



# IOWA HAWKEYES SWIMMING & DIVING

## THIS WEEK

The University of Iowa women's swimming and diving team will head to two locales this week. The Hawkeye swimmers will travel to Coral Gables, Florida, for the Miami Invitational, while the Iowa divers will head to Atlanta for the Georgia Tech Diving Invitational.

Prelims in Miami will begin at 9 a.m. (CT) each day followed by 5 p.m. finals. Diving will begin at 10 a.m. each day in Atlanta.

## FOLLOW LIVE

- Live results for the Miami Invitational will be available on Meet Mobile, while live results for the Georgia Tech Diving Invitational will be on DiveMeets.com.
- Fans can also follow the Hawkeyes on Twitter/IowaSwimDive for live meet updates.

## MIAMI SWIMMING SCHEDULE

Thursday: 500 free (prelim/final), 200 IM (prelim/final), 50 free (prelim/final), 200-free relay (final), 400-medley relay (final)

Friday: 100 fly (prelim/final), 400 IM (prelim/final), 200 free (prelim/final), 100 breast (prelim/final), 100 back (prelim/final), 200-medley relay (final), 800-free relay (final)

Saturday: 200 back (prelim/final), 100 free (prelim/final), 200 breast (prelim/final), 200 fly (prelim/final), 1,650 free (final), 400-free relay (final)

## GEORGIA TECH DIVING SCHEDULE

The Hawkeyes will compete off the 1-meter on Thursday, 3-meter on Friday and platform for the first time this season on Saturday.

## WHAT YOU NEED TO KNOW

- Nathan Mundt is in his first season as head coach after spending six years as head coach of the Iowa Flyers Club. Mundt previously was an assistant coach for the Hawkeyes from 2008-16.
- Iowa returns 10 letterwinners from last season's squad, including senior diver Sam Tamborski, who was a 2021 NCAA qualifier.

## LAST MEET

The Hawkeyes dropped a road dual at Nebraska on Oct. 23 in Lincoln, falling 193-59. Senior Sam Tamborski won the 1-meter and finished second off the 3-meter with a pair of NCAA Zone Diving standards.

## TAMBORSKI OFF TO IMPRESSIVE START

Senior Sam Tamborski is off to a strong start to the 2021-22 season, winning four of the six diving events in her first three duals. She swept the springboard events against Northern Iowa, won the 3-meter springboard against

## 2021-22 SCHEDULE

| DATE              | MEET                                       | LOCATION            | TIME           |
|-------------------|--|---------------------|----------------|
| Oct. 1            | Northern Iowa                              | Iowa City, Iowa     | L, 133-159     |
| Oct. 8            | Minnesota                                  | Iowa City, Iowa     | L, 104-156     |
| Oct. 23           | at Nebraska                                | Lincoln, Neb.       | L, 59-193      |
| <b>Nov. 18-20</b> | <b>at Georgia Tech Diving Invitational</b> | <b>Atlanta, Ga.</b> | <b>All Day</b> |
| <b>Nov. 18-20</b> | <b>at Miami (Fla.) Invitational</b>        | <b>Miami, Fla.</b>  | <b>All Day</b> |
| Dec. 10           | at Iowa State                              | Ames, Iowa          | 6 p.m.         |
| Dec. 13-19        | at USA Diving Nationals                    | TBA                 | All Day        |
| Jan. 15           | at Illinois                                | Champaign, Ill.     | 11 a.m.        |
| Jan. 28-29        | at Minnesota/vs. Northwestern              | Minneapolis         | All Day        |
| Feb. 16-19        | at Big Ten Championships                   | Madison, Wis.       | All Day        |
| March 5-9         | at NCAA Zone D Diving Championships        | Madison, Wis.       | All Day        |
| March 16-19       | at NCAA Championships                      | Atlanta, Ga.        | All Day        |

All times Central and subject to change.

## FOLLOW THE HAWKEYES



@IowaHawkeyeSwim /IowaSwimmingandDiving @HawkeyeSwimDive

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**HEAD COACH NATHAN MUNDT**

Nathan Mundt is in his first season as head coach of the University of Iowa women's swimming and diving program. It is Mundt's second stint with the Hawkeyes as he served as an assistant coach and recruiting coordinator from 2008-16.

