

IOWA HAWKEYES



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WOMEN'S SWIMMING & DIVING WEEKLY RELEASE

2012-13 SEASON SCHEDULE

Oct. 19	at Michigan State* (East Lansing, Mich.)	W, 182-117
Nov. 2	at #9 Minnesota* (Minneapolis)	L, 192-103
Nov. 30- Dec. 2	Hawkeye Invitational (Iowa, Denver, Michigan, Milwaukee, Nebraska, Washington State)	3rd/559.5
Dec. 7	Iowa State	W, 190-108
Dec. 17	at Colorado College/ vs. Austin College	W, 60-41 W, 60-18
Jan. 19	at Illinois * (Champaign, Ill.)	W, 196-102
Jan. 26	vs. Northwestern * (Iowa City, Iowa)	W, 162-135
Feb. 1-2	Northwestern Invitational (Iowa, Nebraska, Northwestern) (Evanston, Ill.)	5 p.m./10 a.m./5 p.m.
Feb. 8	Western Illinois/Northern Iowa (Iowa City, Iowa)	6 p.m.
Feb. 20- 24	Big Ten Championships (Minneapolis)	11 a.m./ 6:30 p.m.
March 11-13	NCAA Zone Diving (Houston, Texas)	All Day
March 21-23	NCAA Championships (Indianapolis)	11 a.m./ 6 p.m.
April 13	Long Course Intrasquad Meet (Iowa City, Iowa)	11 a.m.

All times are Central * -- Conference Event

THIS WEEK

The University of Iowa women's swimming and diving team returns to action this weekend at the Northwestern Invitational in Evanston, Ill., inside the Norris Aquatics Center. The two-day event will be a three-session dual format with sessions held at 5 p.m. Friday at 10 a.m. and 5 p.m. on Saturday.

LIVE RESULTS

Fans can follow the action live at <http://results.teamunify.com/isnasa>.

ABOUT THE COMPETITION

The two-day Northwestern Invitational will be an all timed final event. The four-team competition will conclude Northwestern, Iowa, Nebraska and Ohio State. The Hawkeyes will swim duals against Nebraska and Ohio State.

LAST MEET

Iowa won its fifth straight dual, downing Northwestern, 162-135, on Jan. 26 in Iowa City. The Hawkeyes won 10 events, which included three event victories by sophomore Becky Stoughton and junior Lindsay Seemann.

IN THE RANKINGS

Iowa is ranked 29th in the Endless Pools/collegeswimming.com rankings. The poll is calculated by using the average percentile rank of each team's top 27 in each meet and are ranked on the basis of each team's highest-scoring meet over the previous three weeks. Eight Big Ten schools are among the top-30 and 10 are among the top 34.

TRIPLE VICTORIES

Two Hawkeyes collected three individual wins in the dual against Northwestern on Jan. 26. Junior Lindsay Seemann posted victories in the 200 free (1:50.41), 200 back (2:01.20) and 400 IM (4:23.70), while sophomore Becky Stoughton won the 1,000 free (10:06.49), 200 fly (2:01.72), and 500 free (4:57.40).

CHRISTY NAMED BIG CO-DIVER OF THE WEEK

Redshirt sophomore Joelle Christy was selected as the Big Ten Co-Diver of the Week on Jan. 22 after winning the 1 and 3-meter springboard events in the dual victory at Illinois. The Springfield, Ill., native won the 1-meter with a collegiate best score of 313.35, and she finished with a score of 322.20 to win the 3-meter. It is Christy's second weekly honor of the season.

DOMINATING THE BOARDS

Sophomore Joelle Christy and juniors Lauren Kelba and Abby Grilli finished 1-2-3 in the 1-meter springboard in the competition against Illinois on Jan. 19. The three divers posted personal-best scores in the event. Christy won the event with 313.35 points, while Kelba and Grilli placed second and third, with scores of 295.95 and 289.35, respectively. The scores rank sixth, seventh and eighth in school history.

NCAA PROVISIONAL CUT TIMES

Iowa has posted NCAA "B" cut times in seven swimming events during the 2012-13 season. Sophomore Becky Stoughton and freshman Olivia Kabacinski have a pair of qualifying times. Stoughton posted a times of 4:43.20 in her victory in the 500 free and 16:22.42 in the 1,650 free during the Hawkeye Invitational. Kabacinski qualified in the 50 free and 100 breast, posting times of 22.88 and 1:02.30, respectively.

The Hawkeyes also got "B" times from junior Lindsay Seemann in the 200 backstroke (2:14.83), and junior Karolina Wartalowicz's in the 200 breaststroke (2:14.83). Sophomore Heather Arseth swam a personal best and "B" cut time of 54.55 in the 100 back in the dual victory against Iowa State.

Iowa divers Lauren Kelba, Abby Grilli and Joelle Christy, meanwhile, have each posted NCAA Zone Diving qualifying scores.

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HAWKEYE TIMES IN THE DIVISION I RANKINGS

Iowa ranks in the top-40 in seven events:

- 20th - 500 free (4:43.20) - Becky Stoughton
- 25rd - 1,650 free (16:22.42) - Becky Stoughton
- 30th - 1,000 free (9:57.58) - Becky Stoughton
- 34th - 800 free relay (7:20.85) - Hovren, Stoughton, Seemann, Kabacinski
- 37th - 400 medley relay (3:42.52) - Arseth, Wartalowicz, Tuchscherer, Kabacinski
- 38th - 200 medley relay (1:41.89) - Arseth, Wartalowicz, Tuchscherer, Kabacinski
- 40th - 400 free relay (3:22.61) - Kabacinski, Hovren, Arseth, Klunk

HAWKEYE SWEEP WEEKLY BIG HONORS ON DEC. 11

The Hawkeyes swept the Big Ten weekly honors on Dec. 11 with sophomore Becky Stoughton being named the Swimmer of the Week, redshirt sophomore Joelle Christy earning Diver of the Week, and Olivia Kabacinski being tabbed as the Freshman of the Week.

