



IOWA HAWKEYES

SWIMMING & DIVING

December 9, 2016
UI CRWC Natatorium | Iowa City, Iowa



**IOWA
HAWKEYES**



**IOWA STATE
CYCLONES**

THE SCENE

The University of Iowa women's swimming and diving team hosts Iowa State on Friday night at the UI CRWC Natatorium beginning at 6 p.m. (CT). Friday night's dual is part of the annual Iowa Corn Cy-Hawk Series.

LIVE RESULTS

Fans can follow this week's action by visiting the live stats link on the swimming and diving schedule page on hawkeyesports.com.

PROMOTIONS

On Friday, there will be free beach balls for the first 100 fans in attendance. Fans can also enter a raffle to win one-of-three \$100 ethanol gift cards, presented by Iowa Corn.

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.

ALL-TIME SERIES

Iowa is 27-11 against Iowa State all-time. The Hawkeyes have won the last six dual matchups over the Cyclones, including a 198-101 victory last season in Ames, Iowa.

IOWA CORN CY-HAWK SERIES

The 2016-17 academic year marks the sixth year Iowa Corn has sponsored the Cy-Hawk Series, which tracks the head-to-head match-ups between the two universities, with each victory earning points toward the overall series championship. Iowa Corn developed the **CORN: IT'S EVERYTHING** campaign to educate consumers about all the amazing things that come from corn. Corn is used to make more than 4,000 everyday products -- everything from bacon cheeseburgers, to soap and lipstick, fireworks and even fuel for your vehicle. It all contains corn and is grown by farmers in our great state.

2016-17 SCHEDULE

DATE	MEET	LOCATION	TIME
Sept. 30	Michigan State/Notre Dame	East Lansing, Mich.	3 p.m.
Oct. 8	Intrasquad Meet	Iowa City, Iowa	9 a.m.
Oct. 28	#12 Minnesota (M)	Minneapolis	6:30 p.m.
Oct. 29	#16 Minnesota (W)	Minneapolis	11 a.m.
Nov. 3	South Dakota	Iowa City, Iowa	5 p.m.
Nov. 4	Purdue/Missouri State	Iowa City, Iowa	2 p.m.
Nov. 18-20	Ohio State Invitational	Columbus, Ohio	All Day
Dec. 9	Iowa State (W) %	Iowa City, Iowa	6 p.m.
Dec. 13-18	USA Diving Winter Nationals	TBA	TBA
Jan. 12	Notre Dame/Illinois (W)	South Bend, Ind.	5:30 p.m.
Jan. 13	Notre Dame/Illinois (W)	South Bend, Ind.	11 a.m.
Jan. 21	Northwestern	Iowa City, Iowa	11 a.m.
Feb. 3	Western Illinois/UNI	Iowa City, Iowa	6 p.m.
Feb. 15-18	Big Ten Championships (W)	West Lafayette, Ind.	All Day
Feb. 22-25	Big Ten Championships (M)	Columbus, Ohio	All Day
March 6-9	NCAA Zone D Diving Championships	Columbia, Mo.	All Day
March 15-18	NCAA Championships (W)	Indianapolis	All Day
March 22-25	NCAA Championships (M)	Indianapolis	All Day

(M) - Men's only competition

% - Iowa Corn Cy-Hawk Series

(W) - Women's only competition

All times central and subject to change

FOLLOW THE HAWKEYES



@IowaHawkeyeSwim /IowaSwimmingandDiving @HawkeyeSwimDive

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HEAD COACH MARC LONG



Marc Long is entering his 13th season as head coach for the University of Iowa swimming and diving team and 12th leading both the men and women's programs.

During his tenure as head coach of both teams, 118 school records have fallen and 203 Hawkeyes have automatically or provisionally qualified for the NCAA Championships. Iowa has posted 11 top 40 NCAA finishes (five men, six women) since 2004.

