

IOWA HAWKEYES SWIMMING & DIVING

MEET

November 3-4 UI CRWC Natatorium | Iowa City, Iowa







SOUTH DAKOTA

MISSOURI STATE

PURDUE

THE SCENE

The University of Iowa swimming and diving program returns to the CRWC Natatorium this week for a pair of dual meets. The Hawkeyes host South Dakota in their home opener on Thursday at 5 p.m. (CT), and return on Friday to host Missouri State and Purdue in a double dual starting at 2 p.m.

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 Thursday, there will be free sandwiches for the first 50 University of Iowa students in attendance. Fans can also enter a raffle to win an Xbox One console. For Friday's double dual, beach towels will be available to the first 100 fans in attendance.

FOLLOW THE HAWKEYES

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

HAWKEYES RETURN EXPERIENCED GROUP

The lowa men return 20 letterwinners and adds 10 newcomers for the 2016-17 season. The Hawkeyes return three NCAA qualifiers and top performers in 10-of-14 swimming events, two-of-three diving events, and seven top performers in relays.

The Hawkeye women bring back 23 letterwinners, including three NCÁA 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

The Hawkeye men fell to No. 12 Minnesota, 185.5-113.5, in a Big Ten Conference dual last week in Minneapolis. Sophomore Kenneth Mende led the Hawkeyes, competing in four events and notching lowa's lone first-place individual finish (200 back-1:48.57). Mende swam the first leg on lowa's winning 200 medley relay (1:30.68). He was also lowa's top finisher in the 100 back (49.14) and the 200 IM (1:55.04), swimming to a pair of runner-up finishes.

The Hawkeye women fell to No. 16 Minnesota, 186-114, last week in

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DAIE	MEEI	LOCATION	IIME
Sept. 30	Michigan State/Notre Dame	East Lansing, Mich.	3 p.m.
Oct. 8	Intrasquad Meet	lowa 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	lowa City, Iowa	5 p.m.
Nov. 4	Purdue/Missouri State	lowa City, Iowa	2 p.m.
Nov. 18-20	Ohio State Invitational	Columbus, Ohio	All Day
Dec. 9	Iowa State (W) %	lowa 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	lowa City, Iowa	11 a.m.
Feb. 3	Western Illinois/UNI	lowa 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

(W) - Women's only competition

All times central and subject to change

FOLLOW THE HAWKEYES







% - Iowa Corn Cy-Hawk Series

@lowaHawkeyeSwim /lowaSwimmingandDiving @HawkeyeSwimDive

IOWA ATHLETIC COMMUNICATIONS

James Allan
james-allan@uiowa.edu
(319) 530-5792
Sam Stych
samuel-stych@uiowa.edu
(563) 506-0357
(319) 335-9411
(319) 335-9417
hawkeyesports.com



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. lowa 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, lowa 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.

Minneapolis. Senior Emma Sougstad and junior Tereysa Lehnertz combined for four of lowa's five individual wins. Sougstad touched first in the 100 breast with a NCAA "B" qualifying time of 1:01.33 -- the second-fastest time in program history.

HAWKEYES RAKING IN B1G HONORS

One month into the season and six Hawkeyes have already earned Big Ten Conference weekly honors. Senior Emma Sougstad is lowa'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.

Senior Brandis Heffner, junior Tereysa Lehnertz, sophomores Jack Smith and 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.

FRESHMAN PACES HAWKEYE SPRINTERS

Freshman Hannah Burvill is pacing lowa's freestyle sprinters early in the 2016-17 season. The Great Britain native won two individual events at the annual intrasquad meet. She also notched a pair of second-place finishes last Saturday at Minnesota to lead the Hawkeyes in the 100 (50.59) and 200 free (1:49.73) -- both times rank ninth all-time in school history.

DIVING TO NCAA ZONE STANDARDS

Three Hawkeye divers have posted NCAA Zone diving standards this season. Senior Brandis Heffner (302.95) and sophomore Jacintha Thomas (272.85) have posted qualifying scores off the 1-meter, while Thomas (283.35) and freshman Olivia Dopkiss (291.25) have qualifying scores on the 3-meter.

4 HAWKEYES TO REPRESENT B1G AT USA COLLEGE CHALLENGE

Four Hawkeye swimmers -- senior Emma Sougstad, junior Jerzy Twarowski, sophomore Kenneth Mende, and freshman Hannah Burvill-- will represent the Big Ten Conference at the USA Conference Challenge, presented by arena, in Indianapolis this November.

The USA College Challenge, a two-day, short-course yards dual meet, will feature members of the USA Swimming National Team squaring off against stars from the Big Ten Conference on Nov. 12-13 at the Indiana University Natatorium on the campus of IUPUI in Indianapolis.

