



IOWA HAWKEYES SWIMMING & DIVING

THIS WEEK

The Hawkeyes head out on the road to take on Minnesota in a dual on Friday, Nov. 8, at 5 p.m. (CT). The meet will be held at the Jean K. Freeman Aquatic Center in Minneapolis.

LAST TIME OUT

University of Iowa swimming and diving hosted their inaugural black and gold practice. The gold team took the victory. Iowa is currently 2-0 on the season with a 173-127 win at UNI and a 170-130 victory over Nebraska in the home opener.

BIG DIVER OF THE WEEK

Makayla Hughbanks was named the Big Ten Diver of the Week after her dominating performance in the one-meter and three-meter dives at UNI on Oct. 4. It is the third time in her career that Hughbanks has earned the honor, previously winning in December of 2022 and 2023. She is Iowa's first honoree of a weekly Big Ten award since junior Scarlet Martin and sophomore Olivia Swalley took home conference awards last January.

SOPHOMORE STRENGTH

Sophomore's Olivia Swalley and Olivia Frantum combined for five individual wins against UNI. Frantum won the 500 and 1000 Free. Swalley took first in the 100 and 200 Breaststroke as well as the 200 IM.

DIVE DEEPER

Senior Makayla Hughbanks led the Hawkeye divers in the UNI victory with individual victories in both the 1-, and 3-meter dives. She collected 289.73 points in the 1-meter and 305.25 points in the 3-meter. In her first-meet back in over a year, Lainey Woodward earned 2nd in the 1-meter dive with a score of 267.75.

VICTORY LAP

Iowa tallied eight individual wins and one relay win to beat in-state foe Northern Iowa 173-127 for the Hawkeyes' first meet victory under head coach Nathan Mundt in the 2024-25 season-opener dual.

2023-24 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,

2024-25 SCHEDULE

DATE	MEET	LOCATION	RESULTS
Oct. 4	at Northern Iowa	Cedar Falls, Iowa	W, 173-127
Oct. 18	Nebraska	Iowa City, Iowa	W, 170-130
Oct. 25	Black & Gold Instrasquad	Iowa City, Iowa	Complete
Nov. 8	at Minnesota	Minneapolis, Minn.	5 p.m.
Nov. 21-23	Hawkeye Invite	Iowa City, Iowa	TBA
Dec. 7-15	USA Diving Nationals	TBD	TBA
Dec. 13	Iowa State	Iowa City, Iowa	6 p.m.
Jan. 7	at Miami	Miami, Fla.	TBA
Jan. 17	Illinois	Iowa City, Iowa	11 a.m.
Jan. 31-Feb. 1	at Rutgers/vs. Nebraska	Piscataway, N.J.	TBA
Feb. 19-22	B1G Championships	Columbus, Ohio	TBA
Mar. 10-12	NCAA Zone Diving	Iowa City, Iowa	TBA
Mar. 19-22	NCAA Championships	Federal Way, Wash.	TBA

All times Central and subject to change.

FOLLOW THE HAWKEYES



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HEAD COACH NATHAN MUNDT



Nathan Mundt is in his fourth 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

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

UP NEXT

University of Iowa women's swimming and diving return home to host the Hawkeye Invitational Friday-Sunday, Nov. 21-23 Prelims begin at 10 a.m. (CT) and the finals will start at 5 p.m. (CT) each day in the CRWC Natatorium.

2024-25 WOMEN'S SEASON-BEST TIMES

50 Free	Rachel Dildine	23.55
100 Free	Nora Kemp	52.06
200 Free	Nora Kemp	1:51.94
500 Free	Olivia Frantum	4:58.15
1,000 Free	Olivia Frantum	10:12.29
1,650 Free		
100 Back	Annie Galvin	55.66
200 Back	Annie Galvin	2:00.79
100 Breast	Olivia Swalley	1:02.38
200 Breast	Olivia Swalley	2:16.88
100 Fly	Rachel Dildine	55.99
200 Fly	Mallory Kell	2:08.83
200 IM	Olivia Swalley	2:02.91
400 IM		
200-Free Relay		
400-Free Relay	Kemp, Martin, Stone, Galvin	3:31.42
800-Free Relay		
200-Medley Relay	Galvin, Swalley, Dildine, Kemp	1:42.97
400-Medley Relay	Kemp, Hood, Frantum, Dildine	3:27.85
1-Meter Diving	Makayla Hughbanks	289.73
3-Meter Diving	Makayla Hughbanks	321.00
Platform Diving		

