



IOWA HAWKEYES SWIMMING & DIVING



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 (M/W)/Illinois (W)	South Bend, Ind.	4 p.m.
Jan. 13	Notre Dame (M/W)/Illinois (W)	South Bend, Ind.	10 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

BIG TEN SWIMMING & DIVING CHAMPIONSHIPS BOILERMAKER AQUATIC CENTER | FEB. 15-18

THE SCENE

The University of Iowa women's swimming and diving team heads to West Lafayette, Indiana, for the 2017 Big Ten Championships from Feb. 15-18 at the Boilermaker Aquatic Center. Racing begins Wednesday at 5:30 p.m. (CT). Prelims begin at 10 a.m. on Thursday through Saturday and finals start at 5:30 p.m. each evening.

BIG COVERAGE

The first six sessions of the 2017 Big Ten Championships will be streamed live via BTN Plus on BTN2Go. BTN will televise Saturday's finals the week after the meet (the exact date and time TBA).

LIVE RESULTS

Fans can follow the live results of the Big Ten Championships by accessing the link on the swimming and diving schedule page on hawkeyesports.com. Live diving scores will be provided through DiveMeets.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.

BIG SCORING FORMAT

For a second straight year, the Big Ten Championships will feature a revised scoring format in which qualifiers for the "C" finals of swimming events will account for team points. Divers that finish 17th through 24th in prelims will also count for team points.

2016 BIG TEN CHAMPIONSHIPS RECAP

Iowa finished the 2016 Big Ten Championships in 11th place with 369.5 points; Michigan was the team champion with 1,361 points. The Hawkeyes had six top eight and 13 top-15 finishes at the championships, including a bronze medal performance from Calli Head off the platform. Emma Sougstad swam to five top-seven finishes, placing fourth in 100 breast and sixth in 200 breast and 200 IM. She was also part of the seventh-place 200-medley and 400-medley relays.

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

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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.

BIG CHAMPIONSHIPS SCHEDULE OF EVENTS**Wed., Feb. 15 - Finals - 5:30 p.m. (CT)**

200-Medley Relay
800-Freestyle Relay

Thurs., Feb. 16 - Prelims - 10 a.m. (CT)

500 Freestyle
200 Individual Medley
50 Freestyle
1-Meter Diving - Prelims/Consolation Final(1 p.m.)

Finals - 5:30 p.m. (CT)

200-Freestyle Relay
500 Freestyle
200 Individual Medley
50 Freestyle
1-Meter Diving

Friday, Feb. 17 - Prelims - 10 a.m.(CT)

400 Individual Medley
100 Butterfly
200 Freestyle
100 Breaststroke
100 Backstroke
3-Meter Diving - Prelims/Consolation Final(2 p.m.)

Finals - 5:30 p.m.

400-Medley Relay
400 Individual Medley
100 Butterfly
200 Freestyle
100 Breaststroke
100 Backstroke
3-Meter Diving

Sat., Feb. 18 - Prelims - 10 a.m. (CT)

200 Backstroke
100 Freestyle
200 Breaststroke
200 Butterfly
Platform Diving - Prelims/Consolation Final(1 p.m.)

Finals - 3:15 p.m. (CT)

1,650 Freestyle - All but last heat

Finals - 5:30 p.m. (CT)

1,650 Freestyle - Last heat of timed final
200 Backstroke
100 Freestyle
200 Breaststroke
200 Butterfly
Platform Diving
400 Freestyle Relay

