JAN. 23 | EVANSTON, ILL.



IOWA HAWKEYES WOMEN'S SWIMMING & DIVING

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<u>Date</u> Sept. 25-26	2015-16 SCHEDULE Opponent at Illinois Chicago	<u>Time</u> W, 146-72
Oct. 9	Intrasquad Meet	Black, 94-79
Oct. 15-16	*Michigan State/ Northern lowa	W, 165-132 W, 204.5-92
Oct. 30	*#17 Minnesota	L, 105-192
Nov. 6	*at Purdue	L, 117-179
Dec. 4-6	Hawkeye Invitational	10 a.m./ 6 p.m./4 p.m.
Dec. 11	at Iowa State	W, 198-101
Dec. 15-20	Winter Nationals	TBA
Jan. 16	*Illinois	W, 174.5-125.5
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.

IOWA ATHLETIC COMMUNICATIONS

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

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THIS WEEK

The University of Iowa women's swimming and diving team travels to Evanston, Illinois, for a Big Ten Conference dual at Northwestern on Saturday at 11 a.m. (CT) at the Norris Aquatics Center.

LIVE RESULTS

Up-to-date results will be available on http://results.teamunify.com/isnasa/. Fans can also follow the meet via Twitter by following @lowaSwimDive.

HAWKEYES TALLY 5TH DUAL WIN

lowa won 11 events in its 174.5-125.5 victory over Illinois on Jan. 16 at the Campus Recreation and Wellness Center Natatorium. The victory was lowa's fifth of the season and second in Big Ten action.

BYE-BYE BEYER POOL RECORDS

The Hawkeyes swam to seven pool records in its sixth straight lowa Corn Cy-Hawk Series victory over lowa State on Dec. 11. The 200-medley relay consisting of Allie Orvis, Emma Sougstad, Kelly McNamara, and Olivia Kabacinski swam to a pool record of 1:40.29, Kabacinski also swam to a record in the 100 free (50.01), Sougstad set three records in the 100 breast (1:00.50), 200 breast (2:12.95), and 200 IM (2:01.39), and Teyesa Lehnertz had a top time in the 200-fly (1:59.22). The final record came in the 400-free relay when Meghan Lavelle, Jennifer Weigand, Carly O'Brien, and Kabacinski touched in 3:22.84.

NCAA "B" QUALIFIERS ARE EVERYWHERE

lowa has posted 12 NCAA "B" cuts during the first half of the 2015-16 season. Below is a rundown of the Hawkeyes performances:

50 Free: Emma Sougstad (22.63), Olivia Kabacinski (22.70)

100 Free: Olivia Kabacinski (49.97)

100 Back: Meghan Lavelle (54.14)

200 Back Meghan Lavelle (1:58.23)

100 Breast: Emma Sougstad (1:00.23), Shea Hoyt (1:02.33)

200 Breast: Emma Sougstad (2:12.95), Colleen Champa (2:15.13)

200 IM: Emma Sougstad (1:59.05)

100 Fly: Kelly McNamara (53.90)

200 Fly: Tereysa Lehnertz (1:59.22)

COLLEGESWIMMING.COM HONORS 2 HAWKEYES

Junior Emma Sougstad and senior Olivia Kabacinski were honored as TeamUnify/CollegeSwimming.com Swimmers of the Week on Dec. 15. Sougstad was named the Division I Women's Swimmer of the Week after finishing first in four events in the lowa Corn Cy-Hawk Series victory at lowa State. Kabacinski was tabbed as CollegeSwimming.com's Big Ten Swimmer of the Week after helping two relays to victories against the Cyclones and finishing first in two individual events.

BACKING INTO FIRST

Sophomore Meghan Lavelle has posted wins in each of the last two meets in the 100-back with two NCAA "B" qualifying times and she has three straight wins in the 200 back.

B1G SWEEP

The Hawkeyes swept the Big Ten Conference weekly honors Dec. 16 following its 198-101 lowa Corn Cy-Hawk Series victory at Iowa State. Junior Emma Sougstad was the Swimmer of the Week after swimming to four first place finishes and setting four pool records, sophomore Morgan Rafferty was the Diver of the Week after tallying a pair of top two finishes and posting two NCAA Zone Diving scores, and Abbey Schneider was the Freshman of the Week after winning the 500 and 1,000 freestyle events.