Mundt has more than 15 years of coaching experience, including being the head coach at Western Illinois, where he was voted the 2007 Mid-Continent Conference Women's Coach of the Year. Mundt coached 33 NCAA All-Americans during his first Hawkeye stint. He was named the seventh head coach in program history in May, 2021.

Mundt rejoined the program after serving the Iowa Flyers Club (IFLY) head coach from 2016-21. Under its Club Excellence Program, USA Swimming recognized IFLY as a Silver Medal Club in 2017, a Bronze Medal Club in 2019 and 2020, and will be recognized as a Gold Medal Club in 2021 for having two 18 & Under athletes qualify for the USA Swimming Olympic Trials.

Mundt and his coaching staff were also named to the 2021 Iowa Swimming, Inc., Senior Coaching Staff of the Year as voted on their coaching peers.

During his time with IFLY, Mundt had two athletes named to USA Swimming's 18 & Under World Top 100 list. He coached a 2017 U.S. Open champion in the women's 200-meter butterfly and that same athlete was named to the USA Swimming National Junior Team in 2017.

Before becoming head coach of IFLY, Mundt spent eight years as an assistant coach and recruiting coordinator for the Hawkeyes from 2008-16. He helped lead the program to six top 40 finishes (men and women), while coaching 33 All-Americans, 42 NCAA qualifiers and the program set 115 school records.

Minnesota and was victorious off the 1-meter at Nebraska.

**NCAA ZONE QUALIFIERS**

Three Hawkeyes have posted NCAA Zone Diving standards this season. Senior Sam Tamborski and sophomore Sarah Ballard have posted qualifying scores off both the 1-meter and 3-meter, while freshman Makayla Hughbanks has a Zone mark off the 1-meter.

1-Meter: Tamborski (287.32), Ballard (286.05), Hughbanks (274.45)

3-Meter: Tamborski (324.10), Ballard (305.03)

**GILBERTSON LEADS CHARGE**

Junior Kennedy Gilbertson is leading the team in six different events early in the 2021-22 season. The Wisconsin native has the top times in the 100 free (52.72), 200 free (1:53.92), 100 back (56.95), 200 back (2:05.95) and as part of the 200-medley (1:45.76) and 400-free (3:36.72) relays.

- Junior Aleksandra Olesiak is tops on the team in the 100 breast (1:05.03), 200 breast (2:24.01) and 200 IM (2:10.02), while also swimming on the top 200-medley relay (1:45.76).

**HAWKEYES SIGN 9 FOR 2022-23**

Iowa signed nine student-athletes to National Letters of Intent during the early signing period in November. The class includes Dani Anglin (Diving, Boynton Beach, Fla.), Olivia Asay (Fly/Back/Free, Downers Grove, Ill.), Alyssa Konz (Diving, Victoria, Minn.), Scarlet Martin (Fly/Back/Free, Coralville, Iowa), Sila, Ozkazanc (Free/Back, Ankara, Turkey), Geneva Pauly (diving, Arvada, Colo.), Leslie Wendel (Free/Fly, Winnetka, Ill.), (Emily Wooden (Free/Fly, Chino Hills, Calif.), and Lainey Woodward (Diving, Omaha, Neb.).

**RETURNING NCAA QUALIFIER**

Senior Sam Tamborski is a three-time NCAA qualifier off the 3-meter springboard. The Colorado native finished ninth in the event at the 2021 Big Ten Championships and she was seventh in 2020.

- Tamborski enters her senior season with the fifth-best 3-meter score in school history at 355.05.

**HAWKEYE COACHING STAFF**

- Nathan Mundt returns for his second stint with the Hawkeyes and he becomes the seventh head coach in program history. The Indiana native served as an assistant coach and recruiting coordinator from 2008-16 where he coached 33 All-Americans and 42 NCAA qualifiers and helped the Hawkeyes to six top 40 NCAA finishes and 115 school records.

