

HAWKEYE SWIM & DIVE RECORD BOOK

(Updated Fall 2024)



IOWA SWIMMING & DIVING

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2024-25 SCHEDULE

Oct. 4	at Northern Iowa	2:30 p.m.
Oct. 11	Nebraska	4 p.m.
Oct. 25	Black & Gold Intrasquad	2:30 p.m.
Nov. 8	at Minnesota	5 p.m.
Nov. 21-23	Hawkeye Invitational	All Day
Dec. 7-15	USA Diving Nationals	TBA
Dec. 13	Iowa State !	6 p.m.
Jan. 7	at Miami	TBD
Jan. 17	Illinois	11 a.m.
Jan. 31-Feb. 1	vs. Nebraska/Rutgers (Piscataway, N.J.)	TBD
Feb. 19-22	at Big Ten Championships (Columbus, Ohio)	All Day
Mar. 10-12	at NCAA Zone Diving Championships (Iowa City, Iowa)	TBD
Mar. 20-23	at NCAA Championships (Federal Way, Wash.)	TBD

! - Iowa Corn Cy-Hawk Series event
All times Central and subject to change.

UNIVERSITY OF IOWA QUICK FACTS

Location _____ Iowa City, Iowa
Enrollment _____ 30,448
Founded _____ 1847
Nickname _____ Hawkeyes
Colors _____ Black and Gold
Affiliation _____ NCAA Division I
Conference _____ Big Ten
President _____ Barbara J. Wilson
Director of Athletics _____ Beth Goetz

2024-25 TEAM INFORMATION

Women's Letterwinners Returning/Lost _____ 20/4
Women's All-American's Returning/Lost _____ 0/0
Women's Newcomers _____ 6

2023-24 SEASON INFORMATION

Overall Record/Big Ten Record _____ 5-5/2-3
Big Ten Championships Finish (Pts.) _____ 11th/303
National Invitation Championships Finish (Pts.) _____ 9th/327

IOWA SWIMMING & DIVING HISTORY

Season of Iowa Swimming: _____ 50
Best Season Record: _____ 11-0-0 in 1984; 5-0-0 in 1989
Olympians: _____ 3
NCAA All-Americans - Individual: _____ 37
NCAA All-Americans - Relays: _____ 4
Most All-Americans in a Season: _____ 8 in 1985
Big Ten Champions - Individual: _____ 15
Big Ten Champions - Relays: _____ 1
Most Big Ten Champions in a Season: _____ 8 in 1986
Best Team Finish at Big Ten Championships _____ T-2nd in 1986
Best Team Finish at NCAA Championships: _____ 20th in 2003
Most NCAA Qualifiers in a Season: _____ 10 in 1985
Most Academic All-Big Ten Honorees in a Season: 19 in 2014

COMMUNICATIONS INFORMATION

Assistant Director _____ John Leo
Email _____ john-leo@uiowa.edu
Office Phone _____ 319-335-9411
Address _____ S300 CHA, Iowa City, IA, 52242
Twitter _____ @Hawkeyeswimsive
Facebook _____ /Hawkeyeswimdive
Instagram _____ @Hawkeyeswimdive
Website _____ www.hawkeyesports.com

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IOWA SWIMMING & DIVING

TEAM ROSTER



Name	Event(s)	Yr.	Hometown	High School/Last School
Olivia Asay	Fly/Back/Free	Jr.	Downers Grove, Ill.	Downers Grove North
Stephanie Avram	Diving	Fr.	Skokie, Ill.	Niles West
Elizabeth Beam	Free/Back	Fr.	Waukesha, Wis.	Waukesha West
Simone Beinlich	Diving	So.	Fullerton, Calif.	Fullerton Union
Hannah Cousins	Back/Fly/Free	Fr.	Davenport, Iowa	Davenport Central
Addie Crain	Fly/Back/Free	So.	Reno, Nev.	Reno
Rachel Dildine	Fly/Free/IM	Fr.	Chesterton, Ind.	Chesterton
Olivia Frantum	Free	So.	Johnston, Iowa	Johnston
Annie Galvin	Back	Sr.	Ames, Iowa	Ames/University of Kentucky
Megan Hartlieb	Free/Back	Sr.	Mequon, Wis.	Homestead/University of Kentucky
Isabel Heller	Breast/Free/IM	Fr.	Davenport, Iowa	Davenport Central
Josie Hood	Free	So.	Omaha, Neb.	Marian
Makayla Hughbanks	Diving	Sr.	Bettendorf, Iowa	Bettendorf
Mallory Kell	Fly/Free	So.	Urbandale, Iowa	Waukee Northwest
Nora Kemp	Free	Fr.	Waukee, Iowa	Waukee Northwest
Jenna Kerr	Free	So.	Barrington, Iowa	Barrington
Scarlet Martin	Fly/Back/Free	Jr.	Coralville, Iowa	Iowa City West
Alix O'Brien	Free	Sr.	Apple Valley, Minn.	Apple Valley/Denison University
Meredith O'Malley	Free	Jr.	Winter Garden, Fla.	Bishop Moore Catholic
Sila Ozkazanc	Free/Back	Jr.	Ankara, Turkey	Ankara University Development Foundation
Geneva Pauly	Diving	Jr.	Arvada, Colo.	Arvada West
Molly Pedersen	Free/Back	Sr.	Fishers, Ind.	Hamilton Southeastern/Penn State University
Hope Schimming	Back/Free	So.	New Albany, Ohio	New Albany
Madi Stone	Free	Jr.	Danville, Calif.	San Ramon Valley
Olivia Swalley	Breast	So.	Johnston, Iowa	Johnston
Leslie Wendel	Free/Fly	Jr.	Winnetka, Ill.	New Trier
Lainey Woodward	Diving	Jr.	Omaha, Neb.	Millward West

COACHING STAFF

Head Coach: Nathan Mundt (4th Season - University of Tampa, 2001)

Diving Coach: Todd Waikel (12th Season - Purdue University, 1994)

Associate Head Coach/Recruiting Coordinator: Mona Groteguth-Garcia (4th Season - North Texas, 2015)

Assistant Coach: Megan Garland (2nd Season - University of Tampa, 2009)



IOWA SWIMMING & DIVING

HEAD COACH NATHAN MUNDT



Nathan Mundt
Head Coach
13th Season at Iowa

Nathan Mundt is in his fourth 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. He was named the seventh head coach in

program history in May of 2021.

In 2024, Mundt led the Hawkeyes to dual meet victories over Illinois, Iowa State, Nebraska, UNI and Vanderbilt. The Hawkeyes scored 303 points at the 2024 Big Ten Championships, an over-100-point improvement from last season. Four Hawkeyes posted a total of 10 NCAA B cut times. The Hawkeyes combined for 23 top-10 program performances throughout the course of the 2023-24 season. Competing against 65 teams at the NIC, Iowa placed ninth with 327 points.

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.

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. Mundt recruited and coached Becky Stoughton to a Big Ten title in the 1,650-yard freestyle – the first since 2001 – and All-America honors in the 500 and 1,650 free in 2015. Stoughton was also the first Hawkeye to be named the Big Ten Freshman of

the Year in 2012.

Mundt also recruited four international men's student-athletes who represented the program at the 2016 NCAA Championships in the 400-yard medley relay and assisted in coaching the Big Ten-winning 200 and 400-freestyle relays in 2012. The Iowa men placed fifth at the 2012 Big Ten Championships and had five first-team All-Big Ten honorees.

Mundt joined the Iowa coaching staff after serving as the head men's and women's swimming coach at Western Illinois. He coached swimmers to 13 school record-setting marks and six athletes to 12 Summit League individual event championships.

A native of Portage, Indiana, Mundt was a four-year letterwinner and academic all-conference honoree at the University of Tampa while earning a bachelor's degree in sports management in 2001. He served as a graduate assistant at Valparaiso University from 2003-05 and was named interim head coach for the 2003-04 season. Mundt also earned a master's degree in sports administration while at Valparaiso.

He and his wife, Erika, have three sons, Nolan, Macklin and Lincoln.





Todd Waikel
Diving Coach
12th Season at Iowa

Todd Waikel is entering his 12th season as the diving coach with the University of Iowa swimming and diving program.

In his 11 seasons in Iowa City, Waikel has coached five All-Americans, 15 NCAA Championships qualifiers, and he was instrumental

in helping the UI diving program become a USA Diving "Center of Excellence."

In the 2023-24 season, Waikel guided four divers to the NCAA Zone Diving Championships: Sarah Ballard, Simone Beinlich, Makayla Hughbanks and Geneva Pauly. Pauly moved on to the finals of the platform dive, placing 11th and just two spots from punching her ticket to the NCAA Championships. Makayla Hughbanks earned Iowa's diver of the year honor, while holding the team's best marks in the one-meter and three-meter dives. She was named the Big Ten Diver of the Week in October and won four events during the season. Hughbanks was Iowa's Big Ten Sportsmanship honoree and a member of the Academic All-Big Ten team.

Coach Waikel sent five divers to the NCAA Zone Diving Championships in 2022-23. Sarah Ballard, Claire Hartley, Makayla Hughbanks, Geneva Pauly and Lainey Woodward represented the Hawkeyes at the championships. Three divers were named Academic All-Big Ten honorees.

During the 2021-22 season, Waikel coached three student-athletes to NCAA Zone Diving standards. Sophomore Sarah Ballard scored off both the 1-meter and 3-meter at the Big Ten Championships. Academically, two divers earned Academic All-Big Ten honors.

During the 2020-21 season, Waikel coached junior Sam Tamborski to her third straight NCAA Championships appearance off the 3-meter springboard. Three Hawkeyes qualified for the NCAA Zone Diving Championships and three divers scored at the Big Ten Championships. In the classroom, two of Waikel's divers were CSCAA Scholar All-Americans.

In 2019-20, Waikel coached a pair of underclassmen divers to All-America honors in three events. Freshman Mohamed Neuman earned the distinction off the platform and 3-meter, while sophomore Sam Tamborski was 3-meter All-American. He coached a pair of underclassmen divers to All-America honors in three events. Freshman Mohamed Neuman earned

the distinction off the platform and 3-meter, while sophomore Sam Tamborski was 3-meter All-American. Waikel coached Neuman (seventh, platform) and Tamborski (seventh, 3-meter) to top-eight finishes at the Big Ten Championships, and during the course of the season, seven divers garnered Big Ten weekly recognition.

During the 2018-19 season, Waikel coached four Hawkeyes — Will Brenner, Anton Hoherz, Jayah Mathews, and Sam Tamborski — to the NCAA Championships. Mathews (fourth, 3-meter) and Hoherz (eighth, 1-meter) were top-eight finishers at the Big Ten Championships. During the course of the season, Hawkeye divers earned four Big Ten weekly honors. Mathews was a three-time Big Ten Diver of the Week, while Tamborski earned Freshman of the Week honors.

In 2017-18, Waikel coached two Hawkeyes — sophomore Thelma Strandberg and freshman Jayah Mathews — to the NCAA Championships and eight Iowa student-athletes were NCAA Zone qualifiers. Waikel also coached student-athletes to six Big Ten Diver or Big Ten Freshman of the Week during the course of the season and freshman Anton Hoherz broke the school record off the platform at the Big Ten Championships.

During the 2016-17 season, Waikel had two student-athletes — senior Calli Head and freshman Thelma Strandberg — qualify for the NCAA Championships off the platform. Head concluded her career as a first-team All-American — Iowa's first off the platform since 1999 — after tallying a sixth place finish. The Hawkeyes had three divers garner Big Ten Diver of the Week honors during the course of the season, and sophomore Will Brenner broke the school record off the 1-meter (368.00).

In 2015-16, Addison Boschult, Calli Head, and Lydia Lehnert qualified for the NCAA Championships on the platform, eight divers posted NCAA Zone Diving Standards, and two divers garnered three Big Ten weekly accolades. Boschult narrowly missed earning All-America honors for a second-straight season after placing 18th — two points shy of a top-16 finish. The Hawkeyes dove to school records in two events on the year. Freshman Will Brenner set the 1-meter springboard (365.00) school record at the Hawkeye Invitational, while junior Calli Head tied the women's platform record (312.20) at the 2016 Big Ten Championships, where she earned a bronze medal. Waikel coached two athletes at the 2016 USA Diving Olympic Trials. Boschult qualified on the platform, while former Hawkeye All-American Deidre Freeman-Huff competed in the 3-meter springboard.

During the 2014-15 season, Waikel had three divers advance to the NCAA Championships and eight divers post NCAA



IOWA SWIMMING & DIVING

DIVING COACH TODD WAIKEL

Zone Diving Standards. Boschult earned honorable mention All-America honors on the platform after finishing 10th at the NCAA Championships, while Head (platform) and Joelle Christy (1-meter) qualified for the NAAs.

Two school records were broken during the season on the platform. Boschult dove to the men's record at the NCAA Zone D Diving Championships with a score of 409.20, while sophomore Lydia Lehnert took down the women's record with a 312.20.

In 2013-14, seven UI divers qualified for the NCAA Zone D Diving Championships. The Hawkeyes got a pair of top-five finishes and school records on the platform at the zones by Boschult and Head. Waikel coached divers to three of the top seven scores in the 3-meter in school history throughout the course of the season. One of the divers — Abby Grilli — posted the fourth-best score (354.10) and was a three-time Big Ten Diver of the Week honoree.

Under Waikel's watch, Iowa diving has turned into a major player on the national diving scene as USA Diving recognized Hawkeye diving as "Center of Excellence" for 2014. Much of the attention can be attributed to Freeman-Huff, who has excelled under Waikel's tutelage.

Freeman-Huff was bronze medalist at the 2015 Pan American Games and placed fourth at FINA Grand Prix Meet. She also won the 3-meter synchronized diving event at the USA Diving Winter Nationals, claimed the 3-meter and 3-meter synchro events at the AT&T Diving Championships and placed 11th on the 1-meter at the FINA World Championships in Spain.

In 2014, Freeman-Huff was named to the U.S. Olympic Performance Squad, finished eighth at the FINA Diving World Series in China, and earned the bronze at the Canada Cup and 2014 Malaysia Grand Prix. She also earned a bronze at the 2015 Pan Am Games with Waikel serving as a Team Leader for Team USA.

Waikel joined the Hawkeyes after putting together an impressive collegiate and national diving resume during his seven-year stint as assistant diving coach at Indiana University. He helped the Hoosiers to five Big Ten Conference titles (four women's, one men's) and three top 10 NCAA finishes in his seven seasons. He also has coached 10 USA Diving National Teams to titles since 2006. In his final season at Indiana, Waikel coached six Indiana divers to 11 All-America honors. Darian Schmidt and Zac Nees earned All-America status on all three boards. Schmidt won the individual Big Ten title on the platform and was the Big Ten Diver of the Championship.

In 2010-11, Waikel was key in guiding the Indiana women's squad to its third consecutive Big Ten title and Laura Ryan to her first win on the women's platform. He also coached Amy Korthauer and Amy Cozad at the World University Games in Shenzhen, China.

In 2009-10, Waikel coached Gabby Agostino to her first Big Ten title, while helping IU to the women's team title. Hoosier All-American Christina Loukas won a national title on the 3-meter springboard at the USA Diving Winter Nationals, and Amy Korthauer earned a spot on the U.S. National Team for the FINA World Cup in China.

In 2009, Waikel helped Loukas to Big Ten and NCAA titles on the 3-meter springboard, as well as NCAA Diver of the Year, Big Ten Diver of the Year, and Big Ten Diver of the Championships honors. Brittney Feldman also finished third in the 3-meter at the NCAA meet to garner All-America recognition.

In 2008, Waikel's divers captured four Big Ten titles, earning diver of the year, diver of the championship and coach of the year honors on both the men's and women's sides. Feldman captured conference titles in both the 1-meter and 3-meter springboard and went on to earn All-America honors in both events. Landon Marzullo won the same events on the men's side and was an All-American in all three diving events.

In 2007, Loukas turned in one of the most dominant performances in Big Ten diving history, becoming just the fourth diver to win all three diving events at the meet. She earned Big Ten Diver of the Year and Diver of the Championship honors for the third straight season. Loukas went on to earn first-team All-America honors after finishing as the runner-up in the 1-meter, while two other divers earned honorable mention recognition.

Loukas, a 2008 Olympian, won her first national title with a win in the 1-meter at the 2007 NCAA Championships, and she defended that title in 2008 and 2009. She was also a silver medalist in the 3-meter and a bronze in the 3-meter synchro at the World University Games. Loukas was a seven-time USA National Champion and six-time Big Ten champion under Waikel's watch. Loukas earned All-America honors on all three boards in 2006.

Waikel served as a USA Diving team leader/coach at the FINA Grand Prix in Montreal and the 2011 USA Diving Team coach at the 2011 World University Games in Shenzhen, China.

The 1994 Purdue University graduate with a degree in speech communications is a safety certified, U.S. Diving Grassroots and Dive Safe instructor. He and his wife, Marlene, are the parents of nine children: Damian, Hannah, Nathan, Dominic, Jonah, Paul, Christopher, Clare and Vincent.



