



IOWA HAWKEYES

WOMEN'S SWIMMING & DIVING

ESTABLISHED 1917

2015-16 SCHEDULE

Date	Opponent	Time
Sept. 25-26	at Illinois Chicago	W, 146-72
Oct. 9	Intrasquad Meet	Black, 94-79
Oct. 15-16	*Michigan State/ Northern Iowa	W, 165-132 W, 204.5-92
Oct. 30	*#17 Minnesota	5 p.m.
Nov. 6	*at Purdue	4 p.m.
Dec. 4-6	Hawkeye Invitational	10 a.m./6 p.m.
Dec. 11	at Iowa State	6 p.m.
Dec. 15-20	Winter Nationals	TBA
Jan. 16	*Illinois	11 a.m.
Jan. 23	*at Northwestern	11 a.m.
Jan. 29-30	Shamrock Invitational	TBA
Feb. 5	Western Illinois	6 p.m.
Feb. 17-20	Big Ten Championships	10 a.m./6 p.m.
March 8-10	NCAA Zone Diving	TBA
March 17-20	NCAA Championships	10 a.m./6 p.m.

All times Central and subject to change. | * Big Ten dual

IOWA ATHLETIC COMMUNICATIONS

Assistant Director _____ James Allan
 Email _____ james-allan@uiowa.edu
 Cell Phone _____ (319) 530-5792
 Swimming & Diving Contact _____ Elise Goodvin
 Email _____ elise-goodvin@uiowa.edu
 Cell Phone _____ (319) 330-7922
 Athletic Communications Phone _____ (319) 335-9411
 Athletic Communications Fax _____ (319) 335-9417
 Website _____ hawkeyesports.com

THIS WEEK

The University of Iowa women's swimming and diving team will host No. 17 Minnesota in a Big Ten Conference dual Friday at 5 p.m. (CT) at the Campus Recreation and Wellness Center Natatorium.

LIVE RESULTS/LIVE STREAM

Up-to-date results will be available on livestats.hawkeyesports.com. A live stream of the dual will also be available through Hawkeye All-Access on hawkeyesports.com. It is a subscription-based service. Fans can also follow the meet via Twitter by following @IowaSwimDive.

3 DUALS, 3 WINS

The Hawkeyes enter their biggest dual to date with a 3-0 record after posting victories over Illinois Chicago, Michigan State, and Northern Iowa. Minnesota won the team title at the 2015 Big Ten Championships before going on to finish 12th at the NCAA Championships last season.

SCHNEIDER CAN GO THE DISTANCE

Freshman Abbey Schneider won a pair of distance events winning the 500 and 1,000 free in the double header against Michigan State and Northern Iowa. The Indiana native won the 500 in 5:01.71, while posting a winning time of 10:17.48 in the 1,000. Schneider leads the team in both distance events this season.

SOUGSTAD RETURNS TO FOLD

Junior Emma Sougstad returns as the leader of the Iowa program after qualifying for the NCAA Championships in three events as a sophomore. The Forest City, Iowa, native holds school records in the 100 breast (59.96), 200 breast (2:11.20), 200 IM (1:58.74), 200-free relay (1:30.96), 200-medley relay (1:39.18), and 400-medley relay (3:38.68). She posted eight top-10 finishes at the 2015 Big Ten Championships, and finished 18th in the country in the 100 breast.

KABACINSKI IS STILL ON TOP

The Hawkeyes have their top sprinter returning to the fold in 2015-16 in senior Olivia Kabacinski. The Indiana native is the school record holder in six events -- 50 free (22.70), 100 free (49.61), and 200-free relay (1:30.96), 400-free relay (3:21.07), 800-free relay (7:12.49), and 200-medley relay (1:39.18).

This season, Kabacinski is leading the Hawkeyes in the 100 free (50.98) and 200 free (1:51.69). She posted seven first place finishes in the dual against Michigan and Northern Iowa, winning five relays and two individual events.

SEASON RECAP

The Hawkeyes, who finished eighth at the 2015 Big Ten Championships return their top performers in 8-of-14 swimming events, 1-of-3 diving events, and four top performers in relays. The Hawkeyes are going into this season after beating 11 school records in the



2014-15 season. Becky Stoughton won a Big Ten title in the 1,650-freestyle, she touched out with a personal best and UI record-setting time of 15:57.43. This first-place finish marks the Hawkeyes' first title since Melissa Loehndorf claimed the 200-butterfly championship in 2001.

RECORD BREAKING YEAR

The Hawkeyes broke 11 school records during the 2014-15 season. Olivia Kabacinski took down the record in the 100 free (49.61), Becky Stoughton in the 200 free (1:45.47), 500 free (4:39.76), 1,650 free (15:56.43), and 200 fly (1:58.28), Emma Sougstad in the 100 breaststroke (59.96), 200 breaststroke (2:11.20), 200 IM (1:58.74), and Lydia Lehnert on the platform (312.20). Kabacinski, Sougstad, Meghan Lavelle, and Mekenna Scheitlin swam to a school record in the 200-free relay (1:30.96), Allie Orvis, Sougstad, Carly O'Brien, and Kabacinski in the 200-medley relay (1:39.18), and Lavelle, Sougstad, O'Brien, and Stoughton have the top 400-medley relay time in the record books (3:38.68).