- Diving coach Todd Waikel enters his ninth season with the program. Waikel has coached five All-Americans during his tenure in Iowa City and 15 NCAA Championships qualifiers.

- Mona Groteguth-Garcia completes the Hawkeye coaching staff, coming to Iowa City following a two-year stint at TCU. She helped the Horned Frogs to back-to-back third-place Big 12 Conference finishes -- the best for the program since 2012-13. Groteguth-Garcia also coached at the University of Indianapolis from 2017-19 and she swam collegiately at North Texas.

**UP NEXT**

The Hawkeyes will return to action Dec. 10, traveling to Ames, Iowa, to compete in an Iowa Corn Cy-Hawk Series dual at Iowa State.

**2021-22 WOMEN'S SEASON-BEST TIMES**

|                  |                                      |             |
|------------------|--------------------------------------|-------------|
| 50 Free          | Maddie Black                         | 24.49       |
| 100 Free         | Kennedy Gilbertson                   | 52.72       |
| 200 Free         | Kennedy Gilbertson                   | 1:53.92     |
| 500 Free         | Anna Brooker                         | 5:07.63     |
| 1,000 Free       | Anna Brooker                         | 10:37.78    |
| 1,650 Free       |                                      | --          |
| 100 Back         | Kennedy Gilbertson                   | 56.95       |
| 200 Back         | Kennedy Gilbertson                   | 2:05.95     |
| 100 Breast       | Aleksandra Olesiak                   | 1:05.03     |
| 200 Breast       | Aleksandra Olesiak                   | 2:24.01     |
| 100 Fly          | Ariel Wooden                         | 1:02.40     |
| 200 Fly          | Georgia Clark                        | 2:16.28     |
| 200 IM           | Aleksandra Olesiak                   | 2:10.02     |
| 400 IM           |                                      | --          |
| 200-Free Relay   |                                      | --          |
| 400-Free Relay   | Gilbertson, Black, Brooker, Clark    | 3:36.72     |
| 800-Free Relay   |                                      | --          |
| 200-Medley Relay | Pawloski, Olesiak, Gilbertson, Black | 1:45.76     |
| 400-Medley Relay |                                      | --          |
| 1-Meter Diving   | Sam Tamborski                        | 287.32 (ZS) |
| 3-Meter Diving   | Sam Tamborski                        | 324.10 (ZS) |
| Platform Diving  |                                      | --          |

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

**2021-22 INDIVIDUAL WINS**

| Athletes           | Event      | Time     | Meet    |
|--------------------|------------|----------|---------|
| Anna Brooker       | 500 Free   | 5:14.35  | UNI     |
| Anna Brooker       | 1000 Free  | 10:37.78 | UNI     |
| Anna Brooker       | 500 Free   | 5:07.63  | Minn.   |
| Kennedy Gilbertson | 100 Free   | 52.72    | UNI     |
| Kennedy Gilbertson | 200 Free   | 1:53.92  | UNI     |
| Makayla Hughbanks  | 1-meter    | 274.45   | Minn.   |
| Aleksandra Olesiak | 100 Breast | 1:05.66  | UNI     |
| Aleksandra Olesiak | 200 Breast | 2:24.01  | UNI     |
| Aleksandra Olesiak | 200 IM     | 2:10.02  | UNI     |
| Aleksandra Olesiak | 200 IM     | 2:11.29  | Minn.   |
| Sam Tamborski      | 1-meter    | 283.45   | UNI     |
| Sam Tamborski      | 3-meter    | 316.70   | UNI     |
| Sam Tamborski      | 3-meter    | 324.10   | Minn.   |
| Sam Tamborski      | 1-meter    | 287.32   | at Neb. |
| Ariel Wooden       | 100 Fly    | 1:02.40  | Minn.   |

**2021-22 RELAY WINS**

| Athletes                              | Event  | Time    | Meet  |
|---------------------------------------|--------|---------|-------|
| Pawloski, Olesiak, Gilbertson, Black  | 200-MR | 1:45.76 | UNI   |
| Gilbertson, Brooker, Palowski, Wooden | 400-FR | 3:38.43 | Minn. |