Mona Groteguth
Associate Head Coach
Recruiting Coordinator
Fourth Season at Iowa

Mona Groteguth is in her fourth season with the University of Iowa women's swimming & diving program. After two seasons as an assistant coach and recruiting coordinator, she was named Associate Head Coach on Oct. 12, 2023.

In 2024, the Hawkeyes finished with a 5-5 record, and dual meet victories over Illinois, Iowa State, Nebraska, UNI and Vanderbilt. The Hawkeyes scored 303 points at the 2024 Big Ten Championships, an over-100-point improvement from last season. Four Hawkeyes posted a total of 10 NCAA B cut times (Kennedy Gilbertson, Jenna Kerr, Scarlet Martin, Olivia Swalley). Further postseason success took place at the National Invitational Championships in Ocala, Florida. Competing against 65 teams, Iowa placed ninth with 327 points. In 2023, nine Hawkeyes earned points towards the team's Big Ten Championship score and six were named to the Academic All-Big Ten list.

In her two seasons as an assistant coach, Groteguth helped begin rebuilding the program as the Hawkeyes competed with a roster of 13 student-athletes in her first season. At the 2022 Big Ten Championships, Iowa had seven scoring performances and eight student-athletes garnered Academic All-Big Ten honors.

Groteguth joined the program after serving as an assistant coach for two seasons at TCU. While with the Horned Frogs, she helped the men's and women's team to back-to-back third-place Big 12 Conference finishes – the best for the program since 2012-13.

During her two seasons in Fort Worth, the Frogs set 22 school records and the team had 11 student-athletes post NCAA "B" qualifying standards. TCU received the CSCAA Scholar All-America team award both seasons (all four semesters), 51 athletes were Academic All-Big 12 selections and she coached nine CSCAA Scholar All-Americans.

Prior to joining the TCU staff, Groteguth coached at the University of Indianapolis from 2017-19. The men's team won two GLVC Conference Championships (2018, 2019) and posted two third place finishes at the NCAA DII Championships (2018, 2019). The women also had a pair of team runner-up showings in the GLVC in 2018 and 2019.

Groteguth also instructed a kinesiology undergraduate course at the University of Indianapolis.

As a competitor, Groteguth swam at North Texas from 2011-15, where she was a team captain her senior year. In 2008 and 2012, Groteguth was an Olympic Trials qualifier and in 2012, she was a "B" finalist in the 100 and 200 backstroke.

After graduating, Groteguth began her coaching career as a graduate assistant at Lewis University in Romeoville, Illinois.

Groteguth graduated with a bachelor's degree in psychology from North Texas in 2015 before completing her master's degree in organizational leadership from Lewis University in 2017.





IOWA SWIMMING & DIVING

ASSISTANT COACH MEGAN GARLAND



Megan Garland
Assistant Coach
Second Season at Iowa

Megan Garland was named Iowa Swimming and Diving Assistant Coach on August 15, 2023.

Garland joined the staff following a career coaching at levels of the sport, teaching toddlers to working with Olympians and Olympic hopefuls.

Prior to the University of Iowa, Garland joined the NOVA coaching staff in September 2017 after coaching in Florida for seven years. Garland has been lead and assistant coach to several groups in her time at NOVA including Senior Elite, Senior Silver, Senior Bronze, Senior Development Gold, Senior Development Silver, AGG, AGB, AGDS, Novice Gold, Novice Silver, and Novice Bronze. She also helped with lessons and spring clinics.

Garland has had an impact on US National qualifiers, Speedo Summer and Winter Junior National Qualifiers, NCSA Junior National Qualifiers; as well as Senior State and Age Group State Champions. In March of 2023, Senior Elite swimmers broke 10 individual team records, five relay records, and recorded the fastest times for a 15-year-old boy in the country in the 500 and 1000 freestyles. In addition to her coaching duties Garland ran NOVA's social media.

From 2015-17, Garland was the assistant coach at Florida Southern College and the head coach of Lakeland Area Swimming. While there she helped coach the men to third and fourth place finishes at the 2016 and 2017 NCAA Division II Men's National Championships, and the women to fifteenth and thirty-seventh place finishes at the Women's Championships. She was also a key component in the Moccasins' double Sunshine State Conference Championship in 2016, with the men winning their fourth straight SSC title, and the women winning their first. She assisted in the coaching of 62 Division II National Championship All Americans, and 31 Honorable Mention, All Americans, and two National Championship Relays. Garland produced multiple Speedo Junior National qualifiers, Sectional Qualifiers, Senior Champs qualifiers, and Florida Age Group Champs qualifiers. She also assisted in the coaching of Senior National and US Open qualifiers, and a 2016 Honduras Olympian.

Garland was a member of the coaching staff at Nova Southeastern University from January of 2010 through August of 2011, and helped the Sharks win the inaugural SSC Men's

Championship in her first season there.

Garland spent five years with the South Florida Aquatic Club in Pembroke Pines where she was an assistant swim coach for various age groups, senior athletes, and adults. During that same time she also served as the head swimming and diving coach at Archbishop Edward McCarthy High School from September of 2011 through April of 2014, was a member of the Florida Gold Coast Southern Zone coaching staff in 2012, and a Florida Gold Coast All-Star Open Water coach from 2012-14. Garland produced her first Junior National qualifier here, and assisted with the coaching of the professional group that included a four-time Jamaican Olympian. She also was an assistant coach at a swim camp for the Jamaican National team.

Garland was a four-time letter winner at the University of Tampa from the fall of 2005 through the spring of 2009, and earned two All-America honors. As a collegiate swimmer, she helped Tampa to four top-15 finishes at the NCAA Division II National Finals. She earned honorable mention All-American status as a member of the Spartans' 200-yard freestyle relay team, and was an All-American in the 800-freestyle relay where she helped them set the school record for that event in 2009. As a senior captain that year, Garland qualified for the National Finals in six events and helped lead the Spartans to the Bluegrass Mountain Conference championship. Garland's coaching career began in August of 2009 following her graduation from the University of Tampa. Returning home to her native Aurora, Illinois, Garland was the assistant varsity coach and head JV coach of the girls' team at the Illinois Mathematics and Science Academy.





Marcus Wilson
Associate AD



Dave Aspelmeier
Compliance



Brooke Casella
Athletic Trainer



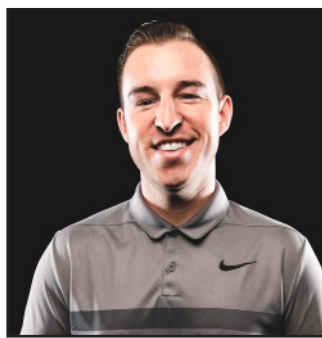
Ashley Clemens
Strength & Conditioning



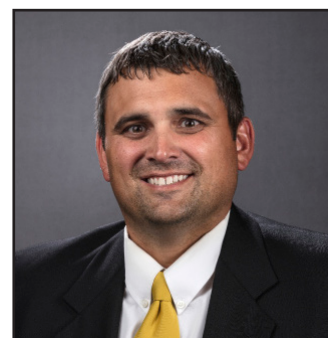
Chris Idler
Equipment Manager



Mindy Redlinger
Event Management



Dalton Conrad
Hawk Vision



Troy Wulf
Academics



Bailey Speraw
Marketing



John Leo
Strategic Communications

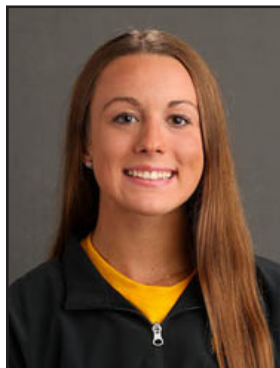


Alina Davis
Strategic Communications



IOWA SWIMMING & DIVING

MEET THE HAWKEYES



Olivia Asay

Junior - Fly/Back/Free
Downers Grove, Ill.
Downers Grove North HS

2023-24 -- Posted collegiate bests in 50 free (25.09) and 100 free (54.98) at Hawkeye Invite, and season bests in 100 breast at Iowa State (1:11.04), 100 fly at Hawkeye Invite (58.41), and 200 fly at B1G Quad Duals (2:09.04)... CSC Aca-

demic All-District and Academic All-Big Ten honoree... earned team's Strength & Conditioning Achievement Award... letterwinner.

2022-23 -- Posted collegiate bests in 100 back at B1G Championships (59.39), 100 fly and 200 fly vs. Iowa State (57.49, 2:08.32), 200 IM at Hawkeye Invite (2:13.32), and 400 IM vs. Vanderbilt (4:54.71)... Dean's List student (Fall 2022, Spring 2023)... letterwinner.

High School -- Competed for Hinsdale Swim Club... finalist at sectionals in 100 fly, 200 fly and 200 IM... top times were: 55.66 (100 fly), 2:06.75 (200 fly), 2:06.42 (200 IM), 58.54 (100 back), 24.59 (50 free) and 53.00 (100 free).

Personal -- Sport and recreation management major.

COLLEGIATE BESTS

Event	Time	Meet	Date
50 Free	25.09	Hawkeye Invite	11/30/23
100 Free	54.98	Hawkeye Invite	12/2/23
100 Back	59.39	at B1G Championships	2/17/23
100 Fly	57.49	Iowa State	12/9/22
200 Fly	2:08.32	Iowa State	12/9/22
200 IM	2:13.32	Hawkeye Invite	12/1/22
400 IM	4:54.71	Vanderbilt	1/21/23



Stephanie Avram

Freshman - Diving
Skokie, Ill
Niles West

High School -- Earned All-American diving status as a senior... all-state and team MVP selection as a senior... one-meter conference champion in 2023... holds the school record in the one-meter dive (507.35 – 11 dives)... du-

al-athlete, competing as a gymnast... two top five individual finishes at the state meet... honor roll member from 2020-2024.

Personal -- Born April 3, 2006... parents are Anamaria and Cristian Avram... has one sibling, Anthony... marketing major.



Elizabeth Beam
Freshman - Free/Back
Waukesha, Wis.
Waukesha West

High School -- State champion as a senior in the 200 freestyle relay... four-time state runner-up... seven-time all-state selection... achieved All-American time standard in the 200 and 400 freestyle relay as a senior, 200 free relay and

100 backstroke as a junior and 200 medley and 400 free relay as a sophomore... no competition as a freshman due to pandemic... holds four school records (100 back, 200 medley relay, 200 free relay, 400 free relay)... top eight finishes in the 100 and 200 back at the YMCA Nationals in 2024... silver medalist in the 800 free relay at the YMCA Nationals in 2024... placed fifth in the 200 medley relay at the Summer Junior Nationals in 2023... all-state academic honoree in 2023 and 2024... awarded the student athlete of the month in October of 2021... coached by Christian Niven in high school and Chandler Lewis in club.

Personal -- Born December 22, 2005... parents are Ron and Sara Beam... has three siblings, Alicia, Megan and Becca... Alicia (UW-Milwaukee) and Becca (Minnesota State Mankato) are collegiate swimmers... exercise science major.



Simone Beinlich
Sophomore - Diving
Fullerton, Calif.
Fullerton Union HS

2023-24 -- Posted NCAA Zone Diving qualifying standards off 1-meter and 3-meter... posted collegiate bests off 1-meter (276.30), 3-meter (291.80), and platform (202.20) at Hawkeye Invite... Dean's List student (Fall 2023, Spring 2024)... let-

terwinner.

Personal -- Born Oct. 18, 2004, in Fullerton, Calif... parents are Bruce and Kyeleen Beinlich... has one brother - Maddox... speech and hearing science major.

COLLEGIATE BESTS

Event	Score	Meet	Date
1-Meter	276.30	Hawkeye Invite	11/30/23
3-Meter	291.80	Hawkeye Invite	12/1/23
Platform	202.20	Hawkeye Invite	12/2/23



IOWA SWIMMING & DIVING

MEET THE HAWKEYES



Hannah Cousins
Freshman - Back/Fly/Free
Davenport, Iowa.
Davenport Central

High School -- First-team all-state as a junior in the 100 backstroke and 100 fly... two-time second-team all-state (100 back and 200 free relay)... three-time all-district... state champion in the 100 backstroke as a junior... runner-up

at the state meet in the 100 butterfly as a junior and in the 100 backstroke and 100 butterfly as a senior... holds eight school records (50 free, 100 fly, 100 back, 200 free, 200 free relay, 200 medley relay, 400 free relay and 500 free)... placed seventh at the 2022 Future Championships in the 200 back... Winter Junior Nationals qualifier... coached by Brian Heller and Mike Wells... also competed in track and field in high school... three-time honors award winner... all-academic as a freshman and sophomore... National Honors Society officer... Scholastic All-American team member.

Personal — Born June 24, 2006... parents are Heather and Aaron Cousins... mother, Heather, played basketball and threw the javelin at Western Illinois University... has one sister, Madison, who swims at St. Ambrose University... human physiology major.



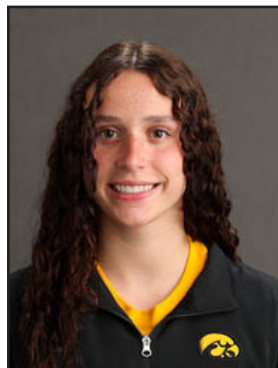
Addie Crain
Sophomore - Fly/Back/Free/IM
Reno, Nevada.
Reno HS

2023-24 -- Posted collegiate bests in 50 free (24.62), 100 back (56.65) and 100 fly (58.28) at Hawkeye Invite, and 200 back at Iowa State (2:04.30)... letterwinner.

Personal -- Born March 3, 2005, in Reno, Nev... parents are Eric and D'Lisa Crain.. has one brother – Cash... exercise science major.

COLLEGIATE BESTS

Event	Time	Meet	Date
50 Free	24.62	Hawkeye Invite	11/30/23
100 Back	56.65	Hawkeye Invite	12/1/23
200 Back	2:04.30	at Iowa State	12/8/23
100 Fly	58.28	Hawkeye Invite	12/1/23

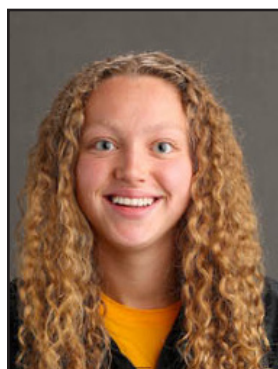


Rachel Dildine
Freshman - Fly/Free/IM
Chesterton, Ind.
Chesterton HS

High School -- Six-time conference champion (100 butterfly three times, 200 IM twice, 200 free)... two-time all-conference... team MVP as a junior... three-time team conference champion... team finished third at state while a

freshman... holds the pool record in the 100 butterfly and 200 IM at Valparaiso high school... Indiana age group state champion in 2018 in the 200 meter IM... coached by Mathew Pavlovich... scholastic All-American as a freshman.

Personal -- Born September 23, 2005... parents are Carolyn Dildine and Theodore Kutscher... step-father, Theodore, played football at Benedictine University... has brother, Evan, and two step siblings, Sebastian and Juliana... human physiology major with a pre-med track.



Olivia Frantum
Sophomore - Free
Johnston, Iowa
Johnston HS

2023-24 -- Posted collegiate bests in 500 free at Hawkeye Invite (4:51.67), 1,000 free at Iowa State (10:08.07), 1,650 free (17:06.78) and 400 IM (4:30.30) at B1G Championships, and 200 IM at Nebraska (2:10.98)... Dean's List student (Fall

2023, Spring 2024)... letterwinner.

Personal -- Born Oct. 2, 2004, in Billings, Mt... parents are Beth and Brian Frantum... has three siblings - Faith, Gabe, Maddie... biology major.

COLLEGIATE BESTS

Event	Time	Meet	Date
500 Free	4:51.67	Hawkeye Invite	11/30/23
1,000 Free	10:08.07	at Iowa State	12/8/23
1,650 Free	17:06.78	at B1G Championships	2/21/24
200 IM	2:10.98	at Nebraska	11/10/23
400 IM	4:30.30	at B1G Championships	2/23/24



Annie Galvin
Senior - Back/IM
Ames, Iowa
Ames HS

2023-24 -- Posted season bests in 100 back (54.87), 200 back (1:58.65), and 100 fly (55.42) at B1G Championships, which all ranked second on the team... placed 22nd in 200 back (1:58.65) and swam anchor leg on 200-free relay that

placed 10th (1:32.84) at B1G Championships... posted season bests in 50 free (23.99) and 200 IM (2:05.53) at Hawkeye Invite... won three individual event races... CSC Academic All-District honoree... Dean's List student (Fall 2023, Spring 2024)... named Alison Pennington Haddon Strength of Character Award winner... letterwinner.

2022-23 -- Competed at Kentucky... clocked season bests in 200 IM (2:03.59) and 100 fly (55.69) at Ohio State Winter Invite... placed fourth in 200 fly vs. Cincinnati (2:07.64)... made two finals at Ohio State Invite, placing 33rd in the 100 back (55.46) and 42nd in the 200 back (2:00.81).

2021-22 -- Competed at Kentucky... won 100 back (54.57) and 200 back (1:57.47) at Ohio State Winter Invite, also placing fifth in the 200 IM (2:03.78)... saw action in five dual meets, highlighted by a fifth-place finish in the 100 fly (59.06) against Cincinnati... placed sixth in the 100 back (58.24) versus Ohio.

