



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/ Northern Iowa	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	1st/900 pts.
Dec. 11	at Iowa State	W, 198-101
Dec. 15-20	Winter Nationals	N/A
Jan. 16	*Illinois	W, 174.5-125.5
Jan. 23	*at Northwestern	L, 109.5, 190.5
Jan. 29-30	Shamrock Invitational	2-1 record
Feb. 5	Western Illinois	W, 144-61
Feb. 17-20	Big Ten Championships	10 a.m./5:30 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 begins its championships season, traveling to Ann Arbor, Michigan, for the 2016 Big Ten Championships from Wednesday through Saturday at the Canham Natatorium. Action begins Wednesday at 5:30 p.m. (CT). Prelims begin at 10 a.m. on Thursday through Saturday and finals start at 5:30 p.m. each evening.

BIG COVERAGE

The first six sessions of the 2016 Big Ten Championships will be shown live via BTN Plus (subscription required). Saturday's finals will be tape delayed, airing at 6 p.m. (CT) on Feb. 22 on BTN. Saturday's finals will be live on BTN2Go.

SCHEDULE OF EVENTS

Wednesday, Feb. 17 - Finals - 5:30 p.m. (CT)

200 Medley Relay
 800 Freestyle Relay

Thursday, Feb. 18 - Prelims - 10 a.m. (CT)

500 Freestyle
 200 Individual Medley
 50 Freestyle
 1-Meter Diving - Prelims/Consolation Final (1 p.m.)

Finals - 5:30 p.m. (CT)

200 Freestyle Relay
 500 Freestyle
 200 Individual Medley
 50 Freestyle
 1-Meter Diving

Friday, Feb. 19 - Prelims - 10 a.m. (CT)

400 Individual Medley
 100 Butterfly
 200 Freestyle
 100 Breaststroke
 100 Backstroke
 3-Meter Diving - Prelims/Consolation Final (2 p.m.)

Finals - 5:30 p.m. (CT)

400 Medley Relay
 400 Individual Medley
 100 Butterfly
 200 Freestyle
 100 Breaststroke
 100 Backstroke
 3-Meter Diving

Saturday, Feb. 20 - Prelims - 10 a.m. (CT)

200 Backstroke
 100 Freestyle
 200 Breaststroke
 200 Butterfly
 Platform Diving - Prelims/Consolation Final (1 p.m.)

Finals - 3:15 p.m. (CT)

1,650 Freestyle - All but last heat

Finals 5:30 p.m. (CT)

1,650 Freestyle (Last heat of timed final)
 200 Backstroke
 100 Freestyle
 200 Breaststroke
 200 Butterfly
 Platform Diving
 400 Freestyle Relay

LIVE RESULTS

Live results will be available at: <http://www.mgoblue.com/livestats/m-swim/index.htm> for swimming results, and Dive Meets for diving results. Fans can also follow the Hawkeyes via Twitter by following @IowaSwimDive.

HAWKEYES TO WATCH

Four Iowa swimmers enter the 2016 Big Ten Championships with top 10 times in six individual events. Junior Emma Sougstad has top eight times in four events (100 breast (1:00.23), fourth; 50 free (22.63), fifth; 200 IM, fifth (1:59.05); and 200 breast, eighth (2:12.95)); sophomore Meghan Lavelle (54.14) and Kelly McNamara (53.90) have the ninth-best times in the 100 back and 100 fly, respectively, and senior Olivia Kabacinski is 10th in the 50 free (22.84).

Iowa's 200-medley relay has the third-fastest time heading into the championships. The quartet of senior Allie Orvis, Sougstad, McNamara, and Kabacinski swam a time of 1:39.47 at the Hawkeye Invitational in December.



RECAP OF 2015 B1G CHAMPIONSHIPS

The Hawkeyes posted 10 school records in swimming competition and one in the diving well at the 2015 Big Ten Championships in Columbus, Ohio. Iowa posted 11 top-eight finishes and got an individual title from Becky Stoughton in the 1,650 freestyle. Stoughton was Iowa's first women's champion since 2001.

Junior Emma Sougstad is Iowa's top returnee from 2015, as the Forest City, Iowa, native posted top eight finishes in eight events. Her highest showing was a fourth-place finish in the 100 breast in 1:00.04. Junior Lydia Lehnert placed sixth off the platform, diving to a score of 292.40.