Academically, the Hawkeyes have had prolonged academic success under Long's tutelage. Iowa has crowned 17 academic All-Americans, 269 Academic All-Big Ten selections, and the team has earned academic All-America honors nine times.

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.

Over the course of the season, the Hawkeyes swam to 12 school records and had 28 UI student-athletes posted NCAA qualifying standards. Academically, Iowa had 35 Academic All-Big Ten honorees and the program received both the spring and fall CSCAA Scholar All-America Award distinction.

Senior Charles Holliday was a semifinalist for the Arthur Ashe, Jr., Scholar Award, and he and Maddie Bro were recipients of the NCAA Postgraduate Scholarships. Holliday was also a Big Ten Postgraduate Scholarship honoree.

HAWKEYES RETURN EXPERIENCED GROUP

The Hawkeye women bring back 23 letterwinners, including three NCAA qualifiers, and add eight newcomers. Senior Emma Sougstad headlines the returnees after achieving honorable-mention All-America status as a junior; junior Meghan Lavelle is a school record holder in three events and has the second-best time in the 200 back. Iowa returns its top performers in 12-of-14 individual events, on the platform, and its top five relay swimmers.

LAST TIME OUT

Facing the likes of five-time Olympic gold medalist Katie Ledecky and No. 1 Stanford, along with No. 23 Kentucky and No. 24 Ohio State among others, the Hawkeyes posted 18 top-10 finishes, while 16 Hawkeyes swam career bests at the Ohio State Invitational. Senior Emma Sougstad swam season bests, posting NCAA 'B' cut times in four individual events (200 IM, 100 fly, 100 breast, 200 breast). She was Iowa's top finisher in all four events, leading the Hawkeyes to a fifth place finish out of the 10-team field.

HAWKEYES RAKING IN B1G HONORS

Midway into the season, four Hawkeyes have already earned Big Ten Conference weekly honors. Senior Emma Sougstad is Iowa's most recent honoree, garnering co-Swimmer of the Week honors on Nov. 2 following two first-place finishes in the 100 and 200 breast at Minnesota.

Junior Tereysa Lehnertz, sophomore Jacintha Thomas, and freshman Hannah Burvill were all recognized by the conference on Oct. 5 following their performance in a double dual at Michigan State.

NCAA "B" QUALIFIERS ARE EVERYWHERE

A total of five Hawkeyes have posted NCAA 'B' cut times in at least one event this season -- Sougstad (50 free, 100 and 200 breast, 100 fly), freshman Hannah Burvill (50, 100, and 200 free), junior Mekenna Schietlin (50 free, 100 fly), sophomore Tereysa Lehnertz (100 and 200 fly), and junior Meghan Lavelle (100 and 200 back).

SOUGSTAD SWIMS TO 2 SCHOOL RECORDS

At last month's Ohio State Invitational, senior Emma Sougstad swam to the fastest times in program history in the 100 fly (53.30) and as a member of the 200-medley relay (1:39.15) -- she now owns a total of nine school records. Sougstad was also a member of Iowa's 400-medley relay team that posted the second-fastest time in school history (3:37.91).

FRESHMAN BREAKS RECORD, PACES HAWKEYE SPRINTERS

Freshman Hannah Burvill has already made quite the splash early on in her Hawkeye career. The Great Britain native leads the Hawkeyes in three freestyle events, sprinting to top times in the 50 (22.84), 100 (49.22), and 200 (1:46.29) -- all three times meet NCAA provisional standards. Her times in the 100 and 200 free rank first and second all-time at Iowa, while her time in the 50 ranks third.

DIVING TO NCAA ZONE STANDARDS

Four Hawkeye divers have posted NCAA Zone diving standards this season. Junior Morgan Rafferty (278.40), sophomore Jacintha Thomas (283.20), and freshman Thelma Baatz-Strandberg (288.65) have all posted qualifying scores off the 1-meter. Thomas (283.35), Baatz-Strandberg (307.05), and freshman Olivia Dopkiss (291.25) have each recorded qualifying scores on the 3-meter.

