

HEAD COACH MARC LONG

Marc Long is entering his 16th season as head coach for the University of Iowa swimming and diving team and 15th leading both the men's and women's programs.

During his tenure as head coach of both teams, 149 school records have fallen and 360 Hawkeyes have automatically or provisionally qualified for the NCAA Championships. Long has coached 44 All-Americans in his Hawkeye tenure and Iowa has posted 13 top 40 NCAA finishes (six men, seven women) since 2004.

Academically, the Hawkeyes have had prolonged academic success under Long's tutelage. Iowa has crowned 24 academic All-Americans, 340 Academic All-Big Ten selections, and the team has consistently earned CSCAA Scholar All-America honors.

The women's team has been recognized with NCAA Public Recognition in 2015 and 2017 for a perfect Academic Progress Report (APR) as a team -- a highly selective award given to the top 10 percent of teams across the country.

On campus, Long was one of the founders of the Hawkeye Health C.A.R.E. program -- a unique shadowing and mentoring program for UI student-athletes. He also started the Hawkeye Business Social, a professional development and networking event for Hawkeye swimming and diving student-athletes.

**HEARING FROM SENIOR JOE MYHRE**

"Overall, I'm just looking forward to racing and trying to beat the people next to me. The times will play out after that. Watching the girls race this past week was very motivational. They put it together and improved which made me excited for this week."

On racing against Indiana and Michigan in Bloomington earlier this season:

"For us, it was good experience and exposure to the pool. We're putting that experience in our back pocket and going into this meet as a new experience. We know it's going to be a fast meet as usual but having that meet in the Fall gave us a taste of the environment and the pool prior to this peak meet."

On who will stand out at Big Tens:

"I think the freshman are going to have a great meet. They've worked so hard and have really become solid members of this team which I think will pay off this week. Also, the seniors have been working very hard as well, we're going to compete and show up big."

HEARING FROM ALEKSEY TARASENKO

"It's a whole season of preparation. You start the season in September and you work hard until Big Tens and you can change different things that you want to take with you, but actually it's about the systematic routine. You need to trust the process, trust your coaches, and just work hard. Mentally, you need to prepare yourself, especially the week before. Most people think it's 50-50, muscle and mentality, but it's just your body. It's a physical thing. It's more important what you have in your brain when the time comes to race."

HEARING FROM SENIOR WILL SCOTT

"The team is stoked and ready after watching the girls this past week, especially the upperclassmen. We're ready to show up and put it all out on the line."

On racing against Indiana and Michigan in Bloomington earlier this season:

"They're not here to mess around. We're in one of the most competitive conferences in the nation and it's a matter of respecting our opponents. At the end of the day, it doesn't matter about our time, it matters whether we touch the wall before everyone else."

On his goals for finishing out the season:

"Personally I'd like to take as many people to NAAs as I can, whether that's helping on the relay teams or just cheering them on from the sidelines. We'd like to have a good presence there this year and I think a few of our relays have a good chance."

AMONG THE B1G: MEN

The Iowa men are littered throughout the top-10 across the Big Ten Conference. In team dual-meet rankings, the Hawkeyes sit third with 792.40 points.

- Sophomore Aleksey Tarasenko (6th), seniors Steve Fiolic (7th) and Joe Myhre (9th) all rank in the top 10 of the 50 free, with Tarasenko also holding a top spot in the 100 free (4th) and 200 free (6th).
- Sophomore Mateusz Arndt holds prestige in the 500 free (4:19.89), placing sixth overall.
- Iowa boasts two top-10 times in the 200 back from sophomore Anze Fers Erzen (5th, 1:42.64) and freshman Ryan Purdy (10th, 1:44.64).
- Freshman Will Myhre ranks 10th in the 100 breast (53.32), followed by junior Daniel Swanepoel at 53.35 (12th). Swanepoel also sits at seventh in the 200 breast (1:55.46).
- Senior Michael Tenney sits ninth in the B1G field in the 200 fly (1:45.76). Fers Erzen rounds out Iowa's

individual placings at fifth in the 400 IM (3:47.51).

