



IOWA HAWKEYES

WOMEN'S SWIMMING & DIVING

ESTABLISHED 1917

2013-14 SCHEDULE

<u>Date</u>	<u>Opponent</u>	<u>Time</u>
Sep. 27-28	at Michigan * Michigan Water Carnival (Ann Arbor, Mich.)	L, 111-185
Oct. 11	Intrasquad Meet (Iowa City, Iowa)	Black, 122-104
Oct. 18	Michigan State*/ Northern Iowa (Iowa City, Iowa)	W, 182-117 W, 238-61
Nov. 1	Minnesota * (Iowa City, Iowa)	5 p.m.
Nov. 15	at Nebraska * (Lincoln, Neb.)	3 p.m.
Dec. 6 - 8	Hawkeye Invitational (Iowa, Notre Dame, Denver, Milwaukee)	10 a.m./ 6 p.m.
Dec. 13	at Iowa State % (Ames, Iowa)	6 p.m.
Jan. 18	Illinois/Missouri/Indiana (Iowa City, Iowa)	11 a.m.
Jan. 25	at Northwestern (Evanston, Ill.)	11 a.m.
Jan 31 - Feb 1	Shamrock Invitational (South Bend, Ind.)	All Day
Feb. 7 (Iowa City, Iowa)	Western Illinois	6 p.m.
Feb. 26 - March 1	Big Ten Championships (Ann Arbor, Mich)	All Day
Feb. 27 - March 1	Iowa Senior Championships (Iowa City, Iowa)	All Day
March 10 - 12	NCAA Zone Diving (Minneapolis, Minn.)	All Day
March 27 - 29	NCAA Championships (Austin, Texas)	All Day
April 12	Long Course Intrasquad (Iowa City, Iowa)	TBA

All times Central and subject to change

* -- Conference Event

%-- Iowa Corn Cy-Hawk Series

THIS WEEK

The University of Iowa women's swimming and diving team hosts the University of Minnesota in a conference dual meet Friday night. The dual will be held at the Campus Recreation and Wellness Center Pool beginning at 5 p.m. (CT).

LIVE RESULTS

Fans can follow the intrasquad meet via live results by following this link (<http://www.livestats.hawkeyesports.com>).

PROMOTIONS

This Friday is 'Pack the Pool' night at the CRWC. The first 50 fans in attendance receive free tropical smoothies, while two tickets to the Iowa-Wisconsin football game will be given away. There will also be a cannonball contest featuring UI student-athletes, for which fans will be selected to be judges. Fans selected to be judges will receive either an autographed basketball or football as a prize.

HAWKEYES DOWN SPARTANS, PANTERS IN DUAL MEET

The Hawkeyes posted a pair of dual victories Oct. 18 at the Campus Recreation and Wellness Center. Iowa downed the Michigan State Spartans, 182-117, and knocked off the Northern Iowa Panthers, 238-61. The team moved to 2-1 on the season with the pair of victories. Iowa took the top two times in the opening event, the 200-medley relay. Maddie Bro, Karolina Waralowicz, Emma Sougstad and Olivia Kabacinski placed first, touching out in 1:45.46. Freshman Emma Sougstad continued to contribute to the Hawkeyes, scoring two first, one second, and one third place finish against the Spartans and Panthers. Sougstad posted first place finishes in the 200-medley relay (1:45.46), and 400-free relay (3:31.75).

SCOUTING MINNESOTA

The University of Minnesota women's swimming and diving team enters the meet ranked 12th in the CSCAA top 25. The Gophers enter the meet a perfect 3-0 overall, including a 2-0 conference mark. Minnesota knocked off the University of Wisconsin, 218-152, in a conference dual its last time out. The Gophers also posted a conference win over the Michigan Wolverines and a non-conference victory over Arizona State.

KABACINSKI LEADING THE WAY

Sophomore Olivia Kabacinski is off to a fast start in 2013, highlighted by her performance against Michigan State and Northern Iowa on Oct. 18. The La Porte, Ind., native posted four first-place finishes at the meet. Kabacinski placed first in the 200-medley relay (1:45.46), 50-free (24.04), 100-free (51.91), and 400-free relay (3:31.75).

SEEMANN SOARING

Senior Lindsay Seemann has been a key contributor to the Hawkeyes in her second season with the program. Seemann has posted the top time in three individual events, and was a part of the top time in one relay event. Seemann captured two of her top times in the opening meet of the season against Michigan. Seemann posted first place finishes in both the 200-free (1:51.60) and 100-back (57.27) against the Wolverines to kick off the season.

HAWKEYES SET WORLD RECORD

The University of Iowa swimming and diving team swam to a World Record in the 200 short course





HEAD COACH MARC LONG

Marc Long is in his 10th season as head coach for the University of Iowa swimming and diving team, and ninth 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, 75 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-metley relay, 400-metley 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.

meters mixed-medley relay at the Michigan Water Carnival. In the second-to-last event, the Hawkeyes swam to a World Record time when seniors Dustin Rhoads and Andrew Marciniak, junior Haley Gordon and sophomore Olivia Kabacinski finished with a time of 1:47.61. Iowa also bested a previous World Record time in the mixed 200-meter freestyle relay when sophomore Jackson Allen, senior Gianni Sesto, freshman Emma Sougstad and sophomore Allie Orvis posted a time of 1:40.26. Michigan took down the old record, finishing in 1:36.78.

