

# UNIVERSITY OF IOWA



## HAWKEYE WOMEN'S SWIMMING & DIVING



**2015 Big Ten Championships**

**February 18-21, 2015**

**Ohio State University**

**McCorkle Aquatic Pavilion**

**Columbus, Ohio**



**WOMEN'S SWIMMING  
AND DIVING**

# THE UNIVERSITY OF IOWA



## HAWKEYE SWIMMING & DIVING



SWIMMING & DIVING CONTACT: BEN SCHMITZ

FEB. 17, 2014

### 2014-15 SCHEDULE & RESULTS Dual Record: 7-4

Date	Meet	Result
Oct. 03-04	Michigan/Nebraska * (Iowa City, Iowa)	W, 190-109 L, 188.5-105.5
Oct. 11	Intrasquad Meet # (Iowa City, Iowa)	Black, 86.5-85.5
Oct. 17	*at Michigan State (East Lansing, Mich.)	W, 196-103
Oct. 31	*at #6 Minnesota (Minneapolis)	L, 195-105
Dec. 5-7	Hawkeye Invitational (Iowa City, Iowa)	1st (1,015.5 pts)
Dec. 12	Iowa State (Iowa City, Iowa)	W, 206-94
Jan. 3	at St. Petersburg Classic (St. Petersburg, Fla.)	1st (126 pts)
Jan. 17	at Illinois (Champaign, Ill.)	W, 165-135
Jan. 24	*Northwestern (Iowa City, Iowa)	L, 152-142
Jan. 30-31	at Shamrock Invitational (South Bend, Ind.)	W, 279-77, L, 282.50-87.50
Feb. 6	Western Illinois/Northern Iowa (Iowa City, Iowa)	W, 184-36 177-46
<b>Feb. 18-21</b>	<b>at Big Ten Championships (Columbus, Ohio)</b>	<b>All Day</b>
March 1	Big Ten Long Course Invite (Iowa City, Iowa)	10 a.m.
March 9-11	NCAA Zone Diving (Iowa City, Iowa)	All Day
March 19-21	at NCAA Championships (Greensboro, N.C.)	All Day
April 11	Long Course Intrasquad (Iowa City, Iowa)	10 a.m.

All times Central and subject to change.

\* - Big Ten dual # - Exhibition Event

#### THIS WEEK

The University of Iowa women's swimming and diving team is set to compete at the Big Ten Championships in Columbus, Ohio, from Feb. 18-21, at the McCorkle Aquatic Pavilion.

#### LIVE RESULTS

Fans can follow this week's live stats at: <http://www.ohiostatebuckeyes.com/livestats/m-swim/>, live video at: <http://www.btn2go.com/schedule?date=2015-02-23&sids=WSD>, and on the "Meet Mobile" swim meet application on cell phones and tablets. Download the application at this link: <http://www.active.com/mobile/meet-mobile-app>.

#### LOOKING AHEAD

The Hawkeyes return to action Sunday Mar. 1, at the Big Ten Long Course Invitational at the Campus Recreation and Wellness Center Natatorium in Iowa City.

#### SCOUTING THE FIELD

The Hawkeyes join a competitive Big Ten field that includes six teams in the College Swimming Coaches Association of America (CSCAA) top-25 rankings. Released on Feb. 16, Minnesota led the conference in the No. 14 spot, while Indiana followed at No. 15, Michigan at No. 17, Purdue at No. 21, Ohio State at No. 22 and Wisconsin at No. 24.

#### QUICK-CAP UNI/WIU

Iowa posted a pair of wins on Feb. 6, at the Campus Recreation and Wellness Center in Iowa City. The Hawkeyes won all 13 events solidifying dual wins over Northern Iowa (177-46) and Western Illinois (184-36).

#### IN THE NATIONAL RANKINGS

Becky Stoughton ranks 23rd nationally in the 1,000 free (9:49.51), and 31st in the 1,650 free (16:21.97). Emma Sougstad holds the 16th-fastest time in the 100 breast with a time of 1:00.14, and 27th nationally in the 200 breast (2:11.71).

#### SWIMMING TO THE POSTSEASON

Eight Hawkeyes have swam to a combined 18 NCAA 'B' cut times in the 2014-15 season.

