



IOWA HAWKEYES

WOMEN'S SWIMMING & DIVING

ESTABLISHED 1917

2014-15 SCHEDULE

| Date | Opponent | Time |
|-----------------|---|------------------|
| Oct. 3-4 | *Michigan/*Nebraska (Iowa City, Iowa) | 6 p.m. |
| 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) | All Day |
| Dec. 12 | Iowa State (Iowa City, Iowa) | 6 p.m. |
| Jan. 3 | at St. Petersburg Classic (St. Petersburg, Fla.) | TBA |
| Jan. 17 | at Illinois (Champaign, Ill.) | 11 a.m. |
| Jan. 24 | *Northwestern (Iowa City, Iowa) | 11 a.m. |
| Jan. 30-31 | at Shamrock Invitational (South Bend, Ind.) | All Day |
| Feb. 6 | Western Illinois/Northern Iowa (Iowa City, Iowa) | 6 p.m. |
| Feb. 25-28 | at Big Ten Championships (Columbus, Ohio) | All Day |
| March 9-11 | NCAA Zone Diving (Iowa City, Iowa) | All Day |
| March 26-28 | 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

IOWA ATHLETIC COMMUNICATIONS

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THIS WEEK

The University of Iowa women's swimming and diving team hosts the Hawkeye Invitational from Dec. 5-7, at the Campus Recreation and Wellness Center Natatorium. Prelims for all three days will begin at 10 a.m. (CT), followed by a finals session at 6 p.m. Friday and Saturday, and 4 p.m. Sunday.

LIVE RESULTS

Fans can follow this week's action via live results at: www.hawkeyesports.com/livestats/c-swim/, 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>.

PROMOTIONS

Saturday's competition will mark Senior Night where UI seniors will be recognized. The Hawkeyes are also welcoming all fans for "Pack the Pool" night where mini black and gold towels will be handed out to the first 50 fans in attendance. Fans can also register to win one of 10 Iowa prize packs. Free tropical smoothies will be given away to the first 50 fans in attendance Sunday.

LOOKING AHEAD

The Hawkeyes return to action on Friday Dec. 12, hosting Iowa State at 6 p.m. in the CRWC Natatorium.

SCOUTING THE FIELD

The Hawkeyes welcome three swimming and diving teams and four diving only teams to Iowa City for three days of competition. Denver, Washington State, and Milwaukee will be competing, while Iowa State, Nebraska, Northern Iowa, and Ohio State will only compete in diving events.

NEWCOMERS STEPPING UP

Two freshmen have posted top times for the Hawkeyes in 2014. Rowan Hauber has posted Iowa's top times in the 100 back (55.43) and 200 back (2:01.33). Summer Campbell has also posted a top time in the 100 fly (56.89). All four relay events include at least one newcomer as a member of the quartet.

SOUGSTAD NAMED BIG SWIMMER OF THE WEEK

UI sophomore Emma Sougstad was named the Big Ten Swimmer of the Week on Nov. 4. Sougstad earned the accolade after posting a pair of NCAA 'B' cut times in the dual against Minnesota on Oct. 31.

STOUGHTON LEADING THE WAY

Senior Becky Stoughton is off to a fast start in 2014 pacing the Hawkeyes in four events. The Peoria, Illinois, native owns top times in the 200 free (1:50.30), 500 free (4:54.68), 1,000 free (9:49.51), and as a member of the 400 free relay (3:16.41).

SWIMMING TO THE POSTSEASON

Sophomore Emma Sougstad recorded NCAA 'B' cut qualifying times in the 100 (2:15.66) and 200 breaststroke (2:15.66) at Minnesota on Oct. 31.





Marc Long is entering his 11th season as head coach for the University of Iowa swimming and diving team, and 10th 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, 87 school records have fallen and 144 Hawkeyes have automatically or provisionally qualified for the NCAA Championships.

In 2013-14, Long guided the women's team to a 9-5 dual record with the nine victories being the second-highest total for the program in his tenure. The Hawkeyes went 4-3 in Big Ten duals, which led to a No. 20 ranking in the collegeswimming.

com poll on Dec. 29. The team posted school records in four individual and four relays throughout the course of the season.

The UI men's squad was ranked as high as No. 21 in the CSCAA poll for three weeks and three school records went down in 2013-14. Long coached senior Dustin Rhoads to the NCAA Championships in the 100 and 200-yard backstroke events, marking the fourth-straight year the Hawkeyes have been represented at the championship.

Both the men's and women's squads posted eighth place finishes at the 2014 Big Ten Championships. The UI women finished with 199 points, while the men tallied 188 points. At season's end, 31 Hawkeyes were named Academic All-Big Ten honorees -- the 19 women's selections were a school record, while the men tied a record with 12 receiving the accolade.