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.

ON THE HORIZON

The Hawkeyes return to the pool Nov. 6, heading to West Lafayette, Indiana, for a road dual at Purdue.

2015-16 SEASON-BEST TIMES

50 Free	Emma Sougstad	23.34
100 Free	Olivia Kabacinski	50.98
200 Free	Olivia Kabacinski	1:51.69
500 Free	Abbey Schneider	5:01.71
1,000 Free	Abbey Schneider	10:17.48
1,650 Free	--	--
100 Back	Rowan Hauber	56.59
200 Back	Meghan Lavelle	2:04.11
100 Breast	Emma Sougstad	1:03.11
200 Breast	Shea Hoyt	2:22.25
100 Fly	Kelly McNamara	55.93
200 Fly	Tereysa Lehnertz	2:03.14
200 IM	Emma Sougstad	2:06.66
400 IM	--	--
200-Free Relay	Scheitlin, Sougstad, Kabacinski, Wells	1:34.41
400-Free Relay	Kabacinski, Flummerfelt, Lagodzinska, Leehy	3:27.71
800-Free Relay	Kabacinski, Wanasek, Lagodzinska, Weigand	7:36.16
200-Medley Relay	Orvis, Sougstad, McNamara, Kabacinski	1:43.44
400-Medley Relay	--	--
1-Meter Diving	Morgan Rafferty	231.65
3-Meter Diving	Morgan Rafferty	249.00
Platform Diving	--	--

(A) - NCAA A Cut (B) - NCAA B Cut (SR) -- school record ** Pool Record (ZS) - NCAA Diving Zone Standard



Meet	50 Free	100 Free	200 Free	500 Free	1,000/1,650 Free
at UIC	Tereysa Lehnertz(24.31)	Taylor Flummerfelt (52.77)	Serena Wanasek (1:55.64)	Abbey Schneider (5:08.33)	--
Intrasquad	Taylor Flummerfelt (24.03)	Olivia Kabacinski (51.01)	Nikol Lagodzinska (1:53.39)	Abbey Schneider (5:05.58)	--
Mich. St./UNI	Emma Sougstad (23.34)	Olivia Kabacinski (50.98)	Olivia Kabacinski (1:51.69)	Abbey Schneider (5:01.71)	Abbey Schneider (10:17.48)
Minnesota					
at Purdue					
Hawkeye Invite					
at Iowa State					
Illinois					
at N'western					
Shamrock Invite					
W. Illinois					
B1G Champ.					
NCAA Champ.					

Meet	100 Back	200 Back	100 Breast	200 Breast
at UIC	Katie Wells (58.70)	Katie Wells (2:05.05)	--	--
Intrasquad	Meghan Lavelle (57.51)	Emma Sougstad (2:03.11)	--	--
Mich. St./UNI	Rowan Hauber (56.59)	Meghan Lavelle (2:04.11)	Shea Hoyt (1:05.95)	Shea Hoyt (2:22.25)
Minnesota				
at Purdue				
Hawkeye Invite				
at Iowa State				
Illinois				
at N'western				
Shamrock Invite				
W. Illinois				
B1G Champ.				
NCAA Champ.				

Meet	100 Fly	200 Fly	200 IM	400 IM
at UIC	Kelly McNamara (57.34)	--	--	--
Intrasquad	Kelly McNamara (55.93)	--	--	--
Mich. St./UNI	Kelly McNamara (56.24)	Tereysa Lehnertz (2:03.14)	Emma Sougstad (2:06.66)	--
Minnesota				
at Purdue				
Hawkeye Invite				
at Iowa State				
Illinois				
at N'western				
Shamrock Invite				
W. Illinois				
B1G Champ.				
NCAA Champ.				

Meet	200 Free Relay	400 Free Relay	800 Free Relay
at UIC	O'Brien, Lehnertz, Leehy, Wanasek (1:38.05)	--	--
Intrasquad	Scheitlin, O'Brien, Kabacinski, Sougstad (1:34.80)	--	--
Mich. St./UNI	McNamara, Sougstad, Kabacinski, Wells (1:34.41)	Kabacinski, Flummerfelt, Lagodzinska, Leehy (3:27.71)	Kabacinski, Wanasek, Lagodzinska, Weigand (7:36.16)
Minnesota			
at Purdue			
Hawkeye Invite			
at Iowa State			
Illinois			
at N'western			
Shamrock Invite			
W. Illinois			
B1G Champ.			
NCAA Champ.			

Meet	200 Medley Relay	400 Medley Relay
at UIC	Orvis, Wells, McNamara, Kabacinski (1:45.23)	--
Intrasquad	Orvis, Sougstad, O'Brien, Kabacinski (1:43.50)	--
Mich. St./UNI	Orvis, Sougstad, McNamara, Kabacinski (1:43.44)	--
Minnesota		
at Purdue		
Hawkeye Invite		
at Iowa State		
Illinois		
at N'western		
Shamrock Invite		
W. Illinois		
B1G Champ.		
NCAA Champ.		

