

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VII, Edition XVI

Wednesday, December 3rd, 2025

LMST FAST & FLURRIOUS INFO

LINN-MAR AQUATIC CENTER | FRIDAY, DEC. 5TH - SUNDAY, DEC. 7TH



Pictured Above: LMST Platinum swimmer Arabella Bautista swimming in the Sunday afternoon session of the 2025 DASH Giving Thanks Meet in Dubuque, Iowa on November 23rd (source: Shaun Elhard)

[Fast & Flurrious Meet Landing Page](#)

[Meet Info](#)

[Warmup Assignments](#)

[Heat Sheets](#)

[Entry Report \(with Event/Heat/Lane Assignments\)](#)

Friday PM Session (400 IM and 13&O 50's of Stroke - Events #1-6)

- Arrival Time on Deck: **5:15 PM**
- Meet Warm-Ups: **5:30 PM**
- Team Meeting on Deck: **6:15 PM**
- Meet Start: **6:30 PM**
- Session Conclusion: **7:45 PM**

Saturday AM Session (12 and Under - Events #7-38)

- Arrival Time on Deck: **7:00 AM**
(Swimmers should arrive in their swimsuits, ready to warmup)
- Meet Warm-Ups: **7:20 AM - 8 AM**
- Writing Event, Heat, Lane Assignments on Swimmers: **8 AM - 8:30 AM** (if possible, help your child write down E/H/L assignments before arrival to help save coaches' time)
- Team Meeting on Deck: **8:40 AM**
- Meet Start: **8:50 AM**
- Session Conclusion: **12:50 PM**

Saturday PM Session (13 and Over - Events #39-52)

- Arrival Time on Deck: **12:50 PM**
- Meet Warm-Ups: **1:00 PM**
- Team Meeting on Deck: **1:45 PM**
- Meet Start: **2:00 PM**
- Session Conclusion: **4:15 PM**

Sunday AM Session (12 and Under - Events #53-82)

- Arrival Time on Deck: **7:00 AM**
- Meet Warm-Ups: **7:20 AM**
- Team Meeting on Deck: **8:45 AM**
- Meet Start: **9:00 AM**
- Session Conclusion: **12:20 PM**

LMST F&F Meet Volunteers

All volunteers upon arrival will check in with Nisha Raghvani (Volunteer Leader) upstairs to confirm that they are present and gain a better understanding of their role/responsibilities.

Timers, award distributors, timing computer operators, and runners are expected to report at least 30 minutes before the session's start time. Volunteers will receive their shirts upon arrival (if sizes were submitted by 11/30).

LMST is still looking for 3 more timers for the Sunday AM session. The deadline to sign up for volunteer positions or to donate is **TONIGHT, Wednesday, December 3rd**. New volunteers who sign up now may not receive a t-shirt, but will still be eligible for a credit on Commit.

A3 Performance Apparel Order

The LMST A3 Performance Team Store has been updated, where families can now buy personalized caps & LMST logo mesh equipment bags, in addition to LMST suits and apparel, ahead of the holiday season.

The deadline to order caps and mesh bags is **Friday, December 5th**. The items will ship once caps are completed which will be 3 weeks, from deadline date: **Linn-Mar Swim Team -A3 Team Store!** Note- A3 will need a certain number of orders to pursue production.

A3 Performance is also having a site-wide Black Friday Sale, where you can save up to 60% on performance and training products: **A3 Performance 2025 Black Friday Week Sales**

14&U Midwest All Star Registration

Team Iowa and Iowa Swimming extend an invitation to register your athlete for consideration for both Team Iowa and the 2026 Midwest All-Star Championship. The championship meet is scheduled for January 9-11, 2026, at the Wellmark YMCA in Des Moines, IA. To be eligible for registration; swimmers are required to be available for the entire three-day competition (Friday-Sunday), USA Swimming registration must be renewed for 2026, and meet the eligibility requirements. Team Iowa registration will close December 15, 2025.

To be considered for Team Iowa, swimmers must have achieved a minimum of a **'BB' USA Swimming motivational time standard** in any Midwest All-Star event. Selections will be based on swimmers' best official times from SWIMS Data Hub, during the SCY from September 1, 2025, to December 21, 2025 (**times from BLST Holiday Classic will be considered**).

The deadline to register/apply for Team Iowa is Monday, December 15th.

All interested swimmers must apply through the Team Iowa website. DO NOT sign up through Commit!