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

2024-25 INDIVIDUAL WINS

Athletes	Event	Time	Meet
Nora Kemp	200 Free	1:52.13	UNI
Olivia Frantum	500 Free	5:05.89	UNI
Olivia Frantum	1000 Free	10:24.59	UNI
Annie Galvin	100 Back	56.40	UNI
Annie Galvin	200 Back	2:03.38	UNI
Olivia Swalley	100 Breast	1:03.17	UNI
Olivia Swalley	200 Breast	2:18.77	UNI
Olivia Swalley	200 IM	2:03.40	UNI
Makayla Hughbanks	1-Meter Dive	289.73	UNI
Makayla Hughbanks	3-Meter Dive	305.25	UNI
Rachel Dildine	50 Free	23.55	vs. Nebraska
Nora Kemp	100 Free	52.06	vs. Nebraska
Nora Kemp	200 Free	1:51.94	vs. Nebraska
Annie Galvin	100 Back	55.66	vs. Nebraska
Olivia Swalley	100 Breast	1:02.38	vs. Nebraska
Olivia Swalley	200 Breast	2:16.88	vs. Nebraska
Olivia Swalley	200 IM	2:02.91	vs. Nebraska
Makayla Hughbanks	3-Meter Dive	321.00	vs. Nebraska

2024-25 RELAY WINS

Athletes	Event	Time	Meet
Galvin, Swalley, Martin, Kemp	200 Medley	1:45.11	UNI
Galvin, Swalley, Dildine, Kemp	200 Medley	1:42.97	vs. Nebraska
Kemp, Hood, Frantum, Dildine	400 Medley	3:27.85	vs. Nebraska

IOWA SWIMMING & DIVING

TOP 10 ALL-TIME PERFORMERS



Hannah Burvill

Kelsey Drake

Alyssa Fluit

Deidre Freeman

Kennedy
Gilbertson

Calli Head

Mallory Jump

50 FREESTYLE

- Hannah Burvill, 201922.54
- Emma Sougstad, 201522.63
- Olivia Kabacinski, 2014.....22.70
Kennedy Gilbertson, 2023.....22.70
- Mekenna Scheitlin, 2018.....22.77
- 6. Scarlet Martin, 2023 22.91**
- Sarah Schemmel, 202123.00
- Stacey Wertz, 200023.08
- Meghan Lavelle, 201823.10
- Danielle Carty, 201123.17

100 FREESTYLE

- Hannah Burvill, 201948.65
- Olivia Kabacinski, 2014.....49.61
- Allyssa Fluit, 201949.86
- Sabina Kupcova, 2024.....50.14
- Sarah Schemmel, 201850.15
- Christine Kuczek, 2008.....50.21
- Danielle Carty, 2012.....50.26
Jenna Kerr, 2023 50.26
- Kennedy Gilbertson, 2023.....50.31
- Macy Rink, 202050.33
- Elise Borja, 201450.45

200 FREESTYLE

- Hannah Burvill, 2018 1:44.42
- Becky Stoughton, 2015 1:45.47
- Allyssa Fluit, 2020 1:45.82
- Olivia Kabacinski, 2014..... 1:46.68
- 5. Jenna Kerr, 2024 1:46.97**
- Macy Rink, 2020 1:47.89
- Sabina Kupcova, 2023..... 1:47.93
- Lauren McDougall, 2020..... 1:48.21
- Carly O'Brien, 2018..... 1:48.89
- Verity Hicks, 2010..... 1:48.93

500 FREESTYLE

- Becky Stoughton, 2015 4:39.76
- Allyssa Fluit, 2020 4:43.52
- Hannah Burvill, 2018 4:44.24
- 4. Jenna Kerr, 2024 4:45.15**
- Lindsay Seemann, 2013 4:45.86
- Melissa Loehndorf, 2000 4:47.21
- Alyssa Graves, 2021 4:47.58
- Jennifer Skolaski, 2003..... 4:48.20
- Millie Sansome, 2019 4:49.40
- Jane Keating, 1987 4:50.45

1,000 FREESTYLE

- Becky Stoughton, 2011 9:39.44
- Alyssa Graves, 2021 9:48.33
- Melissa Loehndorf, 2001 9:55.59
- Abbey Schneider, 2018..... 9:58.39
- Jennifer Skolaski, 2002..... 9:58.53
- Jane Keating, 1984 9:58.63
- 7. Jenna Kerr, 2024 10:01.53**
- 8. Alix O'Brien, 2024 10:02.46**
- Millie Sansome, 2019 10:03.34
- Angie Todt, 1990 10:04.30