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THE BEST OF THE SEASON

Tereysa Lehnertz swam to a season-best time in the 200 fly in 1:59.22 against lowa State. Freshman Abbey Schneider also posted season-bests in the 1,000 free (10:03.34) and 500-free (4:53.32). Morgan Rafferty dove to a season-best score off the 3-meter (309.00) and 1-meter (292.02).

SOUGSTAD SWIMS TO 3 SCHOOL RECORDS

Junior Emma Sougstad swam to three school records during the 2015 Hawkeye Invitational. The Forest City, lowa, native was a member of the record-setting 400-free and 400-medley relays. Sougstad teamed with Olivia Kabacinski, Nikol Lagodzinska, and Carly O'Brien to set the 400-free relay record with a time of 3:20.58. In the medley, Sougstad swam the breaststroke leg, while teaming with Meghan Lavelle, Kelly McNamara, and Kabacinski. The quartet finished with a time of 3:38.62. Individually, Sougstad swam to the school's top time in the 50-freestyle, leading off the 200-free relay with a time of 22.63 seconds.

FLYING INTO THE SCHOOL RECORD

Freshman Kelly McNamara has burst on to the scene in the butterfly events for the Hawkeyes. The Villa Park, Illinois, native has held the top time in the 100-fly all season. At the Hawkeye Invitational, McNamara shattered the 100-fly school record, finishing with a time of 53.90.

HOW FAR CAN SHE GO?

Freshman Abbey Schneider is off to a strong start in her first season as a Hawkeye. The Indiana native has shaved off time in every meet this year in the 500 free, and holds season-best times in the 1,000 and 1,650. She broke five minutes and swam a time of 4:59.50 in the 500 free against Purdue on Nov. 6, and posted a time of 10:18.12 in the 1,000.

OFF TO A FAST START

Senior Olivia Kabacinski has sprinted her way to the team's top times in the 100 (50.15) and 200 free (1:48.14) this season. Kabacinski had a field day in the Dec. 6 Hawkeye Invitational, swimming to five first place finishes -- four relays and one individual events. She also swam to a pair of runner-up finishes.

RETURNING NCAA QUALIFIER

Junior Emma Sougstad returns as the leader of the program after qualifying for the NCAA Championships in three events as a sophomore. The Forest City, lowa, 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).

PERFORMING ON THE PLATFORM

Senior Calli Head posted a runner-up finish on the platform at the 2015 Hawkeye Invitational, diving to an NCAA Zone Diving standard of 270.00. Junior Lydia Lehnert also posted a NCAA Zone diving score of 256.90

during the meet. It was lowa's first platform competition of the 2015-16 season.

IOWA ADDS 7 FOR 2016-17

UI head coach Marc Long signed seven high school preps to National Letters of Intent. The class consists of Amelia Armstong-Grant (Ypsilanti, Michigan), Hannah Burvill (Pyrford, Great Britain), Olivia Dopkiss (Rockford, Mich.), Allyssa Fluit (Pleasant Hill, Iowa), Meghan Hackett (Cedar Falls, Iowa), Amy Lenderink (Parker, Colo.), and Samantha Sauer (St. Charles, III.).

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

lowa 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, lowa placed in the NCAA top 10 18 times, crowning nine NCAA and 22 Big Ten champions.

ON THE HORIZON

The Hawkeyes return to action Jan. 29-30, heading to South Bend, Indiana, for the Shamrock Invitational.