HAWKEYES TO WATCH

- Six Hawkeyes swimmers rank in the top-16 in nine events leading into the 2017 Big Ten Championships.
- Senior Emma Sougstad, a two-time NCAA qualifier, has top 10 times in three events. She ranks fourth in the 100 breast (59.51), sixth in 200 breast (2:11.84), and 10th in 200 IM (1:59.76). Junior Shea Hoyt also has the 15th-best time in the 100 breast (1:02.09) and 200 breast (2:14.88).
- Freshman Hannah Burvill has two top seven times, ranking fifth in the 100 free (49.22) and seventh in 200 free (1:46.29). She also has the 13th-best time in the 50 free (22.84). Junior Mekenna Scheitlin has the 11th-best 100 free (53.95) and 15th-best 50 free (22.86).
- Junior Tereysa Lehnertz enters the championships with the 12th-best time in the 100 fly (54.13) and 14th-best in 200 fly (1:59.04), while junior Meghan Lavelle has the 14th-best time in the 100 back (54.09)

SWIMMING TO NCAA STANDARDS

Six Iowa swimmers have posted NCAA "B" qualifying standards in 10 events thus far in the 2016-17 season.

- Hannah Burvill - 50 free (22.84), 100 free (49.22), 200 free (1:46.29)
- Shea Hoyt - 100 breast (1:02.09), 200 breast (2:14.88)
- Meghan Lavelle - 100 back (54.09), 200 back (1:58.35)
- Tereysa Lehnertz - 100 fly (54.13), 200 fly (1:59.04)
- Mekenna Scheitlin - 50 free (22.86), 100 fly (53.95)
- Emma Sougstad - 50 free (22.92), 100 breast (59.51), 200 breast (2:11.84), 100 fly (53.30), 200 IM (1:59.76)

DIVING TO NCAA ZONE STANDARDS

Four Hawkeye divers have posted NCAA Zone diving standards this season.

- Calli Head - platform (230.35)
- Morgan Rafferty - 1-meter (278.40)
- Thelma Strandberg - 1-meter (291.45), 3-meter (307.05)
- Jacintha Thomas - 1-meter (283.20), 3-meter (283.35)

THE HAWKEYES LAST...

- Big Ten individual champion came in 2015 when Becky Stoughton won the 1,650-yard freestyle.
- Big Ten diving champion came in 1986 when Kelly Johnson won both the 1-meter (466.62) and 3-meter (487.95) en route to Big Ten Diver of the Year recognition.
- Big Ten relay title came in 1986 in the 800-freestyle relay when Jane Keating, Bernie Bradenburg, Sophie Lindeskog, and Kim Stevens posted a time of 7:29.81.

8 DUAL VICTORIES

Iowa finished the 2016-17 dual portion of its schedule with an 8-4 record. It was the sixth time in the last eight seasons that the Hawkeyes have won at least eight duals under UI head coach Marc Long.

YOU RACE TO WIN

Senior Emma Sougstad has raced to 16 individual victories to lead the Hawkeye women during the 2016-17 season. The Forest City, Iowa, native has won two or more events in seven different competitions.

FRESHMEN SUCCESS

The Hawkeyes have gotten a strong performances from their freshman class in 2016-17 as the newcomers are pacing the team in six events. Freshman Hannah Burvill has the top times in the 50, 100, and 200 free, while freshman Allyssa Fluit leads the team in the 500 free. In the diving well, Thelma Strandberg paces the team off both the 1-meter and 3-meter springboards.

IOWA BIG TEN WEEKLY HONOREES

- Emma Sougstad - Big Ten Swimmer of the Week (Nov. 2, Dec. 14)
- Hannah Burvill - Big Ten Freshman of the Week (Oct. 5, Dec. 14, Jan. 25)
- Thelma Strandberg - Big Ten Diver of the Week (Dec. 14)
- Tereysa Lehnertz - Big Ten Swimmer of the Week (Oct. 5)
- Jacintha Thomas - Big Ten Diver of the Week (Oct. 5)

FRESHMAN BREAKS RECORD, PACES HAWKEYE SPRINTERS

Freshman Hannah Burvill has 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). She holds the school record in the 100 free and ranks in the top three in school history in all three events.

