

THE UNIVERSITY OF IOWA



HAWKEYE ROWING

Rowing Contact: Amber Gartner

March 29, 2004

Schedule

Fall 2003

at Milwaukee Challenge (Milwaukee, WI)	2 Titles
at Head of Des Moines (Des Moines, IA)	4 Titles
at Head of the Rock (Rockford, IL)	0 Titles
at Head of the Charles (Boston, MA)	0 Titles
Head of the Iowa (Iowa City, IA)	1 Title

Spring 2004

3/19-21 4/3	at Longhorn Invitational Minnesota (Iowa City, IA)
4/10	George Washington Invite (Washington D.C.)
4/17	Indiana & Ohio State (Bloomington, IN)
5/1	Big Ten Championships (Iowa City, IA)
5/15-16	Central Regionals (Oak Ridge, TN)
5/28-30	NCAA Championships

Iowa Quickfacts

Head Coach Mandi Kowal
 Assistant Coaches Wendy Wisehart
 Laura Macfarlane
 2003 Big Ten Finish Fourth

Sports Information

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HAWKEYES TO HOST MINNESOTA GOLDEN GOPHERS

THIS WEEK: The University of Iowa rowing team will host the Minnesota Golden Gophers Saturday at Lake McBride. Competition is scheduled to begin at 10 a.m. and is free to the public.

MINNESOTA GOLDEN GOPHERS: The Gophers competed against No. 13 Tennessee last weekend, winning five of six events. The 2V8+, V4+, 2V4+, N8+ and 2N8+ were all victorious over the Lady Vols. The Gophers also kicked off their 2004 spring season with a dual win over Louisville, winning the V8+, 2V8+ and the N8+.

BIG TEN BOAT OF THE WEEK: After finishing the weekend with two wins and only one loss, the University of Iowa Varsity 4+ crew was named Big Ten Boat of the Week. This is the first time the Varsity 4+ has received the honor, and the first boat to be honored during the 2003-04 season. The Friday crew, comprised of **Sheena Williams, Allison Frederick, Sophie Nielsen, Kathleen Lehman** and **Katie Moe**, posted a time of 8:08.2, defeating Texas by over 30 seconds. Sunday's crew consisted of **Lori Rehel, Allison Frederick, Sophie Nielsen, Kathleen Lehman** and **Katie Moe**. They defeated Duke by nearly 20 seconds, posting a time of 7:30.2.

LONGHORN INVITATIONAL: On the first day of competition, the Hawkeyes won one of four events against the Texas Longhorns. The Varsity 4+ did a 8:08.2, beating Texas' time of 8:41.5. On the second day of competition, the Hawkeyes won two races against Kansas State but were swept by Texas and Tulsa. The Varsity 8+ timed a 6:54.6 to beat Kansas State's time of 7:00.9. The Second Varsity 8+ was also victorious over Kansas State, doing a 7:04.1 to defeat Kansas State's time of 7:29.9. On the final day of competition, Iowa won two of four against Duke. The Varsity 4+ rolled over Duke with a time of 7:30.2 to Duke's time of 7:49.9. Also, the Novice 8+ was victorious, timing a 7:13.2 and topping Duke's time of 7:33.1.

HEAD COACH: **Mandi Kowal** is in her tenth year as head coach of the Hawkeyes. Her most recent accomplishments include leading Iowa to the NCAA Championship meet three of the past seven years. Kowal was a two-time rowing World Champion in the Women's Lightweight Four without coxswain in 1986 and 1987. She was named "Female Athlete of the Year" in 1987 by the US Rowing Association and was inducted into the United States Rowing Hall of Fame in 1997.