As a team, Iowa placed eighth with 223 points. Minnesota (618.5) and Indiana (591) were the top finishers.

IOWA FINISHES 8-4 IN DUAL COMPETITION

The Hawkeyes finished the 2014-15 dual season with eight victories. Iowa has won at least eight duals in each of the past four seasons.

NCAA "B" QUALIFIERS ARE EVERYWHERE

Iowa has posted 12 NCAA "B" cuts during 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 Iowa Corn Cy-Hawk Series victory at Iowa 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.

SOUGSTAD SWIMS TO 3 SCHOOL RECORDS

Junior Emma Sougstad swam to three school records during the 2015 Hawkeye Invitational. The Forest City, Iowa, 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 free, leading off the 200-free relay with a time of 22.63 seconds.

BYE-BYE BEYER POOL RECORDS

The Hawkeyes swam to seven pool records in its sixth straight Iowa Corn Cy-Hawk Series victory over Iowa 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 Tereysa 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.

B1G SWEEP

The Hawkeyes swept the Big Ten Conference weekly honors Dec. 16 following its 198-101 Iowa 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.

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 FAST CAN SHE GO?

Freshman Abbey Schneider got off to a strong start in her first season as a Hawkeye, leading the Hawkeyes in distance events. The Indiana native holds season-best times in the 1,000 (10:03.34) and 1,650 (16:48.14). She broke five minutes, swimming a time of 4:59.50 in the 500 free against Purdue on Nov. 6.

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, 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).

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 Iowa's first platform competition of the 2015-16 season.

IOWA ADDS 7 FOR 2016-17

Iowa signed seven high school preps to National Letters of Intent for the 2016-17 season. The class consists of Amelia Armstrong-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, Ill.).

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 Hawkeye divers will be in action at the 2016 NCAA Zone D Diving Championships from March 7-9 in College Station, Texas.

