



IOWA HAWKEYES

WOMEN'S SWIMMING & DIVING

ESTABLISHED 1917

2015-16 SCHEDULE

Date	Opponent	Time
Sept. 25-26	at Illinois Chicago	W, 146-72
Oct. 9	Intrasquad Meet	Black, 94-79
Oct. 15-16	*Michigan State/ Northern Iowa	W, 165-132 W, 204.5-92
Oct. 30	*#17 Minnesota	L, 105-192
Nov. 6	*at Purdue	L, 117-179
Dec. 4-6	Hawkeye Invitational	10 a.m./ 6 p.m./4 p.m.
Dec. 11	at Iowa State	6 p.m.
Dec. 15-20	Winter Nationals	TBA
Jan. 16	*Illinois	11 a.m.
Jan. 23	*at Northwestern	11 a.m.
Jan. 29-30	Shamrock Invitational	TBA
Feb. 5	Western Illinois	6 p.m.
Feb. 17-20	Big Ten Championships	10 a.m./6 p.m.
March 8-10	NCAA Zone Diving	TBA
March 17-20	NCAA Championships	10 a.m./6 p.m.

All times Central and subject to change. | * Big Ten dual

IOWA ATHLETIC COMMUNICATIONS

Assistant Director _____ James Allan
 Email _____ james-allan@uiowa.edu
 Cell Phone _____ (319) 530-5792
 Swimming & Diving Contact _____ Elise Goodvin
 Email _____ elise-goodvin@uiowa.edu
 Cell Phone _____ (319) 330-7922
 Athletic Communications Phone _____ (319) 335-9411
 Athletic Communications Fax _____ (319) 335-9417
 Website _____ hawkeyesports.com

THIS WEEK

The University of Iowa women's swimming and diving team returns to action Saturday, hosting Illinois in a Big Ten Conference dual at 11 a.m. (CT) at the Campus Recreation and Wellness Center Natatorium.

LIVE RESULTS

Up-to-date results will be available on <http://livestats.hawkeyesports.com/>. Fans can also follow the meet via Twitter by following @IowaSwimDive.

IOWA RECEIVING VOTES

The Hawkeyes, who are 4-2 in duals this season, are receiving votes in the latest CSCAA NCAA Division I Swimming & Diving Poll. Six Big Ten Conference teams are currently listed in the top 25.

BYE-BYE BEYER POOL RECORDS

The Hawkeyes swam to seven pool records in its sixth straight Iowa Corn Cy-Hawk Series victory over Iowa State on Dec. 11. The 200-medley relay consisting of Allie Orvis, Emma Sougstad, Kelly McNamara, and Olivia Kabacinski swam to a pool record of 1:40.29, Kabacinski also swam to a record in the 100 free (50.01), Sougstad set three records in the 100 breast (1:00.50), 200 breast (2:12.95), and 200 IM (2:01.39), and Teyesa Lehnertz had a top time in the 200-fly (1:59.22). The final record came in the 400-free relay when Meghan Lavelle, Jennifer Weigand, Carly O'Brien, and Kabacinski touched in 3:22.84.

NCAA "B" QUALIFIERS ARE EVERYWHERE

Iowa has posted 12 NCAA "B" cuts during the first half of the 2015-16 season. Below is a rundown of the Hawkeyes performances:

50 Free: Emma Sougstad (22.63), Olivia Kabacinski (22.70)
 100 Free: Olivia Kabacinski (49.97)
 100 Back: Meghan Lavelle (54.14)
 200 Back Meghan Lavelle (1:58.23)
 100 Breast: Emma Sougstad (1:00.23), Shea Hoyt (1:02.33)
 200 Breast: Emma Sougstad (2:12.95), Colleen Champa (2:15.13)
 200 IM: Emma Sougstad (1:59.05)
 100 Fly: Kelly McNamara (53.90)
 200 Fly: Tereysa Lehnertz (1:59.22)

COLLEGESWIMMING.COM HONORS 2 HAWKEYES

Junior Emma Sougstad and senior Olivia Kabacinski were honored as TeamUnify/CollegeSwimming.com Swimmers of the Week on Dec. 15. Sougstad was named the Division I Women's Swimmer of the Week after finishing first in four events in the Iowa Corn Cy-Hawk Series victory at Iowa State. Kabacinski was tabbed as CollegeSwimming.com's Big Ten Swimmer of the Week after helping two relays to victories against the Cyclones and finishing first in two individual events.