SOUGSTAD EARNS FRESHMAN OF THE WEEK HONORS

Freshman Emma Sougstad was named Big Ten Freshman of the Week on Oct. 1. Sougstad, competing in her first collegiate dual at Michigan on Sept. 27, won the 50-yard freestyle, touching out in 23.84. The Forest City, Iowa, native also tallied second place finishes in the 200-yard IM (2:05.87) and the 400-yard freestyle relay (3:32.51). In the freestyle relay, Sougstad swam the anchor leg for the Hawkeyes, finishing in 3:32.51. She rounded out the meet by placing third in the 200-yard medley relay (1:45.92), in which she swam the second leg.

SEASON RECAP

The Hawkeyes enter the 2013-14 season after posting an 8-2 dual meet record, including a 4-2 mark in Big Ten meets. Iowa finished the season with a 10th place finish at the Big Ten Championships.

HAWKEYE NEWCOMERS

The women's team features five newcomers to this year's roster. Taylor Flummerfelt, Calli Head, Lydia Lehnert, Emma Sougstad, and Serena Wanasek all join the team. This group of five women features two athletes from Wisconsin, one from Iowa and one from Maryland.

OFF THE HIGH DIVE

The Iowa diving team returns a veteran lineup, led by senior Abby Grilli and redshirt junior Joelle Christy. Grilli, a team captain last year, posted a team high score of 354.10 on the three-meter boards, while Christy led the team on one-meter and platform diving with scores of 313.35 and 234.74, respectively. Grilli, Christy, along with teammate Lauren Kelba all qualified for NCAA Zone Diving last season before falling just short of making the finals.

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 (22.88), 100 free (50.30), 200 free (1:48.32) and 100 breaststroke (1:02.30). She posted NCAA "B" qualifying times in the 50 free and 100 breaststroke.

RECORD BREAKING YEAR

The Hawkeyes come into this season after breaking five school records throughout the course of last season. Individually, Olivia Kabacinski (50 free - 22.88), Lindsay Seemann (200 back - 1:56.49), Becky Stoughton (200 fly - 1:59.68), and Emily Hovren (200 IM - 2:00.42) all broke school records in their respective event. The team of Heather Arseth, Karolina Wartalowicz, Abby Tuchscherer, and Kabacinski set the record in the 200 medley relay (1:40.97).

CHAMPIONSHIP SEASON

Four Hawkeyes competed in the U.S. Open Championships this past summer in Irvine, Calif. Emily Hovren, Karolina Wartalowicz, Becky Stoughton, and Olivia Kabacinski all competed in the national event. For Hovren, it was her second national event of the summer, as she competed at the Phillips 66 National Championships in Indianapolis.

2012-2013 MVP



Lindsay Seemann returns to lead the Hawkeyes after earning team most valuable player honors as a junior. Seemann is the UI school record-holder in 200 backstroke (1:56.49) and as a member of the 800-free relay (7:14.99). She was the team's high point scorer at the Big Ten Championships.

ACADEMIC HONORS

Two members from the 2012-13 women's team were named Honorable Mention Scholar All-America. Heather Arseth and senior Karolina Wartalowicz were named All-America. Wartalowicz was also named an honorable mention in 2011-12. The team was acknowledged as an All-America team for the ninth consecutive year. In all, 24 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 10th season as head coach for the University of Iowa swimming team. It's his eighth as head coach of the combined program. During his tenure as head coach of both programs, 75 school records have fallen and 112 Hawkeyes have provisionally qualified for the NCAA Championships.

COACHING ADDITIONS

Brandon King is in his first season as an assistant coach with the University of Iowa swimming and diving program. King joins the Hawkeyes out of Naperville, Ill., where he served as a senior assistant coach alongside decorated head coach Dave Krotiak for the Fox Valley Swim Team from 2011-13. During his time with the program, King assisted the Illinois Senior Coach of the Year and coached multiple swimmers competing at the Junior Nationals, Grand Prix meets and Olympic Trials.

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.

NEXT EVENT

The Hawkeyes return to action Nov. 15 in Lincoln, Neb., for a conference dual against Nebraska. The competition is slated to begin at 5 p.m. (CT) at the Devaney Natatorium.

2013-14 SEASON-BEST TIMES

50 Free	Emma Sougstad	23.84
100 Free	Olivia Kabacinski	51.91
200 Free	Lindsay Seemann	1:51.60
500 Free	Serena Wanasek	5:11.09
1,000 Free	Hillary Weigand	10:31.34
1,650 Free	n/a	n/a
100 Back	Lindsay Seemann	57.27
200 Back	Lindsay Seemann	2:03.05
100 Breast	Olivia Kabacinski	1:04.13
200 Breast	Karolina Wartalowicz	2:18.52
100 Fly	Haley Gordon	56.43
200 Fly	Haley Gordon	2:06.04
200 IM	Emma Sougstad	2:05.87
400 IM	n/a	n/a
200 Free Relay	Hofstadter, Orvis, Flummerfelt, Tuchscherer	1:36.61
400 Free Relay	Kabacinski, Sougstad, Flummerfelt, Tuchscherer	3:31.75
800 Free Relay	n/a	n/a
200 Medley Relay	Seemann, Wartalowicz, Tuchscherer, Kabacinski	1:44.36
400 Medley Relay	n/a	n/a
One-Meter Diving	Abby Grilli	303.20
Three-Meter Diving	Joelle Christy	312.08
Platform Diving	n/a	n/a

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