2015-16 SEASON-BEST TIMES

50 Free	Emma Sougstad	22.63 (B) (SR)
100 Free	Olivia Kabacinski	49.97 (B)
200 Free	Olivia Kabacinski	1:48.14
500 Free	Abbey Schneider	4:53.32
1,000 Free	Abbey Schneider	10:03.34
1,650 Free	Abbey Schneider	16:48.14
100 Back	Meghan Lavelle	54.14 (B)
200 Back	Meghan Lavelle	1:58.23 (B)
100 Breast	Emma Sougstad	1:00.23 (B)
200 Breast	Emma Sougstad	2:12.95 (B)
100 Fly	Kelly McNamara	53.90 (B) (SR)
200 Fly	Tereysa Lehnertz	1:59.22 (B)
200 IM	Emma Sougstad	1:59.05 (B)
400 IM	Devin Jacobs	4:21.19
200-Free Relay	Sougstad, Kabacinski, Scheitlin, McNamara	1:31.52
400-Free Relay	Kabacinski, Sougstad, Lagodzinska, O'Brien	3:20.58 (SR)
800-Free Relay	Wanasek, Kabacinski, Weigand, Lagodzinska	7:21.41
200-Medley Relay	Orvis, Sougstad, McNamara, Kabacinski	1:39.47
400-Medley Relay	Lavelle, Sougstad, McNamara, Kabacinski	3:38.62 (SR)
1-Meter Diving	Morgan Rafferty	296.02 (ZS)
3-Meter Diving	Lydia Lehnert	311.70 (ZS)
Platform Diving	Calli Head	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	Tereya 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	Emma Sougstad (22.63) (SR) (B)	Olivia Kabacinski (50.15)	Olivia Kabacinski (1:48.14)	Abbey Schneider (4:54.26)	Abbey Schneider (16:48.14)
at Iowa State	Mekenna Scheitlin (23.30)	Olivia Kabacinski (50.01)	Olivia Kabacinski (1:48.92)	Abbey Schneider (4:53.32)	Abbey Schneider (10:03.34)
Illinois	Emma Sougstad (23.89)	Olivia Kabacinski (51.55)	Olivia Kabacinski (1:53.12)	Abbey Schneider (5:04.09)	Abbey Schneider (10:20.14)
at N'western	Olivia Kabacinski (23.64)	Nikol Lagodzinska (52.15)	Serena Wanasek (1:52.09)	Abbey Schneider (5:03.38)	Abbey Schneider (10:18.16)
Shamrock Invite	Olivia Kabacinski (23.76)	Nikol Lagodzinska (51.07)	Serena Wanasek (1:52.65)	Abbey Schneider (5:02.79)	Abbey Schneider (17:11.19)
W. Illinois	Olivia Kabacinski (23.98)	Nikol Lagodzinska (51.21)	Nikol Lagodzinska (1:52.51)	Summer Campbell (5:11.47)	--
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	Meghan Lavelle (54.31) (B)	Meghan Lavelle (1:59.04) (B)	Emma Sougstad (1:00.23) (B)	Emma Sougstad (2:13.26) (B)
at Iowa State	Meghan Lavelle (54.49)	Meghan Lavelle (1:58.23) (B)	Emma Sougstad (1:00.50) (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	Allie Orvis (56.35)	Meghan Lavelle (2:03.36)	Emma Sougstad (1:03.44)	Emma Sougstad (2:16.89)
Shamrock Invite	Meghan Lavelle (57.00)	Meghan Lavelle (2:03.58)	Emma Sougstad (1:01.64)	Emma Sougstad (2:15.42)
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)	Tereya Lehnertz (2:03.14)	Emma Sougstad (2:06.66)	--
Minnesota	Kelly McNamara (54.88)	Tereya Lehnertz (2:03.60)	Emma Sougstad (2:06.69)	--
at Purdue	Kelly McNamara (54.89)	Tereya Lehnertz (2:05.55)	--	--
Hawkeye Invite	Kelly McNamara (53.90) (B)	Tereya Lehnertz (1:59.43) (B)	Emma Sougstad (1:59.05) (B)	Devin Jacobs (4:21.19)
at Iowa State	Kelly McNamara (54.11)	Tereya Lehnertz (1:59.22)	Emma Sougstad (2:01.39)	--
Illinois	Kelly McNamara (56.45)	Tereya Lehnertz (2:03.31)	Emma Sougstad (2:04.71)	--
at N'western	Kelly McNamara (56.02)	Tereya Lehnertz (2:03.93)	Tereya Lehnertz (2:08.58)	--
Shamrock Invite	Tereya Lehnertz (56.31)	Tereya Lehnertz (2:02.06)	Emma Sougstad (2:02.91)	Abbey Schneider (4:26.98)
W. Illinois	--	--	Colleen Champa (2:05.47)	--
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	Sougstad, Kabacinski, Scheitlin, McNamara (1:31.52)	Kabacinski, Sougstad, Lagodzinska, O'Brien (3:20.58) (SR)	Wanasek, Kabacinski, Weigand, Lagodzinska (7:21.41)
at Iowa State	--	Lavelle, Weigand, O'Brien, Kabacinski (3:22.84)	--
Illinois	--	Flummerfelt, Lavelle, O'Brien, Kabacinski (3:30.19)	--
at N'western	--	Kabacinski, Sougstad, Lagodzinska, Flummerfelt (3:25.84)	--
Shamrock Invite	Kabacinski, Sougstad, Lagodzinska, Flummerfelt (1:32.26)	Lagodzinska, Sougstad, O'Brien, Flummerfelt (3:26.00)	Wanasek, Kabacinski, Lagodzinska, O'Brien (7:32.31)
W. Illinois	Sougstad, Champa, Weigand, Wanasek (1:36.11)	--	--
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	Orvis, Sougstad, McNamara, Kabacinski (1:39.47)	Lavelle, Sougstad, McNamara, Kabacinski (3:38.62)
at Iowa State	Orvis, Sougstad, McNamara, Kabacinski (1:40.29)	--
Illinois	Orvis, Sougstad, McNamara, Kabacinski (1:44.65)	--
at N'western	Orvis, Sougstad, McNamara, Flummerfelt (1:42.97)	--
Shamrock Invite	Orvis, Sougstad, Lehnertz, Kabacinski (1:43.41)	Hauber, Sougstad, Lehnertz, Lagodzinska (3:47.07)
W. Illinois	--	Jekel, Sougstad, McNamara, Leehy (3:51.40)
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	Morgan Rafferty (267.95)	Lydia Lehnert (296.00)	Calli Head (270.15)
at Iowa State	Morgan Rafferty (296.02)	Morgan Rafferty (309.98)	--
Illinois	Morgan Rafferty (267.75)	Lydia Lehnert (311.70)	--
at N'western	Calli Head (243.98)	Morgan Rafferty (281.18)	--
Shamrock Invite	Lydia Lehnert (271.85)	Lydia Lehnert (277.45)	--
W. Illinois	Jacintha Thomas (276.80)	Lydia Lehnert (283.95)	--
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	1:53.36	4:57.51	10:30.82	17:21.80		
Maddie Bro								
Summer Campbell		52.90	2:00.66	5:20.09				
Colleen Champa								
Olivia Cook	24.28		2:02.02	5:03.11	10:20.62			
Taylor Flummerfelt	23.63	51.80	1:54.87					
Rowan Hauber	24.17	55.76					55.63	2:04.27
Ashley Horodyski							56.53	2:05.56
Shea Hoyt	24.37							
Devin Jacobs				5:10.19				
Jo Jekel	24.95	51.99	1:59.74				57.00	
Olivia Kabacinski	22.84	50.01	1:48.14					
Nikol Lagodzinska	23.66	50.60	1:51.81	5:15.90			56.44	
Meghan Lavelle	23.20	54.51					54.31	1:58.23
Lauren Leehy	23.97	52.06	1:57.49					
Tereysa Lehnertz	23.40						59.02	
Natalie McGovern							56.71	2:03.81
Kelly McNamara	23.49							
Carly O'Brien	23.58	50.96						
Allie Orvis	25.01						55.32	2:00.48
Mekenna Scheitlin	23.30	51.61						
Abbey Schneider				4:53.32	10:03.34	16:48.14		
Emma Sougstad	22.63							
Serena Wanasek	24.31	51.30	1:50.78	4:59.95				
Jennifer Wiegand		51.10	1:54.67					
Katie Wells	24.47	53.70					58.70	

