



# LMST NEWS

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New Information Highlighted in ---

## June Swim Meet Deadlines

### JR Armbruster & Beat the Heat

LMST parents are now able to enter their child (via the Commit Parent Portal) for the 2024 Junior Armbruster Open (12 and Under Swimmers ONLY) at the University of Iowa on Saturday, June 1<sup>st</sup> to Sunday, June 2<sup>nd</sup> and the CIA Beat the Heat Meet (Open to Silver and Above Swimmers) at Wellmark Aquatic Center in Des Moines on Friday, June 28<sup>th</sup> to Sunday, June 30<sup>th</sup>.

Please note the following entry deadlines:

Junior Armbruster Entry Deadline: Sunday, May 12<sup>th</sup> at 11:45 PM

The Junior Armbruster Iron Butterfly Award will be presented to the top 12 & under (10&U and 11-12) male and female with the highest combined USA Swimming Individual Age Power Points

12&U Jack Seig Dueling 50's male and female will receive a small plaque.

Hot heat winners will receive a novelty duck with a number assigned. Each number correlates to 'Hot Heat Prizes' available for pick-up

Armbruster apparel can be found [HERE](#). Apparel is only available to preorder.

Beat the Heat Entry Deadline: Sunday, May 26<sup>th</sup> at 11:45 PM

Only swimmers in the Silver, Gold, Platinum, Diamond, Senior, and National groups will be able to participate in this Timed Final meet.

The 1500 FR/400 IM Friday afternoon session is for Platinum-National ONLY.

All swimmers are eligible to compete in the Fast 50's on Friday evening. Medals will be awarded for the high point winners, both male and female, of Sessions 2's Friday Night Fast 50's for all age groups. (8 & Under, 9-10, 11-12, 13-14, 15 & Older)



Pictured Above: LMST swimmer Mehal Raghwani competing at the 2024 IASI Short Course Championships in Des Moines, IA on Friday, February 16<sup>th</sup>, 2024.

## Open Water Events

### Open Water Zones

Meet Information for *Zones Meet (Not LSC Champs)* at Lake Andrea

#### Central Zone Open Water Champs

Top swimmers from Arkansas, Iowa, Illinois, Indiana, Lake Erie, Michigan, Minnesota, Missouri Valley, Midwestern, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, and Wisconsin compete against one another for a [Central Zones](#) OW title.

When: Clinic → Thursday, June 13, 2024, Competition → Friday, June 14<sup>th</sup>, 2024.

Where: Lake Andrea, Pleasant Prairie Wisconsin

LMST swimmers would represent Team Iowa at this meet. [Team Iowa Registration](#) opened today on the LSC website. [National A times](#) shall be used to determine eligibility (can achieve times until entry deadline).

For questions about Open Water Zones, please contact Jackson or IASI Open Water Committee Chair Mehal Raghawani.

Open 5K\*: Minimum 15-16 "A" Time in:

- 400/500
- 800/1000
- 1500/1650 FR

\*Top 15 finishers in Open category qualify for Open Water Junior Nationals

13-14 2.5K: Minimum 13-14 "A" Time in:

- 400/500
- 800/1000
- 1500/1650 FR

11-12 2.5K: Minimum 11-12 "A" Time in:

- 200
- 400/500
- 800/1000
- 1500/1650 FR

10&Under 1.25K: Minimum 10&Under "A" Time in:

- 200
- 400/500 FR

[LMST Open Water Zones Qualifiers](#) (as of 5-8-24)

### Memorial Day Practice

5/27 Practice in AM

The Linn-Mar Swim Team will not have practice on Memorial Day (Monday, May 27<sup>th</sup>) for any groups. Consequently, Senior will have Thursday AM practice on 5/23 and 5/30 to make up for lost time. There will be no change to other groups' schedules because of this cancellation.

### Multi-Cultural Zones

June 14-16 | Greenwood, IN

Uniquely formatted to celebrate diversity in coordination with the USA Olympic Trials. This meet will be a 2.5-day format. Members of Team Iowa will also go watch Olympic Trials! For more info on qualification/ applying for Team Iowa, email Jackson.

### Bronze Practice Group

Spots Now Available in Group

LMST now has spots available within the Bronze practice for Station 6 students. If your child or a friend is interested joining LMST, or if you have any questions about qualifications, reach out to [Head Coach Jackson Allmon via email](#).

## Practice Schedule

# 2024 LMST Summer Practice Calendar

## LMST Practice Calendar for Monday, June 3<sup>rd</sup> to Friday, July 19<sup>th</sup>

**Bronze:** Monday through Thursday evenings → 5:30 to 6:30 PM

**Silver:** Monday through Thursday evenings → 5:30 to 6:45 PM (different start time M-Th than last year), Friday Mornings → 10:30 AM to 12:00 PM