High School -- Six-time Iowa State Championship finalist, earning silver in both the 100 back and 200 IM as a senior... team captain as a senior... led team to three state titles... three-time first team All-State selection... competed for Ames Cyclone Aquatic Club... U.S. Open qualifier and USA Swimming Scholastic All-American... set multiple team and state records... won 100 backstroke at 2021 Iowa Seniors... finished in 100-meter backstroke at 2018 Rochester Futures... three-time sectional finalist... participated in high school orchestra... four-year academic honor roll student.

Personal -- Parents are Jennifer and Jeremy Galvin... has two siblings – Lillie and Ben... management major.

COLLEGIATE BESTS

Event	Time	Meet	Date
100 Back	54.47	Ohio State Winter Invite	2/12/22
200 Back	1:57.57	Ohio State Winter Invite	2/13/22
100 Fly	55.69	Ohio State Winter Invite	2/13/23
200 Fly	2:07.64	Cincinnati	1/27/23
200 IM	2:03.49	Ohio State Winter Invite	2/11/22



Megan Hartlieb
Senior - Free/Back
Mequon, Wis.
Homestead HS/Kentucky

2023-24 -- Posted season bests in 50 free (24.10) and 100 free (52.01) vs. UNI, and 100 fly at B1G Championships (58.70)... Dean's List student (Fall 2023)... letterwinner.

2022-23 -- Competed at Kentucky... placed fourth in 50 free (23.37), 10th in 100 free (52.70) and 12th in 200 free (1:53.17) at Ohio State Winter Invite... placed fifth in 100 free vs. Texas A&M (51.62) and NC State (51.89).

2021-22 -- Competed at Kentucky... placed fifth in 50 free (23.51), sixth in 100 free (52.20) and sixth in 200 free (1:52.47) at the Ohio State Winter Invite... saw action in five dual meets, highlighted by a third-place finish in 50 free (24.11) and a fourth-place showing in 100 free (52.60) vs. Marshall... placed fourth in the 100 fly (59.00) vs. Cincinnati... placed fifth in both 50 free (24.22) and 100 free (53.01) in her Wildcat debut vs. Ohio.

High School -- Finaled in 100 back and 200 IM at state championships as a freshman... set school records in freestyle and medley relays... competed for Schroeder YMCA Swim Team where she was a Junior National qualifier... placed seventh in 100 free and 12th in the 50 free at 2019 YMCA Nationals... 23-time Wisconsin 13&O Championship finalist, winning 200 IM in 2017... Student Council member... earned merit award.

Personal -- Parents are Beth and John Hartlieb... her dad played football at Iowa... has three siblings... her brother, Matthew, played football at Drake... enterprise leadership major.

COLLEGIATE BESTS

Event	Time	Meet	Date
50 Free	23.37	at Ohio State Winter Invite	11/20/21
100 Free	51.62	vs. Texas A&M	11/3/22
200 Free	1:52.47	at Ohio State Winter Invite	11/20/21
100 Fly	59.00	vs. Cincinnati	1/27/22



IOWA SWIMMING & DIVING

MEET THE HAWKEYES



Isabel Heller
Freshman - Breast/Free/IM
Davenport, Iowa.
Davenport Central



Makayla Hughbanks
Senior - Diving
Bettendorf, Iowa
Bettendorf HS

2023-24 -- Posted NCAA Zone Diving qualifying standards, team-leading and collegiate bests off 1-meter vs. UNI (312.60) and 3-meter at Illinois (356.93)... those totals rank eighth and fifth, respectively, all-time at Iowa... named Big

Ten Diver of the Week after her performance vs. UNI... placed 14th off 1-meter (251.15) and 21st off 3-meter (249.30) at B1G Championships... won four individual event titles (two off 1-meter and two off 3-meter)... Iowa's Big Ten Sportsmanship honoree... Big Ten Distinguished Scholar... Academic All-Big Ten honoree... Dean's List student (Fall 2023, Spring 2024)... named Diving Team MVP... letterwinner.

2022-23 -- Posted NCAA Zone Diving qualifying standards and team-leading marks off 1-meter (311.55) and 3-meter (355.40)... tallied eight individual wins during the season (five on 3-meter and three on 1-meter)... Big Ten Distinguished Scholar... Academic All-Big Ten... Dean's List student (Fall 2022, Spring 2023)... letterwinner.

2021-22 -- Posted NCAA Zone Diving qualifying standards off 1-meter... scored team's third highest 1-meter (277.20)... scored team's fourth highest 3-meter (266.18) and platform (161.95)... placed 34th in preliminary rounds at NCAA Zone D Diving Championships (232.65)... second-team CSCAA Scholar All-American... Dean's List student (Fall 2021, Spring 2022).

High School -- First-team all-state as a senior... three-time all-conference selection... 2020 state champion... three-time conference champion... set school varsity six and 11 dive records... National Honor Society member... four-year academic honoree... also participated in competitive tumbling at Elite Twisters Fire... high school coach was Mary Doeder.

Personal -- Born Aug. 29, 2003, in Geneseo, Ill... daughter of Lyndsay and Joe O'Brien (stepfather) and Jeff Hughbanks... has three older siblings, Rylan Hughbanks and Tristan and Tylar O'Brien... enterprise leadership major.

COLLEGIATE BESTS

Event	Score	Meet	Date
1-Meter	312.60	vs. UNI	10/6/23
3-Meter	356.93	at Illinois	1/12/24
Platform	161.9	at Georgia Tech Invite	11/20/21



Josie Hood
Sophomore - Free
Omaha, Neb.
Marian HS

2023-24 -- Posted collegiate bests in 50 free (23.93), 100 free (51.53), and 100 fly (55.81) at Hawkeye Invite, and 200 free (1:50.81) and 200 IM (2:06.76) at B1G Quad Duals... letterwinner.

Personal -- Born April 2, 2005 in Omaha, Neb.... parents are Ames and Sara Hood... has a brother - Andrew... exercise science major.

COLLEGIATE BESTS

Event	Time	Meet	Date
50 Free	23.93	Hawkeye Invite	11/30/23
100 Free	51.53	Hawkeye Invite	12/2/23
200 Free	1:50.81	at B1G Quad Duals	2/2/24
100 Fly	55.81	Hawkeye Invite	12/1/23
200 IM	2:06.76	at B1G Quad Duals	2/2/24



Mallory Kell
Sophomore - Fly/Free/IM
Urbandale, Iowa
Waukee Northwest HS

2023-24 -- Posted collegiate bests in 100 fly (56.97) and 200 fly (2:05.41), at B1G Quad Duals, and 200 IM (2:04.88) and 400 IM (4:27.00) at B1G Championships... President's List student (Spring 2024) and Dean's List student (Fall

2023, Spring 2024)... letterwinner.

Personal -- Born July 18, 2005, in Des Moines, Iowa... parents are Brent and Emily Kell... has two siblings - Norah and Gabe... human physiology major.

COLLEGIATE BESTS

Event	Time	Meet	Date
100 Fly	56.97	at B1G Quad Duals	2/3/24
200 Fly	2:04.02	at B1G Quad Duals	2/2/24
200 IM	2:04.88	at B1G Championships	2/22/24
400 IM	4:26.82	at B1G Quad Duals	2/3/24



Nora Kemp
Freshman - Free
Waukee, Iowa
Waukee Northwest HS

High School -- State champion in the 100 and 200 freestyle as a junior... runner-up in both events as a senior... holds the school record in the 100 free (50.43)... coached by Andy Pym and Shelley Twig... two-time Scholastic All-American.

Personal -- Born August 3, 2005... parents are Jason Kemp and Julie Kemp... has two siblings, Maddi and Nick... open major.



Jenna Kerr
Sophomore - Free
Barrington, Iowa
Barrington HS

2023-24 -- Led team in 200 free (1:46.97), 500 free (4:45.15), 1,000 free (10:01.53), and 1,650 free (16:34.23), and swam on all five team-leading relays... the 200 free time ranks fifth, the 500 free time ranks fourth, the 1,000 free time ranks seventh, and the 1,650 free time ranks fifth all-time at Iowa... also posted a collegiate-best 50.26 in 100 free at Hawkeye Invite, which ranks seventh all-time at Iowa... the team-leading 200-free relay (1:31.46) ranks sixth, the 400-free relay (3:19.26) ranks second, the 800-free relay (7:12.57) ranks sixth, the 200-medley relay (1:39.59) ranks fifth, and the 400-medley relay (3:38.28) ranks seventh all-time at Iowa... placed second in 200 free (1:47.02), fifth in 500 free (4:45.15), seventh in 1,650 free (16:34.23) and eighth in 1,000 free (10:02.33) at CSCAA National Invitation Championships... swam second leg on 400-free relay that placed eighth (3:19.26), lead leg on 800-free relay that placed ninth (7:12.57), and anchored 400-medley relay that placed ninth (3:40.80) and 200-medley relay that placed 12th (1:40.59) at B1G Championships... placed 16th in 200 free (1:49.07) and 19th in 1,650 free (16:37.01) at B1G Championships... won seven individual races (four in 200 free and three in 500 free), and swam on 10 winning relays (five 400-free, three 200-medley, one 200-free, and one 400-free)... swam second leg on 400-free relay that placed fourth (3:20.53) and anchor leg on 200-medley relay that placed fifth (1:39.95) at CSCAA National Invitation Championships... those times rank 10th and seventh, respectively, all-time at Iowa... named Swimming Team Co-MVP... letterwinner.

Personal -- Born July 26, 2005...parents are Tammy and Michael Kerr... has two siblings - Alex, Colin... open major.

COLLEGIATE BESTS

Event	Time	Meet	Date
100 Free	50.26	Hawkeye Invite	12/2/23
200 Free	1:46.97	at B1G Championships	2/21/24
500 Free	4:45.15	at CSCAA Ntl. Inv. Champ's	3/14/24
1,000 Free	10:01.53	at B1G Championships	2/24/24
1,650 Free	16:34.23	at CSCAA Ntl. Inv. Champ's	3/16/24



IOWA SWIMMING & DIVING

MEET THE HAWKEYES



Scarlet Martin
Junior - Fly/Back/Free
Coralville, Iowa
Iowa City West HS

2023-24 -- Led team in 100 fly (53.68) and 200 fly (1:58.67), posting NCAA "B" qualifying standards in both events... the 200 fly time is a collegiate-best that ranks fourth all-time at Iowa... posted a collegiate-best 22.91 in 50 free at

Hawkeye Invite, which ranks sixth all-time at Iowa... swam on all five team-leading relays... named Big Ten Swimmer of the Week on Dec. 13 after winning the 100 fly (53.79) and 200 fly (1:59.76) in Iowa's dual win at Iowa State, setting facility record in the 100 fly, and on Jan. 17 after winning four events and helping to set three facility records in Iowa's dual will at Illinois... anchored 400-free relay to eighth-place finish in 3:19.26 and 800-free relay to ninth-place finish in 7:12.57 at B1G Championships... those times rank second and sixth all-time at Iowa... anchored team-leading 200-free relay (1:31.46) and swam third legs on team-leading 200-medley (1:39.59) and 400-medley (3:38.28) relays... those times rank sixth, fifth, and seventh, respectively, all-time at Iowa... swam third leg on 400-medley relay that placed ninth (3:40.80) and third leg on 200-medley relay that placed 12th (1:40.59) at B1G Championships... placed 19th in 200 fly (1:59.64) and 20th in 100 fly (54.11) at B1G Championships... won nine individual races (four in 100 fly and five in 200 fly) and swam on 11 winning relays (five 400-free, three 200-medley, two 400-medley and one 400-free)... letterwinner.

2022-23 -- Led team in 100 fly (53.45) and 200 fly (1:59.93)... the 100 fly time was an NCAA "B" qualifying standard and ranks fourth all-time at Iowa... placed 16th in 100 fly at B1G Championships (53.96)... her season-best times in 50 free (23.25) and 100 back (55.90) rank second on the team... swam second leg on team-leading 200-free relay (1:31.49), anchored team-leading 400-free relay (3:20.08), and swam third legs on team-leading 200-medley relay (1:40.27) and 400-medley relay (3:39.13)... those times rank seventh, sixth, 10th, and ninth, respectively, all-time at Iowa... anchored 200-free relay that placed 11th (1:32.16) and 400-free relay that placed 12th (3:23.77), and swam third leg on 200-medley relay that placed 11th (1:40.79) and 400-medley relay that placed 10th (3:40.18) at B1G Championships... won eight individual events (five in 100 fly, one in 50 free, one in 100 free and one in 200 fly) and swam on eight winning relays (four on 400-free, two on 200-medley and one each on 200-free and 400-medley)... letterwinner.

Personal -- Enterprise leadership major.



Alix O'Brien
Senior - Free
Apple Valley, Minn.
Apple Valley HS
Denison University

2023-24 -- Posted collegiate bests in 1,000 free (10:02.46) and 100 breast (1:06.05) at B1G Quad Duals, in 200 breast vs. UNI (2:26.19) and in 200 IM at Nebraska (2:07.18)... the 1,000 free time ranks eighth

all-time at Iowa... placed 22nd in 1,650 free and swam a season-best 4:53.60 in 500 free at B1G Championships... swam a season-best 4:25.00 in 400 IM at Hawkeye Invite... CSC Academic All-District... Big Ten Distinguished Scholar... Academic All-Big Ten honoree... Dean's List student (Fall 2023, Spring 2024)... letterwinner.

2022-23 -- Led team in 500 free (4:54.14), 1,000 free (10:04.70), 1,650 free (16:57.14), and 400 IM (4:27.01)... placed 22nd in 1,650 free (17:01.98) and swam third leg on team-leading 800-free relay that placed 12th at B1G Championships (7:24.56)... won five individual events (three in 1,000 free, and one each in 500 free and 200 IM)... Big Ten Distinguished Scholar... President's List student (Spring 2023)... Dean's List student (Fall 2022, Spring 2023)... letterwinner.

2021-22 -- Competed at Denison University... earned All-America honors in 500 free (fifth-4:52.27), 400 IM (fifth-4:21.41), 1,650 free (fifth-16:51.81) and as part of 800-free relay at NCAA Division III Championships... NCAC conference champion in 1,650 free (16:48.22) and runner-up in 500 free (4:53.13) and 400 IM (4:23.23)... other best times were 1:52.23 (200 free), 4:52.27 (500 free), 4:21.41 (400 IM) and 16:47.31 (1,650 free).

High School -- Two-time all-state, three-time team MVP and four-time all-conference selection... finished in the top 10 at state meet three times with her highest finish coming in 500 free, where she placed sixth in 2019... Academic All-American in golf, where she was an honorable mention all-conference selection... graduated Magna Cum Laude.

Personal -- Parents are Andy and Courtney O'Brien... father played baseball at St. Thomas... enterprise leadership major.

COLLEGIATE BESTS

Event	Time	Meet	Date
500 Free	4:52.27	at NCAA Division III Champ's	2022
1,000 Free	10:02.46	at B1G Quad Duals	2/2/24
1,650 Free	16:47.31	at NCAC Championships	2022
100 Breast	1:06.05	at B1G Quad Duals	2/2/24



200 Breast	2:26.19	UNI	10/6/23
200 IM	2:07.18	at Nebraska	11/10/23
400 IM	4:23.23	at NCAC Championships	2022



Meredith O'Malley

Junior - Free

Winter Garden, Fla.

Bishop Moore Catholic HS

2023-24 -- Posted collegiate-bests in 500 free (5:06.15) and 1,650 free (17:26.54) at B1G Championships, and in 100 breast (1:09.46) and 200 breast (2:29.76) at B1G Quad Duals... recorded season bests in 100 free (53.99) and 200 free (1:56.17) at Hawkeye Invite and 1,000 free at B1G Quad Duals (10:31.32)... Academic All-Big Ten honoree... letterwinner.

Academic All-Big Ten honoree... letterwinner.

2022-23 -- Swam collegiate bests in 100 free (53.66), 200 free (1:54.98), 500 free (5:07.11) and 1,000 free (10:23.19) at Northwestern, and a season-best 17:35.18 in 1,650 free vs. Illinois... Dean's List student (Fall 2022)... letterwinner.

High School -- Four-time state team honoree... team MVP and team captain as a senior... placed fourth in 100 free and seventh in 50 free at 2021 state meet... won four conference titles - 50 and 100 free in 2019 and 2021... conference runner-up in 200 free and placed fourth in 50 free in 2018... top times include: 24.47 (50 free), 52.87 (100 free), 1:55.11 (200 free), 5:10.07 (500 free), 10:34.96 (1,000 free)... member of National Honor Society, National English Honor Society, Social Studies Honor Society, Athletic Honor Society and Science National Honor Society.

Personal -- Born Nov. 12, 2003, in Celebration, Fla.... parents are Michael and Sharon O'Malley... sport and recreation management major.

COLLEGIATE BESTS

Event	Time	Meet	Date
100 Free	53.66	at Northwestern	1/28/23
200 Free	1:54.98	at Northwestern	1/28/23
500 Free	5:06.15	at B1G Championships	2/24/24
1,000 Free	10:23.19	at Northwestern	1/27/23
1,650 Free	17:26.54	at B1G Championships	2/24/24
100 Breast	1:09.46	at B1G Quad Duals	2/2/24
200 Breast	2:29.76	at B1G Quad Duals	2/3/24



Sila Ozkazanc

Junior - Free/Back

Ankara, Turkey

Ankara University Development Foundation

2023-24 -- Posted season bests in 500 free (5:13.60) and 1,000 free (10:31.07) at Vanderbilt.

