



IOWA HAWKEYES

MEN'S SWIMMING & DIVING

ESTABLISHED 1917

2015-16 SCHEDULE

Date	Opponent	Time
Sept. 25-26	at Illinois Chicago	W, 155-77
Oct. 9	Intrasquad Meet	Black, 94-79
Oct. 15-16	*Michigan State	W, 188-91
Oct. 30	*#20 Minnesota	L, 130.5-169.5
Nov. 6	*at Purdue	L, 112-188
Dec. 4-6	Hawkeye Invitational	10 a.m./ 6 p.m./4 p.m.
Dec. 15-10	Winter Nationals	TBA
Jan. 23	*at Northwestern	W, 174.5-125.5
Jan. 29-30	Shamrock Invitational	4 p.m./All Day
Feb. 5	Western Illinois	6 p.m.
Feb. 24-27	Big Ten Championships	10 a.m./6 p.m.
March 8-10	NCAA Zone Diving	TBA
March 24-27	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 men's swimming and diving team travels to South Bend, Indiana, on Friday and Saturday for the Shamrock Invitational. Action starts at 4 p.m. (CT) Friday.

LIVE RESULTS

Up-to-date results will be available on <http://www.und.com/livestats/m-swim/012916/index.htm>. Fans can also follow the meet via Twitter by following @IowaSwimDive.

RACKING IN THE NCAA "B" QUALIFYING TIMES

Iowa has posted 13 NCAA "B" cuts during the first half of the 2015-16 season. Below is a rundown of the Hawkeyes' performances:

- 50 Free: Jack Smith (20.14), Jackson Allen (20.14)
- 100 Free: Jack Smith (44.26)
- 200 Free: Jack Smith (1:37.80)
- 100 Back: Kenneth Mende (47.83)
- 200 Back: Kenneth Mende (1:45.27), Andrew Parker (1:46.15)
- 100 Breast: Roman Trussov (53.32), Mike Nelson (54.78)
- 200 Breast: Roman Trussov (1:56.18)
- 100 Fly: Jerzy Trussov (46.97), Jackson Allen (47.78)
- 200 Fly: Jerzy Twarowski (1:45.41)

BACKING INTO FIRST

Redshirt freshman Kenneth Mende showed his best against Big Ten foe Purdue. The Germany native swam to two wins and a runner-up finish. Mende had a first-place showing in the 100 back (49.03) and 200 back (1:49.11). He also led off the runner-up 200-medley relay, where he had a split of 22.92-- the fastest of the meet. Mende's season-best time of 48.84 in the 100 back is the eighth-fastest in program history.

BRENNER BIG FRESHMAN OF THE WEEK

Freshman Will Brenner was named the Big Ten Freshman of the Week on Dec. 9 after breaking the school record on the 1-meter springboard at the Hawkeye Invitational. This record had stood since 2004 (Timo Klami); Brenner broke it by nearly seven points.

SMITH THE SPURTER

Freshman Jack Smith has adjusted nicely in his first season as a collegian. The England native is leading the Hawkeyes in the 50 free (20.14), 100 free (44.26), and 200 free (1:37.80). He has NCAA "B" qualifying times in all three events. Smith is also has a team-best time, swimming in all five relays.

DIVING TO NCAA ZONE STANDARDS

Four Hawkeye divers have posted NCAA Zone diving standards this season. Will Brenner (365.00), Brandis Heffner (341.55), Addison Boschult (334.43), and Andrew Hull (332.25) have posted qualifying scores off the 1-meter, while Heffner (366.90), Hull (346.25), and Boschult (347.40) have qualifying scores on the 3-meter. Boschult (354.30) and Hull (339.25) have zone standards off the platform.

FIRST-PLACE FLYER

Sophomore Jerzy Twarowski flew fast in Iowa's Nov. 6 meet against Purdue. The Krakow, Poland, native swam to two first place finishes, touching first in the 100 fly in 48.50 seconds and 200 fly in 1:49.28. Twarowski has an NCAA "B" qualifying time in the 100 fly, posting a time of 48.04 in the dual meet against Minnesota.



COLIN GOES THE DISTANCE

Freshman Ben Colin has helped lead the Hawkeyes in distance freestyle events this season. The Dubuque, Iowa, native swam a season-best time in the 1,000 free against Purdue on Nov. 6, touching at a time of 9:36.75, and touched in 4:35.06 in the 500, also a season best.