SOUGSTAD GARNERS PRESEASON HONOR

Senior Emma Sougstad was recognized as a preseason All-American in the 100-yard breaststroke by Collegeswimming.com on Sept. 12. The Forest City, lowa, 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 lowa 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 lowa swimming and diving program returns six NCAA qualifiers from a season ago. Three members of the men's 200 and 400-medley relays return, including redshirt sophomore Kenneth Mende, sophomore Jack Smith, and junior Jerzy Twarowski. They finished 10th in 200-medley relay (1:26.50) and 21st in 400-medley relay (3:10.06) at NCAA Championships.

The women also return three NCAA qualifiers in Sougstad and senior divers Calli Head and Lydia Lehnert. A two-time NCAA Championships qualifier, Head comes 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.

HAWKEYE NEWCOMERS

Ten newcomers are set to join the men's swimming and driving program this year, including John Colin, Weston Credit, Sam Dumford, Steve Fiolic, Joe Myhre, Will Scott, Alex Streightiff, Michael Tenney, Isaak Webb, Forrest White. The 10 freshmen come from three different states, including lowa (4), Illinois (4), and California (2).

The women's program welcomes eight newcomers for the 2016-17 season. Amelia Armstrong-Grant, Hannah Burvill, Olivia Dopkiss, Allyssa Fluit, Meghan Hackett, Amy Lenderink, Samantha Sauer, Thelma Strandberg each begin their freshmen campaigns this year. This year's freshmen class comes from all over the map -- Colorado, Iowa (2), Illinois, Michigan (2), Great Britain, and Norway.



SWIMMING ACROSS THE POND

This year's Hawkeye squad features five athletes from five countries outside of the United States. The men's team features junior Jerzy Twarowski (Poland), redshirt sophomore Kenneth Mende (Germany), and sophomore Jack Smith (England), while the women's includes freshmen Hannah Burvill (Great Britain) and Thelma Strandberg (Norway).

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

lowa 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, lowa 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.

ON DECK

Four Hawkeyes will compete at the USA College Challenge, a two-day dual meet, in Indianapolis from Nov. 11-12. The Hawkeyes later travel to Columbus, Ohio, to compete in the Ohio State Invitational from Nov. 18-20.





50 Free	Jack Smith	20.77
100 Free		45.24
200 Free		1:40.20
500 Free		
1,000 Free		
1,650 Free	Chris Dawson	16:04.52
100 Back		49.14
200 Back	Kenneth Mende	
100 Breast		
200 Breast		2:05.34
100 Fly		
200 Fly	Jerzy Twarowski	1:49.85
200 IM		1:55.04
400 IM		
200-Free Relay	Fiolic, Kamin, Myhre, Farnum	1:22.25
800-Free Relay		
200-Medley Relay	Mende, Webb, Twarowski, Smith	1:30.68
400-Medley Relay		
1-Meter Diving	Brandis Heffner	350.93 (ZS)
3-Meter Diving	Will Brenner	353.70 (ZS)
Platform Diving		

50 Free	Mekenna Scheitlin	23.36
100 Free		50.59
200 Free	Hannah Burvill	
500 Free		
1,000 Free		
1,650 Free	Abbey Schneider	17:24.14
100 Back	Meghan Lavelle	55.96
200 Back	Nikol Lagodzinska	
100 Breast		1:01.33 (B)
200 Breast		2:19.38
100 Fly	Tereysa Lehnertz	55.48
200 Fly		
200 IM		
400 IM		
	Scheitlin, Burvill, Fluit, O'Brien	1:34.01
400-Free Relay		
800-Free Relay		
200-Medley Relay		1:42.46
400-Medley Relay		
1-Meter Diving		282.20 (ZS)
3-Meter Diving	Olivia Dopkiss	291.25 (ZS)
Platform Diving		



