



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	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 men's swimming and diving team travels to West Lafayette, Indiana, for a Big Ten Conference dual against Purdue on Friday. The competition will be held at the Boilermaker Aquatic Center beginning at 4 p.m. (CT).

LIVE RESULTS

Up-to-date results will be available on <http://www.purduesports.com/livestats/c-swim/>. Fans can also follow the meet via Twitter by following @IowaSwimDive.

FLYING INTO THE LEAD

Iowa freshman Kelly McNamara swam her way into Iowa's all-time top 10 list in the 100 fly during Iowa's dual meet against Minnesota on Oct. 30. The Illinois native finished with a time of 54.88 -- the fifth-fastest time in program history.

FREAKY FAST FRESHMAN

Freshman Abbey Schneider is off to a strong start in her first season as a Hawkeye. The Indiana native charged to a top 10 time in program history in the 1,650 freestyle, finishing with a time of 17:02.24. The time ranks ninth in Iowa history. Schneider has posted two wins this season and leads the team in the 500 (5:00.27), 1,000 (10:17.48), and 1,650 free. The 1,650 time ranks 10th fastest in the NCAA to date.

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.

SOUGSTAD LEADING THE WAY

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 (1:02.56), 200 breast (2:18.28), and 200 IM (2:06.66). Sougstad's 100 breast time ranks 26th nationally to date.

DIVING INTO ZONE CUTS

Sophomore Morgan Rafferty had a career-best performance in Iowa's dual meet against Minnesota on Oct. 30. The West Des Moines, Iowa, native posted NCAA Zone qualifying scores on both the 1-meter and 3-meter with career-best point totals of 276.30 (1-meter) and 286.58 (3-meter). The Hawkeyes also got a zone qualifying standard from Lydia Lehnert off the 3-meter (285.75).



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 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).

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

Iowa will return to the pool from Dec. 4-6, hosting the Hawkeye Invitational at the Campus Recreation and Wellness Center Natatorium. It is the team's first championship-style meet of the season.

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	5:00.27
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	1:02.56
200 Breast	Emma Sougstad	2:18.28
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	1:43.44
400-Medley Relay	Hauber, Sougstad, McNamara, Kabacinski	3:44.31
1-Meter Diving	Morgan Rafferty	231.65
3-Meter Diving	Morgan Rafferty	249.00
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					
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				
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				
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			
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		
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			
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	5:12.75		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		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	52.51						
Allie Orvis	25.01						58.30	2:10.45
Mekenna Scheitlin	24.03							
Abbey Schneider				5:00.27	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			57.14			
Allie Orvis			59.26		2:10.64	
Mekenna Scheitlin			58.46		2:10.55	
Abbey Schneider	1:08.00					
Emma Sougstad	1:02.56	2:18.28				2:06.66
Serena Wanasek						
Jennifer Wiegand						
Katie Wells	1:05.05				2:12.53	

Athlete	1-Meter	3-Meter	Platform
Calli Head			
Lydia Lehnert	225.15	247.60	
Morgan Rafferty	231.65	249.00	
Jacintha Thomas			
Samantha Wagner	230.35		

INDIVIDUAL WINS

Name	Event	Meet
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
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
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
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