

IOWA HAWKEYES SWIMMING & DIVING

DATE

November 30-December 2 Jean Freeman Aquatic Center | Minneapolis





MINNESOTA INVITATIONAL JEAN FREEMAN AQUATIC CENTER | NOV. 30-DEC. 2 |

THE SCENE

The University of Iowa swimming and diving team is back in the water this week, traveling to Minneapolis to compete at the Minnesota Invitational. The three-day meet begins Thursday with prelims starting at 9 a.m. (CT) each day, followed by finals at 5 p.m.

FOLLOW THE HAWKEYES

For an inside look at the lowa swimming and diving program and access to exclusive coverage, "like" lowa Swimming and Diving on Facebook and follow @lowaSwimDive on Twitter and @ hawkeyeswimdive on Instagram.

LIVE RESULTS

Fans can follow this weekend's action by visiting the live stats link on the swimming and diving schedule page on hawkeyesports.com.

LAST TIME OUT

The lowa men's and women's diving team competed at the Minnesota Diving Invitational from Nov. 9-11. Jayah Mathews dove to a second place finish off the 1-meter with a score of 282.80, while Thelma Standberg and Morgan Rafferty placed seventh and eighth in the event, respectively. Anton Hoherz placed fourth off the 3-meter with a score of 364.00. The swimmers last competed on Nov. 3, with the men's squad downing No. 23 Purdue, 152-148.

OUICK START

The Hawkeye men are 3-0 -- all in Big Ten action this season. They defeated Michigan State (195-100), No. 21 Minnesota (162-138), and No. 23 Purdue (152-148). The last time the Hawkeyes got off to a 3-0 start was in 2009, when lowa downed Truman State, Wisconsin, Michigan State, Wisconsin-Milwaukee, and Missouri State to start the season 5-0.

HAWKEYES IN THE POLLS

The lowa men's swimming and diving team is ranked 20th in the latest College Swimming and Diving Coaches Association of America (CSCAA) Division I team rankings announced Nov. 8. This is the first time the lowa men have been ranked since Jan. 22, 2015. The Hawkeyes were ranked as high as 19th during the 2014-15 season. The Hawkeyes are one of three Big Ten schools in the top-25 rankings, alongside No. 1 Indiana, No. 4 Michigan, and No. 16 Ohio State.

SETTING RECORDS

Against Michigan State and Northern Iowa, Jacintha Thomas won the 1-meter with a career-best score of 307.60 — the seventh-best score in school history, while Jayah Mathews took her first career win off the 3-meter with a 315.00 — a performance that ranks 10th all-time. Both divers posted qualifying standards off both the 1-meter and 3-meter.

Anton Hoherz dove to victories with NCAA standards off the 1-meter (340.50) against Michigan State and 3-meter (387.50) against Purdue. The 3-meter score is third in school history, while 1-meter ranks seventh. Will Brenner's 3-meter score of 366.35 against Purdue ranks eighth all-time in the UI record books.

MEET TOCATION	MEET LOCATION	
		MEET LOCATION

2017-18 SCHEDVLE

Intrasquad Meet Michigan State (M/W) Northern Iowa (W)	lowa City, lowa lowa City, lowa	9 a.m.
	lowa City, Iowa	7
Northorn Jours (M)		7 p.m.
	lowa City, Iowa	10 a.m.
		2 p.m.
		5 p.m.
		4 p.m.
		5 p.m.
		5 p.m.
		10 a.m.
		5 p.m.
		5 p.m.
		5 p.m.
		6 p.m.
		TBA
	lowa City, Iowa	7 p.m.
	lowa City, Iowa	7 p.m.
	lowa City, Iowa	11 a.m.
		11 a.m.
		11 a.m.
	South Bend, Ind.	5 p.m.
		10 a.m.
		6 p.m.
	,	All Day
	Minneapolis	All Day
		All Day
	Columbus, Ohio	All Day
NCAA Men's Championships	Minneapolis	All Day
	Michigan State (M/W) Northern Iowa (W) Alumni Meet Minnesota (Senior Day) Purdue Minnesota Diving Invitational Minnesota Diving Invitational Minnesota Diving Invitational Minnesota Jean Freeman Minnesota Jean Freeman Minnesota Jean Freeman Iowa State (W) % USA Diving Winter Nationals Notre Dame (M/W) Illinois (W) Illinois (W) Notre Dame (M/W) Northwestern Shamrock Invitational Shamrock Invitational Western Illinois Big Ten Women's Championships Big Ten Men's Championships NCAA Zone Diving Championships NCAA Women's Championships	Northern lowa (W) Alumni Meet Minnesota (Senior Day) Purdue Minnesota Diving Invitational Minnesota Diving Invitational Minnesota Diving Invitational Minnesota Diving Invitational Minnesota Jean Freeman Minneapolis Morte Dame (M/W) Notre Dame (M/W) Norte Dame (M/W) Northwestern Shamrock Invitational Western Illinois Big Ten Women's Championships Big Ten Men's Championships NCAA Zone Diving Championships NCAA Women's Championships NCAB Women's Championships