1,650 FREESTYLE

- Becky Stoughton, 2015 15:57.43
- Alyssa Graves, 2021 16:21.34
- Melissa Loehndorf, 2001 16:27.91
- Jennifer Skolaski, 2002..... 16:32.30
- 5. Jenna Kerr, 2024 16:34.23**
- Jane Keating, 1986 16:35.02
- Jenna Kerr 16:37.01
- Angie Todt, 1991 16:37.96
- Millie Sansome, 2019 16:41.89
- Ashley Dell, 2008..... 16:45.29

100 BACKSTROKE

- Kennedy Gilbertson, 2023.....53.19
- Millie Sansome, 202053.21
- Hannah Burvill, 201953.27
- Meghan Lavelle, 201853.36
- Daniela Cubelic, 2012.....53.63
- Lindsay Seemann, 201454.05
- Danielle Carty, 2012.....54.25
- Jennifer Skolaski, 2003.....54.34
- Jo Jekel, 201754.41
- Allie Orvis, 2015.....54.43

200 BACKSTROKE

- Millie Sansome, 2020 1:54.86
- Lindsay Seemann, 2013 1:56.49
- Hannah Burvill, 2018 1:56.56
- Kennedy Gilbertson, 2024..... 1:57.19
- Meghan Lavelle, 2018 1:57.22
- Julia Koluch, 2020..... 1:57.46
- Jennifer Skolaski, 2004..... 1:57.51
- Anna Brooker, 2021..... 1:57.70
- Becky Stoughton, 2012 1:58.38
- Allie Orvis, 2015..... 1:58.50

100 BREASTSTROKE

- Emma Sougstad, 201758.76
- 2. Olivia Swalley, 2024 1:01.02**
- Olivia Kabacinski, 2014..... 1:01.36
- Shea Hoyt, 2018 1:01.37
- Katarina Tour, 2009..... 1:01.45
- Mallory Jump, 2021 1:01.49
- Karolina Wartalowicz, 2014. 1:02.06
- Aleksandra Olesiak, 2021 1:02.06
- Sheridan Schreiber, 2023..... 1:02.12
- Allison Lyle, 2002 1:02.43
- Colleen Champa, 2014..... 1:02.48



IOWA SWIMMING & DIVING

TOP 10 ALL-TIME PERFORMERS



Olivia Kabacinski



Katy Ketoff



Megan Lavelle



Lydia Lehnert



Laura Maldonado



Aleksandra Olesiak



Lisette Planken

200 BREASTSTROKE

1. Emma Sougstad, 2017 2:10.47
2. Allison Lyle, 2002 2:11.92
3. Colleen Champa, 2014..... 2:12.71
4. **Olivia Swalley, 2023 2:12.92**
5. Karolina Wartalowicz, 2014. 2:13.33
6. Shea Hoyt, 2017 2:13.55
7. Aleksandra Olesiak, 2020..... 2:13.92
8. Devin Jacobs, 2019 2:17.80
9. Alisha Stitts, 1999 2:18.19
10. Lexi Horner, 2017 2:18.23

100 BUTTERFLY

1. Mallory Jump, 202152.30
2. Kelsey Drake, 201853.12
3. Emma Sougstad, 201653.30
4. **Scarlet Martin, 2023 53.45**
5. Kelly McNamara, 201953.62
6. Mekenna Scheitlin, 2016.....53.95
7. Tereysa Lehnertz, 201654.13
8. Sarah Schemmel, 201854.27
9. Carly O'Brien, 2015.....54.54
10. Haley Gordon, 2014.....54.58

200 BUTTERFLY

1. Kelsey Drake, 2020 1:55.89
2. Alyssa Graves, 2021 1:57.99
3. Becky Stoughton, 2015 1:58.28
4. Mallory Jump, 2021 1:58.67
5. **Scarlet Martin, 2023 1:58.67**
6. Tereysa Lehnertz, 2016 1:59.04
6. Melissa Loehndorf, 2001 2:00.14
7. Kelly McNamara, 2018 2:00.45
8. Abbey Tuchscherer, 2011..... 2:01.17
9. Loredana Zisu, 1998..... 2:01.71
10. Margie Chamberlin, 2007 2:02.24

