



IOWA HAWKEYES

SWIMMING & DIVING

THIS WEEK

University of Iowa women's swimming and diving travels to Champaign, Illinois, to compete against the University of Illinois in the ARC Pool at 11 a.m.

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) for live meet updates.

HAWKEYES SPLIT IN THE SUNSHINE STATE

The Hawkeyes beat Vanderbilt, 178-83, but fell to Miami (168-93) in a double dual meet on Jan. 2, in Miami. Freshman Olivia Swalley earned three first-place finishes in both the 100 (1:03.55) and 200 breaststroke (2:19.67) and in the 200 IM (2:05.42). Sophomore Scarlet Martin added to the individual wins in the 200 butterfly with a time of 2:02.70.

WHAT YOU NEED TO KNOW

- The Hawkeyes defeated Nebraska head-to-head in Lincoln, on Nov. 10, 159.5-140.5.
- The Hawkeyes tallied 10 individual wins against the Huskers, including two top 10 all-time ranks at Iowa.
- Iowa kicked off the 2023-24 season with a 197-104 victory against UNI.
- 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 17 top-10 program performances and counting throughout the course of the 2023-24 season.

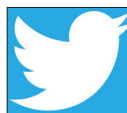
- 50 Free - Kennedy Gilbertson (22.70) - 3rd all-time
- 50 Free - Scarlet Martin (22.91) - 6th all-time
- 100 Free - Sabina Kupcova (50.26) - T-6th all-time
- 100 Free - Jenn Kerr (50.26) - T-6th all-time
- 200 Free - Sabina Kupcova (1:47.93) - 6th all-time
- 200 Free - Jenna Kerr (1:48.86) - 8th all-time
- 500 Free - Jenna Kerr (4:48.63) - 8th all-time
- 1650 Free - Jenna Kerr (16:46.86) - 10th all-time
- 100 Breast - Olivia Swalley (1:01.53) - 6th all-time
- 200 Breast - Olivia Swalley (2:12.92) - 4th all-time
- 200 Fly - Scarlet Martin (1:58.67) - 4th all-time
- 200 IM - Olivia Swalley (1:59.15) - 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. | W, 159-140 |
| Nov. 30- Dec. 2 | Hawkeye Invite | Iowa City, Iowa | Complete |
| Nov. 30- Dec. 2 | Camo Invitational | Montreal, Canada | Complete |
| Dec. 8 | at Iowa State | Ames, Iowa | W, 168-115 |
| Jan. 2 | at Miami | Coral Gables, Fla. | L, 93-168 |
| 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

- 400 IM - Olivia Swalley (4:14.72) - 2nd all-time
- 200 Medley Relay - Gilbertson, Swalley, Martin, Kerr (1:39.59) - 5th all-time
- 400 Medley Relay - Gilbertson, Swalley, Martin, Kerr (3:38.28) - 7th all-time
- 200 Free Relay - Gilbertson, Kerr, Swalley, Martin (1:31.46) - 6th all-time
- 1 Meter Dive - Makayla Hughbanks (312.60) - 8th all-time

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 school history.

DIVING TO NCAAS

Sarah Ballard and Simone Beinlich qualified for NCAA Zone Diving in both the 1-meter and 3-meter dives, following the Hawkeye Invitational. Beinlich finished second in the 1-meter dive (276.30) and fourth in the 3-meter (291.80), while Ballard posted her best 1-meter dive in the prelims (272.45) and a personal best in the 3-meter (319.55).

RISING UP THE RANKS

Over the three-day Hawkeye Invitational, Iowa combined for 15 of Iowa's top-10 all-time ranks. Four of these were in relays, while the rest were individual. Freshman Olivia Swalley contributed to eight between individual and relay events, while sophomore Scarlet Martin added six.

SWALLEY STUNS

In only the third meet of the season, freshman Olivia Swalley has etched her name on Iowa's top-ten list as part of seven rankings. She ranks sixth all-time in the 100 breaststroke (1:01.53), fourth all-time in the 200 breaststroke (2:12.92), third all-time in the 200 IM (1:59.15) and second all time in the 400 IM (4:14.72). Swalley has also contributed to rankings in the 200 Free Relay, the 200 medley relay and the 400 medley relay.

MARTIN MAKING MOVES

Sophomore Scarlet Martin was responsible for two individual Iowa top 10 finishes, including a fourth-place ranking in the 200 butterfly (1:58.67) and a sixth all-time ranking in the 50 freestyle (22.91). She also contributed to four all-time relays.

UP NEXT

The Hawkeyes head to West Lafayette, Indiana, next for a packed meet against conference foes Purdue, Northwestern and Minnesota on Friday Feb. 2, at 4 p.m. (CT) and Saturday Feb. 3 at 10 a.m. (CT).

