



2023 World Rowing Championships Press Kit
September 3-10
Belgrade, Serbia

Brett Johnson

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About the Event

The 2023 World Rowing Championships will be held from September 3-10 in Belgrade, Serbia. The eight-day regatta offers 29 events including the men's and women's single sculls, lightweight single sculls, double sculls, lightweight double sculls, pair, lightweight pair, quadruple sculls, lightweight quadruple sculls, four, and eight, as well as the PR1 men's and women's single sculls, PR2 men's and women's single sculls, PR3 men's and women's pair, PR2 mixed double sculls, PR3 mixed double sculls, and PR3 mixed four with coxswain.

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

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

Lightweight Men (LM): 1x, 2x, 2-, 4x

Lightweight Women (LW): 1x, 2x, 2-, 4x

Para-Rowing: PR1W1x, PR1M1x, PR2M1x, PR2W1x, PR2Mix2x, PR3Mix2x, PR3W2-, PR3 M2-PR3Mix4+

The World Rowing Championships are held every year at the end of the international rowing season and world champions are crowned in 14 Olympic boat classes – seven for men and seven for women, as well as six international boat classes for lightweight rowers.

Para rowers compete in nine boat classes, five are Paralympic boat classes. During an Olympic and Paralympic year, the World Rowing Championships include only the non-Olympic/Paralympic boat classes.

About the Venue

The Ada Ciganlija Regatta course is situated on the Sava Lake in the heart of Belgrade. The lake is 3,000-meters long and hosted the European Rowing Championships in 2014 and World Rowing Cups in 2017, 2018, and 2022.

Important Links

World Rowing Championships Events Page:

<https://worldrowing.com/event/2023-world-rowing-championships>

LOC Website: www.2023wrchbelgrade.rs

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

USRowing 2023 World Rowing Championships Coverage Page:

<https://usrowing.org/sports/2023/8/11/2023-world-rowing-championships-coverage-page.aspx>

The 2023 World Rowing Championships will be the first opportunity for federations to qualify for the Paris 2024 Olympic and Paralympic Games. More details on the qualification process can be found at the respective link below.

[Olympic Qualification System](#)

[Paralympic Qualification Regulations](#)

Event Press Releases

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

<https://worldrowing.com/event/2023-world-rowing-championships> and www.usrowing.org.

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

Social Media

The official account of USRowing is @USRowing. The official hashtags for the event are #WorldRowingChamps and #WRCHBelgrade. 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 (Subject to Change)

Sunday, September 3: Heats

Monday, September 4: Heats, Repechages

Tuesday, September 5: Heats, Repechages

Wednesday, September 6: Quarterfinals, Repechages, E/F/G Semifinals, E Finals

Thursday, September 7: A/B Semifinals, Repechages, C/D Semifinals, E/F/G Finals

Friday, September 8: A/B Finals, A/B Semifinals, Repechages, C/D Finals

Saturday, September 9: A/B Finals, C/D Finals

Sunday, September 10: A/B Finals, C/D Finals

For the most up-to-date schedule, visit

<https://worldrowing.com/event/2023-world-rowing-championships>

2023 U.S. Senior National Team Roster

Name (Hometown/University/Club Affiliation)

(Lineups subject to change)

Women's Single Sculls

Kara Kohler (Clayton, Calif./University of California, Berkeley/Texas Rowing Center)

Men's Single Sculls

Eliot Putnam (Littleton, Mass./Cornell University/New York Athletic Club)

Lightweight Women's Single Sculls

Sophia Luwis (McLean, Va./The College of William & Mary/Whitemarsh Boat Club)

Lightweight Men's Single Sculls

Sam Melvin (Huntington Beach, Calif./Columbia University/New York Athletic Club)

PR1 Men's Single Sculls

Andrew Mangan (Buffalo, N.Y./Stanford University/West Side Rowing Club/Bair Island Aquatic Center)

Women's Double Sculls

Sophia Vitas (s) (Franklin, Wis./University of Wisconsin/Texas Rowing Center)

Kristi Wagner (b) (Weston, Mass./Yale University/ARION)

Men's Double Sculls

Ben Davison (s) (Inverness, Fla./University of Washington/California Rowing Club)

Sorin Koszyk (b) (Grosse Pointe Park, Mich./Cornell University/California Rowing Club)

Lightweight Women's Double Sculls

Michelle Sechser (s) (Folsom, Calif./University of Tulsa/Cambridge Boat Club)

Mary Jones Nabel (b) (Huntsville, Ala./University of Tennessee/Cambridge Boat Club)

Lightweight Men's Double Sculls

James McCullough (s) (Philadelphia, Pa./University of Delaware/Texas Rowing Center)

Zachary Heese (b) (Pelham, N.Y./University of Virginia/Texas Rowing Center)

PR2 Mixed Double Sculls

Russell Gernaat (s) (Redwood City, Calif./Lake Casitas Rowing Club)

Madison Eberhard (b) (Buffalo, N.Y./Canisius College/West Side Rowing Club)

PR3 Mixed Double Sculls

Todd Vogt (s) (Rochester, N.Y. /Portland Boat Club)

Gemma Wollenschlaeger (b) (St. Augustine Beach, Fla./Temple University)

Women's Quadruple Sculls

Emily Kallfelz (s) (Jamestown, R.I./Princeton University/Cambridge Boat Club)

Grace Joyce (3) (Northfield, Ill./University of Wisconsin/Craftsbury Green Racing Project)

Molly Reckford (2) (Short Hills, N.J./Dartmouth College/Sarasota Crew)

Lauren O'Connor (b) (Belleville, Wis./University of Wisconsin/ARION)

Men's Quadruple Sculls

Dominique Williams (s) (Madison, Conn./University of Pennsylvania/Vesper Boat Club)

William Legenzowski (3) (Vista, N.Y./Brown University/California Rowing Club)

Liam Galloway (2) (Ridgefield, Conn./Yale University)

Kevin Cardno (b) (Huntsville, Ala./University of Alabama, Huntsville/Texas Rowing Center)

Lightweight Men's Quadruple Sculls

Jamie Copus (s) (Winnetka, Ill./Oxford Brookes University/Penn AC)

Casey Howshall (3) (Philadelphia, Pa./University of Pennsylvania/Riverside Boat Club)

Ian Richardson (2) (Amesbury, Mass./University of Connecticut/Riverside Boat Club)

Bernard Aparicio (b) (Corona, Calif./San Diego State University/San Diego Rowing Club)

Women's Pair

Meghan Musnicki (s) (Naples, N.Y./Ithaca College/California Rowing Club)

Alie Rusher (b) (West Bend, Wis./Stanford University/California Rowing Club)

Men's Pair

Evan Olson (s) (Bothell, Wash./University of Washington/Seattle Scullers/ Penn AC)

William Bender (b) (Norwich, Vt./Dartmouth College)

Lightweight Women's Pair

Elaine Tierney (s) (West Chester, Pa./Temple University/Penn AC)

Solveig Imsdahl (b) (Eutin, Germany/Cornell University/Penn AC)

Women's Four

Claire Collins (s) (McLean, Va./Princeton University/USRowing Training Center-Princeton)

Madeleine Wanamaker (3) (Neenah, Wis./University of Wisconsin/USRowing Training Center-Princeton)

Kelsey Reelick (2) (Brookfield, Conn./Princeton University/USRowing Training Center-Princeton)

Molly Bruggeman (b) (Dayton, Ohio/University of Notre Dame/USRowing Training Center-Princeton/University of Minnesota)

Men's Four

Liam Corrigan (s) (Old Lyme, Conn./Harvard University/California Rowing Club)

Justin Best (3) (Kennett Square, Pa./Drexel University/California Rowing Club)
Nick Mead (2) (Strafford, Pa./Princeton University/New York Athletic Club)
Michael Grady (b) (Pittsburgh, Pa./Cornell University/California Rowing Club)

PR3 Mixed Four with Coxswain

Emelie Eldracher (c) (Andover, Mass./Massachusetts Institute of Technology)
Ben Washburne (s) (Madison, Conn./Williams College)
Saige Harper (3) (Easthampton, Mass./Sacred Heart University)
Skylar Dahl (2) (Minneapolis, Minn./University of Virginia)
Alex Flynn (b) (Wilmington, Mass./Tufts University)

Women's Eight

Cristina Castagna (c) (Cincinnati, Ohio/University of Washington)
Charlotte Buck (s) (Nyack, N.Y./Columbia University/USRowing Training Center-Princeton)
Mary Mazzio-Manson (7) (Wellesley, Mass./Yale University/Craftsbury Green Racing Project)
Regina Salmons (6) (Methuen, Mass./University of Pennsylvania/USRowing Training Center-Princeton)
Alina Hagstrom (5) (Seattle, Wash./Oregon State University/USRowing Training Center-Princeton)
Brooke Mooney (4) (Keene Valley, N.Y./University of Washington/USRowing Training Center-Princeton)
Jessica Thoennes (3) (Highlands Ranch, Colo./University of Washington/USRowing Training Center-Princeton)
Margaret Hedeman (2) (Concord, Mass./Yale University)
Emily Froehlich (b) (Fishers, Ind./University of Texas/Craftsbury Green Racing Project)

Men's Eight

Jimmy Catalano (c) (Greenwich Conn./University of Wisconsin)
Henry Hollingsworth (s) (Dover, Mass./Brown University/California Rowing Club)
Pieter Quinton (7) (Portland, Ore./Harvard University/California Rowing Club)
Chris Carlson (6) (Bedford, N.H./University of Washington/California Rowing Club)
Alexander Hedge (5) (Morristown, N.J./Columbia University/Craftsbury Green Racing Project)
Clark Dean (4) (Sarasota, Fla./Harvard University)
Oliver Bub (3) (Westport, Conn./Dartmouth College/California Rowing Club)
Peter Chatain (2) (Winnetka, Ill./Stanford University)
Ezra Carlson (b) (Eureka, Calif./University of Washington/Craftsbury Green Racing Project)

Alternates

Audrey Boersen (West Olive, Mich./Grand Valley State University/Whitemarsh Boat Club)
Rhett Burns (Poughkeepsie, N.Y./Northeastern University)
Azja Czajkowski (Imperial Beach, Calif./Stanford University)
Maggie Fellows (Warwick, Mass./St. Lawrence University/Boston Rowing Federation)
Andrew Gaard (Madison, Wis./University of Washington/California Rowing Club)

Kaitlyn Kynast (Ridgefield, Conn./Stanford University/ARION)
Sarah Menefee (Austin, Texas/University of Tulsa)
Andrew Wigren (Providence, R.I./Hobart College/Cambridge Boat Club)

Coaches

Sasha Bailey – PR1 Men's Single Sculls
Eric Catalano – Assistant Coach: Women's Quadruple Sculls, Women's Double Sculls,
Lightweight Women's Double Sculls, Lightweight Men's Double Sculls
Jesse Foglia – Women's Four, Women's Eight
Casey Galvanek – Men's Four
Steve Gladstone – Men's Eight
M Sean Hall – Lightweight Women's Single Sculls
Alice Henderson – PR2 Mixed Double Sculls
Isabelle Jacobs – Women's Quadruple Sculls, Women's Double Sculls, Lightweight Women's
Double Sculls, Lightweight Men's Double Sculls
Skip Kielt – Men's Double Sculls, Women's Pair
Kris Korzeniowski – Men's Quadruple Sculls
Henri LaLiberte – Assistant Coach: Men's Eight
Dave Lefebvre – Lightweight Men's Quadruple Sculls
William Manning – Lightweight Women's Pair, Men's Pair, Assistant Coach: Men's Quadruple
Sculls
Petr Mansfield – Women's Single Sculls
Adrienne Martelli – Assistant Coach: Women's Eight, Women's Four
Michael Martinov – Men's Single Sculls, Lightweight Men's Single Sculls
Tom Siddall – PR3 Mixed Four with Coxswain
Andrea Theis – PR3 Mixed Double Sculls
Stephen Whelpley – Men's and Women's Assistant Coach

Support Staff

Kate Ackerman – Team Physician
Megan Chacosky – Nutritionist, Team Support
Liz Fusco – Nutritionist, Team Support
Brett Johnson – Press Officer
Geoff Keller – Physical Therapist
Alicia Lamb – Massage Therapist
Deirdre McLoughlin – Physical Therapist
Ellen Minzner – Director of Para High Performance
Josy Verdonkschot – Chief High Performance Officer
Peter Wenger – Team Physician
Wendy Wilbur – Team Leader
Michael Zimmer – Team Leader

Boat-by-Boat Preview

The U.S. will have 22 boats competing at the 2023 World Rowing Championships September 3-10 in Belgrade, Serbia. In addition to world championships being on the line in 29 boat classes, the championships are the first opportunity for countries to qualify boats for the Paris 2024 Olympic and Paralympic Games.

The U.S. will have boats racing in the men's and women's single sculls, lightweight single sculls, double sculls, lightweight double sculls, quadruple sculls, pair, four, and eight, as well as the lightweight women's pair, lightweight men's quadruple sculls, PR1 men's single sculls, PR2 mixed double sculls, PR3 mixed double sculls, and PR3 mixed four with coxswain.

Last year, the U.S. won three medals at the world championships including silver in the lightweight women's double sculls, silver in the lightweight women's pair, and bronze in the women's pair.

Of the 74 athletes on this year's roster, 48 were on the 2022 World Rowing Championships' squad. The roster is made up of athletes from 22 states. Massachusetts leads the way with 11 athletes, followed by New York with nine.

In total, nearly 1,000 athletes from 74 delegations are scheduled to compete. Italy has entered the most boats with 24, followed by Germany with 23.

Women's Single Sculls

In the women's single sculls, 10-time national team member **Kara Kohler** (Clayton, Calif./University of California, Berkeley/Texas Rowing Center) returns to the event. Kohler, the 2019 World Rowing Championships' bronze medalist, finished 13th at the 2022 World Rowing Championships. She was back on the medal stand earlier this summer, winning a bronze medal at the 2023 World Rowing Cup II. Kohler will take on 31 other scullers in Belgrade including reigning world champion Karolien Florijn from The Netherlands, who won World Rowing Cup III earlier in the summer, and New Zealand's Emma Twigg, the reigning Olympic champion, who finished second behind Florijn at last year's world championships. The field also includes Australia's Tara Rigney, who finished third at last year's world championships and finished second at both the second and third 2023 World Rowing Cup races, and Germany's Alexandra Foester, who won the 2023 World Rowing Cup II.

Men's Single Sculls

In the men's single sculls, **Eliot Putnam** (Littleton, Mass./Cornell University/New York Athletic Club) is part of a 48-sculler field. Putnam, who raced in the quadruple sculls at the 2021 World Rowing Final Olympic Qualification Regatta, will be racing at his first senior world championships. The field includes Germany's Oliver Zeidler, the reigning world champion who

swept the world cup races this year, as well as reigning Olympic champion, Stefanos Ntouskos from Greece.

Lightweight Women's Single Sculls

Sophia Luwis (McLean, Va./The College of William & Mary/Whitemarsh Boat Club) won a gold medal at World Rowing Cup III and a silver medal at World Rowing Cup II earlier this year. Luwis, who missed last year's world championships due to injury, will be making her worlds' debut in 2023. The 23-boat field includes France's Aurelie Morizot, who won World Rowing Cup II ahead of Luwis, and Ireland's Siobhan McCrohan, who finished second behind Luwis at World Rowing Cup III. The Netherlands Martine Veldhuis, who finished second at last year's world championships, also is scheduled to compete.

Lightweight Men's Single Sculls

Sam Melvin (Huntington Beach, Calif./Columbia University/New York Athletic Club) will be racing at his first senior world championships, having won gold in the event at the 2019 World Rowing Under 23 Championships. Melvin is one of 28 men entered in the event. Slovenia's Rajko Hrvac won bronze at last year's world championships and won the first World Rowing Cup this season. Switzerland's Andri Struzina reached the medal stand at all three world cups earlier this summer, including a victory at World Rowing Cup III. Italy's Niels Torre won the other world cup race. All three are scheduled to race in Belgrade.

PR1 Men's Single Sculls

Andrew Mangan (Buffalo, N.Y./Stanford University/West Side Rowing Club/Bair Island Aquatic Center) will be racing at his second world championships in Belgrade, having finished 10th in the event in 2022. Mangan will take on 22 scullers including last year's top three finishers in Ukraine's Roman Polianskyi, the reigning Paralympic champion, Italy's Giacomo Perini, and Great Britain's Benjamin Pritchard.

Women's Double Sculls

Sophia Vitas (Franklin, Wis./University of Wisconsin/Texas Rowing Center) and **Kristi Wagner** (Weston, Mass./Yale University/ARION) joined forces in July of last year and went on to finish fifth at the 2022 World Rowing Championships. The duo reached the medal stand at their lone world cup race earlier this summer, finishing less than 0.1 seconds behind China's Shiyu Lu and Shuangmei Shen to take silver at World Rowing Cup II. Twenty crews entered the field. Romania's Ancuta Bodnar and Simona Radis, the reigning Olympic champions, won gold at last year's world championships and at the 2023 World Rowing Cup III. Lu and Shen were third at World Rowing Cup III, with the Lithuania crew of Donata Karaliene and Dovile Rimkute taking silver between Romania and China.

Men's Double Sculls

Ben Davison (Inverness, Fla./University of Washington/California Rowing Club) and **Sorin Koszyk** (Grosse Pointe Park, Mich./Cornell University/California Rowing Club) came together

after the 2023 Winter Speed Order this past March, having raced in separate boats in 2022. Davison, a 14-time national team member across the under 19, under 23, and senior levels, finished eighth in the single sculls at last year's world championships, while Koszyk, a two-time team member, finished seventh in the double. The duo won silver at the 2023 World Rowing Cup II, their first international race together. The U.S. is one of 30 countries entered in the event. The Netherlands' Melvin Twellaar and Stefan Broenink won gold at the third world cup earlier this summer, while Italy's Luca Rambaldi and Matteo Sartori won gold at the second world cup. Croatia's Martin and Valent Sinkovic, who won gold in the event at the Rio 2016 Olympics, won the first world cup. France's Hugo Boucheron, reigning Olympic and world champion in the event, is racing with a new partner this year, Valentin Onfroy.

Lightweight Women's Double Sculls

Michelle Sechser (Folsom, Calif./University of Tulsa/Cambridge Boat Club) and **Mary Jones Nabel** (Huntsville, Ala./University of Tennessee/Cambridge Boat Club) will be looking to get the U.S. back on the medal stand this year. Sechser, an 11-time national team member, won a silver medal in the event last year with partner Molly Reckford, while Jones Nabel, a seven-time team member, raced in the lightweight single sculls. Sechser and Jones Nabel joined forces this season through the selection camp after World Rowing Cup II. Twenty-one crews are entered in the event including Great Britain's Imogen Grant and Emily Craig, the defending world champions. Grant and Craig won the second and third world cups earlier in the year, beating Sechser and Reckford by 0.08 seconds at World Rowing Cup II. France's Claire Bove and Laura Tarantola, last year's bronze medalists in the event, also are scheduled to race.

Lightweight Men's Double Sculls

The lightweight men's double sculls duo of **James McCullough** (Philadelphia, Pa./University of Delaware/Texas Rowing Center) and **Zachary Heese** (Pelham, N.Y./University of Virginia/Texas Rowing Center) will be making its international debut in Belgrade. Heese raced the event at last year's world championships with Jasper Liu, while McCullough raced in the lightweight single sculls. The duo came together following World Rowing Cup II. Ireland's Fintan McCarthy and Paul O'Donovan, the reigning world and Olympic champions, are back. Italy's Stefano Oppo, who won silver at last year's world championships, is back with new partner Gabriel Soares. Ukraine's bronze medal crew from last year also returns. Switzerland's Jan Schaeuble and Raphael Ahumada Ireland picked up two gold medals on this year's world cup circuit, while France's Hugo Beurey and Ferdinand Ludwig won the third world cup race. Twenty-seven boats are scheduled to race in Belgrade.

PR2 Mixed Double Sculls

After racing in the PR2 men's single sculls last year, **Russell Gernaat** (Redwood City, Calif./Lake Casitas Rowing Club) is back in the PR2 mixed double with a new partner, **Madison Eberhard** (Buffalo, N.Y./ West Side Rowing Club). The duo finished third in the event at the 17th Gavirate International Para Rowing Regatta in June. Gernaat is a five-time national team member, while Eberhard is racing at her second world championships. Ukraine's Svitlana

Bohuslavska and Iaroslav Koiuda are the reigning world champions, while Great Britain's Lauren Rowles and Gregg Stevenson won the 2023 World Rowing Cup II. Rowles also won the Tokyo 2020 Paralympics with Laurence Whiteley, who has since retired from racing. Thirteen boats are scheduled to race in Belgrade.

PR3 Mixed Double Sculls

Todd Vogt (Rochester, N.Y./Portland Boat Club) returns to the PR3 mixed double sculls with new partner **Gemma Wollenschlaeger** (St. Augustine Beach, Fla./Temple University), who is making her national team debut. Vogt is a three-time team member. The duo dominated the competition at the 2023 Para Rowing Regatta to Paris in July. France's Elur Alberdi and Laurent Cadot won the gold medal at last year's world championship, while Australia's Nikki Ayers and Jed Altschwager won World Rowing Cup II earlier this summer. The field has 14 boats entered.