200 INDIVIDUAL MEDLEY

1. Emma Sougstad, 2016 1:57.55
2. **Olivia Swalley, 2024 1:58.47**
3. Mallory Jump, 2021 1:58.93
4. Kelsey Drake, 2020 1:59.41
5. Emily Hovren, 2013 2:00.42
6. Sabina Kupcova, 2024..... 2:01.21
7. Katarina Tour, 2009..... 2:01.33
8. Allie Orvis, 2014..... 2:01.76
9. Colleen Champa, 2014..... 2:02.19
10. Jennifer Skolaski, 2005..... 2:02.93

400 INDIVIDUAL MEDLEY

1. Becky Stoughton, 2012 4:12.34
2. **Olivia Swalley, 2023 4:14.42**
3. Lindsay Seemann, 2013 4:15.00
4. Millie Sansome, 2019 4:17.68
5. Devin Jacobs, 2019 4:20.09
6. Jennifer Skolaski, 2003..... 4:20.14
7. Grace Reeder, 2020 4:20.35
8. Melissa Loehndorf, 1999..... 4:20.65
9. Colleen Champa, 2014..... 4:21.20
10. Pamela Breitrick, 2014..... 4:21.51

1-METER DIVING (6)

1. Deidre Freeman, 2011 338.55
2. Jayah Mathews, 2019 330.05
3. Lisette Planken, 2005 326.55
4. Veronica Rydze, 2012 325.28
5. Nancilea Underwood, 2006 . 322.75
6. Joelle Christy, 2013 319.45
7. Terri Millmier, 1988..... 315.60
8. **Makayla Hughbanks, 2023 312.60**
9. Jacintha Thomas, 2017 307.60
10. Abby Grilli, 2014..... 306.70

1-METER DIVING (10)

1. Katy Ketoff, 1992 407.20
2. Kim Yager, 1991 433.55

1-METER DIVING (11)

1. Lisette Planken, 2003 583.55
2. Nancilea Underwood, 2003 . 541.55
3. Teresa Millmier, 1989..... 476.90
4. Kelly Johnson, 1986 466.62
5. Diane Goldsworthy, 1984 439.55
6. Kelly Johnson, 1983 431.10
7. Kelly McCready, 1996 413.75
8. Jessica Riccobono, 1994..... 413.45
9. Anne Bowers, 1982 399.10
10. Kelly McCready, 1994 394.70

1-METER DIVING (12)

1. Nancilea Underwood, 2006 . 626.95
2. Kim Yager, 1991 433.55

3-METER DIVING (6)

1. Deidre Freeman, 2011 407.40
2. Nancilea Underwood, 2006 400.05
3. Jayah Mathews, 2019 380.20
4. Veronica Rydze, 2011 358.45
5. **Makayla Hughbanks, 2024 356.93**
6. Sam Tamborski, 2019 355.05
7. Abby Grilli, 2013..... 354.10
8. Lauren Kelba, 2015..... 332.17
9. Lisette Planken, 2005 332.03
10. Joelle Christy, 2013 327.08

3-METER DIVING (11)

1. Nancilea Underwood, 2003 . 564.60
2. Lisette Planken, 2003 561.25
3. Kelly Johnson, 1986 494.65
4. Katy Ketoff, 1992..... 489.90
5. Sara Wolchko, 2001 480.50
6. Diane Goldsworthy, 1985 478.44
7. Kelly McCready, 1994 477.35
8. Terri Millmier, 1988..... 476.90
9. Jessica Riccobono, 1995..... 472.69
10. Ann Bowers, 1982..... 463.80

3-METER DIVING (12)

1. Nancilea Underwood, 2006 . 658.30

IOWA SWIMMING & DIVING

TOP 10 ALL-TIME PERFORMERS



Macy Rink



Millie Sansome



Mekenna Scheitlin



Emma Sougstad



Becky Stoughton



Nancilea Underwood



Serena Wanasek

PLATFORM DIVING (5)

1. Lydia Lehnert, 2015.....312.20
Calli Head, 2016.....312.20
3. Thelma Strandberg, 2018254.70
4. Joelle Christy, 2013234.75
5. Lauren Kelba, 2015.....230.20
6. **Geneva Pauly, 2023266.05**
7. Claire Hartley, 2023246.00
8. Sam Tamborksi, 2019.....215.80

PLATFORM DIVING (11)