50 Free	Emma Sougstad	22.63 (B) (SR
100 Free		49.97 (B)
200 Free	Olivia Kabacinski	
500 Free	Abbey Schneider	
1,000 Free	Abbey Schneider	
1,650 Free		16:48.14
100 Back		
200 Back		
100 Breast		1:00.23 (B)
200 Breast	Emma Sougstad	2:12.95 (B)
100 Fly	Kelly McNamara	53.90 (B) (SR
200 Fly		
200 IM	Emma Sougstad	1:59.05 (B)
400 IM		4:21.19
200-Free Relay	Sougstad, Kabacinski, Scheitlin, McNamara	1:31.52
400-Free Relay		3:20.58 (SR)
800-Free Relay	Wanasek, Kabacinski, Weigand, Lagodzinska	7:21.41
200-Medley Relay		
400-Medley Relay		
1-Meter Diving		296.02 (ZS)
3-Meter Diving		
Platform Diving		270.15 (ZS)

(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) Tay	ylor Flummerfelt (52.77) Serena Wana	asek (1:55.64) Abbey Schneider (5:08.33))
Intrasquad			inska (1:53.39) Abbey Schneider (5:05.58)	
Mich. St./UNI Minnesota			inski (1:51.69) Abbey Schneider (5:01.71) inski (1:51.23) Abbey Schneider (5:00.27)	
at Purdue			inski (1:51.25) Abbey Schneider (3:00.27)	
Hawkeye Invite			inski (1:48.14) Abbey Schneider (4:54.26)	
at Iowa State	Mekenna Scheilin (23.30) 0		inski (1:48.92) Abbey Schneider (4:53.32)	Abbey Schneider (10:03.34)
Illinois	Emma Sougstad (23.89) 0	livia Kabacinski (51.55) Olivia Kabaci	inski (1:53.12) Abbey Schneider (5:04.09)	Abbey Schneider (10:20.14)
at N'western Shamrock Invite				
W. Illinois				
B1G Champ.				
NCAA Champ.				
Mont	100 Back	200 Back	100 Breast	200 Breast
Meet at UIC	Katie Wells (58.70)	Katie Wells (2:05.05)		ZUU Dredst
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	Rowan Hauber (56.31)	Rowan Hauber (2:04.27)	Emma Sougstad (1:02.56)	Emma Sougstad (2:18.28)
at Purdue	Rowan Hauber (57.34) Meghan Lavelle (54.31) (B)	Meghan Lavelle (2:05.46) Meghan Lavelle (1:59.04) (B)	Emma Sougstad (1:02.23) (B) Emma Sougstad (1:00.23) (B)	Emma Sougstad (2:16.43) Emma Sougstad (2:13.26) (B)
Hawkeye Invite at Iowa State	Meghan Lavelle (54.49)	Meghan Lavelle (1:58.23) (B)	Emma Sougstad (1:00:23) (B)	Emma Sougstad (2:12.95) (B)
Illinois	Meghan Lavelle (57.35)	Meghan Lavelle (2:04.39)	Shea Hoyt (1:04.87)	Emma Sougstad (2:18.95)
at N'western	.g	,	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	, , , , , , , , , , , , , , , , , , ,
Shamrock Invite				
W. Illinois				
B1G Champ. NCAA Champ.				
NCAA Champ.				
Meet	100 Fly	200 Fly	200 IM	400 IM
at UIC	Kelly McNamara (57.34)	·		
Intrasquad Mich. St./UNI	Kelly McNamara (55.93)	 Torousa Lobnortz (2:02-14)	 Emma Sougstad (2:06.66)	
Minnesota	Kelly McNamara (56.24) Kelly McNamara (54.88)	Tereysa Lehnertz (2:03.14) Tereysa Lehnertz (2:03.60)	Emma Sougstad (2:06:66)	
at Purdue	Kelly McNamara (54.89)	Tereysa Lehnertz (2:05.55)		
Hawkeye Invite	Kelly McNamara (53.90) (B)	Tereysa Lehnertz (1:59.43) (B)	Emma Sougstad (1:59.05)(B)	Devin Jacobs (4:21.19)
at Iowa State	Kelly McNamara (54.11)	Tereysa Lehnertz (1:59.22)	Emma Sougstad (2:01.39)	
Illinois	Kelley McNamara (56.45)	Tereysa Lehnertz (2:03.31)	Emma Sougstad (2:04.71)	
at N'western Shamrock Invite				
W. Illinois				
B1G Champ.				
NCAA Champ.				
Mass	200 Free Polor	400 Free Pole	OOO Free Polore	
Meet at UIC	200 Free Relay O'Brien, Lehnertz, Leehy, Wanasek (1:38.05)	400 Free Rela	800 Free Relay	
Intrasquad	Scheitlin, O'Brien, Kabacinski, Sougstad (1:34.8	0)		
Mich. St./UNI	McNamara, Sougstad, Kabacinski, Wells (1:34.4	 Kabacinski, Flummerfelt, Lagodzii 	nska,Leehy (3:27.71) Kabacinski, Wanasek, La	ngodzinska, Weigand (7:36.16)
Minnesota	·	Kabacinski, McNamara, Flummerfelt	, Lagodzinska (3:26.84)	
at Purdue	Courant d Kahasinaki Cahaitin Maklamana (1.21	Flummerfelt, Lagodzinska, McNam	nara, Lavelle (3:30.52)	Wainand Landeinska (7:21 41)
Hawkeye Invite at Iowa State	Sougstad, Kabacinski, Scheitlin, McNamara (1:31	.52) Kabacinski, Sougstad, Lagodzinska, Lavelle, Weigand, O'Brien, Kab	U Brieri (3:20.38) (SK) — Waliasek, Kadaciriski, pacinski (3:22 84) ———————————————————————————————————	, Weigand, Lagodzinska (7:21.41)
Illinois		Flummerfelt, Lavelle, O'Brien, Ka	abacinski (3:30.19)	
at N'western			,	
Shamrock Invite				
W. Illinois				
B1G Champ.				
B1G Champ.	200 Medley Relay	400 Med	lley Relay	
B1G Champ. NCAA Champ. Meet at UIC	Orvis, Wells, McNamara, Kabacinski (1:45.23)		iley Relay 	
B1G Champ. NCAA Champ. Meet at UIC Intrasquad	Orvis, Wells, McNamara, Kabacinski (1:45.23) Orvis, Sougstad, O'Brien, Kabacinski (1:43.50)		iley Relay 	
B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI	Orvis, Wells, McNamara, Kabacinski (1:45.23)	4)		
B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota	Orvis, Wells, McNamara, Kabacinski (1:45.23) Orvis, Sougstad, O'Brien, Kabacinski (1:43.50) Orvis, Sougstad, McNamara, Kabacinski (1:43.4 	4) Hauber, Sougstad, McNai	I <mark>ley Relay</mark> mara, Kabacinski (3:44.31) 	
B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI	Orvis, Wells, McNamara, Kabacinski (1:45.23) Orvis, Sougstad, O'Brien, Kabacinski (1:43.50)	4) Hauber, Sougstad, McNai 2)		
B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite at Iowa State	Orvis, Wells, McNamara, Kabacinski (1:45.23) Orvis, Sougstad, O'Brien, Kabacinski (1:43.50) Orvis, Sougstad, McNamara, Kabacinski (1:43.4 	4) Hauber, Sougstad, McNai 2) 7) Lavelle, Sougstad, McNai 9)	 mara, Kabacinski (3:44.31) 	
B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite at Iowa State Illinois	Orvis, Wells, McNamara, Kabacinski (1:45.23) Orvis, Sougstad, O'Brien, Kabacinski (1:43.50) Orvis, Sougstad, McNamara, Kabacinski (1:43.4 	4) Hauber, Sougstad, McNai 2) 7) Lavelle, Sougstad, McNai 9)	 mara, Kabacinski (3:44.31) 	
