



# IOWA HAWKEYES

## WOMEN'S SWIMMING & DIVING

ESTABLISHED 1917

**2015-16 SCHEDULE**

<b>Date</b>	<b>Opponent</b>	<b>Time</b>
Sept. 25-26	at Illinois Chicago	W, 146-72
Oct. 9	Intrasquad Meet	Black, 94-79
Oct. 15-16	*Michigan State/ Northern Iowa	W, 165-132 W, 204.5-92
Oct. 30	*#17 Minnesota	L, 105-192
Nov. 6	*at Purdue	L, 117-179
<b>Dec. 4-6</b>	<b>Hawkeye Invitational</b>	<b>10 a.m./ 6 p.m./4 p.m.</b>
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 will host the Hawkeye Invitational at the Campus Recreation and Wellness Center Natatorium on Friday through Sunday. Preliminary events will start at 10 a.m. (CT) all three days and finals will be held at 6 p.m. (CT) on Friday and Saturday, and 4 p.m. (CT) on Sunday.

**LIVE RESULTS**

Up-to-date results will be available on [livestats.hawkeyesports.com](http://livestats.hawkeyesports.com). Fans can also follow the meet via Twitter by following @IowaSwimDive.

**THE FIELD**

The eight-team field consists of student-athletes from Denver, Drury, Harvard, Incarnate Word, Iowa, Milwaukee, North Dakota, and Northern Iowa. Iowa State, Illinois, and Nebraska will compete only in diving events.

**SENIOR NIGHT**

Iowa will recognize its seven-member senior class on Saturday prior to the start of the finals. The seniors include: Maddie Bro, Colleen Champa, Ashley Horodyski, Olivia Kabacinski, Allie Orvis, Samantha Wagner, and Jennifer Weigand.

**LAST YEAR AT HAWKEYE INVITE**

Iowa won the 2014 Hawkeye Invitational, finishing with 1,015.5 points in the three-day competition. Denver was the team runner-up with 793 points. Olivia Kabacinski posted a pair of school records during the invite, posting record times in the 100 free (49.61) and 200 free (1:46.68).

**SOUGSTAD SWIMS TO "B" QUALIFYING TIME**

Junior Emma Sougstad is leading the Hawkeyes in four individual events early in the 2015-16 season. She paces the team in the 50 free (23.34), 100 breast (1:02.23) (B), 200 breast (2:16.43), and 200 IM (2:06.66). Sougstad swam an NCAA "B" qualifying time in the 100 breast against Purdue on Nov. 6, making it her season-best.

**FLYING INTO THE LEAD**

Freshman Kelly McNamara has burst on to the scene in the butterfly events for the Hawkeyes. The Villa Park, Illinois, native has posted three individual event victories in the 100 fly this season. She swam a season-best and team-leading time of 54.88 in the dual against Minnesota on Oct. 30.

**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 1650. 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 (50.98) and 200 free (1:51.69) this season. Kabacinski had a field day in the Oct. 16 dual against Michigan State and Northern Iowa, swimming to seven first place finishes -- five relays and two individual events.

**DIVING TO SEASON BESTS**

Sophomore Morgan Rafferty had a career-best performance in Iowa's dual meet against Minnesota on Oct. 30 off the 1-meter. The West Des Moines, Iowa, native posted NCAA Zone qualifying scores on both the 1-meter and 3-meter with career-best scores of 276.30 (1-meter) and 286.58 (3-meter). She then bested her 3-meter mark against Purdue on Nov. 6, finishing with a score of 289.20.

**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, 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).

**TOP SPURTER 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).

**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 return to action Dec. 11, traveling to Ames, Iowa, for an Iowa Corn Cy-Hawk Series matchup against Iowa State.