Becky Stoughton: 500 (4:47.40) and 1,650 free (16:21.97), 200 fly (1:59.42), and 400 IM (4:18.32)

Emma Sougstad in the 100 (1:00.14) and 200 breast (2:11.71) and 200 IM (2:00.94)

Olivia Kabacinski: 50 (22.80), 100 (49.61), and 200 (1:46.68) freestyle

Colleen Champa in the 100 (1:02.48) and 200 (2:12.71) breaststroke

Meghan Lavelle: 100 (54.48) and 200 backstroke (1:58.27)

Rowan Hauber in the 100 (54.94) and 200 backstroke (1:59.68)

Allie Orvis: 100 backstroke (54.91)

Tereysa Lehnertz: 100 fly (55.31)

# THE UNIVERSITY OF IOWA



# HAWKEYE SWIMMING & DIVING



SWIMMING & DIVING CONTACT: BEN SCHMITZ

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## WOMEN'S 2014-15 SEASON BESTS

Event.....	Team Leader .....	Mark .....
50 Free .....	Olivia Kabacinski .....	22.80 (B)
100 Free .....	Olivia kabacinski .....	49.61 (B)*
200 Free .....	Olivia Kabacinski .....	1:46.68 (B)*
500 Free .....	Becky Stoughton .....	4:47.40 (B)
1,000 Free .....	Becky Stoughton .....	9:49.51
1,650 Free .....	Becky Stoughton .....	16:21.97 (B)
100 Back .....	Meghan Lavelle .....	54.48 (B)
200 Back .....	Meghan Lavelle .....	1:58.27 (B)
100 Breast.....	Emma Sougstad.....	1:00.14 (B)*
200 Breast.....	Emma Sougstad.....	2:11.71 (B)*
100 Fly .....	Tereysa Lehnertz.....	55.31(B)
200 Fly .....	Becky Stoughton.....	1:59.42 (B)*
200 IM.....	Emma Sougstad.....	2:00.94 (B)*
400 IM.....	Becky Stoughton.....	4:18.32 (B)
200 Free Relay .....	Kabacinski, Sougstad, Lavelle, Scheitlin .....	1:31.30*
400 Free Relay .....	Kabacinski, O'Brien, Lagodzinska, Sougstad.....	3:22.04
800 Free Relay.....	Stoughton, Kabacinski, Wanasek, Lagodzinska .....	7:17.78
200 Medley Relay .....	Hauber, Sougstad, O'Brien, Kabacinski .....	1:40.60
400 Medley Relay .....	Hauber, Sougstad, Campbell, Kabacinski.....	3:41.66
One-Meter Diving .....	Joelle Christy.....	316.50 (ZS)

## IOWA'S BIG TEN WOMEN'S ATHLETES OF THE WEEK

### Swimmer of the Week

Nov. 4    Emma Sougstad  
 Dec. 16   Emma Sougstad

### DIVING TO THE POSTSEASON

Five divers have posted a combined 11 Zone Diving scores this season. Joelle Christy has two on the 1-meter (316.50) and 3-meter (317.48) Lauren Kelba on the 1-meter (299.85), 3-meter (332.17), and platform (230.20) Lydia Lehnert on the 1-meter (270.50), 3-meter (312.00), and platform (270.05) Calli Head on the platform (231.40) Abby Grilli on the 1-meter (292.55) and 3-meter (305.85).

### GRILLI BACK FOR SENIOR YEAR

Two weeks of training separated redshirt senior Abby Grilli's transition from student-teaching to competing in a Big Ten matchup against Illinois on Jan. 17. Grilli posted a Zone D Diving Standard on the 1-meter and placed third with a score of 289.50. Grilli added a zone diving standard off of the 3-meter at the Shamrock Invite diving to a score of 305.85.

### STOUGHTON LEADING THE WAY

Senior Becky Stoughton is off to a fast start in 2014 pacing the Hawkeyes in six events. The Peoria, Illinois, native owns top times in the 500 free (4:47.40), 1,000 free (9:49.51), 1,650 free (16:21.97), 200 fly (1:59.42), 400 IM (4:18.32) and as a member of the 800 free relay (7:17.78).

### KABACINSKI SPRINTING TO THE TOP

Junior Olivia Kabacinski remains a top sprinter for the Hawkeyes this season. Kabacinski leads the team in the 50 free (22.80), 100 free (49.61), 200 free (1:46.68), as a member of the 200 (1:31.30), 400 (3:22.04), and 800 (7:17.78) free relays, as well as the 200 (1:40.60) and 400 (3:41.66) medley relays.

### SOUGSTAD WORLD RANKED

UI sophomore Emma Sougstad has earned a spot among the top 50-ranked swimmers in the world following competition at the 2014 Summer Nationals in Irvine, California. Sougstad placed 19th in 50-meter breaststroke competition at the Phillips 66 National Championships.