- Iowa's free relay teams all rank within the top-four. The 200-free relay sits third (1:18.31) along with the 800-free relay (6:27.21). The 400-free relay ranks fourth in 2:53.74.

AMONG THE RANKINGS: MEN

The Hawkeye men slipped out of the CollegeSwimming.com top-25, currently sitting at 27th with 792.40 points. In the final TYR/CSCAA poll, the Hawkeyes finished 20th with 78 points.

MEET-BY-MEET

- The Hawkeyes opened the season with three wins over Michigan State and Northern Iowa on Oct. 3. The men defeated the Spartans, 182-112, while the women pulled out the double victory over Michigan State and UNI in identical fashion, 183-113.
- At the season's first invitational, nine Hawkeyes took to the water at the SMU Classic and finished fourth out of six total teams with 242 points.
- The Hawkeye men captured a win against Minnesota, 156-144, at the CRWC, hoisting the team's second Big Ten win of the season. The Hawkeye women put up strong times against a ranked Minnesota team, narrowly falling 157-143. The Iowa men got its first win against Minnesota since 2017.
- The Iowa women swam well against the third-ranked Michigan, posting seven individual wins. Despite a strong showing, Iowa fell 173-127. The 19th-ranked Iowa men's team dropped its contests against No. 1 Michigan (218-82) and fell to No. 6 Indiana (245-55) in Bloomington, Ind.
- The Iowa women swam well against third-ranked Michigan, posting wins in seven events, but ultimately lost 127-173.
- The 19th-ranked Iowa men's team dropped its Big Ten duals against No. 1 Michigan (218-82) and No. 6 Indiana (245-55) in Bloomington, Ind.
- The Iowa women dominated Big Ten opponent Rutgers, 199-100, in Iowa City on Nov. 8, the team's final dual before its midseason invitational.
- The Hawkeyes went north to compete in the Minnesota Invitational for a midseason showdown and they posted several school records from Hannah Burvill, Millie Sansome, and Kelsey Drake. The Hawkeye men placed fifth among the field, while the women were seventh.
- The Iowa women posted a dominating victory over Iowa State for the 10th year in a row, 179-121, in Ames on Dec. 13. The team's victory clinched the overall win in the 2019 Iowa Corn CyHawk Series between both schools.
- The Hawkeye men captured another ranked win, downing No. 17 Notre Dame, 159.50-140.50, this past weekend. The Hawkeye women tabbed a Big Ten win over Illinois, 223-86, for its largest margin of victory this season. Iowa fell short of Notre Dame, 209.50-99.50.
- The Hawkeye men fell to Northwestern, 157-143. The Hawkeye women lost to Northwestern, 199-101.
- The Hawkeye men completed the 2020 Shamrock Invitational with a second-place finish, boasting 917 points, followed by a fourth-place finish from the women with 629.5 points.
- The Hawkeyes swept Western Illinois on both the men's and women's sides on Senior Night, posting scores of 130-67 (W) and 122-44 (M).
- The Hawkeye women earned ninth at the 2020 Big Ten Conference Championships in Iowa City, scoring a program high 430 points since the

introduction of the new scoring format in 2016.

BIG HONOREES

The Hawkeyes have earned three Big Ten Conference weekly honors during the 2019-20 season.

- Big Ten Men's Swimmer of Week: Anze Fers Erzen (Oct. 9)
- Big Ten Men's Diver of the Week: Anton Hoherz (Oct. 9)
- Big Ten Men's Freshman of the Week: Michael Huebner (Oct. 9)

MAKING THE CUT

- Aleksey Tarasenko (19.68), Steve Fiolic (19.73), and Joe Myhre (19.77) all hold NCAA 'B' cuts in the 50 free. Tarasenko (42.85) and Fiolic (43.74) both hold cuts in the 100 free as well. Tarasenko is the only Hawkeye to hold three NCAA cuts, also having the 200 free (1:35.09).
- Mateusz Arndt holds the 500 free qualifying standard with a 4:19.89.
- Anze Fers Erzen (1:42.64) and freshman Ryan Purdy (1:44.64) both hold the 'B' standard in the 200 back. Fers Erzen holds a second cut in the 400 IM (3:47.51).
- Freshman Will Myhre (53.32) and Daniel Swanepoel (53.35) both secured the 100 breast standard at the Minnesota Invitational in December. Swanepoel also holds the 200 breast standard at 1:55.46.
- Senior Michael Tenney captured the 200 fly cut at the Minnesota Invitational in 1:45.76.