(M) - Men's only competition (W) - Women's only competition All times central and subject to change % - Iowa Corn Cy-Hawk Series

FOLLOW THE HAWKEYES







TIMF

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HEAD COACH MARC LONG



Marc Long is entering his 14th season as head coach for the University of Iowa swimming and diving team and 13th leading both the men and women's programs.

During his tenure as head coach of both teams, 133 school records have fallen and 259 Hawkeyes have automatically or provisionally qualified for the NCAA Championships. lowa has posted 12 top 40 NCAA finishes (five men, seven women) since 2004.

Academically, the Hawkeyes have had prolonged academic success under Long's tutelage. Iowa has crowned 24 academic All-Americans, 292 Academic All-Big Ten selections, and the team has earned academic All-America honors nine times.

In 2016-17, the lowa women's team recorded its highest finish in 12 years, placing 26th at the NCAA Championships. The Hawkeyes had a pair of first-team All-Americans in breast stroker Emma Sougstad and platform diver Calli Head. Sougstad's performance at the NCAA meet was one of the best swims in Big Ten Conference history.

The Hawkeyes swam to 15 school records during the season and posted 56 NCAA qualifying marks. Academically, Iowa had seven Scholar All-Americans, 23 Academic All-Big Ten selections, and five Big Ten Distinguished Scholars.

The 2015-16 season saw the Hawkeyes finish in the top-40 nationally at the NCAA Championships. The women's team had three NCAA qualifiers and finished 38th, courtesy of an honorable-mention All-America performance from junior Emma Sougstad. Sougstad won the "B" heat, finishing ninth overall in the 100 breaststroke. Sougstad was honored as the CollegeSwimming.com National Swimmer of the Week in December.

The UI men had five NCAA qualifiers and tallied a 40th-place finish nationally, highlighted by two honorable-mention All-America performances from senior Roman Trussov. The breaststroker earned All-America distinctions in both the 100-and-200-yard breaststroke events.

Trussov was also a second-team All-Big Ten honoree after finishing as the 100-breast runner-up at the 2016 Big Ten Championships.

IOWA'S NCAA STANDARDS

Men

Jack Smith – 50 free (20.17) Jerzy Twarowski – 100 fly (47.85)

IOWA'S NCAA ZONE DIVING STANDARDS

Men

Will Brenner – 1-meter (353.65), 3-meter (366.35) Anton Hoherz – 1-meter (340.50), 3-meter (387.50) Matt Mauser – 3-meter (353.15)

Jonatan Posligua – 3-meter (320.20)

Women

Jayah Mathews — 1-meter (296.40), 3-meter (315.00)

Thelma Strandberg – 1-meter (293.95)

Jacintha Thomas — 1-meter (307.60), 3-meter (304.00)

Morgan Rafferty – 1-meter (288.70), Morgan Rafferty (297.50)

B1G ATHLETES OF THE WEEK

On Oct. 11, three Hawkeyes received Big Ten Weekly honors. Junior Jacintha Thomas was named Big Ten Diver of the Week, while sophomore Joe Myhre was tabbed as the Big Ten Swimmer of the Week. Freshman Anton Hoherz received both the Big Ten Diver of the Week and Freshman of the Week. On Nov. 1, Jayah Mathews earned Big Ten Freshman of the Week after she led the Hawkeyes against Minnesota on Oct. 27, posting a score of 305.70 off the 3-meter to finish third.