### NEWCOMERS STEPPING UP

Four freshmen have made an immediate impact in 2014-15. Meghan Lavelle has posted Iowa's top times in the 100 back (54.48) and 200 back (1:58.27). Tereysa Lehnertz leads all 100-fly times (55.31). Four newcomers also rank second on the team's top times list. Carly O'Brien is second in the 100 free (51.06), Rowan Hauber in the 200 back (1:59.68), and Lehnertz in the 200 fly (2:01.34). All five relay events include at least one newcomer as a member of the quartet.



## HAWKEYE SWIMMING & DIVING



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### 2014 BIG TEN CHAMPIONSHIPS SCHEDULE OF EVENTS

#### Wednesday, February 18

##### **Day One Finals - 6:30 p.m.**

200 medley relay  
800 freestyle relay

#### Thursday, February 19

##### **Day Two Prelims - 11 a.m.**

500-yard freestyle  
200-yard individual medley  
50-yard freestyle  
One-Meter Diving  
(Prelims & Consolation)

##### **Day Two Finals - 6:30 p.m.**

200-yard freestyle relay  
500-yard freestyle  
200-yard individual medley  
50-yard freestyle  
One-Meter Diving

#### Friday, February 20

##### **Day Three Prelims - 11 a.m.**

400-yard individual medley  
100-yard butterfly  
200-yard freestyle  
100-yard breaststroke  
100-yard backstroke  
Three-Meter Diving  
(Prelims & Consolation Finals)

##### **Day Three Finals - 6:30 p.m.**

400-yard medley relay  
400-yard individual medley  
100-yard butterfly  
200-yard freestyle  
100-yard breaststroke  
100-yard backstroke  
Three-meter diving

#### Saturday, February 21

##### **Day Four Prelims - 11 a.m.**

200-yard backstroke  
100-yard freestyle  
200-yard breaststroke  
200-yard butterfly  
Platform diving  
(Prelims & Consolation Finals)  
1,650-yard freestyle  
(all but last heat)

##### **Day Four Finals - 6:30 p.m.**

1,650-yard freestyle  
(Last heat of time finals)  
200-yard backstroke  
100-yard freestyle  
200-yard breaststroke  
200-yard butterfly  
Platform diving  
400-yard freestyle relay

#### **RECORD BREAKING YEAR**

The Hawkeyes broke eight school records during the 2013-14 season. Individually, Olivia Kabacinski (50 free - 22.70, 100 free - 49.84), Emma Sougstad (100 breaststroke - 1:00.90), and Haley Gordon (400 fly - 54.58) all broke school records in their respective event. The team of Lindsay Seemann, Sougstad, Abbey Tuchscherer, and Elise Bora set the record in the 200 medley relay (1:40.12). The team of Seemann, Sougstad, Gordon, and Olivia Kabacinski swam to a record in the 400 medley relay (3:39.54). Kabacinski, Borja, Emily Hovren, and Seeman set the record in the 400 free (3:21.07). The team of Kabacinski, Hovren, Becky Stoughton, and Seemann set the record in the 800 free (7:12.49).

#### **CHAMPIONSHIP SEASON**

Six Hawkeyes competed in the Phillips 66 National Championships this past summer in Irvine, Calif. Senior Grant Betulius, juniors Mike Nelson, Brian Donatelli and Colleen Champa, and sophomores Kyle Patnode and Emma Sougstad each took part in competition. Sougstad earned a 16th place finish in the 100 breaststroke in the final day of competition.

#### **HEAD COACH MARC LONG**

Marc Long is in his 11th season as head coach for the University of Iowa swimming team. It's his 10th as head coach of the combined program. During his tenure as head coach of both programs, 86 school records have fallen and 112 Hawkeyes have provisionally qualified for the NCAA Championships.

#### **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.

#### **FOLLOW THE HAWKEYES**

Become fans of the official Iowa Swimming and Diving fan page by going to [facebook.com/IowaSwimmingandDiving](https://www.facebook.com/IowaSwimmingandDiving) to follow the Hawkeyes on Facebook. Fans can also follow on Twitter: @IowaHawkeyeSwim





# IOWA SWIMMING & DIVING

## Women's All-Time Top Performers



### 50 Freestyle

1. Olivia Kabacinski, 2014	22.70
2. Elise Borja, 2014	22.96
3. Stacey Wertz, 2000	23.08
4. Danielle Carty, 2011	23.17
5. Julie deBruin, 2008	23.18
6. Heather Arseth, 2013	23.25
7. Allison Lyle, 2002	23.27
8. Colleen Thome, 1991	23.28
9. Emma Sougstad, 2014	23.30
10. Becky Anderson, 1990	23.31
Christine Kuczek, 2009	23.31
Maggie Hofstadter, 2014	23.31

