



IOWA HAWKEYES

SWIMMING & DIVING

October 28-29

Jean K. Freeman Aquatic Center | Minneapolis



IOWA
HAWKEYES



MINNESOTA
GOLDEN GOPHERS

THE SCENE

The University of Iowa men's and women's swimming and diving teams return to the pool this weekend for a pair of Big Ten dual meets in Minneapolis. The Hawkeye men kickoff the weekend with a dual against No. 12 Minnesota at 6:30 p.m. (CT), while the Hawkeye women take on the 16th-ranked Golden Gophers at 11 a.m. on Saturday. All events will take place at Minnesota's Jean K. Freeman Aquatics Center.

LIVE RESULTS

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

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 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 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.

5 HAWKEYES EARN B1G WEEKLY HONOR

Following their performance in a double dual at Michigan State, five Hawkeyes earned Big Ten Conference weekly honors on Oct. 5. The women pulled off a clean sweep. Junior Tereysa Lehnertz was named the Big Ten Swimmer of the Week, sophomore Jacintha Thomas was tabbed as the Big Ten Diver of the Week, and Hannah Burvill was selected as the Big Ten Freshman of the Week. For the men, sophomore Jack Smith was named the conference's Swimmer of the Week, while senior Brandis Heffner earned Big Ten Diver of the Week.

BURVILL PACES HAWKEYE SPRINTERS

Freshman Hannah Burvill is pacing Iowa's freestyle sprinters early in the 2016-17 season. The Great Britain native was one of several Hawkeye freshmen to notch first-place finishes at Iowa's annual intrasquad meet. Burvill won the 200 free (1:50.14) and 500 free (5:03.86) as an individual, and swam the first-leg of the winning 200-free relay team (1:34.35).

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.

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.

SOUGSTAD BACK FOR SENIOR YEAR

Emma Sougstad, a 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.

MEN'S TOP FLYER RETURNS

Iowa has a strong foundation returning in the butterfly events led by junior Jerzy Twarowski. The junior is a two-time NCAA qualifier and is Iowa's school record holder in four events, holding the top times in the 100 fly (46.70), 200 fly (1:44.00), 200-medley relay (1:25.53), and 400-medley relay (3:07.83). As a sophomore, Twarowski won six individual events and two relays.

RETURNING NCAA QUALIFIERS

The Iowa 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 diving 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 Iowa (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

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.

ON DECK

The Hawkeyes return to the Campus Recreation and Wellness Center Natatorium next week, hosting South Dakota on Nov. 3 and Purdue and Missouri State on Nov. 4.

2016-17 MEN'S SEASON-BEST TIMES

50 Free	Jack Smith	20.77
100 Free	Jack Smith	45.85
200 Free	Michael Tenney	1:40.88
500 Free	Michael Tenney	4:38.37
1,000 Free		
1,650 Free		
100 Back	Kenneth Mende	49.67
200 Back		
100 Breast	Isaak Webb	58.51
200 Breast		
100 Fly	Jerzy Twarowski	49.33
200 Fly		
200 IM		
400 IM		
200-Free Relay	Smith, Farnum, White, Hemmingsen	1:22.78
400-Free Relay		
800-Free Relay		
200-Medley Relay	Mende, Credit, Twarowski, Smith	1:32.50
400-Medley Relay		
1-Meter Diving	Brandis Heffner	302.95 (ZS)
3-Meter Diving	Brandis Heffner	297.40
Platform Diving		

(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

50 Free	Mekenna Scheitlin	23.56
100 Free	Allyssa Fluit	51.66
200 Free	Hannah Burvill	1:50.14
500 Free	Hannah Burvill	5:03.86
1,000 Free		
1,650 Free		
100 Back	Meghan Lavelle	56.73
200 Back		
100 Breast	Emma Sougstad	1:02.55
200 Breast		
100 Fly	Tereysa Lehnertz	56.38
200 Fly		
200 IM		
400 IM		
200-Free Relay	Burvill, Lavelle, O'Brien, Scheitlin	1:34.35
400-Free Relay		
800-Free Relay		
200-Medley Relay	Lavelle, Sougstad, McNamara, Flummerfelt	1:44.31
400-Medley Relay		
1-Meter Diving	Jacintha Thomas	272.85 (ZS)
3-Meter Diving	Olivia Dopkiss	291.25 (ZS)
Platform Diving		