2022-23 -- Swam collegiate bests in 200 free (1:53.01), 200 Back (2:04.74), and 500 free at Hawkeye Invite, 1,000 free at Iowa State (10:12.34), and 1,650 free vs. Illinois (17:03.59)... the 500 free, 1,000 free, and 1,650 free times ranked second on the team... anchored team-leading 800-free relay to 12th-place finish at Big Ten Championships (7:24.56)... letterwinner.

High School -- Qualified for the 2021 European Junior Championships in Rome, Italy... placed 21st in 800 free and 24th in 400 free... top times include: 8:44.13 (800 free), 4:18.47 (400 free), 17:03.87 (1,500-free), 2:06.34 (200 free), 2:18.99 (200 back), 1:00.29 (100 free)... set school record in 4x200 free relay for Zafer College in Turkey... ninth through 12th middle school diploma... two-term Honor Student certificate... High Achievement certificate.

Personal -- Born Nov. 8, 2004 in Ankara... daughter of Sasan Ozkazanc-ipek Ozkazanc... has a younger sibling, Naz... economics major.

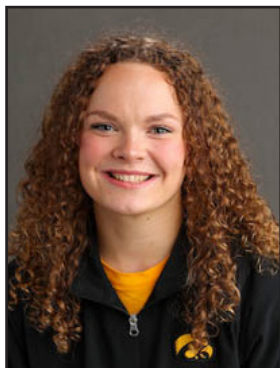
COLLEGIATE BESTS

Event	Time	Meet	Date
200 Free	1:53.01	Hawkeye Invite	12/2/22
500 Free	4:57.02	Hawkeye Invite	12/1/22
1,000 Free	10:12.34	vs. Iowa State	12/9/22
1,650 Free	17:03.59	vs. Illinois	1/13/23
200 Back	2:04.74	Hawkeye Invite	12/3/22



IOWA SWIMMING & DIVING

MEET THE HAWKEYES



Geneva Pauly

Junior - Diving

Arvada, Colo.

Arvada West HS

2023-24 -- Posted NCAA Zone Diving qualifying standards off of 1-meter (296.05) and platform (232.10)... placed 11th off platform with a season-best and team-leading 251.20 at NCAA Zone Championships... posted a collegiate-best

296.05 off 1-meter and a season-best 272.20 off 3-meter at Nebraska... placed 13th off platform (222.25) and 23rd off 1-meter at B1G Championships (236.80)... Academic All-Big Ten honoree... Dean's List student (Fall 2023)... letterwinner.

2022-23 -- Posted NCAA Zone Diving qualifying standards and collegiate bests off 3-meter (292.95) and platform (266.05)... the platform mark led the team and ranks sixth all-time at Iowa... placed 17th off 1-meter (262.40) and 16th off 3-meter (248.20) at B1G Championships... letterwinner.

High School -- Three-time all-state, three-time all-conference and two-time Team MVP... placed third at state meet as a freshman and sophomore and ninth as a junior... qualified for Regionals, Zones and Nationals every year since 2014... two-time conference champion, placing third as a junior... placed seventh at USA Diving Nationals on platform in 2019 and 21st at Nationals in 2021... set school record... academic letterwinner... four-year Honor Roll student... high school coach was Christopher Madsen... club coaches were Jenn Hess and Jack Perkins.

Personal -- Born March 29, 2004, in McKinney, Texas... parents are Christopher and Leigh Ann Pauly... has an older sister, Naya... marketing major.

COLLEGIATE BESTS

Event	Score	Meet	Date
1-Meter	296.05	at Nebraska	11/10/23
3-Meter	292.95	vs. Illinois	1/14/23
Platform	266.05	vs. Illinois	1/13/23



Molly Pedersen

Senior - Free/Back

Fishers, Ind.

Hamilton Southeastern HS

Penn State University

2023-24 -- Swam third leg on 200-free relay that placed 10th at B1G Championships in 1:32.84... posted season bests in 50 free (24.03), 100 free (51.59), and 100 back (58.25) at Hawkeye Invite, and 200 free at

B1G Championships (1:51.54)... Dean's List student (Spring 2024)... letterwinner.

2022-23 -- Anchored team-leading 200-free relay (1:31.49), swam third leg on team-leading 400-free relay (3:20.08), swam second leg on team-leading 800-free relay (7:24.56), and anchored team-leading 200-medley relay (1:40.27)... the 200-free relay time ranks seventh, the 400-free relay time ranks sixth, and the 200-medley relay time ranks 10th all-time at Iowa... swam second leg 200-free relay that placed 11th (1:32.16), third leg on 400-free relay that placed 12th (3:23.77), second leg on 800-free relay that placed 12th (7:24.56), and anchored 200-medley relay that placed 11th (1:40.79) at B1G Championships... posted collegiate bests in 50 free (23.84), 100 free (51.35), and 100 back (57.22) at Hawkeye Invite... letterwinner.

2021-22 -- Competed at Penn State... posted season-best times of 24:00 (50 free), 51.81 (100 free), 1:50.51 (200 free), 5:11.23 (500 free), 58.67 (100 back) and 2:07.24 (200 back).

High School -- Two-time team captain and three-time team MVP... set school record in 200 free and as part of 200-medley relay... recipient of 2021 Nathan King Outstanding Mental Attitude Award... swam for Southeastern Swim Club... five-time club record holder in the 500, 200 and 100 free and as part of the 200 and 400-free relays... member of team Indiana... four-year letterwinner... head coach was Andy Pedersen.

Personal -- Born Jan. 7, 2003, in Carmel, Ind... parents are Andy and Erica Pedersen... has a younger brother, A.J. and an older sister, Ellie, who rowed at Indiana University... enterprise leadership major.

COLLEGIATE BESTS

Event	Time	Meet	Date
50 Free	23.84	Hawkeye Invite	12/1/22
100 Free	51.35	Hawkeye Invite	12/3/22
200 Free	1:50.51	at GAC Invite	11/19/21
500 Free	5:11.23	vs. West Virginia	10/15/21
100 Back	57.22	Hawkeye Invite	12/2/22
200 Back	2:07.24	vs. Liberty & East Carolina	10/30/21



Hope Schimming

Sophomore - Back/Free
New Albany, Ohio
New Albany HS

2023-24 -- Posted collegiate bests in 50 free (24.44), 200 back (2:00.05), and 200 IM (2:05.41) at Hawkeye Invite, and 100 back at B1G Championships (55.40)... letterwinner.

Personal -- Born Aug. 17, 2005 in Nashville, Tenn.... parents are Aaron and Jennifer Schimming... mom swam at Michigan State University... has two siblings - Caleb, Nathanael... business major.

COLLEGIATE BESTS

Event	Time	Meet	Date
50 Free	24.44	Hawkeye Invite	11/30/23
100 Back	55.40	2x, last at B1G Championships	2/23/24
200 Back	2:00.05	Hawkeye Invite	12/2/23
200 IM	2:05.41	Hawkeye Invite	11/30/23



Madi Stone

Junior - Free
Danville, Calif.
San Ramon Valley HS

2023-24 -- Posted season bests in 50 free (24.43) and 100 free (53.19) at Hawkeye Invite, and 200 free at B1G Quad Duals (1:52.84)... Academic All-Big Ten honoree... letterwinner.

2022-23 -- Swam collegiate bests in 50 free (24.22) and 100 free (52.58) at Hawkeye Invite, and 200 free (1:52.37) vs. Iowa State... Dean's List student (Fall 2022)... letterwinner.

High School -- Posted two top four and four top 21 finishes at 2021 state meet... placed third in 200 free (1:51.84) and fourth in 100 free (51.79)... club coaches were Chris Horner and Jason Kamp.

Personal -- Born in Minneapolis. Minn... parents are Bret and Lisa Stone... has two siblings - Carson and Austin... exercise science major.

COLLEGIATE BESTS

Event	Time	Meet	Date
50 Free	24.22	Hawkeye Invite	12/1/22
100 Free	52.58	Hawkeye Invite	12/3/22
200 Free	1:52.37	vs. Iowa State	12/9/22



IOWA SWIMMING & DIVING

MEET THE HAWKEYES



Olivia Swalley
Sophomore - Breast
Johnston, Iowa
Johnston HS

2023-24 -- Won 200 IM with a collegiate-best and team-leading 1:58.47 and placed third in 400 IM (4:15.35) at CSCCA National Invitation Championships... posted NCAA "B" qualifying standards and led team in 100 breast (1:01.02), 200

breast (2:12.92), 200 IM (1:58.47), and 400 IM (4:14.42)... those times rank second, fourth, second, and second, respectively, all-time at Iowa... also swam on all five team-leading relays... swam third leg on 400-free relay that placed eighth (3:19.26), third leg on 800-free relay that placed ninth (7:12.57), second leg on 400-medley relay that placed ninth (3:40.80), and second leg on 200-medley relay that placed 12th (1:40.59) at B1G Championships... the 400-free relay ranks second and the 800-free relay ranks sixth all-time at Iowa... placed 14th in 200 IM (1:59.98), 19th in 400 IM (4:14.42), and 22nd in 200 breast (2:15.06) at B1G Championships... swam third leg on team-leading 400-free relay (3:19.26), second leg on team-leading 200-medley relay (1:39.59), and second leg on team-leading 400-medley relay (3:38.28)... those times rank second, fifth, and seventh, respectively, all-time at Iowa... four-time B1G Freshman of the Week honoree (Nov. 1, Dec. 6, Dec. 13, Jan. 17)... swam anchor leg on 400-free relay that placed fourth and second leg on 200-medley relay that placed fifth at CSCAA National Invitation Championships... those times rank 10th and seventh, respectively, all-time at Iowa... won 23 individual races (seven 100 breast, seven 200 breast, seven 200 IM, and two 400 IM) and swam on six winning relays (two 200-medley, two 400-medley, one 200-free, and one 400-free)... won 100 breast, 200 breast, 200 IM in five meets... Dean's List student (Fall 2023)... named Swimming Team Co-MVP... letterwinner.

Personal -- Born July 28, 2005 in Des Moines, Iowa... parents are Scott and Marcy Swalley... dad played basketball at Buena Vista University... has one sister-Emily... health studies major.

COLLEGIATE BESTS

Event	Time	Meet	Date
100 Breast	1:01.02	at B1G Quad Duals	2/2/24
200 Breast	2:12.92	Hawkeye Invite	12/2/23
200 IM	1:58.47	at CSCAA Ntl. Inv. Champ's	3/14/24
400 IM	4:14.42	at B1G Championships	2/23/24



Leslie Wendel
Junior - Free/Fly
Winnetka, Ill.
New Trier HS

2023-24 -- Posted collegiate bests in 50 free at Hawkeye Invite (24.92) and 200 fly at B1G Quad Duals (2:07.02)... recorded season bests in 100 fly at B1G Championships (58.20) and 200 IM at Hawkeye Invite (2:11.81)... CSC Academic

All-District... Big Ten Distinguished Scholar... Academic All-Big Ten honoree... Dean's List student (Fall 2023, Spring 2024)... letterwinner.

2022-23 -- Swam collegiate bests in 100 free (54.03), 100 fly (57.37), and 200 IM (2:08.48) at Hawkeye Invite, 200 free vs. Iowa State (1:52.89), and 400 IM vs. Vanderbilt (4:52.47)... posted season bests in 50 free vs. Illinois (25.29) and 200 fly at Hawkeye Invite (2:08.20)... Dean's List student (Fall 2022)... letterwinner.

High School -- Two-time All-American, two-time all-state and two-time all-conference selection... NCSA qualifier in 100 fly, 200 fly, 200 free, 100 back, 200 back and 100 free... placed third at state meet in 400 free relay in 2019 and eighth in 100 fly... earned bronze in 400-free relay at state meet in 2018... three-time conference champion (400-free relay, 100 fly, 400-free relay)... helped team to back-to-back conference titles... top times were: 55.57 (100 fly), 1:52.66 (200 free), 52.14 (100 free)... set school record as part of 400-free relay... four-year Honor Roll student... Spanish Honor Society member... high school coaches were Mac Guy, Josh Runkle and Mike Leissner.

Personal -- Born Feb. 11, 2004, in Chicago... parents are David and Jill Wendel... mother swam at Illinois... has a twin sister, Alexis, who swims at Illinois... business major.

COLLEGIATE BESTS

Event	Time	Meet	Date
50 Free	24.94	Hawkeye Invite	11/30/23
100 Free	54.03	Hawkeye Invite	12/3/22
200 Free	1:52.89	vs. Iowa State	12/9/22
100 Fly	57.37	Hawkeye Invite	12/2/22
200 Fly	2:07.02	at B1G Quad Duals	2/2/24
200 IM	2:08.48	Hawkeye Invite	12/1/22
400 IM	4:52.47	vs. Vanderbilt	1/21/23



Lainey Woodward

Junior - Diving

Omaha, Neb.

Millard West HS

2023-24 -- Did not compete.... Academic All-Big Ten honoree.

2022-23 -- Posted NCAA Zone Diving qualifying standard and a collegiate-best 302.85 off the 1-meter vs. Illinois (311.55)... scored a

collegiate-best 275.55 off of the 3-meter at Hawkeye Invite... placed 23rd off of the 1-meter (249.05) and 23rd off of the 3-meter (275.55) at Big Ten Championships... won 1-meter event at Northern Iowa... Dean's List student (Fall 2022)... letterwinner.

High School -- Two-time All-American...two-time team MVP... state runner-up as a sophomore, placing fourth as a junior and eighth as a freshman... conference runner-up as sophomore and junior, placing third as a freshman... set school 11-dive record (497.90)... placed fourth at AAU Nationals in 2021... placed second at 1-meter Zones in 2019 and ninth at AAU Nationals in 2019... high school coach was Peter Charles.

Personal -- Born Jan. 16, 2004, in Omaha, Neb... parents are Marty and Kendall Woodward... has two older siblings, Alexy and Makenna... marketing major.

COLLEGIATE BESTS

Event	Score	Meet	Date
1-Meter	302.85	vs. Illinois	1/14/23
3-Meter	275.55	Hawkeye Invite	12/2/22



IOWA SWIMMING & DIVING

2023-24 SEASON REVIEW

TEAM RESULTS

(5-5 Overall, 2-3 Big Ten)

Date	Meet	Result
10/6	Northern Iowa .. W, 196.5-103.5	
10/27-28	at Ohio State	NTS
	vs. Virginia Tech	NTS
10/28	at Vanderbilt.....	L, 124-138
11/10	at Nebraska.....	W, 159.5-140.5
11/30-12/2	Hawkeye Invite.....	2nd/8 teams
12/8	at Iowa State *.....	W, 168-115
1/2	at Miami	L, 93-168
	vs. Vanderbilt	W, 178-83
1/12	at Illinois.....	W, 166.5-133.50
2/2	at Purdue.....	L, 120-251
	vs. Northwestern	L, 172-194
	vs. Minnesota	L, 96-275
2/21-24	at B1G Champ's ...	11th/303 pts.
3/11-13	at NCAA Zone Diving	NTS
3/14-16	at CSCAA Ntl. Inv....	9th/327 pts.

