

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.

DIVERS SET RECORDS AGAINST MSU, UNI

Jacintha Thomas won the 1-meter with a career-best score of 307.60 -- the seventh-best score in school history, while Jayah Mathews took her first career win off the 3-meter with a 315.00 -- a performance that ranks 10th all-time. Both divers posted qualifying standards off both the 1-meter and 3-meter. Anton Hoherz dove to victories with NCAA standards off the 1-meter (340.50) and 3-meter (374.90). The 3-meter score is fourth in school history, while 1-meter ranks seventh. Brenner also posted zone marks off both boards, finishing as runner-up in both events.

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).

SMITH CARRIES POSTSEASON 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 to action traveling to West Lafayette, Indiana, for a Friday night dual against Purdue on Nov. 3.

2017-18 MEN'S SEASON-BEST TIMES/DIVES

50 Free	Michal Brzus	20.47
100 Free	Joe Myhre	44.21
200 Free	Joe Myhre	1:40.04
500 Free	Michael Tenney	4:37.61
1,000 Free	Tom Schab	9:42.05
1,650 Free		
100 Back	Kenneth Mende	50.36
200 Back		
100 Breast	Daniel Swanepoel	57.84
200 Breast		
100 Fly	Jerzy Twarowski	48.95
200 Fly		
200 IM	Kenneth Mende	1:54.93
400 IM		
200-Free Relay	Brzus, Smith, Scott, Kamin	1:21.87
400-Free Relay	Brzus, Smith, Scott, Myhre	2:58.53
800-Free Relay		6:24.93 (SR)
200-Medley Relay	Mende, Credit, Twarowski, Smith	1:31.35
400-Medley Relay		
1-Meter Diving	Anton Hoherz	340.50 (ZS)
3-Meter Diving	Anton Hoherz	374.90 (ZS)
Platform Diving		

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

2017-18 WOMEN'S SEASON-BEST TIMES/DIVES

50 Free	Carly O'Brien	23.38
100 Free	Hannah Burvill	50.67
200 Free	Hannah Burvill	1:49.83
500 Free	Hannah Burvill	4:56.81
1,000 Free	Abbey Schneider	10:28.77
1,650 Free		
100 Back	Meghan Lavelle	55.71
200 Back	Meghan Lavelle	2:01.38
100 Breast	Shea Hoyt	1:04.73
200 Breast	Shea Hoyt	2:22.53
100 Fly	Kelly McNamara	55.90
200 Fly		
200 IM	Kelsey Drake	2:09.51
400 IM		
200-Free Relay	Burvill, Fluit, Scheitlin, Schemmel	1:34.29
400-Free Relay	Fluit, O'Brien, Burvill, Scheitlin	3:27.19
800-Free Relay		
200-Medley Relay	Jekel, Hoyt, Scheitlin, Schemmel	1:43.88
400-Medley Relay		
1-Meter Diving	Jacintha Thomas	307.60 (ZS)
3-Meter Diving	Jayah Mathews	315.00 (ZS)
Platform Diving		

