



San Diego Junior Rowers Sweep 8+ Competition at Desert Sprints, Capturing Gold Across Divisions

Varsity Rowers Now Preparing to Compete in Crew Classic

TEMPE, ARIZONA, March 7, 2015 – High school rowers from the San Diego Rowing Club proved their strength and speed as they claimed all four gold medals in 8+ juniors racing, blazing past regional and international competitors at the Desert Sprints Regatta.

Facing competition from across the Southwest and Baja California, SDRC's junior rowers clinched gold medals in the 8+ (eight rowers, one coxswain) for the Mens Varsity, Womens Varsity, Mens Novice and Womens Novice teams. The 8+ is considered the most significant race demonstrating a team's overall depth and strength.

The 2015 Desert Sprints Regatta is the oldest and largest rowing event in Arizona, according to organizers. Rowers compete on a 2,000-meter buoyed race course on Tempe Town Lake.

In a blinding-fast finish, SDRC's Varsity Men completed their 8+ race in 6:15:50, more than 8 seconds ahead of second-place finisher Baja California State. SDRC's Varsity Women raced the same course in 7:08.50, more than 9 seconds ahead of their Baja California competitors.

SDRC's impressive showing did not end there: SDRC's Mens Novice and Womens Novice teams clinched first-place victories in quadruples racing (4x, four rowers, eight oars), and in coxed four competition (4+, four rowers, one coxswain, four oars).

SDRC's strong showing also included gold medals for the Varsity Women in Junior Lightweight doubles competition (2x, two rowers, four oars), and by the Novice Women in doubles competition.

Varsity rowers from SDRC are now preparing to compete in the Crew Classic, one of the most prestigious regattas in the country. The regatta will be held on Mission Bay on March 28 and 29, 2015.

"The women's varsity had a successful regatta," said Varsity Women's Coach Susan Francia, a two-time Olympic gold medalist. "I was pleasantly surprised by the performance of the lightweight double and the 4+'s. The team was also excited about the strong showing in the 8+. We have been focusing on the 8+, the flagship boat of the U.S., in our lead up to the San Diego Crew Classic."

The SDRC Junior Crew, which has 115 members, rows on Mission Bay out of its boathouse on El Carmel Point in Mission Beach.

SDRC Juniors will offer co-ed summer camps for new and experienced high school and middle school rowers from June 22 through August 14. Camps are taught by experienced coaches on Mission Bay. Information and registration can be found at

sdr juniors.com/camps. For more information on the SDRC Juniors program, please visit www.sdrjrs.com or contact Chris Callaghan, SDRC Director of Rowing and Head Coach, at chris@sandiegorowing.org.