MS. RECORD

Senior Emma Sougstad holds University of Iowa school record in nine events -- five individually and in four relays. The Forest City, Iowa, native has the top time in program history in the 50 free (22.63), 100 breast (59.00), 200 breast (2:10.81), 100 fly (53.30), and 200 IM (1:57.55) and as part of the 200 free (1:30.96), 400 free (3:20.58), 200-medley (1:39.15), and 400-medley (3:36.72) relays.

2016-17 SEASON-BESTS

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 (B)
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 Strandberg	291.45 (ZS)
3-Meter Diving	Thelma Strandberg	307.05 (ZS)
Platform Diving	Calli Head	230.35 (ZS)

(A) - NCAA A Cut (B) - NCAA B Cut (SR) -- school record ** Pool Record

(ZS) - NCAA Diving Zone Standard



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.

RETURNING NCAA QUALIFIERS

The Hawkeyes return three NCAA qualifiers in senior Emma 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.

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.

2016-17 INDIVIDUAL WINS (WOMEN)

Athlete	Event	Time/Score	Meet
Amelia Armstrong-Grant	200 Free	1:55.41	UNI/W. Illinois
Hannah Burvill	100 Back	56.40	South Dakota
Hannah Burvill	100 Free	51.00	Purdue/Mo. State
Hannah Burvill	200 Free	1:47.37	Iowa State
Hannah Burvill	100 Free	49.74	Iowa State
Hannah Burvill	100 Free	50.68	Northwestern
Hannah Burvill	200 Free	1:49.26	Northwestern
Hannah Burvill	500 Free	4:57.00	UNI/W. Illinois
Olivia Cook	100 Free	10:48.69	South Dakota
Allyssa Fluit	50 Free	23.89	South Dakota
Allyssa Fluit	50 Free	23.71	UNI/W. Illinois
Shea Hoyt	200 Breast	2:15.95	Northwestern
Shea Hoyt	50 Breast	29.67	UNI/W. Illinois
Devin Jacobs	500 Free	5:12.85	South Dakota
Jo Jekel	50 Back	26.47	UNI/W. Illinois
Nikol Lagodzinska	200 Free	1:54.54	South Dakota
Meghan Lavelle	100 Back	54.61	Iowa State
Meghan Lavelle	200 Back	1:58.96	Iowa State
Meghan Lavelle	100 Back	55.49	Northwestern
Tereysa Lehnertz	100 Breast	106.41	South Dakota
Tereysa Lehnertz	100 Fly	55.48	at Minnesota
Tereysa Lehnertz	200 Fly	2:02.76	at Minnesota
Tereysa Lehnertz	200 Fly	1:59.96	Iowa State
Morgan Rafferty	3-Meter	322.50	UNI/W. Illinois
Samantha Sauer	100 Free	52.27	South Dakota
Mekenna Scheitlin	50 Free	23.36	at Minnesota
Mekenna Scheitlin	50 Free	23.45	Purdue/Mo. State
Mekenna Scheitlin	50 Free	22.86	Iowa State
Mekenna Scheitlin	100 Fly	54.93	Iowa State
Mekenna Scheitlin	100 Fly	55.29	Northwestern
Emma Sougstad	100 Breast	1:01.33	at Minnesota
Emma Sougstad	200 IM	2:01.87	at Minnesota
Emma Sougstad	100 Fly	55.73	South Dakota
Emma Sougstad	100 IM	57.38	South Dakota
Emma Sougstad	100 Breast	1:01.71	Purdue/Mo. State

