

IOWA HAWKEYES

Swimming & Diving Contact: Ashley Carlson

WOMEN'S SWIMMING & DIVING WEEKLY RELEASE

Dec. 5, 2011

2011-12 Season Schedule (Overall 2-2, Big Ten 2-2)

10/8	Black/Gold Intrasquad* Iowa City, Iowa -- Gold W-181-91
10/20	Wisconsin* Madison, Wis. -- W- 224-74
10/29	Michigan State* Iowa City, Iowa -- W, 184.5-93.5
11/4	Minnesota* Iowa City, Iowa -- L, 205-95
11/18	Purdue* Iowa City, Iowa -- L, 182-118
12/ 2-4	Hawkeye Invitational* Iowa City, Iowa -- 3rd/8 teams 629 pts
12/9	at Iowa State% Ames, Iowa -- 6 p.m.
1/6	at Training Trip Competition Arizona^, New Mexico#, Oregon State# Tucson, Ariz. -- 2 p.m.
1/14	Illinois# Iowa City, Iowa -- 11 am
1/21	at Northwestern* & Harvard# Evanston, Ill. -- 11 a.m.
1/27-28	at Shamrock Invitational* South Bend, Ind. -- All Day
2/2	at Northern Iowa Cedar Falls, Iowa -- 6 p.m.
2/4	Western Illinois (Senior Meet) Iowa City, Iowa -- 6 p.m.
2/15-18	at Big Ten Championships# Iowa City, Iowa -- Prelim/Final
2/19	Hawkeye/Big Ten Long Course Invite# Iowa City, Iowa -- Prelim/Final
2/22-25	at Big Ten Championships^ Iowa City, Iowa -- Prelim/Final
2/26	Hawkeye/Big Ten Long Course Invite^ Iowa City, Iowa -- All Day
3/8-10	Diving NCAA Zone Qualifier Iowa City, Iowa -- TBA
3/15-17	at NCAA Championships# Auburn, Ala. -- Prelim/Final
3/22-24	at NCAA Championships^ Federal Way, Wash.-- Prelim/Final
4/14	Alumni Meet* Iowa City, Iowa -- 11 a.m.

All times are local to site.

* -- co-ed meet

-- women's only meet

^ -- men's only meet

THIS WEEK

The University Iowa women's swimming and diving team will travel Friday for the first time since Oct. 20 to take on in-state rival Iowa State. The site will be the Beyer Hall Pool in Ames, Iowa and is set to begin at 6 p.m.

SCOUTING IOWA STATE

The Cyclones enter Friday's dual with a 3-1 record. The team has not faced any Big-12 opponents this season.

Iowa State opened up its season Oct. 8 at in-state rival Northern Iowa. The Cyclones went back to Ames with a 214-86 domination over the Panthers. Iowa State has also captured wins against South Dakota (209-91) and South Dakota State (220-79).

The Cyclones only dual meet loss came against Minnesota (100-199). The team's last event was Nov. 18-20 at the Northwestern Invitational. Iowa State placed third out of eight teams with 693 points.

Head coach Duana Sorenson is in his 15th season as the head coach of the Iowa State program. Sorenson is the dean of Big 12 coaches and his swimmers have earned all-conference honors 37 times. Additionally, all of Iowa State's current records have been set under the guidance of Sorenson.

Sorenson is assisted by Kelly Nordell who has been with the team for three years. The Cyclone divers are coached by Jeff Warrick.

FOLLOW THE HAWKEYES

Become fans of the official Iowa swimming and diving page by going to <http://www.facebook.com/IowaSwimmingandDiving> to follow the Hawkeyes on Facebook. Fans can also follow the black and gold on Twitter at <http://twitter.com/#!/IowaHawkeyeSwim>.

SETTING THE RECORD STRAIGHT

Iowa freshman Becky Stoughton set school and pool records in the 1,000 free (9:39.44), 500 free (4:43.79) and 400 IM (4:16.01). She also set the school record in the 200 free (1:48.52). All of her times surpass the NCAA provisional cut times.

She crushed her previous school record time in the 1,000 free by over 11 seconds with a time of 9:39.44. She bested her previous record (9:51.32), which she set against Wisconsin on Oct. 20.

Stoughton broke her previous school and pool record in the 400 IM and 500 free at the Iowa Hawkeye Invitational Dec. 2-4

The Peoria, Ill., native also set the pool record in the 1,000 free at the University of Wisconsin's Natatorium with a time of 9:51.32.

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Combining pool and school records, Stoughton has set 15 records in Iowa's first four meets of the season.