### 100 Freestyle

1. Olivia Kabacinski, 2014	49.61
2. Christine Kuczek, 2008	50.21
3. Danielle Carty, 2012	50.26
4. Elise Borja, 2014	50.45
5. Emily Hovren, 2012	50.51
6. Heather Arseth, 2013	50.54
7. Jennifer Skolaski, 2005	50.56
8. Stacey Wertz, 2001	50.79
Daniela Cubelic, 2009	50.79
Katarina Tour, 2011	50.79

### 200 Freestyle

1. Becky Stoughton, 2012	1:46.68
2. Olivia Kabacinski, 2014	1:47.68
3. Verity Hicks, 2010	1:48.93
4. Emily Hovren, 2014	1:48.93
5. Jennifer Skolaski, 2004	1:49.07
6. Lindsay Seemann, 2014	1:49.13
7. Christie Hooper, 2002	1:49.43
8. Melissa Loehndorf, 2001	1:49.77
9. Christine Kuczek, 2009	1:49.92
10. Becca Schwartz, 2001	1:50.04

### 500 Freestyle

1. Becky Stoughton, 2012	4:40.82
2. Lindsay Seemann, 2013	4:45.86
3. Melissa Loehndorf, 2000	4:47.21
4. Jennifer Skolaski, 2003	4:48.20
5. Jane Keating, 1987	4:50.45
6. Ileana Buciu, 1998	4:51.78
7. Ashley Dell, 2008	4:53.69
8. Verity Hicks, 2009	4:53.94
9. Shelly Miyamoto, 1993	4:55.94
10. Christine Kuczek, 2009	4:56.49

### 1,000 Freestyle

1. Becky Stoughton, 2011	9:39.44
2. Melissa Loehndorf, 2001	9:55.59
3. Jennifer Skolaski, 2002	9:58.53
4. Jane Keating, 1984	9:58.63
5. Angie Todt, 1990	10:04.30
6. Ileana Buciu, 1998	10:06.38
7. Lauren Eytalis, 2010	10:08.54
8. Christie Hooper, 2002	10:09.39
9. Hillary Weigand, 2014	10:11.50
10. Ashley Dell, 2007	10:14.21

### 1,650 Freestyle

1. Becky Stoughton, 2012	16:03.42
2. Melissa Loehndorf, 2001	16:27.91
3. Jennifer Skolaski, 2002	16:32.30
4. Jane Keating, 1986	16:35.02
5. Angie Todt, 1991	16:37.96
6. Ashley Dell, 2008	16:45.29
7. Ileana Buciu, 1997	16:46.25
8. Hillary Weigand, 2013	17:00.28
9. Lauren Eytalis, 2010	17:04.42
10. Christie Hooper, 2001	17:05.49

### 100 Backstroke

1. Daniela Cubelic, 2012	53.63
2. Lindsay Seemann, 2014	54.05
3. Danielle Carty, 2012	54.25
4. Jennifer Skolaski, 2003	54.34
5. Meghan Lavelle, 2014	54.48
6. Heather Arseth, 2013	54.55
7. Allie Orvis, 2014	54.91
8. Rowan Hauber, 2014	54.94
9. Alison Gschwend, 2008	55.39
10. Kelly Werner, 2006	55.53

### 200 Backstroke

1. Lindsay Seemann, 2013	1:56.49
2. Jennifer Skolaski, 2004	1:57.51
3. Meghan Lavelle, 2014	1:58.27
3. Becky Stoughton, 2012	1:58.38
4. Daniela Cubelic, 2010	1:58.87
5. Rowan hauber, 2014	1:59.68
6. Loredana Zisu, 2000	2:00.67
7. Kelly Werner, 2005	2:00.69
9. Alison Gschwend, 2009	2:01.61
10. Elaine Boosalis, 2013	2:02.10

### 100 Breaststroke

1. Emma Sougstad, 2014	1:00.14
2. Olivia Kabacinski, 2014	1:01.36
3. Katarina Tour, 2009	1:01.45
4. Karolina Wartalowicz, 2014	1:02.06
5. Allison Lyle, 2002	1:02.43
6. Colleen Champa, 2013	1:02.48
7. Andrea Pennington, 2000	1:03.46
8. Shea Hoyt, 2014	1:03.70
9. Julie Feingold, 2010	1:03.76

### 200 Breaststroke

1. Emma Sougstad, 2014	2:11.71
2. Allison Lyle, 2002	2:11.92
3. Colleen Champa, 2014	2:12.71
4. Karolina Wartalowicz, 2014	2:13.33
5. Alisha Stitts, 1999	2:18.19
6. Hannah Maher, 2013	2:18.68
7. Andrea Pennington, 1999	2:19.08
8. Shea Hoyt, 2014	2:19.18
9. Louise Keogh, 1990	2:19.22
10. Julie Feingold, 2010	2:19.81

