



IOWA HAWKEYES

SWIMMING & DIVING

2022-23 SCHEDULE

DATE	MEET	LOCATION	TIME
Oct. 7	at Northern Iowa	Cedar Falls, Iowa	5 p.m.
Oct. 21	Nebraska	Iowa City, Iowa	4 p.m.
Nov. 11	at Minnesota	Minneapolis	5 p.m.
Dec. 1-3	Hawkeye Invitational	Iowa City, Iowa	All Day
Dec. 9	Iowa State	Iowa City, Iowa	TBA
Dec. 12-18	USA Diving Nationals	TBA	All Day
Jan. 13-14	Illinois	Iowa City, Iowa	5 p.m.
Jan. 21	Vanderbilt	Iowa City, Iowa	11 a.m.
Jan. 27-28	Minn., Northwestern, Pur.	Evanston, Ill.	TBA
Feb. 15-18	Big Ten Championships	Ann Arbor, Mich.	All Day
Mar. 6-9	NCAA Zone D Diving	Minneapolis	TBA
Mar. 16-18	NCAA Championships	Knoxville, Tenn.	TBA

All times Central and subject to change.

THIS WEEK

University of Iowa women's swimming and diving heads to Minneapolis to take on Minnesota for the Hawkeyes' second Big Ten meet on Friday, Nov. 11. Events are set to begin at 5 p.m. (CT) at the Jean K. Freeman Aquatic Center.

FOLLOW LIVE

- Live results for the meet will be available on hawkeyesports.com (via the schedule page) and Meet Mobile.
- Fans can also follow the Hawkeyes on Twitter/[IowaSwimDive](https://twitter.com/IowaSwimDive) for live meet updates.
- The meet will be live streamed on B1G+ (subscription required).

WHAT YOU NEED TO KNOW

- Iowa kicked off the 2022-23 season with a 192-107 victory against UNI.
- The Hawkeyes enter the season returning seven athletes and welcoming 14 newcomers, including three transfers.
- Amongst the returners are junior divers Sarah Ballard and Claire Hartley and sophomore Makayla Hughbanks, who all qualified to compete in last season's NCAA Zone D Diving Championships.

HIGHLIGHTING HUGHBANKS

Sophomore Makayla Hughbanks posted career best and zone-qualifying scores off both the 1-meter (288.15) and 3-meter (301.25) springboards in Iowa's Big Ten opening meet against Nebraska, taking home first place in both events. Hughbanks also was victorious in the season-opening matchup with UNI in the 3-meter dive.

GILBERTSON PREPPED FOR SENIOR SEASON

Senior Kennedy Gilbertson heads into the 2022-23 season after an impressive 2021-22 stint where she recorded a career best 51.28 in the 100 Free and led the Hawkeyes with top times in the 50 free, 100 free, 100 back, 200 back, and 100 fly.

READY FOR RELAYS

The Hawkeyes bring back four swimmers, seniors Kennedy Gilbertson and Aleksandra Olesiak and juniors Maddie Black and Anna Pfeiffer, who led the team in all five relay squads during the 2021-22 season. Gilbertson was a part of four top teams, while Olesiak and Pfeiffer competed on three respective quartets.

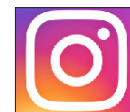
THRIVING NEWCOMERS

Iowa has had twelve individual wins amongst its newcoming freshmen and transfers. Denison University transfer Alix O'Brien and freshman Scarlet Martin have combined for half of those victories, each coming away with three wins against UNI. Both the TCU graduate transfer Sheridan Shreiber and freshman Sabina Kupcova also have added multiple wins as well.

REPPING SLOVAKIA

Freshman and Levice, Slovakia, native Sabina Kupcova traveled to the IU Natatorium in Indianapolis to compete in the FINA World Cup. Kupcova raced in the 400 free, 200 free, and 200 individual medley for a chance to qualify for the FINA Championships

FOLLOW THE HAWKEYES



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HEAD COACH NATHAN MUNDT

Nathan Mundt is in his second 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 16 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

VETERAN PRESENCE

Senior Kennedy Gilbertson took home gold in the 50 free and 100 back against Nebraska, and also won the 100 back against UNI in the season-opener. Gilbertson also contributed to Iowa's winning 200 medley (1:45.34) and 400 free (3:29.89) relay quartets against UNI, each of which sitting atop the Hawkeyes' relay leaderboards on the season. Senior Aleksandra Olesiak also has a 2022-23 individual victory under her belt. The Colorado native posted first place in 200 back against UNI.