Emma Sougstad	200 Breast	2:17.16	Purdue/Mo. State
Emma Sougstad	200 IM	2:04.04	Purdue/Mo. State
Emma Sougstad	100 Breast	1:01.08	Iowa State
Emma Sougstad	200 Breast	2:14.06	Iowa State
Emma Sougstad	200 IM	2:01.70	Iowa State
Emma Sougstad	100 breast	1:02.09	at Notre Dame/vs. Illinois
Emma Sougstad	200 IM	2:03.46	at Notre Dame/vs. Illinois
Emma Sougstad	100 Breast	1:02.11	Northwestern
Emma Sougstad	200 IM	2:03.38	Northwestern
Emma Sougstad	100 IM	57.26	UNI/W. Illinois
Emma Sougstad	50 Fly	25.34	UNI/W. Illinois
Thelma Strandberg	1-Meter	288.65	South Dakota
Thelma Strandberg	3-Meter	307.05	Purdue/Mo. State
Thelma Strandberg	1-Meter	278.15	Iowa State
Thelma Strandberg	3-Meter	297.35	Iowa State
Thelma Strandberg	1-Meter	291.45	at Notre Dame/vs. Illinois
Jacintha Thomas	1-Meter	295.70	UNI/W. Illinois

2016-17 RELAY WINS (WOMEN)

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
Lavelle, Sougstad, Scheitlin, Burvill	200 Medley	1:39.62	Iowa State
Burvill, O'Brien, Lavelle, Flummerfelt	400 Free	3:24.78	Iowa State
Lavelle, Sougstad, Scheitlin, Burvill	200 Medley	1:41.13	Northwestern
Burvill, Lavelle, Fluit, O'Brien	400 Free	3:24.18	Northwestern
Lavelle, Sougstad, Scheitlin, Burvill	400 Medley	3:44.20	UNI/W. Illinois



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	51.82	1:53.80	---	---	---	---
Izzie Bindseil	---	---	1:56.04	5:03.26	10:25.16	17:34.79	---
Hannah Burvill	22.84 (B)	49.22 (SR) (B)	1:46.29 (B)	4:57.00	---	---	56.40
Summer Campbell	25.76	54.44	---	---	---	---	1:00.86
Olivia Cook	25.40	---	---	5:23.24	10:45.01	---	---
Allyssa Fluit	23.28	50.60	1:49.33	4:55.07	---	---	---
Taylor Flummerfelt	23.89	52.04	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	---	---	---	---	55.86
Nikol Lagodzinska	24.03	52.13	1:51.54	---	---	---	56.98
Meghan Lavelle	23.33	51.42	---	---	---	---	54.09 (B)
Lauren Leehy	24.57	52.53	1:56.11	---	---	---	---
Tereysa Lehnertz	24.08	51.56	1:55.96	---	---	---	---
Amy Lenderink	24.41	---	1:56.73	---	---	---	59.35
Natalie McGovern	---	---	---	---	---	---	55.99
Kelly McNamara	23.95	52.39	---	---	---	---	---
Carly O'Brien	23.64	50.99	1:50.46	---	---	---	---
Samantha Sauer	23.73	52.27	---	---	---	---	57.16
Mekenna Sheitlin	22.86 (B)	51.56	---	---	---	---	---
Abbey Schneider	---	---	1:55.24	4:56.26	10:03.46	16:49.73	---
Emma Sougstad	22.92 (B)	---	---	---	---	---	---
Serena Wanasek	24.70	51.64	1:50.98	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	---	---	---	56.43	---	---	---
Shea Hoyt	---	1:02.09 (B)	2:14.88 (B)	---	---	2:06.45	---
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	---	---	---	---	---	2:06.56	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	2:33.78	---	---	---	---

Athlete	1-Meter	3-Meter	Platform
Olivia Dopkiss	248.60	291.25 (ZS)	---
Calli Head	246.90	---	230.35 (ZS)
Lydia Lehnert	---	---	---
Morgan Rafferty	292.05	322.50	---
Thelma Strandberg	294.45 (ZS)	307.05 (ZS)	212.15
Jacintha Thomas	295.70	283.35 (ZS)	---





IOWA SWIMMING & DIVING

Women's All-Time Top Performers



50 FREESTYLE

1. **Emma Sougstad, 2015** **22.63**
2. Olivia Kabacinski, 2014 22.70
3. **Hannah Burvill, 2016** **22.84**
4. **Mekenna Scheitlin, 2016** **22.86**
5. Elise Borja, 2014 22.96
6. Stacey Wertz, 2000 23.08
7. **Meghan Lavelle, 2015** **23.12**
8. Danielle Carty, 2011 23.17
9. Julie deBruin, 2008 23.18
10. Heather Arseth, 2013 23.25