NCAA ZONE DIVING QUALIFIERS

Two Hawkeyes have posted NCAA Zone Diving standards this season.

- 1-Meter Men: Mohamed Neuman (334.00), Anton Hoherz (320.10)
- 3-Meter Men: Anton Hoherz (356.35), Mohamed Neuman (347.05)

ON DECK

Iowa's divers return to action March 9-11, traveling to Dallas for the NCAA Zone D Diving Championships.

2019-20 MEN'S SEASON-BEST TIMES

50 Free	Aleksey Tarasenko	19.68 (B)
100 Free	Aleksey Tarasenko	42.85 (B)
200 Free	Aleksey Tarasenko	1:35.09 (B)
500 Free	Mateusz Arndt	4:19.89 (B)
1,000 Free	Mateusz Arndt	9:25.52
1,650 Free	Evan Holt	15:27.23
100 Back	John Colin	48.47
200 Back	Anze Fers Erzen	1:42.64 (B)
100 Breast	Will Myhre	53.32 (B)
200 Breast	Daniel Swanepoel	1:55.46 (B)
100 Fly	Sergey Kuznetsov	47.97
200 Fly	Michael Tenney	1:45.76 (B)
200 IM	Anze Fers Erzen	1:46.91
400 IM	Anze Fers Erzen	3:47.51 (B)
200-Free Relay	Tarasenko, Fiolic, J. Myhre, Scott	1:18.31
400-Free Relay	Tarasenko, J. Myhre, Fiolic, Scott	2:53.74
800-Free Relay	Tarasenko, Tenney, Arndt, Allmon	6:27.21
200-Medley Relay	Colin, W. Myhre, Tenney, J. Myhre	1:28.44
400-Medley Relay	Colin, W. Myhre, Tenney, Tarasenko	3:12.17
1-Meter Diving	Mohamed Neuman	334.00 (ZS)
3-Meter Diving	Anton Hoherz	356.33 (ZS)
Platform Diving	--	--

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

2019-20 WOMEN'S SEASON-BEST TIMES

50 Free	Hannah Burvill	22.54 (SR) (B)
100 Free	Hannah Burvill	48.65 (SR) (B)
200 Free	Hannah Burvill	1:44.92 (B)
500 Free	Allyssa Fluit	4:43.52(B)
1,000 Free	Millie Sansome	10:03.34
1,650 Free	Millie Sansome	16:41.89
100 Back	Millie Sansome	53.21 (SR)(B)
200 Back	Millie Sansome	1:55.94 (SR) (B)
100 Breast	Aleksandra Olesiak	1:02.39
200 Breast	Aleksandra Olesiak	2:13.92(B)
100 Fly	Kelsey Drake	53.28 (B)
200 Fly	Kelsey Drake	1:55.89 (SR) (B)
200 IM	Kelsey Drake	1:59.41(B)
400 IM	Millie Sansome	4:17.53
200-Free Relay	Burvill, Gilbertson, Schemmel, Fluit	1:31.09
400-Free Relay	Fluit, Burvill, Schemmel, Rink	3:19.41
800-Free Relay	Burvill, Fluit, Sansome, Rink	7:04.70
200-Medley Relay	Sansome, Ohlensehlen, Drake, Gilbertson	1:39.94
400-Medley Relay	Sansome, Olesiak, Drake, Burvill	3:36.18
1-Meter Diving	Jayah Mathews	324.85 (ZS)
3-Meter Diving	Jayah Mathews	362.25 (ZS)
Platform Diving	Thelma Strandberg	195.65

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

2019-20 INDIVIDUAL WINS (MEN)