HAWKEYE COACHING STAFF

- Nathan Mundt returns for his second stint with the Hawkeyes and he is the seventh head coach in program history. The Indiana native served as an Iowa 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 10th season with the program. Waikel has coached five All-Americans during his tenure in Iowa City and 15 NCAA Championship qualifiers.
- Mona Groteguth-Garcia also returns for her second season on the Hawkeye coaching staff, joining the Hawkeyes in 2021 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.

SWEET VICTORY

Iowa tallied 13 individual wins to beat in-state foe Northern Iowa 197-102 for the Hawkeyes' first meet victory under head coach Nathan Mundt in the 2022-23 road season-opening matchup.

BREAKING RECORDS

The Hawkeyes broke four Glen F. Henry Pool records in the 2022-23 opener at UNI, including Schreiber's 100 breast (1:04.16), Martin's 50 free (23.55) and 100 fly (54.60), and the 400 free relay (Kupcova, Gilbertson, Pedersen, Martin).

UP NEXT

Iowa comes home to host the Hawkeye Invitational on Dec. 1-3. Each day will consist of two sessions, starting at 10 a.m. and 5 p.m. (CT). Live results will be available via MeetMobile and a live stream will be on B1G+ (subscription required).

2022-23 WOMEN'S SEASON-BEST TIMES

50 Free	Scarlet Martin	23.55
100 Free	Scarlet Martin	51.53
200 Free	Sabina Kupcova	1:52.41
500 Free	Alix O'Brien	5:04.68
1,000 Free	Alix O'Brien	10:18.81
1,650 Free	--	--
100 Back	Kennedy Gilbertson	55.44
200 Back	Kennedy Gilbertson	2:02.48
100 Breast	Sheridan Schreiber	1:03.74
200 Breast	Aleksandra Olesiak	2:21.94
100 Fly	Scarlet Martin	54.60
200 Fly	Leslie Wendel	2:08.40
200 IM	Sabina Kupcova	2:07.00
400 IM		
200-Free Relay		
400-Free Relay	Kupcova, Gilbertson, Pedersen, Martin	3:29.89
800-Free Relay		
200-Medley Relay	Gilbertson, Schreiber, Asay, Black	1:45.34
400-Medley Relay		
1-Meter Diving	Makayla Hughbanks	288.15 (ZS)
3-Meter Diving	Makayla Hughbanks	301.25 (ZS)
Platform Diving		

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

2022-23 INDIVIDUAL WINS

Athletes	Event	Time	Meet
Kennedy Gilbertson	100 back	55.74	at UNI
Makayla Hughbanks	3-mtr dive	284.78	at UNI
Sabina Kupcova	200 free	1:53.58	at UNI
Scarlet Martin	50 free	23.55	at UNI
Scarlet Martin	100 free	51.53	at UNI
Scarlet Martin	100 fly	54.60	at UNI
Alix O'Brien	500 free	5:04.68	at UNI
Alix O'Brien	200 IM	2:10.06	at UNI
Alix O'Brien	1000 free	10:18.81	at UNI
Aleksandra Olesiak	200 breast	2:22.17	at UNI
Sheridan Schreiber	100 breast	1:04.16	at UNI
Leslie Wendel	200 fly	2:08.40	at UNI
Lainey Woodward	1-mtr dive	277.65	at UNI
Kennedy Gilbertson	50 free	24.09	Nebraska
Kennedy Gilbertson	100 back	55.44	Nebraska
Makayla Hughbanks	1-mtr dive	288.15	Nebraska
Makayla Hughbanks	3-mtr dive	301.25	Nebraska
Sabina Kupcova	200 IM	2:07.00	Nebraska
Sheridan Schreiber	100 breast	103.74	Nebraska

2022-23 RELAY WINS

Athletes	Event	Time	Meet
Gilbertson, Schreiber, Asay, Black	200 medley	1:45.34	at UNI
Kupcova, Gilbertson, Pedersen, Martin	400 free	3:29.89	at UNI