*Iowa Corn Cy-Hawk Series

2024 BIG CHAMPIONSHIPS

Place	Team	Points
1.	Indiana	1,359
2.	Ohio State	1,358.5
3.	Michigan	1,207
4.	Wisconsin.....	978
5.	Minnesota.....	816
6.	Purdue.....	572.5
7.	Northwestern	463.5
8.	Nebraska	409
9.	Penn State	382
10.	Rutgers.....	363.5
11.	IOWA.....	303
12.	Illinois	204

SEASON BEST PERFORMANCES

Event	Athlete	Mark
50 Free	Kennedy Gilbertson	22.70 (B)
100 Free	Sabina Kupcova	50.14
200 Free	Jenna Kerr	1:46.97
500 Free	Jenna Kerr	4:45.15
1,000 Free	Jenna Kerr	10:01.53
1,650 Free	Jenna Kerr	16:34.23
100 Back.....	Kennedy Gilbertson	53.86
200 Back.....	Kennedy Gilbertson	1:57.19
100 Breast.....	Olivia Swalley.....	1:01.02 (B)
200 Breast.....	Olivia Swalley.....	2:12.92 (B)
100 Fly	Scarlet Martin	53.68 (B)
200 Fly	Scarlet Martin	1:58.67 (B)
200 IM.....	Olivia Swalley.....	1:58.47 (B)
400 IM.....	Olivia Swalley.....	4:14.42 (B)
200 Free Relay.....	Gilbertson, Kerr, Swalley, Martin.....	1:31.46
400 Free Relay.....	Kupcova, Kerr, Swalley, Martin	3:19.26
800 Free Relay.....	Kerr, Kupcova, Swalley, Martin	7:12.57
200 Medley Relay	Gilbertson, Swalley, Martin, Kerr	1:39.59
400 Medley Relay	Gilbertson, Swalley, Martin, Kerr	3:38.28
1-Meter Diving	Makayla Hughbanks	312.60 ^
3-Meter Diving	Makayla Hughbanks	356.93 ^
Platform Diving	Geneva Pauly	232.10 ^

(B) - NCAA B Cut, ^ - NCAA Zone Diving Standard

TOP 24 PERFORMANCES AT BIG CHAMPIONSHIPS

Event	Athlete	Mark	Place
400-Free Relay	Kupcova, Kerr, Swalley, Martin	3:19.26	8th
800-Free Relay	Kerr, Kupcova, Swalley, Martin	7:12.57	9th
400-Medley Relay.....	Gilbertson, Swalley, Martin, Kerr	3:40.80	9th
200-Free Relay	Gilbertson, Kupcova, Pedersen, Galvin.....	1:32.84	10th
200-Medley Relay.....	Gilbertson, Swalley, Martin, Kerr	1:40.59	12th
1-Meter Diving	Sarah Ballard.....	260.05	13th
Platform Diving	Geneva Pauley	222.25	13th
200 IM.....	Olivia Swalley	1:59.98	14th
1-Meter Diving	Makayla Hughbanks	251.15	14th
200 Free	Jenna Kerr.....	1:49.07	16th
200 Back.....	Kennedy Gilbertson.....	1:57.65	18th
400 IM.....	Olivia Swalley	4:14.42	19th
1,650 Free	Jenna Kerr.....	16:37.01	19th
200 Fly	Scarlet Martin.....	1:59.64	19th
100 Fly	Scarlet Martin.....	54.11	20th
100 Back.....	Kennedy Gilbertson.....	54.16	20th
3-Meter Diving	Makayla Hughbanks	249.30	21st
1,650 Free	Alix O'Brien	16:53.30	22nd
200 Back.....	Annie Galvin	1:58.65	22nd
200 Breast.....	Olivia Swalley	2:15.06	22nd
1-Meter Diving	Geneva Pauly.....	236.80	23rd

IOWA SWIMMING & DIVING

OLYMPIANS & NATIONAL IOWA VARSITY CLUB HALL OF FAME



IOWA OLYMPIANS



Loredana Zisu
Swimmer - Romania
1996 - Atlanta



Nancilea (Underwood) Foster
Diver - U.S.A.
2008 - Beijing



Bob Rydze
Team Leader - U.S.A.
2008 - Beijing



Heather Arseth
Swimmer - Mauritius
2012 - London



NATIONAL IOWA CLUB VARSITY HALL OF FAME

Inductees are selected by a vote of all dues-paying members of the National Iowa Varsity Club. All former Hawkeyes who have won at least one major letter and completed their eligibility at least 10 years prior to selection are eligible for the Hall of Fame. A coach or administrator must have retired or left the university at least five years prior to selection. A maximum of seven inductees may be selected to the Hall of Fame each year. Listed below each name is the individual's years of participation at Iowa and the year they were inducted into the Hall of Fame.



Kimberly Stevens
Athlete - 1983-88
Inducted - 2016



Nancilea (Underwood) Foster
Athlete - 2001-03, 2004-06
Inducted - 2022





IOWA SWIMMING & DIVING

ALL-AMERICANS

200 FREE

2020 Hannah Burvill

500 FREE

2015 Becky Stoughton (HM)

1,500 FREE

2000 Melissa Loehndorf

1,650 FREE

2012 Becky Stoughton (HM)

2015 Becky Stoughton (HM)

100 BACK

1977 Diane Jager

2003 Jennifer Skolaski

2005 Jennifer Skolaski

50 BREAST

1980 Kerry Stewart

1982 Kerry Stewart

100 BREAST

1982 Kerry Stewart

2001 Allison Lyle

2016 Emma Sougstad (HM)

2017 Emma Sougstad

200 BREAST

1983 Wenche Olsen

1988 Christina Dieterle

2002 Allison Lyle

200 FLY

2001 Melissa Loehndorf

2020 Kelsey Drake

100 IM

1978 Julie Baty

1-METER DIVING

1987 Terri Millmier

2003 Lisette Planken

2005 Nancilea Underwood

2006 Nancilea Underwood

2011 Deidre Freeman

2011 Veronica Rydze

3-METER DIVING

1981 Ann Bowers

1984 Diane Goldsworthy

2003 Nancilea Underwood

2005 Nancilea Underwood

2006 Nancilea Underwood

2011 Deidre Freeman

2020 Sam Tamborski

PLATFORM DIVING

1991 Katy Ketoff

1992 Katy Ketoff

1999 Laura Maldonado

2017 Calli Head)

WOMEN'S 200 FREE RELAY

1985 Allison Lloyd, Jennifer Petty, Kim Stevens,
Donna Strilich

WOMEN'S 200 MEDLEY RELAY

1982 Jodi Davis, Martha Donovan, Kerry Stewart,
Nancy Vaccaro

WOMEN'S 400 FREE RELAY

1985 Allison Lloyd, Jennifer Petty, Kim Stevens,
Donna Strilich

WOMEN'S 800 FREE RELAY

1986 Bernie Brandenburg, Jane Keating, Vickie Nauman,
Kim Stevens

HM - Honorable Mention



50 FREE

1990 Colleen Thome..... 23.56

100 FREE

1985 Kim Stevens 51.64

200 FREE

1985 Kim Stevens 1:50.76

1986 Kim Stevens *1:50.13

**Big Ten record time in 1986*

500 FREE

1986 Jane Keating 4:50.45

1,650 FREE

2000 Melissa Loehndorf..... 16:33.95

2015 Becky Stoughton..... 15:57.43

200 BREAST

1984 Wenche Olsen 2:21.69

50 FLY

1983 Nancy Vaccaro..... 26.26

200 FLY

2001 Melissa Loehndorf..... 2:00.14

1-METER DIVING

1986 Kelly Johnson 466.62

3-METER DIVING

1985 Kelly Johnson 491.94

1986 Kelly Johnson 487.95

3-METER SYNCHROIZED DIVING

2011 Deidre Freeman, Veronica Rydze 266.76

800 FREESTYLE RELAY

1986 Jane Keating, Bernie Brandenburg, Sophie
Lindeskog, Kim Stevens, 1986..... 7:29.81



IOWA SWIMMING & DIVING

NATIONAL & BIG TEN HONOR ROLL

NCAA WOMAN OF THE YEAR FINALIST

Jennifer Skolaski - 2005

BIG TEN MEDAL OF HONOR

Kerry Stewart - 1983

Jennifer Skolaski - 2005

Nancilea Underwood - 2006

BIG TEN DIVER OF THE YEAR

Kelly Johnson - 1986

BIG TEN DIVING COACH OF THE YEAR

Bob Rydze - 1985, 1986, 1995, 2011

BIG TEN FRESHMAN OF THE YEAR

Becky Stoughton- 2012

BIG TEN WOMEN'S SWIMMER OF THE WEEK

Kelsey Drake 12/12/2018; 12/18/2019
Alison Gschwend 12/12/2006
Verity Hicks 12/15/2009
Shea Hoyt 12/3/2017
Christine Kuczek 12/16/2008
Tereysa Lehnertz 10/5/2016
Scarlet Martin 12/13/23; 1/17/24
Robin Samples 2/7/2006
Lindsay Seemann 12/17/2013
Jennifer Skolaski 12/10/2001; 2/12/2002; 1/28/2003;
2/12/2003
Emma Sougstad 11/4/2014; 12/16/2014; 12/15/2015;
11/2/2016; 12/14/2016
Becky Stoughton 11/8/2011; 12/11/2012
Katarina Tour 12/14/2010
Kelly Werner 12/13/2005
Stacy Wertz 12/15/1998; 12/12/2000
Loredana Zisu 2/10/1999; 12/5/2000

BIG TEN WOMEN'S FRESHMAN SWIMMER OF THE WEEK

Hannah Burvill 10/5/2016; 12/14/2016; 1/25/2017
Kelsey Drake 12/13/2017
Olivia Kabacinski 12/11/2012
Jayah Mathews 11/1/2017
Millie Sansome 10/9/2019; 12/18/2019
Sarah Schemmel 2/7/2018
Abbey Schneider 12/16/2015
Emma Sougstad 10/1/2013
Becky Stoughton 12/10/2011; 1/24/2012; 1/31/2012
Olivia Swalley 11/1/23; 12/6/23; 12/13/23; 1/17/24
Sam Tamborski 12/12/2018

BIG TEN WOMEN'S DIVER OF THE WEEK

Joelle Christy 12/11/2012; 1/22/2013
Deidre Freeman 11/11/2008
Abby Grilli 11/19/2013; 12/17/2013; 1/21/2014
Makayla Hughbanks 12/3/23
Laura Maldonado 12/10/2001
Jayah Matthews 2/7/2018; 11/21/2018; 12/12/2018;
2/6/2019; 11/6/2019; 11/13/2019; 12/18/2019
Lisette Planken 1/28/2002; 11/19/2002; 1/28/2003; 2/6/2003;
10/26/2004
Morgan Rafferty 12/16/2015
Veronica Rydze 1/19/2010; 12/6/2011
Thelma Strandberg 12/14/2016
Sam Tamborski 10/9/2019; 10/16/2019
Jacintha Thomas 10/5/2016; 10/11/2017; 12/13/2017
Nancilea Underwood 11/9/2004; 11/16/2004; 10/18/2005;
10/25/2005; 12/13/2005
Sara Wolchko 12/15/1998

COLLEGESWIMMING.COM DIVISION I NATIONAL WOMEN'S SWIMMER OF THE WEEK

Emma Sougstad 12/15/2015
Becky Stoughton 11/8/2011

COLLEGESWIMMING.COM BIG TEN WOMEN'S SWIMMER OF THE WEEK

Olivia Kabacinski 12/15/2015



CSCAA SCHOLAR

ALL-AMERICA TEAMS

IOWA - 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023

CSCAA WOMEN'S

SCHOLAR ALL-AMERICANS

Heather Arseth _____ 2013
Becky Anderson _____ 1988-89, 1990
Grace Borchers _____ 2010
Elise Borja _____ 2014
Ileana Buciu _____ 1988-89, 2001
Julie deBruin _____ 2008
Hannah Burvill _____ 2020
Danielle Carty _____ 2012
Joelle Christy _____ 2012, 2014, 2015
Daniela Cubelic _____ 2010, 2012
Ashley Dell _____ 2008
Kelsey Drake _____ 2018-21
Katelyn Eustis _____ 2003-04
Caitlyn Girdley _____ 2003
Abby Grilli _____ 2012, 2014, 2015
Alison Gschwend _____ 2008
Claire Hartley _____ 2022
Chelsea Hoff _____ 2006
Makayla Hughbanks _____ 2022
Jo Jekel _____ 2018
Mallory Jump _____ 2021
Olivia Kabacinski _____ 2015, 2016
Karen Kelly _____ 2005-06
Katy Ketoff _____ 1991-92
Christine Kuczek _____ 2010
Meghan Lavelle _____ 2017-18
Amy Lenderink _____ 2018
Kelly McNamara _____ 2017-18
Katie Martin _____ 2006
Laura Mozdzen _____ 2008
Allie Orvis _____ 2015, 2016
Claire Park _____ 2020
Lisette Planken _____ 2003
Morgan Rafferty _____ 2016, 2018
Robin Samples _____ 2006
Millie Sansome _____ 2020
Mekenna Scheitlin _____ 2018
Sarah Schemmel _____ 2018
Jennifer Skolaski _____ 2004-05
Emma Sougstad _____ 2016
Becky Stoughton _____ 2012
Thelma Strandberg _____ 2020
Sam Tamborski _____ 2020-21
Jacintha Thomas _____ 2016-19

Katarina Tour _____ 2008
Nancilea Underwood _____ 2005-06
Joyce VanKeulen _____ 2004
Karolina Wartalowicz _____ 2012-14

CSC ACADEMIC ALL-DISTRICT

Olivia Asay _____ 2024
Annie Galvin _____ 2024
Alix O'Brien _____ 2024
Leslie Wendel _____ 2024

BIG TEN DISTINGUISHED SCHOLARS

April Allen _____ 2013
Heather Arseth _____ 2013
Maddie Black _____ 2024
Elaine Boosalis _____ 2013, 2015
Sophia Borchers _____ 2010
Elise Borja _____ 2013-14
Pamela Breitrick _____ 2014-15
Maddie Bro _____ 2014-16
Summer Campbell _____ 2018
Emily Christiansen _____ 2012
Joelle Christy _____ 2012-15
Olivia Cook _____ 2017-18
Daniela Cubelic _____ 2012
Kelsey Drake _____ 2019-21
Anna Flessner _____ 2011
Sarah Galvin _____ 2011
Haley Gordon _____ 2014
Abby Grilli _____ 2012-14
Meghan Hackett _____ 2019-20
Claire Hartley _____ 2022-23
Taylor Hartley _____ 2021
Maggie Hofstadter _____ 2014
Lexi Horner _____ 2020-21
Emily Hovren _____ 2014
Makayla Hughbanks _____ 2023-24
Jo Jekel _____ 2018
Stacia Johns _____ 2009
Julia Koluch _____ 2021
Audrey Kumm _____ 2014
Meghan Lavelle _____ 2017-18
Amy Lenderink _____ 2018-20
Hannah Maher _____ 2013-15
Lauren McDougall _____ 2021
Kelsie Neubauer _____ 2011
Alix O'Brien _____ 2023-24
Sage Ohlensehlen _____ 2019-21
Allie Orvis _____ 2015-16
Claire Park _____ 2021
Morgan Rafferty _____ 2018
Mekenna Scheitlin _____ 2018
Sarah Schemmel _____ 2019-21

Alleyna Thomas _____ 2020-21
Jacintha Thomas _____ 2017-19
Samantha Wagner _____ 2016
Karolina Wartalowicz _____ 2014
Leslie Wendel _____ 2024

ACADEMIC ALL-BIG TEN

Anna Acosta _____ 1995-96
April Allen _____ 2011-13
Rebecca Anderson _____ 1988-90
Heather Arseth _____ 2013
Olivia Asay _____ 2024
Sarah Ballard _____ 2023-24
Erin Beesley _____ 2000
Izzie Bindseil _____ 2016, 2018
Maddie Black _____ 2022-24
Marie Blanchard _____ 1988
Elaine Boosalis _____ 2013-15
Grace Borchers _____ 2010
Sophie Borchers _____ 2010
Laura Borgelt _____ 1992-94
Elise Borja _____ 2012-14
Bernie Brandenburg _____ 1987-88
Pamela Breitrick _____ 2013-15
Maddie Bro _____ 2014-16
Pam Broad _____ 1992-94
Anna Brooker _____ 2022
Ileana Buciu _____ 1998-2000
Dana Burkhardt _____ 1998
Marisa Burkhardt _____ 1998-2000
Liane Burton _____ 1992-94
Summer Campbell _____ 2016, 2018
Danielle Carty _____ 2010-11
Pam Capin _____ 1990, 1992
Colleen Champa _____ 2016
Emily Christiansen _____ 2012-13
Joelle Christy _____ 2012-15
Georgia Clark _____ 2021-22
Olivia Cook _____ 2017-18
Jennine Cota _____ 1996
Sara Cotter _____ 1998
Sherrill Crow _____ 1992-93
Daniela Cubelic _____ 2010-12
Dana Davidson _____ 2010
Julie deBruin _____ 2008-10
Katie Decker _____ 1990-92
Ashley Dell _____ 2009
Sheila Dempsey _____ 1989
Aiste Dobrovolskaite _____ 2012
Kelsey Drake _____ 2019-21
Lauren Drennan _____ 2012-14
Lynn Dustin _____ 1995-97
Christine Eck _____ 1993