Women's Quadruple Sculls

The crew of **Emily Kallfelz** (Jamestown, R.I./Princeton University/Cambridge Boat Club), **Grace Joyce** (Northfield, Ill./University of Wisconsin/Craftsbury Green Racing Project), **Molly Reckford** (Short Hills, N.J./Dartmouth College/Sarasota Crew), and **Lauren O'Connor** (Belleville, Wis./University of Wisconsin/ARION) is part of a 13-boat field. Kallfelz and Joyce were part of the quad last year, while Reckford won a silver medal in the lightweight women's double sculls. O'Connor is making her world championships' debut. China won gold at both the Tokyo 2020 Olympic Games and at the 2022 World Rowing Championships. The Netherlands and Great Britain took the other two medals at last year's world championships. On this year's world cup circuit, China won gold at the second world cup, with The Netherlands winning at the third. Great Britain finished second at both regattas. Ukraine won the first world cup, as well as the 2023 European Rowing Championships.

Men's Quadruple Sculls

The men's quadruple sculls crew of **Dominique Williams** (Madison, Conn./University of Pennsylvania/Vesper Boat Club), **William Legenzowski** (Vista, N.Y./Brown University/California Rowing Club), **Liam Galloway** (Ridgefield, Conn./Yale University), and **Kevin Cardno** (Huntsville, Ala./University of Alabama, Huntsville/Texas Rowing Center High Performance) is part of a 17-boat field in Belgrade. Williams and Cardno were part of the quad last year, while Legenzowski and Galloway move up to the senior team for the first time having raced internationally at the under 23 level. Poland won gold at last year's world championships, with Great Britain and Italy filling out the medal stand. Poland won this year's European championships, as well as World Rowing Cup II. The Dutch crew won World Rowing Cup III.

Lightweight Men's Quadruple Sculls

The crew of **Jamie Copus** (Oxford, England/Oxford Brookes University/Penn AC), **Casey Howshall** (Philadelphia, Pa./University of Pennsylvania/Riverside Boat Club), **Ian Richardson** (Amesbury, Mass./University of Connecticut/Riverside Boat Club), and **Bernard Aparicio** (Corona, Calif./San Diego State University/San Diego Rowing Club) will be making its Team USA debut. Copus is a multiple-time British national team member who is competing for the U.S. for

the first time. Richardson was part of the boat last year, while Howshall and Aparicio are competing on their first senior national team. The three-boat field also includes Italy and Germany. Italy won gold last year.

Women's Pair

At last year's world championships, the U.S. won the bronze medal. While this year's lineup is new, it includes a wealth of experience in **Meghan Musnicki** (Naples, N.Y./Ithaca College/California Rowing Club) and **Alie Rusher** (West Bend, Wis./Stanford University/California Rowing Club). Musnicki is a 10-time national team member, three-time Olympian, and two-time Olympic gold medalist, while Rusher was part of the Tokyo 2020 squad. The duo won a silver medal in its lone world cup appearance earlier this season. New Zealand won the gold medal last year, with The Netherlands taking silver. The Dutch boat of Ymkje Clevering and Veronique Meester is back this year, while New Zealand is rowing an entirely new lineup. Australia's Jessica Morrison and Annabelle McIntyre won the second and third world cups earlier in the season, while Romania's Ioana Vranceanu and Roxana Anghel defeated Clevering and Meester to win the 2023 European Rowing Championships. Twenty-two crews are scheduled to race in the event.

Men's Pair

Senior national team rookies **Evan Olson** (Bothell, Wash./University of Washington) and **William Bender** (Norwich, Vt./Dartmouth College) are part of a 28-boat field. Romania's Marius Cozmiuc and Sergiu Bejan won the world title last year. Cozmiuc also was part of the Romanian pair that won silver at the Tokyo 2020 Olympic Games. The duo won silver at World Rowing Cup III behind Great Britain's Oliver Wynne-Griffith and Tom George. The British duo also won the second world cup and finished third at last year's world championships. Spain's Jaime Canalejo Pazos and Javier Garcia Ordonez won the silver medal last year and were third at this year's European championships. Switzerland's Roman Roeoesli with Andrin Gulich medaled at all three world cups this year and won the European title.

Lightweight Women's Pair

The U.S. crew of **Elaine Tierney** (West Chester, Pa./Temple University/Penn AC) and **Solveig Imsdahl** (Eutin, Germany/Cornell University/Penn AC) won the silver medal in the event last year. Part of a three-boat field, Tierney and Imsdahl will take on crews from Italy and Germany. Italy won the gold medal last year but will be boating a new lineup in 2023.

Women's Four

Claire Collins (McLean, Va./Princeton University/USRowing Training Center-Princeton), **Madeleine Wanamaker** (Neenah, Wis./University of Wisconsin/USRowing Training Center-Princeton), **Kelsey Reelick** (Brookfield, Conn./Princeton University/USRowing Training Center-Princeton), and **Molly Bruggeman** (Dayton, Ohio/University of Notre Dame/USRowing Training Center-Princeton) will take on 15 other crews in the women's four. Collins and Wanamaker doubled up last year, racing in both the pair and the eight at the world championships. The duo won bronze in the pair. Reelick and Bruggeman also were part of the

eight in 2022. The U.S. won gold in the four with the same lineup at the 2023 World Rowing Cup II ahead of Great Britain and Australia. Great Britain, The Netherlands, and Australia won the medals at the 2022 World Rowing Championships. Romania won this year's final world cup race in Lucerne, Switzerland, as well as the 2023 European Rowing Championships.

Men's Four

The men's four of **Liam Corrigan** (Old Lyme, Conn./Harvard University/California Rowing Club), **Justin Best** (Kennett Square, Pa./Drexel University/California Rowing Club), **Nick Mead** (Strafford, Pa./Princeton University/New York Athletic Club) and **Michael Grady** (Pittsburgh, Pa./Cornell University/California Rowing Club) are one of 17 boats entered in the event. Mead was part of the four last year, while Corrigan was part of the eight. Grady and Best rowed together in the pair. The U.S. finished third in the event behind Great Britain and Australia at the 2023 World Rowing Cup II. Corrigan, Mead, and Grady were part of that boat. Great Britain is the defending world champion, with Australia and The Netherlands also reaching the medal stand. The Brits and Aussies also finished one-two at the third world cup race.

PR3 Mixed Four with Coxswain

The PR3 four with coxswain of **Emelie Eldracher** (Andover, Mass./Massachusetts Institute of Technology), **Ben Washburne** (Madison, Conn./Williams College), **Saige Harper** (Easthampton, Mass./Sacred Heart University), **Skylar Dahl** (Minneapolis, Minn./University of Virginia), and **Alex Flynn** (Wilmington, Mass./Tufts University) includes three returnees and two newcomers. Eldracher, Harper, and Flynn were part of last year's boat, while Dahl and Washburne are first-time national team members. The crew won gold at the 2023 Para Rowing Regatta to Paris, its first international race. Great Britain has a 13-year winning streak that includes three straight Paralympic golds and the 2022 World Rowing Championships. Germany and France took the other two medals last year, with the U.S. finishing fifth.

Women's Eight

The crew of **Cristina Castagna** (Cincinnati, Ohio/University of Washington), **Charlotte Buck** (Nyack, N.Y./Columbia University/USRowing Training Center-Princeton), **Mary Mazzio-Manson** (Wellesley, Mass./Yale University/Craftsbury Green Racing Project), **Regina Salmons** (Methuen, Mass./University of Pennsylvania/USRowing Training Center-Princeton), **Alina Hagstrom** (Seattle, Wash./Oregon State University/USRowing Training Center-Princeton), **Brooke Mooney** (Keene Valley, N.Y./University of Washington/USRowing Training Center-Princeton), **Jessica Thoennes** (Highlands Ranch, Colo./University of Washington/USRowing Training Center-Princeton), **Margaret Hedeman** (Concord, Mass./Yale University), and **Emily Froehlich** (Fishers, Ind./University of Texas/Craftsbury Green Racing Project) includes four members of last year's fourth-place crew in Buck, Salmons, Hagstrom, and Thoennes. Mooney, who was coming off an injury, was an alternate on last year's squad but raced in the eight in Tokyo. Castagna, Mazzio-Manson, Hedeman, and Froehlich are all first-time senior team members. Romania, The Netherlands, and Canada won the medals at last year's world championships. Great Britain and Australia won the two world cups, while Romania won the European championships. Eight crews are entered in the event.

Men's Eight

One of 10 crews entered, the U.S. boat includes **Jimmy Catalano** (Greenwich Conn./University of Wisconsin), **Henry Hollingsworth** (Dover, Mass./Brown University/California Rowing Club), **Pieter Quinton** (Portland, Ore./Harvard University/California Rowing Club), **Chris Carlson** (Bedford, N.H./University of Washington/California Rowing Club), **Alexander Hedge** (Morristown, N.J./Columbia University/Craftsbury Green Racing Project), **Clark Dean** (Sarasota, Fla./Harvard University), **Oliver Bub** (Westport, Conn./Dartmouth College/California Rowing Club), **Peter Chatain** (Winnetka, Ill./Stanford University), and **Ezra Carlson** (Eureka, Calif./University of Washington/Craftsbury Green Racing Project). Chris Carlson, Catalano, and Quinton were part of last year's eight that finished fourth at worlds, while Hollingsworth was in the men's four. Ezra Carlson and Bub were alternates on the 2022 team, while Dean was part of the four at the Tokyo 2020 Olympic Games. Chatain and Hedge are first-time senior team members. Great Britain, The Netherlands, and Australia won the medals last year. Great Britain and Australia each won one of the world cup races, with the British crew taking home gold from the European championships.

Athlete Bios

Bernard Aparicio

Lightweight Men's Quadruple Sculls

Hometown: Corona, Calif.

Date of Birth: 5/5/1993

Height: 5'11"

Weight: 160

High School: Corona High School

Undergraduate Education: San Diego State University, Civil Engineering, 2016

Current Club Affiliations: San Diego Rowing Club, Riverside Boat Club

Current Coach: Dave Lefebvre

Training Location: San Diego, Calif.

National Teams: One – Senior, 2023

National Results: Won the lightweight quadruple sculls at the 2023 USRowing Senior National Team Trials.

Personal: Bernie is an avid surfer, inept mechanic, and capable engineer. He loves to make paper airplanes and enjoys all chocolate. He is terrified of lightning. Bernie walked-on to the SDSU club team in 2011. He lists Robert Aparicio as his personal hero because he taught Bernie lessons on sacrifice, perception, and self-determination that have carried him far. He dreams of being one of those guys who stands on the beach, staring mindlessly out into the flat sunset, slurring each word, and telling forlorn surfers "should have been here yesterday brah - the waves were FIRIN." His favorite places to compete are wherever the hungry athletes are and anytime, anywhere against Josh Remland. He enjoys visiting any of the U.S. National Parks. He lists his favorite Olympic moment as Mahe Drysdale's epic final in Rio in 2016. His favorite book is Parallel Lives and his favorite musical artists are The Home Team, Tigercub, POORSTACY. His favorite speech is Beware the Military Industrial Complex, and his favorite quote is, "Anyone can build a bridge, but it takes an engineer to build a bridge that barely stands."

William Bender

Men's Pair

Hometown: Norwich, Vt.

Date of Birth: 6/9/2001

Height: 6'5"

Weight: 195

High School: Hanover High School

Undergraduate Education: Dartmouth College, 2024

Current Club Affiliation: Dartmouth College, Thames Rowing Club

Current Coach: Wyatt Allen

Training Location: Hanover, N.H.

National Teams: Two – Under 23, 2021; Senior, 2023

International Results: Won silver in the eight at the 2021 World Rowing Under 23 Championships.

National Results: Won the pair at the 2023 USRowing Senior National Team Trials...Finished third in the varsity eight at the 2021 IRA National Championships.

Personal: Bill enjoys downhill, cross-country, and water skiing, as well as hiking. His next door neighbor was his novice coach and captain of Harvard's 1975 "Rude and Smooth" crew. He got Bill's older brother, who rowed for Colgate and went to under 23 worlds in the pair in 2013, hooked on the sport, and Bill followed.

Justin Best

Men's Four

Hometown: Kennett Square, Pa.

Date of Birth: 8/17/1997

Height: 6'4"

Weight: 195

High School: Unionville High School

Undergraduate Education: Drexel University, 2019

Current Club Affiliation: California Rowing Club

Current Coach: Mike Teti

Training Location: Oakland, Calif.

National Teams: Six – Junior, 2015; Under 23, 2018-2019; Senior, 2022-23; Olympic, 2020

International Results: Finished fourth in the pair at the 2023 World Rowing Cup II...Finished seventh in the pair at the 2022 World Rowing Championships...Reached the semifinals of The Grand Challenge Cup in the eight at the 2022 Henley Royal Regatta...Won a bronze medal in the pair at the 2022 World Rowing Cup II...Finished fourth in the eight at the Tokyo 2020 Olympic Games...Finished second in the eight at the 2019 World Rowing Under 23

Championships...Finished seventh in the eight at the 2019 World Rowing Cup III...Won gold in the eight at the 2018 World Rowing Under 23 Championships...Finished fourth in the eight at the 2018 World Rowing Cup III...Won gold in the under 23 eight at the 2017 Canadian Henley...Won silver in the eight at the 2015 World Rowing Junior Championships. National Results: Won the varsity eight at the 2017 Dad Vail Regatta.

National Results: Finished third in the pair at the 2023 USRowing National Selection Regatta...Finished second in the pair at the 2023 USRowing Winter Speed Order...Won the pair at the 2022 National Selection Regatta II...Won the varsity eight at the 2017 Dad Vail Regatta...Finished eighth in the single sculls at the 2015 USRowing Youth National Championships...Finished eighth in the lightweight four at the 2013 USRowing Youth National Championships.

Personal: Justin's parents watched "The Social Network" and thought since the actors who portrayed the Winklevoss twins had big upper bodies, he would be perfect for the sport. They signed him up for a summer camp the next day. Justin likes reading, video games, exercising, and watching movies.

Audrey Boersen

Women's Alternate

Hometown: West Olive, Mich.

Date of Birth: 11/24/1997

Height: 5'3"

Weight: 125

High School: Grand Haven High School

Undergraduate Education: Grand Valley State University, Psychology & Behavioral Neuroscience, 2020

Current Club Affiliation: Whitemarsh Boat Club

Current Coaches: Judith Vogel, Sean Hall

Training Location: Whitemarsh, Pa.

National Teams: Two – Senior, 2022-23

International Results: Finished seventh in the lightweight double sculls at the 2023 World Rowing Cup II...Suffered an injury ahead of the 2022 World Rowing Championships and was unable to compete.

National Results: Finished third in the lightweight single sculls at the 2023 USRowing Winter Speed Order...Won the lightweight quadruple sculls and open weight quadruple sculls and finished second in the open weight double sculls at the 2022 USRowing Summer National Championships...Finished second in the open weight double sculls at the 2022 USRowing National Selection Regatta II...Finished third in the lightweight single sculls at the 2022 USRowing National Selection Regatta I/Spring Speed Order.

Personal: Audrey enjoys reading, cooking, and baking. Her mother rowed at Grand Valley State in college, so she had heard about rowing prior to attending GVSU. Audrey attended a learn-to-row session with the club team and never looked back.

Molly Bruggeman

Women's Four

Hometown: Dayton, Ohio

Date of Birth: 6/19/1992

Height: 5'11"

Weight: 170

High School: Chaminade-Julienne High School

Undergraduate Education: University of Notre Dame, Anthropology and Pre-Health (supplementary), 2014

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Nine – Under 23, 2013-14; Pan American Games, 2015; Senior, 2016-19, 22-23

International Results: Won gold in the four at the 2023 World Rowing Cup II...Finished fourth in the eight at the 2022 World Rowing Championships...Finished fifth in the quadruple sculls with coxswain at the 2022 World Rowing Coastal Championships...Served as an alternate at the Tokyo 2020 Olympic Games...Finished sixth in the the four at the 2019 World Rowing

Championships...Finished fourth in the four at the 2019 World Rowing Cup II...Finished fourth in the four at 2019 World Rowing Cup I...Won gold in the four at the 2018 World Rowing Championships...Finished fourth in the pair at the 2018 World Rowing Cup III...Finished fourth in the four at the 2017 World Rowing Championships...Finished third in the eight and fourth in the four at the 2017 World Rowing Cup II...Placed second in the four at the 2016 World Rowing Championships...Won the pair at the 2015 Pan American Games...Won the four and eight at the 2014 World Rowing Under 23 Championships...Placed sixth in the quadruple sculls at the 2013 World Rowing Under 23 Championships...Placed sixth in the four at the 2012 World Rowing Under 23 Championships.

National Results: Finished second in the pair at the 2023 USRowing National Selection Regatta...Finished second in the pair at the 2023 USRowing Winter Speed Order...Finished third in the pair at the 2017 Spring Speed Order 1...Won the pair at the 2015 Pan American Games Trials...Finished ninth in the eight at the 2014 NCAA Women's Rowing Championships...Finished sixth in the championship women's eight at the 2013 Head of the Charles...Finished 13th in the eight at the 2013 NCAA Women's Rowing Championships...Finished 16th in the varsity eight at the 2012 NCAA Women's Rowing Championships...Finished second in the senior eight at the 2011 USRowing Club National Championships...Finished fifth in the four with coxswain at the 2011 Head of the Charles...Finished sixth in the four with coxswain at the 2010 USRowing Youth National Championships...Finished fifth in the four with coxswain at the 2009 USRowing Youth National Championships...Finished fourth in the four with coxswain at the 2008 USRowing Youth National Championships.

Personal: Molly enjoys drinking coffee, playing Sudoku, dog sitting in her free time, hiking, and naps. She is an assistant rowing coach at the University of Minnesota. Molly has four nieces and nephews who she loves unconditionally. Her favorite color is blue. Molly has two brothers, a sister, and two sisters-in-law who lovingly tolerate her when she has to go erg in the basement over Christmas break. Her parents are her biggest fans, and she is theirs. Molly's mom and dad were the ones who encouraged her to come back to training and competing this year, and she is so happy that she did. They have supported Molly through it all.

Oliver Bub

Men's Eight

Hometown: Westport, Conn.

Date of Birth: 4/16/1998

Height: 6'6"

Weight: 205

High School: Staples High School

Undergraduate Education: Dartmouth College, Economics, 2020

Current Club Affiliation: California Rowing Club

Current Coach: Mike Teti, Skip Kielt

Training Location: Oakland, Calif.

National Teams: Three – Junior, 2015; Senior, 2022-23

International Results: Finished seventh in the pair at the 2023 World Rowing Cup II...Served as an alternate at the 2022 World Rowing Championships...Finished 10th in the pair at the 2015 World Rowing Junior Championships.

National Results: Finished third in the pair at the 2023 USRowing National Selection Regatta...Finished third in the pair at the 2023 USRowing Winter Speed Order...Won the championship four at the 2021 Head of the Charles...Won the pair and the four at the 2021 USRowing Summer National Championships...Finished third in the championship four with coxswain at the 2019 Head of the Charles...Finished 11th in the varsity eight at the 2019 IRA National Championships...Finished ninth in the varsity eight at the 2018 IRA National Championships.

Personal: Oliver was the 2014 Biology Student of the Year at Staples High School, Saugatuck Rowing Club's 2015 Most Valuable Oarsman, and Dartmouth College's 2016-17 Freshman of the Year. Oliver enjoys hiking, surfing, golf, and reading. He said he can eat more Oreos in one sitting than anyone else on the team (probably). Both of his parents rowed at Boston University. He lists Miroslav Klose as his personal hero as he grew up watching a lot of German soccer and always admired Klose for his talent, his ability to play his sport within a system while making his teammates better, and for his fair play. Oliver played Luka Lukich, the Superintendent of Schools, in Nikolai Gogol's, The Inspector General, in February 2018 at Dartmouth College. He said, "I had approximately 10 lines and remembered them all!"

Charlotte Buck

Women's Eight

Hometown: Nyack, N.Y.

Date of Birth: 2/15/1995

Height: 6'0"

Weight: 180

High School: Nyack High School

Undergraduate Education: Columbia University, Biology, 2018

Current Club Affiliation: New York Athletic Club, USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Three – Senior, 2022-23; Olympic, 2020

International Results: Finished fourth in the pair at the 2023 World Rowing Cup II...Finished fourth in the eight at the 2022 World Rowing Championships...Reached the semifinals of The Remenham Challenge Cup in the eight at the 2022 Henley Royal Regatta...Finished fourth in the four at the 2022 World Rowing Cup II...Finished fourth in the eight at the Tokyo 2020 Olympic Games.

National Results: Won the pair at the 2023 USRowing Winter Speed Order...Won gold in the senior pair, four with coxswain and eight at the 2017 USRowing Club National Championships.

Personal: In both 2017 and 2018, Charlotte was team captain and recipient of the MVP award at Columbia University. She won Alumni of the Year for Columbia University in 2023. In high school, she was a tennis player who did not finish better than second place in the county championships and left the basketball team to be in theater and debate. She started rowing

with the Rockland Rowing masters team in the summer of 2014. She walked on to the Columbia team during her freshman fall. Charlotte would like to give a big shout-out to all of the juniors at Rockland Rowing and athletes on the Columbia Rowing team that she had the pleasure of coaching. They inspired her with their fearless drive and ability to push each other to be better every day.

Rhett Burns

Men's Alternate

Hometown: Poughkeepsie, N.Y.

Date of Birth: 12/17/1999

Height: 6'2"

Weight: 179

High School: FDR High School

Undergraduate Education: Northeastern University, 2022

Current Club Affiliation: Northeastern Men's Rowing

Current Coaches: Justin Jones, Trevor Appier

Training Location: Boston, Mass.

