

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VIII, Edition X

Wednesday, May 27th, 2026

UPCOMING MEET INFORMATION

ENTRIES ARE NOW OPEN FOR LMST TRI, SUMMER SIZZLER, REGIONALS!



Pictured Above: LMST Platinum swimmer, Lexi Sinnock competing at the 2026 EELS Long Course Kickoff on Saturday, May 2nd at the Mercer Aquatic Center in Iowa City, IA (Source: Karen Thompson).

LMST "School's Out Triangular"

Deadline: Sunday, June 7th

*There are meet entry fees for this meet!
Optional for SR swimmers attending
Waukee and/or other LC meets.*

LMST will host our inaugural "School's Out Tri" meet against the BLST and EELS teams on Friday, June 12th.

Warmups will start at 3 PM, with a meet start of 4 PM.

After the conclusion of the competition, LMST will host a "Cook out" on the practice field behind the aquatic center:

POST MEET COOKOUT

RSVP/VOLUNTEER SIGN UP. All families are invited to attend our post meet dinner celebration with the competing teams!

BLST Summer Sizzler Meet Entry

Deadline: Friday, June 5th

*There are meet entry fees for this meet!
All swimmers encouraged to attend!*

BLST will host their annual, outdoor, 50-meter meet on Thursday, July 9th to Sunday, July 12th.

Again, this year, there will be no qualifying times, no 10&unders on Thursday night (due to the crowded warm-up session), and some minor shifting of 12&U events throughout the meet.

Families must enter their swimmers by this **Friday, June 5th** to guarantee entry into the meet!

IASI Summer Regional and 8&U Champs

Deadline: Tuesday, July 7th

*There are meet entry fees for this meet!
This meet is for those not qualified for
Long Course Champs the following
weekend, or those looking for extra "Q"
times.*

DASH will host the teams on the East side of the state for Summer Regionals on Saturday, July 18th and Sunday, July 19th at the Dubuque Community Schools Aquatic Center.

This is an end of the season championship meets for our swimmers that may not have a "Q" time yet. It is also an 8 & Under Championship and team championship.

IASI Job Opportunities

Iowa Swimming, Inc. (IASI) is seeking applicants for two part-time positions that support the daily operations and long-term success of our Local Swimming Committee.

IASI is currently accepting resumes for the following:

- Registration and Membership Coordinator
- Communications Coordinator

Both positions are work-from-home opportunities that require residency within the Iowa Swimming LSC territory.

Registration and Membership Coordinator

This position oversees athlete, non-athlete, and club registration processes; membership compliance; Safe Sport coordination; reporting; and administrative support for Iowa Swimming operations. The role requires strong organizational skills, attention to detail, and familiarity with USA Swimming systems and procedures.

Communications Coordinator

This position manages Iowa Swimming communications, including website content, newsletters, social media, promotional materials, meet information distribution, and other communications initiatives. The role requires strong written communication skills, organization, creativity, and the ability to manage multiple projects and deadlines.

Additional information, including full job descriptions and qualifications, is available on the [Iowa Swimming website](#).

Applicants should submit a resume and email indicating:

- Which position they are interested in
- Why they are interested in the position

Applications should be emailed to: art.dinkin@iaswim.org
Resumes must be received on or before June 15, 2026.

LMST Evaluation Night- 7/8(W), 7/15 (W) 7:30 PM

The LMST age group coaching staff will be hosting "Evaluation Nights" on the following evenings the summer:

- Wednesday, July 7th from 7:30-8:45 PM
- Wednesday, July 15th from 7:30-8:45 PM

The following groups of students are invited to attend this free opportunity:

- New families interested in registering for LMST for the 2026 Fall/Winter season
- Inactive LMST swimmers who did not train during the Spring/Summer season, but are interested in Fall practice group placement

[LMST Evaluation Night Registration Link](#)

DASH Spring Pentathlon Recap

Congratulations to all 45 LMST swimmers who competed at the 2026 DASH Spring Pentathlon at Dubuque Hempstead on Saturday, May 23rd!

LMST thanks all coaches, swimmers and families who made the trip to Dubuque. This was the fifth weekend in a row where LMST had a scheduled event (Spring Splash, LC Kickoff, Armbruster, "Train with the Team" Clinic. Congratulations on a successful meet, and to some deserved time off this weekend!