IOWA SWIMMING & DIVING

ACADEMIC HONORS

Kristen Eide	2003-05	Audrey Kumm	2013-15	Samantha Sauer	2019-20
Katelyn Eustis	2003-05	Sara Kunnemann	2003	Mekenna Scheitlin	2016-18
Lauren Eytalis	2013	Sabina Kupcova	2024	Sarah Schemmel	2019-21
Regan Fields	2000	Marsha Landowski	1993	Michele Schmerbauch	2003
Julie Feingold	2008-10	Tereysa Lehnertz	2016-18	Kara Schmitz	1999
Anna Flessner	2011	Hilary Leigh	2008-10	Abbey Schneider	2018-19
Deidre Freeman	2008-09,2011	Amy Lenderink	2018-20	Rebecca Schwartz	1999-2001
Stacy Friedlund	1991-93	Mary Sue Lemay	2011	Lindsay Seemann	2014
Therese Gannon	1994	Meghan Lavelle	2018	Michelle Sentyrz	1992-93
Stacie Gilleo	1991-92	Meredith Lewis	1991-93	Meghan Sievertsen	2007-09
Caitlin Girdley	2003-05	Lyndsey Lewman	1997-99	Jennifer Skolaski	2003-05
Tracy Golden	1991-93	Sophie Lindeskog	1987	Emma Sougstad	2015-17
Haley Gordon	2012-14	Amy Lindgren	1989	Kimberly Stevens	1988
Alicia Graziano	2000	Allison Lloyd	1987	Alisha Stitts	1998-2000
Abby Grilli	2012-15	Brittany Logan	2010	Madi Stone	2024
Morgan Grout	2019	Allison Lyle	2001-02	Becky Stoughton	2015
Alison Gschwend	2007-08	Deb Lynch	1989-90	Thelma Strandberg	2019-20
Meghan Hackett	2018-20	Jennifer Maehl	1994-95	Jennifer Swan	1989
Katie Haeger	2003-05	Hannah Maher	2013-15	Sam Tamborski	2020-21,2022
Deb Hamling	1991	Laura Maldonado	2000-02	Angela Teigland	1995
Heather Hall	2007	Katie Martin	2005-06	Kelly Tellschow	1997-99
Claire Hartley	2022-23	Kelly McCready	1996-97	Alleyna Thomas	2020-21
Taylor Hartley	2020-21	Lauren McDougall	2020-21	Jacintha Thomas	2017-19
Lisa Haunz	2001-04	Natalie McGovern	2017-19	Abbey Tuchscherer	2014
Kendra Helfter	1987-88	Kelly McNamara	2018-19	Angie Todt	1991
Andrea Hemphill	2004-06	Katie Michelau	2008-10	Katarina Tour	2009-11
Verity Hicks	2009-11	Terri Millmier	1989	Nancilea Underwood	2003, 2005-06
Emily Hoefler	2007	Kristin Mills	1994	Abby Van Maaren	2003-05
Maggie Hofstadter	2014	Shelley Miyamoto	1991-93	Cristina Vintila	1998-2000
Stephanie Homewood	1998-2000	Jackie Molzahn	2002-04	Samantha Wagner	2014-16
Christie Hooper	2002, 2004	Laura Mozden	2008-10	Serena Wanasek	2015-17
Lexi Horner	2019-21	Nicole Nemmers	2006-07	Karolina Wartalowicz	2012-14
Ashley Horodyski	2014-16	Kelsie Neubauer	2010-11	Katie Wells	2017
Emily Hovren	2012-14	Taylor Newgaard	2012-14	Leslie Wendel	2024
Lisa Hovey	1992-93	Ann Nollau	2001	Jane Wentzien	1989
Makayla Hughbanks	2023-24	Alix O'Brien	2024	Nicki Wex	2008-09
Devin Jacobs	2017-19	Carly O'Brien	2016-18	Nicole Widmyer	1994
Jo Jekel	2016-18	Meredith O'Malley	2024	Holly Wilkinson	1996-97
Stacia Johns	2008-10	Sage Ohlensehlen	2019-21	Ariel Wooden	2022
Tracy Juncker	1991-93	Aleksandra Olesiak	2021-23	Lainey Woodward	2024
Olivia Kabacinski	2015-16	Allie Orvis	2014-16	Deb Wirth	1991
Elizabeth Katz	1999-2000	Claire Park	2019-21	Ariel Wooden	2021
Christina Kaufman	2021	Geneva Pauly	2024	Loredana Zisu	1999-2001
Lauren Kelba	2012, 2015	Erin Petty	2005-07	Emily Zywicke	1999-2000
Karen Kelly	2004-06	Anna Pfeiffer	2022-24		
Danielle Klunk	2013	Caitie Polz	2011		
Katie Koenig	2004-06	Lisette Planken	2003, 2005		
Louise Keogh	1988-90	Morgan Rafferty	2016-18		
Katy Ketoff	1990-92	Vicki Ramseyer	1987-89		
Jennifer Knapp	1995-96	Brianne Richson	2012		
Julia Koluch	2021	Macy Rink	2021		
Amy Krone	1989-90	Veronica Rydze	2009-12		
Christine Kuczek	2009-10	Robin Samples	2005-07		



ALISON PENNINGTON HADDON

STRENGTH OF CHARACTER AWARD

The Alison Pennington Haddon Strength of Character Award is presented to the women's team member who exemplifies the qualities of integrity, authenticity, dedication, work ethic, perseverance, loyalty, encouragement and leadership. Alison Pennington Haddon competed for the Hawkeyes from 1990-94. She was killed in a car accident in 2003.

2003	Nancilea Underwood
2004	Christie Hooper
2005	Katelyn Eustis
2006	Karen Kelly
2007	Stacia Johns
2008	Ashley Dell
2009	Daniela Cubelic
2010	Laura Mozdzen
2011	Caitie Polz
2012	Abbey Tuchscherer
2013	April Allen
2014	Elise Borja
2015	Colleen Champa
2016	Samantha Wagner
2017	Serena Wanasek
2018	Morgan Rafferty
2019	Sage Ohlensehlen
2020	Kelsey Drake
	Allyssa Fluit
2024	Annie Galvin

WOMEN'S SWIMMING TEAM MVP

2001	Melissa Loehndorf
2003	Jennifer Skolaski
2004	Jennifer Skolaski
2005	Jennifer Skolaski
2006	Kelly Werner
2007	Christine Kuczek
2008	Christine Kuczek
	Katarina Tour
2009	Katarina Tour
2010	Katarina Tour
2011	Katarina Tour
2012	Becky Stoughton
2013	Lindsay Seemann
2014	Olivia Kabacinski
2015	Becky Stoughton
2016	Emma Sougstad
2017	Emma Sougstad
2018	Hannah Burvill
2019	Hannah Burvill
2020	Hannah Burvill
	Allyssa Fluit
	Kelsey Drake
2024	Jenna Kerr
	Olivia Swalley

WOMEN'S DIVING TEAM MVP

2009	Deidre Freeman
2010	Veronica Rydze
2011	Deidre Freeman
	Veronica Rydze
2012	Veronica Rydze
2013	Abby Grilli
2014	Abby Grilli
2015	Joelle Christy
2016	Morgan Rafferty
2017	Calli Head
2018	Jayah Mathews
2019	Jayah Mathews
2020	Sam Tamborski
2024	Makayla Hughbanks

STRENGTH & CONDITIONING

ACHIEVEMENT AWARD

2009	Stacia Johns
2010	Chrstine Kuczek
2011	April Allen
2012	Abbey Tuchscherer
2013	Emily Hovren
	Karolina Wartalowicz
2014	Emily Hovren
	Karolina Wartalowicz
2015	Pamela Breitrack
2016	Emma Sougstad
2017	Thelma Strandberg
2018	Mekenna Scheitlin
2019	Kelsey Drake
2020	Grace Reeder
2024	Olivia Asay



IOWA SWIMMING & DIVING

SCHOOL & CRWC SCY POOL RECORDS

50 FREE

School: _ 22.55 _ Hannah Burvill, 2018
CRWC: _ 22.04 _ Rebecca Thompson, Wisconsin, 2/6/12

100 FREE

School: _ 48.94 _ Hannah Burvill, 2018
CRWC: _ 48.28 _ Rebecca Thompson, Wisconsin, 2/18/12

200 FREE

School: _ 1:44.42 _ Hannah Burvill, 2018
CRWC: _ 1:45.76 _ Margaux Farrell, Indiana, 2/17/12

500 FREE

School: _ 4:39.76 _ Becky Stoughton, 2015
CRWC: _ 4:38.00 _ Ashley Steenvoorden,
Minnesota, 2/16/12

1,000 FREE

School: _ 9:39.44 _ Becky Stoughton, 2012
CRWC: _ 9:39.44 _ Becky Stoughton, Iowa, 11/4/11

1,650 FREE

School: _ 15:57.43 _ Becky Stoughton, 2015
CRWC: _ 16:00.44 _ Lindsay Vrooman, Indiana, 2/18/12

100 BACK

School: _ 53.19 _ Kennedy Gilbertson, 2023
CRWC: _ 51.95 _ Katherine Berkoff, 12/8/2017

200 BACK

School: _ 1:56.49 _ Lindsay Seemann, 2013
CRWC: _ 1:52.18 _ Lucie Nordmann, 12/9/2017

10 BREAST

School: _ 58.76 _ Emma Sougstad, 2017
CRWC: _ 58.76 _ Emily McClellan, Wisconsin Milwaukee,
12/7/13

200 BREAST

School: _ 2:10.47 _ Emma Sougstad, 2017
CRWC: _ 2:05.85 _ Emma Reaney, Notre Dame, 12/8/13

100 FLY

School: _ 52.30 _ Mallory Jump, 2021
CRWC: _ 52.11 _ Emma Carlton, 12/8/2017

200 FLY

School: _ 1:58.28 _ Becky Stoughton, 2015
CRWC: _ 1:55.19 _ Dakota Luther, 12/9/2017

200 INDIVIDUAL MEDLEY

School: _ 1:57.55 _ Emma Sougstad, 2016
CRWC: _ 1:55.18 _ Emma Reaney, Notre Dame, 12/6/13

400 INDIVIDUAL MEDLEY

School: _ 4:12.34 _ Becky Stoughton, 2012
CRWC: _ 4:01.41 _ Allysa Vavra, Indiana, 2/17/12

200 FREE RELAY

School: _ 1:30.96 _ Olivia Kabacinski, Emma Sougstad,
Meghan Lavelle, Mekenna Scheitlin, 2015
CRWC: _ 1:28.46 _ Thompson, Martin, Palm, Martin,
Wisconsin, 2/16/12

400 FREE RELAY

School: _ 3:18.83 _ Hannah Burvill, Emma Sougstad,
Allyssa Fluit, Serena Wanasek, 2017
CRWC: _ 3:16.12 _ Palser, Thomas, Pulos, Whitmire,
Penn State, 2/18/12
3:16.12 _ Thompson, Palm, Miller, Van Hout,
Wisconsin, 2/18/12

800 FREE RELAY

School: _ 7:08.06 _ Hannah Burvill, Alyssa Fluit, Meghan
Lavelle, Carly O'Brien, 2018
CRWC: _ 7:00.82 _ Strumbel, Vrooman, White, Farrell,
Indiana, 2/15/12

200 MEDLEY RELAY

School: _ 1:38.99 _ Meghan Lavelle, Emma Sougstad,
Mekenna Scheitlin, Hannah Burvill, 2017
CRWC: _ 1:37.34 _ Osten, Wanland, Palm, Thompson,
Wisconsin, 2/15/12

400 MEDLEY RELAY

School: _ 3:36.71 _ Meghan Lavelle, Emma Sougstad,
Mekenna Scheitlin, Hannah Burvill, 2017
CRWC: _ 3:33.50 _ Whitmire, Krawczyk, Powers, Palser,
Penn State, 2/17/12

1-METER DIVING

School: _ 338.55 _ Deidre Freeman, 2011
CRWC: _ 360.65 _ Bianca Alvarez, Ohio State, 2/16/12

3-METER DIVING

School: _ 407.40 _ Deidre Freeman, 2011
CRWC: _ 410.65 _ Bianca Alvarez, Ohio State, 2/17/11

PLATFORM DIVING

School: _ 312.20 _ Lydia Lehnert, 2015
312.20 _ Calli Head, 2016
CRWC: _ 373.20 _ Samantha Bromberg, OSDC, 8/14/13



Hannah Burvill



Kelsey Drake



Alyssa Fluit



Deidre Freeman



**Kennedy
Gilbertson**



Calli Head



Mallory Jump

50 FREESTYLE

1. Hannah Burvill, 201922.54
2. Emma Sougstad, 201522.63
3. Olivia Kabacinski, 2014.....22.70
4. Kennedy Gilbertson, 2023.....22.70
5. Mekenna Scheitlin, 2018.....22.77
6. **Scarlet Martin, 2023..... 22.91**
7. Sarah Schemmel, 202123.00
8. Stacey Wertz, 200023.08
9. Meghan Lavelle, 201823.10
10. Danielle Carty, 201123.17

100 FREESTYLE

1. Hannah Burvill, 201948.65
2. Olivia Kabacinski, 2014.....49.61
3. Allyssa Fluit, 201949.86
4. Sabina Kupcova, 2024.....50.14
5. Sarah Schemmel, 201850.15
6. Christine Kuczek, 2008.....50.21
7. Danielle Carty, 2012.....50.26
8. **Jenna Kerr, 2023 50.26**
9. Kennedy Gilbertson, 2023.....50.31
9. Macy Rink, 202050.33
10. Elise Borja, 201450.45

200 FREESTYLE

1. Hannah Burvill, 2018 1:44.42
2. Becky Stoughton, 2015 1:45.47
3. Allyssa Fluit, 2020 1:45.82
4. Olivia Kabacinski, 2014..... 1:46.68
5. **Jenna Kerr, 2024 1:46.97**
6. Macy Rink, 2020 1:47.89
7. Sabina Kupcova, 2023..... 1:47.93
8. Lauren McDougall, 2020..... 1:48.21
9. Carly O'Brien, 2018..... 1:48.89
10. Verity Hicks, 2010..... 1:48.93

500 FREESTYLE

1. Becky Stoughton, 2015 4:39.76
2. Allyssa Fluit, 2020 4:43.52
3. Hannah Burvill, 2018 4:44.24
4. **Jenna Kerr, 2024 4:45.15**
5. Lindsay Seemann, 2013 4:45.86
6. Melissa Loehndorf, 2000 4:47.21
7. Alyssa Graves, 2021 4:47.58
8. Jennifer Skolaski, 2003..... 4:48.20
9. Millie Sansome, 2019 4:49.40
10. Jane Keating, 1987 4:50.45

1,000 FREESTYLE

1. Becky Stoughton, 2011 9:39.44
2. Alyssa Graves, 2021 9:48.33
3. Melissa Loehndorf, 2001 9:55.59
4. Abbey Schneider, 2018..... 9:58.39
5. Jennifer Skolaski, 2002..... 9:58.53
6. Jane Keating, 1984 9:58.63
7. **Jenna Kerr, 2024 10:01.53**
8. **Alix O'Brien, 2024 10:02.46**
9. Millie Sansome, 2019 10:03.34
10. Angie Todt, 1990 10:04.30

1,650 FREESTYLE

1. Becky Stoughton, 2015 15:57.43
2. Alyssa Graves, 2021 16:21.34
3. Melissa Loehndorf, 2001 16:27.91
4. Jennifer Skolaski, 2002..... 16:32.30
5. **Jenna Kerr, 2024 16:34.23**
6. Jane Keating, 1986 16:35.02
7. Jenna Kerr 16:37.01
8. Angie Todt, 1991 16:37.96
9. Millie Sansome, 2019 16:41.89
10. Ashley Dell, 2008..... 16:45.29

100 BACKSTROKE

1. Kennedy Gilbertson, 2023.....53.19
2. Millie Sansome, 202053.21
3. Hannah Burvill, 201953.27
4. Meghan Lavelle, 201853.36
5. Daniela Cubelic, 2012.....53.63
6. Lindsay Seemann, 201454.05
7. Danielle Carty, 2012.....54.25
8. Jennifer Skolaski, 2003.....54.34
9. Jo Jekel, 201754.41
10. Allie Orvis, 2015.....54.43

200 BACKSTROKE

1. Millie Sansome, 2020 1:54.86
2. Lindsay Seemann, 2013 1:56.49
3. Hannah Burvill, 2018 1:56.56
4. Kennedy Gilbertson, 2024..... 1:57.19
5. Meghan Lavelle, 2018 1:57.22
6. Julia Koluch, 2020..... 1:57.46
7. Jennifer Skolaski, 2004..... 1:57.51
8. Anna Brooker, 2021 1:57.70
9. Becky Stoughton, 2012 1:58.38
10. Allie Orvis, 2015..... 1:58.50

100 BREASTSTROKE

1. Emma Sougstad, 201758.76
2. **Olivia Swalley, 2024 1:01.02**
3. Olivia Kabacinski, 2014..... 1:01.36
4. Shea Hoyt, 2018 1:01.37
5. Katarina Tour, 2009..... 1:01.45
6. Mallory Jump, 2021 1:01.49
7. Karolina Wartalowicz, 2014. 1:02.06
8. Aleksandra Olesiak, 2021 1:02.06
8. Sheridan Schreiber, 2023 1:02.12
9. Allison Lyle, 2002 1:02.43
10. Colleen Champa, 2014..... 1:02.48



IOWA SWIMMING & DIVING

TOP 10 ALL-TIME PERFORMERS



Olivia Kabacinski



Katy Ketoff



Megan Lavelle



Lydia Lehnert



Laura Maldonado



Aleksandra
Olesiak



Lisette Planken

200 BREASTSTROKE

1. Emma Sougstad, 2017 2:10.47
2. Allison Lyle, 2002 2:11.92
3. Colleen Champa, 2014..... 2:12.71
- 4. Olivia Swalley, 2023 2:12.92**
5. Karolina Wartalowicz, 2014. 2:13.33
6. Shea Hoyt, 2017 2:13.55
7. Aleksandra Olesiak, 2020 2:13.92
8. Devin Jacobs, 2019 2:17.80
9. Alisha Stitts, 1999 2:18.19
10. Lexi Horner, 2017 2:18.23

100 BUTTERFLY

1. Mallory Jump, 202152.30
2. Kelsey Drake, 201853.12
3. Emma Sougstad, 201653.30
- 4. Scarlet Martin, 2023..... 53.45**
5. Kelly McNamara, 201953.62
6. Mekenna Scheitlin, 2016.....53.95
7. Tereysa Lehnertz, 2016.....54.13
8. Sarah Schemmel, 2018.....54.27
9. Carly O'Brien, 2015.....54.54
10. Haley Gordon, 2014.....54.58