HAWKEYES RETURN EXPERIENCED GROUP

The lowa men's and women's swimming and diving program returns 21 letterwinners each and welcomes a total of 16 freshmen to the 2017-18 season. The Hawkeyes return four all-time top performers -- Jack Smith (100 free), Jerzy Twarowski (100, 200 fly), Hannah Burvill (100 free), and Will Brenner (1-meter).

Smith received men's Big Ten Freshman Swimmer of the Week honors on Oct. 5, 2016, last season. Burvill also received women's Big Ten Freshman Swimmer of the Week recognition three times last season (Oct. 5, 2016) (Dec. 14, 2016) (Jan. 25, 2017), while two returning divers notched Big Ten Diver of the Week honors in 2016 -- Jacintha Thomas (Oct. 5, 2016), and Thelma Strandberg (Dec. 14, 2016).

SMITH CARRIES POSTSEASON EXPERIENCE INTO 2017-18

Junior Jack Smith broke the 100 freestyle record with a prelim swim of 43.15 seconds at the 2017 Big Ten Championships. The England native finished 12th overall in the event, finishing with a time of 43.29 seconds in the finals. He posted a NCAA "B" qualifying time in the 50 free, touching in at 20.17 in the home dual meet against Minnesota.

RETURNING NCAA QUALIFIER

The lowa swimming and diving program returns one NCAA qualifier from last season. Sophomore diver Thelma Strandberg returns for her second season following her debut performance at the 2017 NCAA Championships. The Norway native qualified via a 11th-place finish at the NCAA Zone D Diving Championships while recording a career-best score of 242.30 during the prelims at the Zone meet.

HAWKEYE NEWCOMERS

Eight newcomers are set to join the men's swimming and diving program this year, including Michal Brzus, Anton Hoherz, Jackson Kuhlers, Thomas Pederson, Jonatan Posligua, Jacob Rosenkoetter, Tom Schab, and Daniel Swanepoel. The eight freshmen come from four different countries -- Africa, Ecuador, Poland, and the United States -- and four different states, including lowa, California, Texas (2), and Minnesota.

The women's program welcomes eight newcomers for the 2017-18 season. Kelsey Drake, Mallory Fox, Morgan Grout, Lexi Horner, Jayah Mathews, Sage Ohlensehlen, Claire Park, and Sarah Schemmel each begin their freshmen campaigns this year. Five newcomers hail from lowa, while Fox is from Wisconsin, Grout is from Indiana, and Mathews is from Australia.

IOWA SWIMMING AND DIVING HISTORY

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

UI CAMPUS RECREATION AND WELLNESS CENTER

The University of Iowa's Campus Recreation and Wellness Center has been home to the Hawkeyes since August of 2010. The 69 million dollar facility is located at the corner of Burlington and Madison streets and was named the third-best campus student recreation center nationally by Best College Reviews in 2013. 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.

FORMER HAWKEYE ASHLEY DELL JOINS COACHING STAFF

University of lowa graduate and former volunteer assistant coach Ashley Dell was named an assistant coach with the University of lowa swimming and diving program this past June. Dell rejoined the stafffollowing stints at George Washington (2011-14) and Southern Methodist (SMU)(2014-17). Dell also spent two seasons as a volunteer coach at the University of lowa from 2009-11. A member of the lowa women's program from 2005-2009, Dell was a two-year team captain for the Hawkeyes. She is an all-time top-10 performer in the 500, 1,000, and 1,650-yard freestyle events.

ON DECI

The lowa women's swimming and diving team travels to Ames, lowa, for the annual lowa Corn Cy-Hawk Series dual against lowa State on Dec. 8. The meet will begin at 6 p.m. (CT).