### 100 Butterfly

1. Haley Gordon, 2014	54.58
2. Katarina Tour, 2009	54.61
3. Abbey Tuchscherer, 2012	54.67
4. Aiste Dobrovolaskaite, 2011	55.10
5. Audrey Kumm, 2012	55.28
6. Tereysa Lehnertz, 2014	55.31
6. Ashley Horodyski, 2013	55.45
7. Kelly Werner, 2005	55.49
Laura Mozdzen, 2010	55.49
Emma Sougstad, 2014	55.49

### 200 Butterfly

1. Becky Stoughton, 2014	1:59.42
2. Melissa Loehndorf, 2001	2:00.14
3. Abbey Tuchscherer, 2011	2:01.17
4. Tereysa Lehnertz, 2014	2:01.34
5. Loredana Zisu, 1998	2:01.71
6. Margie Chamberlin, 2007	2:02.24
7. Haley Gordon, 2012	2:02.67
8. Laura Mozdzen, 2009	2:02.86
9. Katie Michelau, 2009	2:03.66
10. Summer Campbell	2:03.95

### 200 Individual Medley

1. Emily Hovren, 2013	2:00.42
2. Emma Sougstad, 2014	2:00.94
3. Katarina Tour, 2009	2:01.33
4. Allie Orvis, 2014	2:01.76
5. Colleen Champa, 2014	2:02.19
6. Jennifer Skolaski, 2005	2:02.93
7. Tereysa Lehnertz, 2014	2:02.37
8. Haley Gordon, 2010	2:03.05
9. Karolina Wartalowicz, 2014	2:03.19
10. Allison Lyle, 2002	2:03.48

### 400 Individual Medley

1. Becky Stoughton, 2012	4:12.34
2. Lindsay Seemann, 2013	4:15.00
3. Jennifer Skolaski, 2003	4:20.14
4. Melissa Loehndorf, 1999	4:20.65
5. Colleen Champa, 2014	4:21.21
6. Haley Gordon, 2010	4:22.04
7. Loredana Zisu, 1998	4:24.26
8. Pamela Breitrick, 2014	4:24.78
8. Elaine Boosalis, 2012	4:25.45
9. Katelyn Eustis, 2002	4:26.01
10. Allison Pennington, 1993	4:26.09

### One-Meter Diving (6)

1. Deidre Freeman, 2011	338.55
2. Lisette Planken, 2005	326.55
3. Veronica Rydze, 2012	325.28
4. Nancilea Underwood, 2006	322.75
5. Joelle Christy, 2013	319.45
6. Terri Millmier, 1988	315.60
7. Abby Grilli, 2014	303.15
8. Lauren Kelba, 2013	295.95
9. Katy Ketoff, 1992	294.60
10. Lydia Lehnert, 2014	288.60

### One-Meter Diving (10)

1. Katy Ketoff, 1992	407.20
2. Kim Yager, 1991	433.55

### One-Meter Diving (11)

1. Lisette Planken, 2003	583.55
2. Nancilea Underwood, 2003	541.55
3. Teresa Millmier, 1989	476.90
4. Kelly Johnson, 1986	466.62
5. Diane Goldsworthy, 1984	439.55
6. Kelly Johnson, 1983	431.10
7. Kelly McCready, 1996	413.75
8. Jessica Riccobono, 1994	413.45
9. Anne Bowers, 1982	399.10
10. Kelly McCready, 1994	394.70

### One-Meter Diving (12)

1. Nancilea Underwood, 2006	626.95
2. Kim Yager, 1991	433.55

### Three-Meter Diving (6)

1. Deidre Freeman, 2011	407.40
2. Nancilea Underwood, 2006	400.05
3. Veronica Rydze, 2011	358.45
4. Abby Grilli, 2013	354.10
5. Lisette Planken, 2005	332.03
6. Lauren Kelba, 2013	327.60
7. Joelle Christy, 2013	327.08
8. Katy Ketoff, 1991	315.60
9. Kelly Johnson, 1986	314.70
6. Lydia Lehnert, 2014	296.03

### Three-Meter Diving (11)

1. Nancilea Underwood, 2003	564.60
2. Lisette Planken, 2003	561.25
3. Kelly Johnson, 1986	494.65
4. Katy Ketoff, 1992	489.90
5. Sara Wolchko, 2001	480.50
6. Diane Goldworthy, 1985	478.44
7. Kelly McCready, 1994	477.35
8. Terri Millmier, 1988	476.90
9. Jessica Riccobono, 1995	472.69
10. Ann Bowers, 1982	463.80