100 FREESTYLE

1. **Hannah Burvill** **49.22**
2. Olivia Kabacinski, 2014 49.61
3. Christine Kuczek, 2008 50.21
4. Danielle Carty, 2012 50.26
5. Elise Borja, 2014 50.45
6. **Emma Sougstad, 2016** **50.47**
7. Emily Hovren, 2012 50.51
8. Heather Arseth, 2013 50.54
9. Jennifer Skolaski, 2005 50.56
10. **Allyssa Fluit, 2016** **50.60**
Nikol Lagodzinska, 2015 **50.60**

200 FREESTYLE

1. Becky Stoughton, 2015 1:45.47
2. **Hannah Burvill, 2016** **1:46.29**
3. Olivia Kabacinski, 2014 1:46.68
4. Verity Hicks, 2010 1:48.93
5. Emily Hovren, 2014 1:48.93
6. Jennifer Skolaski, 2004 1:49.07
7. Lindsay Seemann, 2014 1:49.13
8. **Serena Wanasek, 2015** **1:49.20**
9. **Allyssa Fluit, 2016** **1:49.33**
10. Christie Hooper, 2002 1:49.43

500 FREESTYLE

1. Becky Stoughton, 2015 4:39.76
2. Lindsay Seemann, 2013 4:45.86
3. Melissa Loehndorf, 2000 4:47.21
4. Jennifer Skolaski, 2003 4:48.20
5. Jane Keating, 1987 4:50.45
6. Ileana Buciu, 1998 4:51.78
7. **Abbey Schneider, 2015** **4:53.32**
8. Ashley Dell, 2008 4:53.69
9. Verity Hicks, 2009 4:53.94
10. **Allyssa Fluit, 2016** **4:55.07**

1,000 FREESTYLE

1. Becky Stoughton, 2011 9:39.44
2. Melissa Loehndorf, 2001 9:55.59
3. Jennifer Skolaski, 2002 9:58.53
4. Jane Keating, 1984 9:58.63
5. **Abbey Schneider, 2015** **10:03.34**
6. Angie Todt, 1990 10:04.30
7. Ileana Buciu, 1998 10:06.38
8. Lauren Eytalis, 2010 10:08.54
9. Christie Hooper, 2002 10:09.39
10. Hillary Weigand, 2014 10:09.79

1,650 FREESTYLE

1. Becky Stoughton, 2015 15:57.43
2. Melissa Loehndorf, 2001 16:27.91
3. Jennifer Skolaski, 2002 16:32.30
4. Jane Keating, 1986 16:35.02
5. Angie Todt, 1991 16:37.96
6. Ashley Dell, 2008 16:45.29
7. Ileana Buciu, 1997 16:46.25
8. **Abbey Schneider, 2015** **16:48.14**
9. Hillary Weigand, 2015 16:49.18
10. Lauren Eytalis, 2010 17:04.42

100 BACKSTROKE

1. Daniela Cubelic, 2012 53.63
3. **Meghan Lavelle, 2016** **53.63**
3. Lindsay Seemann, 2014 54.05
4. Danielle Carty, 2012 54.25
5. Jennifer Skolaski, 2003 54.34
6. Allie Orvis, 2015 54.43
7. Heather Arseth, 2013 54.55
8. Rowan Hauber, 2014 54.94
9. Alison Gschwend, 2008 55.39
10. Kelly Werner, 2006 55.53

