



IOWA HAWKEYES

SWIMMING & DIVING

SEASON HIGHLIGHTS

- The Hawkeyes scored 303 points at the 2024 Big Ten Championships, an over-100-point improvement from last season. Iowa had 14 individual performances in the finals session and reached the podium with an eighth-place finish in the 400-freestyle relay.
- Further postseason success took place at the National Invitational Championships in Ocala, Florida. Competing against 65 teams, Iowa placed ninth with 327 points.
- The Hawkeyes secured dual meet victories over Illinois, Iowa State, Nebraska, UNI and Vanderbilt. The Hawkeyes' win over Iowa State clinched the final point necessary to bring the CyHawk Trophy back to Iowa City.
- Freshman **Olivia Swalley** earned four B1G freshman of the week honors, while sophomore **Scarlet Martin** claimed three B1G swimmer of the week honors this season.
- On Dec. 13, 2023, junior **Makayla Hughbanks** received her second B1G diver of the week honor.
- Four Hawkeyes posted a total of 10 NCAA B cut times (Kennedy Gilbertson, Jenna Kerr, Scarlet Martin, Olivia Swalley).

ETCHED IN THE BOOKS

The Hawkeyes combined for 23 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 (50.14) - 4th all-time
- 100 Free - Jenna Kerr (50.26) - T-7th all-time
- 200 Free - Jenna Kerr (1:46.97) - 5th all-time
- 200 Free - Sabina Kupcova (1:47.93) - 7th all-time
- 500 Free - Jenna Kerr (4:45.15) - 4th all-time
- 1000 Free - Jenna Kerr (10:01.53) - 7th all-time
- 1000 Free - Alix O'Brien (10:02.46) - 8th all-time
- 1650 Free - Jenna Kerr (16:34.23) - 5th all-time
- 100 Breast - Olivia Swalley (1:01.02) - 2nd all-time
- 200 Breast - Olivia Swalley (2:12.92) - 4th all-time
- 200 Fly - Scarlet Martin (1:58.67) - T-4th all-time
- 200 IM - Olivia Swalley (1:58.47) - 2nd all-time
- 200 IM - Sabina Kupcova (2:01.21) - 6th all-time
- 400 IM - Olivia Swalley (4:14.72) - 2nd all-time
- 200 Medley Relay - Gilbertson, Swalley, Martin, Kerr (1:39.59) - 5th all-time
- 200 Medley Relay - Gilbertson, Swalley, Kupcova, Kerr (1:39.95) - 7th 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
- 800 Free Relay - Kerr, Kupcova, Swalley, Martin (7:12.57) - 6th all-time
- 1 Meter Dive - Makayla Hughbanks (312.60) - 8th all-time
- 3 Meter Dive - Makayla Hughbanks (356.93) - 5th 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, 124-138
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.	W, 166.5-133.5
Feb. 2-3	Minn., Northwestern, Pur.	West Lafayette, Ind.	Complete
Feb. 21-24	Big Ten Championships	West Lafayette, Ind.	11th/303 points
Mar. 4-6	NCAA Zone Diving	Houston, Texas	Complete
Mar. 14-16	CSCAA National Invite	Ocala, Fla.	9th/327 points

FOLLOW THE HAWKEYES



@IowaHawkeyeSwim /IowaSwimmingandDiving @HawkeyeSwimDive

IOWA ATHLETIC COMMUNICATIONS

Assistant Director _____ John Leo
 Email _____ john-leo@uiowa.edu
 Cell Phone _____ (319) 429-1075
 Swimming & Diving Contact _____ Alina Davis
 Email _____ alina-davis@uiowa.edu
 Athletic Communications Phone _____ (319) 335-9411
 Athletic Communications Fax _____ (319) 335-9417
 Website _____ hawkeyesports.com



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

BUY STOCK NOW

Freshmen **Jenna Kerr** and Olivia Swalley shared the team's most valuable swimmer of the year award. Kerr posted NCAA 'B' cut time standards in the 200 and 500 freestyle events. In her rookie campaign, Kerr placed second in the 200 freestyle at the National Invitational Championship and was a 'B' finalist at the Big Ten Championships. Kerr is currently in Iowa's top-10 in the 200, 500, 1,000 and 1,650 freestyle events. Swalley posted 'B' cut times in the 100 and 200 breaststrokes and the 200 and 400 IM. Swalley was the 200 IM champion at the NIC and a 'B' finalist at the Big Ten Championships. Swalley is ranked in the program's top-10 in four events, including the second-best mark in the 100 breaststroke and 400 IM. Both Kerr and Swalley were members of Iowa's 400 freestyle relay team that placed eighth at the Big Ten Championships.

DIVER OF THE YEAR

Junior Makayla Hughbanks earned Iowa's diver of the year honor, while holding the team's best marks in the one-meter and three-meter dives. Hughbanks' score of 356.93 points in the three meter at Illinois ranks fifth in program history, while her 312.60 points against UNI in the one meter is eighth in Iowa history. With those marks, she qualified for the NCAA Zone Diving Championships. The Bettendorf, Iowa, native was named the Big Ten Diver of the Week in October and won four events during the season. Hughbanks was Iowa's Big Ten Sportsmanship honoree and a member of the Academic All-Big Ten team.

LET IT RIP

The Hawkeyes qualified four divers to the NCAA Zone Diving Championships in Houston, Texas, on March 11-13. Sarah Ballard, Simone Beinlich, Makayla Hughbanks and Geneva Pauly headed to Houston after achieving qualifying scores throughout the season. Pauly moved on to the finals of the platform dive, placing 11th and just two spots from punching her ticket to the NCAA Championships.

