

IOWA HAWKEYES

Swimming & Diving Contact: Ashley Carlson

WOMEN'S SWIMMING & DIVING WEEKLY RELEASE

Nov. 28, 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 -- Prelim/Final
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 Qualifer 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 host Hawkeye Invitational Friday through Sunday at the Campus Recreation and Wellness Center Pool. The meet will run as a championship meet format with prelims and finals. Prelims will begin at 10 a.m. each day, while finals will begin at 6 p.m. on Friday and Saturday, and 4 p.m. Sunday.

LIVE STATS

For live results from your computer or smart phone, visit:

<http://live.iowaswimming.com/swimming/>

Free WiFi is available at the CRWC for all students and faculty.

EVENT PROMOTIONS

Friday is "Kid's Night" at the Hawkeye Invitational. The first 100 fans will receive Hawkeye watches. Additionally fans can enter to win four tickets to the Children's Museum and a \$50 Scheels gift card.

Saturday is Junior Hawk Club pizza party night. Gold pom poms will be handed out to fans and fans will have a chance to win a \$50 Scheels gift card.

Hawkeye fans can also pick up 2011-12 swimming and diving posters, calendar cards, stickers and bumper stickers from the marketing table located in the pool gallery at the main entrance.

ADMISSION

Admission to the 2011 Hawkeye Invitational is free of charge. The spectator entrance to the University Aquatic Center will open 90 minutes before the start of each session.

FOOD AND BEVERAGES

Concessions will be available at the Tropical Smoothie Café, which is located near the main entrance of the Campus Recreation and Wellness Center. Additional concessions will be provided by Iowa Memorial Union on the spectator level. As a reminder, all glass containers are prohibited in the University Aquatic Center.

HAWKEYE INVITATIONAL EVENT ORDER

Friday, December 2

1.	Women 200 Yard Freestyle Relay	Finals Only
2.	Men 200 Yard Freestyle Relay	Finals Only
3.	Women 500 Yard Freestyle	Prelims/Finals
4.	Men 500 Yard Freestyle	Prelims/Finals
5.	Women 200 Yard Individual Medley	Prelims/Finals
6.	Men 200 Yard Individual Medley	Prelims/Finals
7.	Women 50 Yard Freestyle	Prelims/Finals
8.	Men 50 Yard Freestyle	Prelims/Finals
9.	Women 1 Meter Diving	Prelims/Finals
10.	Men 3 Meter Diving	Prelims/Finals
11.	Women 400 Yard Medley Relay	Finals Only
12.	Men 400 Yard Medley Relay	Finals Only

S300 Carver-Hawkeye Arena Iowa City, IA 52242 Phone: 319-335-9411 Fax: 319-335-9417

Internet: www.hawkeyesports.com

E-mail: ascarlson@msn.com

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Saturday, December 3

13.	Women 200 Yard Medley Relay	Finals Only
14.	Men 200 Yard Medley Relay	Finals Only
15.	Women 400 Yard Individual Medley	Prelims/Finals
16.	Men 400 Yard Individual Medley	Prelims/Finals
17.	Women 100 Yard Butterfly	Prelims/Finals
18.	Men 100 Yard Butterfly	Prelims/Finals
19.	Women 200 Yard Freestyle	Prelims/Finals
20.	Men 200 Yard Freestyle	Prelims/Finals
21.	Women 100 Yard Breaststroke	Prelims/Finals
22.	Men 100 Yard Breaststroke	Prelims/Finals
23.	Women 100 Yard Backstroke	Prelims/Finals
24.	Men 100 Yard Backstroke	Prelims/Finals
25.	Women 3 Meter Diving	Prelims/Finals
26.	Men 1 Meter Diving	Prelims/Finals
27.	Women 800 Yard Freestyle Relay	Finals Only
28.	Men 800 Yard Freestyle Relay	Finals Only

Sunday, December 4

29.	Women 1650 Yard Freestyle	See below
30.	Men 1650 Yard Freestyle	See below
31.	Women 200 Yard Backstroke	Prelims/Finals
32.	Men 200 Yard Backstroke	Prelims/Finals
33.	Women 100 Yard Freestyle	Prelims/Finals
34.	Men 100 Yard Freestyle	Prelims/Finals
35.	Women 200 Yard Breaststroke	Prelims/Finals
36.	Men 200 Yard Breaststroke	Prelims/Finals
37.	Women 200 Yard Butterfly	Prelims/Finals
38.	Men 200 Yard Butterfly	Prelims/Finals
39.	Women Platform Diving	Finals Only
40.	Men Platform Diving	Finals Only
41.	Women 400 Yard Freestyle Relay	Finals Only
42.	Men 400 Yard Freestyle Relay	Finals Only

*All but the top-8 competitors in the 1,650 will compete at approximately 1:45 p.m. (heats will run slowest to fastest and alternate gender). The top-8 competitors of both the men's and women's 1,650 will swim at the beginning of the finals session on Sunday, Dec. 4. An exact timeline of the 1,650 heats will be distributed after the scratch deadline on Saturday evening.

PARTICIPATING TEAMS

The Hawkeyes will host Denver, Michigan, University of Wisconsin-Green Bay, University of Wisconsin-Milwaukee and Washington State. Notre Dame and South Dakota State will also be competing in diving events.

Michigan is ranked 16th overall in the College Swimming Coaches Association of American poll as of Nov. 10.

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

Freshman Becky Stoughton set school and pool records in the 1,000 free (9:39.44), 500 free (4:47.18) and 400 IM (4:17.60). She also set the school record in the 200 free (1:48.52).

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

Stoughton broke her previous school and pool record in the 400 IM of 4:17.90, which she set at Iowa's meet against Michigan State on Oct. 29.

The Peoria, Ill., native set the pool record in the 1,000 free at the University of Wisconsin's Natatorium with a time of 9:51.32. The time marked a collegiate best for Stoughton and ranks fourth in school history.

Combining pool and school records, Stoughton has set 13 records in Iowa's first four meets of the season.

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 lost to Purdue on Nov. 18. The Boilermakers defeated Iowa, 182-118.

NEXT EVENT

Iowa will travel to Ames, Iowa, to take on Iowa State in the Iowa Corn Cy-Hawk Series on Dec. 9. The event is set to begin at 6 p.m.

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2011-12 Top Times

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.

50 Free	Heather Arseth	24.01
100 Free	Heather Arseth	51.76
200 Free	Becky Stoughton.....	1:48.52*
500 Free	Becky Stoughton.....	4:47.18***(B)
1,000 Free	Becky Stoughton.....	9:39.44***(B)
100 Back	Daniela Cubelic	56.04
200 Back	Daniela Cubelic	2:02.31
100 Breast	Hannah Maher	1:04.85
200 Breast	Karolina Wartalowicz	2:20.34
100 Fly	Haley Gordon.....	56.57
200 Fly	Haley Gordon.....	2:04.35
200 IM.....	Haley Gordon.....	2:04.96
400 IM.....	Becky Stoughton....	4:17.60*** (B)
200 Free Relay	Groya, Cubelic, Borja, Hovren	1:36.97
400 Free Relay	Carty, Arseth, Cubelic, Stoughton.....	3:26.01
200 Medley Relay	Carty, Wartalowicz, Gordon, Arseth....	1:42.94
One-Meter Diving	Veronica Rydze.....	290.33^
Three-Meter Diving ..	Veronica Rydze.....	322.36

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