



IOWA HAWKEYES SWIMMING & DIVING

THIS WEEK

University of Iowa women's swimming and diving hosts Big Ten opponent Illinois in the CRWC Natatorium on Jan. 13-14. Competition will begin on Friday at 5 p.m. (CT) and follow at 11 a.m. on Saturday, and will be live streamed on B1G+ (subscription required).

FOLLOW LIVE

- Live results for the meet are 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).

SENIOR DAY

Iowa will honor seniors Kennedy Gilbertson and Aleksandra Olesiak and graduate student Sheridan Schreiber before events on Saturday at 11 a.m. (CT).

WHAT YOU NEED TO KNOW

- Iowa kicked off the 2022-23 season with a 192-107 victory against UNI.
- Six Iowa athletes performed top-ten marks in program history during the Hawkeye Invitational on Dec. 1-3.
- The Hawkeyes entered 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.

ETCHED IN THE BOOKS

Six performances were added to the Iowa top-10 records during the Hawkeye's Iowa Corn Cy-Hawk Series matchup with Iowa State on Dec 9.

- 200 Free - Sabina Kupcova (1:48.59) - 7th all-time
- 1000 Free - Alix O'Brien (10:04.70) - 9th all-time
- 100 Breast - Sheridan Schreiber (1:02.12) - 8th all-time
- 100 Fly - Scarlet Martin (53.45) - 4th all-time
- 200 Fly - Scarlet Martin (1:59.93) - 6th all-time
- 200 Medley Relay - Gilbertson, Schreiber, Martin, Pedersen (1:40.27) - 8th all-time

HIGHLIGHTING HUGHBANKS

Sophomore Makayla Hughbanks came away with a career-best 355.40 total to score 20 points in the 3-meter dive finals during the Hawkeye Invite (Dec. 1-3), ranking fifth all-time in program history. The Bettendorf, Iowa, native also leads the team in the 1-meter dive score, posting a zone-qualifying total of 290.17 at Minnesota.

THRIVING NEWCOMERS

Iowa has 21 individual wins amongst its freshmen and transfers. Denison

2022-23 SCHEDULE

DATE	MEET	LOCATION	TIME
Oct. 7	at Northern Iowa	Cedar Falls, Iowa	W, 197-102
Oct. 21	Nebraska	Iowa City, Iowa	L, 123-175
Nov. 11	at No. 25 Minnesota	Minneapolis	L, 82-218
Dec. 1-3	Hawkeye Invitational	Iowa City, Iowa	4th (624.50)
Dec. 9	Iowa State	Iowa City, Iowa	L, 144-56
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.

FOLLOW THE HAWKEYES

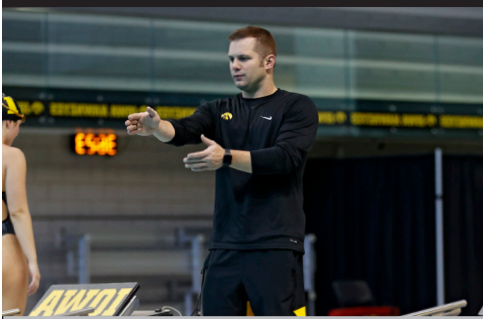


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IOWA ATHLETIC COMMUNICATIONS

Assistant Director _____ Hannah Ossman
 Email _____ hannah-ossman@uiowa.edu
 Cell Phone _____ (309) 338-3728
 Swimming & Diving Contact _____ Jaren Nelson
 Email _____ jaren-nelson@uiowa.edu
 Cell Phone _____ 319-654-7808
 Athletic Communications Phone _____ (319) 335-9411
 Athletic Communications Fax _____ (319) 335-9417
 Website _____ hawkeyesports.com



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

University transfer Alix O'Brien has contributed to four of those victories, her latest coming in the 1000 free against no. 25 Minnesota. Freshman Scarlet Martin has accounted for six wins, including her two (100, 200 fly) against Iowa State. Both the TCU graduate transfer Sheridan Schreiber and freshman Sabina Kupcova also have added multiple wins as well. Schreiber (100 breast) and Kupcova (100, 200 free) combined for three victories against Iowa State.

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.

VETERAN PRESENCE

Senior Kennedy Gilbertson took home gold in the 50 free and 100 back against Nebraska, and won the 100 back with a B-cut 53.93 versus Iowa State. Gilbertson has also headed off Iowa's season-fastest 200 free, 400 free and 200 medley relay squads -- all timing top-ten in program history. Senior Aleksandra Olesiak also has a 2022-23 individual victory under her belt. The Colorado native posted first place in 200 back against UNI.

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).

READY FOR RELAYS

The Hawkeyes brought 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.

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.

UP NEXT

The Hawkeyes are back at home in the CRWC Natatorium for a B1G-SEC clash against Vanderbilt on Jan 21 at 11 a.m. (CT).

2022-23 WOMEN'S SEASON-BEST TIMES

50 Free	Kennedy Gilbertson	22.83
100 Free	Sabina Kupcova	50.26
200 Free	Sabina Kupcova	1:48.59
500 Free	Alix O'Brien	4:54.14
1,000 Free	Alix O'Brien	10:04.70
1,650 Free	Alix O'Brien	16:57.14
100 Back	Kennedy Gilbertson	53.93
200 Back	Kennedy Gilbertson	1:58.74
100 Breast	Sheridan Schreiber	1:02.12
200 Breast	Aleksandra Olesiak	2:16.69
100 Fly	Scarlet Martin	53.45
200 Fly	Scarlet Martin	1:59.93
200 IM	Sabina Kupcova	2:03.23
400 IM	Alix O'Brien	4:27.12
200-Free Relay	Gilbertson, Martin, Kupcova, Pedersen	1:31.49
400-Free Relay	Gilbertson, Kupcova, Pedersen, Martin	3:20.08
800-Free Relay	Kupcova, Pedersen, Stone, Ozkazanc	7:33.60
200-Medley Relay	Gilbertson, Schreiber, Martin, Pedersen	1:40.27
400-Medley Relay	Gilbertson, Schreiber, Martin, Kupcova	3:39.13
1-Meter Diving	Makayla Hughbanks	294.70 (ZS)
3-Meter Diving	Makayla Hughbanks	355.40 (ZS)
Platform Diving	Geneva Pauly	257.10 (ZS)

(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
Alix O'Brien	1000 free	10:18.21	at Minn.
Sheridan Schreiber	100 breast	1:03.54	at Minn.
Scarlet Martin	100 fly	53.84	Hawkeye Invite
Makayla Hughbanks	3-mtr dive	355.40	Hawkeye Invite
Makayla Hughbanks	1-mtr dive	294.70	Iowa State
Makayla Hughbanks	3-mtr dive	300.10	Iowa State
Sabina Kupcova	100 free	50.64	Iowa State
Sabina Kupcova	200 free	1:48.59	Iowa State
Scarlet Martin	100 fly	53.45	Iowa State
Scarlet Martin	200 fly	1:59.93	Iowa State
Sheridan Schreiber	100 breast	1:02.12	Iowa State

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
Gilbertson, Kupcova, Pedersen, Martin	400 free	3:20.08	Hawkeye Invite
Gilbertson, Schreiber, Martin, Pedersen	200 medley	1:40.27	Iowa State
Gilbertson, Martin, Pedersen, Kupcova	400 free	3:21.88	Iowa State

