



IOWA HAWKEYES

WOMEN'S SWIMMING & DIVING

ESTABLISHED 1917

2013-14 SCHEDULE		
Date	Opponent	Time
Sep. 27-28	at Michigan * Michigan Water Carnival (Ann Arbor, Mich.)	4 p.m./ 10 a.m.
Oct. 11	Intrasquad Meet (Iowa City, Iowa)	7 p.m.
Oct. 18	Michigan State * (Iowa City, Iowa)	4 p.m.
Nov. 1	Minnesota * (Iowa City, Iowa)	5 p.m.
Nov. 15	at Nebraska * (Lincoln, Neb.)	3 p.m.
Dec. 6 - 8	Hawkeye Invitational (Iowa, Notre Dame, Denver, Milwaukee)	10 a.m./ 6 p.m.
Dec. 13	at Iowa State % (Ames, Iowa)	6 p.m.
Jan. 18	Illinois/Missouri/Indiana (Iowa City, Iowa)	11 a.m.
Jan. 25	at Northwestern (Evanston, Ill.)	11 a.m.
Jan 31 - Feb 1	Shamrock Invitational (South Bend, Ind.)	All Day
Feb. 7	Western Illinois (Iowa City, Iowa)	TBA
Feb. 26 - March 1	Big Ten Championships (Ann Arbor, Mich)	All Day
Feb. 27 - March 1	Iowa Senior Championships (Iowa City, Iowa)	All Day
March 10 - 12	NCAA Zone Diving (Minneapolis, Minn.)	All Day
March 27 - 29	NCAA Championships (Austin, Texas)	All Day
April 12	Long Course Intrasquad (Iowa City, Iowa)	TBA

All times Central and subject to change

* -- Conference Event

% -- Iowa Corn Cy-Hawk Series

THIS WEEK

The University of Iowa men's swimming and diving team opens its regular season with a dual meet against defending NCAA Champion Michigan on Friday afternoon in Ann Arbor, Mich. The dual will be held at Canham Natatorium beginning at 4 p.m. (CT).

LIVE RESULTS

Fans can follow the Iowa-Michigan dual via live results by following this link (<http://www.mgoblue.com/livestats/m-swim/index.htm>).

Michigan Water Carnival

Following the dual meet Friday, the two teams and Oakland return to the Canham Natatorium on Saturday morning for the second annual Michigan Water Carnival. The water carnival is a unique two-hour event designed to celebrate the aquatic sports of swimming, diving and water polo and to increase awareness and exposure to the sports. It features swimming events that are both familiar and unique (i.e. 50-yard underwater dolphin kick, 200-yard freestyle with fins), a diving show, and 3-on-3 water polo games. The carnival begins at 10 a.m.

SCOUTING MICHIGAN

The Wolverines placed sixth at the Big Ten Championships last season. Eight Wolverine swimmers qualified for the NCAA Championships, scoring nine points, good for 36th place. Four swimmers earned NCAA All-America Honorable Mention recognition with Angela Chokran earning the distinction in two events. The Wolverines hold a 5-1 advantage against Iowa in dual meets, with their last meeting coming back in the 2000-01 season. Like this year, that meet also kicked off the season for both programs.

SEASON RECAP

The Hawkeyes enter the 2013-14 season after posting an 8-2 dual meet record, including a 4-2 mark in Big Ten meets. Iowa finished the season with a 10th place finish at the Big Ten Championships.

HAWKEYE NEWCOMERS

The women's team features five newcomers to this year's roster. Taylor Flummerfelt, Calli Head, Lydia Lehnert, Emma Sougstad, and Serena Wanasek all join the team. This group of five women features two athletes from Wisconsin, one from Iowa and one from Maryland.

OFF THE HIGH DIVE

The Iowa diving team returns a veteran lineup, led by senior Abby Grilli and redshirt junior Joelle Christy. Grilli, a team captain last year, posted a team high score of 354.10 on the three-meter boards, while Christy led the team on one-meter and platform diving with scores of 313.35 and 234.74, respectively. Grilli, Christy, along with teammate Lauren Kelba all qualified for NCAA Zone Diving last season before falling just short of making the finals.

