

IOWA HAWKEYES: SWIMMING & DIVING WEEKLY RELEASE -- 2

Heather Arseth swam a personal best and "B" cut time of 54.55 in the 100 back in the dual victory against Iowa State.

Iowa divers Lauren Kelba, Abby Grilli and Joelle Christy, meanwhile, have each posted NCAA Zone Diving qualifying scores.

HAWKEYE TIMES IN THE DIVISION I RANKINGS

Iowa ranks in the top-40 in seven events:

- 20th - 500 free (4:43.20) - Becky Stoughton
- 25rd - 1,650 free (16:22.42) - Becky Stoughton
- 30th - 1,000 free (9:57.58) - Becky Stoughton
- 34th - 800 free relay (7:20.85) - Hovren, Stoughton, Seemann, Kabacinski
- 37th - 400 medley relay (3:42.52) - Arseth, Wartalowicz, Tuchscherer, Kabacinski
- 38th - 200 medley relay (1:41.89) - Arseth, Wartalowicz, Tuchscherer, Kabacinski
- 40th - 400 free relay (3:22.61) - Kabacinski, Hovren, Arseth, Klunk

HAWKEYE SWEEP WEEKLY BIG HONORS ON DEC. 11

The Hawkeyes swept the Big Ten weekly honors on Dec. 11 with sophomore Becky Stoughton being named the Swimmer of the Week, redshirt sophomore Joelle Christy earning Diver of the Week, and Olivia Kabacinski being tabbed as the Freshman of the Week.

It is the first time in school history that the Hawkeyes swept the three Big Ten weekly awards. (The Big Ten Freshman of the Week honor was instituted during the 2011-12 season.) It is the first time since 2005-06 that Iowa has won two of the weekly awards.

Stoughton earned the Swimmer of the Week honor after posting three event wins against the Cyclones. She broke the school record in the 200 fly, while also winning the 500 and 1,000 free. It was Stoughton's second career honor.

Christy earned her first career accolade after winning and posting personal bests in the 1-meter and 3-meter springboard events against Iowa State. Her scores of 303.29 points in the 1-meter and 327.08 in the 3-meter are both NCAA Zone Diving qualifying marks.

Kabacinski earned her first career honor after swimming to four wins in the dual victory. The LaPorte, Ind., native was a part of the winning 200 medley and 400 free relays, while also sprinting to titles in the 50 and 100 free.

STOUGHTON TAKES DOWN 200 FLY RECORD

Sophomore Becky Stoughton became the first UI swimmer to break the two-minute mark in the 200 fly in the dual against Iowa State. The Peoria, Ill., native won the event with a time of 1:59.68, breaking the previous record of 2:00.14, which was set by Melissa Loehndorf in 2001.

Stoughton now owns five Hawkeye school records, posting the top times in the 200 free (1:47.09), 500 free (4:40.82), 1,000 free (9:39.44), 1,650 free (16:03.42), 400 IM (4:12.34) and the 200 fly (1:59.68).

KABACINSKI SPRINTS TO 50 FREE RECORD

Freshman Olivia Kabacinski sprinted to the Iowa school record in the 50 free during the preliminaries of the 2012 Hawkeye Invitational. The LaPorte, Ind., native posted a time of 22.88, becoming the first UI swimmer to break the 23 second mark. Kabacinski broke Stacey Wertz's record of 23.08, which had stood since 2000.

Kabacinski also ranks second in school history in the 200 free (1:48.32) and 100 breast (1:02.30) and third in the 100 free (50.43). She also swam as a member of the 200 and 400 medley relays and 200, 400 and 800 freestyle relays that rank in the top-four in the UI record books.

ARSETH POSTS PERSONAL BEST IN 100 BACK

Sophomore Heather Arseth swam a personal best and NCAA "B" cut time in her 100 back victory in the dual against Iowa State. The Plymouth, Minn., native

swam a time of 54.55, which stands as the fourth-fastest time in school history. Arseth also swam a personal best in the 100 free, touching out in 50.54.

WARTALOWICZ SWIMS TO 2 PRS

Junior Karolina Wartalowicz swam personal bests in both the 100 and 200 breaststroke during the 2012 Hawkeye Invitational. The Oswego, Ill., native posted the fourth-fastest time in the record books in the 100 breast (1:02.52) and clocked the second-best 200-breast time of 2:14.83, which is an NCAA "B" cut time.

