silver	Bronze
M1x	ARG	CAN	USA
M2x	CAN	USA	CUB

M2-	CAN	USA	CUB
M2+	BRA	ARG	CUB
M4x	CUB	BRA	USA
M4-	CUB	USA	BRA
M4+	CUB	CAN	USA
M8+	USA	CAN	CUB

1983 Pan American Games – Caracas

Men

Event	Gold	Silver	Bronze
M1x	ARG	CAN	USA
M2x	CAN	USA	CUB
M4x	CAN	CUB	ARG
M2-	BRA	ARG	USA
M2+	CUB	USA	PER
M4-	CUB	USA	CAN
M4+	USA	BRA	CAN
M8+	USA	CHI	CAN

Women

Event	Gold	Silver	Bronze
W1x	USA	MEX	CAN
W2x	USA	CAN	MEX

1987 Pan American Games – Indianapolis, United States

Men

Event	Gold	Silver	Bronze
M1x	URU	MEX	CUB
LM1x	USA	CUB	GUA
M2x	USA	CHI	ARG
LM2x	CAN	ARG	USA
M2-	ARG	CAN	BRA
M2+	BRA	CAN	ARG
M4-	CUB	USA	CAN
LM4-	USA	MEX	CAN
M8+	USA	BRA	CAN

Women

Event	Gold	Silver	Bronze
W1x	CAN	USA	MEX
LW1x	CAN	USA	MEX
W2x	MEX	USA	CAN
LW2x	USA	CAN	MEX
W2-	CAN	USA	CUB
LW2-	USA	CAN	CUB

1991 Pan American Games – Havana, Cuba

Men

Event	Gold	Silver	Bronze
M1x	MEX	ARG	CAN
LM1x	MEX	CUB	ARG
M2x	CUB	CAN	ARG
LM2x	CUB	ARG	USA
M4x	CUB	USA	MEX
M2-	CUB	CAN	BRA
M2+	CUB	ARG	BRA
M4-	CUB	USA	CAN

Women

Event	Gold	Silver	Bronze
W1x	USA	MEX	CUB
LW1x	USA	MEX	ARG
W2x	MEX	USA	CUB
W2-	USA	CAN	CUB
LW2-	CAN	USA	CUB
W4-	CAN	USA	CUB
W4x	USA	CUB	MEX

LM4-	USA	CUB	GUA
M4+	CUB	USA	CAN
M8+	CUB	USA	CAN
LM2-	MEX	CUB	USA
LM4X	CUB	USA	MEX

1995 Pan American Games – Mar Del Plata, Argentina

Men

Event	Gold	Silver	Bronze
M1x	ARG	USA	CUB
M2x	ARG	BRA	CAN
M4x	ARG	USA	CUB
M2-	USA	ARG	BRA
M2+	CUB	USA	ARG
M4-	USA	CAN	CUB
M4+	CUB	CAN	ARG
M8+	USA	CAN	CUB

Women

Event	Gold	Silver	Bronze
W1x	CAN	USA	ARG
W2x	CAN	USA	CUB
W2-	USA	CUB	ARG
W4x	USA	ARG	
LW4x	CUB	USA	ARG

1999 Pan American Games – Winnipeg, Canada

Men

Event	Gold	Silver	Bronze
M1x	CAN	USA	CUB
LM1x	USA	CUB	CHI
LM2x	ARG	CAN	CUB
M2-	ARG	BRA	CAN
M4-	ARG	USA	CAN
LM4-	USA	MEX	CHI
M8+	USA	ARG	CUB
LM4x	ARG	CUB	USA

Women

Event	Gold	Silver	Bronze
W1x	CAN	USA	CUB
LW1x	ARG	CAN	USA
W2x	CAN	USA	CUB
LW2x	ARG	USA	CAN
W2-	CAN	USA	CUB
LW4x	ARG	USA	CAN

2003 Pan American Games – Santo Domingo, Dominican Republic

Men

Event	Gold	Silver	Bronze
M1x	CUB	ARG	USA
M2-	ARG	BRA	CUB
M2x	CUB	BRA	USA
LM2x	CUB	BRA	ARG
M4x	CUB	URU	BRA
LM4x	CUB	ARG	BRA
M4-	CUB	USA	BRA
LM4-	CHI	CAN	CUB
M8+	USA	CAN	CUB

Women

Event	Gold	Silver	Bronze
W1x	CUB	CAN	USA
LW1x	CUB	CAN	USA
W2x	CAN	USA	CHI
LW2x	CAN	CUB	USA
LW4x	CUB	USA	MEX

