



IOWA HAWKEYES

WOMEN'S SWIMMING & DIVING

ESTABLISHED 1917

2013-14 SCHEDULE		
Date	Opponent	Time
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)	L, 194-101
Nov. 15	at Nebraska */ vs. S. Dakota State (Lincoln, Neb.)	W, 167-133 W, 252-48
Dec. 6 - 8	Hawkeye Invitational (Iowa, Boise State, Denver, Iowa State, Milwaukee, Nebraska, Notre Dame, Washington State)	4th (436 pts)
Dec. 13	at Iowa State % (Ames, Iowa)	W, 165-135
Jan. 18	Illinois*/#11 Indiana*/ #21 Missouri (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
%-- Iowa Corn Cy-Hawk Series* -- Conference Event

THIS WEEK

The University of Iowa women's swimming and diving team hosts Illinois, Indiana and Missouri in a quad meet on Jan. 18. The meet will take place inside the Campus Recreation and Wellness Center beginning at 11 a.m. (CT).

LIVE RESULTS

Fans can follow the quad meet via live results by following this link (<http://www.livestats.hawkeyesports.com>). Fans may also follow along with live streaming at Hawkeye All-Access (<http://www.hawkeyesports.com/allaccess/>).

PROMOTIONS

The first 200 fans in attendance will receive free Iowa swimming and diving t-shirts. There will also be a lucky duck competition, with the winner receiving a \$50 Herky's Locker Room gift card.

MEET CAPTAINS

Meet captains for the quad against Illinois, Missouri and Indiana will be seniors Elise Borja and Lindsay Seemann.

MAKE IT 4 STRAIGHT OVER IOWA STATE

Iowa dropped Iowa State in the annual Iowa Corn Cy-Hawk series for the fourth straight time, defeating the Cyclones, 165-135, on Dec. 13 inside the Beyer Hall Pool. The Hawkeyes, who have now won 8-of-10 against their in-state rivals, took home victories in 10-of-16 events. Three Hawkeyes -- Becky Stoughton, Lindsay Seemann, and Abbey Tuchscherer -- won two events each, while Abby Grilli and Joelle Christy each claimed diving titles.

SCOUTING THE QUAD

Illinois enters the quad with a 5-2-1 record on the season. Their last time out, the Illini tied Rutgers, 150-150, on Jan. 10 in Champaign. Illinois took the top two spots in the final event of the evening, the 400-free relay, to secure the tie. The team travels to Ames on Friday to compete against Iowa State prior to the quad.

Indiana enters the meet ranked 11th in the CSCAA poll, released Dec. 10. The Hoosiers, 3-3 on the season, are led by Lindsay Vrooman. Vrooman earned her second Big Ten Swimmer of the Week award after earing a silver medal in the 1,650 freestyle at the At&T USA Swimming Winter Nationals. She also placed fourth in the 500 free. She earned three NCAA 'B' cut times and one automatic qualifying time.

Missouri, ranked 21st by the CSCAA, comes to town with a 3-4 mark on the season. Their last time out, the Tigers topped Virginia Tech, while falling to Tennessee. Loren Figueroa led the way in the diving well, sweeping both springboard events, while Danielle Barbiea claimed two victories in the pool as well. Barbiea finished first in both the 50-free and 100-fly.

NCAA 'B' CUTS

The Hawkeyes have posted eight NCAA 'B' cut times on the season, with seven of the eight times coming at the Hawkeye Invitational. Olivia Kabacinski leads the way with three 'B' cut times on the year (50-free, 100-free, 100-breast). Joining Kabacinski is Lindsay Seemann (100-back and 200-back), Karolina Wartalowicz (100-breast and 200-breast), and Colleen Champa (200-breast).





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-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.

TWO SCHOOL RECORDS FALL

The Hawkeyes broke a pair of school records at the Hawkeye Invitational on Dec. 6-8. Sophomore Olivia Kabacinski swam to the first record in the 100-free, touching out in 49.84 to become the first Hawkeye to post a sub-50 time in the event. Freshman diver Calli Head set a school record in the platform event with a score of 265.60.

