



IOWA HAWKEYES

SWIMMING & DIVING

October 5-6

Campus Recreation and Wellness Center | Iowa City, Iowa



IOWA | NORTHERN IOWA | MICHIGAN STATE
CRWC NATATORIUM | OCT. 5-6 |

THE SCENE

The University of Iowa swimming and diving team opens the 2017-18 season hosting Michigan State and Northern Iowa at the UI Campus Recreation and Wellness Center Natatorium. Meet times are scheduled for 7 p.m. (CT) on Thursday, Oct. 5, and 10 a.m. on Friday, Oct. 6. In honor of the 100th anniversary of Iowa swimming and diving the Hawkeyes will host an alumni meet beginning at 2 p.m. on Friday.

FOLLOW THE HAWKEYES

For an inside look at the Iowa swimming and diving program and access to exclusive coverage, "like" Iowa Swimming and Diving on Facebook and follow @IowaSwimDive on Twitter and @hawkeyeswimdive on Instagram.

HAWKEYES RETURN EXPERIENCED GROUP

The Iowa men's and women's swimming and diving program returns 21 letterwinners each and welcomes a total of 16 freshmen to the 2017-18 season. The Hawkeyes return four all-time top performers -- Jack Smith (100 Free), Jerzy Twarowski (100, 200 Fly), Hannah Burvill (100 Free), and Will Brenner (1-Meter).

Smith received men's Big Ten Freshman Swimmer of the Week honors on Oct. 5, 2016, last season. Burvill also received women's Big Ten Freshman Swimmer of the Week recognition three times last season (Oct. 5, 2016)(Dec. 14, 2016)(Jan. 25, 2017), while two returning divers noched Big Ten Diver of the Week honors in 2016 -- Jacintha Thomas (Oct. 5, 2016), and Thelma Strandberg (Dec. 14, 2016).

LAST TIME OUT

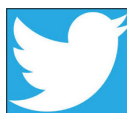
The Iowa men's and women's swimming and diving teams hosted its annual intrasquad meet on Sept. 30. The Hawkeyes split into two separate squads -- the Black team, and the Gold team. The intrasquad meet serves as a warm-up for the 2017-18 season. Winning a total of 12 events, the Gold team defeated the Black team, 104-86. The Gold squad closed out the meet winning the women's and men's 200-freestyle relay. Sophomore Allyssa Fluit, senior Tereysa Lehnertz, freshman Sarah Schemmel, and sophomore Hannah Burvill clocked 1:34.76, while sophomore Joe Myhre, junior Matt Kamin, and seniors Jerzy Twarowski and RJ Hemmingsen touched in at 1:23.96 to solidify the victory for team Gold.

2017-18 SCHEDULE

DATE	MEET	LOCATION	TIME
Sept. 30	Intrasquad Meet	Iowa City, Iowa	9 a.m.
Oct. 5	Michigan State (M/W) Northern Iowa (W)	Iowa City, Iowa	7 p.m.
Oct. 6	Michigan State (M/W) Northern Iowa (W)	Iowa City, Iowa	10 a.m.
Oct. 6	Alumni Meet	Iowa City, Iowa	2 p.m.
Oct. 27	Minnesota (Senior Day)	Iowa City, Iowa	5 p.m.
Nov. 3	Purdue	West Lafayette, Ind.	4 p.m.
Nov. 9	Minnesota Diving Invitational	Minneapolis	TBA
Nov. 10	Minnesota Diving Invitational	Minneapolis	TBA
Nov. 11	Minnesota Diving Invitational	Minneapolis	TBA
Nov. 30	Minnesota Jean Freeman	Minneapolis	TBA
Dec. 1	Minnesota Jean Freeman	Minneapolis	TBA
Dec. 2	Minnesota Jean Freeman	Minneapolis	TBA
Dec. 8	Iowa State (W) %	Ames, Iowa	6 p.m.
Dec. 13-19	USA Diving Winter Nationals	Greensboro, N.C.	TBA
Jan. 12	Notre Dame (M/W)	Iowa City, Iowa	7 p.m.
Jan. 12	Illinois (W)	Iowa City, Iowa	7 p.m.
Jan. 13	Illinois (W)	Iowa City, Iowa	11 a.m.
Jan. 13	Notre Dame (M/W)	Iowa City, Iowa	11 a.m.
Jan. 20	Northwestern	Evanston, Ill.	11 a.m.
Jan. 26	Shamrock Invitational	South Bend, Ind.	5 p.m.
Jan. 27	Shamrock Invitational	South Bend, Ind.	10 a.m.
Feb. 2	Western Illinois	Iowa City, Iowa	6 p.m.
Feb. 14-17	Big Ten Women's Championships	Columbus, Ohio	All Day
Feb. 21-24	Big Ten Men's Championships	Minneapolis	All Day
March 5-7	NCAA Zone Diving Championships	Minneapolis	All Day
March 15-17	NCAA Women's Championships	Columbus, Ohio	All Day
March 22-24	NCAA Men's Championships	Minneapolis	All Day