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B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite at lowa State Illinois at N'western Shamrock Invite W. Illinois B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue	Orvis, Wells, McNamara, Kabacinski (1:45.23) Orvis, Sougstad, O'Brien, Kabacinski (1:43.50) Orvis, Sougstad, McNamara, Kabacinski (1:43.4 Orvis, Sougstad, McNamara, Kabacinski (1:42.5 Orvis, Sougstad, McNamara, Kabacinski (1:39.4 Orivs, Sougstad, McNamara, Kabacinski (1:40.2 Orvis, Sougstad, McNamara, Kabacinski (1:44.6	4) Hauber, Sougstad, McNai 2) 7) Lavelle, Sougstad, McNai 9) 5) 3-Meter	Platform	
B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite at lowa State Illinois at N'western Shamrock Invite W. Illinois B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite Hawkeye Invite	Orvis, Wells, McNamara, Kabacinski (1:45.23) Orvis, Sougstad, O'Brien, Kabacinski (1:43.50) Orvis, Sougstad, McNamara, Kabacinski (1:43.4 Orvis, Sougstad, McNamara, Kabacinski (1:42.5 Orvis, Sougstad, McNamara, Kabacinski (1:39.4 Orivs, Sougstad, McNamara, Kabacinski (1:40.2 Orvis, Sougstad, McNamara, Kabacinski (1:44.6	4) Hauber, Sougstad, McNai 2) 7) Lavelle, Sougstad, McNai 9) 5) 3-Meter Morgan Rafferty (249.00) Morgan Rafferty (286.58) Morgan Rafferty (289.20) Lydia Lehnert (296.00)	 mara, Kabacinski (3:44.31) mara, Kabacinski (3:38.62) 	
B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite at lowa State Illinois B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite At UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite at lowa State	Orvis, Wells, McNamara, Kabacinski (1:45.23) Orvis, Sougstad, O'Brien, Kabacinski (1:43.50) Orvis, Sougstad, McNamara, Kabacinski (1:43.4 Orvis, Sougstad, McNamara, Kabacinski (1:42.5 Orvis, Sougstad, McNamara, Kabacinski (1:42.5 Orvis, Sougstad, McNamara, Kabacinski (1:40.2 Orvis, Sougstad, McNamara, Kabacinski (1:44.6 Morgan Rafferty (231.65) Morgan Rafferty (262.73) Morgan Rafferty (262.73) Morgan Rafferty (267.95) Morgan Rafferty (296.02)	4) Hauber, Sougstad, McNai 2) 7) Lavelle, Sougstad, McNai 9) 5) 3-Meter	Platform	
B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite at lowa State Illinois at N'western Shamrock Invite W. Illinois B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite Hawkeye Invite	Orvis, Wells, McNamara, Kabacinski (1:45.23) Orvis, Sougstad, O'Brien, Kabacinski (1:43.50) Orvis, Sougstad, McNamara, Kabacinski (1:43.4 Orvis, Sougstad, McNamara, Kabacinski (1:42.5 Orvis, Sougstad, McNamara, Kabacinski (1:39.4 Orivs, Sougstad, McNamara, Kabacinski (1:40.2 Orvis, Sougstad, McNamara, Kabacinski (1:44.6	4) Hauber, Sougstad, McNai 2) 7) Lavelle, Sougstad, McNai 9) 5) 3-Meter Morgan Rafferty (249.00) Morgan Rafferty (286.58) Morgan Rafferty (289.20) Lydia Lehnert (296.00)	Platform	
B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite at Iowa State Illinois at N'western Shamrock Invite W. Illinois B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite at Iowa State Illinois	Orvis, Wells, McNamara, Kabacinski (1:45.23) Orvis, Sougstad, O'Brien, Kabacinski (1:43.50) Orvis, Sougstad, McNamara, Kabacinski (1:43.4 Orvis, Sougstad, McNamara, Kabacinski (1:42.5 Orvis, Sougstad, McNamara, Kabacinski (1:42.5 Orvis, Sougstad, McNamara, Kabacinski (1:40.2 Orvis, Sougstad, McNamara, Kabacinski (1:44.6 Morgan Rafferty (231.65) Morgan Rafferty (262.73) Morgan Rafferty (262.73) Morgan Rafferty (267.95) Morgan Rafferty (296.02)	4) Hauber, Sougstad, McNai 2) 7) Lavelle, Sougstad, McNai 9) 5) 3-Meter	Platform	
B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite at Iowa State Illinois B1G Champ. NCAA Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite W. Illinois B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite at Iowa State Illinois at N'western	Orvis, Wells, McNamara, Kabacinski (1:45.23) Orvis, Sougstad, O'Brien, Kabacinski (1:43.50) Orvis, Sougstad, McNamara, Kabacinski (1:43.4 Orvis, Sougstad, McNamara, Kabacinski (1:42.5 Orvis, Sougstad, McNamara, Kabacinski (1:42.5 Orvis, Sougstad, McNamara, Kabacinski (1:40.2 Orvis, Sougstad, McNamara, Kabacinski (1:44.6 Morgan Rafferty (231.65) Morgan Rafferty (262.73) Morgan Rafferty (262.73) Morgan Rafferty (267.95) Morgan Rafferty (296.02)	4) Hauber, Sougstad, McNai 2) 7) Lavelle, Sougstad, McNai 9) 5) 3-Meter	Platform	
B1G Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite at Iowa State Illinois B1G Champ. NCAA Champ. NCAA Champ. Meet at UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite at IV'western Shamrock Invite UIC Intrasquad Mich. St./UNI Minnesota at Purdue Hawkeye Invite at Iowa State Illinois at N'western Shamrock Invite	Orvis, Wells, McNamara, Kabacinski (1:45.23) Orvis, Sougstad, O'Brien, Kabacinski (1:43.50) Orvis, Sougstad, McNamara, Kabacinski (1:43.4 Orvis, Sougstad, McNamara, Kabacinski (1:42.5 Orvis, Sougstad, McNamara, Kabacinski (1:42.5 Orvis, Sougstad, McNamara, Kabacinski (1:40.2 Orvis, Sougstad, McNamara, Kabacinski (1:44.6 Morgan Rafferty (231.65) Morgan Rafferty (262.73) Morgan Rafferty (262.73) Morgan Rafferty (267.95) Morgan Rafferty (296.02)	4) Hauber, Sougstad, McNai 2) 7) Lavelle, Sougstad, McNai 9) 5) 3-Meter	Platform	