200 BUTTERFLY

1. Kelsey Drake, 2020 1:55.89
2. Alyssa Graves, 2021 1:57.99
3. Becky Stoughton, 2015 1:58.28
4. Mallory Jump, 2021 1:58.67
- Scarlet Martin, 2023 1:58.67**
5. Tereysa Lehnertz, 2016..... 1:59.04
6. Melissa Loehndorf, 2001 2:00.14
7. Kelly McNamara, 2018 2:00.45
8. Abbey Tuchscherer, 2011..... 2:01.17
9. Loredana Zisu, 1998..... 2:01.71
10. Margie Chamberlin, 2007 2:02.24

200 INDIVIDUAL MEDLEY

1. Emma Sougstad, 2016 1:57.55
- 2. Olivia Swalley, 2024 1:58.47**
3. Mallory Jump, 2021 1:58.93
4. Kelsey Drake, 2020 1:59.41
5. Emily Hovren, 2013 2:00.42
6. Sabina Kupcova, 2024..... 2:01.21
7. Katarina Tour, 2009..... 2:01.33
8. Allie Orvis, 2014..... 2:01.76
9. Colleen Champa, 2014..... 2:02.19
10. Jennifer Skolaski, 2005..... 2:02.93

400 INDIVIDUAL MEDLEY

1. Becky Stoughton, 2012 4:12.34
- 2. Olivia Swalley, 2023 4:14.42**
3. Lindsay Seemann, 2013 4:15.00
4. Millie Sansome, 2019 4:17.68
5. Devin Jacobs, 2019 4:20.09
6. Jennifer Skolaski, 2003..... 4:20.14
7. Grace Reeder, 2020 4:20.35
8. Melissa Loehndorf, 1999 4:20.65
9. Colleen Champa, 2014..... 4:21.20
10. Pamela Breitrick, 2014..... 4:21.51

1-METER DIVING (6)

1. Deidre Freeman, 2011 338.55
2. Jayah Mathews, 2019 330.05
3. Lisette Planken, 2005 326.55
4. Veronica Rydze, 2012 325.28
5. Nancilea Underwood, 2006 . 322.75
6. Joelle Christy, 2013 319.45
7. Terri Millmier, 1988..... 315.60
- 8. Makayla Hughbanks, 2023 312.60**
9. Jacintha Thomas, 2017 307.60
10. Abby Grilli, 2014..... 306.70

1-METER DIVING (10)

1. Katy Ketoff, 1992 407.20
2. Kim Yager, 1991 433.55

1-METER DIVING (11)

1. Lisette Planken, 2003 583.55
2. Nancilea Underwood, 2003 . 541.55
3. Teresa Millmier, 1989 476.90
4. Kelly Johnson, 1986 466.62
5. Diane Goldsworthy, 1984 439.55
6. Kelly Johnson, 1983 431.10
7. Kelly McCready, 1996 413.75
8. Jessica Riccobono, 1994..... 413.45
9. Anne Bowers, 1982 399.10
10. Kelly McCready, 1994 394.70

1-METER DIVING (12)

1. Nancilea Underwood, 2006 . 626.95
2. Kim Yager, 1991 433.55

3-METER DIVING (6)

1. Deidre Freeman, 2011 407.40
2. Nancilea Underwood, 2006 400.05
3. Jayah Mathews, 2019 380.20
4. Veronica Rydze, 2011 358.45
- 5. Makayla Hughbanks, 2024 356.93**
6. Sam Tamborski, 2019 355.05
7. Abby Grilli, 2013 354.10
8. Lauren Kelba, 2015..... 332.17
9. Lisette Planken, 2005 332.03
10. Joelle Christy, 2013 327.08

3-METER DIVING (11)

1. Nancilea Underwood, 2003 . 564.60
2. Lisette Planken, 2003 561.25
3. Kelly Johnson, 1986 494.65
4. Katy Ketoff, 1992 489.90
5. Sara Wolchko, 2001 480.50
6. Diane Goldworthy, 1985 478.44
7. Kelly McCready, 1994 477.35
8. Terri Millmier, 1988..... 476.90
9. Jessica Riccobono, 1995..... 472.69
10. Ann Bowers, 1982 463.80

3-METER DIVING (12)

1. Nancilea Underwood, 2006 . 658.30



Macy Rink



Millie Sansome



**Mekenna
Scheitlin**



Emma Sougstad



Becky Stoughton



**Nancilea
Underwood**



Serena Wanasek

PLATFORM DIVING (5)

1. Lydia Lehnert, 2015.....312.20
- Calli Head, 2016.....312.20
3. Thelma Strandberg, 2018.....254.70
4. Joelle Christy, 2013.....234.75
5. Lauren Kelba, 2015.....230.20
6. **Geneva Pauly, 2023.....266.05**
7. Claire Hartley, 2023.....246.00
8. Sam Tamborksi, 2019.....215.80

PLATFORM DIVING (11)

1. Laura Maldonado, 1999.....497.89
2. Katy Ketoff, 1991.....445.67
3. Kelly McCready, 1996.....437.95

200 FREESTYLE RELAY

1. Kabacinski, Sougstad, Lavelle, Scheitlin, 2015.....1:30.96
2. Burvill, Gilbertson, Schemmel, Fluit, 2020.....1:31.09
3. Schemmel, Drake, Gilbertson, Rink, 2021.....1:31.10
4. Burvill, Scheitlin, Lavelle, Schemmel, 2018.....1:31.18
5. Burvill, Schemmel, Sauer, McNamara, 2018.....1:31.36
6. Gilbertson, **Kerr, Swalley, Martin, 2023.....1:31.46**
7. Gilbertson, **Martin**, Kupcova, **Pedersen**, 2023.....1:31.49
8. Sougstad, Kabacinski, Scheitlin, McNamara, 2015.....1:31.52
9. Carty, Arseth, Cubelic, Hovren, 2012.....1:31.68
10. Sougstad, Burvill, Scheitlin, Fluit, 2016.....1:31.73
- Kabacinski, Arseth, Tuchscherer, Orvis, 2013.....1:31.73

400 FREESTYLE RELAY

1. Burvill, Sougstad, Fluit, Wanasek, 2017.....3:18.83
2. Kupcova, **Kerr, Swalley, Martin, 2024.....3:19.26**
3. Fluit, Burvill, Schemmel, Rink, 2019.....3:19.41
4. Fluit, Burvill, Gilbertson, Rink, 2020.....3:19.42
5. Burvill, Fluit, McNamara, McDougall, 2019.....3:19.72
6. Gilbertson, Kupcova, **Pedersen, Martin**, 2023.....3:20.08
7. Burvill, Fluit, McNamara, Schemmel, 2018.....3:20.16
8. Fluit, O'Brien, Burvill, Scheitlin, 2017.....3:20.31
9. Rink, Burvill, Fluit, Gilbertson, 2020.....3:20.35
10. Kupcova, **Kerr, Swalley, Martin, 2024.....3:20.53**

800 FREESTYLE RELAY

1. Burvill, Fluit, Sansome, Rink, 2020.....7:04.70
2. Burvill, Fluit, Lavelle, O'Brien, 2018.....7:08.06
3. Burvill, Fluit, McDougall, Drake, 2019.....7:10.10
4. Burvill, Sansome, Fluit, McDougall, 2019.....7:11.57
5. Kabacinski, Hovren, Stoughton, Seemann, 2014.....7:12.49
6. **Kerr, Kupcova, Swalley, Martin, 2024.....7:12.57**
7. Stoughton, Kabacinski, Wanasek, Lagodzinska, 2015.....7:12.86
8. Burvill, Fluit, Wanasek, O'Brien, 2017.....7:14.79
9. Hovren, Stoughton, Seemann, Kabacinski, 2013.....7:14.99
10. Rink, McDougall, Gilbertson, Graves, 2021.....7:15.89

200 MEDLEY RELAY

1. Lavelle, Sougstad, Scheitlin, Burvill, 2017.....1:38.99
2. Orvis, Sougstad, O'Brien, Kabacinski, 2015.....1:39.18
3. Jekel, Hoyt, Hackett, Scheitlin, 2018.....1:39.26
4. Orvis, Sougstad, McNamara, Kabacinski, 2016.....1:39.27
5. Gilbertson, **Swalley, Martin, Kerr, 2023.....1:39.59**
6. Sansome, Ohlensehlen, Drake, Gilbertson, 2020.....1:39.94
7. Gilbertson, **Swalley**, Kupcova, **Kerr, 2024.....1:39.95**
8. Seemann, Sougstad, Tuchscherer, Borja, 2014.....1:40.12
9. Koluch, Olesiak, Jump, **Black**, 2021.....1:40.22
10. Gilbertson, Schreiber, **Martin, Pedersen**, 2023.....1:40.27

400 MEDLEY RELAY

1. Sansome, Olesiak, Drake, Burvill, 2020.....3:36.18
2. Lavelle, Sougstad, Scheitlin, Burvill, 2017.....3:36.71
3. Lavelle, Sougstad, McNamara, Kabacinski, 2016.....3:36.72
4. Lavelle, Hoyt, McNamara, Burvill, 2018.....3:37.71
5. Lavelle, Sougstad, Lehnertz, Burvill, 2016.....3:37.91
6. Koluch, Olesiak, Jump, Drake, 2021.....3:37.98
7. Gilbertson, **Swalley, Martin, Kerr, 2023.....3:38.28**
8. Lavelle, Sougstad, Lehnertz, Stoughton, 2015.....3:38.68
9. Gilbertson, Schreiber, **Martin**, Kupcova, 2023.....3:39.13
10. Burvill, Ohlensehlen, Drake, Schemmel, 2019.....3:39.21



IOWA SWIMMING & DIVING

YEAR-BY-YEAR RECORDS

Year	Coach	W-L-T	Big 10 Place	Big 10 Champs	NCAA Place	NCAA Qualifiers	All- Americans	Academic All-Big Ten
1974-75	Deborah Woodside	1-2-0	9th	0	--	1	0	NA
1975-76	Deborah Woodside	2-1-0	10th	0	--	0	0	NA
1976-77	Deborah Woodside	1-1-0	8th	0	--	2	1	NA
1977-78	Deborah Woodside	5-0-0	5th	0	--	6	1	NA
1978-79	Deborah Woodside	0-3-0	10th	0	--	0	0	NA
1979-80	Deborah Woodside	1-10-0	8th	0	--	5	1	NA
1980-81	Deborah Woodside	3-12-0	9th	0	--	3	1	NA
1981-82	Dr. Peter Kennedy	3-5-0	8th	0	--	8	6	NA
1982-83	Dr. Peter Kennedy	6-2-0	4th	1	T-31st	2	1	NA
1983-84	Dr. Peter Kennedy	11-0-0	3rd	1	26th	9	1	0^
1984-85	Dr. Peter Kennedy	13-2-0	3rd	3	26th	10	8	0
1985-86	Dr. Peter Kennedy	8-2-0	T-2nd	8	39th	8	4	0
1986-87	Dr. Peter Kennedy	5-0-1	10th	0	--	1	1	5
1987-88	Dr. Peter Kennedy	6-8-0	7th	0	--	5	1	7
1988-89	Dr. Peter Kennedy	4-7-0	7th	0	--	3	0	9
1989-90	Dr. Peter Kennedy	5-2-0	7th	1	--	3	0	7
1990-91	Dr. Peter Kennedy	8-1-1	6th	0	42nd	5	1	11
1991-92	Dr. Peter Kennedy	8-2-0	7th	0	--	1	1	15
1992-93	Dr. Peter Kennedy	4-5-0	7th	0	--	8	0	13
1993-94	Dr. Peter Kennedy	5-5-0	9th	0	--	2	0	7
1994-95	Dr. Peter Kennedy	1-7-0	11th	0	--	0	0	5
1995-96	Trish Meyer	2-6-0	11th	0	--	0	0	6
1996-97	Mary Bolich	2-5-0	10th	0	--	0	0	5
1997-98	Mary Bolich	6-4-0	7th	0	--	0	0	9
1998-99	Mary Bolich	8-4-0	7th	0	--	2	1	12
1999-00	Mary Bolich	5-4-0	8th	1	--	1	1	13
2000-01	Garland O'Keeffe	5-7-0	8th	1	40th	2	2	6
2001-02	Garland O'Keeffe	5-5-0	7th	0	35th	2	1	5
2002-03	Garland O'Keeffe	8-4-0	8th	0	20th	3	3	12
2003-04	Garland O'Keeffe	3-7-0	9th	0	--	1	0	12
2004-05	Marc Long	5-4-0	8th	0	23rd	2	2	14
2005-06	Marc Long	8-6-0	10th	0	27th	2	2	8
2006-07	Marc Long	6-6-0	10th	0	--	0	0	7
2007-08	Marc Long	5-7-0	9th	0	--	0	0	10
2008-09	Marc Long	7-4-0	9th	0	--	0	0	14
2009-10	Marc Long	8-4-0	9th	0	--	0	0	14
2010-11	Marc Long	5-7-0	9th	0	T-30th	2	2	11
2011-12	Marc Long	10-6-0	9th	0	37th	2	1	16
2012-13	Marc Long	8-2-0	10th	0	--	0	0	17
2013-14	Marc Long	9-5-0	8th	0	--	0	0	19
2014-15	Marc Long	7-4-0	8th	1	38th	4	2	15
2015-16	Marc Long	8-3-0	11th	0	38th	3	1	15
2016-17	Marc Long	7-2-0	11th	0	26th	2	2	12
2017-18	Marc Long	6-3-0	11th	0	--	2	0	16
2018-19	Marc Long	6-6-0	10th	0	--	5	0	15
2019-20	Marc Long	6-6-0	10th	0	--	3	3	13
2020-21	Marc Long	1-4-0	8th	0	--	4	0	15

IOWA SWIMMING & DIVING

YEAR-BY-YEAR RECORDS/ALL-TIME SERIES RESULTS



Year	Coach	W-L-T	Big 10 Place	Big 10 Champs	NCAA Place	NCAA Qualifiers	All- Americans	Academic All-Big Ten
2021-22	Nathan Mundt	0-7-0	12th	0	--	0	0	8
2022-23	Nathan Mundt	1-10-1	12th	0	--	0	0	6
2023-24	Nathan Mundt	5-5-0	11th	0	--	0	0	12
Total		248-208-3		17	--	143*	50	396

*Twelve (12) student-athletes qualified for the NCAA Championships before the University of Iowa officially recognized the sport of women's swimming and diving.

^The 1983-84 season was the first year the Big Ten awarded Academic All-Big Ten honors.

ALL-TIME SERIES RESULTS

Opponent	First Meeting	W-L-T	Opponent	First Meeting	W-L-T
Alabama	1981	0-1-0	Missouri	1981	5-7-0
Alaska	1985	1-0-0	Missouri State	2006	3-0-0
Arizona	2012	0-1-0	Nazareth	2006	1-0-0
Austin College	2012	1-0-0	Nebraska	1975	8-9-0
Brigham Young	1990	1-0-0	Nevada-Reno	2008	0-1-0
Colorado College	2012	1-0-0	New Mexico State	2012	1-0-0
Denver	2009	1-2-0	Northern Arizona	2012	1-0-0
Drury	2003	2-0-0	Northern Illinois	1981	12-0-0
Etobicoke	1988	0-1-0	Northern Iowa	1975	22-1-0
Grand Canyon	2016	1-0-0	Northwestern	1977	7-15-0
Grinnell	1976	2-0-0	Notre Dame	2001	0-12-0
Hawaii	1988	8-1-0	Ohio State	1985	7-6-0
Harvard	2012	1-0-0	Oklahoma	1981	0-1-0
Houston	1981	0-1-0	Oregon State	2012	1-0-0
Illinois	1976	19-14-0	Pacific	1999	1-0-0
Illinois-Chicago	2006	2-0-0	Penn State	1992	1-8-0
Illinois State	1977	21-1-0	Purdue	1980	5-16-0
Incarnate Word	2015	1-0-0	St. Cloud State	2005	1-0-0
Indiana	1987	4-10-1	South Dakota	2002	2-0-0
Iowa State	1979	31-12-0	South Dakota State	2013	2-0-0
IUPUI Swim Club	1984	1-0-0	Southern Illinois	1978	3-5-0
Kansas	2000	4-2-0	Tippicannone Sw. Club	1984	1-0-0
Kansas State	1975	0-1-0	Truman State	2002	9-0-0
Louisville	2007	0-1-0	Utah	1990	1-0-0
Miami (Fla.)	2024	0-1-0	Vanderbilt	2023	1-1-1
Miami (Ohio)	2002	1-0-0	Villanova	1989	1-0-0
Michigan	1986	2-8-0	Western Illinois	1978	18-2-0
Michigan State	1981	16-7-0	Wisconsin	1978	12-24-0
Minnesota	1977	6-35-1	Wisconsin-Milwaukee	2006	3-0-0