Pentathlon High Point Winners (Top 5 Cumulative Time):

- Girls 8&U
 - Birraaj Basu Roy Choudhury → 4th (3:31.35)
- Girls 9-10
 - Claire Phillips → 3rd (4:05.26)
- Boys 9-10
 - Colin Janda → 3rd (3:52.42)
 - Graham Goldsmith → 4th (4:08.21)
- Girls 11-12
 - Rory Breitbach → 3rd (3:32.62)
- Boys 13-14
 - Jayden Beierschmitt → 5th (7:14.59)

New IASI Long Course Championships Qualifying Standards ("Q" Times):

- Lily Fireman → Girls 10&U 50 BR
- Claire Phillips → Girls 10&U 50 BR

Team Iowa Registration Summer 2026

- **2026 Central Zone Open Water Championships** (June 11-12, 2026 at Lake Andrea, Pleasant Prairie RecPlex in Pleasant Prairie, WI)
- **2026 Central Zone Multi-Cultural Meet** (June 19-21, 2026 at Soderholm Aquatics Center, Nicholas Recreation Center - University of Wisconsin in Madison, WI)
- **2026 14 & Under Central Zone Championships** (August 6-9, 2026 at Jean K Freeman Aquatic Center - University of Minnesota in Minneapolis, MN)

1. Team Iowa registration is a **two-step process**. Registration instructions can be found on the Team Iowa website.
2. Complete the registration on the Team Iowa website.
3. The most important step, declare your swimmer's intention for the events they wish to enter on the "Events" tab.
4. **2026 USA Swimming Registrations required.**

Please visit the [Team Iowa](#) website for more information or to register your athlete with Team Iowa. If you have any questions, please contact Iowa Swim AG Chair [Greg Morse](#).



Pictured Above: LMST Senior swimmer, Sheppard West competing at the 2026 IFLY Armbruster Open on Sunday, May 10th at the Campus Recreation and Wellness Center in Iowa City, IA (Source: Karen Thompson).

LMST Practice Calendar - Weeks of 5/25 & 6/1

Since there are NO evening lessons the weeks of May 25th and June 1st, LMST will be changing practice to the following times over the course of the next two weeks:

Tuesday, May 26th, Thursday, May 28th, Tuesday, June 2nd, and Thursday, June 4th

- Bronze - 6-7 PM (TIME CHANGE)
- Silver - 6-7:15 PM (TIME CHANGE)
- Gold - 6-7:30 PM (TIME CHANGE)
- Platinum - 5:45-7:30 PM (TIME CHANGE)
- Diamond - 4-5:45 PM & 5:45-6:45 PM (Dryland)
- Senior - 4-6 PM

Wednesday, May 27th, Friday, May 29th, Wednesday, June 3rd, Friday, June 5th (NO CHANGE)

- Bronze - NO PRACTICE
- Silver - 6-7:15 PM
- Gold - 5:45-7:15 PM
- Platinum - 5:45-7:15 PM
- Diamond - 4-5:45 PM
- Senior - 4-6 PM & 6-7:15 PM (Dryland)

Saturday, May 30th (NO CHANGE)

- Bronze, Silver, Gold - NO PRACTICE
- Platinum - 7:30-9:30 AM
- Diamond - 7:30-9:30 AM
- Senior - 7:30-10 AM

Monday, June 1st

- Bronze - 6-7 PM (TIME CHANGE)
- Silver - 6-7:15 PM (TIME CHANGE)
- Gold - 6-7:30 PM (TIME CHANGE)
- Platinum - 5-6 PM (Dryland) & 6-7:30 PM (TIME CHANGE)
- Diamond - 4-5:45 PM
- Senior - 4-6 PM

LMST will begin its summer practice schedule on Monday, June 8th. The summer practice times through Regionals are now available on the [LMST Practice Calendar](#).

We will plan to have Saturday morning practices for some of our older groups this summer, but times are still TBA.

SPRING/SUMMER (LCM) 2026

DATE	MEET	LOCATION
APRIL 25, 2026	LINN-MAR SPRING SPLASH (SCY) \$	LINN-MAR AQUATIC CENTER
MAY 2-3, 2026	EELS LONG COURSE KICKOFF	MERCER AQUATIC CENTER
MAY 8-10, 2026	IFLY DAVID ARMBRUSTER OPEN	CRWC, IOWA CITY
MAY 23, 2026	DASH SPRING PENTATHALON (SCY)	DUBUQUE AQUATIC CENTER
JUNE 6-7, 2026	EELS SPLASH OUT HUNGER	MERCER AQUATIC CENTER
FRI, JUNE 12TH (UPDATED 5-13)	'SCHOOL'S OUT" TRI - BLST/EELS (SCY)	LINN-MAR AQUATIC CENTER
JUNE 19-21, 2026	WAUKEE OPEN SUMMER INVITE !	WAUKEE NATATORIUM
JUNE 20-21, 2026	VAC ANNUAL VINTON INVITATIONAL (SCM)	VINTON COMMUNITY POOL
JULY 9-12, 2026	BLST SUMMER SIZZLER	THE FALLS, CEDAR FALLS
JULY 18-19, 2026	IASI REGIONAL AND 8&U CHAMPIONSHIPS (SCY)	DUBUQUE AQUATIC CENTER
JULY 23-26, 2026	IASI LONG COURSE CHAMPIONSHIPS !	CRWC, IOWA CITY
JULY 29 - AUGUST 2, 2026	TYR FUTURES CHAMPIONSHIPS !	MADISON, WI

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?

Contact Jackson Allmon