IOWA SWIMMING AND DIVING TRADITION

Iowa was one of the first schools in the nation to compete on a collegiate level and competed at the first NCAA Championship. From 1937 to 1960, Iowa placed in the NCAA top 10 18 times, crowning nine NCAA and 22 Big Ten champions.

HEAD COACH MARC LONG

Marc Long is in his ninth season as head coach for the University of Iowa swimming team. It's his eighth as head coach of the combined program. During his tenure as head coach of both programs, 54 school records have fallen and 93 Hawkeyes have provisionally qualified for the NCAA Championships.

CAMPUS RECREATION AND WELLNESS CENTER

Ground was broken for the Campus Recreation and Wellness Center in October 2007. The facility opened in August 2010 and is home for the Hawkeyes. It is located at the corner of Burlington and Madison streets and cost approximately \$69 million. The facility includes a 50-meter competition pool, a separate diving well, a leisure pool with lap lanes and 24,000 square feet of fitness space.

NEXT EVENT

Iowa will travel to Minneapolis on Feb. 20-23 to compete in the Big Ten Championships.

2012-13 SEASON-BEST TIMES

| | | |
|-------------------------|--|----------------|
| 50 Free | Olivia Kabacinski..... | 22.88 (B) (SR) |
| 100 Free | Olivia Kabacinski..... | 50.43 |
| 200 Free | Olivia Kabacinski..... | 1:48.32 |
| 500 Free | Becky Stoughton..... | 4:43.20 (B) |
| 1,000 Free | Becky Stoughton..... | 9:57.58 |
| 1,650 Free | Becky Stoughton..... | 16:22.42 (B) |
| 100 Back | Heather Arseth | 54.55 (B) |
| 200 Back | Lindsay Seemann | 1:58.98 (B) |
| 100 Breast | Olivia Kabacinski..... | 1:02.30 (B) |
| 200 Breast | Karolina Wartalowicz..... | 2:14.83 (B) |
| 100 Fly | Abbey Tuchscherer | 55.07 |
| 200 Fly | Becky Stoughton..... | 1:59.68 (SR) |
| 200 IM..... | Emily Hovren | 2:02.47 |
| 400 IM..... | Lindsay Seemann | 4:20.32 |
| 200 Free Relay..... | Kabacinski, Arseth, Borja, Bro | 1:32.90 |
| 400 Free Relay..... | Kabacinski, Hovren, Arseth, Klunk | 3:22.61 |
| 800 Free Relay..... | Hovren, Stoughton, Seemann, Kabacinski .. | 7:20.85 |
| 200 Medley Relay..... | Arseth, Wartalowicz, Tuchscherer, Kabacinski | 1:41.89 |
| 400 Medley Relay | Arseth, Wartalowicz, Tuchscherer, Kabacinski | 3:42.52 |
| One-Meter Diving | Joelle Christy | 313.35 (ZS) |
| Three-Meter Diving..... | Abby Grilli..... | 328.50 (ZS) |
| Platform Diving..... | Joelle Christy | 234.75 |

