



IOWA HAWKEYES

WOMEN'S SWIMMING & DIVING

ESTABLISHED 1917

2014-15 SCHEDULE

Date	Opponent	Time
Oct. 3-4	*Michigan/*Nebraska (Iowa City, Iowa)	L, 188.5-105.5 W, 191-109
Oct. 11	Intrasquad Meet (Iowa City, Iowa)	Black, 86.5-85.5
Oct. 17	*at Michigan State (East Lansing, Mich.)	W, 196-103
Oct. 31	*at #6 Minnesota (Minneapolis)	L, 195-105
Dec. 5-7	Hawkeye Invitational (Iowa City, Iowa)	1st (1,015.5 pts)
Dec. 12	Iowa State (Iowa City, Iowa)	W, 206-94
Jan. 3	at St. Petersburg Classic (St. Petersburg, Fla.)	1st (126 pts)
Jan. 17	at Illinois (Champaign, Ill.)	W, 165-135
Jan. 24	*Northwestern (Iowa City, Iowa)	L, 152-142
Jan. 30-31	at Shamrock Invitational (South Bend, Ind.)	All Day
Feb. 6	Western Illinois/Northern Iowa (Iowa City, Iowa)	6 p.m.
Feb. 25-28	at Big Ten Championships (Columbus, Ohio)	All Day
March 1	Big Ten Long Course Invite (Iowa City, Iowa)	10 a.m.
March 9-11	NCAA Zone Diving (Iowa City, Iowa)	All Day
March 26-28	at NCAA Championships (Greensboro, N.C.)	All Day
April 11	Long Course Intrasquad (Iowa City, Iowa)	10 a.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 _____ Ben Schmitz
 Email _____ benjamin-schmitz@uiowa.edu
 Cell Phone _____ 319-238-1354
 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 travels to South Bend, Indiana, taking part in the two-day Shamrock Invitational on Friday and Saturday at the Rolfs Aquatic Center.

LIVE RESULTS

Fans can follow this week's action <http://www.und.com/livestats/m-swim/013015/index.htm>, and 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 Feb. 6, hosting Western Illinois and South Dakota at 6 p.m. (CT) in the Campus Recreation and Wellness Center Natatorium in Iowa City.

SCOUTING THE FIELD

The Hawkeyes join a four-team field this weekend, competing alongside Notre Dame, Incarnate Word, and Clemson (diving only).

WE MEET AGAIN

Iowa has familiarity with Notre Dame having met earlier this season at the Hawkeye Invite in Iowa City on Dec. 7. The Hawkeyes won the meet with 1,015.5 points.

GRILLI BACK FOR SENIOR YEAR

Two weeks of training separated redshirt senior Abby Grilli's transition from student-teaching to competing in a Big Ten matchup against Illinois on Jan. 17. Grilli posted a Zone D Diving Standard on the 1-meter and placed third with a score of 289.50.

SWIMMING TO THE POSTSEASON

Seven Hawkeyes have swam to a combined 16 NCAA 'B' cut times in the 2014-15 season.

Becky Stoughton: 500 (4:47.40) and 1,650 free (16:21.97), 200 fly (1:59.42), and 400 IM (4:18.32)

Emma Sougstad in the 100 (1:00.14) and 200 breast (2:11.71) and 200 IM (2:00.94)

Olivia Kabacinski: 50 (22.80), 100 (49.61), and 200 (1:46.68) freestyle

Colleen Champa in the 100 (1:02.48) and 200 (2:12.71) breaststroke

Meghan Lavelle: 100 (54.48) and 200 backstroke (1:58.27)

Rowan Hauber in the 100 backstroke (54.94)

Allie Orvis: 100 backstroke (54.91)

DIVING TO THE POSTSEASON

Five divers have posted a combined nine Zone Diving scores this season.