BOUNDING BREASTROKER

Senior Roman Trussov has led the way for the Hawkeyes in breaststroke competition this season. The Kazakhstan native swam to three top-three finishes against Purdue on Nov. 6. He had a season-best time of 55.49 in the 100 breast.

RETURNING NCAA QUALIFIERS

The Hawkeyes return Roman Trussov Mike Nelson, Jerzy Twarowski, and Addison Boschult from the NCAA Championships this season. Trussov placed 18th in the 200-medley relay (1:26.19), 19th in the 400-medley relay (3:10.03), 24th in the 100 breast (53.17), and 28th in the 200 breast (1:55.04). Nelson served as an alternate in the 100 and 200 breaststroke, Twarowski finished 18th in the 200-medley relay (1:26.19) and 19th in the 400-medley relay (3:10.03), and Boschult placed 10th at the NCAA Championships with a score of 386.50 and was second overall off the platform at NCAA Zone D Diving Championships (387.70).

HAWKEYES ADD 8 TO 2016-17 ROSTER

Iowa signed seven high school preps to National Letters of Intent to join the program in 2016-17. The class consists of Alex Baldisseri (Merano, Italy), John Colin (Dubuque, Iowa), Weston Credit (La Grange, Ill.), Steve Fiolic (Urbandale, Iowa), Joe Myhre (St. Charles, Ill.), Will Scott (Iowa City, Iowa), Alex Streightiff (Lake Bluff, Ill.), and Forrest White (Danville, Calif.).

TRUSSOV: 2-TIME NCAA QUALIFIER

Senior Roman Trussov returns for his senior season as a two-time NCAA qualifier (2013, 2015). The Kazakhstan native holds the school records in the 100 breast (52.85), 200 breast (1:54.57) and as part of the 200 (1:25.53) and 400 (3:08.56) medley relays. Trussov placed 24th overall in the 100 breast and 28th in the 200 breast at the 2015 NCAA Championships.

TOP FLYER RETURNS

Sophomore Jerzy Twarowski is back for his second season as a Hawkeye and his second season competing in the yards distances. Twarowski became the first Iowa butterfly swimmer to break the 47-second mark during his first collegiate season, posting a school-record time of 46.70. He also broke a 22-year old school record (Rafal Szukala) in the 200 fly, finishing with a time of 1:44.00.

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 will host Western Illinois in their final home dual of the season on Feb. 5 at the CRWC Natatorium. Action is set to begin at 6 p.m. (CT).

2015-16 SEASON-BEST TIMES

50 Free	Jackson Allen/Jack Smith	20.14 (B)
100 Free	Jack Smith	44.26 (B)
200 Free	Jack Smith	1:37.80 (B)
500 Free	Logan Samuelson	4:31.28
1,000 Free	Chris Dawson	9:36.75
1,650 Free	Chris Dawson	15:49.22
100 Back	Kenneth Mende	47.83 (B)
200 Back	Kenneth Mende	1:45.33 (B)
100 Breast	Roman Trussov	53.32(B)
200 Breast	Roman Trussov	1:56.18 (B)
100 Fly	Jerzy Twarowski	46.97 (B)
200 Fly	Jerzy Twarowski	1:45.41 (B)
200 IM	Roman Trussov	1:49.18
400 IM	Chris Dawson	3:57.84
200-Free Relay	J. Allen, Halsmer, Smith, Farnum	1:19.58
400-Free Relay	J. Allen, Smith, Halsmer, Erstsson	2:56.37
800-Free Relay	Smith, Ernstsson, Gannon, J. Allen	6:39.96
200-Medley Relay	Mende, Trussov, Twarowski, Smith	1:26.48
400-Medley Relay	Mende, Trussov, Twarowski, Smith	3:10.83
1-Meter Diving	William Brenner	365.00 (SR) (ZS)
3-Meter Diving	Brandis Heffner	366.90 (ZS)
Platform Diving	Addison Boschult	354.30 (ZS)