(M) - Men's only competition
 (W) - Women's only competition
 % - Iowa Corn Cy-Hawk Series
 All times central and subject to change

FOLLOW THE HAWKEYES



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HEAD COACH MARC LONG



Marc Long is entering his 14th season as head coach for the University of Iowa swimming and diving team and 13th leading both the men and women's programs.

During his tenure as head coach of both teams, 133 school records have fallen and 259 Hawkeyes have automatically or provisionally qualified for the NCAA Championships. Iowa has posted 12 top 40 NCAA finishes (five men, seven women) since 2004.

Academically, the Hawkeyes have had prolonged academic success under Long's tutelage. Iowa has crowned 24 academic All-Americans, 292 Academic All-Big Ten selections, and the team has earned academic All-America honors nine times.

In 2016-17, the Iowa women's team recorded its highest finish in 12 years, placing 26th at the NCAA Championships. The Hawkeyes had a pair of first-team All-Americans in breast stroker Emma Sougstad and platform diver Calli Head. Sougstad's performance at the NCAA meet was one of the best swims in Big Ten Conference history.

The Hawkeyes swam to 15 school records during the season and posted 56 NCAA qualifying marks. Academically, Iowa had seven Scholar All-Americans, 23 Academic All-Big Ten selections, and five Big Ten Distinguished Scholars.

The 2015-16 season saw the Hawkeyes finish in the top-40 nationally at the NCAA Championships. The women's team had three NCAA qualifiers and finished 38th, courtesy of an honorable-mention All-America performance from junior Emma Sougstad. Sougstad won the "B" heat, finishing ninth overall in the 100 breaststroke. Sougstad was honored as the CollegeSwimming.com National Swimmer of the Week in December.

The UI men had five NCAA qualifiers and tallied a 40th-place finish nationally, highlighted by two honorable-mention All-America performances from senior Roman Trussov. The breaststroker earned All-America distinctions in both the 100-and-200-yard breaststroke events. Trussov was also a second-team All-Big Ten honoree after finishing as the 100-breast runner-up at the 2016 Big Ten Championships.

CELEBRATE ME HOME

The Hawkeyes will celebrate 100 years of Iowa swimming and diving this weekend. Iowa's program started in 1917 with David Armbruster as head coach and has had five head coaches since. The Hawkeyes will welcome back alums from all across the world when they open the 2017-18 season hosting Michigan State and Northern Iowa at the UI CRWC Natatorium on Thursday and Friday.

SMITH CARRIES POST SEASON EXPERIENCE INTO 2017-18

Junior Jack Smith broke the 100 freestyle record with a prelim swim of 43.15 seconds at the 2017 Big Ten Championships. The England native finished 12th overall in the event, finishing with a time of 43.29 seconds in the finals.

RETURNING NCAA QUALIFIER

The Iowa swimming and diving program returns one NCAA qualifier from last season. Sophomore diver Thelma Strandberg returns for her second season following her debut performance at the 2017 NCAA Championships. The Norway native qualified via a 11th-place finish at the NCAA Zone D Diving Championships while recording a career-best score of 242.30 during the prelims at the Zone meet.

HAWKEYE NEWCOMERS

Eight newcomers are set to join the men's swimming and diving program this year, including Michal Brzus, Anton Hoherz, Jackson Kuhlers, Thomas Pederson, Jonatan Posligua, Jacob Rosenkoetter, Tom Schab, and Daniel Swanepoel. The eight freshmen come from four different countries -- Africa, Ecuador, Poland, and the United States -- and four different states, including Iowa, California, Texas (2), and Minnesota.

The women's program welcomes eight newcomers for the 2017-18 season. Kelsey Drake, Mallory Fox, Morgan Grout, Lexi Horner, Jayah Mathews, Sage Ohlensehlen, Claire Park, and Sarah Schemmel each begin their freshmen campaigns this year. Five newcomers hail from Iowa, while Fox is from Wisconsin, Grout is from Indiana, and Mathews is from Australia.