Joelle Christy has two on the 1-meter (304.65) and 3-meter (317.48)

Lauren Kelba on the 1-meter (281.10), 3-meter (290.25), and platform (230.20)

Lydia Lehnert on the 3-meter (296.03) and platform (257.90)

Calli Head on the platform (231.40)

Abby Grilli on the 1-meter (289.50).

IN THE NATIONAL RANKINGS

Becky Stoughton ranks 20th nationally in the 1,000 free (9:49.51), and 31st in the 1,650 free (16:21.97).

Emma Sougstad holds the 15th-fastest time in the 100 breast with a time of 1:00.14, and 28th nationally in the 200 breast (2:11.71).





Marc Long is entering 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, 87 school records have fallen and 144 Hawkeyes have automatically or provisionally qualified for the NCAA Championships.

In 2013-14, Long guided the women's team to a 9-5 dual record with the nine victories being the second-highest total for the program in his tenure. The Hawkeyes went 4-3 in Big Ten duals, which led to a No. 20 ranking in the collegeswimming.

com poll on Dec. 29. The team posted school records in four individual and four relays throughout the course of the season.

The UI men's squad was ranked as high as No. 21 in the CSCAA poll for three weeks and three school records went down in 2013-14. Long coached senior Dustin Rhoads to the NCAA Championships in the 100 and 200-yard backstroke events, marking the fourth-straight year the Hawkeyes have been represented at the championship.

Both the men's and women's squads posted eighth place finishes at the 2014 Big Ten Championships. The UI women finished with 199 points, while the men tallied 188 points. At season's end, 31 Hawkeyes were named Academic All-Big Ten honorees -- the 19 women's selections were a school record, while the men tied a record with 12 receiving the accolade.

UNIVERSITY QUICK FACTS

Location: Iowa City, Iowa
 Enrollment 31,065
 Founded: 1847
 Nickname: Hawkeyes
 Colors Black and Gold
 Conference: Big Ten
 National Affiliation NCAA, Division I
 President: Sally Mason
 Director of Athletics: Gary Barta
 Swimming & Diving Administrator: Jane Meyer
 Swimming & Diving Secretary: Marie Kasperak
 Swimming & Diving Office 319-335-9741
 Home Facility .. Campus Recreation and Wellness Center (CRWC)
 Capacity 1,000

TEAM INFORMATION

Head Coach Marc Long
 Alma Mater/Year Iowa, 1991
 Men's Record at Iowa/Years 50-25/10
 Women's Record at Iowa/Years 63-46/11
 Email marc-long@uiowa.edu
 Associate Head Coach Frannie Malone
 Alma Mater/Year Iowa, 2000
 Email frannie-malone@uiowa.edu
 Diving Coach Todd Waikel
 Alma Mater/Year Purdue, 1994
 Email todd-waikel@uiowa.edu
 Assistant Coach Nathan Mundt
 Alma Mater/Year Tampa, 2001
 Email nathan-mundt@uiowa.edu
 Assistant Coach Kristy Brager
 Alma Mater/Year Wisconsin, 2008
 Email kristine-brager@uiowa.edu
 Assistant Coach Brandon King
 Alma Mater/Year Hope College, 2010
 Email brandon-king@uiowa.edu
 Men's Letterwinners Returning/Lost 20/13
 Women's Letterwinners Returning/Lost 20/9

FREEMAN TAKES 2ND AT WINTER NATIONALS

University of Iowa volunteer assistant Deidre Freeman dove to a silver medal on Dec. 20, at the 2014 USA Diving Winter National Championships held at the McCorkle Aquatic Center in Columbus, Ohio.

Freeman dove alongside Indiana standout Jessica Parratto in the women's 3-meter synchro event. The two dove to a score of 563.40, finishing behind Abby Johnson and Laura Ryan (597.30).

SOUGSTAD NAMED SWIMMER OF THE WEEK

University of Iowa sophomore Emma Sougstad was named the Big Ten Swimmer of the Week on Nov. 16. Sougstad earned the accolade after posting a pair of record-setting times in the dual against Iowa State on Dec. 12.

