



IOWA HAWKEYES

WOMEN'S SWIMMING & DIVING

ESTABLISHED 1917

2014-15 SCHEDULE

<u>Date</u>	<u>Opponent</u>	<u>Time</u>
Oct. 3	Michigan/Nebraska *	..
Oct. 4	Michigan/Nebraska * (Iowa City, Iowa)	W, 191-109, L, 188.5-105.5.
Oct. 11	Intrasquad Meet# (Iowa City, Iowa)	Black, 86.5-85.5
Oct. 17	Michigan State * (East Lansing, Mich.)	3 p.m.
Oct. 31	at Minnesota * (Minneapolis)	5 p.m.
Dec. 5 - 7	Hawkeye Invitational (Iowa City, Iowa)	All Day
Dec. 12	Iowa State % (Iowa City, Iowa)	6 pm.
Jan. 3	St. Petersburg Classic (St. Petersburg, Fla.)	TBA
Jan. 17	Illinois* (Champaign, Ill.)	11 a.m.
Jan. 24	Northwestern (Iowa City, Iowa)	11 a.m.
Jan 30 - 31	Shamrock Invitational (South Bend, Ind.)	All Day
Feb. 6	Western Illinois (Iowa City, Iowa)	6 p.m.
Feb. 18 - 21	Big Ten Championships (Columbus, Ohio)	All Day
Mar. 9 - 11	NCAA Zone Diving (Iowa City, Iowa)	All Day
Mar. 19 - 21	NCAA Championships (Iowa City, Iowa)	All Day
Apr. 11	Long Course Intrasquad# (Iowa City, Iowa)	10 a.m.

All times Central and subject to change

* -- Conference Event

% -- Iowa Corn Cy-Hawk Series

-- Exhibition Event

THIS WEEK

The University of Iowa men's swimming and diving team hits the road squaring off with Michigan State in East Lansing, Michigan at 3 p.m. (CT)

LIVE RESULTS

Fans can follow the weekend's action via live results 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>

LOOKING AHEAD

The Hawkeyes return to action Oct. 31, on the road taking on Minnesota in Minneapolis, Minnesota at 5 p.m. (CT).

SCOUTING MICHIGAN STATE

The Spartans have 14 new faces on the squad this season. However, MSU does have a large core of returners to lean on. The Spartans finish 11th at the Big Ten Championships a season ago. Senior Shelby Lacy and Junior Marina Borri return to the roster coming off strong seasons and look to lead the way in 2015.

HAWKEYE NEWCOMERS

The women's team features twelve newcomers to this year's roster. Jo Jekel, Izzie Bindseil, Summer Campbell, Terysa Lehnertz, Lauren Leehy, Rowan Hauber, Meghan Lavelle, Shea Hoyt, Nikol Lagodzinska, Mekenna Scheitlin, Morgan Rafferty, and Carly O'Brien all join the team. This group of twelve women features five athletes from Illinois, three from Iowa, two from Wisconsin, one from Oregon, and one from Texas.

NORTH OF THE BOARDER

This year's team will feature one Hawkeyes from Canada. Redshirt senior Lauren Kelba comes from Calgary, Alberta.

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.

SEASON RECAP

The Hawkeyes enter the 2014-15 season after posting a 9-5 dual meet record, including a 4-2 mark in Big Ten meets. Iowa finished the season with a 8th place finish at the Big Ten Championships.

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.





HEAD COACH MARC LONG

Marc Long is in 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, 86 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.

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 three-meter diving last season with a score of 336.97. Christy led the team on one-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 11th place finish in the finals with a score of 3.7.25.

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 (22.70), 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.

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).

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.

2013-2014 MVP

Olivia Kabacinski returns to lead the Hawkeyes after earning team most valuable player honors 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).

ACADEMIC HONORS

11 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.



COACHING ADDITIONS

Ryan Phelan is in his first season as a volunteer assistant coach with the University of Iowa swimming and diving program. Phelan was a former swimmer at Iowa graduating in 2012. Phelan holds school records in the 50 free (19.52), 200 medley relay (1:27.16) and 200 (1:17.61) and 400 (2:52.53) free relays.

Former Hawkeye Deidre Freeman also 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.

2014-15 SEASON-BEST TIMES

50 Free	Carly O'Brien	24.10
100 Free	Becky Stoughton	51.89
200 Free	Becky Stoughton	51.89
500 Free	Becky Stoughton	4:54.72
1,000 Free	Becky Stoughton	9:49.51
1,650 Free	NA	NA
100 Back	Rowan Hauber	56.07
200 Back	Meghan Lavelle	2:03.48
100 Breast	Emma Sougstad	1:03.48
200 Breast	Shea Hoyt	2:21.32
100 Fly	Emma Sougstad	56.90
200 Fly	Tereysa Lehnertz	2:07.06
200 IM	Alli Orvis	2:06.47
400 IM	NA	NA
200 Free Relay	Kabacinski, Sougstad, Orvis, Lehnertz	1:35.79
400 Free Relay	Kabacinski, Lagodzinska, O'Brien, Stoughton	3:30.10
800 Free Relay	NA	NA
200 Medley Relay	Lavelle, Sougstad, Horodyski, Kabacinski	1:44.57
400 Medley Relay	Lavelle, Sougstad, Campbell, Kabacinski	3:47.11
One-Meter Diving	Joelle Christy	2:66.05
Three-Meter Diving	Lydia Lehnert	268.30
Platform Diving	NA	NA

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