(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	Jack Smith (21.31)	Brandon Farnum (46.7)	Jackson Halsmer (1:42.60)	Logan Samuelson (4:43.29)	--
Intrasquad	Jack Smith (20.79)	Jack Smith (45.34)	--	Chris Dawson (4:37.71)	--
Mich. St.	Jackson Allen (20.32)	Jack Smith (45.74)	Andrew Parker (1:51.2)	Chris Dawson (4:38.72)	Chris Dawson (9:36.75)
Minnesota	Jackson Allen (20.51)	Jack Smith (45.29)	Jack Smith (1:40.72)	Ben Colin (4:37.28)	Drew Eisen (16:05.22)
at Purdue	Jackson Allen (20.75)	Jackson Halsmer (45.76)	David Ernstsson (1:41.31)	Ben Colin (4:35.06)	Ben Colin (9:36.25)
Hawkeye Invite	Jackson Allen/Jack Smith (20.14)	Jack Smith (44.26)	Jack Smith (1:37.80)	Logan Samuelson (4:31.28)	Chris Dawson (15:49.22)
at N'western	Jack Smith (20.66)	Jack Smith (45.18)	Kyle Gannon (1:41.13)	Chris Dawson (4:39.05)	Chris Dawson (9:36.46)
Shamrock Invite					
W. Illinois					
B1G Champ.					
NCAA Champ.					

Meet	100 Back	200 Back	100 Breast	200 Breast
at UIC	Matthew Boyd (51.90)	--	Mike Nelson (58.48)	--
Intrasquad	Kenneth Mende (49.28)	--	Mike Nelson (58.37)	--
Mich. St.	Andrew Parker (51.07)	Andrew Parker (1:51.25)	Roman Trussov (56.30)	Quinn Risley (2:15.27)
Minnesota	Kenneth Mende (48.80)	Kenneth Mende (1:49.37)	Roman Trussov (55.98)	Roman Trussov (2:00.85)
at Purdue	Kenneth Mende (49.03)	Kenneth Mende (1:49.11)	Roman Trussov (55.49)	Roman Trussov (2:01.25)
Hawkeye Invite	Kenneth Mende (47.83)	Kenneth Mende (1:45.33)	Roman Trussov (53.32)	Roman Trussov (1:56.18)
at N'western	Kenneth Mende (48.89)	Kenneth Mende (1:48.47)	Roman Trussov (55.69)	Roman Trussov (2:02.65)
Shamrock Invite				
W. Illinois				
B1G Champ.				
NCAA Champ.				

Meet	100 Fly	200 Fly	200 IM	400 IM
at UIC	Jackson Allen (50.30)	--	--	--
Intrasquad	Jerzy Twarowski (48.75)	--	--	--
Mich. St.	Jackson Allen (49.02)	Jerzy Twarowski (1:51.25)	Roman Trussov (1:54.59)	--
Minnesota	Jerzy Twarowski (48.04) (B)	Jerzy Twarowski (1:48.28)	Roman Trussov (1:53.15)	--
at Purdue	Jerzy Twarowski (49.50)	Jerzy Twarowski (1:49.38)	Roman Trussov (1:53.68)	--
Hawkeye Invite	Jerzy Twarowski (46.97)	Jerzy Twarowski (1:45.41)	Roman Trussov (1:49.18)	Chris Dawson (3:57.84)
at N'western	Jerzy Twarowski (49.05)	Jerzy Twarowski (1:49.05)	Kenneth Mende (1:53.39)	--
Shamrock Invite				
W. Illinois				
B1G Champ.				
NCAA Champ.				

Meet	200 Free Relay	400 Free Relay	800 Free Relay
at UIC	Halsmer, Rathbun, Dawson, Gannon (1:25.97)	--	--
Intrasquad	Casey, Farnum, Ernstsson, J. Allen (1:22.48)	--	--
Mich. St.	Halsmer, J. Allen, Kamin, Farnum (1:21.68)	Smith, Halsmer, Ernstsson, J. Allen (3:01.29)	Kamin, Gannon, Ernstsson, Smith (6:48.26)
Minnesota	--	Kamin, Ernstsson, Halsmer, Smith (2:59.40)	--
at Purdue	--	Smith, Ernstsson, Kamin, Halsmer (3:02.14)	--
Hawkeye Invite	Allen, Halsmer, Smith, Farnum (1:19.58)	J. Allen, Smith, Halsmer, Ernstsson (2:56.37)	Smith, Ernstsson, Gannon, J. Allen (6:39.96)
at N'western	--	Trussov, Kamin, Halsmer, Smith (3:01.88)	--
Shamrock Invite			
W. Illinois			
B1G Champ.			
NCAA Champ.			

