



**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 breastroker 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.

**SWIMMING TO NCAA STANDARDS**

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

**Men's Team**

- Kenneth Mende - 100 back (48.46), 200 back (1:45.23)
- Will Scott - 50 free (20.17)
- Jack Smith - 50 free (20.04)
- Jerzy Twarowski - 100 fly (47.77), 200 fly (1:47.26)

**Women's Team**

- 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**

Seven Hawkeye divers have posted NCAA Zone diving standards this season. Senior Brandis Heffner (350.93), junior Morgan Rafferty (278.40), sophomores Will Brenner (368.00), Matt Mauser (309.90), and Jacintha Thomas (283.20), and freshman Thelma Strandberg (288.65) have all posted qualifying scores off the 1-meter. Heffner (351.85), Brenner (357.10), Mauser (357.00), Thomas (283.35), Strandberg (307.05), and freshman Olivia Dopkiss (291.25) have each recorded qualifying scores on the 3-meter.

**HAWKEYES RAKING IN BIG HONORS**

Seven different Hawkeyes have earned Big Ten Conference weekly honors during the 2016-17 season.

The Iowa women swept the weekly honors Dec. 14 with senior Emma Sougstad being named the Swimmer of the Week, freshman Thelma Strandberg the Diver of the Week, and freshman Hannah Burvill the Freshman of the Week.

They were the second honors of the season for Sougstad and Burvill. Sougstad was the Co-Swimmer of the Week Nov. 2 after swimming to two first-place finishes in the road dual at Minnesota, while Burvill was recognized Oct. 5 following her performance at Michigan State.

Senior Brandis Heffner (Diver of the Week), junior Tereysa Lehnertz (Swimmer of the Week), sophomore Jack Smith (Swimmer of the Week), and sophomore Jacintha Thomas (Diver of the Week) were all recognized by the conference on Oct. 5 following their performance in a double dual at Michigan State.

**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). 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.

#### 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.

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).

#### 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.

#### 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 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.

#### 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

The Hawkeyes will host Northwestern on Jan. 21 at the Campus Recreation and Wellness Center Natatorium. Iowa will recognize its senior class prior to the meet, which will begin at 11 a.m. (CT).

**2016-17 MEN'S SEASON-BEST TIMES/DIVES**

50 Free	Jack Smith	20.04 (B)
100 Free	Jack Smith	44.53
200 Free	Joe Myhre	1:38.28
500 Free	Michael Tenney	4:29.41
1,000 Free	Chris Dawson	9:31.18
1,650 Free	Chris Dawson	15:46.19
100 Back	Kenneth Mende	48.46 (B)
200 Back	Kenneth Mende	1:45.23 (B)
100 Breast	Weston Credit	56.82
200 Breast	Weston Credit	2:04.66
100 Fly	Jerzy Twarowski	47.77 (B)
200 Fly	Jerzy Twarowski	1:47.26 (B)
200 IM	Kenneth Mende	1:51.02
400 IM	Garrett Hoce	4:05.29
200-Free Relay	Scott, Smith, Kamin, Halsmer	1:19.63
400-Free Relay	Kamin, Smith, Scott, Halsmer	2:58.43
800-Free Relay	Smith, Gannon, Kamin, Myhre	6:43.42
200-Medley Relay	Mende, Credit, Twarowski, Smith	1:29.34
400-Medley Relay	Mende, Credit, Twarowski, SMith	3:16.11
1-Meter Diving	Will Brenner	368.00 (ZS) (SR)
3-Meter Diving	Will Brenner	357.10 (ZS)
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/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 TIMES BY ATHLETE (MEN)							
Athlete	50 Free	100 Free	200 Free	500 Free	1,000 Free	1,650 Free	100 Back
Colter Allen	---	---	---	---	---	---	50.94
Will Brenner	21.39	---	---	---	---	---	---
Ben Colin	---	---	1:41.87	4:36.13	9:41.08	16:28.68	---
John Colin	21.44	47.54	---	---	---	16:19.54	50.52
Weston Credit	21.70	---	---	---	---	---	51.18
Chris Dawson	---	---	1:44.48	4:32.07	9:31.81	15:46.19	---
Sam Dumford	21.34	46.83	1:47.23	---	---	---	---
Brandon Farnum	21.14	46.33	---	---	---	---	---
Steve Fiolic	20.81	45.59	1:42.10	---	---	---	50.61
Kyle Gannon	---	45.81	1:39.47	4:34.30	---	---	---
Jackson Halsmer	20.44	45.11	1:40.58	---	---	---	---
Brandis Heffner	---	---	---	---	---	---	---
RJ Hemmingsen	20.61	---	---	---	---	---	---
Garrett Hoce	---	---	---	4:43.75	---	---	---
Evan Hull	---	---	---	---	---	---	---
Matt Kamin	20.42	44.51	1:39.82	---	---	---	---
Matt Mauser	---	---	---	---	---	---	---
Kenneth Mende	---	46.38	---	---	---	---	48.46 (B)
Joe Myhre	20.48	45.46	1:39.32	---	---	---	---
Tanner Nelson	23.18	---	---	---	---	---	---
Kyle Patnode	22.97	46.48	---	---	---	---	51.80
Thomas Rathbun	22.23	---	1:39.32	4:30.67	---	---	50.92
Logan Samuelson	---	---	1:42.85	4:34.78	9:52.00	16:00.69	---
Will Scott	20.17 (B)	44.92	1:43.99	---	---	---	---
Jack Smith	20.04 (B)	44.53	1:38.28	---	---	---	---
Alex Streightiff	---	---	---	---	---	---	---
Michael Tenney	---	---	1:40.58	4:29.41	---	---	---
Jerzy Twarowski	20.89	---	---	---	---	---	---
Isaak Webb	---	---	---	---	---	---	---
Forrest White	---	---	1:39.95	4:33.72	---	---	50.28
	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
Colter Allen	---	---	---	49.88	1:52.44	1:53.30	---
Will Brenner	---	---	---	---	---	---	---
Ben Colin	---	---	---	---	---	---	---
John Colin	1:51.08	---	---	---	---	---	---
Weston Credit	---	56.99	2:04.66	---	---	1:56.84	---
Chris Dawson	---	1:01.66	---	---	---	---	---
Sam Dumford	---	---	---	---	---	---	---
Brandon Farnum	---	---	---	50.14	---	---	---
Steve Fiolic	---	---	---	---	---	---	---
Kyle Gannon	---	---	---	---	---	---	---
Jackson Halsmer	---	---	---	---	---	---	---
Brandis Heffner	---	---	---	---	---	---	---
RJ Hemmingsen	---	---	---	48.97	1:51.46	---	---
Garrett Hoce	---	1:01.99	---	52.38	1:54.92	1:52.87	4:05.29
Evan Hull	---	---	---	---	---	---	---
Matt Kamin	---	---	---	---	---	---	---
Matt Mauser	---	---	---	---	---	---	---
Kenneth Mende	1:45.23 (B)	---	---	---	---	1:51.02	---
Joe Myhre	---	---	---	---	---	---	---
Tanner Nelson	---	58.35	2:07.07	---	---	1:59.56	---
Kyle Patnode	---	---	---	49.36	---	---	---
Thomas Rathbun	1:47.60	---	---	---	---	---	---
Logan Samuelson	---	---	---	---	---	---	---
Will Scott	---	---	---	---	---	---	---
Jack Smith	---	---	---	---	---	---	---
Alex Streightiff	---	---	---	---	---	---	---
Michael Tenney	---	---	---	50.29	1:50.12	---	---
Jerzy Twarowski	---	---	---	47.77 (B)	1:47.26 (B)	---	---
Isaak Webb	---	56.82	2:06.83	50.80	---	1:54.42	---
Forrest White	1:49.18	---	---	---	---	---	---