2007 Pan American Games – Rio de Janeiro, Brazil

Men

Event	Gold	Silver	Bronze
M1x	ARG	CUB	BRA
M2-	CAN	USA	BRA
M2x	CUB	ARG	USA
LM2x	CUB	USA	CHI
M4x	CUB	ARG	USA
M4-	ARG	USA	CAN
LM4-	CAN	USA	CUB
M8+	USA	BRA	ARG

Women

Event	Gold	Silver	Bronze
W1x	CUB	ARG	ESA
W2-	CHI	CAN	USA
W2x	USA	CAN	CUB
LW2x	CUB	MEX	CAN
W4x	CAN	USA	ARG

2011 Pan American Games – Guadalajara, Mexico

Men

Event	Gold	Silver	Bronze
M1x	CUB	MEX	VEN
M2-	USA	BRA	CAN
M2x	ARG	CUB	VEN
LM2x	MEX	CUB	CAN
M4x	ARG	CUB	MEX
M4-	ARG	CAN	CUB
LM4-	CUB	ARG	CHI
M8+	USA	CAN	ARG

Women

Event	Gold	Silver	Bronze
W1x	USA	ARG	CAN
W2-	ARG	USA	CAN
W2x	CUB	USA	CAN
LW2x	MEX	CUB	USA
W4x	ARG	CAN	USA
LW1x	USA	BRA	CUB

2015 Pan American Games – Toronto, Canada

Men

Event	Gold	Silver	Bronze
M1x	CUB	CAN	ARG
M2-	ARG/CHI		MEX
M2x	CUB	ARG	CAN
LM2x	MEX	USA	CUB
M4x	CAN	CUB	ARG
M4-	CAN	CUB	ARG
LM4-	CAN	USA	CHI
M8+	CAN	ARG	USA

Women

Event	Gold	Silver	Bronze
W1x	CAN	USA	CHI
W2-	USA	CHI	CAN
W2x	CAN	USA	CUB
LW2x	CAN	CUB	USA
W4x	CAN	USA	ARG
LW1x	USA	BRA	ARG

2019 Pan American Games – Lima, Peru

Men

Event	Gold	Silver	Bronze
M1x	CUB	MEX	ARG
M2-	CHI	BRA	ARG
M2x	ARG	CUB	BRA
LM2x	MEX	ARG	CHI

Women

Event	Gold	Silver	Bronze
W1x	CAN	TTO	CHI
W2-	CHI	CAN	MEX
W2x	CUB	USA	ARG
LW2x	CAN	CHI	CUB

M4x	URU	ARG	CUB	W4x	CHI	CUB	USA
M4-	ARG	CUB	BRA	LW1x	MEX	ARG	CUB
LM4-	CHI	MEX	CUB				
M8+	ARG	CHI	CUB				

About USRowing

USRowing is a nonprofit membership organization recognized by the United States Olympic Committee as the national governing body for the sport of rowing in the United States. USRowing selects, trains, and manages the teams that represent the U.S. in international competition, including the world championships, Pan American Games, Olympic Games, and Paralympic Games.

More than 74,000 individuals and 1,350 member organizations strong, USRowing serves and promotes the sport on all levels of competition. USRowing membership reflects the spectrum of American rowers – juniors, collegians, masters and those who row for recreation, competition or fitness.

In 1982, the United States Rowing Association was formed by the merger of the National Association of Amateur Oarsmen, founded in 1872, and the National Women's Rowing Association, established in the early 1960s. USRowing brought these two organizations together with a name incorporating both men and women and reflecting the broader interests of rowing. In 1985, the organization moved from Philadelphia, Pa., to Indianapolis, Ind., home of several other Olympic sport governing bodies; and in 1994, Indianapolis became the only U.S. city to host a world rowing championship. In February 2006, USRowing moved its corporate headquarters to Princeton, N.J.

USRowing registers hundreds of regattas across the country each year, ensuring they are run under specific safety guidelines. The association also provides programs to educate referees and coaches. USRowing stages national championship regattas annually and conducts regional championships and national team selection events.

USRowing is a member of the United States Olympic & Paralympic Committee and Federation Internationale des Societes D'Aviron (FISA), the international rowing federation.

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Glossary of Rowing Terms

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Shell: Can be used interchangeably with boat.

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

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

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

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

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

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

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

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

Viewer's Guide & Frequently Asked Questions

The Race

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

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

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

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

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

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

The Stroke

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

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

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

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

The Equipment

Oars

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

The Boats – Sculls and Shells

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

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

Rowing Quick Facts

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

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

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

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

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

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

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.