National Teams: Three – Under 23, 2021; Senior, 2022-23

International Results: Finished 10th in the four at the 2022 World Rowing Championships...Won silver in the eight at the 2021 World Rowing Under 23 Championships...Finished second in the U19 pair the 2017 Canadian Henley.

National Results: Finished sixth in the varsity eight at the 2023 IRA National Championships...Finished eighth in the varsity eight at the 2022 IRA National Championships...Finished sixth in the varsity eight at the 2021 IRA National Championships...Won the youth single sculls at the 2017 Head of the Charles Regatta.

Personal: Rhett enjoys hiking with his dog, triathlon, and climbing. He is in a Netflix movie, Super Dark Times. His sister, Desiree, was a multiple time national team rower. He lists Jacksoneros MacOwako, a Kenyan rower who is a rower and a coach, as one of his personal heroes. MacOwako and his students receive little to no funding, but he teaches the sport with humility and leads young kids to be respectful and to love the sport of rowing. Rhett was named Empacher-IRCA All-American First Team in 2023.

Kevin Cardno

Men's Quadruple Sculls

Hometown: Huntsville, Ala.

Date of Birth: 5/19/1995

Height: 6'2"

Weight: 200

High School: Huntsville High School

Undergraduate Education: University of Alabama in Huntsville, Mechanical Engineering, 2017

Current Club Affiliation: Texas Rowing Center

Current Coach: Peter Mansfeld

Training Location: Austin, Texas

National Teams: Two – Senior, 2022-23

International Results: Finished 14th in the quadruple sculls at the 2022 World Rowing Championships...Reached the final in the Queen Mother Challenge Cup at the 2022 Henley Royal Regatta...Finished eighth in the double sculls at the 2022 World Rowing Cup II...Competed in the double sculls at the 2021 World Rowing Final Olympic Qualification Regatta.

National Results: Finished second in the double sculls at the 2023 USRowing National Selection Regatta...Finished fifth in the single sculls at the 2023 USRowing Winter Speed Order...Won 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 double sculls at the 2020 U.S. Olympic Team Trials - Rowing #1, qualifying to race at the Final Olympic Qualification Regatta...Won the single sculls at the 2017 ACRA Championships...Finished fourth in the single sculls at the 2017 Dad Vail Regatta...Finished fifth in the single sculls at the 2016 ACRA Championships...Won the single sculls at the 2016 and 2017 SIRA Championships.

Personal: Kevin enjoys riding bikes, hiking, swimming, and generally being outdoors. He tried the UAH Club Crew team as a freshman in college off of his parents' recommendation, immediately enjoyed it, and found it to be a great outlet. He lists Liz Hinley as his personal hero because she is the toughest human being he knows. Her spirit in the face of adversity inspires Kevin to do better and smile through the tough times. His favorite place to race is Oak Ridge, Tenn.

Chris Carlson

Men's Eight

Hometown: Bedford, N.H.

Date of Birth: 7/24/1989

Height: 6'5"

Weight: 185

High School: Brewster Academy

Undergraduate Education: University of Washington

Current Club Affiliation: California Rowing Club

Current Coaches: Mike Teti, Skip Kielt

Training Location: Oakland, Calif.

National Teams: Five – Under 23, 2017-19; Senior, 2022-23

International Results: Served as an alternate at the 2022 World Rowing Championships...Finished fourth in the eight at the 2022 World Rowing Championships...Reached the semifinals in The Grand Challenge Cup in the eight at the 2022 Henley Royal Regatta...Finished third in the four at the 2022 World Rowing Cup II...Finished second in the eight at the 2019 World Rowing Under 23 Championships...Finished seventh in the eight at the 2019 World Rowing Cup III...Won gold in the eight at the 2018 World Rowing Under 23 Championships...Finished fourth in the eight at the 2018 World Rowing Cup III...Finished fourth in the eight at the 2017 World Rowing Under 23 Championships.

National Results: Finished fifth in the pair at the 2023 USRowing Winter Speed Order...Won silver in the varsity eight at the 2018 IRA National Championships...Won gold in the varsity eight at the 2018 PAC-12 Championships.

Personal: Chris was named the 2018 PAC-12 Conference Newcomer of the Year.

Ezra Carlson

Men's 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: 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.

Cristina "Nina" Castagna

Women's Eight

Hometown: Cincinnati, Ohio

Date of Birth: 6/21/2000

Height: 5'5"

Weight: 115

High School: Walnut Hills High School

Undergraduate Education: University of Washington, Psychology, 2023

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: One – Senior, 2023

National Results: Finished second in the varsity eight at the 2023 NCAA Women's Rowing Championships...Finished fifth in the varsity eight at the 2022 NCAA Women's Rowing Championships...Finished third in the varsity eight at the 2021 NCAA Women's Rowing Championships...Won the varsity eight at the 2021 Pac-12 Championships.

Personal: Nina was a 2023 CRCA First Team All-American and a 2023 First Team All-Pac-12 selection. Nina began rowing when one of her friends from high school convinced her to try it out. She thought it'd be nice to put some muscle on as a high school freshman. She showed up on her first day as a 4'10", 78-pound kid and watched practice from the launch as they explained the role of a coxswain to her. She was intrigued but significantly more interested in the rowing portion, so she asked her novice coach when she would get to learn to row. She looked Nina up and down and said, "Let me check on that." and never followed up again. She lists her college coach, Yaz Farooq, as one of her personal heroes. Her knowledge of this sport, as well as what makes a good coxswain, is virtually unmatched, and Nina owes much of her growth as a coxswain to Yaz. Farooq taught Nina how to be a good leader, a good teammate, but most importantly, she shaped Nina's perspective on rowing. She showed Nina the value of empowering women through this sport and bringing up those around you in the process – even those on opposing teams. Nina has an immense amount of respect for her own success as a coxswain and as a coach and will always admire the way in which she's carried herself through both. Nina wants to continue the expansion of rowing as a spectator sport. There are a lot of regattas that do an incredible job of making an unforgettable experience out of watching rowing – Head of the Charles, Henley on Thames, Windermere Cup, to name a few, and she'd love to help create more of the same across the U.S. Having raced in those herself, Nina has seen firsthand the impact of the "theatrics," and she believes it's one of the best ways to spread awareness of and love for the sport. Nina said she is heavily biased towards her alma mater, but she truly believes the Montlake Cut during the Windermere Cup is one of the best courses to compete on. There are log booms lining the first 1250 meters of the course, where sailboats tie up, which leads into the infamous four-lane Montlake Cut for the last 750 meters. This stadium-like environment creates a noise like no other where crews are being cheered on from the moment they lock into the start blocks to the moment they cross the line. It helps to have world-class talent invited each year to bring the stakes higher and the fans louder. A truly one of a kind experience. She lists the women's eight at the 2012 Olympics as her most memorable Olympic moment. She remembers her high school coach showing her the race four years after it had happened, in an attempt to show her "the blueprint" for effective rowing. Nina has looked back at this race a lot since then and gets chills every time, watching their dominance and how determined they were during every stroke of this race.

Jimmy Catalano

Men's Eight

Hometown: Old Greenwich, Conn.

Date of Birth: 6/8/1999

Current Residence: Greenwich, Conn.

Height: 5'7"

Weight: 120

High School: Greenwich High School

Undergraduate Education: University of Wisconsin, Political Science, 2021

Graduate Education: University of Wisconsin, Private Equity Real Estate, 2022

Current Club Affiliation: Boston Training Center

Current Coach: Steve Gladstone

Training Location: Boston, Mass.

National Teams: Three – Under 23, 2021; Senior, 2022-23

International Results: Won the eight at the 2022 SH Netz Cup...Finished fourth in the eight at the 2022 World Rowing Championships...Finished third in the four with coxswain at the 2021 World Rowing Under 23 Championships...Won the U23 eight and senior eight at the 2019 Canadian Henley.

National Results: Won the championship eight and set a course record at the 2022 Head of the Charles...Finished 12th in the varsity eight at the 2022 IRA National Championships...Finished 11th in the varsity eight at the 2021 IRA National Championships...Finished 13th in the second varsity eight at the IRA National Championships.

Personal: Jimmy enjoys cooking, downhill skiing, and spending time with his friends. He started rowing after getting cut from the soccer team as a freshman. He was a three-year varsity letter winner at the University of Wisconsin. Jimmy used to have very long hair and then cut it all off for charity. He lists his parents as his personal heroes. He said his mom and dad are the strongest team he knows. Their support for one another, matched with their love and compassion for their family/loved ones, is unmatched. The way they work together to take on the world inspires Jimmy everyday. Once he finishes rowing he wants to drink wine on a beach with no cellphone service and bottomless chips, salsa, and guacamole. His favorite place to compete domestically is Redwood Shores in California. His favorite place to travel is the islands off the coast of Greece – good food, good wine, great people.

Peter Chatain

Men's Eight

Hometown: Winnetka, Ill.

Birthdate: 11/8/1999

Height: 6'6"

Weight: 205

High School: New Trier High School

Undergraduate Education: Stanford University, 2022

Graduate Education: Stanford University, Computer Science, 2023

Current Club Affiliation: California Rowing Club

Current Coaches: Mike Teti, Skip Kielt

Training Location: Oakland, Calif.

National Teams: Four – Junior, 2017; Under 23, 2019, 2021; Senior, 2023

International Results: Won silver in the eight at the 2021 World Rowing Under 23 Championships...Finished sixth in the four with coxswain at the 2019 World Rowing Under 23 Championships...Placed sixth in the four with coxswain at the 2017 World Rowing Junior Championships...Won gold in the eight at the 2016 CanAmMex Regatta.

National Results: Finished fifth in the varsity eight at the 2021 IRA National Championships...Finished 10th in the varsity eight at the 2019 IRA National Championships.

Personal: Peter was the PAC-12 Men's Rower of the Year in 2021 and a first-team, All PAC-12 selection. He enjoys Vipassana meditation, reading, and artificial intelligence ethics.

Claire Collins

Women's Four

Hometown: McLean, Va.

Date of Birth: 11/29/1996

Height: 5'11"

Weight: 175

High School: Deerfield Academy

Undergraduate Education: Princeton University, Economics, 2019

Current Club Affiliation: USRowing Training Center-Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Seven - Junior, 2012-14; Under 23, 2017-18; Senior, 2022-23; Olympic, 2020

International Results: Won gold in the four at the 2023 World Rowing Cup II...Finished third in the pair and fourth in the eight at the 2022 World Rowing Championships...Won silver in the pair at the 2022 World Rowing Cup II...Finished seventh in the four at the Tokyo 2020 Olympic Games...Won bronze in the eight at the 2018 World Rowing Under 23 Championships...Won silver in the eight at the 2017 World Rowing Under 23 Championships...Won silver in the four at the 2014 World Rowing Junior Championships...Finished fifth in the eight at the 2013 World Rowing Junior Championships...Won silver in the eight at the 2012 World Rowing Junior Championships.

National Results: Finished second in the pair at the 2023 USRowing National Selection Regatta...Finished third in the pair at the 2023 USRowing Winter Speed Order...Won the varsity eight from 2016-2019 at the Ivy League Championships...Finished fifth in the varsity eight at the 2018 NCAA Women's Rowing Championships...Won the four at the 2015 USRowing Youth National Championships...Won the four at the 2014 USRowing Youth National Championships.

Personal: Claire loves baking, cooking, and traveling. She competed in volleyball, swimming, and rowing all four years of high school. She was the 2019 winner of Princeton University's C. Otto von Keinbusch Award for Princeton's top senior female athlete and was nominated for NCAA Woman of the Year in 2019. She is a three-time All-American and four-time All-Ivy recipient.

Jamie Copus

Lightweight Men's Quadruple Sculls

Hometown: Chicago, Ill.

Date of Birth: 1/30/1993

Height: 5'11"

Weight: 160

High School: Abingdon School

Undergraduate Education: Oxford Brookes University, Environmental Science, 2021

Current Club Affiliation: Penn AC

Current Coach: Bill Manning

Training Location: Philadelphia, Pa.

National Teams: Thirteen – Junior, 2011 (Great Britain); Under 23, 2013-15 (Great Britain); Senior, 2015-22 (Great Britain), 2023 (United States)

International Results: Finished ninth in the lightweight single sculls at the 2023 World Rowing Cup III...Finished seventh in the lightweight double sculls at the 2022 European Rowing Championships...Raced the lightweight double sculls at the 2021 World Rowing Final Olympic Qualification Regatta...Finished 12th in the lightweight double sculls at the 2021 European Rowing Championships...Finished 18th in the lightweight double sculls at the 2019 World Rowing Championships...Finished 10th in the lightweight double sculls at the 2019 World Rowing Cup III...Finished 10th in the lightweight double sculls at the 2019 World Rowing Cup II...Finished fifth in the lightweight single sculls at the 2019 European Rowing Championships...Finished ninth in the lightweight double sculls at the 2018 World Rowing Championships...Finished eighth in the lightweight double sculls at the 2018 European Rowing Championships...Finished 10th in the lightweight double sculls at the 2018 World Rowing Cup III...Finished 10th in the lightweight double sculls at the 2018 World Rowing Cup II...Finished 11th in the lightweight single sculls at the 2018 World Rowing Cup I...Finished 10th in the lightweight double sculls at the 2017 World Rowing Championships...Finished seventh in the lightweight double sculls at the 2017 World Rowing Cup III...Finished eighth in the quadruple sculls at the 2017 World Rowing Cup II...Finished sixth in the lightweight quadruple sculls at the 2016 World Rowing Championships...Finished fourth in the lightweight quadruple sculls at the 2015 World Rowing Championships...Finished second in the lightweight quadruple sculls at the 2015 World Rowing Under 23 Championships...Finished second in the lightweight four at the 2014 World Rowing Under 23 Championships...Finished 10th in the lightweight double sculls at the 2013 Under 23 World Rowing Championships...Won a gold medal in the lightweight double sculls at the 2013 Youth Olympic Games...Finished second in the eight at the 2011 World Rowing Junior Championships...Won the Henley Royal Regatta three times (2011 - Princess Elizabeth, 2014 - Temple, 2023 Ladies Plate).

National Results: Won the lightweight single sculls at the 2022 Head of the Charles.

Personal: **Jamie enjoys** music, festivals, gigs, and spending time with family. He found rowing through his dad and brother. Both were good coxswains. Jamie was a bit too big to cox, so he sat in a rowing seat. He said it turns out his stubbornness was quite well suited to it. He lists his personal heroes as Michael Jordan for his undying will to win and to never give up. Jamie grew up watching him play. And, his mom and dad. Jamie said he can only hope to give support to his kids like they've given him. When he's done rowing he wants to chill out with friends and watch

the sun set with some tunes. His favorite place to compete is the Henley Royal Regatta and his favorite place to travel is Lucerne, Switzerland. He lists his favorite Olympic moment as when Derrick Redmond pulled his hamstring and his dad ran onto the track to help him to the finish line. He is a big fan of EDM, Drum & Bass, Rock, and Indy: Fred Again, Bou, Rolling Stones, The Vaccines are one from each of them.

Liam Corrigan

Men's Four

Hometown: Old Lyme, Conn.

Date of Birth: 9/11/1997

Height: 6'5"

Weight: 205

High School: Lyme-Old Lyme High School

Undergraduate Education: Harvard University, Physics and Astrophysics, 2019

Current Club Affiliation: California Rowing Club

Current Coaches: Mike Teti, Skip Kielt

Training Location: Oakland, Calif.

National Teams: Seven – Junior, 2014-2015; Under 23, 2017, 2019; Senior, 2022-23; Olympic, 2020

International Results: Finished third in the four at the 2023 World Rowing Cup II...Finished fourth in the eight at the 2022 World Rowing Championships...Finished fourth in the eight at the Tokyo 2020 Olympic Games...Finished seventh in the four at the 2019 World Rowing Under 23 Championships...Finished fourth in the pair at the 2017 World Rowing Under 23 Championships...Finished fifth in the four at the 2015 World Rowing Junior Championships...Finished eighth in the pair at the 2014 Youth Olympic Games...Finished ninth in the eight at the 2014 World Rowing Junior Championships.

National Results: Won the pair at the 2023 USRowing National Selection Regatta...Won the pair at the 2023 USRowing Winter Speed Order...Won the pair at the 2020 National Selection Regatta...Finished third in the varsity eight at the 2019 IRA National Championships...Won the pair at the 2017 Under 23 World Championships Trials... Finished third in the varsity eight at the 2017 IRA National Championships...Won the second varsity eight at the 2016 IRA National Championships...Won silver in the four with coxswain at the 2015 USRowing Youth National Championships.

Personal: Liam enjoys playing and listening to music, as well reading Russian literature and rock climbing. He earned a master's degree in financial economics at Oxford University in 2022.

Azja Czajkowski

Women's Alternate

Birthdate: 6/16/2000

Hometown: Imperial Beach, Calif.

Height: 6'0"

Weight: 175

High School: Bonita Vista High School

Undergraduate Education: Stanford University, 2023

Current Club Affiliation: Stanford University

Current Coach: Derek Byrnes

Training Location: Stanford, Calif.

National Teams: Four – Junior, 2017-18; Under 23, 2022; Senior, 2023

International Results: Won the eight at the 2022 World Rowing Under 23 Championships...Won silver in the eight at the 2018 World Rowing Junior Championships...Finished seventh in the eight at the 2017 World Rowing Junior Championships.

National Results: Won the first varsity eight and team title at the 2023 NCAA Women's Rowing Championships...Finished second in the first varsity eight and the team standings at the 2021 and 2022 NCAA Women's Rowing Championships...Won the varsity eight at the 2022 PAC-12 Women's Rowing Championships...Won the championship eight at the 2021 Head of the Charles Regatta.

Personal: Azja was named USRowing's co-Under 23 Female Athlete of the Year in 2022. She was named PAC-12 Rower of the Year in 2022 and CRCA Scholar Athlete in 2020, 2021, and 2022. She enjoys running, hiking, camping, and crocheting. After breaking her collarbone in 2019, she retired from skateboarding and turned her energy to the erg. Now she has a few unofficial berg records and set off metal detectors. She also participated in the Ulman Foundation's 2021 4k for Cancer running relay across America. Azja's dad rowed at the United States Naval Academy and her mom rowed at Georgetown University. They both encouraged her to start rowing after she started to burn out of high school swimming. She names her parents as her personal heroes because they are both public high school district employees and work really hard to give her sister and her every opportunity possible. Azja said it is cool that rowing brought them together, and she wants to go as far as possible with what they have given her.

Skylar Dahl

PR3 Mixed Four with Coxswain

Birthdate: 6/1/2023

Hometown: Minneapolis, Minn.

Height: 5'10"

High School: Centennial High School

Undergraduate Education: University of Virginia

Current Club Affiliation: University of Virginia

Current Coach: Kevin Sauer

Training Location: Charlottesville, Va.

National Teams: One – Senior, 2023

International Results: Won gold in the PR3 mixed four with coxswain at the 2023 Para Rowing Regatta to Paris.

National Results: Finished 10th in the second varsity eight at the 2023 NCAA Women's Rowing Championships...Won the second varsity eight at the 2023 ACC Championships...Placed 10th in the youth four with coxswain at the 2019 Head of the Charles.

Personal: Skylar was named to the All-ACC Academic Team and ACC Honor Roll in 2023...She rowed at the Twin Cities Youth Rowing Center for three years...Her father, Andy, played college basketball at the University of Southern Utah and Augustana.

Ben Davison

Men's Double Sculls

Hometown: Inverness, Fla.

Date of Birth: 7/24/1996

Height: 6'4"

Weight: 190

High School: Citrus High School

Undergraduate Education: University of Washington

Current Club Affiliation: California Rowing Club

Current Coaches: Mike Teti, Skip Kielt

Training Location: Oakland, Calif.

National Teams: Fourteen – Junior, 2013-14; Under 23, 2014-18; Senior, 2017-19, 2022-23; Olympic, 2020

International Results: Finished second in the double sculls at the 2023 World Rowing Cup II...Finished eighth in the single sculls at the 2022 World Rowing Championships...Raced in The Diamond Sculls Challenge Cup at the 2022 Henley Royal Regatta...Finished third in the single sculls at the 2022 World Rowing Cup II...Finished fourth in the eight at the Tokyo 2020 Olympic Games...Finished fifth in the the eight at the 2019 World Rowing Championships...Finished 14th in the double sculls at the 2018 World Rowing Championships...Finished fourth in the single sculls at the 2018 World Rowing Under 23 Championships...Finished seventh in the double sculls at the 2018 World Rowing Cup III...Finished ninth in the double sculls at the 2017 World Rowing Championships...Won bronze in the four with coxswain at the 2017 World Rowing Under 23 Championships...Finished seventh in the single sculls at the 2016 World Rowing Under 23 Championships...Raced in the quadruple sculls at the 2016 World Rowing Cup II...Finished third in the quadruple sculls at the 2016 European and Final Olympic Qualification Regatta...Finished seventh in the single sculls at the 2015 World Rowing Under 23 Championships...Finished sixth in the single sculls at the 2014 World Rowing Junior Championships...Finished 21st in the single sculls at the 2014 World Rowing Under 23 Championships...Finished sixth in the quadruple sculls at the 2013 World Rowing Junior Championships.