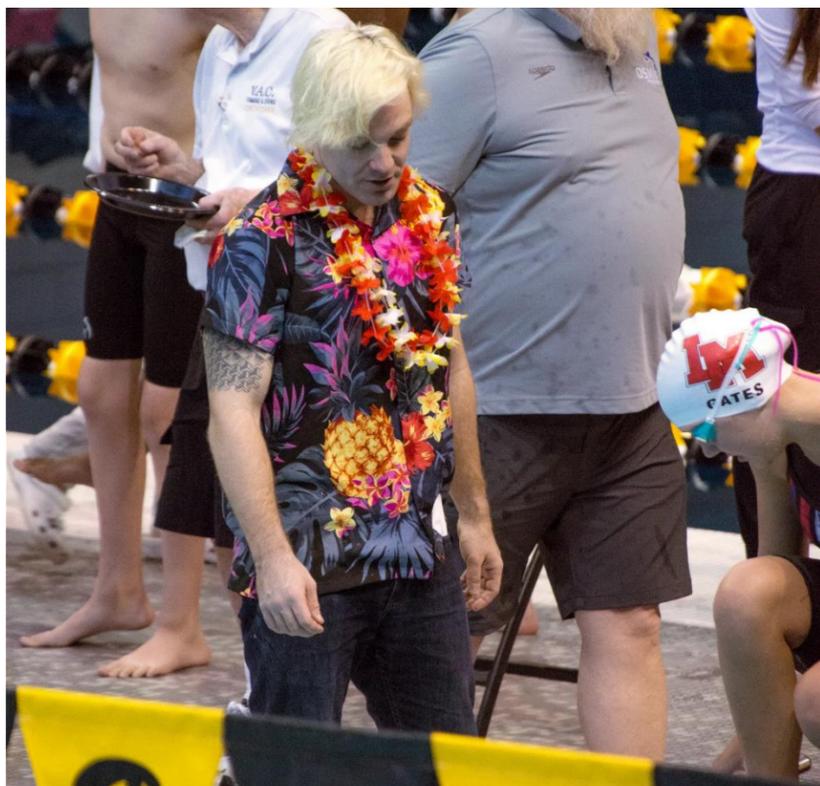
**Gold:** Monday through Thursday evenings → 5:15 to 6:45 PM, Monday Dryland → 4:45 to 5:15 PM, Friday Mornings → 9:00 AM to 10:30 AM, Saturday Mornings → 7:30 to 9:00 AM

**Platinum:** Monday, Wednesday, afternoons → 2:00 to 3:45 PM, Monday Dryland → 3:45 to 4:45 PM, Tuesday, Thursday evenings → 5:15 to 6:45 PM, Tuesday, Friday Morning → 6:15 to 8:15 AM, Saturday Mornings → 7:30 to 9:30 AM

**Diamond:** Monday through Thursday afternoons → 2:00 to 3:45 PM, Tuesday and Thursday Dryland → 3:45 to 5:00 PM, Tuesday, Friday Morning → 6:15 to 8:15 AM, Saturday Mornings → 7:30 to 9:30 AM

**Senior & National:** Monday, Tuesday, Thursday, Friday Morning Swim → 6:15 to 8:15 AM; **Wednesday Morning Swim → 7:00 to 8:30 AM (National ONLY);** Monday, Wednesday Afternoon Lift → 2:00 to 3:00 PM; Tuesday, Thursday Afternoon Swim → 2:00 to 4:00 PM; Wednesday Afternoon Swim → 3:00 to 4:00 PM; Friday Morning → 6:15 to 8:15 PM, Saturday Mornings → 7:30 to 9:30 AM

For any questions about the Spring/Summer Calendar, please reach out to Jackson



Pictured Above: Team Iowa Zones Coach Ian Hoover-Grinde helping LMST swimmer (and Diamond athlete with biggest overall time drop in the Spring Splash, my apologies on the mistake last week) Kennedee Gates perform a start the 2024 IASI Age Group Championships in Iowa City, IA on Friday, February 16<sup>th</sup>, 2024.

## Practice Calendar

# City Park Pool (IC) Practices

## 50-Meter Practices in Iowa City starting week of 6/10

Thanks to the Iowa City Eels (ICE) swim club and the Iowa City Aquatics department, LMST is able to practice at City Park Pool (200 Park Road Iowa City, IA 52245) starting the week of June 19<sup>th</sup> on Tuesday and Saturday mornings.

The following groups are able to swim at City Park on these dates from **7:15 AM to 8:45 AM:**

Tuesday Mornings (6/18, 7/2) → Platinum, Diamond, Senior, National

Saturday Mornings (6/15, 6/22, 7/6) → Gold, Platinum, Diamond, Senior, National

Reminder that practices are *optional*. There will be a practice opportunity at Linn-Mar with Coach Cameron from 6:15-8:15 AM for those who cannot attend in IC on Tuesday mornings! Saturday opportunities at LM are TBD.

This is a great opportunity to get some long course training in this Summer under the sun. Let me know if you would be interested in carpooling athletes to these practices!

## IASI Governance

### Iowa House of Delegates Meeting

#### Congratulations Mehal & Ian!

Congratulations to LMST National swimmer and assistant coach Mehal Raghvani for being re-elected as an At-Large Athlete Representative for the Iowa Swimming Board of Directors at the recent House of Delegates meeting. Mehal will serve in this role from 2024-2026.

Mehal has already played a massive role in Iowa LSC Governance. As an At-Large Athlete Rep, Mehal is expected to attend the BOD meetings and has an impact on reforming IASI Bylaws, Policies/Procedures, Forms, etc.

Mehal was also recently appointed at the Chair of the LSC's Open Water Committee. She is the first athlete in the LSC's history (I believe) to lead an IASI committee! Way to go, Mehal!

LMST Gold, Platinum, Diamond Coach Ian Hoover-Grinde was also selected to become an Assistant Coach for Team Iowa the 2024 14&U Central Zone Championships at the IASI HOD meeting!

This year's version of Zones will be held at the Wellmark YMCA in Des Moines on August 8-11. Ian will have the opportunity to coach the top age group athletes in the state of Iowa against other LSC's in the [Central Zone](#). Athletes must have a [AAA motivational time](#) or place in top 2 at LSC Champs in an event to qualify.

Way to represent LMST, Mehal and Ian!

