

# UNIVERSITY OF IOWA



## HAWKEYE WOMEN'S SWIMMING & DIVING



**2015 NCAA Championships | March 19-21, 2015  
Greensboro Aquatic Center | Greensboro, N.C.**



# THE UNIVERSITY OF IOWA



## HAWKEYE SWIMMING & DIVING



SWIMMING & DIVING CONTACT: BEN SCHMITZ

March 19-21, 2015

### 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
Feb. 18-21	at Big Ten Championships (Columbus, Ohio)	8th, (223 pts.)
March 1	Big Ten Long Course Invite (Iowa City, Iowa)	10 a.m.
March 9-11	NCAA Zone Diving (Iowa City, Iowa)	All Day
<b>March 19-21</b>	<b>at NCAA Championships (Greensboro, N.C.)</b>	<b>All Day</b>
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 will be represented by four student athletes at the 2015 NCAA Championships in Greensboro, North Carolina, from March 19-21. Redshirt senior Joelle Christy, senior Becky Stoughton, and sophomore Calli Head and Emma Sougstad will participate at the championships.

#### Live Stats

For live results from your computer or smart phone, visit: <http://www.swmeets.com/Realtime/AAC/2015/>

Fans can also follow live action 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>.

#### TV Broadcasting

ESPN3.com will stream finals sessions Friday and Saturday. Additionally, ESPNU will air a two-hour show at 5 p.m. (CT) on March 31 covering the women's championships.

#### Greensboro Aquatic Center

The Greensboro Aquatic Center (GAC) is a state-of-the-art facility featuring leading edge concepts in aquatic design. The GAC is located on the campus of the Greensboro Coliseum Complex, the premier sports and entertainment facility in the Southeast.

The GAC brings together all major aquatic sports – competitive swimming and diving, water polo, synchronized swimming and other unique sports all in one venue. The GAC fully meets NCAA and FINA standards and offers Greensboro the opportunity to host high school and collegiate events, USA Swimming meets, Master's swimming and U.S. Water Polo events as well as a myriad of local, regional, national and international competitions.

#### 4 Hawkeyes in the NCAA Championships

Four swimmers and divers will compete at this year's championships. The last time the Iowa women's team sent four or more student-athletes was in the 1992-93 season, when the Hawkeyes were represented by eight student-athletes.

# THE UNIVERSITY OF IOWA



# HAWKEYE SWIMMING & DIVING



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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 .....	Becky Stoughton .....	145.57 (B)*
500 Free .....	Becky Stoughton .....	4:47.40 (B)*
1,000 Free .....	Becky Stoughton .....	9:49.51
1,650 Free .....	Becky Stoughton .....	15:57.43 (B)*
100 Back .....	Meghan Lavelle .....	54.32 (B)
200 Back .....	Meghan Lavelle .....	1:57.81 (B)
100 Breast.....	Emma Sougstad.....	1:00.04(B)*
200 Breast.....	Emma Sougstad.....	2:11.71 (B)*
100 Fly .....	Tereysa Lehnertz.....	55.31(B)
200 Fly .....	Becky Stoughton.....	1:58.28 (B)*
200 IM.....	Emma Sougstad.....	1:58.74 (B)*
400 IM.....	Becky Stoughton.....	4:18.32 (B)
200 Free Relay .....	Kabacinski, Sougstad, Lavelle, Scheitlin .....	1:30.96*
400 Free Relay .....	kabacinski, Sougstad, Lavelle, Stoughton .....	3:21.34
800 Free Relay.....	Stoughton, Kabacinski, Wanasek, Lagodzinska .....	7:12.86
200 Medley Relay .....	Orvis, Sougstad, O'Brien, Kabacinski .....	1:39.18*
400 Medley Relay .....	Lavelle, Sougstad, O'Brien, Stoughton.....	3:38.68*
One-Meter Diving .....	Joelle Christy.....	316.50 (ZS)
Three-Meter Diving .....	Lauren Kelba .....	332.17 (ZS)
Platform Diving.....	Lydia Lehnert.....	312.20 (ZS)*

\* - UI School Record (B) - NCAA 'B' Cut (ZS) NCAA Zone Diving Standard

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

### Swimmer of the Week

Nov. 4 Emma Sougstad  
Dec. 16 Emma Sougstad

### Get to Know Hawkeyes

**Redshirt Senior Joelle Christy:** Christy, a native of Springfield, Illinois, leads the Hawkeyes 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 and her point total in the three meter (327.08) ranks seventh in school history. Christy will compete off the 1-meter after qualifying at the 2015 NCAA Zone D Diving Championships with an eighth-place finish, scoring 599.00 points on 12 dives.

