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"Letting yourself remember that you deserve to be there as much as the next guy, there was no pity invite to the competition, you all earned your way there."

NOAH MILLARD '26 SWIM AND DIVE

Six from men's team to compete in national championships

MEN'S BASKETBALL

BY JUSTIN LEAHY
CONTRIBUTING REPORTER



YALE ATHLETICS

The men's swim and dive squad has six swimmers heading to Georgia Tech to compete for national titles. Last week, Caroline Riggs '27 competed at the women's national championship, finishing 28th in the 1650-yard freestyle.

Six members of the men's swim team will compete in the NCAA Division I Men's Swimming and Diving Championship in Atlanta this week.

According to senior Noah Millard '26, this is the largest squad the men's swim and dive team has sent to the national championship in recent years. The men's team recently posted Yale's best finish at the Ivy League championships since 1972, breaking 13 records and winning five gold medals.

Last week, at the NCAA Division I Women's Swimming and Diving Championship, Caroline Riggs '27 finished 28th in the country in the 1650-yard freestyle. She was the first member of Yale's women's team to compete at the NCAA championships since 2022, when Iszac Henig '23 competed as a woman before transitioning to the men's team.

This week, the men get their shot. Millard will lead the way for the Bulldogs, looking to win gold in the 500-yard and 1650-yard freestyle races. Millard is a first-team all-American in the 1650-yard freestyle and a three-time Ivy League champion in the 500-yard freestyle, winning it this past year in a pool-record time after battling pneumonia and two labrum tears.

Nick Finch '28 also enters as one of the most exciting sprint swimmers at the meet. Finch set Ivy League records in the 50-yard freestyle and 100-yard butterfly at the Ivy League championships, and his butterfly ranked eighth fastest in the nation this year.

Rounding out the squad that'll be heading to Atlanta are the relay swimmers, Charlie Egeland '27, Deniel Nankov '27, Mak Nurkic Kacapor '27 and Jake Wang '28. The Bulldogs will be competing in the 200-, 400- and 800-yard freestyle relays, as well as the 200- and 400-yard medley relays.

"In the last four to five years we have gone from qualifying zero people, to one or two individuals, to now multiple individuals plus relays and scoring within the top 20 in the country," Millard wrote to the News. "I think the next few years will see an even greater number of swimmers and divers qualify and continue this momentum."

Millard was quick to spread the credit beyond just the swimmers competing at the national championships.

"Us seven are the tip of the iceberg that the public sees, but really it is a combined effort that couldn't have been done alone," Millard wrote. "This larger squad is a result of not only those here swimming at the meet doing well, but can be extended to all of our teammates back home who trained, raced, pushed and encouraged us all year."

In Georgia, Millard said the goal is clear for the team: They want to finish better than last year and chase a relay top-16 finish, something that Yale hasn't achieved in decades.

"My first two years at NCAAs were really difficult for me and I think a lot of that comes down to the inability to shift mentally from Ivies to NCAAs," Millard wrote ot the News. "Letting yourself remember that you deserve to be there as much as the next guy, there was no pity invite to the competition, you all earned your way there."

In his final college meet, Millard plans to embrace that high-stakes environment, he said. When asked to describe this year's group, he wrote they're a "loud, energetic and hilarious group of brothers full of love who swim for each other," he wrote.

On Wednesday through Saturday, the Bulldogs will compete in the men's NCAA championships at the McAuley Aquatic Center in Atlanta, Georgia. The meet is hosted by Georgia Tech.

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Bulldogs to race in Florida for first regatta since October

HEAVYWEIGHT CREW

BY AUDREY KIM
STAFF REPORTER

The men's heavyweight crew team will row in the Albert Cup in Sarasota, Florida on Friday and Saturday for the first regatta of the spring season and the Bulldogs' first race since the Head of the Charles in October.

"For the fourth straight year, our first race of the season will be in Sarasota, Florida against the University of Washington, Harvard, Brown, Northeastern, and Stanford," heavyweight head coach Mike Gennaro wrote to the News. "At last year's I.R.A. National Championships, those five crews finished 1st, 2nd, 5th, 8th, and 9th, respectively. The racecourse at Nathan Benderson Park is the best our country has to offer. There is no better way to kick off the spring racing season than to be competing against those teams at that venue."

So far this academic year, the Elis have raced in two other regattas, both of which took place in October.

On Oct. 11, Yale hosted the Head of the Housatonic, where all five varsity boats raced. Brown finished first, with Yale's first boat finishing second, while the second, third, fourth and fifth boats finished fourth, sixth, ninth and 14th, respectively.

At the Head of the Charles on Oct. 19, the Bulldogs entered their first and second boats, which finished 13th and 22nd, respectively, out of the 30 boats in the men's championship eights. The first boat was coxed by Edward Crosthwaite-Eyre '29 and stroked by Ben Mead '28 while the second was coxed by Emerson Harris '26 and stroked by Bailey Foster '29.

Five freshmen competed at the 2025 Head of the Charles, with three first-year oarsmen rowing the second boat, and both a first-year oarsman and coxswain sitting on the first boat.

In Sarasota this weekend, the Bulldogs will have more total first years competing, including on the first boat.

"We have a younger team this year with three freshmen sitting in our 1V crew and nine freshmen in the top three boats traveling to compete this weekend," Gennaro wrote. "With the help of the guidance and leadership of our upperclassmen, the development of our first-year oarsmen has been terrific. The squad has been working hard and we are all eager to line up and race in the coming days."

Following the Albert Cup, Yale will compete in five more regattas during the months of April and May before the Intercollegiate Rowing Association national championships in Sacramento, California.

Yale will return to the water on Friday at Nathan Benderson Park in Sarasota, Florida, for the Albert Cup.



YALE ATHLETICS

The men's heavyweight crew team will open its spring season this weekend at the Albert Cup in Sarasota, Florida.

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STAT OF THE DAY

THE MEN'S SWIM AND DIVE TEAM HAD ITS BEST FINISH AT THE IVY CHAMPIONSHIP SINCE 1972