(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	---	---	---	---	---	---	56.40
Will Brenner	21.34	---	---	---	---	---	---
Michal Brzus	20.47	---	---	---	---	---	---
Ben Colin	---	---	1:42.99	4:39.17	9:44.16	---	---
Weston Credit	---	---	1:47.64	---	---	---	---
Chris Dawson	---	---	---	4:42.90	9:47.11	---	---
Sam Dumford	21.71	47.34	---	---	---	---	---
Steve Fiolic	21.76	---	---	---	---	---	54.19
RJ Hemmingsen	21.25	---	---	---	---	---	---
Garrett Hoce	---	---	---	---	---	---	---
Anton Hoherz	---	---	---	---	---	---	---
Matt Kamin	---	45.75	1:44.49	---	---	---	---
Jackson Kuhlars	---	---	---	---	---	---	---
Matt Mauser	---	---	---	---	---	---	---
Kenneth Mende	---	---	---	---	---	---	50.36
Joe Myhre	20.87	44.82	1:40.04	---	---	---	---
Tanner Nelson	---	---	---	---	---	---	---
Thomas Pederson	---	---	1:44.67	4:55.57	---	---	---
Jonatan Posligua	---	---	---	---	---	---	---
Thomas Rathbun	---	---	1:40.88	---	---	---	52.80
Jacob Rosenkoetter	---	---	---	---	---	---	52.41
Logan Samuelson	---	---	---	4:45.75	9:48.75	---	---
Tom Schab	---	---	---	4:42.70	9:42.05	---	---
Will Scott	20.68	45.59	---	---	---	---	---
Jack Smith	20.50	45.20	---	---	---	---	---
Alex Streightiff	---	---	---	---	---	---	---
Daniel Swanepoel	---	---	---	---	---	---	---
Michael Tenney	---	---	1:42.28	4:37.61	---	---	---
Jerzy Twarowski	---	---	---	---	---	---	---
Forrest White	---	---	1:42.72	---	---	---	52.10
	200 Back	100 Breast	200 Breat	100 Fly	200 Fly	200 IM	400 IM
Colter Allen	---	---	---	51.14	---	---	---
Will Brenner	---	---	---	---	---	---	---
Michal Brzus	---	---	---	51.57	---	---	---
Ben Colin	---	---	---	---	---	---	---
Weston Credit	---	58.26	---	---	---	---	---
Chris Dawson	---	---	---	---	---	---	---
Sam Dumford	---	---	---	---	---	---	---
Steve Fiolic	---	---	---	---	---	---	---
RJ Hemmingsen	---	---	---	50.30	---	---	---
Garrett Hoce	---	59.93	---	---	---	1:55.19	---
Anton Hoherz	---	---	---	---	---	---	---
Matt Kamin	---	---	---	---	---	---	---
Jackson Kuhlars	---	---	---	51.27	---	1:56.26	---
Matt Mauser	---	---	---	---	---	---	---
Kenneth Mende	---	---	---	---	---	1:54.93	---
Joe Myhre	---	---	---	---	---	---	---
Tanner Nelson	---	58.56	---	---	---	---	---
Thomas Pederson	---	---	---	---	---	1:58.21	---
Jonatan Posligua	---	---	---	---	---	---	---
Thomas Rathbun	---	---	---	---	---	---	---
Jacob Rosenkoetter	---	---	---	54.29	---	2:00.71	---
Logan Samuelson	---	---	---	---	---	---	---
Tom Schab	---	---	---	---	---	---	---
Will Scott	---	---	---	---	---	---	---
Jack Smith	---	---	---	---	---	---	---
Alex Streightiff	---	---	---	---	---	---	---
Daniel Swanepoel	---	57.84	---	---	---	1:55.37	---
Michael Tenney	---	---	---	---	---	---	---
Jerzy Twarowski	---	---	---	48.95	---	---	---
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	---	---	---	5:13.90	10:37.02	---	---
Hannah Burvill	---	50.67	1:49.83	4:56.81	---	---	---
Summer Campbell	---	---	---	5:11.58	---	---	---
Olivia Cook	---	---	---	---	---	---	---
Kelsey Drake	---	---	---	---	---	---	---
Allyssa Fluit	23.79	51.45	1:52.26	---	---	---	---
Mallory Fox	---	52.69	1:55.22	---	---	---	---
Morgan Grout	---	54.53	---	---	---	---	---
Meghan Hackett	---	---	---	---	---	---	---
Lexi Horner	---	---	---	---	---	---	---
Shea Hoyt	---	---	---	---	---	---	---
Devin Jacobs	---	---	---	5:16.81	---	---	---
Jo Jekel	---	---	---	---	---	---	56.05
Nikol Lagodzinska	---	---	---	---	---	---	57.23
Meghan Lavelle	---	---	---	---	---	---	55.71
Lauren Leehy	---	51.90	---	---	---	---	---
Tereysa Lehnertz	---	---	---	---	---	---	---
Amy Lenderink	---	---	---	---	---	---	---
Natalie McGovern	---	---	---	---	---	---	58.67
Kelly McNamara	24.89	---	---	---	---	---	---
Carly O'Brien	---	51.71	1:51.33	---	---	---	---
Sage Ohlensehlen	---	---	---	---	---	---	---
Samantha Sauer	24.06	---	---	---	---	---	59.07
Mekenna Sheitlin	23.70	---	---	---	---	---	---
Sarah Schemmel	24.55	53.72	---	---	---	---	---
Abbey Schneider	---	---	---	5:09.45	10:28.77	---	---
	200 Back	100 Breast	200 Breat	100 Fly	200 Fly	200 IM	400 IM
Izzie Bindseil	---	---	---	---	---	---	---
Hannah Burvill	---	---	---	---	---	---	---
Summer Campbell	---	---	---	---	---	---	---
Olivia Cook	---	---	---	---	---	---	---
Kelsey Drake	---	---	---	56.90	---	2:09.51	---
Allyssa Fluit	---	---	---	---	---	---	---
Mallory Fox	---	---	---	---	---	---	---
Morgan Grout	---	---	---	---	---	---	---
Meghan Hackett	---	1:09.72	---	58.20	---	---	---
Lexi Horner	---	1:07.59	2:26.63	---	---	2:11.56	---
Shea Hoyt	---	1:04.73	2:22.53	---	---	---	---
Devin Jacobs	---	---	2:25.79	---	---	2:10.45	---
Jo Jekel	---	---	---	---	---	---	---
Nikol Lagodzinska	2:04.86	---	---	---	---	---	---
Meghan Lavelle	2:01.38	---	---	---	---	---	---
Lauren Leehy	---	---	---	---	---	---	---
Tereysa Lehnertz	---	---	---	57.29	---	---	---
Amy Lenderink	---	---	---	58.37	---	---	---
Natalie McGovern	2:10.26	---	---	---	---	---	---
Kelly McNamara	---	---	---	55.90	---	---	---
Carly O'Brien	---	---	---	---	---	---	---
Sage Ohlensehlen	---	1:07.24	2:29.95	---	---	---	---
Samantha Sauer	2:12.22	---	---	---	---	---	---
Mekenna Sheitlin	---	---	---	56.59	---	---	---
Sarah Schemmel	---	---	---	---	---	---	---
Abbey Schneider	---	---	---	---	---	2:12.50	---