13 HAWKEYES COMPETE AT U.S. OPEN CHAMPIONSHIP SERIES

Seniors Jerzy Twarowski, Thomas Rathbun, RJ Hemmingsen, juniors Jack Smith and Tanner Nelson, and sophomores Joe Myhre, Weston Credit, Will Scott, and Steve Fiolic represented the Iowa men's team at the 2017 U.S. Open Championship Series at the Nassau County Aquatics Center in East Meadow, New York this past summer. Women's competitors included seniors Meghan Lavelle, Tereysa Lehnertz, and Mekenna Scheitlin, and sophomore Hannah Burvill.

IOWA SWIMMING AND DIVING HISTORY

Iowa was one of the first schools in the nation to compete on a collegiate level, and in 1937, the Hawkeyes competed at the first NCAA Championships. From 1937 to 1960, Iowa placed in the NCAA top 10 a total of 18 times, crowning nine NCAA and 22 Big Ten champions.

UI CAMPUS RECREATION AND WELLNESS CENTER

The University of Iowa's Campus Recreation and Wellness Center has been home to the Hawkeyes since August of 2010. The 69 million dollar facility is located at the corner of Burlington and Madison streets and was named the third-best campus student recreation center nationally by Best College Reviews in 2013. 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.

FORMER HAWKEYE ASHLEY DELL JOINS COACHING STAFF

University of Iowa graduate and former volunteer assistant coach Ashley Dell was named an assistant coach with the University of Iowa swimming and diving program this past June. Dell rejoined the staff following stints at George Washington (2011-14) and Southern Methodist (SMU)(2014-17). Dell also spent two seasons as a volunteer coach at the University of Iowa from 2009-11. A member of the Iowa women's program from 2005-2009, Dell was a two-year team captain for the Hawkeyes. She is an all-time top-10 performer in the 500, 1,000, and 1,650-yard freestyle events.

ON DECK

The Hawkeyes return the UI CRWC Natatorium for Senior Day on Oct. 27, hosting Minnesota at 5 p.m. (CT), before taking a road trip to Purdue on Nov. 3.

2016-17 MEN'S SEASON-BEST TIMES/DIVES

50 Free	Jack Smith	19.65 (B)
100 Free	Jack Smith	43.15 (B)
200 Free	Joe Myhre	1:36.62 (B)
500 Free	Chris Dawson	4:25.63
1,000 Free	Mike Tenney	9:30.51
1,650 Free	Chris Dawson	15:24.38 (B)
100 Back	Kenneth Mende	47.28 (B)
200 Back	Kenneth Mende	1:42.19 (B) (SR)
100 Breast	Weston Credit	55.67
200 Breast	Weston Credit	1:59.83
100 Fly	Jerzy Twarowski	46.43 (B) (SR)
200 Fly	Jerzy Twarowski	1:46.47 (B)
200 IM	Kenneth Mende	1:48.57 (B)
400 IM	Chris Dawson	3:50.58 (B)
200-Free Relay	Smith, Scott, Halsmer, Myhre	1:18.13 (B)
400-Free Relay	Smith, Myhre, Halsmer, Kamin	2:54.39
800-Free Relay	Myhre, Smith, Gannon, Rathbun	6:24.93 (SR)
200-Medley Relay	Mende, Webb, Twarowski, Smith	1:26.90
400-Medley Relay	Mende, Credit, Twarowski, Smith	3:11.36
1-Meter Diving	William Brenner	368.00 (ZS) (SR)
3-Meter Diving	Brandis Heffner	361.55 (ZS)
Platform Diving	William Brenner	293.65

