

IOWA HAWKEYES

Swimming & Diving Contact: Ashley Carlson

WOMEN'S SWIMMING & DIVING WEEKLY RELEASE

November 1, 2010

2010-11 Schedule/ Results (2-1 Overall, 1-1 Big Ten)

10/2	Black/Gold Intrasquad* Black-100, Gold-90
10/8	Truman State* W, 159-99
10/15	University of Wisconsin* L, 208-92
10/22	at Michigan State* W, 175-125
11/5	at University of Minnesota* Minneapolis, MN -- 5pm
12/ 3-5	Hawkeye Invitational* Iowa City, IA -- Prelim/Final
12/10	Iowa State# Iowa City, IA -- 6 pm
1/6-13	Winter Training & Competition TBD
1/27-2/6	U.S. Diving Nationals Iowa City, IA -- TBD
1/15	at Illinois# Champaign, IL -- 11 am
1/22	Northwestern* Iowa City, IA -- 11 am
1/28-29	at Shamrock Invitational* South Bend, IN -- All Day
2/4	Western Illinois* & UNI# Iowa City, IA -- TBA
2/16-19	at Big Ten Championships# Bloomington, IN -- Prelim/Final
2/23-26	at Big Ten Championships^ Minneapolis, MN -- Prelim/Final
3/26-27	Last Chance NCAA Qualifier# TBA
3/5-6	Last Chance NCAA Qualifier^ TBA
3/ 11-13	at NCAA Diving Qualifier* TBA
3/17-19	at NCAA Championships# Austin, TX -- Prelim/Final
3/24-26	at NCAA Championships^ Minneapolis, MN -- Prelim/Final
4/ 16	Alumni Meet* Iowa City, IA -- 11 am

All times are local to site.

* -- co-ed meet

-- women's only meet

^ -- men's only meet

% - Hy-Vee Cy-Hawk Series

THIS WEEK

The University Iowa women's swimming and diving team will travel to Minnesota to take on the Minnesota Gophers at the University Aquatic Center Friday. The event will start at 5 p.m. (CT).

"We get an opportunity to have our second Big Ten meet on the road," said Head Coach **Marc Long**. "Going into a place where we are clearly the underdogs, it will be good for our team to face very strong Minnesota team. It should be a great opportunity for our team to race an outstanding opponent."

CUBELIC FIRST TO FINISH

Junior **Daniela Cubelic** recorded three first-place finishes against Michigan State Oct. 22. She captured individual first place finishes in the 200 free (1:53.57) and the 200 back (2:05.75). She later teamed up with **Danielle Carty**, **Elise Borja**, and **Haley Gordon** to win the 400 free relay (3:31.42).

NEXT WEEK

The Iowa women's swimming and diving team will have a break until early December. The Hawkeyes will return to action when they host the Hawkeye Invitational Dec. 3-5 at the Campus Recreation and Wellness Center.

LAST WEEK

The University of Iowa women's swimming and diving team defeated Michigan State in its first road meet of the season Oct. 22. The Hawkeyes defeated the Spartans 175-125.

HEAD COACH MARC LONG

Marc Long is in his seventh season as head coach for the University of Iowa swimming team. It's his sixth as head coach of the combined program. During his tenure as head coach of both programs, 17 school records have fallen and 39 Hawkeyes have provisionally qualified for the NCAA Championships.

DIVING COACH BOB RYDZE

Bob Rydze is in his 36th year as diving coach of the men and women's teams at the University of Iowa. Rydze served as Team Leader for USA Diving at the 2008 Olympics in Beijing, China. During his tenure with the Hawkeyes, Rydze has coached 31 all-Americans, nine Big Ten and one NCAA Champion.

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WOMEN'S IOWA HAWKEYES: SWIMMING & DIVING WEEKLY RELEASE --

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 the new home of 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 HISTORY & 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.

CAPTAINS COUNCIL

Eight student-athletes have been named to the 2010-11 Captains Council. **April Allen, Danielle Carty, Daniela Cubelic, Max Dittmer, Bryan Hill, Jordan Huff, Ryan Phelan and Katarina Tour** were each voted to the council by their peers and coaches.

"It's a tremendous honor to be selected to this elite group," said Long. "The council members will meet regularly with the coaches and provide great leadership for this year's team. We're looking forward to continued team development in partnership with these outstanding individuals."

MALONE NAMED ASSOCIATE HEAD COACH

Frannie Malone was named to the position of associate head coach Oct. 11. Malone had served as an assistant coach and recruiting coordinator since joining the Hawkeye coaching staff in 2004.

"I'm pleased to announce the promotion of Frannie Malone to the position of associate head coach," said Long. "Frannie has been a dedicated ally in the development and success of our teams. Her tireless work and commitment to Iowa swimming and diving has poised our program for an exciting future. I look forward to working with Frannie and the rest of our talented staff as we continue to take our program to new heights."

2010-11 Top Times

Women:

50 Free	Daniela Cubelic	24.08
100 Free	Daniela Cubelic	51.65
200 Free	Daniela Cubelic	1:50.94
500 Free	Emily Christiansen.....	5:05.80
1,000 Free	Christine Mauro	10:21.57
1,650 Free		
100 Back	Daniela Cubelic	56.02
200 Back	Daniela Cubelic	2:02.57
100 Breast	Karolina Wartalowicz	1:04.82
200 Breast	Karolina Wartalowicz	2:21.97
100 Fly	Katarina Tour	56.19
200 Fly	Haley Gordon.....	2:07.43
200 IM.....	Katarina Tour	2:07.43
400 IM.....		
200 Free Relay		1:37.80
400 Free Relay		3:30.18
800 Free Relay		
200 Medley Relay		1:44.35
400 Medley Relay		
One-Meter Diving.....	Deidre Freeman	302.02
Three-Meter Diving ...	Deidre Freeman	316.06

(B) - NCAA B Cut, * -- school record