Athlete	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
Izzie Bindseil						4:30.02
Maddie Bro						
Summer Campbell			56.88	2:12.41		
Colleen Champa	1:03.25	2:15.13			2:03.20	4:24.77
Olivia Cook			56.66	2:06.56		
Taylor Flummerfelt						
Rowan Hauber					2:12.18	
Ashley Horodyski			55.77			
Shea Hoyt	1:02.35	2:16.75			2:06.05	
Devin Jacobs	1:06.66	2:19.38		2:04.65	2:05.01	4:21.39
Jo Jekel			55.90			
Olivia Kabacinski	1:03.06					
Nikol Lagodzinska						
Meghan Lavelle					2:04.00	
Lauren Leehy						
Tereysa Lehnertz			54.91	1:59.22	2:08.10	
Natalie McGovern						
Kelly McNamara			53.90	2:06.34		
Carly O'Brien			55.57		2:04.68	
Allie Orvis			55.63		2:05.13	
Mekenna Scheitlin			54.84		2:05.88	
Abbey Schneider	1:06.71					4:23.53
Emma Sougstad	1:00.23	2:12.95			1:59.05	
Serena Wanasek						
Jennifer Wiegand						
Katie Wells	1:05.05				2:07.94	

Athlete	1-Meter	3-Meter	Platform
Calli Head	245.99	251.33	270.15
Lydia Lehnert	255.23	296.00	256.90
Morgan Rafferty	296.02	309.98	
Jacintha Thomas	266.00	244.10	
Samantha Wagner	234.75		

INDIVIDUAL WINS

Name	Event	Meet
Summer Campbell	500 free	W. Illinois 2/5/16
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
Olivia Kabacinski	50 free	W. Illinois 2/5/16
Nikol Lagodzinska	200 free	W. Illinois 2/5/16
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
Lydia Lehnert	3-meter diving	W. Illinois 2/5/16
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
Kelly McNamara	100 fly	at N'western, 1/23/16
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
Abbey Schneider	1650 free	at Shamrock Invitational 1/30/2016
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
Emma Sougstad	100 breast	at N'western, 1/23/16
Emma Sougstad	200 breast	at N'western, 1/23/16
Emma Sougstad	200 IM	at Shamrock Invitational 1/30/2016
Emma Sougstad	100 breast	at Shamrock Invitational 1/30/2016
Emma Sougstad	200 breast	at Shamrock Invitational 1/30/2016
Jacintha Thomas	1-meter diving	W. Illinois 2/5/16
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
 Orvis, Sougstad, McNamara, Flummerfelt
 Sougstad, Champa, Weigand, Wanasek
 Jekel, Sougstad, McNamara, Leehy