National Results: Won the single sculls at the 2022 National Selection Regatta I...Finished second in the varsity eight at the 2019 IRA Championships...Won gold in the varsity eight at the 2019 Pac-12 Championships...Won the championship single sculls at the 2018 Head of the Charles...Won the senior double sculls and under 23 single sculls at the 2018 USRowing U19, U23 and Senior World Championship Trials I...Won the senior double sculls at the 2017 U.S. Senior and Para World Championship Trials...Won the four with coxswain at the 2017 Under 23 Team Trials...Won the single sculls at the 2016 Junior, Under 23 and Senior Team Trials...Won the single sculls at the 2015 Under 23 World Championship Trials...Won the single sculls at the

2014 Under 23 and Junior World Championship Trials...Won the quadruple sculls at the 2013 Junior World Championship Trials.

Personal: Ben was named USRowing's Male Athlete of the Year in 2022...Ben was named the PAC-12 Conference Men's Rowing Athlete of the Year in 2019. He lists his family as the most important people in his life. Ben's hobbies include rowing, eating and playing Temple Run.

Clark Dean

Men's Eight

Hometown: Sarasota, Fla.

Date of Birth: 2/3/2000

Height: 6'4"

Weight: 205

High School: Pine View High School

Undergraduate Education: Harvard University

Current Club Affiliation: Harvard University

Current Coach: Charley Butt

Training Locations: Boston, Mass., Oakland, Calif.

National Teams: Six – Junior, 2016-18; Senior 2019, 2023; Olympic, 2020

International Results: Finished fifth in the four at the Tokyo 2020 Olympic Games...Finished fifth in the the four at the 2019 World Rowing Championships...Won gold in the single sculls at the 2018 World Rowing Junior Championships...Won gold in the single sculls and placed sixth in the four with coxswain at the 2017 World Rowing Junior Championships...Placed third in the quadruple sculls at the 2016 World Rowing Junior Championships...Won the under 17 single sculls and under 17 quadruple sculls at the 2015 Canadian Henley.

National Results: Finished ninth in the varsity eight at the 2023 IRA National Championships...Finished sixth in the varsity eight at the 2022 IRA National Championships...Finished third in the varsity eight at the 2019 IRA National Championships...Finished second in the varsity eight at the 2019 Eastern Sprints...Won the single sculls at the 2018 Under 19 World Championship Trials...Won gold in the eight at the 2018 USRowing Youth National Championships...Won the single sculls at the 2017 Under 19 World Trials...Won silver in the under 19 quadruple sculls at the 2016 USRowing Club National Championships...Won bronze in the eight at the 2016 17 USRowing Youth National Championships...Won gold in the under 17 single sculls, under 17 quadruple sculls and under 17 eight at the 2015 USRowing Club Nationals Championships...Finished seventh in the eight at the 2015 USRowing Youth National Championships...Won gold in under 17 single sculls and under 17 eight, silver in the under 17 quadruple sculls, bronze in the under 17 double sculls and placed fifth in the under 17 single sculls at the 2014 USRowing Club National Championships...Placed fifth in the lightweight eight at the 2014 USRowing Youth National Championships.

Personal: Clark was an Empacher-IRCA All-America First Team, Empacher-IRCA Scholar-Athlete, and Academic All-Ivy League in 2023.

Madison Eberhard

PR2 Mixed Double Sculls

Hometown: Buffalo, N.Y.

Date of Birth: 1/31/2002

Height: 5'3"

Weight: 130

High School: Buffalo Academy of the Sacred Heart

Undergraduate Education: Canisius College, Sports and Exercise Health Care, 2024

Current Club Affiliation: West Side Rowing Club

Current Coaches: Sasha Bailey, Alice Henderson

Training Location: Buffalo, N.Y.

National Teams: Two – Senior, 2019, 2023

International Results: Finished third and fifth in the PR2 mixed double sculls at the 2023 Gavirate International Para Rowing Regatta...Finished second in the PR2 single sculls at the 2022 Blackwall Duling Challenge...Won the PR2 single sculls 500-meter dash and 2,000-meter race at the 2019 and 2022 Canadian Henley...Finished fourth in the PR2 single sculls at the 2019 World Rowing Championships.

National Results: Won the PR2 single sculls at the 2021 USRowing Summer National Championships...Won the PR2 mixed double sculls at the 2019 Head of the Charles Regatta...Won the PR2 single sculls at the 2019 Senior, U23, U19, Para World Championships Trials III.

Personal: Maddy enjoys reading, hiking with her dog, and painting. She competes internationally for the U.S. Women's Para Ice Hockey National Team. She won gold at the 2018 World Championships in the Czech Republic and in 2022 in Green Bay, Wis.

Emilie Eldracher

PR3 Mixed Four with Coxswain

Hometown: Andover, Mass.

Date of Birth: 9/16/1999

Height: 5'4"

Weight: 100

High School: Phillips Academy

Undergraduate Education: Massachusetts Institute of Technology, 2022

Graduate Education: Massachusetts Institute of Technology, Engineering, 2024

Training Location: Boston, Mass.

National Teams: Two – Senior, 2022-23

International Results: Won gold in the PR3 mixed four with coxswain at the 2023 Para Rowing Regatta to Paris...Finished fifth in the PR3 mixed four with coxswain at the 2022 World Rowing Championships...Won the PR3 mixed four with coxswain at the 2022 Canadian Henley...Finished second in the under 23 eight at the 2019 Canadian Henley...Reached the semifinals in the junior eight at the 2018 Henley Women's Regatta.

National Results: Finished third in the varsity eight at the 2023 Patriot League Championship...Finished third in the flyweight category at the 2023 C.R.A.S.H.-B. Indoor Rowing Championships...Won the PR3 mixed four with coxswain and finished ninth in the

championships eight (with the Ukrainian National Team) at the 2022 Head of the Charles...Won the PR3 four with coxswain at the 2022 USRowing Summer National Championships...Reached the final in the second varsity eight at the 2019 Patriot League Championship.

Personal: Emelie earned Patriot League Academic Honor Roll recognition in 2019, 2020, and 2021. In 2020, she was a CRCA Scholar-Athlete. Emelie was a three-time letter winner in crew and springboard diving at Phillips Academy. She was MVP of the crew team in 2018. Emelie is a Tang Soo Do fourth-degree black belt (master level). She is a TEDxMIT Speaker. Emelie enjoys fashion design and golf. For the past two years, she's sewn all of her own formal and semi-formal events dresses. She designed wearable AI software for the world's first intelligent heated jacket. She is a teacher's assistant for Engineering Leadership and Machine-Motivated Human Vision. Emelie acted as a pirate for a children's treasure-hunting cruise. She was introduced to rowing through an introductory fall season freshman year of high school. She lists her mother, who leads her family and businesses alike, as her personal hero. Once she's done rowing, she would like to do data analytics for sports. Her favorite place to compete is the Charles River and her favorite travel destination is Amsterdam. She lists Bradley Snyder's gold at the 2012 Paralympics as her most memorable Olympic moment. Her favorite book is A Most Beautiful Thing by Arshay Cooper, and she enjoys listening to Taylor Swift.

Maggie Fellows

Women's Alternate

Hometown: Warwick, Mass.

Date of Birth: 5/3/1991

Height: 5'10"

Weight: 150

High School: Northfield Mount Hermon

Undergraduate Education: St. Lawrence University, 2013

Current Club Affiliation: Boston Training Center

Training Location: Boston, Mass.

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

International Results: Finished ninth in the quadruple sculls at the 2022 World Rowing Championships...Finished ninth in the single sculls at the 2022 World Rowing Cup II...Reached the semifinals in the single sculls at the 2021 Henley Royal Regatta...Finished second in the double sculls and third in the quadruple sculls at the 2019 Pan American Games.

National Results: Finished fourth in the double sculls at the 2023 USRowing National Selection Regatta...Finished seventh in the single sculls at the 2023 USRowing Winter Speed Order...Won the championship single sculls at the 2021 Head of the Charles...Finished fourth in the single sculls at the 2020 U.S. Olympic Team Trials - Rowing.

Personal: In her free time, Maggie enjoys reading, cooking and being outside.

Alex Flynn

PR3 Mixed Four with Coxswain

Hometown: Danvers, Mass.

Date of Birth: 11/10/2003

Height: 5'9"

Weight: 165

High School: St John's Prep

Undergraduate Education: Tufts University, 2026

Current Club Affiliation: Tufts University

Current Coached: George Munger

Training Location: Boston, Mass.

National Teams: Two – Senior, 2022-23

International Results: Won gold in the PR3 mixed four with coxswain at the 2023 Para Rowing Regatta to Paris...Finished fifth in the PR3 mixed four with coxswain at the 2022 World Rowing Championships.

Personal: Alex enjoys skiing and wakeboarding. He found rowing because he needed something to do after school.

Emily Froehlich

Women's Eight

Hometown: Fishers, Ind.

Date of Birth: 5/3/1995

Height: 5'11"

Weight: 170

High School: Hamilton Southeastern High School

Undergraduate Education: University of Texas, Kinesiology, 2018

Current Club Affiliation: Craftsbury Green Racing Project

Current Coaches: Jesse Foglia, Stephen Whelpley

Training Location: Craftsbury Common, Vt.

National Teams: Two – Under 23, 2017; Senior, 2023

International Results: Finished second in the eight at the 2017 World Rowing Under 23 Championships.

National Results: Finished third in the pair at the 2023 USRowing National Selection Regatta...Finished second in the pair at the 2022 Pan American Games Trials...Won the pair at the 2022 USRowing Summer National Championships...Finished third in the varsity eight at the 2018 NCAA Women's Rowing Championships.

Personal: Emily enjoys DIY projects, playing ball sports (especially soccer and ultimate frisbee), traveling, learning new skills and languages, and pulling silly pranks. She can frequently be found pulling (harmless) pranks or wearing a big smile. Emily loves hands-on projects, learning new skills, has a passion for loving people, and is the most extroverted introvert around. Although she bleeds burnt orange from her collegiate team, the Texas Longhorns, Emily is always the first to bring the team together to chant USA on three. She walked-on to Purdue University's club rowing team as a freshman in college. She lists her personal hero as Remy from the movie Ratatouille because he was the most unlikely of little chef's but believed in himself when others didn't and ended up saving the restaurant and Linguine's career. After rowing, she would like to work in engineering and/or live abroad. Her favorite place to compete is on her home turf in Indianapolis, Ind...Her favorite places to travel

are Asia and the Middle East. Her favorite books are Holier than Thou by Jackie Hill Perry and The Book of John in the Bible. Emily says, “God is greater than the highs and the lows.” Emily is a three-time All-American, four-time Big 12 Commissioner’s Honor Roll recipient, four-time University of Texas Athletic Director’s Honor Roll member, 2018 Big 12 Rower of the Year, 2015 Big 12 Newcomer of the Year, and is one of three athletes to be four-time selection to the All-Big 12 Team.

Andrew Gaard

Men’s Alternate

Hometown: Madison, Wis.

Date of Birth: 4/29/1997

Height: 6’2”

Weight: 200

High School: West High School

Undergraduate Education: University of Washington, Mechanical Engineering, 2019

Current Club Affiliation: California Rowing Club

Current Coaches: Mike Teti, Skip Kielt

Training Location: Oakland, Calif.

National Teams: Five – Junior, 2015; Under 23, 2018-2019; Senior, 2022-23

International Results: Finished seventh in the pair at the 2023 World Rowing Cup II...Finished fourth in the eight at the 2022 World Rowing Championships...Reached the semifinals in The Grand Challenge Cup in the eight at the 2022 Henley Royal Regatta...Finished third in the four at the 2022 World Rowing Cup II...Finished second in the eight at the 2019 World Rowing Under 23 Championships...Won Gold in the men's eight at the 2018 World Rowing Under 23 Championships...Finished fourth in the eight at the 2018 World Rowing Cup III...Won silver in the eight at the 2015 World Rowing Junior Championships.

National Results: Finished fourth in the pair at the 2023 USRowing Winter Speed Order...Finished second in the varsity eight at the 2018 Intercollegiate Rowing Association Championships...Won gold in the third varsity eight at the 2017 Intercollegiate Rowing Association Championships...Won the freshman eight at the 2016 Intercollegiate Rowing Association Championships.

Liam Galloway

Men’s Quadruple Sculls

Hometown: Ridgefield, Conn.

Birthdate: 12/11/1999

Height: 6’4”

Weight: 210

High School: Ridgefield High School

Undergraduate Education: Yale University, Environmental Science, 2023

Current Club Affiliation: Yale Heavyweight Crew

Current Coaches: Stephen Gladstone, Michael Gennaro

Training Location: New Haven, Conn.

National Teams: Three – Junior, 2017; Under 23, 2021; Senior, 2023

International Results: Won bronze in the four with coxswain at the 2021 World Rowing Under 23 Championships...Finished seventh in the quadruple sculls at the 2017 World Rowing Junior Championships.

National Results: Finished third in the junior varsity eight at the 2019 IRA National Championships...Won gold in the quadruple sculls at the 2018 USRowing Youth National Championships...Won the youth quadruple sculls with coxswain at the 2017 Head of the Charles Regatta...Won gold in the quadruple sculls at the 2017 USRowing Youth National Championships...Won silver in the quadruple sculls at the 2016 USRowing Youth National Championships...Won silver in the quadruple sculls at the 2015 USRowing Club National Championships.

Personal: Liam enjoys his time off from rowing on the beaches and in the waters of Cape Cod at his family home. Liam found the sport of rowing through his mother. She had joined as a masters rower and inspired all three of her children to join the sport.

Russell Gernaat

PR2 Mixed Double Sculls

Hometown: Redwood City, Calif.

Date of Birth: 7/9/1966

Height: 6'5"

Weight: 220

Current Club Affiliation: Lake Casitas Rowing Club

Current Coach: Alice Henderson

Training Location: Chula Vista, Calif.

National Teams: Five – Senior, 2017, 2019, 2022-23; Paralympic, 2021

International Results: Finished third and fifth in the PR2 mixed double sculls at the 2023 Gavirate International Para Rowing Regatta...Finished fifth in the PR2 single sculls at the 2022 World Rowing Championships...Finished 10th in the PR2 mixed double sculls at the Tokyo 2020 Paralympic Games...Finished eighth in the the PR2 Mixed Double at the 2019 World Rowing Championships...Finished fifth in the PR3 mixed double sculls at the 2017 World Rowing Championships.

National Results: Won the PR2 single sculls at the 2022 USRowing Summer National Championships...Won the PR2 mixed double sculls at the 2020 U.S. Olympic & Paralympic Team Trials - Rowing...Won the PR3 mixed double sculls at the 2017 Senior and Para World Championships Trials.

Personal: Russell has done many things throughout his life, but one thing that stands out for him is having a patent in his name for digital coupon redemption processing. He is a software developer by trade and enjoys muscle cars, brewing beer, and food. Russell is probably the only, and will probably be the only, person with disabilities to have been in Navy Seal Training (BUDS159); and even though he was born with no pectoral muscles on the right side of his chest, he completed 1,000 push-ups in front of the on-duty officer that day. He had always wanted to give it a try, and six years ago, he did try it and the rest is history. Russell said there have been some great experiences collected along the way while competing in this sport. He said he doesn't really have individual heroes but said his personal heroes are anyone that is talented and commits to improving and honing those talents: simply put, those who strive to be

one of the best. Russell describes himself as a team player at heart, which is why being a Team USA athlete on the world stage is so enjoyable for him.

Michael Grady

Men's Four

Hometown: Pittsburgh, Pa.

Date of Birth: 10/22/1996

Height: 6'5"

Weight: 200

High School: Pittsburgh Central Catholic High School

Undergraduate Education: Cornell University

Current Club Affiliation: California Rowing Club

Current Coaches: Mike Teti, Skip Kielt

Training Location: Oakland, Calif.

National Teams: Seven– Junior, 2013-14; Under 23, 2017-18; Senior, 2022-23: Olympic, 2020

International Results: Finished third in the four at the 2023 World Rowing Cup II...Finished seventh in the pair at the 2022 World Rowing Championships...Finished fifth in the four at the Tokyo 2020 Olympic Games...Won gold in the eight at the 2018 World Rowing Under 23 Championships...Finished fourth in the eight at the 2018 World Rowing Cup III...Finished fourth in the eight at the 2017 World Rowing Under 23 Championships...Finished ninth in the eight at the 2014 World Rowing Junior Championships...Finished eighth in the four with coxswain at the 2013 World Rowing Junior Championships.

National Results: Won the pair at the 2023 USRowing National Selection Regatta...Won the pair at the 2023 USRowing Winter Speed Order...Reached the final in the varsity eight at the 2016 Eastern Sprints...Won the varsity eight at the 2013 Scholastic Rowing Association of America Championships.

Personal: Michael enjoys beekeeping and solving Rubix Cubes. He is also a twin and found the sport of rowing through his father. Michael admires Carlos Dinares for his enthusiasm towards the sport of rowing.

Alina Hagstrom

Women's Eight

Hometown: Seattle, Wash.

Date of Birth: 9/27/1996

Height: 5'11"

Weight: 185

High School: Bishop Blanchet High School

Undergraduate Education: Oregon State University, Public Health, 2019

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Three – Under 23, 2018; Senior, 2022-23

International Results: Finished fourth in the eight at the 2022 World Rowing Championships...Won the pair at the 2018 World Rowing Under 23 Championships.

National Results: Finished fourth in the pair at the 2023 USRowing National Selection Regatta...Finished fifth in the pair at the 2023 USRowing Winter Speed Order...Finished sixth in the varsity eight at the 2018 PAC-12 Championships...Finished sixth in the varsity eight at the 2017 PAC-12 Championships.

Personal: Alina likes to hike, ski, and swim. She was named to the 2018 PAC-12 All-Conference Team and the 2018 Collegiate Rowing Coaches Association All-Conference Team. Alina earned PAC-12 All Academic first team in 2017 and second team in 2018.

Saige Harper

PR3 Mixed Four with Coxswain

Hometown: Easthampton, Mass.

Date of Birth: 4/22/2002

Height: 5'9"

Weight: 175

High School: Easthampton High School

Undergraduate Education: Sacred Heart University

Current Club Affiliation: Sacred Heart University

Current Coaches: Tom Siddall, Ellen Minzner, Beth Noll, Lucas Wilhelm

Training Location: Boston, Mass.

National Teams: Two – Senior, 2022-23

International Results: Won gold in the PR3 mixed four with coxswain at the 2023 Para Rowing Regatta to Paris...Finished fifth in the PR3 mixed four with coxswain at the 2022 World Rowing Championships.

Personal: Saige was a competitive swimmer for 15 years. She grew up around water and a family member thought rowing would be something Saige might be good at. She is an incoming senior at Sacred Heart University, studying exercise science.

Margaret Hedeman

Women's Eight

Hometown: Concord, Mass.

Birthdate: 9/1/2000

Height: 6'0"

Weight: 170

High School: Concord-Carlisle High School

College: Yale University, 2023

Current Club Affiliation: Community Rowing, Inc.

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Four – Junior, 2018; Under 23, 2021-22; Senior, 2023

International Results: Won gold in the eight at the 2022 World Rowing Under 23 Championships...Reached the final of the Island Challenge Cup at the 2022 Henley Royal

Regatta...Finished ninth in the quadruple sculls at the 2021 World Rowing Under 23 Championships...Won gold in the four at the 2018 World Rowing Junior Championships.
National Results: Helped Yale to a fifth-place team finish at the 2022 and 2023 NCAA Women's Rowing Championships...Finished sixth in the varsity eight at the 2023 NCAA Women's Rowing Championships...Finished eighth in the varsity eight at the 2022 NCAA Women's Rowing Championships...Finished eighth in the varsity eight at the 2019 NCAA Women's Rowing Championships...Finished second in the under 19 single sculls at the 2017 USRowing Club National Championships...Won gold in the under 17 single sculls at the 2016 USRowing Club National Championships...Raced in Community Rowing's eight at the 2016-2018 USRowing Youth National Championships.

Personal: Margaret as the recipient of Yale University's 2019 Chris Ernst Award and 2023 Anne Warner Award. She was a 2020, 2022, and 2023 CRCA Scholar Athlete and a 2023 First-Team All-Ivy selection. Margaret was the recipient of Yale's 2023 Robert D. Gries prize for senior thesis in history. 2020, 2022, and 2023 CRCA Scholar Athlete. She began rowing in 2014 at Community Rowing, Inc. (CRI) on the Charles River in Boston. Her mother rowed for Yale and her younger sister, Lizzie, is on the Under 19 National Team. Her older sister, Catlin, is in law school in Minnesota, and her dad is super cool.

Alexander Hedge

Men's 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: Won the eight at the 2022 SH Netz Cup...Won gold in the pair and finished fourth in the four at the 2023 Pan American Games Qualification Regatta...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.

Zachary Heese

Lightweight Men's Double Sculls

Hometown: Pelham, N.Y.

Date of Birth: 5/31/1996

Height: 6'0"

Weight: 160

High School: Pelham Memorial High School

Undergraduate Education: University of Virginia, Computer Science, 2018

Current Club Affiliation: Texas Rowing Center High Performance

Current Coach: Peter Mansfield

Training Location: Austin, Texas

National Teams: Four – Under 23, 2018; Senior, 2019, 2022-23

International Results: Finished 10th in the lightweight double sculls at the 2023 World Rowing Cup II...Finished 13th in the lightweight double sculls at the 2022 World Rowing Championships...Reached the semifinals of the The Double Sculls Challenge Cup at the 2022 Henley Royal Regatta...Finished fifth in the lightweight double sculls at the 2022 World Rowing Cup II...Competed in the lightweight double sculls at the 2021 World Rowing Final Olympic Qualification Regatta...Finished seventh in the the lightweight quad at the 2019 World Rowing Championships...Finished 19th in the lightweight single sculls at the 2018 World Rowing Under 23 Championships.