50 Free	Jack Smith	19.61 (B)
100 Free	Jack Smith	
200 Free		
500 Free	Ben Colin	4:33.82
1,000 Free	Mike Tenney	9:24.26
1,650 Free		N/A
100 Back	Kenneth Mende	
200 Back		1:46.73
100 Breast	Daniel Swanepoel	55.88
200 Breast		2:01.12
100 Fly	Jerzy Twarowski	48.95 (B)
200 Fly	Jerzy Twarowski	1:48.38
200 IM		1:51.41
400 IM		
200-Free Relay	Brzus, Smith, Scott, Kamin	1:21.87
400-Free Relay		2:58.53
800-Free Relay		
200-Medley Relay		
400-Medley Relay	N/A	N/A
1-Meter Diving	Will Brenner	353.65 (ZS)
3-Meter Diving	Anton Hoherz	387.50 (ZS)
Platform Diving		

50 Free	Carly O'Brien	23.38
100 Free		
200 Free		
500 Free	Hannah Burvill	4:53.79
1,000 Free		
1,650 Free	·	
100 Back		
200 Back	Meghan Lavelle	2:01.38
100 Breast	Shea Hoyt	
200 Breast		
100 Fly		
200 Fly		2:01.88
200 IM		
400 IM		N/A
200-Free Relay	Burvill, Fluit, Scheitlin, Schemmel	1:34.29
400-Free Relay		3:24.83
800-Free Relay		N/A
200-Medley Relay		
400-Medley Relay	N/A	N/A
1-Meter Diving	Jacintha Thomas	
3-Meter Diving	Jayah Mathews	315.00 (ZS)
Platform Diving		196.15



2017-18 TOP TIMES BY ATHL	ETE (MEN)					
Athlete 50 Free	100 Free	200 Free	500 Free	1,000 Free	1,650 Free	100 Back
Colter Allen		2001166		1,000 1166	1,030 1166	56.40
Will Brenner 21.34						30. 4 0
Michal Brzus 20.26	44.96	1 40 10	4 24 04			
Ben Colin	46.99	1:40.18	4:31.81	9:44.16		
Weston Credit	47.79	1:47.64				
Chris Dawson		1:47.64	4:37.84	9:30.37		
Sam Dumford 21.71	46.87					
Steve Fiolic 21.76	48.92					51.31
RJ Hemmingsen 20.86	45.89					
Garrett Hoce 21.18						
Matt Kamin 20.91	45.75	1:44.49				
Jackson Kuhlers 21.55						
Kenneth Mende 21.47						48.59
Joe Myhre 19.97 (B)	44.21	1:40.04				
Tanner Nelson 22.78						
Thomas Pederson 21.70	47.63	1:44.09	4:55.57			
Thomas Rathbun 21.49	47.14	1:40.83				52.80
Jacob Rosenkoetter21.31	48.44					52.02
Logan Samuelson	48.54		4:40.29	9:34.69		
Tom Schab 23.36			4:41.36	9:31.56		
Will Scott 19.82 (B)	44.35			7.51.50		
Jack Smith 19.67 (B)	44.05	1:39.70				
Daniel Swanepoel 21.19		1.55.70				
Michael Tenney 21.72	46.90	1:42.28	4:34.24	9:24.26		
Jerzy Twarowski 21.49	45.93	1.42.20	4.54.24	9.2 4 .20		
Forrest White 21.16	46.31	1:42.72				50.63
200 Back						
	100 Breast	200 Breat	100 Fly	200 Fly	200 IM	400 IM
Colter Allen			50.19	1:52.78		
Will Brenner						
Michal Brzus			49.52			
Ben Colin						
Weston Credit	57.32	2:06.28				
Chris Dawson						
Sam Dumford						
Steve Fiolic						
RJ Hemmingsen			49.60			
Garrett Hoce	59.38				1:54.62	
Matt Kamin						
Jackson Kuhlers			51.27	1:51.57	1:55.42	
Kenneth Mende 1:46.56					1:51.41	
Joe Myhre						
Tanner Nelson	58.07	2:08.45				
Thomas Pederson					1:58.21	
Jonatan Posligua						
Thomas Rathbun 1:49.60						
Jacob Rosenkoetter1:55.55			54.29		2:00.71	
Logan Samuelson						
Tom Schab						
Will Scott						
Jack Smith						
Alex Streightiff						
Daniel Swanepoel	55.88	2:01.12			1:51.57	
Michael Tenney	JJ.00 	2.01.12		1:49.50	1.51.57	
Jerzy Twarowski			47.85 (B)	1:48.38		
Forrest White 1:50.50			47.03 (D) 	1.40.30		
Torrest writte 1.50.50						