OUT OF THE POOL

The team accumulated a 3.43 GPA during the fall semester and was named Academic All-Americans by the College Coaches Swimming & Diving Association of America. Twelve swimmers & divers were named to the 2023-24 winter Academic All-Big Ten team. Four Hawkeyes were Academic All-District honorees (Olivia Asay, Annie Galvin, Alix O'Brien, Leslie Wendel).

SWALLEY STUNS

In only the third meet of the season, freshman Olivia Swalley etched her name on Iowa's top-ten list as part of seven rankings. She ranks second all-time in the 100 breaststroke (1:01.20), fourth all-time in the 200 breaststroke (2:12.92), second all-time in the 200 IM (1:58.47) and second all-time in the 400 IM (4:14.72). Swalley also contributed to rankings in the 200 free relay, the 200-medley relay and the 400-medley relay.

FOLLOW THE HAWKEYES

Stay in touch with the Hawkeyes during the offseason via the team's official social media channels. Find the team on X (@IowaSwimDive), Instagram (hawkeyeswimdive) and Facebook (University of Iowa Swimming and Diving).

2023-24 WOMEN'S SEASON-BEST TIMES

50 Free	Kennedy Gilbertson	22.70 (B)
100 Free	Sabina Kupcova	50.14
200 Free	Jenna Kerr	1:46.97
500 Free	Jenna Kerr	4:45.15
1,000 Free	Alix O'Brien	10:01.53
1,650 Free	Jenna Kerr	16:34.23
100 Back	Kennedy Gilbertson	53.86
200 Back	Annie Galvin	1:57.19
100 Breast	Olivia Swalley	1:01.02 (B)
200 Breast	Olivia Swalley	2:12.92 (B)
100 Fly	Scarlet Martin	53.68 (B)
200 Fly	Scarlet Martin	1:58.67 (B)
200 IM	Olivia Swalley	1:58.47 (B)
400 IM	Olivia Swalley	4:14.42 (B)
200-Free Relay	Gilbertson, Kerr, Swalley, Martin	1:31.46
400-Free Relay	Kerr, Kupcova, Hood, Martin	3:19.26
800-Free Relay	Kerr, Kupcova, Swalley, Martin	7:12.57
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	356.93
Platform Diving	Geneva Pauly	251.20

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

2023-24 INDIVIDUAL WINS

Athletes	Event	Time	Meet	Athletes	Event	Time	Meet
Megan Hartlieb	100 Free	52.01	UNI	Scarlet Martin	100 Fly	53.79	Iowa State
Sabina Kupcova	200 Free	1:52.52	UNI	Scarlet Martin	200 Fly	1:59.76	Iowa State
Olivia Frantum	500 Free	5:05.77	UNI	Annie Galvin	100 Back	55.08	Iowa State
Olivia Frantum	1000 Free	10:19.69	UNI	Annie Galvin	200 Back	1:59.86	Iowa State
Annie Galvin	100 Back	56.06	UNI	Olivia Swalley	100 Breast	1:01.53	Iowa State
Olivia Swalley	100 Breast	1:03.01	UNI	Olivia Swalley	200 Breast	2:15.05	Iowa State
Olivia Swalley	200 Breast	2:18.73	UNI	Olivia Swalley	200 IM	2:01.17	Iowa State
Scarlet Martin	100 Fly	54.51	UNI	Makayla Hughbanks	1-Mtr Dive	311.85	Iowa State
Scarlet Martin	200 Fly	2:02.74	UNI	Makayla Hughbanks	3-Mtr Dive	329.40	Iowa State
Olivia Swalley	200 IM	2:02.96	UNI	Olivia Swalley	100 Breast	1:03.55	Miami
Makayla Hughbanks	1-Mtr Dive	312.60	UNI	Olivia Swalley	200 Breast	2:19.67	Miami
Simone Beinlich	3-Mtr Dive	262.30	UNI	Olivia Swalley	200 IM	2:05.42	Miami
Jenna Kerr	200 Free	1:50.40	Vanderbilt	Scarlet Martin	200 Fly	2:02.70	Miami
Jenna Kerr	500 Free	4:57.49	Vanderbilt	Kennedy Gilbertson	100 Back	56.23	Illinois
Alix O'Brien	1000 Free	10:22.04	Vanderbilt	Olivia Swalley	100 Breast	1:03.48	Illinois
Olivia Swalley	100 Breast	1:02.16	Vanderbilt	Olivia Swalley	200 Breast	2:16.86	Illinois
Olivia Swalley	200 Breast	2:17.41	Vanderbilt	Scarlet Martin	100 Fly	54.74	Illinois
Olivia Swalley	200 IM	2:03.26	Vanderbilt	Scarlet Martin	200 Fly	2:01.95	Illinois
Kennedy Gilbertson	50 Free	23.72	Nebraska	Jenna Kerr	500 Free	4:58.69	Illinois
Sabina Kupcova	100 Free	51.75	Nebraska	Olivia Swalley	400 IM	4:21.54	Illinois
Jenna Kerr	200 Free	1:50.58	Nebraska	Sarah Ballard	1-Mtr Dive	303.38	Illinois
Hope Schimming	100 Back	56.48	Nebraska	Makayla Hughbanks	3-Mtr Dive	356.93	Illinois
Hope Schimming	200 Back	2:02.12	Nebraska	Olivia Swalley	100 Breast	1:01.02	Purdue
Olivia Swalley	100 Breast	1:59.56	Nebraska	Olivia Swalley	200 IM	1:58.47	CSCAA NIC
Olivia Swalley	200 Breast	2:17.07	Nebraska				
Scarlet Martin	100 Fly	54.18	Nebraska				
Scarlet 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				

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
Gilbertson, Kerr, Kupcova, Martin	400 Free	3:25.84	Illinois
Gilbertson, Swalley, Martin, Kerr	400 Medley	3:45.54	Illinois