thlete	50 Free	100 Free	200 Free	500 Free	1,000 Free	1,650 Free	100 Back	200 Back
zie Bindseil		55.15	1:53.36	4:57.51	10:30.82	17:21.80		
laddie Bro								
ummer Campbell		52.90	2:00.66	5:20.09				
olleen Champa								
ivia Cook	24.28		2:02.02	5:03.11	10:20.62			
ylor Flummerfelt	23.63	51.80	1:54.87					
owan Hauber	24.17	55.76					55.63	2:04.27
shley Horodyski							56.53	2:05.56
ea Hoyt	24.37							
evin Jacobs	24.05	54.00	4.50.74	5:10.19			57.00	
Jekel	24.95	51.99	1:59.74				57.00	
ivia Kabacinski	22.84	50.01	1:48.14					
kol Lagodzinska	23.66	50.60	1:51.81	5:15.90			56.44	4 50 22
eghan Lavelle	23.20	54.51	4.5				54.31	1:58.23
uren Leehy	23.97	52.06	1:57.49				50.00	
reysa Lehnertz	23.40						59.02	2 :
talie McGovern	22 12						56.71	2:03.81
lly McNamara	23.49							
rly O'Brien	23.58	50.96						
ie Orvis	25.01	F4 44					55.32	2:00.48
kenna Scheitlin	23.30	51.61		4.53.33	10.02.24	16 40 4 4		
bey Schneider	22.62			4:53.32	10:03.34	16:48.14		
ma Sougstad	22.63	F1 30	1.50.70	4.50.05				
ena Wanasek	24.31	51.30	1:50.78	4:59.95				
nifer Wiegand	24.47	51.10	1:54.67				F0.70	
e Wells	24.47	53.70					58.70	
ete	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM		
Bindseil				,		4:30.02		
Idie Bro								
nmer Campbell			56.88	2:12.41				
een Champa	1:03.25	2:15.13			2:03.20	4:24.77		
via Cook			56.66	2:06.56				
lor Flummerfelt								
wan Hauber					2:12.18			
lley Horodyski			55.77					
ea Hoyt	1:02.35	2:16.75			2:06.05			
vin Jacobs	1:06.66	2:19.38		2:04.65	2:05.01	4:21.39		
ekel			55.90					
via Kabacinski	1:03.06							
ol Lagodzinska								
ghan Lavelle					2:04.00			
iren Leehy								
eysa Lehnertz			54.91	1:59.22	2:08.10			
alie McGovern								
y McNamara			53.90	2:06.34				
y O'Brien			55.57		2:04.68			
e Orvis			55.63		2:05.13			
kenna Scheitlin			54.84		2:05.88			
ey Schneider	1:06.71					4:23.53		
na Sougstad	1:00.23	2:12.95			1:59.05			
na Wanasek								
nifer Wiegand								
ie Wells	1:05.05				2:07.94			
hlete	1-Meter	3-Meter	Platform					
	245.99	251.33	270.15					
li Head			256.90					
li Head ia Lehnert	255.23	296.00	230.90					
	255.23 296.02	296.00 309.98	230.90					
a Lehnert			230.90					