**Senior Becky Stoughton:** Stoughton, a native of Peoria, Illinois, leads Iowa in the 500 (4:47.40), 1,000 (9:49.51) and 1,650 (16:21.97) free. She 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 will represent the Hawkeyes in the 200, 500, and 1,650-yard freestyle events. She enters the championships ranked 12th-nationally in the 1,650 free (15:57.43), 18th in the 500 free (4:40.23), and 22nd in the 200 freestyle (1:45.47).

**Sophomore Calli Head:** Head, a native of Fox Point, Wisconsin, set the UI school record on the platform at the 2014 Big Ten Championships. She will compete at the NCAA Championships off of the platform, having qualified at the 2015 NCAA Zone D Diving Championships with an 11-dive score of 559.30 -- finishing seventh overall.

**Sophomore Emma Sougstad:** Sougstad, a native of Forest City, Iowa, was named Big Ten Swimmer of the Week on Nov. 4, and December 16. She 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 relays (3:39.54), and the 200 free relay (1:31.30). She ranks second all-time in the 200 IM (2:00.94). Sougstad will take part in the 100-yard breaststroke where she ranks 27th-nationally after posting a season-best 1:00.04 at the 2015 Big Ten Championships in Columbus, Ohio.



## HAWKEYE SWIMMING & DIVING



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### 2015 NCAA CHAMPIONSHIPS SCHEDULE OF EVENTS

#### **Thursday, March 19**

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

200 Freestyle Relay  
500 Freestyle  
200 Individual Medley  
50 Freestyle  
400 Medley Relay  
1-Meter Diving - (1:45 Pm)

#### **Thursday, March 19**

##### **Day One Finals - 7 p.m.**

200 Free Relay- Consolation  
200 Free Relay -Finals  
500 Free - Consolation  
500 Free - Finals  
200 IM - Consolation  
200 IM -Finals  
50 Free - Consolation  
50 Free - Consolation  
50 Free -Finals  
One-Meter Diving - Finals  
400 Medley Relay - Consolation

#### **Friday, March 20**

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

200 Medley Relay  
400 Individual Medley  
100 Butterfly  
200 Freestyle  
100 Breaststroke  
100 Backstroke  
800 Freestyle Relay  
3-Meter Diving - Trials (1:45 P.M.)

#### **Friday, March 20**

##### **Day Two Finals - 7 p.m.**

200 Medley Relay - Consolation  
200 Medley Relay-Finals  
Awards 200 Medley Relay  
400 IM - Consolation

400 IM -Finals  
100 Butterfly - Consolation  
100 Butterfly -Finals  
200 Freestyle - Consolation  
200 Freestyle -Finals  
100 Breaststroke - Consolation  
100 Breaststroke -Finals  
100 Backstroke - Consolation  
100 Backstroke -Finals  
Three-Meter Diving - Finals  
800 Freestyle Relay - Last Two  
Heats Of Timed Finals

#### **Saturday, March 21**

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

200 Backstroke  
100 Freestyle  
200 Breaststroke  
200 Butterfly  
400 Freestyle Relay  
Platform Diving - Trials (1:45  
pm)  
1,650 Freestyle

#### **Saturday, March 21**

##### **Day Three Finals - 7 p.m.**

1,650 Freestyle  
200 Backstroke - Consolation  
200 Backstroke -Finals  
100 Freestyle - Consolation  
100 Freestyle -Finals  
200 Breaststroke - Consolation  
200 Breaststroke -Finals  
200 Butterfly - Consolation  
200 Butterfly -Finals  
Platform Diving - Finals  
400 Free Relay - Consolation  
400 Free Relay -Finals  
Team Awards

#### **Quick-Cap 2015 B1G Championships**

Iowa capped the 2015 Big Ten Championships with 10 new UI swimming records in addition to one on the diving end. The Hawkeyes crowned on Big Ten Champion (Stoughton, 1,650 free) and finished eighth in the Big Ten with 223 points. Minnesota (618.5) and Indiana (591) were the top finishers.