BIG SWEEP

The Hawkeyes swept the Big Ten Conference weekly honors Dec. 16 following its 198-101 Iowa Corn Cy-Hawk Series victory at Iowa State. Junior Emma Sougstad was the Swimmer of the Week after swimming to four first place finishes and setting four pool records, sophomore Morgan Rafferty was the Diver of the Week after tallying a pair of top two finishes and posting two NCAA Zone Diving scores, and Abbey Schneider was the Freshman of the Week after winning the 500 and 1,000 freestyle events.

THE BEST OF THE SEASON

Tereysa Lehnertz swam to a season-best time in the 200 fly in 1:59.22 against Iowa State. Freshman Abbey Schneider also posted season-bests in the 1,000 free (10:03.34) and 500-free (4:53.32). Morgan Rafferty



dove to a season-best score off the 3-meter (309.00) and 1-meter (292.02).

SOUGSTAD SWIMS TO 3 SCHOOL RECORDS

Junior Emma Sougstad swam to three school records during the 2015 Hawkeye Invitational. The Forest City, Iowa, native was a member of the record-setting 400-free and 400-medley relays. Sougstad teamed with Olivia Kabacinski, Nikol Lagodzinska, and Carly O'Brien to set the 400-free relay record with a time of 3:20.58. In the medley, Sougstad swam the breaststroke leg, while teaming with Meghan Lavelle, Kelly McNamara, and Kabacinski. The quartet finished with a time of 3:38.62. Individually, Sougstad swam to the school's top time in the 50-freestyle, leading off the 200-free relay with a time of 22.63 seconds.

FLYING INTO THE SCHOOL RECORD

Freshman Kelly McNamara has burst on to the scene in the butterfly events for the Hawkeyes. The Villa Park, Illinois, native has held the top time in the 100-fly all season. At the Hawkeye Invitational, McNamara shattered the 100-fly school record, finishing with a time of 53.90.

HOW FAR CAN SHE GO?

Freshman Abbey Schneider is off to a strong start in her first season as a Hawkeye. The Indiana native has shaved off time in every meet this year in the 500 free, and holds season-best times in the 1,000 and 1,650. She broke five minutes and swam a time of 4:59.50 in the

500 free against Purdue on Nov. 6, and posted a time of 10:18.12 in the 1,000.

OFF TO A FAST START

Senior Olivia Kabacinski has sprinted her way to the team's top times in the 100 (50.15) and 200 free (1:48.14) this season. Kabacinski had a field day in the Dec. 6 Hawkeye Invitational, swimming to five first place finishes -- four relays and one individual events. She also swam to a pair of runner-up finishes.

RETURNING NCAA QUALIFIER

Junior Emma Sougstad returns as the leader of the program after qualifying for the NCAA Championships in three events as a sophomore. The Forest City, Iowa, native holds school records in the 100 breast (59.96), 200 breast (2:11.20), 200 IM (1:58.74), 200-free relay (1:30.96), 200-medley relay (1:39.18), and 400-medley relay (3:38.68).

PERFORMING ON THE PLATFORM

Senior Calli Head posted a runner-up finish on the platform at the 2015 Hawkeye Invitational, diving to an NCAA Zone Diving standard of 270.00. Junior Lydia Lehnert also posted a NCAA Zone diving score of 256.90 during the meet. It was Iowa's first platform competition of the 2015-16 season.

IOWA ADDS 7 FOR 2016-17

UI head coach Marc Long signed seven high school preps to National Letters of Intent. The class consists of Amelia Armstrong-Grant (Ypsilanti, Michigan), Hannah Burvill

(Pyrford, Great Britain), Olivia Dopkiss (Rockford, Mich.), Allyssa Fluit (Pleasant Hill, Iowa), Meghan Hackett (Cedar Falls, Iowa), Amy Lenderink (Parker, Colo.), and Samantha Sauer (St. Charles, Ill.).

