



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	10 a.m./ 6 p.m./4 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 women's swimming and diving team travels to Ames, Iowa, for an Iowa Corn Cy-Hawk Series matchup against Iowa State on Friday at 6 p.m. (CT) at Beyer Pool. The Hawkeyes have won five straight duals in the series.

LIVE RESULTS

Up-to-date results will be available on cyclones.com. Fans can also follow the meet via Twitter by following @IowaSwimDive.

ALL-TIME SERIES

The Hawkeyes are 26-11 all-time in the series against Iowa State. Iowa has won the last five dual matchups over the Cyclones, including a 206-94 victory last season in Iowa City. The Hawkeyes were also victorious in 2013 in Ames, winning 165-135.

NCAA "B" QUALIFIERS ARE EVERYWHERE

The Hawkeyes posted NCAA "B" qualifying times in nine events at the Hawkeye Invitational. Emma Sougstad swam to "B" cut times in the 50-free (22.63), 200 IM (1:59.05), 100 breast (1:00.23), and 200 breast (2:13.26). Sophomore Meghan Lavelle had a "B" cut in the 100 back (54.14) and 200 back (1:59.04), senior Olivia Kabacinski in the 50 free (22.84), freshman Kelly McNamara in the 100 fly (53.90), sophomore Shea Hoyt in the 100 back (1:02.40), senior Colleen Champa in the 200 breast (2:15.13), and sophomore Tereysa Lehnertz in the 200 fly (1:59.43).

SOUGSTAD SWIMS TO 3 SCHOOL RECORDS

Junior Emma Sougstad swam 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 freestyle, leading off the 200-free relay with a time of 22.63 seconds.

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 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 1,650. 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 (50.15) 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.

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	22.63 (B) (SR)
100 Free	Olivia Kabacinski	50.15
200 Free	Olivia Kabacinski	1:48.14
500 Free	Abbey Schneider	4:54.26
1,000 Free	Abbey Schneider	10:17.48
1,650 Free	Abbey Schneider	16:48.14
100 Back	Meghan Lavelle	54.31 (B)
200 Back	Meghan Lavelle	1:59.04 (B)
100 Breast	Emma Sougstad	1:00.23 (B)
200 Breast	Emma Sougstad	2:13.26 (B)
100 Fly	Kelly McNamara	53.90 (B)
200 Fly	Tereysa Lehnertz	1:59.43 (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
1-Meter Diving	Morgan Rafferty	267.73
3-Meter Diving	Lydia Lehnert	296.00
Platform Diving	Calli Head	270.15

(A) - NCAA A Cut (B) - NCAA B Cut (SR) -- school record ** Pool Record (ZS) - NCAA Diving Zone Standard

