



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/UNI	7 p.m./4 p.m.
Oct. 30	*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 |

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THIS WEEK

The University of Iowa women's swimming and diving team hosts Big Ten Conference foe Michigan State and Northern Iowa for a double dual Thursday and Friday at the Campus Recreation and Wellness Center Natatorium. Action begins at 7 p.m. (CT) Thursday and 4 p.m. Friday.

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.

FOLLOW THE HAWKEYES

Fans can follow the University of Iowa swimming and diving program on social media. Follow the Hawkeyes on Twitter (@IowaSwimDive), Facebook (facebook.com/IowaSwimmingandDiving), and Instagram (hawkeyeswimdive) for the latest news on the program.

WELLS SHINES IN DEBUT

Freshman Katie Wells had a strong showing in her Hawkeye debut, swimming to three first-place finishes in Iowa's 146-72 victory at Illinois Chicago on Sept. 26. Wells won the 100 back (58.70), 100 breast (1:05.05), and was a member of the winning 200-medley relay (1:45.23).

Wells currently has the second-fastest 100 breast time on the team behind returning NCAA qualifier Emma Sougstad.

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.

OFF THE PLATFORM

The Hawkeyes have two accomplished platform divers returning in 2015-16 with the return of juniors Calli Head and Lydia Lehnert. Head qualified for the NCAA Championships as a sophomore, finishing 40th nationally and tallied an eighth-place finish at the Big Ten Championships. Lehnert returns as the Iowa school record holder in the event, diving to a score of 312.20 at the 2015 Big Ten Championships.

TOP SPRINTER RETURNS

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). Kabacinski is the first Hawkeye sprinter to break the 50-second mark in the 100 free and one of two to go under 23 seconds in the 50 free.

LEHNERT'S PAN AM EXPERIENCE

Sophomore Tereysa Lehnertz competed on the international stage last summer, swimming for Puerto Rico at the 2015 Pan American Games in Toronto. The Iowa City, Iowa, native advanced to the "B" final in the 100-meter and 200-meter butterfly. As a freshman at Iowa, Lehnertz had the second-best times in the 100 and 200-yard fly. The 200 fly time (2:00.84) is third-fastest in school history.



HAWKEYE RETURNEES

The Hawkeyes return their top performers in 8-of-14 swimming events, on the platform, and four of their top performers in relays in 2015-16. Iowa, which finished 38th at the 2015 NCAA Championships, has 24 letterwinners returning in total.

A RECORD BREAKING YEAR

The Hawkeyes had a record-breaking season in 2014-15, breaking 11 school records. Senior Olivia Kabacinski had the top time 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 breast (59.96), 200 breast (2:11.20), and 200 IM (1:58.74), Carly O'Brien in the 100 fly (54.54), and Lydia Lehnert on the platform (312.20). Kabacinski, Sougstad, Meghan Lavelle, and Mekenna Scheitlin posted the school record in the 200-free relay (1:30.96), while Allie Orvis, Sougstad, O'Brien, and Kabacinski swam the program's top time in the 200-medley relay (1:39.18). Lavelle, Sougstad, O'Brien, Stoughton also were part of the top 400-medley relay (3:38.68) in the Iowa record books.

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 will return to action Oct. 30, hosting Minnesota at 5 p.m. (CT) at the CRWC Natatorium.

2015-16 SEASON-BEST TIMES

50 Free	Taylor Flummerfelt	24.03
100 Free	Olivia Kabacinski	51.01
200 Free	Nikol Lagodzinska	1:53.39
500 Free	Abbey Schneider	5:05.58
1,000 Free	--	--
1,650 Free	--	--
100 Back	Meghan Lavelle	57.51
200 Back	--	--
100 Breast	Emma Sougstad	1:03.11
200 Breast	--	--
100 Fly	Kelly McNamara	55.93
200 Fly	--	--
200 IM	--	--
400 IM	--	--
200-Free Relay	Scheitlin, O'Brien, Kabacinski, Sougstad	1:34.80
400-Free Relay	--	--
800-Free Relay	--	--
200-Medley Relay	Orvis, Sougstad, O'Brien, Kabacinski	1:43.50
400-Medley Relay	--	--
1-Meter Diving	--	--
3-Meter Diving	--	--
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					
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 (1:05.05)	--	--
Intrasquad	Meghan Lavelle (57.51)	Emma Sougstad (1:03.11)	--	--
Mich. St./UNI				
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				
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			
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		
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			
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					57.76	
Ashley Horodyski								
Shea Hoyt								
Devin Jacobs				5:10.19				
Jo Jekel			1:59.74				1:00.76	
Olivia Kabacinski		51.01						
Nikol Lagodzinska			1:53.39				58.89	
Meghan Lavelle	24.33	54.51					57.51	
Lauren Leehy	24.59	54.67						
Tereysa Lehnertz	24.31						59.02	
Natalie McGovern							58.38	
Kelly McNamara	24.17							
Carly O'Brien	24.87							
Allie Orvis	25.01						58.30	
Mekenna Scheitlin	24.03							
Abbey Schneider				5:05.58				
Emma Sougstad	24.24							
Serena Wanasek		53.26	1:54.13					
Jennifer Wiegand		53.38	1:54.67					
Katie Wells							58.70	

Athlete	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
Izzie Bindseil						
Maddie Bro						
Summer Campbell			58.98			
Colleen Champa	1:06.63					
Olivia Cook						
Taylor Flummerfelt						
Rowan Hauber						
Ashley Horodyski			59.58			
Shea Hoyt	1:06.94					
Devin Jacobs	1:06.66					
Jo Jekel						
Olivia Kabacinski	1:05.25					
Nikol Lagodzinska						
Meghan Lavelle						
Lauren Leehy						
Tereysa Lehnertz			56.70			
Natalie McGovern						
Kelly McNamara			55.93			
Carly O'Brien			57.14			
Allie Orvis			59.26			
Mekenna Scheitlin			58.46			
Abbey Schneider	1:08.00					
Emma Sougstad	1:03.11					
Serena Wanasek						
Jennifer Wiegand						
Katie Wells	1:05.05					

Athlete	1-Meter	3-Meter	Platform
Calli Head			
Lydia Lehnert			
Morgan Rafferty			
Jacintha Thomas			
Samantha Wagner			

INDIVIDUAL WINS

Name	Event	Meet
Tereysa Lehnertz	50 Free	at UIC, 9/26/15
Kelly McNamara	100 Fly	at UIC, 9/26/15
Taylor Flummerfelt	100 Free	at UIC, 9/26/15
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