1. Laura Maldonado, 1999.....497.89
2. Katy Ketoff, 1991445.67
3. Kelly McCready, 1996437.95

200 FREESTYLE RELAY

1. Kabacinski, Sougstad, Lavelle, Scheitlin, 2015 1:30.96
2. Burvill, Gilbertson, Schemmel, Fluit, 2020..... 1:31.09
3. Schemmel, Drake, Gilbertson, Rink, 2021 1:31.10
4. Burvill, Scheitlin, Lavelle, Schemmel, 2018..... 1:31.18
5. Burvill, Schemmel, Sauer, McNamara, 2018..... 1:31.36
6. Gilbertson, **Kerr, Swalley, Martin, 2023..... 1:31.46**
7. Gilbertson, **Martin**, Kupcova, **Pedersen**, 2023..... 1:31.49
8. Sougstad, Kabacinski, Scheitlin, McNamara, 2015:1:31.52
9. Carty, Arseth, Cubelic, Hovren, 2012 1:31.68
10. Sougstad, Burvill, Scheitlin, Fluit, 2016..... 1:31.73
Kabacinski, Arseth, Tuchscherer, Orvis, 2013..... 1:31.73

400 FREESTYLE RELAY

1. Burvill, Sougstad, Fluit, Wanasek, 2017.....3:18.83
2. Kupcova, **Kerr, Swalley, Martin, 2024..... 3:19.26**
3. Fluit, Burvill, Schemmel, Rink, 20193:19.41
4. Fluit, Burvill, Gilbertson, Rink, 2020 3:19.42
5. Burvill, Fluit, McNamara, McDougall, 2019.....3:19.72
6. Gilbertson, Kupcova, **Pedersen, Martin, 20233:20.08**
7. Burvill, Fluit, McNamara, Schemmel, 20183:20.16
8. Fluit, O'Brien, Burvill, Scheitlin, 20173:20.31
9. Rink, Burvill, Fluit, Gilbertson, 20203:20.35
10. Kupcova, **Kerr, Swalley, Martin, 2024..... 3:20.53**

800 FREESTYLE RELAY

1. Burvill, Fluit, Sansome, Rink, 20207:04.70
2. Burvill, Fluit, Lavelle, O'Brien, 2018.....7:08.06
3. Burvill, Fluit, McDougall, Drake, 2019.....7:10.10
4. Burvill, Sansome, Fluit, McDougall, 20197:11.57
5. Kabacinski, Hovren, Stoughton, Seemann, 2014 ..7:12.49
6. **Kerr, Kupcova, Swalley, Martin, 2024..... 7:12.57**
7. Stoughton, Kabacinski, Wanasek, Lagodzinska, 20157:12.86
8. Burvill, Fluit, Wanasek, O'Brien, 20177:14.79
9. Hovren, Stoughton, Seemann, Kabacinski, 2013 ..7:14.99
10. Rink, McDougall, Gilbertson, Graves, 20217:15.89

200 MEDLEY RELAY

1. Lavelle, Sougstad, Scheitlin, Burvill, 2017 1:38.99
2. Orvis, Sougstad, O'Brien, Kabacinski, 2015 1:39.18
3. Jekel, Hoyt, Hackett, Scheitlin, 2018 1:39.26
4. Orvis, Sougstad, McNamara, Kabacinski, 2016 1:39.27
5. Gilbertson, **Swalley, Martin, Kerr, 2023..... 1:39.59**
6. Sansome, Ohlensehlen, Drake, Gilbertson, 2020.. 1:39.94
7. Gilbertson, **Swalley**, Kupcova, **Kerr, 2024 1:39.95**
8. Seemann, Sougstad, Tuchscherer, Borja, 2014..... 1:40.12
9. Koluch, Olesiak, Jump, Black, 2021 1:40.22
10. Gilbertson, Schreiber, **Martin, Pedersen**, 2023 1:40.27

400 MEDLEY RELAY

1. Sansome, Olesiak, Drake, Burvill, 20203:36.18
2. Lavelle, Sougstad, Scheitlin, Burvill, 2017.....3:36.71
3. Lavelle, Sougstad, McNamara, Kabacinski, 2016...3:36.72
4. Lavelle, Hoyt, McNamara, Burvill, 2018.....3:37.71
5. Lavelle, Sougstad, Lehnertz, Burvill, 20163:37.91
6. Koluch, Olesiak, Jump, Drake, 20213:37.98
7. Gilbertson, **Swalley, Martin, Kerr, 2023..... 3:38.28**
8. Lavelle, Sougstad, Lehnertz, Stoughton, 2015.....3:38.68
9. Gilbertson, Schreiber, **Martin**, Kupcova, 20233:39.13
10. Burvill, Ohlensehlen, Drake, Schemmel, 2019.....3:39.21