4 HAWKEYES REPRESENT B1G AT USA COLLEGE CHALLENGE

Four Hawkeye swimmers -- senior Emma Sougstad, junior Jerzy Twarowski, sophomore Kenneth Mende, and freshman Hannah Burvill -- all represented the Big Ten Conference at the USA Conference Challenge, presented by arena, in Indianapolis last weekend.

The USA College Challenge, a two-day, short-course yards dual meet, featured members of the USA Swimming National Team squaring off against stars from the Big Ten Conference at the Indiana University Natatorium on the campus of IUPUI in Indianapolis.

All four Hawkeyes swam season bests in at least one event, including Burvill, who sprinted to a new school record in the 100 freestyle (49.22).

SOUGSTAD GARNERS PRESEASON HONOR

Senior Emma Sougstad was recognized as a preseason All-American in the 100-yard breaststroke by Collegesswimming.com on Sept. 12. The Forest City, Iowa, native led the Hawkeyes in the 100 breast and 200 breast with school-record times last season. Sougstad finished ninth in the country in the 100 breast (59.00), 31st in the 200-breast (2:11.25), and 25th in the 200 IM (1:57.55) at the NCAA Championships. Her times in the 100 breast and 200 IM are the fastest in school history. Sougstad was a stand-out performer at the 2016 Big Ten Championships, posting top-seven finishes in five events. Sougstad is the Iowa school record holder in eight events – 50 free, 100 breast, 200 breast, 200 IM, 200-free relay, 200-medley relay, 400-free relay, 400-medley relay -- heading into her senior season.

RETURNING NCAA QUALIFIERS

The Iowa swimming and diving program returns three NCAA qualifiers from a season ago -- senior swimmer Emma Sougstad and senior divers Calli Head and Lydia Lehnert. Sougstad was an NCAA qualifier in three events -- 100 breast, 200 breast, and 200 IM -- in both 2015 and 2016. Head is a two-time NCAA qualifier and is coming off a career year that saw her win bronze at the Big Ten Championships after diving to a school record score of 312.20 -- she shares the school record with Lehnert. The Wisconsin native placed 31st at the NCAA Championships with a dive of 214.95, while Lehnert placed 36th with a score of 206.95.

5 HAWKEYES COMPETE AT 2016 U.S. OLYMPIC TRIALS

The University of Iowa men's and women's swimming program was represented at the 2016 U.S. Olympic Trials in Omaha, Nebraska, last June. Senior Jackson Halsmer and junior RJ Hemmingsen each competed in the 50-meter free, while Kyle Patnode competed in the 100-meter fly. Meghan Lavelle competed in the 100 and 200-meter back, and Emma Sougstad competed in the 100-meter breast.

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.

WELCOME BACK

A pair of familiar faces have joined the University of Iowa swimming and diving program this season. Instead of racing down the lanes, they'll be coaching from the deck. UI graduates Richard Salhus (2011) and Roman Trussov (2016) have joined the program as interim assistant coaches. Salhus returns after spending the last five years as assistant coach of the Iowa Flyers Swim Club. He was recently tabbed as the Flyers' head coach. Trussov was a two-time honorable-mention All-American as a senior last year. He is also the school's record holder in the 100 breast and 200 breast. Former Hawkeye diver Andrew Hull (2016) is in his first season as a volunteer assistant diving coach for the Hawkeyes.

ON DECK

Following Friday night's dual against Iowa State, the Hawkeye women travel to South Bend, Indiana, for a triple dual against Illinois and Notre Dame. The two-day event begins on Jan. 12 at 5:30 p.m. (CT).