Event

200-medley relay
 200-free relay
 800-free relay
 400-free relay
 200-medley relay
 400-medley relay
 200-medley relay
 200-free relay
 400-medley relay
 200-medley relay
 400-free relay
 200-medley relay
 400-free relay
 200-medley relay
 200-free relay
 400-medley 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
 Minnesota, 10/30/15
 at Purdue 11/06/15
 Hawkeye Invitational, 12/6/15
 Hawkeye Invitational, 12/6/15
 Hawkeye Invitational, 12/6/15
 Hawkeye Invitational, 12/6/15
 at Iowa State 12/11/15
 at Iowa State 12/11/15
 at N'western 1/23/16
 W. Illinois 2/5/16
 W. Illinois 2/5/16



IOWA SWIMMING & DIVING

Women's All-Time Top Performers



50 FREESTYLE

- 1. Emma Sougstad, 2015** **22.63**
- 2. Olivia Kabacinski, 2014** **22.70**
- Elise Borja, 2014 22.96
- Stacey Wertz, 2000 23.08
- 5. Meghan Lavelle, 2015** **23.12**
- Danielle Carty, 2011 23.17
- Julie deBruin, 2008 23.18
- Heather Arseth, 2013 23.25
- Allison Lyle, 2002 23.27
- Colleen Thome, 1991 23.28

100 FREESTYLE

- 1. Olivia Kabacinski, 2014** **49.61**
- Christine Kuczek, 2008 50.21
- Danielle Carty, 2012 50.26
- Elise Borja, 2014 50.45
- Emily Hovren, 2012 50.51
- Heather Arseth, 2013 50.54
- Jennifer Skolaski, 2005 50.56
- 8. Nikol Lagodzinska, 2015** **50.60**
- Stacey Wertz, 2001 50.79
- Daniela Cubelic, 2009 50.79
- Katarina Tour, 2011 50.79

200 FREESTYLE

- Becky Stoughton, 2015 1:45.47
- 2. Olivia Kabacinski, 2014** **1:46.68**
- Verity Hicks, 2010 1:48.93
- Emily Hovren, 2014 1:48.93
- Jennifer Skolaski, 2004 1:49.07
- Lindsay Seemann, 2014 1:49.13
- Christie Hooper, 2002 1:49.43
- Melissa Loehndorf, 2001 1:49.77
- 9. Serena Wanasek, 2015** **1:49.80**
- Christine Kuczek, 2009 1:49.92

500 FREESTYLE

- Becky Stoughton, 2015 4:39.76
- Lindsay Seemann, 2013 4:45.86
- Serena Wanasek, 2015 4:56.53
- Melissa Loehndorf, 2000 4:47.21
- Jennifer Skolaski, 2003 4:48.20
- Jane Keating, 1987 4:50.45
- Ileana Buciu, 1998 4:51.78
- 8. Abbey Schneider, 2015** **4:53.32**
- Ashley Dell, 2008 4:53.69
- Verity Hicks, 2009 4:53.94

1,000 FREESTYLE

- Becky Stoughton, 2011 9:39.44
- Melissa Loehndorf, 2001 9:55.59
- Jennifer Skolaski, 2002 9:58.53
- Jane Keating, 1984 9:58.63
- 5. Abbey Schneider, 2015** **10:03.34**
- Angie Todt, 1990 10:04.30
- Ileana Buciu, 1998 10:06.38
- Lauren Eytalis, 2010 10:08.54
- Christie Hooper, 2002 10:09.39
- Hillary Weigand, 2014 10:09.79