Meet	200 Medley Relay	400 Medley Relay
at UIC	C. Allen, Nichols, J. Allen, Kamin (1:33.91)	--
Intrasquad	Mende, Nelson, Twarowski, Halsmer (1:31.05)	--
Mich. St.	Ernstsson, Trussov, J. Allen, Halsmer (1:30.77)	--
Minnesota	--	Mende, Trussov, Twarowski, Smith (3:15.96)
at Purdue	Mende, Trussov, Twarowski, Allen (1:30.07)	--
Hawkeye Invite	Mende, Trussov, Twarowski, Smith (1:26.48)	Mende, Trussov, Twarowski, Smith (3:10.83)
at N'western	Mende, Trussov, Twarowski, Smith (1:2.65)	--
Shamrock Invite		
W. Illinois		
B1G Champ.		
NCAA Champ.		

Meet	1-Meter	3-Meter	Platform
at UIC	--	--	--
Intrasquad	--	--	--
Mich. St.	William Brenner (306.15)	Andrew Hull (331.55)	--
Minnesota	Addison Boschult (327.38)	Andrew Hull (340.80)	--
at Purdue	William Brenner (331.20)	Brandis Heffner (341.55)	--
Hawkeye Invite	William Brenner (365.00)	Brandis Heffner (366.90)	Addison Boschult (354.30)
Winter Nationals			
at N'western	William Brenner (356.33)	Addison Boschult (341.78)	--
Shamrock Invite			
W. Illinois			
B1G Champ.			
NCAA Zone Diving			
NCAA Champ.			

Athlete	50 Free	100 Free	200 Free	500 Free	1,000 Free	1,650 Free	100 Back	200 Back
Colter Allen							50.53	
Jackson Allen	20.14	44.96	1:44.95					
Matthew Boyd							50.41	1:54.93
Ike Casey	21.30	47.42						
Ben Colin			1:41.43	4:32.36	9:36.25	16:16.39		
Chris Dawson			1:42.35	4:31.39	9:36.75	15:49.22		
Drew Eisen		47.53	1:47.65	4:38.98	9:45.33	16:05.22		
David Ernstsson	20.84	44.82	1:38.33				49.49	
Brandon Farnum	20.47	45.33					53.45	
Kyle Gannon	21.06	45.85	1:38.35	4:32.94				
Jackson Halsmer	20.21	44.84	1:42.42					
RJ Hemmingsen	20.69						50.71	
Garrett Hoce			1:46.77					
Charles Holliday	20.62	45.61						
Maverick Hovey	21.12						51.97	
Matthew Kamin	20.77	45.36	1:40.81					
Kenneth Mende							47.83	1:45.21
Mike Nelson	22.20							
Tanner Nelson	23.03							
Tyler Nichols	20.86							
Andrew Parker			1:50.84				49.47	1:46.15
Kyle Patnode	21.08						49.88	1:49.63
Thomas Rathbun			1:41.34	4:34.26			51.68	1:49.12
Quinn Risley	21.10							
Logan Samuelson			1:41.50	4:31.28	9:38.81	15:58.49		
Sam Sauerbrei								
Jack Smith	20.14	44.26	1:37.80				54.35	
Luke Snow	20.85	45.77	1:40.47					
Roman Trussov	21.28							
Jerzy Twarowski	20.80	45.79		4:49.65				

