

IOWA HAWKEYES

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SWIMMING & DIVING WEEKLY RELEASE

January 30, 2006

2005-06 Schedule & Results (6-6, 0-4 Big Ten)

10/13	at Wisconsin	L 78-164
10/13	vs. Wisconsin-Milwaukee	W 172-71
10/21	Minnesota	L 131-169
11/4	at Kansas	L 120.5-175.5
11/4	vs. Missouri State (at Kansas)	W 97-43
11/11	Truman State*	W 142.5-119.5
12/2-4	Ohio State Invitational	6th
12/9	at Iowa State#	W 156-144
1/2-12	Hawaii Training Trip* Nazareth College (NY)	W 156-66
1/21	Illinois#	L 130-169
1/21	Missouri*	L 117-178
1/27	at Northwestern*	L 108-186
1/28	at Illinois-Chicago*	W 160-77
2/3	at Northern Iowa#	
2/15-18	Big Ten Championships (Columbus, OH -- 11 a.m./7 p.m.)	
3/3-5	Iowa Senior Championships*	
3/9-11	NCAA Diving Qualifier* (Columbus, OH -- TBA)	
3/16-18	NCAA Championships (Athens, GA -- All Day)	

All times local to site. * -- co-ed meet

2005-06 Season Best Times

50 free	Katie Martin	24.01
100 free	Katie Martin	52.10
200 free	Erica Noah	1:55.15
500 free	Ashley Dell	5:02.05
1,000 free	Ashley Dell	10:15.73
1,650 free	Ashley Dell	17:25.18
100 back	Kelly Werner	56.80
200 back	Kelly Werner	2:02.66
100 breast	Emmy Haeger	1:05.20
200 breast	Emmy Haeger	2:21.24
100 fly	Kelly Werner	57.08
200 fly	Andrea Hemphill	2:07.18
200 IM	Kelly Werner	2:06.35
400 IM	Andrea Hemphill	4:34.58
200 free relay		1:36.11
400 free relay		3:31.25
800 free relay		7:46.53
200 med. relay		1:45.92
400 med. relay		3:50.69
One-Meter	Nancilea Underwood	307.35
Three-Meter	Nancilea Underwood	400.05

THIS WEEK -- The Iowa women's swimming team will travel to Northern Iowa Friday. The meet is scheduled for 5 p.m. at the Wellness and Recreation Center in Cedar Falls. This will be the final regular season meet for the Hawkeye women before competing in the Big Ten Championships on February 15-18.

ON NORTHERN IOWA -- The Panthers are currently 2-9, with wins over Minnesota State-Mankato and Augustana (Ill). This will be their final meet before the Missouri Valley Conference Championships.

LAST COMPETITION -- The Iowa women's swimming team competed at Northwestern (Jan. 27) and Illinois-Chicago (Jan 28). They fell to the Wildcats 186-108 and defeated the Flames 160-77. The women's record now stands at 6-6 (0-4 Big Ten) for the season.

Senior diver **Nancilea Underwood** returned to action by sweeping both the one- and three-meter events against Illinois-Chicago. Her score of 400.05 in the three-meter shattered the previous school record of 365.78, which she set earlier this season at home versus Minnesota. The two wins give her nine victories in 12 events this year.

Senior **Kelly Werner** had first place finishes in the 100 backstroke against Northwestern and the 100 butterfly versus Illinois-Chicago. Fellow seniors **Andrea Hemphill** (200 IM), **Katie Martin** (100, 200 Free) and **Erica Noah** (1,000 Free) also had first place finishes.

THE LAST TIME... -- The last time the Hawkeye women competed with the Panthers was January 21, 2005 in Iowa City. The Hawkeyes won the dual 148-46 to improve their all-time series record to 8-1 versus the Panthers.

HEAD COACH MARC LONG -- Marc Long is in his second season as head coach for the University of Iowa women and first for the men. He served two seasons as the Iowa women's assistant coach (2003-04) before taking over. He also served as a Hawkeye men's assistant from 1998-2001.

DIVING COACH BOB RYDZE -- Bob Rydze is in his 31st year as diving coach of the men and women's teams at the University of Iowa. He is dean of Big Ten diving coaches. During his tenure with the Hawkeyes, Rydze has coached 29 all-Americans, nine Big Ten and one NCAA Champion.