200 BACKSTROKE

1. Lindsay Seemann, 2013 1:56.49
2. **Meghan Lavelle, 2016** **1:57.28**
3. Jennifer Skolaski, 2004 1:57.51
4. Becky Stoughton, 2012 1:58.38
5. Allie Orvis, 2015 1:58.50
6. Daniela Cubelic, 2010 1:58.87
7. Rowan Hauber, 2014 1:59.68
8. Loredana Zisu, 2000 2:00.67
9. Kelly Werner, 2005 2:00.69
10. Alison Gschwend, 2009 2:01.61

100 BREASTSTROKE

1. **Emma Sougstad, 2016** **59.00**
2. Olivia Kabacinski, 2014 1:01.36
3. Katarina Tour, 2009 1:01.45
4. Karolina Wartalowicz, 2014 1:02.06
5. **Shea Hoyt, 2016** **1:02.09**
6. Allison Lyle, 2002 1:02.43
7. Colleen Champa, 2014 1:02.48
8. Andrea Pennington, 2000 1:03.46
9. Julie Feingold, 2010 1:03.76
10. Hannah Maher, 2011 1:03.88

200 BREASTSTROKE

1. **Emma Sougstad, 2016** **2:10.81**
2. Allison Lyle, 2002 2:11.92
3. Colleen Champa, 2014 2:12.71
4. Karolina Wartalowicz, 2014 2:13.33
5. **Shea Hoyt, 2016** **2:14.88**
6. Alisha Stitts, 1999 2:18.19
7. Hannah Maher, 2015 2:18.32
8. Andrea Pennington, 1999 2:19.08
9. Louise Keogh, 1990 2:19.22
10. **Devin Jacobs, 2015** **2:19.38**

100 BUTTERFLY

1. **Emma Sougstad, 2016** **53.30**
2. **Kelly McNamara, 2015** **53.90**
3. **Mekenna Scheitlin, 2015** **53.95**
4. **Tereysa Lehnertz, 2016** **54.13**
5. **Carly O'Brien, 2015** **54.54**
6. Haley Gordon, 2014 54.58
7. Katarina Tour, 2009 54.61
8. Abbey Tuchscherer, 2012 54.67
9. **Amy Lenderink, 2016** **54.98**
10. Aiste Dobrovolskaite, 2011 55.10

200 BUTTERFLY

1. Becky Stoughton, 2015 1:58.28
2. **Tereysa Lehnertz, 2016** **1:59.04**
3. Melissa Loehndorf, 2001 2:00.14
4. Abbey Tuchscherer, 2011 2:01.17
5. Loredana Zisu, 1998 2:01.71
6. Margie Chamberlin, 2007 2:02.24
7. Haley Gordon, 2012 2:02.67
8. Laura Mozdzen, 2009 2:02.86
9. **Summer Campbell, 2016** **2:03.10**
10. Pamela Breitrick, 2015 2:03.16

200 INDIVIDUAL MEDLEY

1. **Emma Sougstad, 2016** **1:57.55**
2. Emily Hovren, 2013 2:00.42
3. Katarina Tour, 2009 2:01.33
4. Allie Orvis, 2014 2:01.76
5. Colleen Champa, 2014 2:02.19
6. Jennifer Skolaski, 2005 2:02.93
7. Haley Gordon, 2010 2:03.05
8. Karolina Wartalowicz, 2014 2:03.19
9. Allison Lyle, 2002 2:03.48
10. Becky Stoughton, 2011 2:03.70

400 INDIVIDUAL MEDLEY

1. Becky Stoughton, 2012 4:12.34
2. Lindsay Seemann, 2013 4:15.00
3. Jennifer Skolaski, 2003 4:20.14
4. Melissa Loehndorf, 1999 4:20.65
5. **Devin Jacobs, 2015** **4:21.19**
6. Colleen Champa, 2014 4:21.20
7. Pamela Breitrick, 2014 4:21.51
8. Haley Gordon, 2010 4:22.04
9. **Abbey Schneider, 2015** **4:23.53**
10. Loredana Zisu, 1998 4:24.26

1-METER DIVING (6)