### Three-Meter Diving (12)

1. Nancilea Underwood, 2006	658.30
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### Platform Diving (5)

1. Calli Head, 2014	289.60
2. Lydia Lehnert, 2014	257.90
3. Lauren Kelba, 2012	256.95
4. Joelle Christy, 2013	234.75
5. Abby Grilli, 2013	205.35

### Platform Diving (11)

1. Laura Maldonado, 1999	497.89
2. Katy Ketoff, 1991	445.67
3. Kelly McCready, 1996	437.95

Names in bold are current team members.



# IOWA SWIMMING & DIVING

## Women's All-Time Top Performers



### 200 Medley Relay

1. Seemann, **Sougstad**, Tuchscherer, Borja, **2014** ..... 1:40.12
2. **Hauber, Sougstad, O'Brien, Kabacinski**.....1:40.60
3. Arseth, Wartalowicz, Tuchscherer, **Kabacinski, 2013**.....1:40.97
4. **Lavelle, Sougstad, Campbell, Kabacinski 2014**, ..... 1:40.99
5. Carty, Tour, Cubelic, deBruin, 2009 ..... 1:41.33
6. Carty, Wartalowicz, Tuchscherer, Arseth, 2011 ..... 1:41.41
7. Carty, Wartalowicz, Gordon, Arseth, 2012 ..... 1:41.85
8. Carty, Tour, S. Borchers, Cubelic, 2010 ..... 1:42.12
9. **Kumm, Sougstad**, Gordon, Borja, **2014**..... 1:42.15
10. **Bro**, Wartalowicz, Tuchscherer, **Kabacinski, 2014** ..... 1:42.50

### 400 Medley Relay

1. Seemann, **Sougstad**, Gordon, **Kabacinski, 2014** ..... 3:39.54
2. Cubelic, Wartalowicz, Tuchscherer, Carty, 2012 ..... 3:40.33
3. **Hauber, Sougstad, Campbell, Kabacinski, 2014**..... 3:41.66
3. Cubelic, Tour, Dobrovolskaite, Hovren, 2011 ..... 3:41.87
4. Arseth, Wartalowicz, Tuchscherer, **Kabacinski, 2013** ..... 3:42.52
5. Seemann, Wartalowicz, Gordon, Hovren, 2013 ..... 3:42.77
6. Skolaski, Lyle, Loehndorf, Strub, 2002..... 3:43.42
- Seemann, **Sougstad**, Gordon, **Kabacinski, 2014** ..... 3:43.42
8. Carty, Tour, Mozdzen, Kuczek, 2010 ..... 3:43.65
9. Carty, Tour, Mozdzen, Kuczek, 2009..... 3:43.73
10. **Bro**, Wartalowicz, Tuchscherer, Borja, **2014**..... 3:43.94

### 200 Freestyle Relay

1. **Kabacinski, Sougstad, Lavelle, Scheitlin, 2014**..... 1:31.30
2. Carty, Arseth, Cubelic, Hovren, 2012 ..... 1:31.68
3. **Kabacinski**, Arseth, Tuchscherer, **Orvis, 2013**..... 1:31.73
4. **Kabacinski**, Borja, **Sougstad, Orvis, 2014** ..... 1:31.93
5. Kuczek, deBruin, Cubelic, Gschwend, 2009 ..... 1:32.37
6. **Kabacinski**, Hofstadter, **Sougstad**, Borja, **2014** ..... 1:32.50
7. **Kabacinski**, Arseth, Borja, **Bro, 2013** ..... 1:32.90
8. Kuczek, Cubelic, Carty, deBruin, 2010..... 1:32.91
9. deBruin, Kuczek, Gschwend, Tour, 2008 ..... 1:32.95
10. Cubelic, deBruin, Kuczek, Gschwend, 2009 ..... 1:33.10

### 400 Freestyle Relay

1. **Kabacinski**, Borja, Hovren, Seemann, **2014** ..... 3:21.07
2. Cubelic, Kuczek, Tour, Gschwend, 2009 ..... 3:21.27
3. Carty, Hovren, Cubelic, **Stoughton, 2012** ..... 3:21.66
4. **Kabacinski, O'Brien, Lagodzinski, Lehnertz, 2014** ..... 3:22.04
5. **Lavelle, Lagodzinski, Sougstad, O'Brien 2014**..... 3:22.26
5. Hovren, **Kabacinski**, Tuchscherer, Seemann, **2013**..... 3:22.31
6. Kuczek, deBruin, Tour, Gschwend, 2008 ..... 3:22.52
7. **Kabacinski**, Hovren, Arseth, Klunk, **2013** ..... 3:22.61
8. Hovren, Cubelic, Tour, Polz, 2011 ..... 3:22.73
9. Wertz, Schwartz, Lyle, Zisu, 2001 ..... 3:23.16
10. Cubelic, Tour, Hicks, Kuczek, 2010 ..... 3:23.30