KABACINSKI SPRINTING TO THE TOP

Sophomore Olivia Kabacinski was the top sprinter for the Hawkeyes last season. Kabacinski led the team in the 50 free (22.88), 100 free (50.30), 200 free (1:48.32) and 100 breaststroke (1:02.30). She also posted NCAA "B" qualifying times in the 50 free and 100 breaststroke.

RECORD BREAKING YEAR



HEAD COACH MARC LONG

Marc Long is in his 10th season as head coach for the University of Iowa swimming and diving team, and ninth leading both the men and women's squads. He served two seasons as the Iowa women's assistant coach (2003-04) before taking over the helm for the 2004-05 season. He also served as the Hawkeye men's assistant coach from 1998-2001.

During his tenure as head coach of both programs, 75 school records have fallen and 112 Hawkeyes have automatically or provisionally qualified for the NCAA Championships.

In 2012-13, Long guided the Hawkeyes to a 32nd place finish at the NCAA Championships, marking the program's second-straight finish among the top-32 teams nationally. Six men's student-athletes competed at the championships, and Iowa earned honorable mention All-America honors in three events -- 200-medley relay, 400-medley relay and 100 backstroke.

Twenty-one school records went down during the course of the season and 20 Iowa student-athletes posted NCAA automatic or provisional times. The men's team finished seventh at the Big Ten Championships with 245 points, while the women's squad was 10th with 113 points.

The men's team finished the 2013 season ranked 20th in the CollegiateSwimming.com/CSCAA Coaches Poll after posting a 7-3 dual record; the women's squad received votes in the rankings during the season and finished the year with an 8-2 record. Academically, 25 Hawkeyes earned Academic All-Big Ten recognition.

During the 2011-12 season, Long led the UI men's team to a fifth place showing at the Big Ten Championships, the program's highest finish since 1996. Two Iowa relays -- the 200 and 400 free relays -- won Big Ten titles, marking the program's first relay crown in 17 years. Five Hawkeyes garnered first team All-Big Ten recognition.

The women's team finished ninth at the 2012 Big Ten Championships with 201 points. Freshman Becky Stoughton became the first Hawkeye to be selected as the Big Ten Freshman of the Year after finishing in the top six in three individual events.

The Iowa men's team posted a 26th place finish at the NCAA Championships, its best showing since 1995, and three Hawkeye relays earned honorable mention All-America honors. Stoughton became the first UI female swimmer to advance to the NCAA Championships since 2005 and the first freshman since 2002. She earned honorable mention All-America honors after placing ninth in the 1,650 free.

The men's team finished the season with a 7-2 dual meet record, running its four-year mark to an impressive 31-5. The team climbed to a program best 10th in the CSCAA dual meet rankings and finished the season ranked 14th. The Hawkeye women posted a 10-6 record, the most dual victories since the 1985-86 season.

Twenty-four Iowa student-athletes garnered Academic All-Big Ten honors during the 2011-12 season. Four women's swimmers were recognized with the Big Ten Distinguished Scholar Award, and nine Hawkeyes earned Scholar All-America recognition by the College Swimming Coaches Association of America (CSCAA). The women's team earned Scholar All-America team honors for the eighth straight year, finishing with the third-best grade point average in the nation.

Iowa set 18 school records during the 2011-12 season (11 men, seven women) and 18 Hawkeyes posted a NCAA qualifying time. In June 2012, 14 Hawkeyes represented the program at the 2012 U.S. Olympic Team Trials in Omaha.

The Hawkeyes come into this season after breaking five school records throughout the course of last season. Individually, Olivia Kabacinski (50 free - 22.88), Lindsay Seemann (200 back - 1:56.49), Becky Stoughton (200 fly - 1:59.68), and Emily Hovren (200 IM - 2:00.42) all broke school records in their respective event. The team of Heather Arseth, Karolina Wartalowicz, Abby Tuchscherer and Kabacinski set the record in the 200 medley relay (1:40.97).

CHAMPIONSHIP SEASON

Four Hawkeyes competed in the U.S. Open Championships this past summer in Irvine, Calif. Emily Hovren, Karolina Wartalowicz, Becky Stoughton, and Olivia Kabacinski all competed in the national event. For Hovren, it was her second national event of the summer, as she competed at the Phillips 66 National Championships in Indianapolis.