IOWA SWIMMING & DIVING

ALL-TIME LETTERWINNERS

Acosta, Anna	1993-96
Alexander, Jane	1980-82
Allen, April	2010-13
Ambroze, Michelle	1976-78
Anderson, Becky	1986-90
Anglin, Dani	2023
Aramovich, Mary	1976-77
Armstrong-Grant, Amelia	2017
Arntzen, Ingrid	1976-78
Arseth, Heather	2012-13
Asay, Olivia	2023-24
Bagi, Michelle	2000-04
Ballard, Sarah	2021-24
Baltes, Katelyn	2011
Barron, Kathleen	1978-80
Barron, Maureen	1976-79
Baty, Julie	1976-79
Bauernfeind, Paige	2010
Bayster, Rachael	1992-96
Beesley, Erin	1998-99
Beinlich, Simon	2024
Belleson, Kristin	1993-97
Bensink, Emily	2005-06
Bindseil, Izzie	2015-18
Biskup, Lisa	1983-84
Black, Maddie	2021-24
Blanchard, Marie	1986-88
Bogelt, Laura	1990-93
Bohan, Catherine	1982-86
Boosalis, Elaine	2012-15
Borchers, Grace	2010
Borchers, Sophie	2009-11
Borgelt, Laura	1990-94
Borja, Elise	2011-14
Botts, Haley (Mgr.)	2014-15
Bowers, Ann	1976-78, 1980-82
Brandenburg, Bernie	1984-88
Breitrack, Pamela	2012-15
Bro, Maddie	2013-16
Broad, Pam	1990-94
Brooker, Anna	2020-22
Brown, Rebecca	1979-80
Buciu, Ileana	1996-99
Burford, Karma	1975-76
Burkhardt, Dana	1996-99
Burkhardt, Marisa	1996-99
Bures, Katie	2004-05
Burton, Liane	1990-94
Butler, Amy	1983-84
Butler, Susan	1980-81
Burvill, Hannah	2017-20
Cable, Becky	1989-91
Camp, Erin	1984-85

Campbell, Niamh	1993-97
Campbell, Summer	2015-18
Capin, Pam	1988-92
Carlyle, Caitlin	2008-11
Carty, Danielle	2009-12
Cason, Lori	1984-85
Ceschin, Marian	1975-79
Chamberlin, Margie	2007
Champa, Colleen	2013-16
Chess, Suzanne	1988-89
Christiansen, Babetta	1986-87
Christiansen, Emily	2011-13
Christy, Joelle	2012-15
Clark, Georgia	2020-22
Cochran, Erin	2002-05
Conley, Linda	1977-79
Conley, Nancy	1975-78
Connolly, Carolyn	1980-83
Cook, Olivia	2016-17
Coombs, Jill (Mgr.)	2004-05
Copin, Pam	1992-93
Cota, Jennifer	1992-96
Cotter, Sara	1995-98
Crain, Addison	2024
Crane, Christina	2020
Crow, Sherill	1989-93
Cubelic, Daniela	2009-12
Danielson, Sharon	1980-81
Davidson, Dana	2009-10
Davies, Jennifer	1982-84
Davis, Jodi	1980-81, '82-83
DeAth, Jennifer	1991-95
DeBord, Frannie	1996-98
DeBruin, Julie	2007-10
Decker, Kathleen	1988-92
Decker, Katie	1992-93
DeGlopper, Erica	1987-88
Delaney, Sheila	1983-85
Dell, Ashley	2006-09
Dempsey, Sheila	1987-89
Dickman, Barb	1984-88
Diers, Anne	2002
Dieterle, Christina	1984-88
Dobrovolskaite, Aiste	2012
Donovan, Martha	1979-80
Drake, Kelsey	2018-21
Drennan, Lauren	2011-14
Duclous, Abby*	2012
Dull, Beth	1980-83
Dustin, Lynn	1993-97
Earls, Holly	1987-89
Eberhart, Melissa	1990-94
Eck, Christine	1989-93

Eicher, Debbie	1981-83
Eicher, Sarah Dee	1975-78
Eide, Kristen	2002-05
Enos, Rachel	1994-95
Eustis, Katelyn	2002-05
Eytalis, Lauren	2010-13
Feeley, Jennifer	1992-94
Feingold, Julie	2007-10
Fields, Regan	1998-99
Fish, Deborah	1977-80
Fisher, Melissa	1997-98
Flessner, Anna	2010-11
Fluit, Allyssa	2017-20
Flummerfelt, Taylor	2014-17
Fox, Mallory	2018
Franta, Juanita	1992-96
Frantum, Olivia	2024
Freeman, Deidre	2007-09, 2011
Friedlund, Stacy	1989-93
Fuerste, Madelin	1988-89
Gable, Molly	2002-05
Galvin, Annie	2024
Galvin, Sarah	2010
Gannon, Therese	1992-94
Garver, Lindsay	1995-96
Gaul, Mary Kay	1979-80
Gilbertson, Kennedy	2020-24
Gilleo, Stacie	1988-92
Girdley, Caitlin	2002-05
Golden, Tracy	1989-93
Goldsworthy, Diane	1982-86
Gordon, Haley	2011-14
Grams, Ellen	1996-97
Grasshof, Carolyn	1985-87
Graves, Alyssa	2021
Graziano, Alicia	1998-99
Gregory, Mellissa	1995-96
Grilli, Abby	2012-14
Groya, Gigi	2012-13
Grout, Morgan	2018-19
Gschwend, Alison	2006-09
Hackney, Misty	2005-08
Haeger, Emmy	2004-07
Haeger, Katie	2002-05
Hackett, Meghan	2017-20
Hagenson, Susan	1982-84
Hall, Heather	2006-07
Hamling, Deborah	1986-91
Hanley, Paige	2020
Hansen, Meredith	1995-96
Harkness, Jennifer	1992-93
Harne, Teresa	1985-86
Harney, Brenda	1986-90



Harris, Jolynn.....	2019	Kelly, Karen	2003-06	MacBride, Elizabeth	1978, 1980-82
Hartley, Claire.....	2021-23	Kelly, Mary.....	1982-83	Madden, Sandy	1985-86
Hartley, Taylor	2019-21	Keogh, Louise	1986-90	Maehl, Jennifer	1991-95
Hartlieb, Megan	2024	Kerr, Jenna.....	2024	Maher, Hannah	2012-15
Hauber, Rowan	2015	Ketoff, Katy.....	1988-92	Maher, Kelsey	2019
Hayward, Dana	1985-87	King, Cindy.....	1976-77	Maldonado, Laura	1999-02
Haunz, Lisa	1999-04	King, Denette	1980-84	Marshall, Kim.....	1981-85
Head, Calli	2014-17	Kirkland, Kay.....	1979-83	Martin, Katie.....	2004-06
Helfter, Kendra.....	1985-87	Klinkefus, Beth.....	1979-80	Martin, Scarlet.....	2023-24
Hemphill, Andrea.....	2003-06	Klunk, Danielle.....	2012-13	Mathews, Jayah.....	2018-21
Hibbard, Daylyn	1991-92	Knapp, Jennifer	1992-96	Mauro, Christine.....	2010-11
Hicks, Verity	2008-11	Knebel, Amy	1989-90	McCready, Kelly	1993-97
Higgs, Marlene	1985-86	Knebel, Ann	1988-90	McDougall, Lauren.....	2019-21
Higgs, Roberta.....	1980-84	Knippenburg, Jessica	1995-97	McGovern, Natalie.....	2016-19
Hoefler, Emily	2006-07	Kocovsky, Amanda.....	2012-13	McNamara, Kelly	2016-19
Hofstadter, Maggie	2013-14	Krone, Amy	1987-90	Meagher, Maribeth	1986-87
Hoff, Chelsea	2006	Koenig, Katie	2003-06	Mekus, Zoe.....	2020
Holzwarth, Leah	1985-89	Koluch, Julia.....	2020-21	Mercer, Amy.....	1983-84
Homewood, Stephanie	1996-99	Konz, Alyssa.....	2023	Meyer, Trish	1982-86
Hood, Josie	2024	Kuczek, Christine	2007-10	Michelau, Katie.....	2007-10
Hooper, Christie	2000-04	Kumm, Audrey.....	2012-15	Millmier, Teresa.....	1985-89
Horner, Lexi.....	2018-21	Kunemann, Sara	2003	Mills, Kristen	1993-94
Horodyski, Ashley	2013-16	Kupcova, Sabina.....	2023-24	Miner, Sarah.....	2012
Hoshino, Sachiko	1995-96	Lagodzinska, Nikol.....	2015-18	Miyamoto, Shelley.....	1989-93
Hovey, Lisa	1989-93	Landowski, Marsha	1991-93	Moeller, Nancy.....	1975-76
Hovren, Emily.....	2011-14	Lang, Erin.....	2020	Molzahn, Jackie.....	2000-04
Hoyt, Shea	2015-18	Lange, Peyton	2020-22	Montgomery, Carol.....	1980-82
Hughbanks, Makayla.....	2023-24	Lavelle, Meghan.....	2015-18	Morris, Margaret	1977-81
Hutchison, Nancy	1977-79	Lawler, Ashley	2008	Morrison, Karen.....	1980-82
Hutsell, Kayla.....	2012	Lawler, Mickenzie*	2011-12, 2014	Moylan, Aimee.....	2006-09
Hutton, Shawn.....	1983-84	Lee, Rachel	2008	Mozdzen, Laura	2007-10
Ivers, Megan	1995-96	Leehy, Lauren.....	2015-18	Munn, Chris	1988-90
Jacobs, Devin	2016-19	Leffler, Becca.....	2010	Murphy, Pieper	1979-80
Jacques, Brandy	1992-93	Lehnert, Lydia	2014-17	Nackness, Jennifer.....	1992-93
Jager, Diane	1976-80	Lehnertz, Tereysa	2015-18	Nauman, Vickie.....	1982-86
Janis, Elizabeth	1988-92	Leigh, Hilary.....	2007-10	Neidhart, Shannon.....	1992-93
Jekel, Jo	2015-18	LeMay, Mary Sue	2010-11	Nemmers, Nicole	2004-07
Jespersion, Nicole.....	1998-00	Lenderink, Amy	2017-20	Neubauer, Kelsie	2008-11
Johns, Stacia	2007-10	Lent, Jennifer *.....	2009-12	Newgaard, Taylor	2011-14
Johnson, Amanda	2008	Leuer, Linda	1980-84	Noah, Erica	2003-06
Johnson, Kelly.....	1982-86	Lewis, Meredith.....	1989-93	Nollau, Ann	1999-00
Jones, Kristen	1986-88	Lewman, Lyndsey.....	1995-99	Oberheide, Jane	1978-80
Judkins, Cheryl	1982-83	Lieurance, Lorissa	1992-93	Oboikovitz, Jill	1990-94
Juncker, Tracy.....	1989-93	Lindeskog, Sophie.....	1984-87	O'Brien, Alix	2023-24
Kabacinski, Olivia.....	2013-16	Lindgren, Amy	1987-89	O'Brien, Carly.....	2015-18
Kaduce, Amy	1993-95	Lloyd, Allison.....	1983-87	O'Malley, Meredith.....	2023-24
Kalb, Laura.....	1979-80	Loehndorf, Melissa.....	1998-02	O'Toole, Emily	1992-93
Kaminski, Kristen	1991-93	Logan, Brittany.....	2010	Ohlensehlen, Sage	2018-21
Katz, Beth.....	1996-99	Loupee, Danette	1981-82	Olesiak, Aleksandra.....	2020-23
Kaufman, Christina.....	2020-21	Lowry, Betsy.....	1976-77	Olsen, Wenche.....	1982-84
Keating-Vraspier, Jane	1983-88	Luellen, Katherine	1991-93	Olson, Miekka	1989-91
Kelba, Lauren	2011-13, 2015	Lyle, Allison	1998-02	Orvis, Allie	2013-16
Kell, Mallory	2024	Lynch, Debbie	1987-91	Ozkazanc, Sila	2023



IOWA SWIMMING & DIVING

ALL-TIME LETTERWINNERS

Packer, Cristina	1991-92	Schoenwald, Gail	1980-81	Van Maaren, Abby	2002-05
Paolucci, Jennifer	1992-96	Schreiber, Sheridan	2023	VanVerst, Katie	1986-90
Parise, Megan	1998-99	Schubert, Andrea*	2008-11	Vintila, Cristina	1996-99
Park, Claire	2018-21	Schulte, Mindy	2005-08	Wagner, Darcie	1975-76
Parker, Kathy	1975-76	Schwartz, Leah	2006-09	Wagner, Samantha	2013-16
Patterson, Dana	1993-94	Schwartz, Rebecca	1997-00	Wallace, Kristin	1989-93
Pauly, Geneva	2023-24	Sebolt, Cathy	1980-81	Walling, Sheri	1979-81
Pawloski, Zoe	2020-22	Seemann, Lindsay	2013-14	Wanasek, Serena	2014-17
Pedersen, Molly	2023-24	Sentyrz, Michelle	1990-93	Wartalowicz, Karolina	2011-2014
Peiffer, Polly	1979-80	Shaver, Diana	1977-78	Weatherhead, Liz	1996-99
Pennington, Alison	1990-94	Sherman, Sandra	1975-79	Weigand, Hillary	2012-15
Pennington, Andrea	1997-00	Sidenstick, Holly	1975-77	Weigand, Jennifer	2013-16
Peterman, Barbara	1987-88	Sievertsen, Meghan	2006-09	Wells, Katie	2016-17
Peters, Pamela	1980-81	Silok, Stacey	2000-02	Wendel, Leslie	2023-24
Peters, Susan	1983-84	Sissler, Charlotte	1993-94	Wentzien, Jane	1988-89
Peterson, Dana	1993-96	Skolaski, Jennifer	2002-05	Werner, Kelly	2003-06
Peterson, Kristin	1981-85	Smetana, Andrea	1994-98	Wertz, Stacey	1997-00
Petty, Erin	2004-07	Smith, Dorothyhy	1981-82	Wex, Nicki	2007-09
Petty, Jennifer	1982-86	Smith, Jennifer	1995-99	Whelan, Kathleen	1978-80
Pfeiffer, Ann	1983-87	Smith, Lisa	1981-82	Wilcox, Karen	1979-80
Pfeiffer, Anna	2021, 2023-24	Sougstad, Emma	2014-17	Wildey, Stephanie	1988-89, 90-92
Planken, Lisette	2002-03, 2005	Statham, Sonja	1993-97	Wildmyer, Nicole	1990-94
Plunkett, Darcie	1993-94	Steger, Adrienne	1979-83	Wilkinson, Holly	1994-96
Polz, Caitie	2008-11	Stevens, Kim	1983-88	Williams, Mary	1992-93
Pozzi, Lori	1982-84	Stewart, Kerry	1979-83	Willis, Laura	1977-78
Puccini, Alexa	2021	Stiits, Alisha	1996-99	Wilson, Ashley	2000-01
Rafferty, Morgan	2015-18	Stone, Madison	2023-24	Wintz, Cheryl	1980-81
Ramseyer, Vicki	1985-89	Stoughton, Becky	2012-15	Wirth, Debra	1987-91
Redmond, Nicole	1993-96	Strandberg, Thelma	2017-20	Wise, Kati	2000-01
Reeder, Grace	2020	Strauss, Jami	1993-95	Wolchko, Sarah	1997-00
Reif, Robin	1977-79	Strub, Erin	2003	Wonderlick, Angie	1983-84
Rhodes, Mary	1992-95	Sudek, Sherrie	1986-88	Wooden, Ariel	2020-22
Riccobono, Jessica	1993-97	Swalley, Olivia	2024	Wooden, Emily	2023
Richson, Brianne	2011-2013	Swan, Jennifer	1987-89	Woodward, Lainey	2023
Ricks, Seon	1995-96	Swanson, Kelly	1979-80	Wright, Catherine	1977-78
Rink, Macy	2020-21	Sympson, Jennifer	1992-94	Yager, Kim	1988-92
Roberts, Mary	1988-89	Tamborski, Sam	2019-22	Yoder, Jennifer	1986-90
Rostoker, Wendy	1981-82	Tellschow, Kelly	1995-99	Ziegert, Maddie	2020-21
Rovane, Celeste	1975-77	Tieglund, Angela	1994-95	Zimmer, Tracy	1983-84
Rydz, Veronica	2009-11	Thomas, Alleyna	2019-21	Zisu, Loredana	1997-00
Samples, Robin	2004-07	Thomas, Jacintha	2016-19	Zwick, Lori	1980-82
Sanderson, Jeni	2003-06	Thomas, Michelle	1980-84	Zywickie, Emily	1997-99
Sansome, Millie	2020	Thome, Colleen	1987-91		
Sarna, Jaclyn	2004-06	Thompson, Lisa	1977-78		
Sauer, Samantha	2017-20	Todt, Angela	1989-91		
Schaaf, Margie	1983-85	Tour, Katarina	2008-11		
Scheitlin, Mekenna	2015-18	Treado, Jennifer	1990-91		
Schemmel, Sarah	2018-21	Triebe, Nicole	2002		
Schimming, Hope	2024	Tuchscherer, Abbey	2011-2014		
Schmerbauch, Michele	2002	Twomey, Rosemarie	1993-94		
Schmitz, Kara	1995-99	Underwood, Nancilea	2002-03, 05-06		
Schmitz, Kris	1983-85	Vaccaro, Nancy	1980-84		
Schneider, Abbey	2016-19	VanKeulen, Joyce	2004		