CAMPUS RECREATION AND WELLNESS CENTER

Ground was broken for the Campus Recreation and Wellness Center in October 2007. The facility opened in August 2010 and is home for the Hawkeyes. It is located at the corner of Burlington and Madison streets and cost approximately \$69 million. The facility includes a 50-meter competition pool, a separate diving well, a leisure pool with lap lanes and 24,000 square feet of fitness space.

IOWA SWIMMING AND DIVING TRADITION

Iowa was one of the first schools in the nation to compete on a collegiate level and competed at the first NCAA Championship. From 1937 to 1960, Iowa placed in the NCAA top 10 18 times, crowning nine NCAA and 22 Big Ten champions.

ON THE HORIZON

The Hawkeyes return to action Jan. 23, traveling to Evanston, Illinois, for dual at Northwestern.

2015-16 SEASON-BEST TIMES

50 Free	Emma Sougstad	22.63 (B) (SR)
100 Free	Olivia Kabacinski	50.01
200 Free	Olivia Kabacinski	1:48.14
500 Free	Abbey Schneider	4:53.32
1,000 Free	Abbey Schneider	10:03.34
1,650 Free	Abbey Schneider	16:48.14
100 Back	Meghan Lavelle	54.31 (B)
200 Back	Meghan Lavelle	1:58.23 (B)
100 Breast	Emma Sougstad	1:00.23 (B)
200 Breast	Emma Sougstad	2:12.95 (B)
100 Fly	Kelly McNamara	53.90 (B)
200 Fly	Tereysa Lehnertz	1:59.22 (B)
200 IM	Emma Sougstad	1:59.05 (B)
400 IM	Devin Jacobs	4:21.19
200-Free Relay	Sougstad, Kabacinski, Scheitlin, McNamara	1:31.52
400-Free Relay	Kabacinski, Sougstad, Lagodzinska, O'Brien	3:20.58 (SR)
800-Free Relay	Wanasek, Kabacinski, Weigand, Lagodzinska	7:21.41
200-Medley Relay	Orvis, Sougstad, McNamara, Kabacinski	1:39.47
400-Medley Relay	Lavelle, Sougstad, McNamara, Kabacinski	3:38.62
1-Meter Diving	Morgan Rafferty	296.02
3-Meter Diving	Morgan Rafferty	309.98
Platform Diving	Calli Head	270.15

(A) - NCAA A Cut (B) - NCAA B Cut (SR) -- school record ** Pool Record (ZS) - NCAA Diving Zone Standard



Meet	50 Free	100 Free	200 Free	500 Free	1,000/1,650 Free
at UIC	Tereysa Lehnertz (24.31)	Taylor Flummerfelt (52.77)	Serena Wanasek (1:55.64)	Abbey Schneider (5:08.33)	--
Intrasquad	Taylor Flummerfelt (24.03)	Olivia Kabacinski (51.01)	Nikol Lagodzinska (1:53.39)	Abbey Schneider (5:05.58)	--
Mich. St./UNI	Emma Sougstad (23.34)	Olivia Kabacinski (50.98)	Olivia Kabacinski (1:51.69)	Abbey Schneider (5:01.71)	Abbey Schneider (10:17.48)
Minnesota	Taylor Flummerfelt (23.87)	Olivia Kabacinski (51.21)	Olivia Kabacinski (1:51.23)	Abbey Schneider (5:00.27)	Abbey Schneider (17:02.24)
at Purdue	Olivia Kabacinski (23.79)	Olivia Kabacinski (52.41)	Olivia Kabacinski (1:52.47)	Abbey Schneider (4:59.50)	Abbey Schneider (10:18.12)
Hawkeye Invite	Emma Sougstad (22.63) (SR) (B)	Olivia Kabacinski (50.15)	Olivia Kabacinski (1:48.14)	Abbey Schneider (4:54.26)	Abbey Schneider (16:48.14)
at Iowa State	Mekenna Scheilin (23.30)	Olivia Kabacinski (50.01)	Olivia Kabacinski (1:48.92)	Abbey Schneider (4:53.32)	Abbey Schneider (10:03.34)
Illinois					
at N'western					
Shamrock Invite					
W. Illinois					
B1G Champ.					
NCAA Champ.					