National Results: Finished second in the lightweight single sculls at the 2023 USRowing Winter Speed Order...Won the lightweight double sculls at the 2022 National Selection Regatta II...Won the lightweight double sculls at the 2020 U.S. Olympic Team Trials - Rowing #1, qualifying to race at the Final Olympic Qualification Regatta.

Personal: Zach enjoys cooking, grilling, swimming, and playing the guitar. He is trying to keep seven houseplants alive while traveling the country/world for rowing. He says he has no less than five different kinds of cheese in his fridge at any given point in time. Zach can't travel without a book, headphones, and a deck of cards. He started erging one winter in high school and liked it so much, he decided to try out the real deal on the water. After rowing, he would like to see his family and friends more often, golf, try surfing (although he's kind of nervous about sharks), and build a pinball machine. His favorite place to compete is Lucerne, Switzerland, and his favorite places to travel are Hawaii, Colorado, and Switzerland.

Henry Hollingsworth

Men's Eight

Hometown: Dover, Mass.

Date of Birth: 9/5/1997

Height: 6'2"

Weight: 187

High School: Brooks School

Undergraduate Education: Brown University, Mechanical Engineering, 2022

Graduate Education: Brown University, 2022

Current Club Affiliation: California Rowing Club

Current Coaches: Mike Teti, Skip Kielt

Training Location: Oakland, Calif.

National Teams: Two – Senior, 2022-23

International Results: Finished 10th in the four at the 2022 World Rowing Championships...Reached the quarterfinals of The Temple Challenge Cup at the 2019 Henley Royal Regatta.

National Results: Won the championship eight at the 2022 Head of the Charles in a course-record time...Finished third in the varsity eight at the 2022 IRA National Championships...Finished second in the varsity eight at the 2022 Eastern Sprints.

Personal: Henry received academic All-Ivy recognition and was a IRCA second-team All-American. He enjoys recording music. He has several family members who rowed. His father, Val Hollingsworth, rowed for Penn, sister Juliet Hollingsworth rowed for Dartmouth, uncle Arthur Hollingsworth rowed for Harvard, and cousin Andrew Reed rowed for Harvard and was a Tokyo 2020 Olympian. His favorite place to compete is the Seekonk River in Providence, R.I.

Casey Howshall

Lightweight Men's Double Sculls

Hometown: Philadelphia, Pa.

Date of Birth: 5/13/1995

Height: 6'1"

Weight: 160

High School: Roman Catholic High School

Undergraduate Education: University of Pennsylvania, Chemistry, 2017

Graduate Education: Boston College, Ph.D. candidate in Organic Chemistry

Current Club Affiliation: Riverside Boat Club

Current Coach: Dave Lefebvre

Training Location: Boston, Mass.

National Teams: Three – Under 23, 2016-17; Senior, 2023

International Results: Finished 11th in the lightweight quadruple sculls at the 2017 World Rowing Under 23 Championships...Finished 14th in the lightweight quadruple sculls at the 2016 World Rowing Under 23 Championships.

National Results: Won the lightweight quadruple sculls at the 2023 USRowing Senior National Team Trials...Won the lightweight quadruple sculls at the 2021 USRowing Summer National Championships...Won the lightweight quadruple sculls at the 2017 Under 23 World Championships Trials... Won the under 23 lightweight quadruple sculls at the 2016 Junior, Under 23 and Senior National Team Trials...Won gold in lightweight freshman eight at the 2014 Eastern Sprints.

Personal: Casey enjoys biking, playing video games, traveling, and exploring organic chemistry. He is an anime enthusiast and a big Philadelphia Eagles fan. His favorite place to compete is the Schuylkill River and his favorite place to travel is Rome.

Solveig Imsdahl

Lightweight Women's Pair

Hometown: Scheelholz, Germany

Date of Birth: 5/23/1990

Height: 5'11"

Weight: 128

High School: Voss Schule

Undergraduate Education: Cornell University, Music, 2013

Current Club Affiliation: Penn AC

Current Coach: Bill Manning

Training Location: Philadelphia, Pa.

National Teams: Five – Under 23, 2011-12; Pan American Games, 2019; Senior, 2022-23

International Results: Finished second in the lightweight pair at the 2022 World Rowing Championships...Won bronze in the quadruple sculls and finished fourth in the pair at the 2019 Pan American Games...Finished third in the pair at the 2019 Pan American Games Qualification Regatta...Finished 13th in the lightweight double sculls at the 2012 World Rowing Under 23 Championships...Finished sixth in the lightweight quadruple sculls at the 2011 World Rowing Under 23 Championships.

National Results: Won the lightweight pair at the 2023 USRowing Senior National Team Trials...Finished second in the open weight men's pair at the 2023 Independence Day Regatta...Won the lightweight pair at the 2022 USRowing Summer National Championships...Finished fifth in the lightweight single sculls at the 2022 USRowing Speed Order...Finished second in the lightweight quadruple sculls at the 2011 USRowing National Championships...Finished third in the lightweight double sculls at the 2011 USRowing National Championships...Finished first in the double sculls at the 2010 National Championships in Segeberg, Germany...Finished third in the double sculls at the 2009 German National Championships.

Personal: Solveig is passionate about art, creating, and painting. Music also has always been part of her life. She grew up playing the piano and now teaches piano to kids. She also loves working in healthcare, coaching clinicians about recovery and self-care. She is a twin. Cooking is her love language (both for herself and the people close to her). She speaks German. Her two older brothers walked-on in college and suggested she try the sport. She lists her mother as her personal hero because she's selfless, kind, compassionate, humble, and strong, and she is able to quickly identify the needs of people around her, prioritize them, and guide them to be better people. Outside of rowing, she wants to continue to follow her other passions: music, art, teaching, learning, and creating. She also wants to travel and learn about the world, so that she can use her strengths to her fullest potential. Her favorite place to compete is "across from you, with a chess board between us." She loves Italy but is intrigued and wants to visit New Zealand. In 2021, Solveig won an art competition and had her work featured on the cover of the Head of

the Schuylkill program. She was the 2018 Schuylkill Navy Female Athlete of the Year with Liz Euiler. Solveig was a 2011 CRCA National Scholar Athlete. She won two first prizes at the 13th Carl Schroeder Music Competition in 2009, and first prizes for piano accompaniment and tri ensemble in 2019 at the Jugend Musiziert in Germany. In 2005, she won an award in St. Petersburg, Russia, for the Best Interpretation of a Modern Piece on piano.

Mary Jones Nabel

Lightweight Women's Double Sculls

Hometown: Huntsville, Ala.

Date of Birth: 8/25/1986

Height: 5'7"

Weight: 128

High School: Grissom High School

Undergraduate Education: University of Tennessee, Physics, 2008

Current Club Affiliation: Cambridge Boat Club

Training Location: Boston, Mass.

National Teams: Seven – Pan American Games, 2015; Senior, 2014, 2016-2018, 2022-23

International Results: Finished seventh in the lightweight double sculls at the 2023 World Rowing Cup II...Finished 10th in the lightweight single sculls at the 2022 World Rowing Championships...Won gold in the lightweight single sculls at the 2022 World Rowing Cup II...Won gold in the lightweight single sculls at the 2022 World Rowing Cup I...Won silver in the lightweight women's double sculls at the 2018 World Rowing Championships...Finished seventh in the lightweight double sculls at the 2018 World Rowing Cup III...Finished 14th in the lightweight double sculls at the 2018 World Rowing Cup II...Finished sixth in the lightweight double sculls at the 2018 World Rowing Cup I...Finished third in the lightweight single sculls at the 2017 World Rowing Championships...Placed fifth in the lightweight single sculls at the 2017 World Rowing Cup II...Placed fourth in the lightweight single sculls at the 2016 World Rowing Championships...Finished first in the lightweight single sculls at the 2015 Pan American Games...Finished seventh in the lightweight quadruple sculls at the 2014 World Rowing Championships.

National Results: Finished second in the open weight double sculls at the 2023 Senior National Team Trials...Won the lightweight single sculls at the 2022 USRowing Summer National Championships...Won the lightweight single sculls at the 2017 U.S. Senior and Para World Championship Trials...Won the lightweight single sculls at the 2017 USRowing Spring Speed Order I...Won the lightweight single sculls at the 2016 Junior, Under 23 and Senior Team Trials...Won the lightweight single sculls at the 2015 Pan American Games Trials...Won the lightweight single sculls at the 2013 Head of the Charles...Won gold in the quadruple sculls at the 2013 USRowing National Championships...Finished second in the lightweight single sculls at the 2012 USRowing National Championships.

Personal: Mary's most memorable sporting achievement was winning the lightweight single sculls at the Head of the Charles. The most influential people in her sporting career are Jada Leo, Michiel Bartman, Scott Wisniewski, Sean Clarke and her parents, Wayne and Elysa Jones.

Grace Joyce

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: 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.

Emily Kallfelz

Women's Quadruple Sculls

Hometown: Jamestown, R.I.

Date of Birth: 4/5/1997

Height: 5'11"

Weight: 158

High School: St. George's School

Undergraduate Education: Princeton University, 2019

Current Club Affiliation: Cambridge Boat Club

Current Coach: Guenter Beutter

Training Location: Boston, Mass.

National Teams: Eight – Junior, 2014-2015; Under 23, 2016-2019; Senior, 2022-23

International Results: Finished fifth in the double sculls and seventh in the quadruple sculls at the 2023 World Rowing Cup II...Finished ninth in the quadruple sculls at the 2022 World Rowing Championships...Finished second in the single sculls at the 2019 World Rowing Under

23 Championships...Finished second in the single sculls at the 2018 World Rowing Under 23 Championships...Finished third in the single sculls at the 2017 World Rowing Under 23 Championships...Finished fourth in the single sculls at the 2016 World Rowing Under 23 Championships...Finished third in the quadruple sculls at the 2015 World Rowing Junior Championships...Finished seventh in the quadruple sculls at the 2014 World Rowing Junior Championships.

National Results: Finished second in the double sculls at the 2023 National Selection Regatta...Finished fourth in the single sculls at the 2023 USRowing Winter Speed Order...Won the single sculls at the 2017, 2018 and 2019 Under 23 World Championships Trials...Won the double sculls at the 2016 Under 23 World Championships Trials...Won the single sculls and double sculls at the 2015 USRowing Youth National Championships.

Personal: Emily enjoys sailing, swimming, and hiking. She lists her parents as her personal heroes. Both of her parents rowed in college, and she is following in their footsteps. Emily was a four-time Ivy League champion from 2016-2019. She was named USRowing's Under 23 Female Athlete of the Year in 2018 and 2019.

Kara Kohler

Women's Single Sculls

Hometown: Clayton, Calif.

Date of Birth: 1/20/1991

Height: 6'2"

Weight: 175

High School: Clayton Valley High School

Undergraduate Education: University of California, Berkeley

Current Club Affiliation: Texas Rowing Center

Current Coach: Petr Mansfield

Training Location: Austin, Texas

National Teams: Ten – Under 23, 2010; Senior, 2011, 13, 2017-19, 2022-23; Olympic, 2012, 2020

International Results: Finished third in the single sculls at the 2023 World Rowing Cup II Regatta...Finished 13th in the single sculls at the 2022 World Rowing Championships...Won The Princess Royal Challenge Cup for single sculls at the 2022 Henley Royal Regatta...Won a bronze medal in the double sculls at the 2022 World Rowing Cup II...Finished ninth in the single sculls at the Tokyo 2020 Olympic Games...Finished second in the single sculls at the 2021 World Rowing Cup II...Finished third in the the single at the 2019 World Rowing Championships...Finished fourth in the single sculls at the 2019 World Rowing Cup II...Finished fourth in the single sculls at the 2018 World Rowing Championships...Finished fourth in the single sculls at the 2018 World Rowing Cup III and seventh at the 2018 World Rowing Cup I...Finished fifth in the quadruple sculls at the 2017 World Rowing Championships...Finished sixth in the pair at the 2014 World Rowing Cup 1...Finished fifth in the quadruple sculls at the 2013 World Rowing Championships...Finished sixth in the quadruple sculls at the 2013 World Rowing Cup III...Won bronze in the quadruple sculls at the 2012 Olympic Games...Finished eighth in the quadruple sculls at 2012 World Rowing Cup II...Finished fourth in the quadruple

sculls at the 2012 World Rowing Cup I...Won gold in the four at the 2011 World Rowing Championships...Won gold in the eight at the 2011 World Rowing Cup III...Won the Princess Grace Challenge Cup at the 2011 Henley Royal Regatta...Won gold in the eight at the 2010 World Rowing Under 23 Championships.

National Results: Won the single sculls at the 2023 Senior National Team Trials...Won the single sculls at the 2022 World Championships Trials II...Won the double sculls at the 2022 National Selection Regatta II...Won the single sculls at the 2022 National Selection Regatta I...Won the single sculls at the 2020 U.S. Olympic Team Trials - Rowing #1...Finished second in the 2019 Gold Challenge Cup...Won the 2019 U.S. Lotman Challenge...Won the single sculls at the 2019 Senior World Championships Trials I...Finished fourth in the 2018 Gold Challenge Cup...Finished second in the 2018 U.S. Lotman Challenge...Won the single sculls at the 2018 National Selection Regatta I...Finished second in the 2017 U.S. Lotman Challenge...Finished second in the single sculls at the 2017 Senior World Championships Trials...Finished fifth in the pair at the 2016 National Selection Regatta I...Finished 10th in the pair at the 2015 National Selection Regatta I...Finished third in the varsity eight at the 2014 NCAA Championships...Won the varsity eight at the 2013 NCAA Championships...Won the Championship Eight at the 2012 Head of the Charles Regatta...Won the four at the 2011 World Rowing Championships Trials...Won the four at the 2011 Senior World Championships Trials...Finished fourth in the varsity eight at the 2011 NCAA Championships...Finished fourth in the varsity eight at the 2010 NCAA Championships...Won the varsity eight at the 2010 Pac-10 Championships.

Personal: Kara was a competitive swimmer throughout high school. During Kara's senior year of high school, she was encouraged by a family friend to look into rowing collegiately, which led her down the path to becoming a recruited walk-on at UC Berkeley. Kara was named the Pac-10 Conference Newcomer of the Year in 2010 and won Cal's Most Promising Freshman Award. She was a four-time All-American. Kara was named USRowing's Female Athlete of the Year in 2019. Her hobbies include adventures with her dog, Luna. She also enjoys camping, swimming, road biking, and cooking. Kara lists the late Cal coxswain Jill Costello as her personal hero and her parents as most influential.

Sorin Koszyk

Men's Double Sculls

Hometown: Grosse Pointe Park, Mich.

Date of Birth: 11/27/1997

Height: 6'1"

Weight: 182

High School: Grosse Pointe South High School

Undergraduate Education: Cornell University, 2020

Current Club Affiliation: California Rowing Club

Current Coaches: Mike Teti, Skip Kielt

Training Location: Oakland, Calif.

National Teams: Two – Senior, 2022-23

International Results: Finished second in the double sculls at the 2023 World Rowing Cup II...Finished seventh in the double sculls at the 2022 World Rowing Championships...Competed

in the quadruple sculls at the 2021 World Rowing Final Olympic Qualification Regatta...Finished fourth in the quadruple sculls at the 2021 World Rowing Cup I.

National Results: Won the single sculls at the 2023 USRowing Winter Speed Order...Won the double sculls at the 2022 Senior World Championships Trials II...Won the quadruple sculls at the 2020 U.S. Olympic Team Trials - Rowing...Finished second in the double sculls at the 2020 U.S. Olympic Team Trials - Rowing...Won the lightweight eight at the 2019 IRA National Championships...Won the lightweight eight at the 2017 IRA National Championships.

Personal: Sorin enjoys spending time with friends and Jenga. He was introduced to rowing his freshman year of high school through one of his friends.

Kaitlyn Kynast

Women's Alternate

Hometown: Ridgefield, Conn.

Height: 6'3"

Weight: 182

High School: Ridgefield High School

Undergraduate Education: Stanford University, Communication, 2022

Current Club Affiliation: ARION

Current Coaches: Eric Catalano

Training Location: Saratoga Springs, N.Y.

National Teams: Six – Junior, 2015-17; Under 23, 2018-2019; Senior, 2023

International Results: Finished third in the four at the 2019 World Rowing Under 23 Championships...Earned bronze in the eight at the 2018 World Rowing Under 23 Championships...Won bronze in the four at the 2017 World Rowing Junior Championships...Won bronze in the pair at the 2016 World Rowing Junior Championships...Won gold in the four at the 2015 World Rowing Junior Championships.

National Results: Finished second in the varsity eight at the 2022 NCAA Women's Rowing Championships... Finished second in the second varsity eight at the 2021 NCAA Women's Rowing Championships...Finished fourth in the varsity eight at the 2019 NCAA Women's Rowing Championships...Finished fourth in the varsity eight at the 2018 NCAA Women's Rowing Championships...Won gold in the pair at the 2017 USRowing Youth National Championships...Won gold in the pair and bronze in the eight at the 2016 USRowing Youth National Championships...Finished fourth in the four with coxswain at the 2015 USRowing Youth National Championships.

Personal: Kaitlyn started rowing as a way to train for lacrosse season after two concussions ended her basketball career. Her sister was already rowing at Connecticut Boat Club, and after doing her first erg piece, she was invited to join the World Development Team in Spain. She lists her mom as the most influential person in her life and sporting career. Kaitlyn was a three-time CRCA First Team All-American. She was a CRCA National Scholar Athlete in 2021.

Will Legenzowski

Men's Quadruple Sculls

Hometown: Vista, N.Y.

Date of Birth: 3/7/2000

Height: 6'3"

Weight: 200

High School: John Jay High School

College: Brown University, Urban Studies, 2023

Current Club Affiliation: California Rowing Club

Current Coach: Kris Korzeniowski

Training Location: Princeton, N.J.

National Teams: Three – Under 23, 2021-22; Senior, 2023

International Results: Finished second in the eight at the 2022 World Rowing Under 23 Championships...Placed eighth in the men's single sculls at the 2021 World Rowing Under 23 Championships...Competed in the Brown University varsity eight at the 2019 Henley Royal Regatta...Won the under 19 single sculls at the 2017 Canadian Henley.

National Results: Finished third in the varsity eight at the 2022 IRA National Championships...Finished second in the varsity eight at the 2022 Eastern Sprints...Finished fourth in the single sculls at the 2021 USRowing Fall Speed Order...Finished third amongst collegiate crews in the championship eight at the 2020 Head of the Charles Regatta...Finished seventh in the varsity eight at 2019 IRA National Championships...Finished third in the varsity eight at the 2019 Eastern Sprints...Finished third in the championship eight at the 2018 Head of the Charles Regatta...Won gold in the quadruple sculls at the 2017 and 2018 USRowing Youth National Championships.

Personal: Will was the runner-up for the 2018 USRowing Fan's Choice Junior Athlete of the Year Award. He found rowing after tearing his ACL while playing football at the age of 11. His parents were frightened by the injury and urged him to pursue a non-contact sport, leading him to rowing. He was a two-time IRCA All-American (2022, 2023) and was the recipient of the Brown Men's Crew Coaches Cup in 2023, awarded to the athlete who has made the greatest contribution to the team. He was an Ivy League award-winning short film actor, provided backup vocals for an Apple Music Rising Alternative Artist's record, and had a pet chameleon his freshman year of college.

Sophia Luwis

Lightweight Women's Single Sculls

Hometown: McLean, Va.

Date of Birth: 8/2/1997

Height: 5'6"

Weight: 135

High School: Madeira High School

Undergraduate Education: The College of William & Mary, Linguistics, 2020

Graduate Education: Georgetown University, MPS Sports Industry Management, 2022

Current Club Affiliation: Whitmarsh Boat Club

Current Coach: M. Sean Hall

Training Location: Conshohocken, Pa.

National Teams: Two – Senior, 2022-23

International Results: Won gold in the lightweight single sculls at the 2023 World Rowing Cup III Regatta...Won gold in the lightweight single sculls at the 2023 Bled International Regatta...Won silver in the lightweight single sculls at the 2023 World Rowing Cup II Regatta...Qualified for the 2022 World Rowing Championships in the lightweight women's quadruple sculls but was unable to compete due to injury...Won the under 23 lightweight double sculls, under 23 lightweight eight, and senior lightweight quadruple sculls at the 2019 Canadian Henley.

National Results: Won the lightweight single sculls at the 2023 Senior National Team Trials...Won the lightweight quadruple sculls and open weight quadruple sculls and finished second in the open weight double sculls at the 2022 USRowing Summer National Championships...Finished second in the open weight double sculls at the 2022 USRowing National Selection Regatta II...Finished second in the lightweight single sculls at the 2022 USRowing National Selection Regatta I/Spring Speed Order...Finished second in the lightweight double sculls at the 2019 Under 23 National Team Trials...Finished second in the single sculls at the 2019 American Collegiate Rowing Association National Championships...Finished second in the single sculls at the 2019 Dad Vail Regatta.

Personal: Sophia was an ACRA second-team all-Academic team member in 2019 and was awarded the William & Mary Most Valuable Oarswomen the same year. She won the 2022 Schuylkill Navy Female Athlete of the Year. Sophia loves biking, trying out new coffee spots, and spending ridiculous amounts of time watching Instagram cooking reels. Sophia said If you want to make her happy, just send a care package of snacks. She started rowing in college after signing up for the club team at the college club fair at The College of William & Mary. Other than her mom, Sophie lists Allyson Felix as a personal hero. She is currently working on a master's degree in sports industry management at Georgetown University.