Athletes	Event	Time	Meet
Mateusz Arndt	1000 Free	9:25.52	MSU
Mateusz Arndt	500 Free	4:29.99	MSU
Mateusz Arndt	500 Free	4:27.82	NW
Weston Credit	200 Free	1:42.78	Western III
Anze Fers Erzen	100 Back	50.36	MSU
Anze Fers Erzen	200 Back	1:47.57	MSU
Anze Fers Erzen	200 IM	1:51.61	MSU
Anze Fers Erzen	200 Back	1:42.97	Shamrock
Anze Fers Erzen	500 Free	4:31.93	Western III
Andrew Fierke	100 Free	46.25	Western III
Steve Fiolic	50 Free	20.41	Western III
Michael Huebner	1-meter	293.70	MSU
Michael Huebner	1-meter	245.85	Western III
Michael Huebner	3-meter	293.55	Western III
Anton Hoherz	3-meter	341.60	MSU
Anton Hoherz	1-meter	320.10	NOTRE D
Sergey Kuznetsov	100 Fly	47.97	NOTRE D
Sergey Kuznetsov	100 Fly	48.06	Shamrock
Sergey Kuznetsov	50 Free	20.41	Western III
Joe Myhre	50 Free	20.16	MINN
Joe Myhre	50 Free	20.18	NOTRE D
Will Myhre	100 Breast	55.25	MSU
Will Myhre	100 Breast	54.96	NOTRE D
Mohamed Neuman	1-meter	334.00	MINN
Will Scott	50 Free	20.46	MSU
Aleksey Tarasenko	100 Free	44.85	MSU
Aleksey Tarasenko	200 Free	1:37.35	MINN
Aleksey Tarasenko	100 Free	44.21	MINN
Aleksey Tarasenko	100 Free	44.84	NOTRE D
Aleksey Tarasenko	200 Free	1:37.35	NOTRE D
Aleksey Tarasenko	50 Free	20.39	NW
Aleksey Tarasenko	200 Free	1:36.98	NW
Aleksey Tarasenko	100 Free	43.95	Shamrock
Michael Tenney	200 Fly	1:50.72	MSU
Michael Tenney	200 Fly	1:48.45	MINN
Michael Tenney	200 IM	1:50.42	MINN
Michael Tenney	200 Fly	1:47.57	NOTRE D
Michael Tenney	200 IM	1:49:58	NW
Michael Tenney	200 Fly	1:46.95	Shamrock

2019-20 RELAY WINS (MEN)

Athletes	Event	Time	Meet
Colin, W. Myhre, Tenney, J. Myhre	200 Medley	1:30.52	MSU
Tarasenko, Fiolic, Scott, J. Myhre	400 Free	3:01.45	MSU
J. Myhre, Scott, Tarasenko, Fiolic	200 Free	1:21.24	MSU
J. Myhre, Scott, Tarasenko, Fiolic	400 Free	2:58.11	MINN
J. Myhre, Kuznetsov, Scott, Tarasenko	400 Free	2:57.84	NOTRE D
Colin, W. Myhre, Kuznetsov, J. Myhre	200 Medley	1:28.86	NOTRE D
Tarasenko, Fiolic, Kuznetsov, J. Myhre	400 Free	2:57.92	NW
Fiolic, Tarasenko, Scott, J. Myhre	200 Free	1:20.10	Shamrock
Colin, W. Myhre, Kuznetsov, Tarasenko	400 Medley	3:15.44	Western III
Dumford, Scott, Credit, Tenney	200 Free	1:21.82	Western III

2019-20 INDIVIDUAL WINS (WOMEN)