Meet	100 Back	200 Back	100 Breast	200 Breast
at UIC	Katie Wells (58.70)	Katie Wells (2:05.05)	--	--
Intrasquad	Meghan Lavelle (57.51)	Emma Sougstad (2:03.11)	--	--
Mich. St./UNI	Rowan Hauber (56.59)	Meghan Lavelle (2:04.11)	Shea Hoyt (1:05.95)	Shea Hoyt (2:22.25)
Minnesota	Rowan Hauber (56.31)	Rowan Hauber (2:04.27)	Emma Sougstad (1:02.56)	Emma Sougstad (2:18.28)
at Purdue	Rowan Hauber (57.34)	Meghan Lavelle (2:05.46)	Emma Sougstad (1:02.23) (B)	Emma Sougstad (2:16.43)
Hawkeye Invite	Meghan Lavelle (54.31) (B)	Meghan Lavelle (1:59.04) (B)	Emma Sougstad (1:00.23) (B)	Emma Sougstad (2:13.26) (B)
at Iowa State	Meghan Lavelle (54.49)	Meghan Lavelle (1:58.23) (B)	Emma Sougstad (1:00.50) (B)	Emma Sougstad (2:12.95) (B)
Illinois				
at N'western				
Shamrock Invite				
W. Illinois				
B1G Champ.				
NCAA Champ.				

Meet	100 Fly	200 Fly	200 IM	400 IM
at UIC	Kelly McNamara (57.34)	--	--	--
Intrasquad	Kelly McNamara (55.93)	--	--	--
Mich. St./UNI	Kelly McNamara (56.24)	Tereysa Lehnertz (2:03.14)	Emma Sougstad (2:06.66)	--
Minnesota	Kelly McNamara (54.88)	Tereysa Lehnertz (2:03.60)	Emma Sougstad (2:06.69)	--
at Purdue	Kelly McNamara (54.89)	Tereysa Lehnertz (2:05.55)	--	--
Hawkeye Invite	Kelly McNamara (53.90) (B)	Tereysa Lehnertz (1:59.43) (B)	Emma Sougstad (1:59.05) (B)	Devin Jacobs (4:21.19)
at Iowa State	Kelly McNamara (54.11)	Tereysa Lehnertz (1:59.22)	Emma Sougstad (2:01.39)	--
Illinois				
at N'western				
Shamrock Invite				
W. Illinois				
B1G Champ.				
NCAA Champ.				

Meet	200 Free Relay	400 Free Relay	800 Free Relay
at UIC	O'Brien, Lehnertz, Leehy, Wanasek (1:38.05)	--	--
Intrasquad	Scheitlin, O'Brien, Kabacinski, Sougstad (1:34.80)	--	--
Mich. St./UNI	McNamara, Sougstad, Kabacinski, Wells (1:34.41)	Kabacinski, Flummerfelt, Lagodzinska, Leehy (3:27.71)	Kabacinski, Wanasek, Lagodzinska, Weigand (7:36.16)
Minnesota	--	Kabacinski, McNamara, Flummerfelt, Lagodzinska (3:26.84)	--
at Purdue	--	Flummerfelt, Lagodzinska, McNamara, Lavelle (3:30.52)	--
Hawkeye Invite	Sougstad, Kabacinski, Scheitlin, McNamara (1:31.52)	Kabacinski, Sougstad, Lagodzinska, O'Brien (3:20.58) (SR)	Wanasek, Kabacinski, Weigand, Lagodzinska (7:21.41)
at Iowa State	--	Lavelle, Weigand, O'Brien, Kabacinski (3:22.84)	--
Illinois			
at N'western			
Shamrock Invite			
W. Illinois			
B1G Champ.			
NCAA Champ.			

Meet	200 Medley Relay	400 Medley Relay
at UIC	Orvis, Wells, McNamara, Kabacinski (1:45.23)	--
Intrasquad	Orvis, Sougstad, O'Brien, Kabacinski (1:43.50)	--
Mich. St./UNI	Orvis, Sougstad, McNamara, Kabacinski (1:43.44)	--
Minnesota	--	Hauber, Sougstad, McNamara, Kabacinski (3:44.31)
at Purdue	Orvis, Sougstad, McNamara, Kabacinski (1:42.52)	--
Hawkeye Invite	Orvis, Sougstad, McNamara, Kabacinski (1:39.47)	Lavelle, Sougstad, McNamara, Kabacinski (3:38.62)
at Iowa State	Orvis, Sougstad, McNamara, Kabacinski (1:40.29)	--
Illinois		
at N'western		
Shamrock Invite		
W. Illinois		
B1G Champ.		
NCAA Champ.		