**2016-17 TOP TIMES BY ATHLETE (WOMEN)**

<b>Athlete</b>	<b>50 Free</b>	<b>100 Free</b>	<b>200 Free</b>	<b>500 Free</b>	<b>1,000 Free</b>	<b>1,650 Free</b>	<b>100 Back</b>
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)	4:59.12	---	---	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	1:49.33	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	52.25	1:51.54	---	---	---	57.09
Meghan Lavelle	23.33	51.42	---	---	---	---	54.09 (B)
Lauren Leehy	24.62	52.53	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	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	---	---	---	---	---	---
	<b>200 Back</b>	<b>100 Breast</b>	<b>200 Breast</b>	<b>100 Fly</b>	<b>200 Fly</b>	<b>200 IM</b>	<b>400 IM</b>
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	---	---	---	---





**2016-17 TOP DIVES BY ATHLETE (MEN)**

Athlete	1-Meter	3-Meter	Platform
Will Brenner	368.00 (ZS) (SR)	357.10 (ZS)	---
Brandis Heffner	350.93 (ZS)	351.85 (ZS)	---
Evan Hull	---	---	---
Matt Mauser	309.90 (ZS)	357.00 (ZS)	---
Alex Streightiff	---	---	---

**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)	291.15 (ZS)	---
Thelma Strandberg	288.65 (ZS)	307.05 (ZS)	192.70
Jacintha Thomas	283.20 (ZS)	283.35 (ZS)	---

**2016-17 INDIVIDUAL WINS (MEN)**

Athlete	Event	Time/Score	Meet
Will Brenner	1-Meter	368.00	South Dakota
Will Brenner	3-Meter	357.10	South Dakota
Ben Colin	200 Free	1:41.87	South Dakota
Jackson Halsmer	50 Free	20.89	South Dakota
Garrett Hoce	500 Free	4:43.75	South Dakota
Kenneth Mende	100 Back	48.98	Purdue/Mo. St.
Kenneth Mende	200 Back	1:48.57	at Minnesota
Kenneth Mende	200 Back	1:47.10	Purdue/Mo. St.
Kenneth Mende	100 Free	46.64	South Dakota
Thomas Rathbun	100 Back	51.90	South Dakota
Logan Samuelson	1000 Free	9:52.28	South Dakota
Jack Smith	50 Free	20.21	Purdue/Mo. St.
Jack Smith	100 Free	44.70	Purdue/Mo. St.
Michael Tenney	100 Fly	50.65	South Dakota
Michael Tenney	500 Free	4:29.41	Purdue/Mo. St.
Jerzy Twarowski	100 Fly	48.74	Purdue/Mo. St.
Isaak Webb	100 Breast	57.87	South Dakota

**2016-17 RELAY WINS (MEN)**

Athletes	Event	Time	Meet
Hemingsen, Halsmer, Farnum, Colin	200 Free	1:24.01	South Dakota
Kamin, Myhre, Halsmer, Smith	400 Free	2:59.99	Purdue/Mo. State
Mende, Webb, Twarowski, Smith	200 Medley	1:30.68	at Minnesota
Mende, Webb, Twarowski, Smith	200 Medley	1:30.64	Purdue/Mo. State
Colin, Webb, Farnum, Scott	200 Medley	1:33.33	South Dakota

**2016-17 INDIVIDUAL WINS (WOMEN)**

Athlete	Event	Time/Score	Meet
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
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
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
Meghan Lavelle	100 Back	54.61	Iowa State
Meghan Lavelle	200 Back	1:58.96	Iowa State
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
Tereysa Lehnertz	200 Fly	2:02.76	at Minnesota
Tereysa Lehnertz	200 Fly	1:59.96	Iowa State
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
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
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

**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