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

2016-17 WOMEN'S SEASON-BEST TIMES/DIVES

50 Free	Hannah Burvill	22.84 (B)
100 Free	Hannah Burvill	49.22 (B) (SR)
200 Free	Hannah Burvill	1:46.29 (B)
500 Free	Serena Wanasek	4:54.14
1,000 Free	Abbey Schneider	10:03.46
1,650 Free	Abbey Schneider	16:49.73
100 Back	Meghan Lavelle	53.74 (B)
200 Back	Meghan Lavelle	1:58.35 (B)
100 Breast	Emma Sougstad	58.79 (SR) (A)
200 Breast	Emma Sougstad	2:10.47 (B) (SR)
100 Fly	Emma Sougstad	53.30 (B) (SR)
200 Fly	Tereysa Lehnertz	1:59.04 (B)
200 IM	Emma Sougstad	1:57.98 (B)
400 IM	Devin Jacobs	4:23.88
200-Free Relay	Sougstad, Burvill, Scheitlin, Fluit	1:31.73
400-Free Relay	Burvill, Sougstad, Fluit, Wanasek	3:18.83 (SR)
800-Free Relay	Burvill, Fluit, Wanasek, O'Brien	7:14.79
200-Medley Relay	Lavelle, Sougstad, Scheitlin, Burvill	1:38.99 (SR)
400-Medley Relay	Lavelle, Sougstad, Scheitlin, Burvill	3:36.71 (SR)
1-Meter Diving	Jacintha Thomas	295.70 (ZS)
3-Meter Diving	Morgan Rafferty	322.50 (ZS)
Platform Diving	Calli Head	292.20 (ZS)

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



2017-18 TOP TIMES BY ATHLETE (MEN)

Athlete	50 Free	100 Free	200 Free	500 Free	1,000 Free	1,650 Free	100 Back
Colter Allen	---	---	---	---	---	---	---
Will Brenner	---	---	---	---	---	---	---
Michal Brzus	---	---	---	---	---	---	---
Ben Colin	---	---	---	---	---	---	---
Weston Credit	---	---	---	---	---	---	---
Chris Dawson	---	---	---	---	---	---	---
Sam Dumford	---	---	---	---	---	---	---
Steve Fiolic	---	---	---	---	---	---	---
RJ Hemmingsen	---	---	---	---	---	---	---
Garrett Hoce	---	---	---	---	---	---	---
Anton Hoherz	---	---	---	---	---	---	---
Matt Kamin	---	---	---	---	---	---	---
Jackson Kuhlars	---	---	---	---	---	---	---
Matt Mauser	---	---	---	---	---	---	---
Kenneth Mende	---	---	---	---	---	---	---
Joe Myhre	---	---	---	---	---	---	---
Tanner Nelson	---	---	---	---	---	---	---
Thomas Pederson	---	---	---	---	---	---	---
Jonatan Posligua	---	---	---	---	---	---	---
Thomas Rathbun	---	---	---	---	---	---	---
Jacob Rosenkoetter	---	---	---	---	---	---	---
Logan Samuelson	---	---	---	---	---	---	---
Tom Schab	---	---	---	---	---	---	---
Will Scott	---	---	---	---	---	---	---
Jack Smith	---	---	---	---	---	---	---
Alex Streightiff	---	---	---	---	---	---	---
Daniel Swanepoel	---	---	---	---	---	---	---
Michael Tenney	---	---	---	---	---	---	---
Jerzy Twarowski	---	---	---	---	---	---	---
Forrest White	---	---	---	---	---	---	---
	200 Back	100 Breast	200 Breat	100 Fly	200 Fly	200 IM	400 IM
Colter Allen	---	---	---	---	---	---	---
Will Brenner	---	---	---	---	---	---	---
Michal Brzus	---	---	---	---	---	---	---
Ben Colin	---	---	---	---	---	---	---
Weston Credit	---	---	---	---	---	---	---
Chris Dawson	---	---	---	---	---	---	---
Sam Dumford	---	---	---	---	---	---	---
Steve Fiolic	---	---	---	---	---	---	---
RJ Hemmingsen	---	---	---	---	---	---	---
Garrett Hoce	---	---	---	---	---	---	---
Anton Hoherz	---	---	---	---	---	---	---
Matt Kamin	---	---	---	---	---	---	---
Jackson Kuhlars	---	---	---	---	---	---	---
Matt Mauser	---	---	---	---	---	---	---
Kenneth Mende	---	---	---	---	---	---	---
Joe Myhre	---	---	---	---	---	---	---
Tanner Nelson	---	---	---	---	---	---	---
Thomas Pederson	---	---	---	---	---	---	---
Jonatan Posligua	---	---	---	---	---	---	---
Thomas Rathbun	---	---	---	---	---	---	---
Jacob Rosenkoetter	---	---	---	---	---	---	---
Logan Samuelson	---	---	---	---	---	---	---
Tom Schab	---	---	---	---	---	---	---
Will Scott	---	---	---	---	---	---	---
Jack Smith	---	---	---	---	---	---	---
Alex Streightiff	---	---	---	---	---	---	---
Daniel Swanepoel	---	---	---	---	---	---	---
Michael Tenney	---	---	---	---	---	---	---
Jerzy Twarowski	---	---	---	---	---	---	---
Forrest White	---	---	---	---	---	---	---