Athlete	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
Colter Allen			49.23	1:51.76	1:53.17	
Jackson Allen			47.78			
Matthew Boyd	1:02.15				1:52.80	
Ike Casey						
Ben Colin						
Chris Dawson						3:57.84
Drew Eisen						4:07.39
David Ernstsson						
Brandon Farnum			51.28			
Kyle Gannon						
Jackson Halsmer	1:00.79					
RJ Hemmingsen			48.97	1:51.85		
Garrett Hoce				1:56.56	1:53.87	4:03.79
Charles Holliday			52.50			
Maverick Hovey			49.61	1:52.98		
Matthew Kamin	1:02.46					
Kenneth Mende					1:49.81	4:05.32
Mike Nelson	54.78	2:01.28			1:57.88	
Tanner Nelson	56.84	2:07.12			1:58.89	
Tyler Nichols	55.87	2:02.99	49.23	1:55.05		
Andrew Parker					1:54.77	
Kyle Patnode			48.76			
Thomas Rathbun						
Quinn Risley	58.04	2:09.39			1:56.78	
Logan Samuelson						
Sam Sauerbrei			1:53.24		1:55.67	
Jack Smith			55.70			
Luke Snow						
Roman Trussov	53.32	1:56.18			1:49.18	
Jerzy Twarowski			46.97	1:45.41		

Athlete	1-Meter	3-Meter	Platform
Addison Boschult	327.38	347.40	354.30
William Brenner	365.00	299.63	--
Brandis Heffner	331.70	366.90	--
Andrew Hull	301.20	346.25	339.25
Evan Hull	--	247.25	--
Matt Mauser	--	--	--

INDIVIDUAL WINS

Name	Event	Meet
Jackson Allen	100 fly	at UIC, 9/26/15
Jackson Allen	50 free	Michigan St., 10/16/15
Jackson Allen	100 fly	Michigan St., 10/16/15
Jackson Allen	50 free	Minnesota 10/30/15
Matthew Boyd	100 back	at UIC, 9/26/15
Will Brenner	1-Meter Diving	Michigan St., 10/15/15
Will Brenner	1-Meter Diving	N'Western, 1/23/16
Chris Dawson	500 free	Michigan St., 10/16/15
Brandon Farnum	100 free	at UIC, 9/26/15
Jackson Halsmer	200 free	at UIC, 9/26/15
Kenneth Mende	200 back	Minnesota 10/30/15
Kenneth Mende	100 back	at Purdue 11/06/15
Kenneth Mende	200 back	at Purdue 11/06/15
Kenneth Mende	100 back	N'Western 1/23/16
Kenneth Mende	200 back	N'Western 1/23/16
Mike Nelson	100 breast	at UIC, 9/26/15
Andrew Parker	200 back	Michigan St., 10/16/15
Logan Samuelson	500 free	at UIC, 9/26/15
Jack Smith	50 free	at UIC, 9/26/15
Jack Smith	100 free	Michigan St., 10/16/15
Jack Smith	200 free	Michigan St., 10/16/15
Jack Smith	100 free	Minnesota 10/30/15
Jack Smith	100 free	N'Western 1/23/16

Roman Trussov	100 breast	Michigan St., 10/16/15
Roman Trussov	200 IM	Michigan St., 10/16/15
Roman Trussov	100 breast	Minnesota 10/30/15
Roman Trussov	200 breast	N'Western 1/23/16
Roman Trussov	100 breast	N'Western 1/23/16
Jerzy Twarowski	200 fly	Michigan St., 10/16/15
Jerzy Twarowski	200 fly	Minnesota 10/30/15
Jerzy Twarowski	100 fly	Minnesota 10/30/15
Jerzy Twarowski	200 fly	at Purdue 11/06/15
Jerzy Twarowski	100 fly	N'Western 1/23/16
Jerzy Twarowski	200 fly	N'Western 1/23/16

RELAY WINS

Names	Event	Meet
Halsmer, Rathbun, Dawson, Gannon	200 free relay	at UIC, 9/26/15
C. Allen, Nichols, J. Allen, Kamin	200 medley relay	at UIC, 9/26/15
Halsmer, J. Allen, Kamin, Fanum	200 free relay	Michigan St., 10/15/15
Kamin, Gannon, Ernstsson, Smith	800 free relay	Michigan St., 10/15/15
Ernstsson, Trussov, J. Allen, Halsmer	200 medley relay	Michigan St., 10/16/15
Smith, Halsmer, Ernstsson, J. Allen	400 free relay	Michigan St., 10/16/15
Mende, Trussov, Twarowski, Smith	400 medley relay	Minnesota 10/30/15
Mende Trussov, Twarowski, Smith	200 medley relay	N'Western 1/23/16
Trussov, Kamin, Halsmer, Smith	400 free relay	N'Western 1/23/16