2016-17 TOP TIM Athlete	50 Free	100 Free	200 Free	500 Free	1,000 Free	1,650 Free	100 Back
Colter Allen	ou rree		200 Free	500 Free	1,000 Free		
Will Brenner	21.39						
Ben Colin	21.39		1:42.80	4:49.57		16:28.68	
John Colin	21.69		1. 4 2.00	4.49.37		10.20.00	52.17
Weston Credit	21.03						51.18
Chris Dawson				4:38.96		16:04.52	J1.10
Sam Dumford	21.68	47.44		4.30.70		10.04.32	
Brandon Farnum	21.37						
Steve Fiolic	20.81						50.87
Kyle Gannon	20.01	48.43	1:40.87	4:43.30			
Jackson Halsmer	20.78	46.28	1.40.07				
Brandis Heffner	20.76						
RJ Hemmingsen	20.97						
Garrett Hoce				4:44.80			
Evan Hull							
Matt Kamin	21.19	45.38					
Matt Mauser	Z1.17 	45.50					
Kenneth Mende							49.14
Joe Myhre		45.55	1:40.20				49.14
Tanner Nelson		4 3.33	1:40.20				
Kyle Patnode							
Thomas Rathbun			1:43.00	4:40.65			
Logan Samuelson			1:43.00	4:40.65 4:49.57		16:29.53	
Will Scott	20.86			4:49.57		10:29.55	
Jack Smith	20.86	45.24					
			1:42.86				
Alex Streightiff			1.40.00	4-22.20			
Michael Tenney			1:40.88	4:32.39			
Jerzy Twarowski							
Isaak Webb			1.41.26				
Forrest White	200 Back	100 Breast	1:41.26	 100 Fb.	 200 Fl	200 IM	50.28
Colter Allen			200 Breast	100 Fly 51.14	200 Fly 1:56.00	200 IM	400 IM
Will Brenner				31.1 4	1:50.00		
Ben Colin							
John Colin	1:53.34						
Weston Credit	1.33.34	57.60	2:05.34			 1:57.47	
Chris Dawson		1:01.66					
Sam Dumford		1.01.00					
Brandon Farnum							
Steve Fiolic							
Kyle Gannon							
Jackson Halsmer Brandis Heffner							
				 49.66			
RJ Hemmingsen		1:01.99		49.00			
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Evan Hull							
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Evan Hull Matt Kamin Matt Mauser Kenneth Mende Joe Myhre Tanner Nelson Kyle Patnode	 1:48.57 	 59.07	 	 50.19	 	1:55.04 	
Evan Hull Matt Kamin Matt Mauser Kenneth Mende Joe Myhre Tanner Nelson Kyle Patnode Thomas Rathbun	1:48.57 1:51.28	 59.07 	 	 50.19	 	1:55.04 	
Evan Hull Matt Kamin Matt Mauser Kenneth Mende Joe Myhre Tanner Nelson Kyle Patnode Thomas Rathbun Logan Samuelson	1:48.57 1:51.28	 59.07 	 	 50.19	 	1:55.04 	
Evan Hull Matt Kamin Matt Mauser Kenneth Mende Joe Myhre Tanner Nelson Kyle Patnode Thomas Rathbun Logan Samuelson Will Scott	1:48.57 1:51.28	 59.07 	 	 50.19 	 	1:55.04 	
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Evan Hull Matt Kamin Matt Mauser Kenneth Mende Joe Myhre Tanner Nelson Kyle Patnode Thomas Rathbun Logan Samuelson Will Scott Jack Smith Alex Streightiff Michael Tenney	1:48.57 1:51.28 	59.07 	 	 50.19 	 1:50.98	1:55.04 	
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Evan Hull Matt Kamin Matt Mauser Kenneth Mende Joe Myhre Tanner Nelson Kyle Patnode Thomas Rathbun Logan Samuelson Will Scott Jack Smith Alex Streightiff Michael Tenney	1:48.57 1:51.28 	59.07 	 	 50.19 	 1:50.98	1:55.04 	