**2015-16 SEASON-BEST TIMES**

50 Free	Emma Sougstad	23.34
100 Free	Olivia Kabacinski	50.98
200 Free	Olivia Kabacinski	1:51.23
500 Free	Abbey Schneider	4:59.50
1,000 Free	Abbey Schneider	10:17.48
1,650 Free	Abbey Schneider	17:02.24
100 Back	Rowan Hauber	56.31
200 Back	Meghan Lavelle	2:04.11
100 Breast	Emma Sougstad	1:02.23 (B)
200 Breast	Emma Sougstad	2:16.43
100 Fly	Kelly McNamara	54.88
200 Fly	Tereysa Lehnertz	2:03.14
200 IM	Emma Sougstad	2:06.66
400 IM	--	--
200-Free Relay	Scheitlin, Sougstad, Kabacinski, Wells	1:34.41
400-Free Relay	Kabacinski, McNamara, Flummerfelt, Lagodzinska	3:26.84
800-Free Relay	Kabacinski, Wanasek, Lagodzinska, Weigand	7:36.16
200-Medley Relay	Orvis, Sougstad, McNamara, Kabacinski	1:42.52
400-Medley Relay	Hauber, Sougstad, McNamara, Kabacinski	3:44.31
1-Meter Diving	Morgan Rafferty	262.73
3-Meter Diving	Morgan Rafferty	289.00
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	Emma Sougstad (23.34)	Olivia Kabacinski (50.98)	Olivia Kabacinski (1:51.69)	Abbey Schneider (5:01.71)	Abbey Schneider (10:17.48)
Minnesota	Taylor Flummerfelt (23.87)	Olivia Kabacinski (51.21)	Olivia Kabacinski (1:51.23)	Abbey Schneider (5:00.27)	Abbey Schneider (17:02.24)
at Purdue	Olivia Kabacinski (23.79)	Olivia Kabacinski (52.41)	Olivia Kabacinski (1:52.47)	Abbey Schneider (4:59.50)	Abbey Schneider (10:18.12)
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 (2:05.05)	--	--
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 (2:05.46)	Emma Sougstad (1:02.23) (B)	Emma Sougstad (2:16.43)
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	Kelly McNamara (56.24)	Tereysa Lehnertz (2:03.14)	Emma Sougstad (2:06.66)	--
Minnesota	Kelly McNamara (54.88)	Tereysa Lehnertz (2:03.60)	Emma Sougstad (2:06.69)	--
at Purdue	Kelly McNamara (54.89)	Tereysa Lehnertz (2:05.55)	--	--
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	McNamara, Sougstad, Kabacinski, Wells (1:34.41)	Kabacinski, Flummerfelt, Lagodzinska, Leehy (3:27.71)	Kabacinski, Wanasek, Lagodzinska, Weigand (7:36.16)
Minnesota	--	Kabacinski, McNamara, Flummerfelt, Lagodzinska (3:26.84)	--
at Purdue	--	Flummerfelt, Lagodzinska, McNamara, Lavelle (3:30.52)	--
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	Orvis, Sougstad, McNamara, Kabacinski (1:43.44)	--
Minnesota	--	Hauber, Sougstad, McNamara, Kabacinski (3:44.31)
at Purdue	Orvis, Sougstad, McNamara, Kabacinski (1:42.52)	--
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	Morgan Rafferty (231.65)	Morgan Rafferty (249.00)	--
Minnesota	Morgan Rafferty (276.30)	Morgan Rafferty (286.58)	--
at Purdue	Morgan Rafferty (262.73)	Morgan Rafferty (289.20)	--
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	5:11.57	10:41.10	17:53.53		
Maddie Bro								
Summer Campbell			2:00.66	5:20.09				
Colleen Champa								
Olivia Cook			2:02.02	5:15.35				
Taylor Flummerfelt	23.87	51.94						
Rowan Hauber		55.76					56.31	2:04.27
Ashley Horodyski								2:12.22
Shea Hoyt								
Devin Jacobs				5:10.19				
Jo Jekel	24.95	54.35	1:59.74				59.72	
Olivia Kabacinski	23.79	50.98	1:51.23					
Nikol Lagodzinska		52.26	1:53.39	5:15.90			58.89	
Meghan Lavelle	24.33	54.51					57.44	2:04.11
Lauren Leehy	24.59	54.66						
Tereysa Lehnertz	24.31						59.02	
Natalie McGovern							58.38	2:07.44
Kelly McNamara	23.96							
Carly O'Brien	23.99	52.49						
Allie Orvis	25.01						57.45	2:10.45
Mekenna Scheitlin	24.03							
Abbey Schneider				4:59.50	10:17.48	17:02.24		
Emma Sougstad	23.34							
Serena Wanasek		53.26	1:52.55	5:10.36				
Jennifer Wiegand		53.38	1:54.67					
Katie Wells		54.55					58.70	

Athlete	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
Izzie Bindseil						
Maddie Bro						
Summer Campbell			58.98	2:12.41		
Colleen Champa	1:05.92	2:22.00				
Olivia Cook			1:01.05	2:09.22		
Taylor Flummerfelt						
Rowan Hauber						
Ashley Horodyski			57.81			
Shea Hoyt	1:05.79	2:22.25				
Devin Jacobs	1:06.66	2:23.29		2:06.07	2:09.54	
Jo Jekel						
Olivia Kabacinski	1:05.25					
Nikol Lagodzinska						
Meghan Lavelle						
Lauren Leehy						
Tereysa Lehnertz			56.09	2:03.14	2:08.72	
Natalie McGovern						
Kelly McNamara			54.88	2:12.54		
Carly O'Brien			56.84			
Allie Orvis			59.26		2:10.64	
Mekenna Scheitlin			58.46		2:10.55	
Abbey Schneider	1:08.00					
Emma Sougstad	1:02.23 (B)	2:16.43				2:06.66
Serena Wanasek						
Jennifer Wiegand						
Katie Wells	1:05.05				2:12.53	

Athlete	1-Meter	3-Meter	Platform
Calli Head	228.83	251.33	
Lydia Lehnert	242.93	274.43	
Morgan Rafferty	262.73	289.20	
Jacintha Thomas	229.20		
Samantha Wagner	234.75		

**INDIVIDUAL WINS**

<b>Name</b>	<b>Event</b>	<b>Meet</b>
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
Meghan Lavelle	200 back	Mich. St/UNI, 10/16/15
Tereysa Lehnertz	50 free	at UIC, 9/26/15
Tereysa Lehnertz	200 fly	Mich. St/UNI, 10/16/15
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
Abbey Schneider	500 free	Mich. St/UNI, 10/16/15
Abbey Schneider	1000 free	Mich. St/UNI, 10/16/15
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
Katie Wells	100 back	at UIC, 9/26/15
Katie Wells	100 breast	at UIC, 9/26/15

**RELAY WINS**

<b>Names</b>	<b>Event</b>	<b>Meet</b>
Orvis, Wells, McNamara, Kabacinski	200-medley relay	at UIC, 9/26/15
McNamara, Sougstad, Kabacinski, Wells	200-free relay	Mich. St/UNI, 10/15/15
Kabacinski, Wanasek, Lagodzinska, Weigand	800-free relay	Mich. St/UNI, 10/15/15
Kabacinski, Flummerfelt, Lagodzinska, Leehy	400-free relay	Mich. St/UNI, 10/16/15
Orvis, Sougstad, McNamara, Kabacinski	200-medley relay	Mich. St/UNI, 10/16/15
Hauber, Sougstad, McNamara, Kabacinski	400-medley relay	Minnesota, 10/30/15
Orvis, Sougstad, McNamara, Kabacinski	200-medley relay	at Purdue 11/06/15