### 800 Freestyle Relay

1. **Kabacinski**, Hovren, **Stoughton**, Seemann, **2014** ..... 7:12.49
2. Hovren, **Stoughton**, Seemann, **Kabacinski, 2013** ..... 7:14.99
7. **Stoughton, Kabacinski, Wanasek, Lagodzinska, 2014**..... 7:17.78
3. Skolaski, Hooper, Eustis, VanKeulen, 2004 ..... 7:18.90
4. **Stoughton**, Hovren, **Maher**, Cubelic, **2012** ..... 7:20.29
5. **Kabacinski**, Seemann, **Wanasek, Stoughton, 2014**..... 7:20.52
6. Kuczek, Hicks, Gschwend, Cubelic, 2009..... 7:21.08
7. Loehndorf, Hooper, Schwartz, Zisu, 2001..... 7:22.52
8. Hicks, Cubelic, Eytalis, Kuczek, 2010 ..... 7:22.77
9. Hooper, Girdley, Skolaski, Loehndorf, 2002..... 7:24.10
10. Hooper, Skolaski, Eustis, Girdley, 2003 ..... 7:24.47

Last Updated: Jan. 8, 2014

Names in bold are current team members.



# IOWA SWIMMING & DIVING

Hawkeyes to Watch



## Colleen Champa

Breast/IM

Junior

Algonquin, Ill.

Dundee Crown

**2014-15** -- currently ranks second all-time in 200 breast (2:12.71), fifth all-time in the 200 IM (2:02.19) and 400 IM (4:21.20), and sixth all-time in 100 breast (1:02.48).

### Champa's Collegiate Bests

EVENT	TIME	MEET	DATE
100 Free	57.30	Western Illinois	11/30/12
100 Breast	1:02.48	Iowa State	12/5/14
200 Breast	2:12.71	Hawkeye Invite	12/5-7/14
200 IM	2:02.19	Hawkeye Invite	12/5-7/14
400 IM	4:21.20	Hawkeye Invite	12/5-7/14



## Joelle Christy

Diving

RS Senior

Springfield, Ill.

Sacred Heart

**2014-15** -- leads team on the one-meter (316.50) and is second in the three-meter (317.48)... her score of 319.45 on the one-meter ranks fifth all-time... her point total in the three meter (327.08)

ranks seventh in school history... qualified to compete at 2014 NCAA Zone D Diving meet.

### Christy's Collegiate Bests

Event	Score	Meet	Date
One-meter	319.45	Big Ten Championships	2/20/14
Three-meter	327.08	Iowa State	12/7/12
Platform	234.75	Northwestern	1/26/13



## Abby Grilli

Diving

RS Senior

Burr Ridge, Ill.

Hinsdale Central

**2014-15** -- currently ranks third on the one-meter (292.55) and fourth on the three-meter (305.85)... ranks seventh all-time on the one-meter (303.15), fourth on the three-meter (354.10),

and fifth off of the platform (205.35).

### Grilli's Collegiate Bests

Event	Score	Meet	Date
One-meter	304.20	Zone Diving Championships	3/10/14
Three-meter	354.10	Big Ten Championships	12/1/12
Platform	205.35	Hawkeye Invitational	12/1/12



## Lauren Kelba

Diving

RS Senior

Calgary, Alberta, Canada

Alberta Provincial

**2014-15** -- currently leads UI divers off the three-meter (332.17) and ranks second on the one-meter (299.85)... ranks third all-time on the platform (256.95).

### Kelba's Collegiate Bests

Event	Score	Meet	Date
One-Meter	299.85	Illinois	1/17/15
Three-Meter	332.17	Illinois	1/17/15
Platform	230.20	Hawkeye Invite	12/5-7/14



# IOWA SWIMMING & DIVING

Hawkeyes to Watch



## Olivia Kabacinski

Free  
Junior  
La Porte, Ind.  
Chesterton

2014-15 -- leads team in the 50 (22.80), 100 (49.61), and 200 free (1:46.68)... ranks third in the 100 breast (1:02.84)... holds school records in the 50 (22.70) and 100 free

(49.61)... her best times in the 200 free and 100 breast rank second in school history.