UNIVERSITY QUICK FACTS

Location: Iowa City, Iowa
 Enrollment 31,065
 Founded: 1847
 Nickname: Hawkeyes
 Colors Black and Gold
 Conference: Big Ten
 National Affiliation NCAA, Division I
 President: Sally Mason
 Director of Athletics: Gary Barta
 Swimming & Diving Administrator: Jane Meyer
 Swimming & Diving Secretary: Marie Kasperak
 Swimming & Diving Office 319-335-9741
 Home Facility .. Campus Recreation and Wellness Center (CRWC)
 Capacity 1,000

TEAM INFORMATION

Head Coach Marc Long
 Alma Mater/Year Iowa, 1991
 Men's Record at Iowa/Years 50-25/10
 Women's Record at Iowa/Years 63-46/11
 Email marc-long@uiowa.edu
 Associate Head Coach Frannie Malone
 Alma Mater/Year Iowa, 2000
 Email frannie-malone@uiowa.edu
 Diving Coach Todd Waikel
 Alma Mater/Year Purdue, 1994
 Email todd-waikel@uiowa.edu
 Assistant Coach Nathan Mundt
 Alma Mater/Year Tampa, 2001
 Email nathan-mundt@uiowa.edu
 Assistant Coach Kristy Brager
 Alma Mater/Year Wisconsin, 2008
 Email kristine-brager@uiowa.edu
 Assistant Coach Brandon King
 Alma Mater/Year Hope College, 2010
 Email brandon-king@uiowa.edu
 Men's Letterwinners Returning/Lost 20/13
 Women's Letterwinners Returning/Lost 20/9

DIVING TO THE POSTSEASON

Redshirt seniors Lauren Kelba and Joelle Christy have posted NCAA Zone Diving standards on both the 1 and 3-meter this year. Christy leads the way on both the 1 (304.65) and 3-meter (306.38). Kelba posted a 281.10 on the 1-meter.

FREEMAN EARNS SILVER AT FINA GRAND PRIX

Former Hawkeye and UI assistant coach Deidre Freeman dove to a third-place finish Oct. 26 in 3-meter synchronized diving competition at the FINA Grand Prix in Kuala Lumpur, Malaysia.

The Grinnell, Iowa, native dove alongside former University of Texas standout Maren Taylor. The duo dove to a score of 259.80 -- earning a third-place finish behind two teams from Malaysia.

OFF THE HIGH DIVE

The Iowa diving team returns a veteran lineup, led by a trio of redshirt seniors -- Abby Grilli, Joelle Christy, and Lauren Kelba. Grilli led the Hawkeyes in 3-meter diving last season with a score of 336.97. Christy led the team on 1-meter diving with a score of 319.45, and Calli Head led the Hawkeyes in platform diving. Grilli and Christy qualified for NCAA Zone Diving last season. Christy fell just short of making the finals placing 21st. Grilli earned an eighth-place finish in one-meter competition and an 11th-place finish in three-meter competition.

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.

KABACINSKI SPRINTING TO THE TOP

Junior Olivia Kabacinski was the top sprinter for the Hawkeyes last season. Kabacinski led the team in the 50 free (22.70), 100 free (49.84), and 200 free (1:47.68). She also posted NCAA "B" qualifying times in the 50 free, 100 free, 200 free, and 100 breaststroke.

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 Weigands on the current squad in junior Hillary Weigand and sophomore Jennifer Weigand.

2013-2014 MVP

Olivia Kabacinski returns to the Hawkeye roster after earning the team's Most Valuable Player award as a sophomore. Kabacinski is the UI school record-holder in the 50 free (22.70), 100 free (49.84), as a member of the 400-medley relay (3:39.54), and as a member of the 800-freestyle (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.

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RECORD BREAKING YEAR

The Hawkeyes come into this season after breaking eight school records throughout the course of last 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).

ACADEMIC HONORS

Eleven members from the 2013-14 women's team were honored by the Big Ten Conference with the Distinguished Scholar Award. The team was acknowledged as an All-America team for the 10th consecutive year. In all, 35 women have been named to the CSCAA Scholar All-America list during coach Long's tenure.

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.

FREEMAN JOINS STAFF

Former Hawkeye Deidre Freeman joins the UI staff as a volunteer assistant coach. Freeman, a 2011 graduate will work primarily with divers. Freeman owns best scores on the one-meter (338.55) and three-meter (407.40) rank first in school history.

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.

FOLLOW THE HAWKEYES

Become fans of the official Iowa Swimming and Diving fan page by going to facebook.com/iowaSwimmingandDiving to follow the Hawkeyes on Facebook. Fans can also follow on Twitter: @IowaHawkeyeSwim

2014-15 SEASON-BEST TIMES

| | | |
|--------------------|--|-------------|
| 50 Free | Emma Sougstad | 23.61 |
| 100 Free | Olivia kabacinski | 51.87 |
| 200 Free | Becky Stoughton | 1:50.30 |
| 500 Free | Becky Stoughton | 4:52.68 |
| 1,000 Free | Becky Stoughton | 9:49.51 |
| 1,650 Free | N/A | N/A |
| 100 Back | Rowan Hauber | 55.43 |
| 200 Back | Rowan Hauber | 2:01.33 |
| 100 Breast | Emma Sougstad | 1:01.28 (B) |
| 200 Breast | Emma Sougstad | 2:15.66 (B) |
| 100 Fly | Summer Campbell | 56.89 |
| 200 Fly | Summer Campbell | 2:05.33 |
| 200 IM | Allie Orvis | 2:06.19 |
| 400 IM | N/A | N/A |
| 200 Free Relay | Kabacinski, Sougstad, Orvis, Lehnertz | 1:35.79 |
| 400 Free Relay | Stoughton, Sougstad, Lagodzinska, Kabacinski | 3:27.67 |
| 800 Free Relay | N/A | N/A |
| 200 Medley Relay | Lavelle, Sougstad, Lehnertz, Kabacinski | 1:43.13 |
| 400 Medley Relay | Lavelle, Sougstad, Campbell, Kabacinski | 3:47.11 |
| One-Meter Diving | Joelle Christy | 304.65 (ZS) |
| Three-Meter Diving | Joelle Christy | 306.38 (ZS) |
| Platform Diving | N/A | N/A |

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