Andrew Mangan

PR1 Men's Single Sculls

Hometown: Buffalo, N.Y.

Date of Birth: 4/4/2000

Height: 6'5"

Weight: 185

High School: Canisius High School

Undergraduate Education: Stanford University, Computer Science, 2023

Current Club Affiliation: West Side Rowing Club

Current Coach: Sasha Bailey

Training Locations: Buffalo, N.Y.

National Teams: Two – Senior, 2022-23

International Results: Finished sixth and ninth in the PR1 single sculls at the 2023 Gavirate International Para Rowing Regatta...Finished 10th in the PR1 single sculls at the 2022 World Rowing Championships.

National Results: Won the PR1 inclusive mixed double sculls at the 2022 Head of the Charles Regatta...Won the PR1 single sculls at the 2022 USRowing Summer National Championships...Won the PR1 single sculls at the 2021 Dad Vail Regatta.

Personal: Andrew enjoys biking, kitesurfing, reading, skiing, and hanging with his five siblings. He broke his neck and suffered a spinal cord injury when he was 16 that left him paralyzed from the neck down. He said he has been lucky to have had enough recovery to come back to rowing as an adaptive sculler. Andrew is the fifth of six kids and loves making people laugh. His three older brothers and both parents rowed in high school and college. He lists one of his personal heroes as John Offut, a dear family friend who always preached the benefits of movement and exercise. An avid rower and cyclist, he loved teaching, including, and inspiring others. After Andrew's injury, Offut worked to help Andrew find ways to adapt the sports and activities that he loved. Offut passed away while cycling in 2020. Andrew is currently working with his brother on an AI startup. He enjoys traveling to Lake Joseph in Ontario, Canada. Andrew's sister is a two-time Olympian in Alpine Skiing, and during the Beijing Olympics, she came to the bottom of the hill and Andrew and his family were able to talk with her via Facetime as no spectators could attend. Andrew said it was a very special moment for all of them. Andrew recently enjoyed watching the Tour de France Netflix show. He is a big fan of biographies and recently finished a biography on Herbert Hoover. Despite common criticisms, Hoover was inspired by his drive to do each task to the best of his ability no matter the scale. Andrew is a huge believer that attitude can have a considerable effect on outcome.

Mary "Daisy" Mazzio-Manson

Women's Eight

Hometown: Wellesley, Mass.

Birthdate: 2/1/1998

Height: 5'11"

Weight: 180

High School: Newton Country Day School

Undergraduate Education: Yale University, Global Affairs, 2020

Graduate Education: University of Texas, Marketing, 2021

Current Club Affiliation: Craftsbury Green Racing Project

Current Coaches: Stephen Whelpley, Jesse Foglia

Training Location: Craftsbury, Vt.

National Teams: Two – Under 23, 2019; Senior, 2023

International Results: Finished third in the eight at the 2019 World Rowing Under 23 Championships...Reached the semifinals of the Remenham Challenge Cup at the 2018 Henley Royal Regatta.

National Results: Finished third in the pair at the 2023 USRowing National Selection Regatta...Finished second in the pair at the 2022 USRowing Fall Speed Order...Finished eighth in the varsity eight at the 2019 NCAA Championships. Finished ninth in the varsity eight at the 2018 NCAA Championships.

Personal: Daisy was named first-team All-Ivy for the 2018 and 2019 seasons. She earned CRCA First-Team All-America honors in 2019 and was a CRCA Academic All-American in 2020. Daisy was Academic All-Ivy in 2019 and 2020, and she was on the Athletic Director's Honor Roll in 2020. Daisy received the Chris Ernst Award for excellence as a first-year at Yale. Daisy enjoys book clubs, pond hockey, dog walking, and cultivating Spotify playlists. She inherited a love of

rowing from both of her parents and is forever grateful to them for exposing her to this amazing sport and supporting her as she pursues it.

Jimmy McCullough

Lightweight Men's Double Sculls

Hometown: Philadelphia, Pa.

Date of Birth: 10/22/1996

Height: 6'0"

Weight: 155

High School: St. Joseph's Preparatory School

Undergraduate Education: University of Delaware, 2019

Current Club Affiliation: Texas Rowing Center High Performance

Current Coach: Peter Mansfield

Training Location: Austin, Texas

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

International Results: Finished ninth in the lightweight double sculls at the 2023 World Rowing Cup II...Finished 17th in the lightweight single sculls at the 2022 World Rowing Championships...Finished 10th in the lightweight single sculls at the 2022 World Rowing Cup II...Finished 14th in the lightweight single sculls at the 2021 World Rowing Cup II...Finished ninth in the lightweight double sculls at the 2019 Pan American Games.

National Results: Finished fifth in the lightweight single sculls at the 2023 USRowing Winter Speed Order...Won the lightweight single sculls at the 2022 USRowing Summer National Championships...Finished fourth in the lightweight single sculls at the 2022 National Selection Regatta/Spring Speed Order I.

Nick Mead

Men's Four

Hometown: Strafford, Pa.

Date of Birth: 3/12/1995

Height: 6'6"

Weight: 212

High School: Episcopal Academy

Undergraduate Education: Princeton University, History, 2017

Current Club Affiliation: New York Athletic Club

Current Coaches: Nich Parker, Jesse Foglia

Training Location: New York, N.Y.

National Teams: Eight – Junior, 2013; Under 23, 2016; Senior, 2017-19, 2022-23; Olympic, 2020

International Results: Finished third in the four at the 2023 World Rowing Cup II...Finished 10th in the four at the 2022 World Rowing Championships...Finished fourth in the eight at the Tokyo 2020 Olympic Games...Finished fifth in the the eight at the 2019 World Rowing Championships...Finished 13th in the four at the 2018 World Rowing Championships...Placed second in the eight at the 2017 World Rowing Championships...Placed 10th in the eight at the

2016 World Rowing Under 23 Championships...Placed seventh in the eight at the 2013 World Rowing Junior Championships.

National Results: Finished second in the pair at the 2023 USRowing Winter Speed Order...Won the pair at the 2019 National Selection Regatta...Finished third in the varsity eight at the 2016 IRA National Championships...Finished third in the varsity eight at the 2015 IRA National Championships...Finished first in the four with coxswain at the 2013 Scholastic Rowing Association of America Championships National Championships...Finished second in the four with coxswain at 2012 Scholastic Rowing Association of America (SRAA) Championships.

Sam Melvin

Lightweight Men's Single Sculls

Hometown: Huntington Beach, Calif.

Date of Birth: 4/8/1997

Height: 6'0"

Weight: 160

High School: Huntington Beach High School

Undergraduate Education: Columbia University, Earth Science, 2021

Current Club Affiliation: New York Athletic Club

Current Coach: Michael Martinov

Training Location: Pelham, N.Y.

National Teams: Three – Under 23, 2018-19; Senior, 2023

International Results: Won gold in the lightweight single sculls at the 2019 World Rowing Under 23 Championships...Finished third in the lightweight quadruple sculls at the 2018 World Rowing Under 23 Championships.

National Results: Finished second in the under 23 lightweight single sculls at the 2017 Under 23 World Championships Trials...Won the lightweight division at the 2017 C.R.A.S.H.-B. World Indoor Rowing Championships.

Personal: Sam was named USRowing's Under 23 Male Athlete of the Year in 2019. He enjoys reading, watching movies, and hanging out with friends and family. He lived in Auckland, New Zealand, for two years, where he joined his high school's rowing team. Sam lists his father as his personal hero. His dad was an Olympic sailor and he has always followed his passions and is among the best at what he does. Sam enjoys reading Stephen King novels.

Sarah Menefee

Women's Alternate

Hometown: Austin, Texas

Date of Birth: 3/16/2004

Height: 5'4"

High School: Westlake High School

Undergraduate Education: University of Tulsa

Training Location: Tulsa, Okla.

National Teams: One – Senior, 2023

National Results: Won the inclusive double sculls at the 2022 USRowing Youth National Championships...Won the inclusive double sculls at the 2021 USRowing Youth National Regatta.
Personal: Sarah was named to the 2022-23 American Athletic Conference All-Academic Team.

Brooke Mooney

Women's Eight

Hometown: Keene Valley, N.Y.

Date of Birth: 2/15/1996

Height: 6'2"

Weight: 193

High School: Stratton Mountain School & Vermont Academy

Undergraduate Education: University of Washington

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Three – Olympic, 2020; Senior, 2022-23

International Results: Served as an alternate at the 2022 World Rowing Championships...Finished fourth in the eight at the Tokyo 2020 Olympic Games...Won silver in the eight at the 2019 World Rowing Cup II...Finished fourth in the four and seventh in the pair at the 2019 World Rowing Cup I...Won a silver medal in the women's open division at the 2019 World Rowing Indoor Championships...Rowed in the Remenham Challenge Cup at the 2018 Henley Royal Regatta.

National Results: Won the national title at the 2019 USRowing Indoor National Championships...Finished second in the varsity eight at the 2018 NCAA Championships...Won gold in the varsity eight at the 2017 NCAA Championships...Finished third in the second varsity eight at the 2015 NCAA Championships.

Personal: Brooke set the women's world record for 2,000 meters on the ergometer in March, 2021. In 2018, she was named PAC-12 Athlete of the Year, was a Pocock CRCA First-Team All-America first team, and was Academic All-PAC-12 honorable mention. Brooke's favorite hobbies include baking (it's a great hobby when you have a team full of taste testers), tennis, sailing, swimming, walking/hiking and traveling. She is a baker with multiple 5-star yelp reviews. No place is too far too walk: this became her motto when recovering from brain surgery in 2017. She found the sport of rowing through cross-country skiing. She grew up in Vermont as a competitive cross-country skier with multiple junior national championship podiums but didn't love it enough to do it in college, so she transitioned to rowing for her senior year of high school. Brooke has had many coaches over the years that have had an enormous impact on her as an athlete and a human, starting with her high school ski coach, Sverre Caldwell, and most recently (before joining the national team) Yaz Farooq, the UW head coach her junior and senior year.

Meghan Musnicki

Women's Pair

Hometown: Naples, N.Y.

Date of Birth: 2/5/1983

Height: 6'0"

Weight: 180

High School: Naples High School

Undergraduate Education: Ithaca College, 2005

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

Current Coaches: Skip Kielt, Mike Teti

Training Location: Oakland, Calif.

National Teams: Ten – Senior, 2010-11, 2013-15, 2019, 2023; Olympic, 2012, 2016, 2020

International Results: Finished second in the pair at the 2023 World Rowing Cup II...Finished fourth in the eight at the Tokyo 2020 Olympic Games...Finished third in the the eight at the 2019 World Rowing Championships...Finished second in the eight at the 2019 World Rowing Cup II...Finished fourth in the four and seventh in the pair at the 2019 World Rowing Cup I...Won gold in the eight at the 2016 Olympic Games...Won gold in the eight and bronze in the pair at the 2016 World Rowing Cup II...Won gold in the eight at the 2015 World Rowing Championships...Won gold in the eight in the 2015 World Rowing Cup II...Won gold in the eight at the 2014 World Rowing Championships...Won gold in the eight at the 2014 World Rowing Cup II...Won gold in the eight and finished fourth in the pair at the 2013 World Rowing Championships...Won bronze in the pair at the 2013 World Rowing Cup III...Won silver in the pair and eight at the 2013 World Rowing Cup I...Won gold in the eight at the 2012 Olympic Games...Won gold and set a world record (5:54.17) in the heat in the eight at the 2012 World Rowing Cup II...Won gold in the eight at the 2011 World Rowing Championships...Finished fourth in the pair at the 2011 World Rowing Cup III...Won the Remenham Challenge Cup and set the course record at the 2011 Henley Royal Regatta...Took silver in the pair at the 2011 World Rowing Cup II...Won gold in the eight at the 2010 World Rowing Championships...Won gold in the eight and silver in the pair at the 2010 Rowing World Cup III.

National Results: Won the pair at the 2023 USRowing National Selection Regatta...Finished fourth in the pair at the 2023 USRowing Winter Speed Order...Finished second in the pair at the 2016 National Selection Regatta 1...Finished third in the pair at the 2015 National Selection Regatta 1...Finished seventh in the pair at the 2014 National Selection Regatta I...Won the pair at the 2013 National Selection Regatta II...Finished fourth in the pair at the 2012 National Selection Regatta I...Won the pair at the 2011 National Selection Regatta II...Won the pair at the 2010 National Selection Regatta III...Finished third in the pair at the 2010 National Selection Regatta II...Finished fourth in the pair at the 2010 National Selection Regatta I.

Personal: Meghan was named USRowing's Female Athlete of the Year in 2021 and was inducted into the NYAC Hall of Fame in 2022. She enjoys hanging out with friends and family, traveling, running, reading, and baking cookies. She's very good at baking cookies. Meghan is training to make what would be her fourth Olympic team. Her coach also happens to be her husband. Meghan was cut/failed to make the national team three times before she actually made it. She went to a Division III school and is 13 years older than her current pair partner. Meghan was approached by the rowing coach as she was walking through the coaches offices to go talk to the basketball coach. She does not know if she has a personal hero so to speak. However, she is lucky enough to be able to say she has many people in her life that have had a major impact on

how she lives. The top two that come to mind are her mom and sister. When her father passed away suddenly in 2002, her mom made an active decision to keep moving forward, to continue to live her life in spite of the tragic loss. To this day, she continues to live each day to the fullest, not allowing her age to be an excuse for not trying something new. Meghan's sister continually works to better herself. Her work ethic is incredible; her sense of adventure is unmatched; and her default treatment of others is with kindness. Meghan said these women have shaped her life in more ways than she can recount, and she would not be the woman she is today without them. Meghan currently has a full time job and is balancing work, rowing, and life. Her favorite place to compete is Lake Bled. No, Lake Lucerne. No, Lake Aiguebelette ... she can't pick just one! She enjoys traveling anywhere with her friends and family. There are so many amazing places she would love to see. As long as she's with friends and/or family, that's what matters most. Meghan lists winning her first Olympic gold medal in 2012 as her most memorable Olympic moment.

Lauren O'Connor

Women's Quadruple Sculls

Hometown: Belleville, Wis.

Date of Birth: 8/10/1998

Height: 5'9"

Weight: 151

High School: Belleville High School

Undergraduate Education: University of Wisconsin, Biology and Environmental Science, 2020

Current Club Affiliation: ARION

Current Coach: Eric Catalano

Training Location: Saratoga Springs, N.Y.

National Teams: One – Senior, 2023

International Results: Finished fifth in the double sculls and seventh in the quadruple sculls at the 2023 World Rowing Cup II.

National Results: Won the double sculls at the 2023 USRowing National Selection Regatta...Finished second in the single sculls at the 2023 USRowing Winter Speed Order...Finished second in the single sculls at the 2022 USRowing Pan American Games Qualifier Trials...Won the single sculls at the 2022 U.S. Lotman Challenge...Finished second in the single sculls at the 2022 USRowing Senior National Team Trials 3.

Personal: Lauren was an Academic All Big-Ten rower in college. She enjoys hiking, camping, crochet, cycling, cooking, and trying new restaurants. She grew up showing pigs, rabbits, and horses as a part of her local 4H club. Lauren has a black belt in martial arts. She took vocal lessons and was in musicals for 12 years as a child. Lauren walked onto the team at Wisconsin after hearing about it from a high school friend who thought she'd enjoy it.. She works in environmental conservation and protection. After rowing, she'd Ideally like to spend most of her time in the woods.

Evan Olson

Men's Pair

Hometown: Seattle, Wash.

Date of Birth: 7/26/1997

Height: 6'6"

Weight: 200

High School: Bothell High School

Undergraduate Education: University of Washington, Communication, 2019

Graduate Education: Oxford Brookes University, International Business Management, 2023

Current Club Affiliations: Seattle Scullers, Penn AC

Current Coaches: Wyatt Allen, Bill Manning

Training Location: Seattle, Wash.

National Teams: Three – Under 23, 2017, 2019; Senior, 2023

International Results: Won the Ladies Challenge Plate at the 2023 Henley Royal Regatta...Won the championship eight at the Ghent, Marlow, Metropolitan, and International Wedau regattas in 2023...Finished sixth in the four with coxswain at the 2019 World Rowing Under 23 Championships...Finished third in the four with coxswain at the 2017 World Rowing Under 23 Championships.

National Results: Won the third varsity eight at the 2019 IRA Championships...Won the third varsity eight at the 2018 IRA Championships...Won the second varsity eight at the 2017 IRA Championships...Won the freshman eight at the 2016 IRA Championships.

Personal: Evan enjoys boxing, jiu-jitsu, rock climbing, and mountaineering. He found rowing when he read the book, *The Boys in the Boat*, and wondered if he could be a good rower one day. He took up rowing in 2014 and hasn't looked back. After rowing, he would like to become a rowing coach or join the Army OCS/Army Rangers. His favorite place to compete is Redwood Shores in California. He coached the junior team at Pocock Rowing Center for two years.

Eliot "Finn" Putnam

Men's Single Sculls

Hometown: Littleton, Mass.

Date of Birth: 10/1/1995

Height: 6'2"

Weight: 195

High School: Noble and Greenough School

Undergraduate Education: Cornell University, Industrial and Labor Relations, 2018

Graduate Education: Boston College Law School, 2024

Current Club Affiliation: New York Athletic Club

Current Coach: Michael Martinov

Training Location: Boston, Mass.

National Teams: Two – Under 23, 2017; Senior, 2023

International Results: Competed in the quadruple sculls at the 2021 World Rowing Final Olympic Qualification Regatta...Finished fourth in the quadruple sculls at the 2021 World Rowing Cup I...Finished fourth in the eight at the 2017 World Rowing Under 23 Championships.

National Results: Won the single sculls at the 2023 Senior National Team Trials...Won the quadruple sculls at the 2020 U.S. Olympic Team Trials - Rowing...Finished third in the double sculls at the 2020 U.S. Olympic Team Trials - Rowing.

Personal: Finn enjoys reading, journaling, and walking. Finn lists his uncle, Monk Terry, as a personal hero as he had an impressive run on the national team, and Finn has always wanted to do the same.

Pieter Quinton

Men's Eight

Hometown: Portland, Ore.

Date of Birth: 2/11/1998

Height: 6'5"

Weight: 200

High School: Grant High School

Undergraduate Education: Harvard University, 2020

Graduate Education: University of Washington, 2021

Current Club Affiliation: California Rowing Club

Current Coaches: Steve Gladstone, Mike Teti, Skip Kielt

Training Location: Oakland, Calif.

National Teams: Four – Junior, 2015-16; Senior, 2022-23

International Results: Finished fourth in the pair at the 2023 World Rowing Cup II...Finished fourth in the eight at the 2022 World Rowing Championships...Finished third in the four at the 2022 World Rowing Cup II...Finished third in the four with coxswain at the 2016 World Rowing Junior Championships...Finished fourth in the four with coxswain at the 2015 World Rowing Junior Championships.

National Results: Won the varsity eight at the 2021 IRA National Championships...Finished sixth in the eight at the 2016 USRowing Youth National Championships.

Personal: Pieter enjoys cycling, skiing, hiking, and reading.

Molly Reckford

Women's Quadruple Sculls

Hometown: Short Hills, N.J.

Date of Birth: 10/9/1992

Height: 5'10"

Weight: 130

High School: Phillips Exeter Academy

Undergraduate Education: Dartmouth College, Government & Psychology, 2015

Current Club Affiliation: Sarasota Crew

Current Coach: Casey Galvanek

Training Location: Princeton, N.J.

National Teams: Four – Senior, 2019, 2022-23; Olympic, 2020

International Results: Finished second in the lightweight double sculls at the 2023 World Rowing Cup II...Finished second in the lightweight double sculls at the 2022 World Rowing Championships...Won The Stonor Challenge Trophy for double sculls at the 2022 Henley Royal Regatta...Won the lightweight double sculls at the 2022 World Rowing Cup II...Finished fifth in the lightweight double sculls at the Tokyo 2020 Olympic Games...Won the lightweight double

sculls at the 2021 World Rowing Final Olympic Qualification Regatta...Finished fourth in the lightweight quadruple sculls at the 2019 World Rowing Championships.

National Results: Finished third in the open weight double sculls at the 2023 USRowing National Selection Regatta...Finished second in the lightweight single sculls at the 2023 USRowing Winter Speed Order...Won the lightweight single sculls at the 2022 USRowing Pan American Games Qualifier Trials...Won the lightweight single sculls at the 2022 Head Of The Charles Regatta...Won the lightweight double sculls at the 2022 USRowing National Selection Regatta 2...Won the lightweight single sculls at the 2022 USRowing National Selection Regatta 1/Spring Speed Order...Finished second in the open weight double sculls at the 2020 U.S. Olympic Team Trials - Rowing #2...Won the lightweight double sculls at the 2020 U.S. Olympic Team Trials - Rowing #1, qualifying to race at the Final Olympic Qualification Regatta...Won the lightweight quadruple sculls at the 2019 Senior World Championships Trials III...Finished second in the lightweight double sculls at the 2019 Senior World Championships Trials II...Finished seventh in the lightweight single sculls at the 2019 Spring Speed Order...Finished first in six events at the 2018 USRowing Masters National Championships.

Personal: Molly attended Phillips Exeter Academy, where she learned to row. She walked on to Dartmouth's open weight rowing team after failing to be recruited. She enjoys cooking, cycling, reading, sculling, cross-country skiing, and erging. Between training sessions, Molly works at Broadridge Financial as a member of their Elite Athlete Program – a partnership with USRowing. She has two older siblings and a pet cockatiel. Molly credits her big dreams and love of sport to her grandparents, and her competitive nature to her sister and father. Her grandfather, Bill Spencer, was a two-time Olympian and longtime coach for team USA in biathlon. Molly won USRowing's Ernestine Bayer Award (Woman of the Year) with partner Michelle Sechser in 2021. It is the only award she has ever won.