### Kabacinski's Collegiate Bests

Event	Time	Meet	Date
50 Free	22.70	Big Ten Championships	2/20/14
100 Free	49.61	Hawkeye Invite	12/5-7/14
200 Free	1:46.68	Hawkeye Invite	12/5-7/14
100 Breast	1:01.36	Big Ten Championships	2/21/14



## Meghan Lavelle

Back/IM  
Freshman  
Chicago, Ill.  
Lane Tech

2014-15 -- currently leads team in the 100 (54.48) and 200 back (1:58.27)... ranks fourth in the 100 free (51.32) and 200 IM (2:04.16).

### Lavelle's Collegiate Bests

Event	Time	Meet	Date
50 free	23.51	Hawkeye Invite	12/5-7/14
100 free	51.32	Iowa State	12/12/14
100 back	54.48	Iowa State	12/5/14
200 back	1:58.27	Iowa State	12/5/14
200 IM	2:04.16	Hawkeye Invite	12/5-7/14



## Emma Sougstad

IM/Breast/Fly/Free  
Sophomore  
Forest City, Iowa  
Forest City

2014-15 -- was named Big Ten Swimmer of the Week on Nov. 4, and December 16... currently holds records in the 100 (1:00.14) and 200 breast (2:11.71) as well as a member of the

200 (1:40.12) and 400 medley relay (3:39.54), and the 200 free relay (1:31.30)... ranks second all-time in the 200 IM (2:00.94) .

### Sougstad's Collegiate Bests

Event	Time	Meet	Date
50 Free	23.30	Hawkeye Invite	12/7/14
100 Free	52.51	Hawkeye Invitational	12/8/13
100 Breast	1:00.14	Iowa State	12/5/14
200 Breast	2:11.71	Iowa State	12/5/14
100 Fly	55.49	Hawkeye Invitational	12/7/13
200 IM	2:00.94	Hawkeye Invite	12/5-7/14



## Becky Stoughton

Free  
Senior  
Peoria, Ill.  
Peoria Notre Dame

2014-15 -- leads team in 500 (4:47.40), 1,000 (9:49.51) and 1,650 (16:21.97) free... holds school records in the 200 (1:46.68), 500 (4:40.82), 1,000 (9:39.44), 1,650 free (16:03.42), 400 IM (4:12.34), and 200 fly (1:59.42)... her time in the 200 back (1:58.38) ranks fourth fastest in school history.

### Stoughton's Collegiate Bests

EVENT	TIME	MEET	DATE
100 Free	51.77	Hawkeye Invitational	12/8/13
200 Free	1:47.09	Big Ten Championships	2/17/12
500 Free	4:40.82	Big Ten Championships	2/16/12
1,000 Free	9:39.44	vs. Minnesota	11/4/11
1,650 Free	16:03.42	NCAA Championships	3/17/12
100 Back	56.58	vs. Michigan State	10/29/11
200 Back	1:58.38	at Shamrock Invitational	1/27-28/12
200 IM	2:03.70	at Iowa State	12/9/11
400 IM	4:12.34	Big Ten Championships	2/17/12
200 Fly	1:59.42	Iowa State	12/5/14





## Rowan Hauber

**Back**  
**Freshman**  
**Tualatin, Ore.**  
**Lakeridge**

**2014-15** -- currently ranks second on team in 200 back (1:59.68) and third in the 100 back (54.94)... member of the team-leading 200 medley relay quartet (1:40.60)... 200 back time

ranks fifth all-time... ranks eighth all-time in 100 back.

### Hauber's Collegiate Bests

Event	Time	Meet	Date
50 Free	24.44	Shamrock Invite	1/30/15
100 Free	53.26	Nebraska/Michigan,	10/3-4/14
100 back	54.94	Hawkeye Invite	12/5/14
200 back	1:59.68	Hawkeye Invite	12/5/14
200 IM	2:06.19	Hawkeye Invite	12/5/14



## Hillary Weigand

**Free**  
**Senior**  
**La Grange Park, Ill.**  
**Lyons Township**

**2014-15** -- currently second on the team in the 500 (4:58.37), 1,000 (10:11.50), and 1,650 free (17:03.55)... holds times that rank eighth in 1,650 free (17:00.28) and

ninth in 1,000 free (10:09.79) in Iowa history ...

### Weigand's Collegiate Bests

Event	Time	Meet	Date
200 free	1:54.02	Hawkeye Invite	12/5/14
500 free	4:58.37	Hawkeye Invite	12/5/14
1,000 free	10:09.79	Iowa State	12/7/12
1,650 free	17:00.28	Hawkeye Invitational	12/2/12