



IOWA HAWKEYES

SWIMMING & DIVING

THIS WEEK

University of Iowa women's swimming and diving travels Friday, Nov. 10 to take on the Cornhuskers at 4 p.m. (CT) inside Devaney Natatorium in Lincoln, Nebraska.

FOLLOW LIVE

- Live results for the meet are available on hawkeyesports.com (via the schedule page) and Meet Mobile.
- Fans can also follow the Hawkeyes on Twitter/[iowaSwimDive](https://twitter.com/iowaSwimDive) for live meet updates.

WHAT YOU NEED TO KNOW

- Iowa kicked off the 2023-24 season with a, 197-104, victory against UNI.
- Freshman Olivia Swalley posted two top-10 times at Vanderbilt (Oct. 28):
 - 100 Breast- Olivia Swalley (1:02.16)- 9th all-time
 - 200 Breast- Olivia Swalley (2:17.41)- 7th all-time
- Iowa returned 20 student-athletes from last season and added 10 newcomers this season, including eight freshmen and two transfers
- Amongst the returners are senior diver Sarah Ballard and junior Makayla Hughbanks, who qualified to compete in last season's NCAA Zone D Diving Championships.

ETCHED IN THE BOOKS

The Hawkeyes combined for 16 top-ten program performances throughout the course of the 2022-23 season.

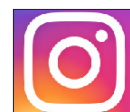
- 50 Free - Kennedy Gilbertson (22.75) - 4th all-time
- 100 Free - Sabina Kupcova (50.26) - T-6th all-time
- 200 Free - Sabina Kupcova (1:48.59) - 7th all-time
- 1000 Free - Alix O'Brien (10:04.70) - 9th all-time
- 100 Back - Kennedy Gilbertson (53.66) - 5th all-time
- 100 Fly - Scarlet Martin (53.45) - 4th all-time
- 200 Fly - Scarlet Martin (1:59.93) - 6th all-time
- 200 IM - Sabina Kupcova (2:02.59) - 8th all-time
- 200 Medley Relay - Gilbertson, Schreiber, Martin, Pedersen (1:40.27) - 8th all-time
- 200 Medley Relay - Gilbertson, Schreiber, Martin, Black (1:40.75) - 10th all-time
- 400 Free Relay - Gilbertson, Kupcova, Pedersen, Martin (3:20.08) - 5th all-time
- 1 Meter Dive - Makayla Hughbanks (312.6) - 8th all-time
- 3 Meter Dive - Makayla Hughbanks (355.40) - 5th all-time
- Platform Dive - Geneva Pauly (266.05) - 3rd all-time

2023-24 SCHEDULE

DATE	MEET	LOCATION	RESULTS
Oct. 6	Northern Iowa	Iowa City, Iowa	W, 197-104
Oct. 27-28	at Ohio St., Va. Tech	Columbus, Ohio	Complete
Oct. 28	at Vanderbilt	Nashville, Tenn.	L, 138-124
Nov. 10	at Nebraska	Lincoln, Neb.	
Nov. 30- Dec. 2	Hawkeye Invite	Iowa City, Iowa	
Nov. 30- Dec. 2	Camo Invitational	Montreal, Canada	
Dec. 8	at Iowa State	Ames, Iowa	
Jan. 2	at Miami	Coral Gables, Fla.	
Jan. 12	at Illinois	Champaign, Ill.	
Feb. 2	Minn., Northwestern, Pur.	West Lafayette, Ind.	
Feb. 21-	Big Ten Championships	West Lafayette, Ind.	
Mar. 4-6	NCAA Zone Diving	Houston, Tx.	
Mar. 14-16	CSCAA National Invite	Ocala, Fla.	
Mar. 20-23	NCAA Championships	Athens, Ga.	

All times Central and subject to change.

FOLLOW THE HAWKEYES



@IowaHawkeyeSwim /IowaSwimmingandDiving @HawkeyeSwimDive

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HEAD COACH NATHAN MUNDT

Nathan Mundt is in his third season as head coach of the University of Iowa women's swimming and diving program. It is Mundt's second stint with the Hawkeyes as he served as an assistant coach and recruiting coordinator from 2008-16.

Mundt has more than 16 years of coaching experience, including being the head coach at Western Illinois, where he was voted the 2007 Mid-Continent Conference Women's Coach of the Year. Mundt coached 33 NCAA All-Americans during his first Hawkeye stint. He was named the seventh head coach in program history in May, 2021.

Mundt rejoined the program after serving the Iowa Flyers Club (IFLY) head coach from 2016-21. Under its Club Excellence Program, USA Swimming recognized IFLY as a Silver Medal Club in 2017, a Bronze Medal Club in 2019 and 2020, and will be recognized as a Gold Medal Club in 2021 for having two 18 & Under athletes qualify for the USA Swimming Olympic Trials.

