

WEEKEND COMPETITION RECAP

ZONE MULTICULTURAL, WAUKEE INVITE, VINTON INVITE



Waukee Waves Summer Open Invite

Congratulations to all LMST swimmers who competed at the WW Summer Invite at the Waukee Schools Natatorium on Friday, June 19th through Sunday, June 21st.

Waukee Invite High Point Award

Winner:

- Colin Janda - 3rd (Boys 10&U)

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

- Peyton Adair - Boys Senior 100 FL
- Kylie Caldwell - Girls 13-14 100 BK, 200 BK
- Isaiah Elhard - Boys Senior 100 FR, 400 FR, 200 BK, 200 IM
- Joseph Saputra - Boys 13-14 200 BK
- Elizabeth Yetter - Girls Senior 800 FR
- Carson Weis - Boys 11-12 50 FR, 200 IM

New USA Swimming Futures Champs Qualifying Standards:

- Caite Schaffel - Women's 100 BK
- Rylee Sieren - Men's 200 FR
- Clayton Treharne - Men's 200 IM
- Teresa Zhang - Women's 50 BK
- Peter Wittnebel, Men's 100 FR, 200 FR, 400 FR

New USA Swimming Spring Sectional Champs Qualifying Standards ("Red Cap")

- Peyton Adair - Men's 100 FR
- Max Macho - Men's 200 IM
- Caite Schaffel - Women's 200 FL, 800 FR

Central Zone Multicultural Meet

Congrats to the following swimmers on representing Team Iowa at the Multicultural meet on Friday, June 19th through Sunday, June 21st, in Madison at the University of Wisconsin:

Dhyan Deepak, Saniha Deepak, Aatreya Dutta, Ava Lutz, Courtlyn Morrissey, Claire Phillips, Sai Ramesh, Kundana Sanaka, Oliver Snyder, Shay Williams.

Thank you to Coach Meredith and Jay for representing Iowa and LMST!

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

- Saniha Deepak - Girls 11-12 200 FR
- Aatreya Dutta - Girls 11-12 100 BR
- Claire Phillips - Girls 10&U 50 BR
- Oliver Snyder - Boys 11-12 50 BK, 100 BK, 100 FL
- Shay Williams - Girls Senior 50 FR

Vinton 63rd Annual Invite

Thank you to those who competed at the Vinton Aquatic Club's 63rd annual Invitational on Saturday, June 20th and Sunday, June 21st at the Vinton Community Outdoor Pool. Those who attended battled the rain and sun!



LMST Practice Updates – June and July

Friday, June 26th to Friday, July 3rd

- Coach George, Jackson, Julia, and Melissa will be out-of-state for the Senior Training Trip. Diamond and Senior, in addition to Bronze-Diamond practices will go on as originally scheduled, as we have the staff to fill in the gaps for all of the absent coaches. *If a practice the week of June 29th is affected by staffing (either via time adjustment, or practice cancellation), Jackson will let families know ASAP!* Team administration is currently working on staffing for the month of July, so please stay tuned for any modifications.

Saturday, June 27th

- For this Saturday morning, we will be able to have practice for Platinum, Diamond, and Senior. However, practice will conclude for all practice groups at 9 AM instead of 9:30 AM.

Saturday, July 4th

- Practice on this morning for Platinum, Diamond, and Senior is still TBD. A decision will be made before next week's newsletter to determine if practice will be carried out for these groups.

Thursday, July 9th

- There will be morning practice for Senior on the 9th, but NO Diamond and Senior afternoon practice. There will likely still be evening practice offered for Bronze-Platinum (still dependent upon staffing).

Friday, July 10th and Saturday, July 11th

- Since most of our swimmers and staff will be in Cedar Falls this day, we will not have a practice offering for these two days. Jackson will connect with Senior swimmers not attending this meet about a plan.

Coaching Adjustments

It's bittersweet news for LMST, but Coach Wilson Burton will be leaving our Linn-Mar Swim Team coaching staff at the end of the summer season.

Coach Wilson will relocate to the Ames area, as he will be attending graduate school at Iowa State University starting in the Fall. We are excited for him in the next chapter!

We thank him for his service to the team and for all the great work he's done with Platinum group in addition to his work in with other practice groups for swim and dryland over the past couple of years. Please send him congratulations and wish him luck in the upcoming weeks. Wilson will stay on the staff through IASI Long Course Champs.

LMST is in the process of finding coverage for the Fall/Winter season to fill the holes in Wilson's absence. LMST families experience with the Platinum groups will provide consistency moving forward.

Congrats again to Coach Wilson, LMST will truly miss you!

IASI Open Water Champs

Good luck to the following LMST swimmers who will be competing at the inaugural Iowa Swimming Open Water Championships held at Easter Lake Park near Des Moines on Monday, June 29th:

15 & Over 5k Race

- Stella Goertzen

13-14 2.5k Race

- Aatreye Dutta
- Kundana Sanaka
- Oliver Snyder
- Benji Yetter

11-12 2.5k Race

- Saniha Deepak
- Aleza Goertzen

10&U 1.25k Race

- Dhyana Deepak
- Owen Goertzen
- Graham Goldsmith

NOTE: ALL swimmers will compete in the group of their age as of 12/31/2026.

Meet organizers are planning to combine all genders, in addition to combining 1.25k & 2.5k races, to consolidate timeline and events. Please reach out to Jackson if you have any concerns regarding that plan.

Current information for next weekend can be found on the [OW Meet Landing Page](#). Coach Meredith will be in attendance for the open water competition next weekend. Feel free to contact her or Jackson for more information.

IASI Governance

The Iowa Swimming LSC is looking for 2 volunteers to support LSC activities and the board, specifically the DEI committee chair and a parent liaison for the Athlete Executive Committee:

- The DEI Chair is a voting board position that is responsible for supporting outreach, multicultural, and disability activities and initiatives that support USA Swimming and the LSC: [DEI Info - USA Swimming](#)
- The Athlete liaison is a newer position (not a board position) that provides mentorship, guidance, and helps facilitate athlete programs and initiatives. LMST parent Nisha Raghvani started this role a couple of years ago and has been tremendously beneficial to the athletes and the LSC. We are looking for a parent willing to take over this role. Some (reimbursed) travel is required.

Upcoming Meet Info

BLST Summer Sizzler (Cedar Falls)- 7/9 (Th) -7/12 (Sun.)
Current entries are available on the [LMST Website!](#)

IASI Summer Regionals and 8&U Champs (Dubuque) - 7/18 (Sat.) & 7/19 (Sun.)

Deadline to enter is Tuesday, July 7th. All 9&O swimmers without the max number of "Q" times are encouraged to enter. **ALL 8&U encouraged to enter to this champ meet!**

IASI LC Champs (Iowa City) - 7/23 (Th) - 7/26 (Sun.)

Entries not yet available, but all swimmers with a "Q" time are encouraged to enter!

USA Swimming Futures (Madison)- 7/29(W) -8/1 (Sat.)

Swimmers with individual qualifying times are asked to have a conversation with Jackson in the next week about entries. He will enter the swimmers on his own end.

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 18th 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](#)

LMST MEET SCHEDULE

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