2017-18 TOP TIMES BY ATHLETE (WOMEN)

Athlete	50 Free	100 Free	200 Free	500 Free	1,000 Free	1,650 Free	100 Back
Izzie Bindseil	---	---	---	---	---	---	---
Hannah Burvill	---	---	---	---	---	---	---
Summer Campbell	---	---	---	---	---	---	---
Olivia Cook	---	---	---	---	---	---	---
Kelsey Drake	---	---	---	---	---	---	---
Allyssa Fluit	---	---	---	---	---	---	---
Mallory Fox	---	---	---	---	---	---	---
Morgan Grout	---	---	---	---	---	---	---
Meghan Hackett	---	---	---	---	---	---	---
Lexi Horner	---	---	---	---	---	---	---
Shea Hoyt	---	---	---	---	---	---	---
Devin Jacobs	---	---	---	---	---	---	---
Jo Jekel	---	---	---	---	---	---	---
Nikol Lagodzinska	---	---	---	---	---	---	---
Meghan Lavelle	---	---	---	---	---	---	---
Lauren Leehy	---	---	---	---	---	---	---
Tereysa Lehnertz	---	---	---	---	---	---	---
Amy Lenderink	---	---	---	---	---	---	---
Natalie McGovern	---	---	---	---	---	---	---
Kelly McNamara	---	---	---	---	---	---	---
Carly O'Brien	---	---	---	---	---	---	---
Sage Ohlensehlen	---	---	---	---	---	---	---
Samantha Sauer	---	---	---	---	---	---	---
Mekenna Sheitlin	---	---	---	---	---	---	---
Sarah Schemmel	---	---	---	---	---	---	---
Abbey Schneider	---	---	---	---	---	---	---
	200 Back	100 Breast	200 Breat	100 Fly	200 Fly	200 IM	400 IM
Izzie Bindseil	---	---	---	---	---	---	---
Hannah Burvill	---	---	---	---	---	---	---
Summer Campbell	---	---	---	---	---	---	---
Olivia Cook	---	---	---	---	---	---	---
Kelsey Drake	---	---	---	---	---	---	---
Allyssa Fluit	---	---	---	---	---	---	---
Mallory Fox	---	---	---	---	---	---	---
Morgan Grout	---	---	---	---	---	---	---
Meghan Hackett	---	---	---	---	---	---	---
Lexi Horner	---	---	---	---	---	---	---
Shea Hoyt	---	---	---	---	---	---	---
Devin Jacobs	---	---	---	---	---	---	---
Jo Jekel	---	---	---	---	---	---	---
Nikol Lagodzinska	---	---	---	---	---	---	---
Meghan Lavelle	---	---	---	---	---	---	---
Lauren Leehy	---	---	---	---	---	---	---
Tereysa Lehnertz	---	---	---	---	---	---	---
Amy Lenderink	---	---	---	---	---	---	---
Natalie McGovern	---	---	---	---	---	---	---
Kelly McNamara	---	---	---	---	---	---	---
Carly O'Brien	---	---	---	---	---	---	---
Sage Ohlensehlen	---	---	---	---	---	---	---
Samantha Sauer	---	---	---	---	---	---	---
Mekenna Sheitlin	---	---	---	---	---	---	---
Sarah Schemmel	---	---	---	---	---	---	---
Abbey Schneider	---	---	---	---	---	---	---



2017-18 TOP DIVES BY ATHLETE (MEN)

Athlete	1-Meter	3-Meter	Platform
Will Brenner	---	---	---
Anton Hoherz	---	---	---
Matt Mauser	---	---	---
Jonatan Posligua	---	---	---
Alex Streightiff	---	---	---

2017-18 TOP DIVES BY ATHLETE (WOMEN)

Athlete	1-Meter	3-Meter	Platform
Olivia Dopkiss	---	---	---
Jayah Mathews	---	---	---
Claire Park	---	---	---
Thelma Strandberg	---	---	---

2017-18 INDIVIDUAL WINS (MEN)

Athlete	Event	Time	Meet
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2017-18 INDIVIDUAL WINS (WOMEN)

Athlete	Event	Time	Meet
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2017-18 RELAY WINS (MEN)

Athletes	Event	Time	Meet
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2017-18 RELAY WINS (WOMEN)

Athletes	Event	Time	Meet
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