1,650 FREESTYLE

- Becky Stoughton, 2015 15:57.43

- Melissa Loehndorf, 2001 16:27.91
- Jennifer Skolaski, 2002 16:32.30
- Jane Keating, 1986 16:35.02
- Angie Todt, 1991 16:37.96
- Ashley Dell, 2008 16:45.29
- Ileana Buciu, 1997 16:46.25
- 8. Abbey Schneider, 2015** **16:48.14**
- Hillary Weigand, 2015 16:49.18
- Lauren Eytalis, 2010 17:04.42

100 BACKSTROKE

- Daniela Cubelic, 2012 53.63
- Lindsay Seemann, 2014 54.05
- 3. Meghan Lavelle, 2015** **54.14**
- Danielle Carty, 2012 54.25
- Jennifer Skolaski, 2003 54.34
- 6. Allie Orvis, 2015** **54.43**
- Heather Arseth, 2013 54.55
- 8. Rowan Hauber, 2014** **54.94**
- Alison Gschwend, 2008 55.39
- Kelly Werner, 2006 55.53

200 BACKSTROKE

- Lindsay Seemann, 2013 1:56.49
- Jennifer Skolaski, 2004 1:57.51
- 3. Meghan Lavelle, 2014** **1:57.81**
- Becky Stoughton, 2012 1:58.38
- Daniela Cubelic, 2010 1:58.87
- 6. Allie Orvis, 2015** **1:59.43**
- 7. Rowan Hauber, 2014** **1:59.68**
- Loredana Zisu, 2000 2:00.67
- Kelly Werner, 2005 2:00.69
- Alison Gschwend, 2009 2:01.61

100 BREASTSTROKE

- 1. Emma Sougstad, 2015** **59.96**
- 2. Olivia Kabacinski, 2014** **1:01.36**
- Katarina Tour, 2009 1:01.45
- Karolina Wartalowicz, 2014 1:02.06
- 5. Shea Hoyt, 2015** **1:02.35**
- Allison Lyle, 2002 1:02.43
- 7. Colleen Champa, 2014** **1:02.48**
- Andrea Pennington, 2000 1:03.46
- Julie Feingold, 2010 1:03.76
- Hannah Maher, 2011 1:03.88

200 BREASTSTROKE

- 1. Emma Sougstad, 2015** **2:11.20**
- Allison Lyle, 2002 2:11.92
- 3. Colleen Champa, 2014** **2:12.71**
- Karolina Wartalowicz, 2014 2:13.33
- 5. Shea Hoyt, 2015** **2:17.60**
- Alisha Stitts, 1999 2:18.19
- Hannah Maher, 2015 2:18.32
- Andrea Pennington, 1999 2:19.08
- Louise Keogh, 1990 2:19.22
- 10. Devin Jacobs, 2015** **2:19.38**

100 BUTTERFLY

- 1. Kelly McNamara, 2015** **53.90**
- 2. Carly O'Brien, 2015** **54.54**
- Haley Gordon, 2014 54.58

- Katarina Tour, 2009 54.61
- Abbey Tuchscherer, 2012 54.67
- 6. Mekenna Scheitlin, 2015** **54.84**
- 7. Tereysa Lehnertz, 2015** **54.91**
- Aiste Dobrovolskaite, 2011 55.10
- Audrey Kumm, 2012 55.28
- 10. Ashley Horodyski, 2015** **55.38**

200 BUTTERFLY

- Becky Stoughton, 2015 1:58.28
- 2. Tereysa Lehnertz, 2014** **1:59.22**
- Melissa Loehndorf, 2001 2:00.14
- Abbey Tuchscherer, 2011 2:01.17
- Loredana Zisu, 1998 2:01.71
- Margie Chamberlin, 2007 2:02.24
- Haley Gordon, 2012 2:02.67
- Laura Mozdzen, 2009 2:02.86
- Pamela Breitrick, 2015 2:03.16
- Katie Michelau, 2009 2:03.66

200 INDIVIDUAL MEDLEY

- 1. Emma Sougstad, 2015** **1:58.74**
- Emily Hovren, 2013 2:00.42
- Katarina Tour, 2009 2:01.33
- 4. Allie Orvis, 2014** **2:01.76**
- 5. Colleen Champa, 2014** **2:02.19**
- Jennifer Skolaski, 2005 2:02.93
- Haley Gordon, 2010 2:03.05
- Karolina Wartalowicz, 2014 2:03.19
- Allison Lyle, 2002 2:03.48
- Becky Stoughton, 2011 2:03.70