Mundt and his coaching staff were also named to the 2021 Iowa Swimming, Inc., Senior Coaching Staff of the Year as voted on their coaching peers.

During his time with IFLY, Mundt had two athletes named to USA Swimming's 18 & Under World Top 100 list. He coached a 2017 U.S. Open champion in the women's 200-meter butterfly and that same athlete was named to the USA Swimming National Junior Team in 2017.

Before becoming head coach of IFLY, Mundt spent eight years as an assistant coach and recruiting coordinator for the Hawkeyes from 2008-16. He helped lead the program to six top 40 finishes (men and women), while coaching 33 All-Americans, 42 NCAA qualifiers and the

FRESHMEN MAKING NOISE

Three Hawkeye freshmen combined for six individual wins against UNI. Olivia Frantum won the 1,000 free and the 500 free. Olivia Swalley registered three wins of her own -- 100 breaststroke, 200 backstroke, and 200 IM. Diver Simone Beinlich placed first off the three-meter springboard with a 262.3.

HIGHLIGHTING HUGHBANKS

Junior Makayla Hughbanks came away with a career-best 312.6 in the 1-meter dive, ranking eighth all-time in program history. The Bettendorf, Iowa, native also leads the team in the 3-meter dive score, posting a zone-qualifying total of 355.40 ranking fifth overall in Iowa history.

SWEET VICTORY

Iowa tallied 11 individual wins to beat in-state foe Northern Iowa 197-104 for the Hawkeyes' first meet victory under head coach Nathan Mundt in the 2023-24 home season-opening matchup.

SWALLEY STUNS

Freshman Olivia Swalley tallied three individual wins against Vanderbilt. In only the second meet of the season, Swalley has etched her name on Iowa's top-ten list ranking ninth all-time in the 100 breast (1:02.16) and seventh all-time in the 200 breast (2:17.41)

UP NEXT

University of Iowa women's swimming and diving hosts the Hawkeye Invitational Thursday-Saturday, Nov. 30- Dec. 2. Prelims will start at 10 a.m. (CT) and the finals will begin at 5 p.m. (CT) each day in the CRWC Natatorium.

2023-24 WOMEN'S SEASON-BEST TIMES

50 Free	Kennedy Gilbertson	23.88
100 Free	Sabina Kupcova	51.78
200 Free	Jenna Kerr	1:50.40
500 Free	Jenna Kerr	4:57.49
1,000 Free	Olivia Frantum	10:19.79
1,650 Free	NA	NA
100 Back	Annie Galvin	56.06
200 Back	Annie Galvin	2:02.17
100 Breast	Olivia Swalley	1:02.16
200 Breast	Olivia Swalley	2:17.41
100 Fly	Scarlet Martin	54.51
200 Fly	Scarlet Martin	2:02.74
200 IM	Olivia Swalley	2:02.96
400 IM	NA	NA
200-Free Relay	Gilbertson, Hartlieb, Hood, Martin	1:35.64
400-Free Relay	Kerr, Kupcova, Hood, Martin	3:23.72
800-Free Relay	NA	NA
200-Medley Relay	Gilbertson, Swalley, Martin, Hood	1:42.62
400-Medley Relay	NA	NA
1-Meter Diving	Makayla Hughbanks	312.60
3-Meter Diving	Simone Beinlich	262.30
Platform Diving	NA	NA

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

2023-23 INDIVIDUAL WINS

Athletes	Event	Time	Meet
Megan Hartlieb	100 Free	52.01	UNI
Sabina Kupcova	200 Free	1:52.52	UNI
Olivia Frantum	500 Free	5:05.77	UNI
Olivia Frantum	1000 Free	10:19.69	UNI
Annie Galvin	100 Back	56.06	UNI
Olivia Swalley	100 Breast	1:03.01	UNI
Olivia Swalley	200 Breast	2:18.73	UNI
Scarlet Martin	100 Fly	54.51	UNI
Scarlet Martin	200 Fly	2:02.74	UNI
Olivia Swalley	200 IM	2:02.96	UNI
Makayla Hughbanks	1-Mtr Dive	312.60	UNI
Simone Beinlich	3-Mtr Dive	262.30	UNI
Jenna Kerr	200 Free	1:50.40	Vanderbilt
Jenna Kerr	500 Free	4:57.49	Vanderbilt
Alix O'Brien	1000 Free	10:22.04	Vanderbilt
Olivia Swalley	100 Breast	1:02.16	Vanderbilt
Olivia Swalley	200 Breast	2:17.41	Vanderbilt
Olivia Swalley	200 IM	2:03.26	Vanderbilt

2023-24 RELAY WINS

Athletes	Event	Time	Meet
Gilbertson, Hartlieb, Martin, Swalley	200 Free	2:41.81	UNI
Kerr, Kupcova, Hood, Martin	400 Free	3:23.72	Vanderbilt