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
Olivia Kabacinski	200 free	Hawkeye Invitational, 12/6/15
Olivia Kabacinski	200 free	at Iowa State 12/11/15
Olivia Kabacinski	100 free	at Iowa State 12/11/15
Meghan Lavelle	200 back	Mich. St/UNI, 10/16/15
Meghan Lavelle	100 back	Hawkeye Invitational, 12/6/15
Meghan Lavelle	100 back	at Iowa State 12/11/15
Meghan Lavelle	200 back	at Iowa State 12/11/15
Tereysa Lehnertz	50 free	at UIC, 9/26/15
Tereysa Lehnertz	200 fly	Mich. St/UNI, 10/16/15
Tereysa Lehnertz	200 fly	Hawkeye Invitational, 12/6/15
Tereysa Lehnertz	200 fly	at Iowa State 12/11/15
Kelly McNamara	100 fly	at UIC, 9/26/15
Kelly McNamara	100 fly	Mich. St/UNI, 10/16/15
Kelly McNamara	100 fly	at Purdue 11/06/15
Kelly McNamara	100 fly	at Iowa State 12/11/15
Mekenna Scheitlin	50 free	at Iowa State 12/11/15
Abbey Schneider	500 free	Mich. St/UNI, 10/16/15
Abbey Schneider	1000 free	Mich. St/UNI, 10/16/15
Abbey Schneider	1000 free	at Iowa State 12/11/15
Abbey Schneider	500 free	at Iowa State 12/11/15