NCAA PROVISIONAL CUT TIMES

The Hawkeyes currently have NCAA 'B' provisional qualifying cuts in six events this season:

- 200 Free, Becky Stoughton (1:48.52)
- 1,000 Free, Becky Stoughton (9:29.44)
- 1,650 Free, Becky Stoughton (16:28.18)
- 400 IM, Becky Stoughton (4:16.01)
- 200 Medley Relay (1:41.41)
- 400 Free Relay (3:23.31)

WEEKLY HONORS

Becky Stoughton was selected as the Division I National Swimmer of the Week by collegeswimming.com on Nov. 8.

Stoughton, a freshman from Peoria, Ill., set pool records in all three events in which she swam on Nov. 4 in the dual meet against Minnesota. She won the 1,000-yard freestyle in 9:39.44, the 500-yard free in 4:47.18 and the 400-IM in 4:17.60. The 500-free and 400-IM times were both NCAA "B" qualifiers.

Stoughton was also named the Big Ten Conference Swimmer of the Week on Nov. 8 for her same efforts against Minnesota.

Stoughton is the first Hawkeye swimmer to garner the Swimmer of the Week honor this season, and the first since Katrina Tour on Dec. 14, 2010.

RETURNING ALL-AMERICANS

The women's squad returns All-America diver **Veronica Rydze**. She earned the accolade after finishing 13th on the one-meter board (296.35) at the NCAA Championships.

LAST EVENT

The Hawkeyes hosted the Hawkeye Invitational. Iowa placed third out of eight teams with 629 points.

NEXT EVENT

The Hawkeyes return to action Jan. 6 when they take on Arizona, New Mexico and Oregon State during their winter training trip in Tucson, Ariz. The meet is set to begin at 2 p.m. (CT).

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.

BIG TEN CHAMPIONSHIPS

The Hawkeyes will serve as the hosts of the 2012 Big Ten Championships. The championship will take place Feb. 15-18 at

HEAD COACH MARC LONG

Marc Long is in his eighth season as head coach for the University of Iowa swimming team. It's his seventh as head coach of the combined program. During his tenure as head coach of both programs, 36 school records have fallen and 74 Hawkeyes have provisionally qualified for the NCAA Championships.

DIVING COACH BOB RYDZE

Bob Rydze is in his 37th year as diving coach of the men and women's teams at the University of Iowa. Rydze served as Team Leader for USA Diving at the 2008 Olympics in Beijing. During his tenure with the Hawkeyes, Rydze has coached 33 All-Americans, nine Big Ten and one NCAA Champion.

IOWA SWIMMING HISTORY & TRADITION

Iowa was one of the first schools in the nation to compete on the 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.

CAPTAINS COUNCIL

Six student-athletes have been named to the 2011-12 Captains' Council. **Ryan Phelan**, **Jordan Huff** and **Kyle Noser** will captain the men's squad, while **Daniela Cubelic**, **Danielle Carty** and **Haley Gordon** will captain the women's squad. The Captains' Council was voted on by their peers and coaches.

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2011-12 Top Times

50 Free	Heather Arseth	23.51
100 Free	Danielle Carty	50.95
200 Free	Becky Stoughton.....	1:48.52*
500 Free	Becky Stoughton.....	4:43.79*** (B)
1,000 Free	Becky Stoughton.....	9:39.44*** (B)
1,650 Free	Becky Stoughton.....	16:28.18 (B)
100 Back	Daniela Cubelic	55.86
200 Back	Daniela Cubelic	2:02.31
100 Breast	Hannah Maher	1:03.13
200 Breast	Karolina Wartalowicz	2:16.89
100 Fly	Abbey Tuchscherer	54.90
200 Fly	Abbey Tuchscherer	2:01.59
200 IM.....	Haley Gordon.....	2:03.36
400 IM.....	Becky Stoughton....	4:16.01*** (B)
200 Free Relay	Arseth, Maher, Carty, Cubelic	1:33.91
400 Free Relay.....	Carty, Arseth, Hovren, Stoughton.....	3:23.31 (B)
800 Free Relay	Hovren, Stoughton, Cubelic, Maher..	7:29.89
200 Medley Relay.....	Carty, Wartalowicz, Gordon, Arseth....	1:41.41(B)
400 Medley Relay....	Cubelic, Wartalowicz, Tuchscherer, Stoughton..	3:45.19
One-Meter Diving	Veronica Rydze.....	308.95
Three-Meter Diving ..	Veronica Rydze.....	345.90
Platform.....	Lauren Kelba.....	253.65

(B) - NCAA B Cut, * -- school record, ** -- Pool Record,
^ -- NCAA diving Standard