2012-2013 MVP

Lindsay Seemann returns to lead the Hawkeyes after earning team most valuable player honors as a junior. Seemann is the UI school record-holder in 200 backstroke (1:56.49) and as a member of the 800-free relay (7:14.99). She was the team's high point scorer at the Big Ten Championships.

NORTH OF THE BOARDER

This year's team will feature two Hawkeyes from Canada. Senior Lauren Kelba comes from Calgary, Alberta, while fellow senior Lindsay Seemann is from Newmarket, Ontario.

ACADEMIC HONORS

Two members from the 2012-13 women's team were named Honorable Mention Scholar All-America. Heather Arseth and senior Karolina Wartalowicz were named All-America. Wartalowicz was also named an honorable mention in 2011-12. The team was acknowledged as an All-America team for the ninth consecutive year. In all, 24 women have been named to the CSCAA Scholar All-America list during coach Long's tenure.

FAMILY TIES

While most programs cite family team atmospheres, it goes a little bit further for the University of Iowa swimming and diving team. Iowa has two sets of siblings on the 2013-14 roster. Former Hawkeye All-American Paul Gordon is serving as a student assistant coach, while his sister, Haley Gordon, is a UI student-athlete. Iowa also has two Weigands on the current squad in junior Hillary Weigand and sophomore Jennifer Weigand.

HEAD COACH MARC LONG

Marc Long is in his 10th season as head coach for the University of Iowa swimming team. It's his eighth as head coach of the combined program. During his tenure as head coach of both programs, 75 school records have fallen and 112 Hawkeyes have provisionally qualified for the NCAA Championships.

COACHING ADDITIONS

Brandon King is in his first season as an assistant coach with the University of Iowa swimming and diving program. King joins the Hawkeyes out of Naperville, Ill., where he served as a senior assistant coach alongside decorated head coach Dave Krotiak for the Fox Valley Swim Team from 2011-13. During his time with the program, King assisted the Illinois Senior Coach of the Year and coached multiple swimmers competing at the Junior Nationals, Grand Prix meets and Olympic Trials.

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.

NEXT EVENT

The Hawkeyes return to action Oct. 11 in Iowa City, Iowa, for the annual intrasquad meet. The competition is slated to begin at 7 p.m. (ct) at the CRWC, and it begins a stretch of three-straight home meets.

2012-13 SEASON-BEST TIMES

50 Free	Olivia Kabacinski	22.88 (B)*
100 Free	Olivia Kabacinski	50.30
200 Free	Olivia Kabacinski	1:48.32
500 Free	Becky Stoughton	4:43.20 (B)
1,000 Free	Becky Stoughton	9:57.58
1,650 Free	Becky Stoughton	16:22.42 (B)
100 Back	Heather Arseth	54.55 (B)
200 Back	Lindsay Seemann	1:56.49 (B) *
100 Breast	Olivia Kabacinski	1:02.30 (B)
200 Breast	Karolina Wartalowicz	2:14.75 (B)
100 Fly	Abbey Tuchscherer	54.84
200 Fly	Becky Stoughton	1:59.68 *
200 IM	Emily Hovren	2:00.42 (B)*
400 IM	Lindsay Seemann	4:15.00 (B)
200 Free Relay	Kabacinski, Arseth, Tuchscherer, Orvis	1:31.73
400 Free Relay	Hovren, Kabacinski, Tuchscherer, Seemann	3:22.31
800 Free Relay	Hovren, Stoughton, Seemann, Kabacinski	7:14.99
200 Medley Relay	Arseth, Wartalowicz, Tuchscherer, Kabacinski	1:40.97 *
400 Medley Relay	Arseth, Wartalowicz, Tuchscherer, Labacinski	3:42.52
One-Meter Diving	Joelle Christy	313.35 (ZS)
Three-Meter Diving	Abby Grilli	354.10 (ZS)
Platform Diving	Joelle Christy	234.75 (ZS)

(B) - NCAA B Cut * -- school record ** Pool Record