Kelsey Reelick

Women's Four

Hometown: Brookfield, Conn.

Date of Birth: 11/6/1991

Height: 5'11"

Weight: 162

High School: Brookfield High School

Undergraduate Education: Princeton University, English, 2014

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Three – Junior, 2008; Senior, 2022-23

International Results: Won gold in the four at the 2023 World Rowing Cup II...Finished fourth in the eight at the 2022 World Rowing Championships...Reached the semifinals of The Remenham Challenge Cup in the eight at the 2022 Henley Royal Regatta...Finished fourth in the four at the 2022 World Rowing Cup II...Finished 13th in the quadruple sculls at the 2008 World Rowing Junior Championships.

National Results: Finished second in the pair at the 2023 USRowing Winter Speed Order...Finished third in the pair at the 2022 National Selection Regatta II...Finished seventh in the varsity eight at the 2014 NCAA Women's Rowing Championships...Finished second in the varsity eight at the 2013 NCAA Women's Rowing Championships...Finished fourth in the varsity eight at the 2012 NCAA Women's Rowing Championships...Won the varsity eight at the 2011 NCAA Women's Rowing Championships.

Personal: Kelsey enjoys ceramics, home projects, gardening, and cat ownership. She began rowing in 2005 in New Zealand. She lists her parents as her personal heroes because they are smart, hardworking, very independent, and tough people. Kelsey said she is so proud to have them as her parents. After she's done rowing, she would like to travel to Rio, New Zealand, and Austria. She lists Lake Carnegie in Princeton as her favorite place to compete. She enjoys listening to Celine Dion and Pitbull, but not at the same time. Kelsey's sister, Erin, was a multiple-time national team member.

Ian Richardson

Lightweight Men's Quadruple Sculls

Hometown: Amesbury, Mass.

Date of Birth: 9/2/1996

Height: 6'1"

Weight: 160

High School: St. John's Preparatory School

Undergraduate Education: University of Connecticut, Marketing, 2019

Current Club Affiliation: Riverside Boat Club

Current Coach: Dave Lefebvre

Training Location: Boston, Mass.

National Teams: Two – Senior, 2022-23

International Results: Finished fifth in the lightweight quadruple sculls at the 2022 World Rowing Championships.

National Results: Won the lightweight quadruple sculls at the 2023 USRowing Senior National Team Trials...Finished sixth in the lightweight single sculls at the 2022 USRowing National Selection Regatta/Spring Speed Order...Finished sixth in the varsity eight at the 2019 American Collegiate Rowing Association Championships.

Personal: Outside of rowing, Ian enjoys doing absolutely nothing at all with the homies or trying to get eight-plus hours of sleep a night. He works for WHOOP, managing the company's research lab. He lists his parents as his personal heroes because they provided Ian with the life and opportunities that he has today, and he will be forever grateful for that. His favorite place to travel is the White Mountains of New Hampshire. He lists his favorite Olympic moment as either Michael Phelps winning by a finger nail length, or Usain Bolt just being a fast dude all the time. He was a second-team ACRA All-American in 2019. He played soccer most of his life, but after an injury and some unfortunate events, he had to find something new. His mom signed him up for a local rowing club, and he begrudgingly went to the first practice. From there, he was hooked.

Alie Rusher

Women's Pair

Hometown: West Bend, Wis.

Date of Birth: 5/24/1996

Height: 6'1"

Weight: 175

High School: St. Paul's School

Undergraduate Education: Stanford University, 2018

Current Club Affiliation: California Rowing Club

Current Coaches: Skip Kielt, Mike Teti

Training Location: Oakland, Calif.

National Teams: Four – Under 23, 2017-18; Senior, 2023; Olympic, 2020

International Results: Finished second in the pair at the 2023 World Rowing Cup II...Finished 10th in the quadruple sculls at the Tokyo 2020 Olympic Games...Won bronze in the eight at the 2018 World Rowing Under 23 Championships...Finished 10th in the four at the 2017 World Rowing Under 23 Championships.

National Results: Won the pair at the 2023 USRowing National Selection Regatta...Finished fourth in the pair at the 2023 USRowing Winter Speed Order...Finished fourth in the varsity eight at the 2018 NCAA Women's Rowing Championships...Finished second in the varsity eight at the 2017 NCAA Women's Rowing Championships...Finished third in the varsity eight at the 2016 NCAA Women's Rowing Championships.

Personal: Outside of rowing, Alie likes racing the 50km American Birkebeiner with her family. Alie and her were bow pair in the Stanford varsity eight in 2016, and her brother will be joining her for training this fall now that he has wrapped up his time in the Yale varsity eight. Alie said her family always had Olympic rowing paraphernalia around the house growing up from her parents, so she knew it was something she would try once she had the opportunity. She went to St. Paul's School her sophomore year of high school and joined the rowing team that spring. She wants to be a doctor after she finishes her rowing career and currently works in clinical research at Massachusetts General Hospital. Alie is in a book club with her mom, sister, and cousin. They switch between fiction and non-fiction every month, so she has recommendations for everyone.

Regina Salmons

Women's Eight

Hometown: Methuen, Mass.

Date of Birth: 4/21/1997

Height: 6'1"

Weight: 180

High School: The Derryfield School

Undergraduate Education: University of Pennsylvania, English and Pre-Law, 2018

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Six – Under 23, 2016, 2018; Senior 2019, 2022-23; Olympic, 2020

International Results: Finished fourth in the eight at the 2022 World Rowing Championships...Reached the semifinals of The Remenham Challenge Cup in the eight at the 2022 Henley Royal Regatta...Finished fourth in the pair at the 2022 World Rowing Cup II...Finished fourth in the eight at the Tokyo 2020 Olympic Games...Served as an alternate at the 2019 World Rowing Championships...Finished fifth in the four at the 2019 World Rowing Cup II...Won gold in the pair at the 2018 World Rowing Under 23 Championships...Won gold in the four and eight at the 2016 World Rowing Under 23 Championships.

National Results: Finished fourth in the pair at the 2023 USRowing National Selection Regatta...Finished fifth in the pair at the 2023 USRowing Winter Speed Order...Placed third in the varsity eight at the 2018 Ivy League Championships (Penn's first medal since 1980)...Won gold in the intermediate four with coxswain at the 2015 USRowing Club National Championships.

Personal: Regina loves to write poetry, and in college, she was the editor in chief of the feminist literary and arts magazine "The F-word" and chaired the poetry workshop group "The Body Electric" named after Walt Whitman's poem. She admires her parents for their sheer love and determination and wants to grow up to be as kind and strong and persistent as they are. Regina is a 2017 and 2018 Scholar Athlete Award (CRCA) winner, for maintaining above a 3.5 GPA and participating in more than 75% of varsity races those years. She also was a 2018 All-Ivy First-Team selection. Regina is thankful for her high school coach, Brian Brunelle, and her home rowing club, Amoskeag, for instilling her love of the sport and their support.

Michelle Sechser

Lightweight Women's Double Sculls

Hometown: Folsom, Calif.

Date of Birth: 11/1/1986

Height: 5'5"

Weight: 125

Began Rowing: Capital Crew, 2000

High School: Folsom High School

Undergraduate Education: University of Tulsa, Marketing and International Studies

Graduate Education: University of Tulsa, 2010

Current Club Affiliation: Cambridge Boat Club

Current Coach: Josy Verdonkschot

Training Location: Princeton, N.J.

National Teams: Eleven – Pan Am, 2011; Senior, 2012-15, 2017-19, 2022-23; Olympic, 2020

International Results: Finished second in the lightweight double sculls at the 2023 World Rowing Cup II...Finished second in the lightweight double sculls at the 2022 World Rowing Championships...Won The Stonor Challenge Trophy for double sculls at the 2022 Henley Royal Regatta...Won the lightweight double sculls at the 2022 World Rowing Cup II...Finished fifth in the lightweight double sculls at the Tokyo 2020 Olympic Games...Won the lightweight double sculls at the 2021 World Rowing Final Olympic Qualification Regatta...Finished 10th in the the lightweight double at the 2019 World Rowing Championships...Finished sixth in the lightweight double sculls at the 2019 World Rowing Cup II...Finished fourth in the lightweight single sculls

at the 2018 World Rowing Championships...Won bronze in the lightweight double sculls at the 2017 World Rowing Championships...Placed 11th in the lightweight double sculls at the 2015 World Rowing Championships...Won bronze in the lightweight double sculls at the 2015 World Rowing Cup III...Placed 10th in the lightweight double sculls at the 2014 World Rowing Championships...Placed eighth in the lightweight double sculls at the 2014 World Rowing Cup II...Placed seventh in the lightweight single sculls at the 2013 World Rowing Championships...Placed fourth in the lightweight quadruple sculls at the 2012 World Rowing Senior and Junior Championships...Took bronze in the lightweight double and quadruple sculls at the 2011 Pan American Games.

National Results: Finished second in the open single sculls at the 2023 USRowing National Selection Regatta...Won the lightweight single sculls at the 2023 USRowing Winter Speed Order...Won the lightweight double sculls at the 2022 USRowing National Selection Regatta 2...Finished second in the open weight double sculls at the 2020 U.S. Olympic Team Trials - Rowing #2...Won the lightweight double sculls at the 2020 U.S. Olympic Team Trials - Rowing #1, qualifying to race at the Final Olympic Qualification Regatta...Won the lightweight double sculls at the 2019 Senior World Championships Trials...Won the lightweight single sculls at the 2018 Senior World Championships Trials...Won the lightweight double sculls at the 2017 Senior World Championships Trials...Won the lightweight double sculls at the 2014 Senior II World Championships Trials...Won the lightweight single sculls at the 2014 National Selection Regatta I...Won the lightweight single sculls at 2013 Senior World Championships Trials...Won the lightweight quadruple sculls at 2012 World Rowing Non-Olympic Senior Championship Trials...Won lightweight double sculls at 2012 USRowing National Regatta...Finished second in the lightweight quadruple sculls at 2012 USRowing National Regatta...Finished third in lightweight double sculls at 2012 National Selection Regatta...Won the lightweight double sculls at the 2011 Pan American Games Trials...Finished fourth in the women's quadruple sculls at the 2011 USRowing National Championships...Finished fifth in the lightweight double sculls at the 2011 National Selection Regatta II...Won gold in the senior lightweight single sculls, intermediate lightweight single sculls and senior lightweight quadruple sculls at the 2009 USRowing Club National Championships...Won bronze in the lightweight division at the 2009 C.R.A.S.H.-B. Indoor Rowing Championships...Took silver in the lightweight division at the 2008 C.R.A.S.H.-B. Indoor Rowing Championships.

Personal: Michelle was named USRowing's Female Athlete of the Year in 2022...Michelle began rowing at age 14 for Capital Crew in Folsom, Calif., after seeing how much her older sister was enjoying crew after her first season. After attending grad school at the University of Tulsa for her MBA, she began pursuing her U.S. National Team dream. Through her years on the national team, Michelle has represented OKC High-Performance Center, Vesper Boat Club, and Cambridge Boat Club. In the offseason, Michelle enjoys cycling and races bikes for QCW p/b Cadence Cycling. Her biggest role models are the USA lightweight women who trail-blazed before her, including Jen Goldsack, Christine Collins, Lindsay Burns Barbier, Ellen St Clair, and Joanne Iverson. Michelle won USRowing's Ernestine Bayer Award (Woman of the Year) with partner Molly Reckford in 2021. She enjoys her career at Broadridge Financial Solutions and looks forward to building on her work with the company. She would love to take a long bike vacation to Europe after rowing. There are so many places the team drives through during the

international rowing campaigns and she always finds herself saying, "Ah, that would be a great mountain to ride up!" Michelle lists her favorite place to compete as Lucerne, Switzerland, - the lake of the Gods. It is such a small, almost intimate, venue. It doesn't have the huge grandstands and chaos of the larger venues. "It feels almost like our own private little fight club that the outside world doesn't even know is happening. That, and the sights and lake around Lucerne are stunning to see after racing wraps up." Her favorite place to travel is Italy, specifically Lago di Pusiano. The lake looks like heaven above the clouds. The drama of the sawtooth mountain behind the start line is incredible, and the church bells chime every hour. The food and the coffee are also the best she's ever had in her life. Michelle lists her favorite Olympic moment as sitting on the start line of the Olympic final with Molly Reckford in the lightweight women's double. She said, "Our times from the semifinal indicated that we had a solid shot at the Olympic podium if we executed a great race. I remember feeling so strong, confident, and determined to chase that dream. It's an incredible feeling to be sitting there waiting for the light to turn green knowing that you're about to go race for an Olympic medal. Michelle loves music and it plays a huge role in her training and navigating the cycles of the rowing season. She enjoys so many different genres but the playlists she gravitates towards always seem to match the energy and intensity of each part of the training block or the types of workouts. Anything with a good beat.

Jessica Thoennes

Women's Eight

Hometown: Highlands Ranch, Colo.

Date of Birth: 9/20/1995

Height: 6'1"

Weight: 169

High School: Mountain Vista High School

Undergraduate Education: University of Washington

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Five - Under 23, 2017; Senior, 2018, 2022-23; Olympic, 2020

International Results: Finished fourth in the pair at the 2023 World Rowing Cup II...Finished fourth in the eight at the 2022 World Rowing Championships...Reached the semifinals of The Remenham Challenge Cup in the eight at the 2022 Henley Royal Regatta...Finished fourth in the four at the 2022 World Rowing Cup II...Finished fourth in the eight at the Tokyo 2020 Olympic Games...Served as an alternate at the 2018 World Rowing Championships...Raced in the Remenham Challenge Cup at the 2018 Henley Royal Regatta...Placed second in the eight at the 2017 World Rowing Under 23 Championships.

National Results: Won the pair at the 2023 USRowing Winter Speed Order...Won gold in the second varsity eight at the 2018 NCAA Women's Rowing Championships...Won gold in the varsity eight at the 2017 NCAA Women's Rowing Championships.

Personal: Jess walked on to the University of Washington women's rowing team. She considers having the first sweep in NCAA history as one of her favorite sporting accomplishments. In her off time, Jess loves learning, reading, gardening, hiking in the mountains, and drinking coffee.

Elaine Tierney

Lightweight Women's Pair

Hometown: West Chester, Pa.

Date of Birth: 7/10/1999

Height: 5'10"

Weight: 125

High School: Unionville High School

Undergraduate Education: Temple University, Risk Management and Insurance, 2022

Current Club Affiliation: Penn AC

Current Coach: Bill Manning

Training Location: Philadelphia, Pa.

National Teams: Three – Under 23, 2021; Senior, 2022-23

International Results: Finished second in the lightweight pair at the 2022 World Rowing Championships...Finished 10th in the lightweight double sculls at the 2021 World Rowing Under 23 Championships...Won the U23 lightweight eight, lightweight double sculls, and lightweight quadruple sculls at the 2019 Canadian Henley.

National Results: Won the lightweight pair at the 2023 USRowing Senior National Team Trials...Won the lightweight pair at the 2022 USRowing Summer National Championships...Won the lightweight double sculls at the 2021 U.S. Under 23 National Team Trials...Finished second in the lightweight double sculls at the 2019 U.S. Under 23 National Team Trials...Won the intermediate lightweight quadruple sculls and finished second in the intermediate lightweight double sculls at the 2018 USRowing Club National Championships.

Personal: Lanie was Temple women's rowing's 2018 Rookie of the Year and 2020 Athlete of the Year. She enjoys sleeping and hanging out with her sister. Her favorite food is chicken nuggets. Her parents both rowed and signed her up for a learn to row after she tried other sports. Lanie lists her sister as her personal hero because she has been there for her through everything and has always done everything she possibly could to help Lanie achieve her goals.

Sophia Vitas

Women's Double Sculls

Todd Vogt

PR3 Mixed Double Sculls

Hometown: Rochester, N.Y.

Date of Birth: 8/31/1974

Height: 6'4"

Weight: 200

High School: Webster High School

Undergraduate Education: University of Buffalo, Biochemistry, 1996

Graduate Education: University of Buffalo, Biochemistry, 2000

Current Club Affiliation: Portland Boat Club

Current Coach: Andrea Thies

Training Location: Portland, Ore.

National Teams: Three – Senior, 2019, 2022-23

International Results: Won gold in the PR3 mixed double sculls at the 2023 Para Rowing Regatta to Paris...Finished fifth in the PR3 mixed double sculls at the 2022 World Rowing Championships...Won the PR3 mixed double sculls at the 2022 Gavirate International Paralympic Regatta...Finished sixth in the the PR3 pair at the 2019 World Rowing Championships...Won gold in the PR3 four with coxswain at the 2019 World Rowing Cup II.

National Results: Won the PR3 mixed double sculls at the 2022 USRowing Summer National Championships...Won the PR3 mixed double sculls at the 2021 USRowing Summer National Championships...Finished third in the club four with coxswain at the 2004 Head of the Charles...Finished second in the intermediate four at the 1999 USRowing National Championships.

Personal: Todd enjoys drinking coffee, watching movies, walking his dog, and riding scooters around Portland. During his sophomore year of college, he worked security for the Nirvana concert when they played on campus. He was right in front of the stage shoving people back into the mosh pit. Crazy show! It was two months before Kirk Cobain's suicide. He started rowing after he saw a flier in the freshman dorm, and it sounded interesting. He lists Brian Grant as one of his personal heroes. He was a great basketball player and is a great human. He was diagnosed with Young Onset Parkinson's Disease right after he retired from the NBA. His foundation helps others with Parkinson's live well. Todd is currently working with several Parkinson's Disease-related organizations, and he'd like to do more of this work. His favorite place to compete is Boston for the Head of the Charles, and his favorite place to travel is Italy. His favorite movies are The Big Lebowski, Pulp Fiction, or anything else by Quentin Tarantino.

Kristi Wagner

Women's Double Sculls

Hometown: Weston, Mass.

Date of Birth: 1/25/1993

Height: 6'1"

Weight: 164

High School: Wayland Weston

Undergraduate Education: Yale University, 2015

Current Club Affiliation: ARION

Current Coach: Eric Catalano

Training Location: Saratoga Springs, N.Y.

National Teams: Four – Under 23, 2013; Senior, 2022-23; Olympic, 2020

International Results: Finished second in the double sculls and seventh in the quadruple sculls at the 2023 World Rowing Cup II Regatta...Finished fifth in the double sculls at the 2022 World Rowing Championships...Reached the semifinals of The Remenham Challenge Cup in the eight at the 2022 Henley Royal Regatta...Finished fourth in the four at the 2022 World Rowing

Cup II...Finished fifth in the double sculls at the Tokyo 2020 Olympic Games...Finished third in the double sculls at the 2021 World Rowing Cup II...Finished sixth in the quadruple sculls at the 2019 World Rowing Cup III...Reached the semifinals in the quadruple sculls at the 2019 Henley Royal Regatta...Finished 10th in the pair at the 2013 World Rowing Under 23 Championships.

National Results: Finished third in the double sculls at the 2022 National Selection Regatta II...Finished third in the single sculls at the 2022 National Selection Regatta I...Won the double sculls at the 2020 U.S. Olympic Team Trials - Rowing...Finished third in the single sculls at the 2020 U.S. Olympic Team Trials - Rowing...Finished fourth in the double sculls at the 2020 USRowing Speed Order...Finished third in the double sculls at the 2019 Senior National Team Trials...Won the double sculls at the 2018 Canadian Henley...Finished second in the double sculls at the 2017 National Selection Regatta...Finished fourth in the single sculls at the 2017 National Selection Regatta...Finished second in the single sculls at the 2015 Under 23 National Team Trials...Finished second in the four with coxswain at the 2015 NCAA Championships...Won the pair at the 2013 Under 23 National Team Trials.

Personal: Kristi enjoys coaching, hiking in the Adirondacks, cycling (especially if the destination includes ice cream or donuts), cooking, and reading. She learned to row in middle school and then rowed for her public high school team, Wayland Weston, for four years. Kristi looks up to Michael Jordan: “He started as a great individual player but had to learn how to help make his team great to win all of those championships. He also has a lot of amazing quotes that can serve as quick inspiration on race day!” Kristi has a podcast called “The Other 3 Years” that shares her journey, training, and racing!

Madeleine Wanamaker

Women’s Four

Hometown: Neenah, Wis.

Date of Birth: 2/14/1995

Height: 6’0”

Weight: 160

Began Rowing: University of Wisconsin, 2013

High School: Neenah High School

Undergraduate Education: University of Wisconsin, Environmental Studies & Life Sciences Communication, 2017

Graduate Education: University of Wisconsin, Sports Leadership, 2024

Current Club Affiliation: USRowing Training Center - Princeton

Current Coach: Jesse Foglia

Training Location: Princeton, N.J.

National Teams: Seven – Under 23, 2016-17; Senior, 2018-19, 2022-23; Olympic, 2020

International Results: Won gold in the four at the 2023 World Rowing Cup II...Finished fourth in the eight at the 2022 World Rowing Championships...Finished third in the pair at the 2022 World Rowing Championships...Reached the semifinals of The Remenham Challenge Cup in the eight at the 2022 Henley Royal Regatta...Won silver in the pair at the 2022 World Rowing Cup II...Finished seventh in the four at the Tokyo 2020 Olympic Games...Finished sixth in the the four at the 2019 World Rowing Championships...Raced in the four at the 2019 World Rowing

Cup II...Finished fifth in the pair and the four at the 2019 World Rowing Cup I...Won gold in the four at the 2018 World Rowing Championships...Placed second in the eight at the 2017 World Rowing Under 23 Championships...Placed 11th in the quadruple sculls at the 2016 World Rowing Under 23 Championships.