2017-18 TOP DIVES BY ATHLETE (MEN)

Athlete	1-Meter	3-Meter	Platform
Will Brenner	321.00	360.90	---
Anton Hoherz	340.50	374.50	---
Matt Mauser	297.85	353.15	---
Jonatan Posligua	270.60	320.20	---
Alex Streightiff	---	---	---

2017-18 TOP DIVES BY ATHLETE (WOMEN)

Athlete	1-Meter	3-Meter	Platform
Olivia Dopkiss	---	---	---
Jayah Mathews	280.55	315.00	---
Claire Park	229.75	---	---
Thelma Strandberg	293.95	273.35	---
Jacintha Thomas	307.60	303.55	---
Morgan Rafferty	288.70	279.30	---

2017-18 INDIVIDUAL WINS (MEN)

Athlete	Event	Time	Meet
Joe Myhre	200 Free	1:40.04	MSU
Kenneth Mende	100 Back	50.36	MSU
Michael Tenney	200 Fly	1:50.76	MSU
Michal Brzus	50 Free	20.47	MSU
Joe Myhre	100 Free	44.82	MSU
Thomas Rathbun	200 Back	1:49.02	MSU
Daniel Swanepoel	200 Breast	2:04.77	MSU
Michael Tenney	500 Free	4:37.61	MSU
Jerzy Twarowski	100 Fly	48.95	MSU
Jerzy Twarowski	50 Fly	21.75	MSU
Kenneth Mende	50 Back	23.04	MSU
Daniel Swanepoel	100 IM	52.44	MSU

2017-18 INDIVIDUAL WINS (WOMEN)

Athlete	Event	Time	Meet
Abbey Schneider	1000 Free	10:28.77	MSU, UNI
Hannah Burvill	200 Free	1:49.83	MSU, UNI
Tereysa Lehnertz	200 Fly	2:04.49	MSU, UNI
Hannah Burvill	100 Free	50.67	MSU, UNI
Hannah Burvill	500 Free	4:56.81	MSU, UNI
Kelly McNamara	100 Fly	55.90	MSU, UNI
Mekenna Scheitlin	50 Fly	25.05	MSU, UNI
Jo Jekel	50 Back	26.18	MSU, UNI
Mekenna Scheitlin	50 Breast	30.01	MSU, UNI
Mekenna Scheitlin	100 IM	58.40	MSU, UNI

2017-18 RELAY WINS (MEN)

Athletes	Event	Time	Meet
Mende, Credit Twarowski, Smith	200 Medley Relay	1:31.35	MSU
Brzus, Smith Scott, Myhre	400 Free Relay	2:58.53	MSU
Brzus, Smith Myhre, Kamin	200 Free Relay	1:21.87	MSU

2017-18 RELAY WINS (WOMEN)

Athletes	Event	Time	Meet
Jekel, Hoyt Scheitlin, Schemmel	200 Medley Relay	1:43.88	MSU, UNI
Fluit, O'Brien Burvill, Scheitlin	400 Free Relay	3:27.19	MSU, UNI
Burvill, Fluit Scheitlin, Schemmel	200 Free Relay	1:21.87	MSU, UNI