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

50 Free	Hannah Burvill	22.84 (B)
100 Free	Hannah Burvill	49.22 (SR) (B)
200 Free	Hannah Burvill	1:46.29 (B)
500 Free	Allyssa Fluit	4:55.07
1,000 Free	Abbey Schneider	10:13.77
1,650 Free	Abbey Schneider	16:49.73
100 Back	Meghan Lavelle	54.09
200 Back	Meghan Lavelle	1:58.35 (B)
100 Breast	Emma Sougstad	59.51 (B)
200 Breast	Emma Sougstad	2:11.84 (B)
100 Fly	Emma Sougstad	53.30 (SR) (B)
200 Fly	Tereysa Lehnertz	1:59.04 (B)
200 IM	Emma Sougstad	1:59.76 (B)
400 IM	Devin Jacobs	4:26.18
200-Free Relay	Sougstad, Burvill, Scheitlin, Fluit	1:31.73
400-Free Relay	Burvill, Fluit, Sougstad, O'Brien	3:22.65
800-Free Relay	Burvill, Fluit, O'Brien, Wanasek	7:26.83
200-Medley Relay	Lavelle, Sougstad, Scheitlin, Burvill	1:39.15 (SR)
400-Medley Relay	Lavelle, Sougstad, Lehnertz, Burvill	3:37.91
1-Meter Diving	Thelma Baatz-Strandberg	288.65 (ZS)
3-Meter Diving	Thelma Baatz-Strandberg	307.05 (ZS)
Platform Diving	Calli Head	221.55

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

2016-17 TOP DIVES BY ATHLETE (WOMEN)

Athlete	1-Meter	3-Meter	Platform
Olivia Dopkiss	248.60	291.25 (ZS)	---
Calli Head	246.90	---	221.55
Lydia Lehnert	---	---	---
Morgan Rafferty	278.40 (ZS)	199.10	---
Thelma Strandberg	288.65 (ZS)	307.05 (ZS)	192.70
Jacintha Thomas	283.20 (ZS)	283.35 (ZS)	---

2016-17 INDIVIDUAL WINS (WOMEN)

Athlete	Event	Time/Score	Meet
Thelma Baatz-Strandberg	1-Meter	288.65	South Dakota
Thelma Baatz-Strandberg	3-Meter	307.05	Purdue/Mo. State
Hannah Burvill	100 Back	56.40	South Dakota
Hannah Burvill	100 Free	51.00	Purdue/Mo. State
Olivia Cook	100 Free	10:48.69	South Dakota
Allyssa Fluit	50 Free	23.89	South Dakota
Devin Jacobs	500 Free	5:12.85	South Dakota
Nikol Lagodzinska	200 Free	1:54.54	South Dakota
Tereysa Lehnertz	100 Breast	106.41	South Dakota
Tereysa Lehnertz	100 Fly	55.48	at Minnesota
Teryesa Lehnertz	200 Fly	2:02.76	at Minnesota
Mekenna Scheitlin	50 Free	23.36	at Minnesota
Mekenna Scheitlin	50 Free	23.45	Purdue/Mo. State
Samantha Sauer	100 Free	52.27	South Dakota
Emma Sougstad	100 Breast	1:01.33	at Minnesota
Emma Sougstad	100 Breast	1:01.71	Purdue/Mo. State
Emma Sougstad	200 Breast	2:17.16	Purdue/Mo. State
Emma Sougstad	100 Fly	55.73	South Dakota
Emma Sougstad	200 IM	2:01.87	at Minnesota
Emma Sougstad	200 IM	2:04.04	Purdue/Mo. State
Athletes	Event	Time	Meet
McGovern, Hoyt, Jekel, Lehnertz	200 Medley	1:44.89	South Dakota
Wanasek, Jekel, Lagodzinska, Lehnertz	200 Free	1:37.33	South Dakota



2016-17 TOP TIMES BY ATHLETE (WOMEN)