1. Deidre Freeman, 2011 338.55
2. Lisette Planken, 2005 326.55
3. Veronica Rydze, 2012 325.28
4. Nancilea Underwood, 2006 322.75
5. Joelle Christy, 2013 319.45
6. Terri Millmier, 1988 315.60
7. Abby Grilli, 2014 306.70
8. Lauren Kelba, 2013 299.85
9. **Morgan Rafferty, 2016** **296.02**
10. **Jacintha Thomas, 2017** **295.70**

1-METER DIVING (10)

1. Katy Ketoff, 1992 407.20
2. Kim Yager, 1991 433.55

1-METER DIVING (11)

1. Lisette Planken, 2003 583.55
2. Nancilea Underwood, 2003 541.55
3. Teresa Millmier, 1989 476.90
4. Kelly Johnson, 1986 466.62
5. Diane Goldsworthy, 1984 439.55
6. Kelly Johnson, 1983 431.10
7. Kelly McCready, 1996 413.75
8. Jessica Riccobono, 1994 413.45
9. Anne Bowers, 1982 399.10
10. Kelly McCready, 1994 394.70

1-METER DIVING (12)

1. Nancilea Underwood, 2006 626.95
2. Kim Yager, 1991 433.55

3-METER DIVING (6)

1. Deidre Freeman, 2011 407.40
2. Nancilea Underwood, 2006 400.05
3. Veronica Rydze, 2011 358.45
4. Abby Grilli, 2013 354.10
5. Lauren Kelba, 2015 332.17
5. Lisette Planken, 2005 332.03
7. Joelle Christy, 2013 327.08
8. **Morgan Rafferty, 2017** **322.50**
9. Katy Ketoff, 1991 315.60
10. Kelly Johnson, 1986 314.70

3-METER DIVING (11)

1. Nancilea Underwood, 2003 564.60
2. Lisette Planken, 2003 561.25
3. Kelly Johnson, 1986 494.65
4. Katy Ketoff, 1992 489.90
5. Sara Wolchko, 2001 480.50
6. Diane Goldsworthy, 1985 478.44
7. Kelly McCready, 1994 477.35
8. Terri Millmier, 1988 476.90
9. Jessica Riccobono, 1995 472.69
10. Ann Bowers, 1982 463.80

3-METER DIVING (12)

1. Nancilea Underwood, 2006 658.30

PLATFORM DIVING (5)

1. **Lydia Lehnert, 2015** **312.20**
1. **Calli Head, 2016** **312.20**
3. Joelle Christy, 2013 234.75
4. Lauren Kelba, 2015 230.20

PLATFORM DIVING (11)

1. Laura Maldonado, 1999 497.89
2. Katy Ketoff, 1991 445.67
3. Kelly McCready, 1996 437.95



IOWA SWIMMING & DIVING

Women's All-Time Top Performers



200 FREESTYLE RELAY

1. Kabacinski, **Sougstad, Lavelle, Scheitlin, 2015** 1:30.96
2. **Sougstad**, Kabacinski, **Scheitlin, McNamara, 2015** **1:31.52**
3. Carty, Arseth, Cubelic, Hovren, 2012 1:31.68
4. **Sougstad, Burvill, Scheitlin, Fluit, 2016** **1:31.73**
Kabacinski, Arseth, Tuchscherer, **Orvis, 2013** 1:31.73
6. **Sougstad**, Kabacinski, **Scheitlin, O'Brien, 2016** **1:31.84**
7. Kabacinski, Borja, **Sougstad, Orvis, 2014** 1:31.93
8. **Scheitlin, Lavelle, Lehnertz, O'Brien, 2017** **1:31.97**
9. Kabacinski, **Sougstad, Lagodzinska, Flummerfelt, 2016**..... **1:32.26**
10. Kuczek, deBruin, Cubelic, Gschwend, 2009..... 1:32.37