#### **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 23 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 and @IowaDiving



# 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. Meghan Lavelle, 2015 ..... 23.12
5. Danielle Carty, 2011 ..... 23.17
6. Julie deBruin, 2008 ..... 23.18
7. Heather Arseth, 2013 ..... 23.25
8. Allison Lyle, 2002 ..... 23.27
9. Colleen Thome, 1991 ..... 23.28
10. Emma Sougstad, 2014 ..... 23.30

### 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, 2015** ..... 1:45.47
2. **Olivia Kabacinski, 2014** ..... 1:46.68
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. Serena Wanasek, 2015 ..... 1:49.80
10. Christine Kuczek, 2009 ..... 1:49.92

### 500 Freestyle

1. **Becky Stoughton, 2012** ..... 4:40.23
2. Lindsay Seemann, 2013 ..... 4:45.86
3. Serena Wanasek, 2015 ..... 4:56.53
4. Melissa Loehndorf, 2000 ..... 4:47.21
5. Jennifer Skolaski, 2003 ..... 4:48.20
6. Jane Keating, 1987 ..... 4:50.45
7. Ileana Buciu, 1998 ..... 4:51.78
8. Ashley Dell, 2008 ..... 4:53.69
9. Verity Hicks, 2009 ..... 4:53.94
10. Shelly Miyamoto, 1993 ..... 4:55.94

### 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, 2015** ..... 15:57.43
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. **Meghan Lavelle, 2015** ..... 54.32
5. Jennifer Skolaski, 2003 ..... 54.34
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** ..... 1:57.81
4. **Becky Stoughton, 2012** ..... 1:58.38
5. Daniela Cubelic, 2010 ..... 1:58.87
6. **Allie Orvis, 2015** ..... 1:59.43
7. **Rowan hauber, 2014** ..... 1:59.68
8. Loredana Zisu, 2000 ..... 2:00.67
9. Kelly Werner, 2005 ..... 2:00.69
10. Alison Gschwend, 2009 ..... 2:01.61

### 100 Breaststroke

1. **Emma Sougstad, 2015** ..... 1:00.04
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. **Shea Hoyt, 2015** ..... 1:02.45
7. **Colleen Champa, 2014** ..... 1:02.48
8. Andrea Pennington, 2000 ..... 1:03.46
9. Shea Hoyt, 2014 ..... 1:03.70
10. 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, 2015** ..... 2:18.32
7. **Shea Hoyt, 2015** ..... 2:18.52
8. Andrea Pennington, 1999 ..... 2:19.08
9. Shea Hoyt, 2014 ..... 2:19.18
10. Louise Keogh, 1990 ..... 2:19.22

### 100 Butterfly

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

### 200 Butterfly

1. **Becky Stoughton, 2015** ..... 1:58.28
2. Melissa Loehndorf, 2001 ..... 2:00.14
3. **Tereysa Lehnertz, 2014** ..... 2:00.84
4. Abbey Tuchscherer, 2011 ..... 2:01.17
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
9. **Elaine Boosalis, 2012** ..... 4:25.45
10. Katelyn Eustis, 2002 ..... 4:26.01
11. 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. **Lauren Kelba, 2015** ..... 332.17
6. Lisette Planken, 2005 ..... 332.03
7. **Joelle Christy, 2013** ..... 327.08
8. Katy Ketoff, 1991 ..... 315.60
9. Kelly Johnson, 1986 ..... 314.70
10. **Lydia Lehnert, 2015** ..... 312.00

### 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 Goldsworthy, 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

### Platform Diving (5)

1. **Lauren Kelba, 2015** ..... 312.20
2. **Abby Grilli, 2015** ..... 283.90
3. **Lydia Lehnert, 2014** ..... 257.90
4. **Calli Head, 2014** ..... 289.60
5. **Joelle Christy, 2013** ..... 234.75

### 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. **Orvis, Sougstad, O'Brien, Kabacinski, 2015**..... 1:39.18
2. Seemann, **Sougstad**, Tuchscherer, Borja, **2014** ..... 1:40.12
3. **Hauber, Sougstad, O'Brien, Kabacinski**.....1:40.60
4. Arseth, Wartalowicz, Tuchscherer, **Kabacinski, 2013**.....1:40.97
5. **Lavelle, Sougstad, Campbell, Kabacinski 2014**, ..... 1:40.99
6. Carty, Tour, Cubelic, deBruin, 2009 ..... 1:41.33
7. Carty, Wartalowicz, Tuchscherer, Arseth, 2011 ..... 1:41.41
8. Carty, Wartalowicz, Gordon, Arseth, 2012 ..... 1:41.85
9. Carty, Tour, S. Borchers, Cubelic, 2010 ..... 1:42.12
10. **Kumm, Sougstad**, Gordon, Borja, **2014**..... 1:42.15