400 INDIVIDUAL MEDLEY

- Becky Stoughton, 2012 4:12.34
- Lindsay Seemann, 2013 4:15.00
- Jennifer Skolaski, 2003 4:20.14
- Melissa Loehndorf, 1999 4:20.65
- 5. Devin Jacobs, 2015** **4:21.19**
- 6. Colleen Champa, 2014** **4:21.20**
- Pamela Breitrick, 2014 4:21.51
- Haley Gordon, 2010 4:22.04
- 9. Abbey Schneider, 2015** **4:23.53**
- Loredana Zisu, 1998 4:24.26

1-METER DIVING (6)

- Deidre Freeman, 2011 338.55
- Lisette Planken, 2005 326.55
- Veronica Rydze, 2012 325.28
- Nancilea Underwood, 2006 322.75
- Joelle Christy, 2013 319.45
- Terri Millmier, 1988 315.60
- Abby Grilli, 2014 306.70
- Lauren Kelba, 2013 299.85
- Katy Ketoff, 1992 294.60
- 10. Lydia Lehnert, 2014** **288.60**

1-METER DIVING (10)

- Katy Ketoff, 1992 407.20
- Kim Yager, 1991 433.55

1-METER DIVING (11)

- Lisette Planken, 2003 583.55

- Nancilea Underwood, 2003 541.55
- Terese Millmier, 1989 476.90
- Kelly Johnson, 1986 466.62
- Diane Goldsworthy, 1984 439.55
- Kelly Johnson, 1983 431.10
- Kelly McCready, 1996 413.75
- Jessica Riccobono, 1994 413.45
- Anne Bowers, 1982 399.10
- Kelly McCready, 1994 394.70

1-METER DIVING (12)

- Nancilea Underwood, 2006 626.95
- Kim Yager, 1991 433.55

3-METER DIVING (6)

- Deidre Freeman, 2011 407.40
- Nancilea Underwood, 2006 400.05
- Veronica Rydze, 2011 358.45
- Abby Grilli, 2013 354.10
- Lauren Kelba, 2015 332.17
- Lisette Planken, 2005 332.03
- Joelle Christy, 2013 327.08
- Katy Ketoff, 1991 315.60
- Kelly Johnson, 1986 314.70
- 10. Lydia Lehnert, 2015** **312.00**

3-METER DIVING (11)

- Nancilea Underwood, 2003 564.60
- Lisette Planken, 2003 561.25
- Kelly Johnson, 1986 494.65
- Katy Ketoff, 1992 489.90
- Sara Wolchko, 2001 480.50
- Diane Goldsworthy, 1985 478.44
- Kelly McCready, 1994 477.35
- Terri Millmier, 1988 476.90
- Jessica Riccobono, 1995 472.69
- Ann Bowers, 1982 463.80

3-METER DIVING (12)

- Nancilea Underwood, 2006 658.30

PLATFORM DIVING (5)

- 1. Lydia Lehnert, 2015** **312.20**
- 2. Calli Head, 2014** **289.60**
- Joelle Christy, 2013 234.75
- Lauren Kelba, 2015 230.20

PLATFORM DIVING (11)

- Laura Maldonado, 1999 497.89
- Katy Ketoff, 1991 445.67
- Kelly McCready, 1996 437.95



IOWA SWIMMING & DIVING

Women's All-Time Top Performers



200 FREESTYLE RELAY

1. **Kabacinski, Sougstad, Lavelle, Scheitlin, 2015**..... 1:30.96
2. **Sougstad, Kabacinski, Scheitlin, McNamara, 2015**..... **1:31.52**
3. Carty, Arseth, Cubelic, Hovren, 2012 1:31.68
4. **Kabacinski, Arseth, Tuchscherer, Orvis, 2013**..... 1:31.73
5. **Kabacinski, Borja, Sougstad, Orvis, 2014**..... 1:31.93
6. Kuczek, deBruin, Cubelic, Gschwend, 2009..... 1:32.37
7. **Kabacinski, Hofstadter, Sougstad, Borja, 2014**..... 1:32.50
8. **Kabacinski, Arseth, Borja, Bro, 2013** 1:32.90
9. Kuczek, Cubelic, Carty, deBruin, 2010..... 1:32.91
10. deBruin, Kuczek, Gschwend, Tour, 2008 1:32.95