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

2016-17 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	21.39	---	---	---	---	---	---
Ben Colin	---	---	1:42.80	4:49.57	---	---	---
John Colin	21.69	---	---	---	---	---	52.17
Weston Credit	---	---	---	---	---	---	---
Chris Dawson	---	---	---	4:38.96	---	---	---
Sam Dumford	21.68	47.44	---	---	---	---	---
Brandon Farnum	21.44	---	---	---	---	---	---
Steve Fiolic	---	---	---	---	---	---	52.40
Kyle Gannon	---	48.43	1:42.91	---	---	---	---
Jackson Halsmer	21.42	46.90	---	---	---	---	---
Brandis Heffner	---	---	---	---	---	---	---
RJ Hemmingsen	21.25	---	---	---	---	---	---
Garrett Hoce	---	---	---	4:44.80	---	---	---
Evan Hull	---	---	---	---	---	---	---
Matt Kamin	21.19	46.42	---	---	---	---	---
Matt Mauser	---	---	---	---	---	---	---
Kenneth Mende	---	---	---	---	---	---	49.67
Joe Myhre	---	45.92	1:42.31	---	---	---	---
Tanner Nelson	---	---	---	---	---	---	---
Kyle Patnode	---	---	---	---	---	---	---
Thomas Rathbun	---	---	1:43.00	4:40.65	---	---	---
Logan Samuelson	---	---	---	4:45.53	---	---	---
Will Scott	20.96	---	---	---	---	---	---
Jack Smith	20.77	45.85	---	---	---	---	---
Alex Streightiff	---	---	---	---	---	---	---
Michael Tenney	---	---	1:40.88	4:38.37	---	---	---
Jerzy Twarowski	---	---	---	---	---	---	---
Isaak Webb	---	---	---	---	---	---	---
Forrest White	---	---	1:41.26	---	---	---	51.19
	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
Colter Allen	---	---	---	51.56	---	---	---
Will Brenner	---	---	---	---	---	---	---
Ben Colin	---	---	---	---	---	---	---
John Colin	---	---	---	---	---	---	---
Weston Credit	---	58.57	---	---	---	---	---
Chris Dawson	---	1:01.66	---	---	---	---	---
Sam Dumford	---	---	---	---	---	---	---
Brandon Farnum	---	---	---	---	---	---	---
Steve Fiolic	---	---	---	---	---	---	---
Kyle Gannon	---	---	---	---	---	---	---
Jackson Halsmer	---	---	---	---	---	---	---
Brandis Heffner	---	---	---	---	---	---	---
RJ Hemmingsen	---	---	---	50.44	---	---	---
Garrett Hoce	---	1:01.99	---	---	---	---	---
Evan Hull	---	---	---	---	---	---	---
Matt Kamin	---	---	---	---	---	---	---
Matt Mauser	---	---	---	---	---	---	---
Kenneth Mende	---	---	---	---	---	---	---
Joe Myhre	---	---	---	---	---	---	---
Tanner Nelson	---	59.07	---	---	---	---	---
Kyle Patnode	---	---	---	50.19	---	---	---
Thomas Rathbun	---	---	---	---	---	---	---
Logan Samuelson	---	---	---	---	---	---	---
Will Scott	---	---	---	---	---	---	---
Jack Smith	---	---	---	---	---	---	---
Alex Streightiff	---	---	---	---	---	---	---
Michael Tenney	---	---	---	---	---	---	---
Jerzy Twarowski	---	---	---	49.33	---	---	---
Isaak Webb	---	58.51	---	---	---	---	---
Forrest White	---	---	---	---	---	---	---