2017-19 TOD TII	MEC RV AT	THLETE (WOMEN)					
Athlete	50 Free	100 Free	200 Free	500 Free	1,000 Free	1,650 Free	100 Back
Izzie Bindseil	25.46			5:09.49	10:30.58		
Hannah Burvill	23.47	50.40	1:48.38	4:53.79			
Summer Campbe		54.44		5:11.58			
Olivia Cook		JT.TT 		J.11.J0 			
Kelsey Drake	24.55		1.40.02				
Allyssa Fluit	23.79	51.38	1:49.82	4:58.51			
Mallory Fox	23.49	52.01	1:55.22				
Morgan Grout	24.06	54.53	1:54.52				
Meghan Hackett		54.98					
Lexi Horner	24.96						
Shea Hoyt	26.11						
Devin Jacobs	25.68			5:16.81			
Jo Jekel	24.07	52.61					56.05
Nikol Lagodzinska	23.50	51.28					57.23
Meghan Lavelle	26.46	52.73					55.71
Lauren Leehy	24.41	51.90					
Tereysa Lehnertz	24.15	53.38					
Amy Lenderink	25.21						
Natalie McGovern							58.67
Kelly McNamara	24.52	52.25					
Carly O'Brien	23.38	51.26	1:50.50				
Sage Ohlensehler							
Samantha Sauer		52.54					57.23
Mekenna Sheitlin		52.03					
Sarah Schemmel		52.66					
Abbey Schneider				5:09.37	10:21.80		
	200 Back	100 Breast	200 Breat	100 Fly	200 Fly	200 IM	400 IM
Izzie Bindseil					200 Fly	200 IIVI 	400 1101
Hannah Burvill							
					2:06.02		
Summer Campbe Olivia Cook							
					2.01.00	2.05.22	
Kelsey Drake				55.33	2:01.88	2:05.32	
Allyssa Fluit							
Mallory Fox							
Morgan Grout							
Meghan Hackett		1:09.72		58.20			
Lexi Horner		1:05.65	2:18.23			2:07.34	
Shea Hoyt		1:04.73	2:20.91				
Devin Jacobs			2:22.91			2:09.25	
Jo Jekel							
Nikol Lagodzinska							
Meghan Lavelle	2:00.43					2:07.27	
Lauren Leehy							
Tereysa Lehnertz				56.41	2:03.79		
Amy Lenderink				58.37	2:07.71		
Natalie McGovern	2:09.55						
Kelly McNamara				54.76			
Carly O'Brien							
Sage Ohlensehler		1:06.38	2:27.65				
Samantha Sauer		1.00.50	2.27.03				
Mekenna Sheitlin				55.05			
Sarah Schemmel							
						2.12.50	
Abbey Schneider						2:12.50	



2017-18 TOP DIV	VES BY ATHL	ETE (MEN)	
Athlete	1-Meter	3-Meter	Platform
Will Brenner	353.65 (ZS)	360.90 (ZS)	
Anton Hoherz	340.50 (ZS)	383.50 (ZS)	295.95
Matt Mauser	304.80	353.15 (ZS)	
Jonatan Posligua	270.60	320.20 (ZS)	294.55

2017-18 TOP DIV	ES BY ATHLI	ETE (WOMEN)	
Athlete	1-Meter	3-Meter	Platform
Jayah Mathews	280.55 (ZS)	315.00 (ZS)	
Claire Park	229.75 (ZS)		
Thelma Strandberg	293.95 (ZS)	273.35 (ZS)	196.15
Jacintha Thomas	307.60 (ZS)	304.00 (ZS)	
Morgan Rafferty	288.70 (ZS)	297.50 (ZS)	