### 400 Medley Relay

1. **Lavelle, Sougstad, Lehnertz, Stoughton, 2015**..... 3:38.68
2. Seemann, **Sougstad**, Gordon, **Kabacinski, 2014** ..... 3:39.54
3. Cubelic, Wartalowicz, Tuchscherer, Carty, 2012 ..... 3:40.33
4. **Hauber, Sougstad, Campbell, Kabacinski, 2014**..... 3:41.66
5. Cubelic, Tour, Dobrovolskaite, Hovren, 2011 ..... 3:41.87
6. Arseth, Wartalowicz, Tuchscherer, **Kabacinski, 2013** ..... 3:42.52
7. Seemann, Wartalowicz, Gordon, Hovren, 2013 ..... 3:42.77
8. Skolaski, Lyle, Loehndorf, Strub, 2002..... 3:43.42
- Seemann, **Sougstad**, Gordon, **Kabacinski, 2014** ..... 3:43.42
10. Carty, Tour, Mozdzen, Kuczek, 2010 ..... 3:43.65

### 200 Freestyle Relay

1. **Kabacinski, Sougstad, Lavelle, Scheitlin, 2015**..... 1:30.96
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. Kabacinski, Sougstad, Lavelle, Scheitlin, 2015 ..... 3:21.34
4. Carty, Hovren, Cubelic, **Stoughton, 2012** ..... 3:21.66
5. **Kabacinski, O'Brien, Lagodzinski, Lehnertz, 2014** ..... 3:22.04
6. **Lavelle, Lagodzinski, Sougstad, O'Brien 2014** ..... 3:22.26
7. Hovren, **Kabacinski**, Tuchscherer, Seemann, **2013**..... 3:22.31
8. Kuczek, deBruin, Tour, Gschwend, 2008 ..... 3:22.52
9. **Kabacinski**, Hovren, Arseth, Klunk, **2013** ..... 3:22.61
10. Hovren, Cubelic, Tour, Polz, 2011 ..... 3:22.73

### 800 Freestyle Relay

1. **Kabacinski**, Hovren, **Stoughton**, Seemann, **2014** ..... 7:12.49
2. **Stoughton, Kabacinski, Wanasek, Lagodzinska, 2015** ..... 7:12.86
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



## Calli Head

Diving  
Sophomore  
Fox Point, Wisconsin  
Nicolet

**Notables** -- Head, a native of Fox Point, Wisconsin, set the UI school record on the platform at the 2014 Big Ten Championships (289.60). She will compete at the NCAA Championships off of the platform, having qualified at the 2015 NCAA Zone D Diving Championships with an 11-dive score of 559.30 -- finishing seventh overall.

### Head's Collegiate Bests

Event	Score	Meet	Date
One-meter	252.38	Western Illinois	2-7-14
Three-meter	268.65	Iowa State	12/13/13
Platform	289.60	B1G Championships	2/22/14



## Joelle Christy

Diving  
RS Senior  
Springfield, Ill.  
Sacred Heart

**Notables** -- Christy, a native of Springfield, Illinois, leads the Hawkeyes 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 and her point total in the three meter (327.08) ranks seventh in school history. Christy will compete off the 1-meter after qualifying at the 2015 NCAA Zone D Diving Championships with an eighth-place finish, scoring 599.00 points on 12 dives.

### 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



## Emma Sougstad

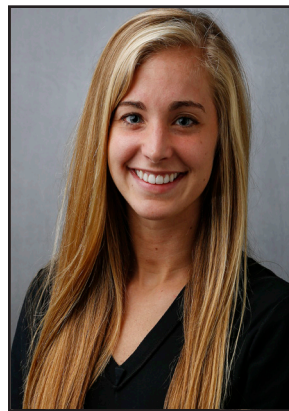
IM/Breast/Fly/Free  
Sophomore  
Forest City, Iowa  
Forest City

**Notables** -- 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	1:00.04	B1G Championships	2/18/15
200 Breast	2:11.71	Iowa State	12/5/14
100 Fly	55.49	Hawkeye Invitational	12/7/13
200 IM	1:58.74	B1G Championships	12/18/15



## Becky Stoughton

Free  
Senior  
Peoria, Ill.  
Peoria Notre Dame

**Notables** -- Leads 2014-15 team in 500 (4:40.23), 1,000 (9:49.51) and 1,650 (15:57.43) free... holds school records in the 200 (1:45.57), 500 (4:40.23), 1,000 (9:39.44), 1,650 free

(15:57.43), 400 IM (4:12.34), and 200 fly (1:58.28)... her top 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	1:45.57	Big Ten Championships	2/18/15
500 Free	4:40.23	Big Ten Championships	2/18/15
1,000 Free	9:39.44	vs. Minnesota	11/4/11
1,650 Free	15:57.43	Big Ten Championships	2/18/15
400 IM	4:12.34	Big Ten Championships	2/17/12
200 Fly	1:58.28	Big Ten Championships	2/18/15

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