Athlete	50 Free	100 Free	200 Free	500 Free	1,000 Free	1,650 Free	100 Back
A. Armstrong-Grant	24.04	51.94	1:53.80	---	---	---	---
Izzie Bindseil	---	---	1:56.04	5:03.26	10:37.18	17:34.79	---
Hannah Burvill	22.84 (B)	49.22 (SR) (B)	1:46.29 (B)	4:59.12	---	---	56.40
Summer Campbell	25.76	---	---	---	---	---	1:00.92
Olivia Cook	25.40	---	---	5:23.24	10:45.01	---	---
Allyssa Fluit	23.28	50.60	1:49.82	4:55.07	---	---	---
Taylor Flummerfelt	23.89	52.96	1:54.71	---	---	---	---
Meghan Hackett	24.70	53.35	---	---	---	---	1:03.37
Shea Hoyt	---	---	---	---	---	---	---
Devin Jacobs	---	---	---	5:12.85	---	---	---
Jo Jekel	23.96	53.31	---	---	---	---	56.52
Nikol Lagodzinska	24.03	52.25	1:51.54	---	---	---	57.09
Meghan Lavelle	23.33	51.42	---	---	---	---	54.09 (B)
Lauren Leehy	24.62	52.95	1:56.11	---	---	---	---
Tereysa Lehnertz	24.08	51.56	---	---	---	---	---
Amy Lenderink	24.41	---	---	---	---	---	59.35
Natalie McGovern	---	---	---	---	---	---	55.99
Kelly McNamara	23.95	52.39	---	---	---	---	---
Carly O'Brien	23.64	51.40	1:50.90	---	---	---	---
Samantha Sauer	23.73	52.27	---	---	---	---	57.16
Mekenna Sheitlin	22.90 (B)	51.56	---	---	---	---	---
Abbey Schneider	---	---	1:55.24	4:56.26	10:13.77	16:49.73	---
Emma Sougstad	22.92 (B)	---	---	---	---	---	---
Serena Wanasek	24.70	51.64	1:51.68	4:57.90	---	---	59.40
Katie Wells	24.89	---	---	---	---	---	---
	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
A. Armstrong-Grant	---	---	---	---	---	---	---
Izzie Bindseil	---	---	---	---	---	---	---
Hannah Burvill	---	---	---	---	---	---	---
Summer Campbell	---	---	---	56.09	2:03.10	---	---
Olivia Cook	---	---	---	59.82	2:11.69	2:12.88	---
Allyssa Fluit	---	---	---	---	---	---	---
Taylor Flummerfelt	---	---	---	---	---	---	---
Meghan Hackett	---	---	---	56.87	---	---	---
Shea Hoyt	---	1:02.12	2:17.03	---	---	2:07.36	---
Devin Jacobs	---	1:06.50	2:20.85	---	---	2:07.14	4:26.18
Jo Jekel	---	---	---	55.76	---	---	---
Nikol Lagodzinska	2:02.72	---	---	---	---	---	---
Meghan Lavelle	1:58.35 (B)	---	---	---	---	---	---
Lauren Leehy	---	---	---	---	---	---	---
Tereysa Lehnertz	---	1:06.41	---	54.13 (B)	1:59.04 (B)	2:12.28	---
Amy Lenderink	---	---	---	54.98	2:03.54	2:11.38	---
Natalie McGovern	2:03.43	---	---	---	---	2:08.32	---
Kelly McNamara	---	---	---	54.69	---	---	---
Carly O'Brien	---	---	---	55.10	---	---	---
Samantha Sauer	2:08.03	---	---	---	---	---	---
Mekenna Sheitlin	---	---	---	53.95 (B)	---	---	---
Abbey Schneider	---	---	---	---	---	---	4:32.09
Emma Sougstad	---	59.51 (B)	2:11.84 (B)	53.30 (SR) (B)	---	1:59.76 (B)	---
Serena Wanasek	---	---	---	---	---	---	---
Katie Wells	---	1:06.68	---	---	---	---	---