DIVING TO THE POSTSEASON

Redshirt juniors Abby Grilli and Joelle Christy have posted NCAA Zone Diving standards in both the 1 and 3-meter events this year. Christy has led the way for the Hawkeyes on the 1-meter event, posting a top score of 303.60. Grilli posted a season-best score of 336.97 on the 3-meter springboard at the Hawkeye Invitational. Freshman Calli Head posted a school record and Zone Diving standard on the platform, when she won the Hawkeye Invite with a score of 265.60.

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). On the season, Kabacinski has three NCAA 'B' cut times, as well as a school record in the 100-free (49.48). She is also pacing the team with four top times on the season.

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 two individual events, and was a part of the top time in two relay events. Most recently, Seemann finished in a season-best 1:59.03 in the 200-back at the Hawkeye Invitational -- a time that qualifies for NCAA 'B' cut consideration. Seemann also claimed the top time in the 100-back (54.75) against Iowa State to secure her second 'B' cut time.

HAWKEYES SET WORLD RECORD

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

SEEMANN EARNS SWIMMER OF THE WEEK HONORS

Senior Lindsay Seemann was named Big Ten Swimmer of the Week on Dec. 17 for her performance against in-state rival Iowa State. Seemann swam to individual victories in the 100-back (54.75) and 200-back (1:57.82), while also swimming on the 400-free relay team which finished first in 3:24.11. Both individual times are season bests, and the 200-back time broke the Iowa State Beyer Hall Pool record.

GRILLI EARNS DIVER OF THE WEEK HONORS

Redshirt junior Abby Grilli has been named Big Ten Diver of the Week twice this season. Grilli's first conference honor came Nov. 19 after claiming the 1-meter title and taking third in the 3-meter event in a dual against South Dakota State. Grilli backed up the performance with a second Big Ten Diver of the Week three weeks later on Dec. 17 for her performance against Iowa State. Grilli placed first in the 3-meter (336.97) and second in the 1-meter



(296.40) events. Her 3-meter score is a new season-best for the Hawkeyes.

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.

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.

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).

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.

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

Iowa travels to Evanston, Ill., for a conference dual against Northwestern on Jan. 25. Competition is slated to begin at 11 a.m. (CT) inside the Norris Aquatics Center.

2013-14 SEASON-BEST TIMES

50 Free	Olivia Kabacinski	22.99 (B)
100 Free	Olivia Kabacinski	49.84 (B) (SR)
200 Free	Olivia Kabacinski	1:48.77
500 Free	Lindsay Seemann	4:50.51
1,000 Free	Becky Stoughton	10:07.95
1,650 Free	Hillary Weigand	17:03.00
100 Back	Lindsay Seemann	54.75 (B)
200 Back	Lindsay Seemann	1:57.82 (B)
100 Breast	Olivia Kabacinski	1:01.65 (B)
200 Breast	Colleen Champa	2:14.31 (B)
100 Fly	Abbey Tuchscherer	55.24
200 Fly	Abbey Tuchscherer	2:02.05
200 IM	Emma Sougstad	2:03.16
400 IM	Colleen Champa	4:22.15
200 Free Relay	Kabacinski, Hofstadter, Sougstad, Borja	1:32.50
400 Free Relay	Kabacinski, Hovren, Weigand, Seemann	3:24.14
800 Free Relay	Kabacinski, Seemann, Wanasek, Stoughton	7:20.52
200 Medley Relay	Kumm, Sougstad, Gordon, Borja	1:42.15
400 Medley Relay	Seemann, Sougstad, Gordon, Kabacinski	3:43.42
One-Meter Diving	Joelle Christy	303.60 (ZS)
Three-Meter Diving	Abby Grilli	336.97 (ZS)
Platform Diving	Calli Head	265.60(ZS)(SR)

(B) - NCAA B Cut (ZS) - Zone Diving Standard * -- school record ** pool record