(B) - NCAA B Cut, (SR) - School Record, ZS - Zone Diving Standard

IOWA HAWKEYES



Swimming & Diving Contact: Michele McCracken

Feb. 5, 2013

WOMEN'S SWIMMING & DIVING WEEKLY RELEASE

2012-13 SEASON SCHEDULE

| | | |
|--------------------|---|------------------------------------|
| Oct. 19 | at Michigan State* (East Lansing, Mich.) | W, 182-117 |
| Nov. 2 | at #9 Minnesota* (Minneapolis) | L, 192-103 |
| Nov. 30- Dec. 2 | Hawkeye Invitational (Iowa, Denver, Michigan, Milwaukee, Nebraska, Washington State) | 3rd/559.5 |
| Dec. 7 | Iowa State | W, 190-108 |
| Dec. 17 | at Colorado College/ vs. Austin College | W, 60-41 W, 60-18 |
| Jan. 19 | at Illinois * (Champaign, Ill.) | W, 196-102 |
| Jan. 26 | vs. Northwestern * (Iowa City, Iowa) | W, 162-135 |
| Feb. 1-2 | vs. Nebraska vs. Ohio State (Evanston, Ill.) | W, 191-179 L, 225.50- 135.50 |
| Feb. 8 | Western Illinois (Iowa City, Iowa) | 6 p.m. |
| Feb. 20- 24 | Big Ten Championships (Minneapolis) | 11 a.m./ 6:30 p.m. |
| March 11-13 | NCAA Zone Diving (Houston, Texas) | All Day |
| March 21-23 | NCAA Championships (Indianapolis) | 11 a.m./ 6 p.m. |
| April 13 | Long Course Intrasquad Meet (Iowa City, Iowa) | 11 a.m. |

All times are Central * -- Conference Event

THIS WEEK

The University of Iowa women's swimming and diving team hosts Western Illinois in its final regular season dual meet Friday inside the Campus Recreation and Wellness Center Pool. The Senior Night dual is set to begin at 6 p.m. (CT).

LIVE STATS

For live results from your computer or smart phone, visit: <http://livestats.hawkeyesports.com>. Free WiFi is available at the CRWC for all students and faculty.

EVENT PROMOTIONS

The first 50 fans will receive gold poms and the first 250 will receive a free stadium cup. Fans can also participate in a "guess the winning time" contest for a chance to win a \$50 gift card to Scheels.

SENIORS

Iowa will host its Senior Night before the dual meet to honor seniors April Allen and Lauren Eytalis.

LAST MEET

The Hawkeyes went 1-1 at the Northwestern Invitational on Feb. 1-2. Iowa posted a 191-179 victory over Nebraska, but fell 225.50-135.50 to Ohio State. Sophomore Becky Stoughton posted four top-five finishes to lead the team.

THREE HAWKEYES QUALIFY FOR NCAA ZONE D DIVING

Juniors Abby Grilli and Lauren Kelba, and redshirt sophomore Joelle Christy have qualified for the NCAA Zone D Diving meet. Iowa will travel to Houston, Texas, on March 11-13 for the competition.

IN THE RANKINGS

Iowa is ranked 29th in the Endless Pools/collegeswimming.com rankings. The poll is calculated by using the average percentile rank of each team's top 27 in each meet and are ranked on the basis of each team's highest-scoring meet over the previous three weeks. Eight Big Ten schools are among the top-30 and 10 are among the top 34.

CHRISTY NAMED B1G CO-DIVER OF THE WEEK

Redshirt sophomore Joelle Christy was selected as the Big Ten Co-Diver of the Week on Jan. 22 after winning the 1 and 3-meter springboard events in the dual victory at Illinois. The Springfield, Ill., native won the 1-meter with a collegiate best score of 313.35, and she finished with a score of 322.20 to win the 3-meter. It is Christy's second weekly honor of the season.

DOMINATING THE BOARDS

Sophomore Joelle Christy and juniors Lauren Kelba and Abby Grilli finished 1-2-3 in the 1-meter springboard in the competition against Illinois on Jan. 19. The three divers posted personal-best scores in the event. Christy won the event with 313.35 points, while Kelba and Grilli placed second and third, with scores of 295.95 and 289.35, respectively. The scores rank sixth, seventh and eighth in school history.

NCAA PROVISIONAL CUT TIMES

Iowa has posted NCAA "B" cut times in seven swimming events during the 2012-13 season. Sophomore Becky Stoughton and freshman Olivia Kabacinski have a pair of qualifying times. Stoughton posted a times of 4:43.20 in her victory in the 500 free and 16:22.42 in the 1,650 free during the Hawkeye Invitational. Kabacinski qualified in the 50 free and 100 breast, posting times of 22.88 and 1:02.30, respectively.

The Hawkeyes also got "B" times from junior Lindsay Seemann in the 200 backstroke (2:14.83), and junior Karolina Wartalowicz's in the 200 breaststroke (2:14.83). Sophomore

S300 Carver-Hawkeye Arena

Iowa City, IA 52242

Phone: 319-335-9411

Fax: 319-335-9417

Website: www.hawkeyesports.com

E-mail: michele-mccracken@uiowa.edu