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	---	52.89	1:57.27	---	---	---	---
Izzie Bindseil	---	---	1:56.90	5:10.59	---	---	---
Hannah Burvill	23.85	---	1:50.14	5:03.86	---	---	---
Summer Campbell	---	---	---	---	---	---	1:00.92
Olivia Cook	---	---	---	5:26.94	---	---	---
Allyssa Fluit	24.06	51.66	1:53.03	---	---	---	---
Taylor Flummerfelt	24.55	53.65	---	---	---	---	---
Meghan Hackett	---	---	---	---	---	---	1:03.37
Shea Hoyt	---	---	---	---	---	---	---
Devin Jacobs	---	---	---	---	---	---	---
Jo Jekel	24.88	---	---	---	---	---	---
Nikol Lagodzinska	---	53.75	1:56.92	---	---	---	---
Meghan Lavelle	---	---	---	---	---	---	56.73
Lauren Leehy	24.87	54.68	---	---	---	---	---
Tereysa Lehnertz	---	---	---	---	---	---	---
Amy Lenderink	25.02	---	---	---	---	---	---
Natalie McGovern	---	---	---	---	---	---	58.58
Kelly McNamara	24.81	---	---	---	---	---	---
Carly O'Brien	---	51.96	1:53.54	---	---	---	---
Samantha Sauer	---	---	---	---	---	---	58.18
Mekenna Sheitlin	23.56	---	---	---	---	---	---
Abbey Schneider	---	---	---	5:06.53	---	---	---
Emma Sougstad	---	---	---	---	---	---	---
Serena Wanasek	---	---	1:57.06	5:12.36	---	---	---
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	---	---	---	57.95	---	---	---
Olivia Cook	---	---	---	---	---	---	---
Allyssa Fluit	---	---	---	---	---	---	---
Taylor Flummerfelt	---	---	---	---	---	---	---
Meghan Hackett	---	---	---	58.49	---	---	---
Shea Hoyt	---	1:05.05	---	---	---	---	---
Devin Jacobs	---	1:07.32	---	---	---	---	---
Jo Jekel	---	---	---	58.69	---	---	---
Nikol Lagodzinska	---	---	---	---	---	---	---
Meghan Lavelle	---	---	---	---	---	---	---
Lauren Leehy	---	---	---	---	---	---	---
Tereysa Lehnertz	---	---	---	56.38	---	---	---
Amy Lenderink	---	---	---	57.55	---	---	---
Natalie McGovern	---	---	---	---	---	---	---
Kelly McNamara	---	---	---	57.26	---	---	---
Carly O'Brien	---	---	---	---	---	---	---
Samantha Sauer	---	---	---	---	---	---	---
Mekenna Sheitlin	---	---	---	---	---	---	---
Abbey Schneider	---	---	---	---	---	---	---
Emma Sougstad	---	1:02.55	---	---	---	---	---
Serena Wanasek	---	---	---	---	---	---	---
Katie Wells	---	1:08.09	---	---	---	---	---

2016-17 TOP DIVES BY ATHLETE (MEN)

Athlete	1-Meter	3-Meter	Platform
Will Brenner	---	---	---
Brandis Heffner	302.95 (ZS)	297.40	---
Evan Hull	---	---	---
Matt Mauser	285.60	285.65	---
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	237.15	231.65	---
Jacintha Thomas	272.85 (ZS)	283.35 (ZS)	---

2016-17 INDIVIDUAL WINS (MEN)

Athlete	Event	Time	Meet
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2016-17 INDIVIDUAL WINS (WOMEN)

Athlete	Event	Time	Meet
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2016-17 RELAY WINS (MEN)

Athletes	Event	Time	Meet
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2016-17 RELAY WINS (WOMEN)

Athletes	Event	Time	Meet
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