NOV. 12-13 | SOUTH BEND, IND.



IOWA HAWKEYES SWIMMING & DIVING



MEN | AT NO. 21 NOTRE DAME WOMEN | AT NOTRE DAME | VS. ILLINOIS

THE SCENE

The University of Iowa swimming and diving team will compete for the first time in 2017 on Thursday and Friday in South Bend, Indiana. The Hawkeye men's team will swim in a dual against No. 21 Notre Dame, while the UI women will compete in a double-dual against Notre Dame and Illinois. Action begins at 4 p.m. (CT) Thursday and 10 a.m. Friday at the Rolfs Acquatics Center.

LIVE RESULTS

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

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.

THE RESULTS

The lowa men's team brings a 4-2 dual record (2-1 in Big Ten action) into South Bend, Indiana, while the Hawkeye women are 4-3 overall (1-2 in B1G). The Hawkeyes will get a rematch against Notre Dame, as the Fighting Irish handed both squads a loss (men - 151-72; women - 154-69) in the season-opening dual in East Lansing, Michigan.

LAST TIME OUT

The lowa women's team won 14-of-16 events en route to a 197-101 lowa Corn Cy-Hawk Series victory over lowa State on Dec. 9 in lowa City. The Hawkeyes posted 19 season-bests and 11 career-bests in the victory -- the seventh straight in the series against the Cyclones.

2016-17 SCHEDULE

DATE	MEET	LOCATION	TIME
Sept. 30	Michigan State/Notre Dame	East Lansing, Mich.	3 p.m.
0ct. 8	Intrasquad Meet	lowa City, lowa	9 a.m.
Oct. 28	#12 Minnesota (M)	Minneapolis	6:30 p.m.
0ct. 29	#16 Minnesota (W)	Minneapolis	11 a.m.
Nov. 3	South Dakota	lowa City, lowa	5 p.m.
Nov. 4	Purdue/Missouri State	lowa City, lowa	2 p.m.
Nov. 18-20	Ohio State Invitational	Columbus, Ohio	All Day
Dec. 9	lowa State (W) %	lowa City, lowa	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	lowa City, lowa	11 a.m.
Feb. 3	Western Illinois/UNI	lowa City, lowa	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	s 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 competitionAll times central and subject to change

% - Iowa Corn Cy-Hawk Series

FOLLOW THE HAWKEYES



@lowaHawkeyeSwim /lowaSwimmingandDiving @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 40thplace finish nationally, highlighted by two honorablemention 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.

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 B1G HONORS

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

The lowa 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 Burville 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 indivually 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 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 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 100yard breaststroke by Collegeswimming.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 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.

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. 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).



50 Free	Jack Smith	20.04 (B)
100 Free	Jack Smith	
200 Free	Joe Myhre	1:38.28
500 Free		
1,000 Free	Chris Dawson	9:31.18
1,650 Free		
100 Back	Kenneth Mende	48.46 (B)
200 Back		
100 Breast		
200 Breast		
100 Fly		47.77 (B)
200 Fly	Jerzy Twarowski	
200 IM	Kenneth Mende	1:51.02
400 IM		
200-Free Relay	Scott, Smith, Kamin, Halsmer	
400-Free Relay		2:58.43
800-Free Relay		
200-Medley Relay	Mende, Credit, Twarowski, Smith	1:29.34
400-Medley Relay		
1-Meter Diving		
3-Meter Diving		

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

** Pool Record (ZS) - NCAA Diving Zone Standard

2016-17 WOMEN'S SEASON-BEST TIM	ES/DIVES	
50 Free	Hannah Burvill	22.84 (B)
100 Free		49.22 (SR) (B)
200 Free		1:46.29 (B)
500 Free		
1,000 Free		10:13.77
1,650 Free		
100 Back	Meghan Lavelle	54.09
200 Back	Meghan Lavelle	1:58.35 (B)
100 Breast		59.51 (B)
200 Breast		2:11.84 (B)
100 Fly	Emma Sougstad	
200 Fly		1:59.04 (B)
200 IM		
400 IM		4:26.18
200-Free Relay		1:31.73
400-Free Relay		
800-Free Relay	Burvill, Fluit, O'Brien, Wanasek	7:26.83
200-Medley Relay		1:39.15 (SR)
400-Medley Relay		3:37.91
1-Meter Diving		288.65 (ZS)
3-Meter Diving		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 TIN	NES BY ATHLET	E (MEN)					
Athlete Colter Allen	50 Free	100 Free	200 Free	500 Free	1,000 Free	1,650 Free	100 Back 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						



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	Katie Wells		1:06.68	2:33.78				



NOV. 12-13 | SOUTH BEND, IND.

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 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 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 (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	lowa 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	lowa State