2017-18 INDIVID	OUAL WINS (MEN)	
Athlete	Event	Time	Meet
William Brenner	1-Meter	353.65	Minnesota
Michal Brzus	50 Free	20.47	MSU
Anton Hoherz	1-Meter	340.50	MSU
Anton Hoherz	3-Meter	374.90	MSU
Anton Hoherz	3-Meter	383.50	Minnesota
Kenneth Mende	100 Back	50.36	MSU
Kenneth Mende	100 Back	48.85	Purdue
Kenneth Mende	50 Back	23.04	MSU
Kenneth Mende	200 Back	1:46.73	Minnesota
Kenneth Mende	200 Back	1:46.56	Purdue
Joe Myhre	100 Free	44.62	Minnesota
Joe Myhre	100 Free	44.82	MSU
Joe Myhre	200 Free	1:40.04	MSU
Thomas Rathbun	200 Back	1:49.02	MSU
Will Scott	50 Free	20.48	Purdue
Jack Smith	100 Free	45.22	Purdue
Daniel Swanepoel	100 IM	52.44	MSU
Daniel Swanepoel		2:04.77	MSU
Michael Tenney	200 Fly	1:50.76	MSU
Michael Tenney	500 Free	4:37.61	MSU
Michael Tenney	1000 Free	9:24.26	Minnesota
Jerzy <u>T</u> warowski	50 Fly	21.75	MSU
Jerzy <u>T</u> warowski	100 Fly	48.95	MSU
Jerzy Twarowski	100 Fly	47.85	Purdue
Jerzy <u>T</u> warowski	200 Fly	1:48.38	Minnesota
Jerzy Twarowski	200 Fly	1:48.65	Purdue
Jerzy Twarowski	100 Fly	48.06 (B)	Minnesota

2017-18 INDIVIDU	AL WINS (WOMEN)		
Athlete	Event	Time	Meet
Hannah Burvill	100 Free	50.67	MSU, UNI
Hannah Burvill	100 Free	50.40	Purdue
Hannah Burvill	200 Free	1:49.83	MSU, UNI
Hannah Burvill	200 Free	1:48.82	Purdue
Hannah Burvill	500 Free	4:56.81	MSU, UNI
Jo Jekel	50 Back	26.18	MSU, UNI
Megan Lavelle	100 Back	55.74	Purdue
Megan Lavelle	200 Back	2:00.43	Purdue
Tereysa Lehnertz	200 Fly	2:04.49	MSU, UNI
Kelly McNamara	100 Fly	55.90	MSU, UNI
Jayah Mathews	1-Meter	296.40	Purdue
Jayah Mathews	3-Meter	315.00	MSU, UNI
Mekenna Scheitlin	50 Fly	25.05	MSU, UNI
Mekenna Scheitlin	50 Breast	30.01	MSU, UNI
Mekenna Scheitlin	100 IM	58.40	MSU, UNI
Abbey Schneider	1000 Free	10:28.77	MSU, UNI
Jacintha Thomas	1-Meter	307.60	MSU, UNI

2017-18 RELAY WINS (MEN)

Athletes	•	Time	Meet
Mende, Credit, Twarowski, Smith		1:31.35	MSU
Mende, Swanepoel, Twarowski, Smith		1:29.45	Minnesota
Mende, Swanepoel, Twaroswski, Smit		1:29.59	Purdue
Brzus, Smith, Scott, Myhre	400 Free	2:58.53	MSU
Scott, Kamin, Hemmingsen, Myhre	400 Free	3:01.06	Purdue
Brzus, Smith, Myhre Kamin	200 Free	1:21.87	MSU
Myhre, Smith, Scott, Brzus	400 Free	2:58.57	Minnesota

2017-18 RELAY WINS (WOMEN)

Athletes Jekel, Hoyt, Scheitlin, Schemmel	Event 200 Medley	Time 1:43.88	Meet MSU, UNI
Fluit, O'Brien, Burvill, Scheitlin	400 Free	3:27.19	MSU, UNI
Burvill, Fluit, Scheitlin, Schemmel	200 Free	1:34.29	MSU, UNI