STOUGHTON LEADING THE WAY

Senior Becky Stoughton is off to a fast start in 2014 pacing the Hawkeyes in six events. The Peoria, Illinois, native owns top times in the 500 free (4:47.40), 1,000 free (9:49.51), 1,650 free (16:21.97), 200 fly (1:59.42), 400 IM (4:18.32) and as a member of the 800 free relay (7:17.78).

KABACINSKI SPRINTING TO THE TOP

Junior Olivia Kabacinski remains a top sprinter for the Hawkeyes this season. Kabacinski leads the team in the 50 free (22.80), 100 free (49.61), 200 free (1:46.68), as a member of the 200 (1:31.30), 400 (3:22.04), and 800 (7:17.78) free relays, as well as the 200 (1:40.60) and 400 (3:41.66) medley relays.

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.

NEWCOMERS STEPPING UP

Four freshmen have made an immediate impact in 2014-15. Meghan Lavelle has posted Iowa's top times in the 100 back (54.48) and 200 back (1:58.27). Tereysa Lehnertz leads all 100-fly times (55.31). Four newcomers also rank second on the team's top times list. Carly O'Brien is second in the 100 free (51.06), Rowan Hauber in the 200 back (1:59.68), and Lehnertz in the 200 fly (2:01.34). All five relay events include at least one newcomer as a member of the quartet.

FREEMAN EARNS SILVER AT FINA GRAND PRIX

Former Hawkeye and UI assistant coach Deidre Freeman dove to a third-place finish Oct. 26 in 3-meter synchronized diving competition at the FINA Grand Prix in Kuala Lumpur, Malaysia.

The Grinnell, Iowa, native dove alongside former University of Texas standout Maren Taylor. The duo dove to a score of 259.80 -- earning a third-place finish behind two teams from Malaysia.

RECORD BREAKING YEAR

The Hawkeyes broke eight school records during the 2013-14 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).



2013-2014 MVP

Olivia Kabacinski returns to the Hawkeye roster after earning the team's Most Valuable Player award 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).

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.

ACADEMIC HONORS

Eleven 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.

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.

FOLLOW THE HAWKEYES

Become fans of the official Iowa Swimming and Diving fan page by going to facebook.com/IowaSwimmingandDiving to follow the Hawkeyes on Facebook. Fans can also follow on Twitter: @IowaHawkeyeSwim

2014-15 SEASON-BEST TIMES

50 Free	Olivia Kabacinski	22.80 (B)
100 Free	Olivia kabacinski	49.61 (B)*
200 Free	Olivia Kabacinski	1:46.68 (B)*
500 Free	Becky Stoughton	4:47.40 (B)
1,000 Free	Becky Stoughton	9:49.51
1,650 Free	Becky Stoughton	16:21.97 (B)
100 Back	Meghan Lavelle	54.48 (B)
200 Back	Meghan Lavelle	1:58.27 (B)
100 Breast	Emma Sougstad	1:00.14 (B)*
200 Breast	Emma Sougstad	2:11.71 (B)*
100 Fly	Tereysa Lehnertz	55.31(B)
200 Fly	Becky Stoughton	1:59.42 (B)*
200 IM	Emma Sougstad	2:00.94 (B)*
400 IM	Becky Stoughton	4:18.32 (B)
200 Free Relay	Kabacinski, Sougstad, Lavelle, Scheitlin	1:31.30*
400 Free Relay	Kabacinski, O'Brien, Lagodzinska, Sougstad	3:22.04
800 Free Relay	Stoughton, Kabacinski, Wanasek, Lagodzinska	7:17.78
200 Medley Relay	Hauber, Sougstad, O'Brien, Kabacinski	1:40.60
400 Medley Relay	Hauber, Sougstad, Campbell, Kabacinski	3:41.66
One-Meter Diving	Joelle Christy	316.50 (ZS)
Three-Meter Diving	Lauren Kelba	332.17 (ZS)
Platform Diving	Lydia Lehnert	257.90 (ZS)

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