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Athlete	50 Free	100 Free	200 Free	500 Free	1,000 Free	1,650 Free	100 Back
A. Armstong-Grant	24.14	52.89	1:57.27				
Izzie Bindseil			1:56.90	5:10.59		17:51.21	
Hannah Burvill	23.85	50.59	1:49.73	5:03.86			
Summer Campbell							1:00.92
Olivia Cook	25.40			5:26.94			
Allyssa Fluit	24.06	51.23	1:50.87				
Taylor Flummerfelt	24.26	53.65					
Meghan Hackett							1:03.37
Shea Hoyt							
Devin Jacobs							
lo Jekel	24.88						57.83
Nikol Lagodzinska		53.75	1:56.92				57.52
Meghan Lavelle	24.39						55.96
Lauren Leehy	24.87	54.68					
Tereysa Lehnertz							
Amy Lenderink	25.02						
Natalie McGovern							57.82
Kelly McNamara	24.81						
Carly O'Brien		51.96	1:53.00				
Samantha Sauer	23.98	J1.90 	1.55.00				58.18
Mekenna Sheitlin	23.36	52.88					J0.10
				 F-04 F2		17.24.14	
Abbey Schneider				5:06.53		17:24.14	
Emma Sougstad			4.52.46				
Serena Wanasek	24.00		1:52.16	5:06.21			
Katie Wells	24.89						
A A C	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
A. Armstong-Grant							
zzie Bindseil							
Hannah Burvill Summer Campbell				 57.30	2:06.42		
Summer Campbell Olivia Cook							
Summer Campbell Olivia Cook Allyssa Fluit				57.30	2:06.42		
Summer Campbell Olivia Cook Allyssa Fluit				57.30 	2:06.42 2:11.69		
Summer Campbell Olivia Cook Allyssa Fluit Taylor Flummerfelt			 	57.30 	2:06.42 2:11.69 	 	
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Summer Campbell Olivia Cook Allyssa Fluit Taylor Flummerfelt Meghan Hackett Shea Hoyt Devin Jacobs Io Jekel Nikol Lagodzinska Meghan Lavelle Lauren Leehy Fereysa Lehnertz	2:02.72 2:04.03	1:04.06 1:07.32	2:19.38 2:22.47	57.30 58.49 58.69 55.48	2:06.42 2:11.69 2:02.76	2:11.03 2:08.29	
Summer Campbell Olivia Cook Allyssa Fluit Faylor Flummerfelt Meghan Hackett Shea Hoyt Oevin Jacobs O Jekel Vikol Lagodzinska Meghan Lavelle Lauren Leehy Fereysa Lehnertz Amy Lenderink	2:02.72 2:04.03	1:04.06 1:07.32	2:19.38 2:22.47	57.30 58.49 58.69 55.48 57.55	2:06.42 2:11.69 	2:11.03 2:08.29 2:12.28	
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Summer Campbell Olivia Cook Allyssa Fluit Gaylor Flummerfelt Meghan Hackett Shea Hoyt Devin Jacobs Jo Jekel Vikol Lagodzinska Meghan Lavelle Lauren Leehy Gereysa Lehnertz Amy Lenderink Natalie McGovern Kelly McNamara Carly O'Brien	2:02.72 2:04.03 2:06.03	1:04.06 1:07.32	2:19.38 2:22.47	57.30 58.49 58.69 55.48 57.55 55.79	2:06.42 2:11.69 2:02.76 2:07.48	2:11.03 2:08.29 2:12.28	
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Summer Campbell Olivia Cook Allyssa Fluit Taylor Flummerfelt Meghan Hackett Shea Hoyt Devin Jacobs Jo Jekel Nikol Lagodzinska	2:02.72 2:04.03 2:06.03 2:08.33	1:04.06 1:07.32	2:19.38 2:22.47 	57.30 58.49 58.69 55.48 57.55 55.79	2:06.42 2:11.69 2:02.76 2:07.48	2:11.03 2:08.29 2:12.28	



2016-17 TOP DIVES BY ATHLETE (MEN)								
Athlete	1-Meter	3-Meter	Platform					
Will Brenner	321.83 (ZS)	353.70 (ZS)						
Brandis Heffner	350.93 (ZS)	297.40						
Evan Hull								
Matt Mauser	292.58	305.85						
Alex Streightiff								

2016-17 TOP DIVES BY ATHLETE (WOMEN)								
Athlete 1-Meter 3-Meter Platform								
Olivia Dopkiss	248.60	291.25 (ZS)						
Calli Head								
Lydia Lehnert								
Morgan Rafferty	40.00	199.10						
Thelma Strandberg	254.40	260.55						
Jacintha Thomas	283.20 (ZS)	283.35 (ZS)						

			Jacintha Thomas	283.20 (ZS)	283.35 (ZS)	
S (MEN)			2016-17 INDIVIDUAL	L WINS (WOMEN)		
Event 200 Back	Time 1:48.57	Meet at Minnesota	Athlete Tereysa Lehnertz Teryesa Lehnertz Mekenna Scheitlin Emma Sougstad Emma Sougstad	Event 100 Fly 200 Fly 50 Free 100 Breast 200 IM	Time 55.48 2:02.76 23.36 1:01.33 2:01.87	Meet at Minnesota at Minnesota at Minnesota at Minnesota at Minnesota
N) Event 200 Medley	Time 1:30.68	Meet at Minnesota	2016-17 RELAY WINS	S (MEN) Event	Time	Meet
	Event 200 Back N) Event	Event Time 200 Back 1:48.57 N) Event Time	Event Time Meet 200 Back 1:48.57 at Minnesota N) Event Time Meet	Event Time Meet 200 Back 1:48.57 at Minnesota Terysa Lehnertz Terysa Lehnertz Mekenna Scheitlin Emma Sougstad Emma Sougstad Emma Sougstad **N) Event Time Meet Athletes	Event Time Meet 200 Back 1:48.57 at Minnesota Athlete Event Tereysa Lehnertz 100 Fly Teryesa Lehnertz 200 Fly Mekenna Scheitlin 50 Free Emma Sougstad 100 Breast Emma Sougstad 200 IM	Event Time Meet 200 Back 1:48.57 at Minnesota Tereysa Lehnertz 100 Fly 55.48 Teryesa Lehnertz 200 Fly 2:02.76 Mekenna Scheitlin 50 Free 23.36 Emma Sougstad 100 Breast 1:01.33 Emma Sougstad 200 IM 2:01.87