Meet	1-Meter	3-Meter	Platform
at UIC	--	--	--
Intrasquad	--	--	--
Mich. St./UNI	Morgan Rafferty (231.65)	Morgan Rafferty (249.00)	--
Minnesota			
at Purdue			
Hawkeye Invite			
at Iowa State			
Illinois			
at N'western			
Shamrock Invite			
W. Illinois			
B1G Champ.			
NCAA Champ.			

Athlete	50 Free	100 Free	200 Free	500 Free	1,000 Free	1,650 Free	100 Back	200 Back
Izzie Bindseil		55.15	1:56.66	5:19.39				
Maddie Bro								
Summer Campbell			2:00.66	5:20.09				
Colleen Champa								
Olivia Cook			2:02.02	5:15.35				
Taylor Flummerfelt	24.03	52.35						
Rowan Hauber		55.76					56.59	2:04.46
Ashley Horodyski								2:12.22
Shea Hoyt								
Devin Jacobs				5:10.19				
Jo Jekel		55.46	1:59.74				59.72	
Olivia Kabacinski		50.98	1:51.69					
Nikol Lagodzinska			1:53.39	5:15.90			58.89	
Meghan Lavelle	24.33	54.51					57.44	2:04.11
Lauren Leehy	24.59	54.66						
Tereysa Lehnertz	24.31						59.02	
Natalie McGovern							58.38	2:08.31
Kelly McNamara	24.17							
Carly O'Brien	24.54							
Allie Orvis	25.01						58.30	2:10.57
Mekenna Scheitlin	24.03							
Abbey Schneider				5:01.71	10:17.48			
Emma Sougstad	23.34							
Serena Wanasek		53.26	1:54.13	5:10.56				
Jennifer Wiegand		53.38	1:54.67					
Katie Wells		54.55					58.70	

Athlete	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
Izzie Bindseil						
Maddie Bro						
Summer Campbell			58.98	2:18.34		
Colleen Champa	1:06.63	2:25.15				
Olivia Cook			1:01.05	2:12.39		
Taylor Flummerfelt						
Rowan Hauber						
Ashley Horodyski			58.58			
Shea Hoyt	1:05.95	2:22.25				
Devin Jacobs	1:06.66	2:23.54			2:09.54	
Jo Jekel						
Olivia Kabacinski	1:05.25					
Nikol Lagodzinska						
Meghan Lavelle						
Lauren Leehy						
Tereysa Lehnertz			56.25	2:03.14		
Natalie McGovern						
Kelly McNamara			55.93	2:12.54		
Carly O'Brien			57.14			
Allie Orvis			59.26		2:11.68	
Mekenna Scheitlin			58.46		2:10.55	
Abbey Schneider	1:08.00					
Emma Sougstad	1:03.11				2:06.66	
Serena Wanasek						
Jennifer Wiegand						
Katie Wells	1:05.05				2:12.53	

Athlete	1-Meter	3-Meter	Platform
Calli Head			
Lydia Lehnert	225.15	247.60	
Morgan Rafferty	231.65	249.00	
Jacintha Thomas			
Samantha Wagner	230.35		

INDIVIDUAL WINS

Name	Event	Meet
Taylor Flummerfelt	100 free	at UIC, 9/26/15
Shea Hoyt	100 breast	Mich. St/UNI, 10/16/15
Olivia Kabacinski	200 free	Mich. St/UNI, 10/16/15
Olivia Kabacinski	100 free	Mich. St/UNI, 10/16/15
Meghan Lavelle	200 back	Mich. St/UNI, 10/16/15
Tereysa Lehnertz	50 free	at UIC, 9/26/15
Tereysa Lehnertz	200 fly	Mich. St/UNI, 10/16/15
Kelly McNamara	100 fly	at UIC, 9/26/15
Kelly McNamara	100 fly	Mich. St/UNI, 10/16/15
Abbey Schneider	500 free	Mich. St/UNI, 10/16/15
Abbey Schneider	1000 free	Mich. St/UNI, 10/16/15
Emma Sougstad	50 free	Mich. St/UNI, 10/16/15
Emma Sougstad	200 IM	Mich. St/UNI, 10/16/15
Katie Wells	100 back	at UIC, 9/26/15
Katie Wells	100 breast	at UIC, 9/26/15

RELAY WINS

Names	Event	Meet
Orvis, Wells, McNamara, Kabacinski	200-medley relay	at UIC, 9/26/15
McNamara, Sougstad, Kabacinski, Wells	200-free relay	Mich. St/UNI, 10/15/15
Kabacinski, Wanasek, Lagodzinska, Weigand	800-free relay	Mich. St/UNI, 10/15/15
Kabacinski, Flummerfelt, Lagodzinska, Leehy	400-free relay	Mich. St/UNI, 10/16/15
Orvis, Sougstad, McNamara, Kabacinski	200-medley relay	Mich. St/UNI, 10/16/15