It is the first time in school history that the Hawkeyes swept the three Big Ten weekly awards. (The Big Ten Freshman of the Week honor was instituted during the 2011-12 season.) It is the first time since 2005-06 that Iowa has won two of the weekly awards.

Stoughton earned the Swimmer of the Week honor after posting three event wins against the Cyclones. She broke the school record in the 200 fly, while also winning the 500 and 1,000 free. It was Stoughton's second career honor.

Christy earned her first career accolade after winning and posting personal bests in the 1-meter and 3-meter springboard events against Iowa State. Her scores of 303.29 points in the 1-meter and 327.08 in the 3-meter are both NCAA Zone Diving qualifying marks.

Kabacinski earned her first career honor after swimming to four wins in the dual victory. The LaPorte, Ind., native was a part of the winning 200 medley and 400 free relays, while also sprinting to titles in the 50 and 100 free.

STOUGHTON TAKES DOWN 200 FLY RECORD

Sophomore Becky Stoughton became the first UI swimmer to break the two-minute mark in the 200 fly in the dual against Iowa State. The Peoria, Ill., native won the event with a time of 1:59.68, breaking the previous record of 2:00.14, which was set by Melissa Loehndorf in 2001.

Stoughton now owns five Hawkeye school records, posting the top times in the 200 free (1:47.09), 500 free (4:40.82), 1,000 free (9:39.44), 1,650 free (16:03.42), 400 IM (4:12.34) and the 200 fly (1:59.68).

KABACINSKI SPRINTS TO 50 FREE RECORD

Freshman Olivia Kabacinski sprinted to the Iowa school record in the 50 free during the preliminaries of the 2012 Hawkeye Invitational. The LaPorte, Ind., native posted a time of 22.88, becoming the first UI swimmer to break the 23 second mark. Kabacinski broke Stacey Wertz's record of 23.08, which had stood since 2000.

Kabacinski also ranks second in school history in the 200 free (1:48.32) and 100 breast (1:02.30) and third in the 100 free (50.43). She also swam as a member of the 200 and 400 medley relays and 200, 400 and 800 freestyle relays that rank in the top-four in the UI record books.

ARSETH POSTS PERSONAL BEST IN 100 BACK

Sophomore Heather Arseth swam a personal best and NCAA "B" cut time in her 100 back victory in the dual against Iowa State. The Plymouth, Minn., native swam a time of 54.55, which stands as the fourth-fastest time in school history. Arseth also swam a personal best in the 100 free, touching out in 50.54.

WARTALOWICZ SWIMS TO 2 PRS

Junior Karolina Wartalowicz swam personal bests in both the 100 and 200 breaststroke during the 2012 Hawkeye Invitational. The Oswego, Ill., native posted the fourth-fastest time in the record books in the 100 breast (1:02.52) and clocked the second-best 200-breast time of 2:14.83, which is an NCAA "B" cut time.

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.

HAWKEYE OLYMPIANS

Iowa has two former Olympians on the 2012-13 roster in sophomore Heather Arseth and junior Lindsay Seemann. Arseth competed in the 2012 London Olympics in the 200 free, while Seemann swam for Canada in the 2008 Beijing Olympics at the age of 15, making her the youngest Olympian for Canada in the '08 games.

HEAD COACH MARC LONG

Marc Long is in his ninth season as head coach for the University of Iowa swimming team. It's his eighth as head coach of the combined program. During his tenure as head coach of both programs, 54 school records have fallen and 93 Hawkeyes have provisionally qualified for the NCAA Championships.

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.

NEXT EVENT

The Hawkeyes return home Feb. 8 to host Western Illinois in its Senior Meet at the Campus Recreation and Wellness Center Pool beginning at 6 p.m. (CT).

2012-13 SEASON-BEST TIMES

50 Free	Olivia Kabacinski.....	22.88 (B) (SR)
100 Free	Olivia Kabacinski.....	50.43
200 Free	Olivia Kabacinski.....	1:48.32
500 Free	Becky Stoughton.....	4:43.20 (B)
1,000 Free	Becky Stoughton.....	9:57.58
1,650 Free	Becky Stoughton.....	16:22.42 (B)
100 Back	Heather Arseth	54.55 (B)
200 Back	Lindsay Seemann	1:58.98 (B)
100 Breast	Olivia Kabacinski.....	1:02.30 (B)
200 Breast	Karolina Wartalowicz.....	2:14.83 (B)
100 Fly	Abbey Tuchscherer	55.07
200 Fly	Becky Stoughton.....	1:59.68 (SR)
200 IM.....	Emily Hovren	2:02.47
400 IM.....	Lindsay Seemann	4:20.32
200 Free Relay	Kabacinski, Arseth, Borja, Bro	1:32.90
400 Free Relay	Kabacinski, Hovren, Arseth, Klunk	3:22.61
800 Free Relay	Hovren, Stoughton, Seemann, Kabacinski	7:20.85
200 Medley Relay	Arseth, Wartalowicz, Tuchscherer, Kabacinski	1:41.89
400 Medley Relay	Arseth, Wartalowicz, Tuchscherer, Kabacinski	3:42.52
One-Meter Diving	Joelle Christy	313.35 (ZS)
Three-Meter Diving	Abby Grilli.....	328.50 (ZS)
Platform Diving.....	Joelle Christy	234.75

(B) - NCAA B Cut, (SR) - School Record, ZS - Zone Diving Standard