400 FREESTYLE RELAY

1. Kabacinski, **Sougstad, Lagodzinska, O'Brien, 2015** **3:20.58**
2. Kabacinski, Borja, Hovren, Seemann, 2014 3:21.07
3. Cubelic, Kuczek, Tour, Gschwend, 2009..... 3:21.27
4. Kabacinski, **Sougstad, Lavelle, Scheitlin, 2015** 3:21.34
5. **Sougstad**, Kabacinski, **Lavelle, O'Brien, 2016** **3:21.55**
6. Carty, Hovren, Cubelic, Stoughton, 2012 3:21.66
7. Kabacinski, **O'Brien, Lagodzinska, Lehnertz, 2014**..... 3:22.04
8. **Lavelle, Lagodzinska, Sougstad, O'Brien, 2014**..... 3:22.26
9. Hovren, Kabacinski, Tuchscherer, Seemann, 2013 3:22.31
10. Kuczek, deBruin, Tour, Gschwend, 2008 3:22.52

800 FREESTYLE RELAY

1. Kabacinski, Hovren, Stoughton, Seemann, 2014..... 7:12.49
2. Stoughton, Kabacinski, **Wanasek, Lagodzinska, 2015** 7:12.86
3. Hovren, Stoughton, Seemann, Kabacinski, 2013 7:14.99
4. Skolaski, Hooper, Eustis, VanKeulen, 2004..... 7:18.90
5. Stoughton, Hovren, Maher, Cubelic, 2012 7:20.29
6. Kabacinski, Seemann, **Wanasek**, Stoughton, 2014..... 7:20.52
7. Kabacinski, **Wanasek**, Weigand, **O'Brien, 2016** **7:20.79**
8. Kuczek, Hicks, Gschwend, Cubelic, 2009 7:21.08
9. **Wanasek**, Kabacinski, Weigand, **Lagodzinska, 2015**..... **7:21.41**
10. Loehndorf, Hooper, Schwartz, Zisu, 2001 7:22.52

200 MEDLEY RELAY

1. **Lavelle, Sougstad, Scheitlin, Burvill, 2016** **1:39.15**
2. Orvis, **Sougstad, O'Brien**, Kabacinski, 2015 1:39.18
3. Orvis, **Sougstad, McNamara**, Kabacinski, **2016**..... **1:39.27**
4. Seemann, **Sougstad**, Tuchscherer, Borja, 2014 1:40.12
5. Hauber, **Sougstad, O'Brien**, Kabacinski, 2015 1:40.60
6. Arseth, Wartalowicz, Tuchscherer, Kabacinski, 2013 1:40.97
7. **Lavelle, Sougstad, Campbell**, Kabacinski, 2014 1:40.99
8. Carty, Tour, Cubelic, deBruin, 2009 1:41.33
9. Carty, Wartalowicz, Tuchscherer, Arseth, 2011 1:41.41
10. Carty, Wartalowicz, Gordon, Arseth, 2012 1:41.85

400 MEDLEY RELAY

1. **Lavelle, Sougstad, McNamara**, Kabacinski, **2016**..... **3:36.72**
2. **Lavelle, Sougstad, Lehnertz, Burvill, 2016** **3:37.91**
3. **Lavelle, Sougstad, Lehnertz**, Stoughton, 2015 3:38.68
4. Seemann, **Sougstad**, Gordon, **Kabacinski, 2014**..... 3:39.54
5. Cubelic, Wartalowicz, Tushscherer, Carty, 2012 3:40.33
6. Hauber, **Sougstad, Campbell**, Kabacinski, 2014..... 3:41.66
7. Cubelic, Tour, Dobrovolskaite, Hovren, 2011 3:41.87
8. Arseth, Wartalowicz, Tuchscherer, Kabacinski, 2013..... 3:42.52
9. Seemann, Wartalowicz, Gordon, Hovren, 2013 3:42.77
10. Skolaski, Lyle, Loehndorf, Strub, 2002..... 3:43.42
Seemann, **Sougstad**, Gordon, Kabacinski, 2014 3:43.42