Athletes	Event	Time	Meet
Hannah Burvill	200 Free	1:48.36	MINN
Hannah Burvill	200 Free	1:49.53	MICH
Hannah Burvill	200 Free	1:49.31	RUTGERS
Hannah Burvill	100 Free	50.62	RUTGERS
Hannah Burvill	100 Back	54.26	IOWA ST
Hannah Burvill	50 Free	23.50	IOWA ST
Hannah Burvill	100 Free	50.47	IOWA ST
Hannah Burvill	200 Free	1:45.99	Shamrock
Anna Brooker	500 Free	5:03.90	Western III
Kelsey Drake	200 Fly	2:02.76	MSU/UNI
Kelsey Drake	100 Fly	55.45	MSU/UNI
Kelsey Drake	200 Fly	2:00.41	MINN
Kelsey Drake	100 Fly	54.35	MINN
Kelsey Drake	200 Fly	1:59.45	MICH
Kelsey Drake	200 IM	2:03.59	MICH
Kelsey Drake	200 Fly	2:00.59	RUTGERS
Kelsey Drake	100 Fly	54.75	RUTGERS
Kelsey Drake	200 IM	2:05.17	RUTGERS
Kelsey Drake	200 Fly	1:57.87	IOWA ST
Kelsey Drake	100 Fly	54.06	IOWA ST
Kelsey Drake	200 IM	2:02.78	IOWA ST
Allyssa Fluit	500 Free	4:53.91	RUTGERS
Allyssa Fluit	200 Free	1:48.90	IOWA ST
Allyssa Fluit	500 Free	4:51.66	IOWA ST
Allyssa Fluit	200 Free	1:49.66	NW
Allyssa Fluit	500 Free	4:53.81	NW
Payton Lange	200 Free	1:52.93	Western III
Payton Lange	100 Free	52.32	Western III
Jayah Mathews	1-meter	296.25	MSU/UNI
Jayah Mathews	1-meter	309.65	MINN
Jayah Mathews	1-meter	322.20	MICH
Jayah Mathews	1-meter	324.85	RUTGERS
Jayah Mathews	3-meter	362.25	RUTGERS
Jayah Mathews	3-meter	348.40	IOWA ST
Jayah Mathews	1-meter	318.40	IOWA ST
Jayah Mathews	1-meter	321.10	NOTRE D/ILL
Lauren McDougall	200 Free	1:50.37	MSU/UNI
Lauren McDougall	100 Free	51.50	MSU/UNI
Alexandra Olesiak	100 Breast	1:03.69	RUTGERS
Alexandra Olesiak	200 Breast	2:18.85	RUTGERS
Claire Park	1-meter	288.15	Western III
Millie Sansome	1000 Free	10:10.41	MSU/UNI
Millie Sansome	500 Free	4:59.67	MSU/UNI
Millie Sansome	1000 Free	10:03.70	MINN
Millie Sansome	200 Back	2:01.17	MINN
Millie Sansome	100 Back	55.57	MICH
Millie Sansome	200 Back	2:00.03	MICH
Millie Sansome	1000 Free	10:07.55	RUTGERS
Millie Sansome	200 Back	1:59.78	RUTGERS
Millie Sansome	1000 Free	10:03.34	IOWA ST
Millie Sansome	200 Back	1:58.08	IOWA ST
Millie Sansome	200 Back	1:55.94	Shamrock
Sam Tamborski	3-meter	316.45	MSU/UNI
Sam Tamborski	3-meter	302.00	SMU CLASSIC
Sam Tamborski	3-meter	341.55	MICH
Sam Tamborski	3-meter	319.75	Western III
Ariel Wooden	50 Free	23.77	Western III
Maddie Ziegert	50 Free	23.95	MSU/UNI
Maddie Ziegert	50 Free	23.39	MINN

2019-20 RELAY WINS (WOMEN)

Athletes	Event	Time	Meet
Sansome, Ohlensehlen, Drake, Burvill	200 Medley	1:42.94	MSU/UNI
Sansome, Burvill, Ziegert, McDougall	400 Free	3:28.81	MSU/UNI
McDougall, Sansome, Schemmel, Ziegert	200 Free	1:35.15	MSU/UNI
Schemmel, Burvill, McDougall, Ziegert	400 Free	3:24.84	MINN
McDougall, Sauer, Wooden, Burvill	400 Free	3:25.37	RUTGERS
Schemmel, Rink, Fluit, Burvill	400 Free	3:22.66	IOWA ST
Fluit, Burvill, Ziegert, McDougall	400 Free	3:27.27	NOTRE D/ILL
Burvill, Rink, Sansome, Fluit	800 Free	7:12.79	Shamrock
Sansome, Olesiak, Drake, Burvill	400 Medley	3:44.39	Western III
Lange, Reeder, Lang, Wooden	200 Free	1:38.76	Western III