400 FREESTYLE RELAY

1. **Kabacinski, Sougstad, Lagodzinska, O'Brien, 2015** **3:20.58**
2. **Kabacinski, Borja, Hovren, Seemann, 2014**..... 3:21.07
3. Cubelic, Kuczek, Tour, Gschwend, 2009..... 3:21.27
4. **Kabacinski, Sougstad, Lavelle, Scheitlin, 2015**..... 3:21.34
5. Carty, Hovren, Cubelic, Stoughton, 2012 3:21.66
6. **Kabacinski, O'Brien, Lagodzinski, Lehnertz, 2014**..... 3:22.04
7. **Lavelle, Lagodzinski, Sougstad, O'Brien, 2014**..... 3:22.26
8. Hovren, **Kabacinski, Tuchscherer, Seemann, 2013**..... 3:22.31
9. Kuczek, deBruin, Tour, Gschwend, 2008 3:22.52
10. **Kabacinski, Hovren, Arseth, Klunk, 2013**..... 3:22.61

800 FREESTYLE RELAY

1. **Kabacinski, Hovren, Stoughton, Seemann, 2014** 7:12.49
2. Stoughton, **Kabacinski, Wanasek, Lagodzinska, 2015**..... 7:12.86
3. Hovren, Stoughton, Seemann, **Kabacinski, 2013** 7:14.99
4. Skolaski, Hooper, Eustis, VanKeulen, 2004..... 7:18.90
5. Stoughton, Hovren, Maher, Cubelic, 2012 7:20.29
6. **Kabacinski, Seemann, Wanasek, Stoughton, 2014**..... 7:20.52
7. Kuczek, Hicks, Gschwend, Cubelic, 2009..... 7:21.08
8. **Wanasek, Kabacinski, Weigand, Lagodzinska, 2015**..... **7:21.41**
9. Loehndorf, Hooper, Schwartz, Zisu, 2001 7:22.52
10. Hicks, Cubelic, Eytalis, Kuczek, 2010 7:22.77

200 MEDLEY RELAY

1. **Orvis, Sougstad, O'Brien, Kabacinski, 2015**..... 1:39.18

2. **Orvis, Sougstad, McNamara, Kabacinski, 2015** **1:39.47**
3. Seemann, **Sougstad, Tuchscherer, Borja, 2014** 1:40.12
4. **Hauber, Sougstad, O'Brien, Kabacinski, 2015**..... 1:40.60
5. Arseth, Wartalowicz, Tuchscherer, **Kabacinski, 2013** 1:40.97
6. **Lavelle, Sougstad, Campbell, Kabacinski, 2014** 1:40.99
7. Carty, Tour, Cubelic, deBruin, 2009 1:41.33
8. Carty, Wartalowicz, Tuchscherer, Arseth, 2011 1:41.41
9. Carty, Wartalowicz, Gordon, Arseth, 2012..... 1:41.85
10. Carty, Tour, S. Borchers, Cubelic, 2010 1:42.12

400 MEDLEY RELAY

1. **Lavelle, Sougstad, McNamara, Kabacinski, 2015** **3:38.62**
2. **Lavelle, Sougstad, Lehnertz, Stoughton, 2015** 3:38.68
3. Seemann, **Sougstad, Gordon, Kabacinski, 2014**..... 3:39.54
4. Cubelic, Wartalowicz, Tuchscherer, Carty, 2012 3:40.33
5. **Hauber, Sougstad, Campbell, Kabacinski, 2014** 3:41.66
6. Cubelic, Tour, Dobrovolskaite, Hovren, 2011 3:41.87
7. Arseth, Wartalowicz, Tuchscherer, **Kabacinski, 2013** 3:42.52
8. Seemann, Wartalowicz, Gordon, Hovren, 2013 3:42.77
9. Skolaski, Lyle, Loehndorf, Strub, 2002..... 3:43.42
- Seemann, **Sougstad, Gordon, Kabacinski, 2014**..... 3:43.42