Meet	1-Meter	3-Meter	Platform
at UIC	--	--	--
Intrasquad	--	--	--
Mich. St./UNI	Morgan Rafferty (231.65)	Morgan Rafferty (249.00)	--
Minnesota	Morgan Rafferty (276.30)	Morgan Rafferty (286.58)	--
at Purdue	Morgan Rafferty (262.73)	Morgan Rafferty (289.20)	--
Hawkeye Invite	Morgan Rafferty (267.95)	Lydia Lehnert (296.00)	Calli Head (270.15)
at Iowa State	Morgan Rafferty (296.02)	Morgan Rafferty (309.98)	--
Illinois			
at N'western			
Shamrock Invite			
W. Illinois			
B1G Champ.			
NCAA Champ.			

Athlete	50 Free	100 Free	200 Free	500 Free	1,000 Free	1,650 Free	100 Back	200 Back
Izzie Bindseil		55.15	1:53.36	4:57.51	10:30.82	17:21.80		
Maddie Bro								
Summer Campbell		52.90	2:00.66	5:20.09				
Colleen Champa								
Olivia Cook	24.28		2:02.02	5:03.11	10:20.62			
Taylor Flummerfelt	23.63	51.80	1:54.87					
Rowan Hauber	24.17	55.76					55.63	2:04.27
Ashley Horodyski							56.53	2:05.56
Shea Hoyt	24.37							
Devin Jacobs				5:10.19				
Jo Jekel	24.95	51.99	1:59.74				57.00	
Olivia Kabacinski	22.84	50.01	1:48.14					
Nikol Lagodzinska	23.66	50.60	1:51.81	5:15.90			56.44	
Meghan Lavelle	23.20	54.51					54.31	1:58.23
Lauren Leehy	23.97	52.06	1:57.49					
Tereysa Lehnertz	23.40						59.02	
Natalie McGovern							56.71	2:03.81
Kelly McNamara	23.49							
Carly O'Brien	23.58	50.96						
Allie Orvis	25.01						55.32	2:00.48
Mekenna Scheitlin	23.30	51.61						
Abbey Schneider				4:53.32	10:03.34	16:48.14		
Emma Sougstad	22.63							
Serena Wanasek	24.31	51.30	1:50.78	4:59.95				
Jennifer Wiegand		51.10	1:54.67					
Katie Wells	24.47	53.70					58.70	

Athlete	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
Izzie Bindseil						4:30.02
Maddie Bro						
Summer Campbell			56.88	2:12.41		
Colleen Champa	1:03.25	2:15.13			2:03.20	4:24.77
Olivia Cook			56.66	2:06.56		
Taylor Flummerfelt						
Rowan Hauber					2:12.18	
Ashley Horodyski			55.77			
Shea Hoyt	1:02.35	2:16.75			2:06.05	
Devin Jacobs	1:06.66	2:19.38		2:04.65	2:05.01	4:21.39
Jo Jekel			55.90			
Olivia Kabacinski	1:03.06					
Nikol Lagodzinska						
Meghan Lavelle					2:04.00	
Lauren Leehy						
Tereysa Lehnertz			54.91	1:59.22	2:08.10	
Natalie McGovern						
Kelly McNamara			53.90	2:06.34		
Carly O'Brien			55.57		2:04.68	
Allie Orvis			55.63		2:05.13	
Mekenna Scheitlin			54.84		2:05.88	
Abbey Schneider	1:06.71					4:23.53
Emma Sougstad	1:00.23	2:12.95			1:59.05	
Serena Wanasek						
Jennifer Wiegand						
Katie Wells	1:05.05				2:07.94	

Athlete	1-Meter	3-Meter	Platform
Calli Head	245.99	251.33	270.15
Lydia Lehnert	255.23	296.00	256.90
Morgan Rafferty	296.02	309.98	
Jacintha Thomas	266.00	244.10	
Samantha Wagner	234.75		

