

IOWA HAWKEYES

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WOMEN'S SWIMMING & DIVING WEEKLY RELEASE

JAN. 11, 2011

2010-11 Schedule/ Results (3-2 Overall, 1-2 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 L, 180-114
12/ 3-5	Hawkeye Invitational* 3rd/9 Teams- 853 points
12/10	Iowa State# W, 173-108
1/8	at Tampa Relays 1st/4 Teams- 194 points
1/15	at Illinois# Champaign, IL -- 11 am
1/22	Northwestern* Iowa City, IA -- 11 am
1/27-2/6	U.S. Diving Nationals Iowa City, IA -- TBD
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 of Iowa women's swimming and diving team will travel to Champaign, Ill., Jan. 15 to take on the University of Illinois. The event will take place at the ARC Pool beginning at 11 a.m.

WINTER TRAINING TRIP

The Hawkeyes traveled to Sarasota, Fla., for their winter training trip, which is the most intense training of the season for the squad. Iowa took a break from training and competed at the Tampa Relays Jan. 8. The Hawkeyes finished first in the four team relays, tallying 194 points.

Iowa competed in 10 relay events at the competition capturing first-place in nine of the events. The Hawkeyes took first and second-place in the 400-medley relay, which was the only event that the team finished both first and second. The relay consisting of junior **Daniela Cubelic**, freshman **Karolina Wartalowicz**, senior **Katarina Tour** and freshman **Elise Borja** touched the wall first with a time of 4:00.49.

CY-HAWK SERIES

Iowa picked up a pair of points in the seventh annual Hy-Vee-Cy-Hawk series by downing Iowa State, 173-108, on Dec. 10 in Iowa City. The win extended the Hawkeyes' lead to 9-6 in the series. Currently, Iowa holds an 11-8 advantage over the Cyclones.

TOUR EARNS BIG TEN HONOR

Senior **Katarina Tour** was named Big Ten Swimmer of the Week after her outstanding performance against Iowa State Dec. 10. Tour helped the Hawkeyes defeat the Cyclones, 173-108.

Tour finished first in the 100 breast and 100 fly races, posting times of 1:03.00 and 55.56, respectively. The victories were Tour's third first-place finishes in both events this season. Tour was also a member of the winning 200 medley relay (1:42.74) and 400 free relay (3:38.61) in the dual win over Iowa State.

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.

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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.

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.

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.

2010-11 Top Times

Women:

50 Free	Danielle Carty	23.62
100 Free	Katarina Tour	51.07
200 Free	Daniela Cubelic	1:50.94
500 Free	Lauren Eytalis	4:57.65
1,000 Free	Lauren Eytalis	10:08.54
1,650 Free	Lauren Eytalis	17:04.42
100 Back	Daniela Cubelic	55.62
200 Back	Daniela Cubelic	1:59.70
100 Breast	Katarina Tour	1:02.53 (B)
200 Breast	Karolina Wartalowicz	2:19.27
100 Fly	Katarina Tour	55.40
200 Fly	Haley Gordon	2:03.35
200 IM	Haley Gordon	2:03.05
400 IM	Haley Gordon	4:22.04
200 Free Relay		1:33.35
400 Free Relay		3:24.59 (B)
800 Free Relay		7:35.05
200 Medley Relay		1:42.74
400 Medley Relay		3:44.17
One-Meter Diving	Deidre Freeman	320.20
Three-Meter Diving	Deidre Freeman	352.50
Platform Diving	Lauren Kelba	221.35

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