National Results: Won the pair at the 2022 National Selection Regatta II...Finished ninth in the varsity eight at the 2016 NCAA Women's Rowing Championships...Finished ninth in the second varsity eight at the 2015 NCAA Women's Rowing Championships.

Personal: Madeleine started rowing in 2013 as a walk-on at the University of Wisconsin. There she led the team to a pair of top 10 NCAA finishes in 2016 and 2017. Madeleine garnered second team All-Big Ten and All-Region honors her senior year but is fondest of her "Most Promising Novice" award. She counts Grace Latz and Vicky Optiz amongst her sporting heroes. In addition to rowing, Madeleine loves music, art and the outdoors. She is an advocate for women's rights and athlete mental health. In the future, she looks to pursue coaching or sports psychology. She hopes to help younger athletes, especially girls, build confidence and life skills through sports. Madeleine would like to thank her parents, family, and friends for all of their support over the years and especially this one. She also would like to thank Dr. Jackson and the Leigh High Valley Department of Vascular and Endovascular Surgery for taking care of her this winter and making a return to summer racing possible.

Ben Washburne

PR3 Mixed Four with Coxswain

Hometown: Madison, Conn.

Date of Birth: 4/17/2001

Height: 5'11"

Weight: 185

High School: Hopkins School

Undergraduate Education: Williams College, Physics and Economics, 2023

Current Club Affiliation: Williams College

Current Coached: Marc Mandel

Training Location: Boston, Mass.

National Teams: One – Senior, 2023

International Results: Won gold in the PR3 mixed four with coxswain at the 2023 Para Rowing Regatta to Paris.

National Results: Won the Division III second varsity eight at the 2023 IRA National Championships...Won the Division III team title at the 2023 IRA National Championships...Won the second varsity eight at the 2022 National Invitational Championships...Won the second varsity eight at the 2022 New England Rowing Championships...Finished seventh in the boy's four with coxswain at the 2019 NEIRA Championships.

Personal: Ben received the 2023 John A. Shaw Award for Commitment, Perseverance, and Commitment at Williams College. He was selected 2023 All-NESCAC Second Team. He won the 2018 Crew Coaches' Award for Leadership and Dedication at Hopkins School. Ben enjoys fishing, traveling, eating good food, and learning. He is a diehard Denver Broncos fan, a big country music fan, and definitely has a sweet tooth. Ben's dad rowed in college and encouraged

him to learn. Ben lists his grandfather, Walter Koski, as his personal here because he grew up in a poor immigrant family to become very successful through hard work. Walter had a devastating stroke later in life, leaving half his body paralyzed. While they said he would never walk again, he not only learned to walk again but is still doing so 25 years later and is more positive than anyone else Ben knows. When he's done rowing, he wants to work in the green energy industry, which he finds as both exciting and critically important work. His favorite place to compete is Lake Onota, the Williams College home course. He enjoys traveling to the Upper Peninsula of Michigan. Ben's favorite band is Lynyrd Skynyrd, and his favorite song is Simple Man. His second favorite band is Nirvana. His favorite books are Unbroken by Laura Hillenbrand and the Hobbit by JRR Tolkien. He also played water polo in high school.

Andrew Wigren

Men's Alternate

Hometown: Providence, R.I.

Date of Birth: 8/1/1974

Height: 6'3"

Weight: 191

High School: Moses Brown School

Undergraduate Education: Hobart College, Economics, 1996

Training Location: Boston, Mass.

National Teams: Three – Senior, 2019, 2022-23

International Results: Finished fifth in the PR3 mixed four with coxswain at the 2022 World Rowing Championships...Finished sixth in the PR3 pair at the 2019 World Rowing Championships.

National Results: Won the PR3 mixed four with coxswain at the 2021 Head of the Charles...Won the PR3 open division at the 2020 USRowing Indoor National Championships/C.R.A.S.H.-B. Sprints...Won the PR3 open division at the 2019 C.R.A.S.H.-B. Sprints.

Personal: Andy enjoys barbecuing, audiobooks, and perfecting recovery modalities. Dr. Arthur Pappas, the Red Sox team physician at the time, performed his amputation surgery in 1978. Go Sox!! Andy found rowing via the ergometer in 2018 through a Squash Club. He lists Wayne Gretzky as his personal hero. As a hockey player since age 10, Andy admired Gretzky's mental model for the game, which allowed him to know where the puck was going versus where it was currently. He also admires Muhammad Ali, a true champion who stood up for his beliefs, and Edward Hopper, for the way he captured light with paint on canvas. He has a 17-year-old son and a 15-year-old daughter, but has yet to convince them to take up rowing.

Dominique Williams

Men's Quadruple Sculls

Hometown: Madison, Conn.

Date of Birth: 12/19/1997

Height: 6'0"

Weight: 190

High School: Choate Rosemary Hall

Undergraduate Education: University of Pennsylvania, Wharton School. 2020

Current Club Affiliation: Texas Rowing Center

Current Coach: Peter Mansfield

Training Location: Austin, Texas

National Teams: Two – Senior, 2022-23

International Results: Finished 14th in the quadruple sculls at the 2022 World Rowing Championships...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.

National Results: **Finished second in the double sculls at the 2023 USRowing National Selection Regatta...Finished seventh in the single sculls at the 2023 USRowing Winter Speed Order...**Finished second in the double sculls at the 2022 National Selection Regatta II...Finished third in the single sculls at the 2022 National Selection Regatta I...Won the double sculls at the 2021 Head of the Charles...Won the lightweight eight at the 2019 Eastern Sprints.

Personal: Dominique enjoys playing chess, listening to 90s hip hop, petting dogs, and eating food in bed.

Gemma Wollenschlaeger

PR3 Mixed Double Sculls

Hometown: St. Augustine Beach, Fla.

Date of Birth: 8/11/2003

Height: 5'10"

Weight: 157

High School: Archbishop Spalding

Undergraduate Education: Temple University, Accounting, 2025

Current Club Affiliation: Temple University Women Rowing

Current Coach: Rebecca Gryzbowski

Training Locations: Boston, Mass., St. Augustine Beach, Fla.

National Teams: One – Senior, 2023

International Results: Won gold in the PR3 mixed double sculls at the 2023 Para Rowing Regatta to Paris.

National Results: Finished third in the varsity eight at the 2023 American Athletic Conference Championships.

Personal: Gemma earned first-team All-AAC honors in 2023. She was named Temple Women's Rowing's Athlete of the Year in 2023 and Newcomer of the Year in 2022. She earned second-team All-AAC honors in 2022. She enjoys eating food and trying new places, traveling, being outside, and being around family and friends. Gemma has never had coffee before. She tried almost every other sport, but rowing is the one that stuck. Gemma said her personal heroes are her family because they remind her of who she is and support her in everything that she does. After rowing, Gemma would like to travel and explore the world. Her favorite place to travel is South Africa because her family is from there. She is a big 2000s sing-along music fan.

United States Senior World/Olympic Finishes: 1896-2022

Men

Year	4+	2x	2-	1x	2+	4-	4x	8+
2022 (w)	/	7	7	8	/	10	14	4
2021 (o)	/	-	-	-	/	5	-	4
2020 – No events due to COVID-19								
2019 (w)	/	20	13	21	/	5	13	5
2018 (w)	/	14	15	20	/	13	11	4
2017 (w)	/	9	11	19	/	10	15	2
2016 (o/w)	/	-	11	-	5	7	-	4
2015 (w)	/	16	9	21	8	7	12	7
2014 (w)	/	20	6	25	8	2	8	4
2013 (w)	/	10	14	13	4	3	13	3
2012 (o/w)	/	dnq	8	24	6	3	13	4
2011 (w)	/	16	9	11	6	4	8	8
2010 (w)	/	7	9	12	4	5	8	6
2009 (w)	/	16	5	12	1	13	12	9
2008 (o/w)	/	13	6	11	9	9	5	3
2007 (w)	1	9	8	-	7	8	9	4
2006 (w)	4	16	dnq	12	4	4	8	3
2005 (w)	2	10	13	14	3	5	9	1
2004 (o/w)	3	6	11	-	8	10	11	1
2003 (w)	1	10	11	19	1	7	14	2
2002 (w)	6	14	14	11	2	12	10	3
2001 (w)	6	13	-	16	5	4	5	4
2000 (o/w)	2	8	2	8	1	5	7	5
1999 (w)	1	9	13	11	1	13	12	1
1998 (w)	4	12	4	8	3	7	4	1
1997 (w)	4	14	3	1	1	7	10	1
1996 (o/w)	-	-	7	10	8	11	2	5
H4+ and H2+ replaced with Lightweight event								
1995 (w)	1	20	9	9	-	7	6	3
1994 (w)	2	13	8	11	9	9	7	1
1993 (w)	8	5	10	16	8	3	13	3
1992 (o/w)	4	9	6	19	8	2	8	4
1991 (w)	7	6	8	14	9	2	5	8
1990 (w)	7	4	-	-	-	9	-	5
1989 (w) 1	1	-	-	dnq	-	2	dnq	4
1988 (o/w)	5	dnq	9	6	11	2	dnq	3
1987 (w)	dnq	dnq	dnq	7	5	3	dnq	1
1986 (w)	3	12	10	9	9	1	12	3

1985 (w)	5	dnq	7	2	5	-	-	3
1984 (o/w)	2	1	6	4	3	2	7	2
1983 (w)	7	6	8	3	12	6	7	7
1982 (w)	3	dnq	dnq	3	6	7	10	4
1981 (w)	2	10	11	3	-	dnq	dnq	3
1980 (o)	-	-	-	-	-	-	-	-
1979 (w)	4	7	10	dnq	3	8	5	5
1978 (w)	4	5	6	9	7	-	-	-
1977 (w)	10	5	6	11	dnq	12	9	6
1976 (o/w)	11	8	2	7	11	8	6	9
1975 (w)	10	12	10	9	5	7	12	5
1974 (w)	6	8	10	2	9	5	10	1
H4x event added to Worlds								
1973 (ec)	4	dnq	7	12	dnq	7	/	6
Last European Championships								
1972 (o)	5	dnq	9	5	11	dnq	/	2
1971 (ec)	dnq	dnq	10	6	dnq	11	/	12
1970 (w)	11	3	7	7	10	dnq	/	10
1969 (ec)	11	1	1	9	7	12	/	9
1968 (o)	5	3	2	4	5	5	/	6
1967 (ec)	6	6	1	6	11	3	/	2
1966 (w)	6	2	10	1	5	9	/	dnq
1965 (ec)	11	10	-	11	-	-	/	3
1964 (o)	7	2	10	6	1	3	/	1
Current U.S. oar design is introduced								
1964 (ec)	-	-	4	3	7	7	/	-
1963 (ec)	-	2	-	-	-	-	/	-
1962 (w)	10	9	-	3	5	-	/	dnq
First World Championships								
1961 (ec)	dnq	dnq	-	3	-	dnq	/	-
1960 (o)	dnq	dnq	5	5	3	1	/	5
1958 (ec)	-	-	-	-	-	dnq	/	2
1957 (ec)	-	-	-	dnq	-	5	/	-
1956 (o)	dnq	2	1	3	1	2	/	1
1955 (ec)	-	-	-	4	-	-	/	-
1952 (o)	3	dnq	1	dnq	dnq	dnq	/	1
1949 (ec)	-	-	-	1	-	-	/	-
1948 (o)	1	dnq	dnq	dnq	dnq	3	/	1
1936 (o)	dnq	5	dnq	3	dnq	dnq	/	1
1932 (o)	dnq	1	dnq	2	1	4	/	1
1930 (ec)	dnq	-	-	-	-	-	/	1
USA begins to enter European Championships								
1928 (o)	dnq	1	3	2	dnq	2	/	1

1924 (o)	3	1	-	2	3	-	/	1
	H2- and H4- events added							
1920 (o)	2	1	/	1	-	/	/	1
1912 (o)	-	/	/	-	/	/	/	-
1908 (o)	/	/	-	-	/	-	/	-
1904 (o)	/	1	1	1	/	1	/	1
	Only North American oarsmen competed							
1900 (o)	-	/	/	-	-	/	/	1
	First races in Olympics							
1896 (o)	First Olympic Games - rowing events were rained out							
1893 (ec)	-	-	-	-	-	-	-	-
	First European Championships							

Women

Year	4+/4-	2x	2-	1x	4x+/4x	8+
2022 (w)	12	5	3	13	9	4
2021 (o)	7	5	10	9	10	4
2020	- No events due to COVID-19					
2019 (w)	6	5	4	3	7	3
2018 (w)	1	3	9	4	6	1
2017 (w)	4	2	2	7	5	4
2016 (o/w)	2	6	4	2	5	1
2015 (w)	1	11	3	4	1	1
2014 (w)	2	6	2	9	3	1
2013 (w)	1	7	4	5	5	1
2012 (o/w)	/	6	4	7	3	1
2011 (w)	1	9	8	11	2	1
2010 (w)	3	5	3	10	5	1
2009 (w)	2	6	1	13	2	1
2008 (o/w)	2	5	7	2	5	1
2007 (w)	1	8	7	3	6	1
2006 (w)	3	12	4	5	5	1
2005 (w)	-	8	6	3	5	4
2004 (o/w)	7	dnq	9	9	5	2
2003 (w)	1	11	6	12	6	5
2002 (w)	5	8	12	13	7	1
2001 (w)	4	12	11	7	3	4
2000 (o/w)	5	4	3	12	5	6
1999 (w)	3	11	7	12	4	2
1998 (w)	dnq	4	3	17	9	2
1997 (w)	4	12	6	7	9	6
1996 (o/w)	1	9	2	6	8	4

Lightweight events added to Olympics

1995 (w)	1	11	2	6	5	1
1994 (w)	2	12	6	12	6	2
1993 (w)	2	8	3	6	3	2
1992 (o/w)	2	11	3	4	5	6
1991 (w)	2	8	6	4	9	4
1990 (w)	5	3	2	7	-	2
1989 (w)	-	8	4	9	-	6
4+ replaced with 4-						
1988 (o/w)	5	6	6	2	9	6
1987 (w)	5	3	4	6	9	2
1986 (w)	6	10	9	5	8	4
1985 (w)	6	6	2	3	4	4
4x+ replaced with 4x						
1984 (o/w)	4	6	5	2	2	1
1983 (w)	5	10	7	3	5	3
1982 (w)	2	4	8	6	4	2
1981 (w)	3	5	9	8	8	2
1980 (o)	-	-	-	-	-	-
USA Boycotts Olympic Games						
1979 (w)	9	5	5	5	6	3
1978 (w)	2	3	-	5	-	4
1977 (w)	9	3	6	5	8	dnq
1976 (o/w)	6	5	7	2	7	3
Women's events in Olympics						
1975 (w)	6	9	8	5	5	2
1974 (w)	10	11	5	7	7	9
First World Championships						
1973 (ec)	9	9	/	6	9	dnq
1972 (ec)	-	-	/	15	8	-
1971 (ec)	-	-	/	11	8	-
1970 (ec)	-	-	/	dnq	-	-
1969 (ec)	-	-	/	10	-	dnq
1968 (ec)	-	-	/	-	-	-
1967 (ec)	-	-	/	-	dnq	6

Lightweight Men

Lightweight Women

Year	1x	4-	2x	4x	8+	2-	1x	2x	4-	2-	4x
2022 (w)	17	/	13	5	/	6	10	2	/	2	2
2021 (o)	/	/	-	/	/	/	/	5	/	/	/
2020 – No events due to COVID-19											
2019 (w)	9	/	15	7	/	7	9	10	/	1	4
2018 (w)	3	/	25	10	/	3	4	2	/	2	4
2017 (w)	10	6	16	16	/	6	3	3	/	/	7

2016 (o/w)	10	10	5	11	/	6	4	10	/	/	5
2015 (w)	5	7	8	5	3	5	3	11	/	/	6
2014 (w)	13	10	10	7	5	15	3	6	/	/	3
2013 (w)	7	5	12	7	3	8	7	2	/	/	2
2012 (o/w)	3	8	dnq	8	9	9	4	11	/	/	4
2011 (w)	4	13	14	5	5	15	4	4	/	/	3
2010 (w)	10	10	11	6	5	9	6	8	/	/	2
2009 (w)	14	12	15	6	2	11	4	11	/	/	3
2008 (o/w)	21	11	-	6	1	11	4	10	/	/	3
2007 (w)	6	11	19	6	5	10	2	11	/	/	4
2006 (w)	-	9	17	5	5	11	6	9	/	/	5
2005 (w)	-	9	10	6	-	-	10	2	/	/	7
2004 (o/w)	10	9	7	4	5	8	13	7	/	/	3
2003 (w)	11	8	13	6	2	3	13	4	/	4	4
2002 (w)	3	10	18	6	3	5	2	7	/	-	3
2001 (w)	4	9	13	11	3	11	4	7	/	2	2
2000 (o/w)	10	6	11	8	1	16	4	3	/	2	7
1999 (w)	11	9	6	6	1	10	2	2	/	1	1
1998 (w)	6	9	9	3	2	12	8	1	/	3	2
1997 (w)	4	5	11	4	6	11	1	5	/	2	6
1996 (o/w)	4	3	9	9	7	7	3	2	3	1	/
1995 (w)	5	7	8	9	5	10	11	7	1	1	/
1994 (w)	5	8	10	7	5	11	8	3	1	/	/
1993 (w)	6	1	14	8	dnq	10	4	4	3	/	/
1992 (w)	3	5	10	4	7	/	8	3	5	/	/
1991 (w)	5	6	8	6	3	/	4	2	3	/	/
1990 (w)	19	8	1	9	6	/	5	2	dnq	/	/
1989 (w)	8	4	8	9	4	/	1	1	5	/	/
1988 (w)	6	dnq	dnq	/	2	/	1	7	4	/	/
1987 (w)	7	7	5	/	3	/	4	3	1	/	/
1986 (w)	3	9	9	/	6	/	3	1	1	/	/
1985 (w)	3	3	6	/	2	/	3	4	2	/	/
1984 (w)	2	11	4	/	5	/	/	/	/	/	/
1983 (w)	4	10	10	/	5	/	/	/	/	/	/
1982 (w)	2	6	2	/	7	/	/	/	/	/	/
1981 (w)	1	8	2	/	5	/	/	/	/	/	/
1980	2	5	2	/	4	/	/	/	/	/	/
1979	1	dq	4	/	2	/	/	/	/	/	/
1978	3	8	3	/	8	/	/	/	/	/	/
1977	3	9	-	/	11	/	/	/	/	/	/
1976	4	10	-	/	3	/	/	/	/	/	/
1975	3	4	-	/	2	/	/	/	/	/	/
1974	1	3	-	/	1	/	/	/	/	/	/

United States Finishes: 2002-2021

Para-Rowing

<u>Year</u>	<u>PR1Mix1x</u>	<u>PR1W1x</u>	<u>PR1M1x</u>	<u>PR2Mix2x</u>	<u>PR3Mix4+</u>	<u>PR3ID4+</u>	<u>PR3Mix2x</u>
2021 (w)	/	-	10	-	5	/	5
2021 (p)	/	10	10	10	2	/	/
2020 – No events due to COVID-19							
2019 (w)	/	6	7	8	2	/	3
2018 (w)	/	3	4	6	2	/	5
2017 (w)	/	6	6	5	2	/	5
2016 (p/w)	/	7	4	10	2	/	-
2015 (w)	/	8	5	10	2	/	/
2014 (w)	/	8	4	-	2	/	-
2013 (w)	/	9	12	4	4	/	3
2012 (p/w)	/	-	8	3	6	/	/
2011 (w)	/	10	4	9	6	-	/
2010 (w)	/	-	9	-	6	-	/
2009 (w)	/	-	4	-	8	-	/
2008 (p/w)	/	3	5	7	2	/	/
2007 (w)	/	6	5	5	5	/	/
2006 (w)	/	2	2	1	5	/	/
2005 (w)	/	/	3	1	-	/	/
2004 (w)	/	/	3	1	7	/	/
2003 (w)	/	/	/	1	4	/	/
2002 (w)	1, 2	/	/	/	3	/	/

<u>Year</u>	<u>PR2W1x</u>	<u>PR2M1x</u>	<u>PR3W2-</u>	<u>PR3M2-</u>
2021	-	5	-	-
2020 – No events due to COVID-19				
2019 (w)	4	5	1	6
2018 (w)	6	-	1	-
2017 (w)	/	/	/	/
2016 (p/w)	/	/	/	/
2015 (w)	/	/	/	/
2014 (w)	/	/	/	/
2013 (w)	/	/	/	/
2012 (p/w)	/	/	/	/
2011 (w)	/	/	/	/
2010 (w)	/	/	/	/

2009 (w)	/	/	/	/
2008 (p/w)	/	/	/	/
2007 (w)	/	/	/	/
2006 (w)	/	/	/	/
2005 (w)	/	/	/	/
2004 (w)	/	/	/	/
2003 (w)	/	/	/	/
2002 (w)	/	/	/	/

(-) 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

(o) Olympic Games

(p) Paralympic Games

(w) World Rowing Championships

(ec) European Rowing Championships

(o/w) Non-Olympic events held at world championships

(p/w) Non-Paralympic events held at world championships

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 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 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.