INDIVIDUAL WINS

Name	Event	Meet
Taylor Flummerfelt	100 free	at UIC, 9/26/15
Shea Hoyt	100 breast	Mich. St/UNI, 10/16/15
Olivia Kabacinski	200 free	Mich. St/UNI, 10/16/15
Olivia Kabacinski	100 free	Mich. St/UNI, 10/16/15
Olivia Kabacinski	200 free	Hawkeye Invitational, 12/6/15
Olivia Kabacinski	200 free	at Iowa State 12/11/15
Olivia Kabacinski	100 free	at Iowa State 12/11/15
Meghan Lavelle	200 back	Mich. St/UNI, 10/16/15
Meghan Lavelle	100 back	Hawkeye Invitational, 12/6/15
Meghan Lavelle	100 back	at Iowa State 12/11/15
Meghan Lavelle	200 back	at Iowa State 12/11/15
Tereysa Lehnertz	50 free	at UIC, 9/26/15
Tereysa Lehnertz	200 fly	Mich. St/UNI, 10/16/15
Tereysa Lehnertz	200 fly	Hawkeye Invitational, 12/6/15
Tereysa Lehnertz	200 fly	at Iowa State 12/11/15
Kelly McNamara	100 fly	at UIC, 9/26/15
Kelly McNamara	100 fly	Mich. St/UNI, 10/16/15
Kelly McNamara	100 fly	at Purdue 11/06/15
Kelly McNamara	100 fly	at Iowa State 12/11/15
Mekenna Scheitlin	50 free	at Iowa State 12/11/15
Abbey Schneider	500 free	Mich. St/UNI, 10/16/15
Abbey Schneider	1000 free	Mich. St/UNI, 10/16/15
Abbey Schneider	1000 free	at Iowa State 12/11/15
Abbey Schneider	500 free	at Iowa State 12/11/15

Emma Sougstad	50 free	Mich. St/UNI, 10/16/15
Emma Sougstad	200 IM	Mich. St/UNI, 10/16/15
Emma Sougstad	200 breast	at Purdue 11/06/15
Emma Sougstad	200 IM	Hawkeye Invitational, 12/6/15
Emma Sougstad	100 breast	Hawkeye Invitational, 12/6/15
Emma Sougstad	200 breast	at Iowa State 12/11/15
Emma Sougstad	200 IM	at Iowa State 12/11/15
Emma Sougstad	100 breast	at Iowa State 12/11/15
Katie Wells	100 back	at UIC, 9/26/15
Katie Wells	100 breast	at UIC, 9/26/15

RELAY WINS**Names**

Orvis, Wells, McNamara, Kabacinski
 McNamara, Sougstad, Kabacinski, Wells
 Kabacinski, Wanasek, Lagodzinska, Weigand
 Kabacinski, Flummerfelt, Lagodzinska, Leehy
 Orvis, Sougstad, McNamara, Kabacinski
 Hauber, Sougstad, McNamara, Kabacinski
 Orvis, Sougstad, McNamara, Kabacinski
 Sougstad, Kabacinski, Scheitlin, McNamara
 Lavelle, Sougstad, McNamara, Kabacinski
 Orvis, Sougstad, McNamara, Kabacinski
 Kabacinski, Sougstad, Lagodzinska, O'Brien
 Orvis, Sougstad, McNamara, Kabacinski
 Lavelle, Weigand, O'Brien, Kabacinski

Event

200-medley relay
 200-free relay
 800-free relay
 400-free relay
 200-medley relay
 400-medley relay
 200-medley relay
 200-free relay
 400-medley relay
 200-medley relay
 400-free relay
 200-medley relay
 400-free relay

Meet

at UIC, 9/26/15
 Mich. St/UNI, 10/15/15
 Mich. St/UNI, 10/15/15
 Mich. St/UNI, 10/16/15
 Mich. St/UNI, 10/16/15
 Minnesota, 10/30/15
 at Purdue 11/06/15
 Hawkeye Invitational, 12/6/15
 Hawkeye Invitational, 12/6/15
 Hawkeye Invitational, 12/6/15
 Hawkeye Invitational, 12/6/15
 at Iowa State 12/11/15
 at Iowa State 12/11/15