Emma Sougstad	50 free	Mich. St/UNI, 10/16/15
		•
Emma Sougstad	200 IM	Mich. St/UNI, 10/16/15
Emma Sougstad	200 breast	at Purdue 11/06/15
Emma Sougstad	200 IM	Hawkeye Invitational, 12/6/15
Emma Sougstad	100 breast	Hawkeye Invitational, 12/6/15
Emma Sougstad	200 breast	at Iowa State 12/11/15
Emma Sougstad	200 IM	at Iowa State 12/11/15
Emma Sougstad	100 breast	at Iowa State 12/11/15
Katie Wells	100 back	at UIC, 9/26/15
Katie Wells	100 breast	at UIC, 9/26/15

RELAY WINS

Names
Orvis, Wells, McNamara, Kabacinski
McNamara, Sougstad, Kabacinski, Wells
Kabacinski, Wanasek, Lagodzinska, Weigand
Kabacinski, Flummerfelt, Lagodzinska, Leehy
Orvis, Sougstad, McNamara, Kabacinski
Hauber, Sougstad McNamara, Kabacinski
Orvis, Sougstad, McNamara, Kabacinski
Sougstad, Kabacinski, Scheitlin, McNamara
Lavelle, Sougstad, McNamara, Kabacinski
Orvis, Sougstad, McNamara, Kabacinski
Kabacinski, Sougstad, Lagodzinska, O'Brien
Orvis, Sougstad, McNamara, Kabacinski
Lavelle, Weigand, O'Brien, Kabacinski

Event
200-medley relay
200-free relay
800-free relay
400-free relay
200-medley relay
200-medley relay
200-free relay
400-medley relay
200-medley relay
200-medley relay
200-medley relay
200-medley relay
400-free relay
400-free relay
400-free relay

Meet
at UIC, 9/26/15
Mich. St/UNI, 10/15/15
Mich. St/UNI, 10/15/15
Mich. St/UNI, 10/16/15
Mich. St/UNI, 10/16/15
Mich. St/UNI, 10/16/15
Minnesota, 10/30/15
at Purdue 11/06/15
Hawkeye Inviational, 12/6/15
Hawkeye Inviational, 12/6/15
Hawkeye Inviational, 12/6/15
at lowa State 12/11/15
at lowa State 12/11/15