2023-24 WOMEN'S SEASON-BEST TIMES

| | | |
|------------------|-----------------------------------|-------------|
| 50 Free | Kennedy Gilbertson | 22.70 |
| 100 Free | Sabina Kupcova | 51.75 |
| 200 Free | Jenna Kerr | 1:50.40 |
| 500 Free | Jenna Kerr | 4:48.63 |
| 1,000 Free | Alix O'Brien | 10:07.58 |
| 1,650 Free | Jenna Kerr | 16:46.86 |
| 100 Back | Kennedy Gilbertson | 54.04 |
| 200 Back | Annie Galvin | 1:59.86 |
| 100 Breast | Olivia Swalley | 1:01.53 |
| 200 Breast | Olivia Swalley | 2:12.92 (B) |
| 100 Fly | Scarlet Martin | 53.68 |
| 200 Fly | Scarlet Martin | 1:58.89 (B) |
| 200 IM | Olivia Swalley | 1:59.15 |
| 400 IM | Olivia Swalley | 4:14.72 (B) |
| 200-Free Relay | Gilbertson, Kerr, Swalley, Martin | 1:31.46 |
| 400-Free Relay | Kerr, Kupcova, Hood, Martin | 3:23.72 |
| 800-Free Relay | Kerr, Kupcova, Swalley, Martin | 7:21.21 |
| 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 | 329.40 |
| Platform Diving | Geneva Pauly | 222.40 |

(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 |
| Kennedy Gilbertson | 50 Free | 23.72 | Nebraska |
| Sabina Kupcova | 100 Free | 51.75 | Nebraska |
| Jenna Kerr | 200 Free | 1:50.58 | Nebraska |
| Hope Schimming | 100 Back | 56.48 | Nebraska |
| Hope Schimming | 200 Back | 2:02.12 | Nebraska |
| Olivia Swalley | 100 Breast | 1:59.56 | Nebraska |
| Olivia Swalley | 200 Breast | 2:17.07 | Nebraska |
| Scarlet Martin | 100 Fly | 54.18 | Nebraska |
| Scalet Martin | 200 Fly | 1:59.56 | Nebraska |
| Olivia Swalley | 200 IM | 2:02.19 | Nebraska |
| Olivia Swalley | 200 IM | 1:59.15 | Hawkeye Invite |
| Olivia Swalley | 400 IM | 4:14.72 | Hawkeye Invite |
| Kennedy Gilbertson | 50 Free | 22.70 | Hawkeye Invite |
| Jenna Kerr | 200 Free | 1:48.86 | Hawkeye Invite |
| Kennedy Gilbertson | 100 Back | 54.04 | Hawkeye Invite |
| Olivia Swalley | 200 Breast | 2:12.92 | Hawkeye Invite |
| Scarlet Martin | 200 Fly | 1:58.67 | Hawkeye Invite |
| Kennedy Gilbertson | 50 Free | 23.38 | Iowa State |
| Sabina Kupcova | 100 Free | 51.55 | Iowa State |
| Jenna Kerr | 200 Free | 1:49.70 | Iowa State |
| Jenna Kerr | 500 Free | 4:54.25 | Iowa State |
| Alix O'Brien | 1000 Free | 10:07.58 | Iowa State |

| | | | |
|-------------------|------------|---------|------------|
| Scarlet Martin | 100 Fly | 53.79 | Iowa State |
| Scarlet Martin | 200 Fly | 1:59.76 | Iowa State |
| Annie Galvin | 100 Back | 55.08 | Iowa State |
| Annie Galvin | 200 Back | 1:59.86 | Iowa State |
| Olivia Swalley | 100 Breast | 1:01.53 | Iowa State |
| Olivia Swalley | 200 Breast | 2:15.05 | Iowa State |
| Olivia Swalley | 200 IM | 2:01.17 | Iowa State |
| Makayla Hughbanks | 1-Mtr Dive | 311.85 | Iowa State |
| Makayla Hughbanks | 3-Mtr Dive | 329.40 | Iowa State |
| Olivia Swalley | 100 Breast | 1:03.55 | Miami |
| Olivia Swalley | 200 Breast | 2:19.67 | Miami |
| Olivia Swalley | 200 IM | 2:05.42 | Miami |
| Scarlet Martin | 200 Fly | 2:02.70 | Miami |

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 |
| Kerr, Kupcova, Hood, Martin | 400 Free | 3:24.90 | Nebraska |
| Gilbertson, Kerr, Swalley, Martin | 200 Free | 1:3.46 | Hawkeye Invite |
| Kupcova, Kerr, Swalley, Martin | 400 Free | 3:20.47 | Hawkeye Invite |
| Gilbertson, Swalley, Martin, Kerr | 200 Medley | 1:39.59 | Hawkeye Invite |
| Gilbertson, Swalley, Martin, Kerr | 400 Medley | 3:38.28 | Hawkeye Invite |
| Gilbertson, Swalley, Martin, Kerr | 200 Medley | 1:41.11 | Iowa State |
| Gilbertson, Kupcova, Kerr, Martin | 400 Medley | 3:22.56 | Iowa State |