LMST Winter Whiteout Info

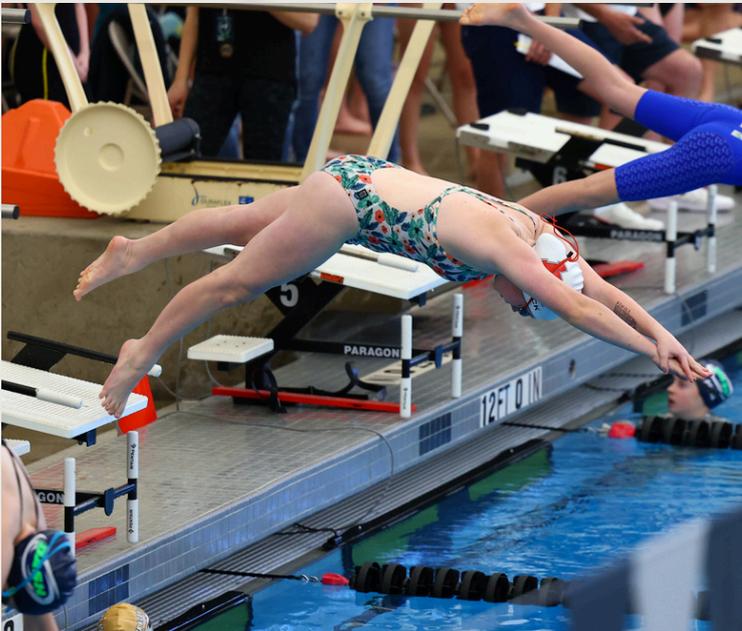
The Linn-Mar Swim Team will host our annual, Winter Whiteout meet on Sunday, January 4th.

Entries are now open on Commit! The deadline to sign up for our one-day, January meet is on **Wednesday, December 10th**. This meet is open to all LMST swimmers.

This will be the last home meet for the 2025-26 Fall/Winter season that is free of entry fees (entry fees will be required for the February Regionals meet at LM).

8&U, 10&U, and 11-12 swimmers will compete in the Sunday morning session. 13- 14 and Senior swimmers will compete in the Saturday afternoon session. Rubber Ducks will be presented to the heat winners for each event and for any individual or relay team who finishes with a final time that ends in 25/100's!

11-12-year-old LMST swimmers in Platinum and Diamond are welcome to swim in IMX events in afternoon to achieve Silver cap, so long as the swimmer does not exceed four (4) individual events for the day.



Pictured Above (left to right, top to bottom): LMST athletes Sinchan Naveen, Adi Fireman, Lexi Sinnock, and Olivia Janda swimming in the Sunday afternoon session of the 2025 DASH Giving Thanks Meet in Dubuque, Iowa on November 23rd (source: Shaun Elhard)

Practice Updates - December & Beyond

12/5 (F) - There will be NO PM LMST Practice on this day due to the LMST Fast & Flurrious Invitational.

12/9 (T) - Next Tuesday, Senior will have swim practice from 4:00-6:00 PM, and dryland from 6:00-7:00 PM due to the LM HS Boys away swim meet. All other practice groups will practice at normal time on this evening.

12/10 (W) - Bronze will NOT have practice next Wednesday due to the MS Boys swim meet. Silver through Senior will

have practice starting at 7:30 PM. End times will vary from group to group.

12/16 (T) - Senior will have swim practice from 4:00-6:00 PM, and dryland from 6:00-7:00 PM due to the LM HS Boys away swim meet. All other practice groups will practice at normal time on this evening.

12/19 (F) - Evening practice is still TBA for this day, as many of our coaches will be in Cedar Falls. Stay tuned...

LMST MEET SCHEDULE

FALL/WINTER (SCY) 2025-26

DATE	MEET	LOCATION
OCTOBER 4, 2025	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 18, 2025	BLST-LMST-PSC 13&O TRI MEET	CEDAR FALLS HS NATATORIUM
OCTOBER 18-19, 2025	COE COLLEGE HARVEST INVITE	COE COLLEGE NATATORIUM
OCTOBER 31- NOVEMBER 2, 2025	IFLY A3 MIDWEST CHALLENGE!	CRWC, IOWA CITY
NOVEMBER 21-23, 2025	DASH GIVING THANKS INVITATIONAL	DUBUQUE AQUATIC CENTER
DECEMBER 5-7, 2025	LMST "FAST & THE FLURRIOUS"\$	LINN-MAR AQUATIC CENTER
DECEMBER 19-21, 2025	BLST HOLIDAY CLASSIC	CEDAR FALLS HS NATATORIUM
JANUARY 4, 2026	LMST WINTER WHITEOUT\$	LINN-MAR AQUATIC CENTER
JANUARY 16-18, 2026	ACAC THE TUNDRA	DAN FLANNERY POOL
FEBRUARY 14-15, 2026	IASI REGIONALS 8&U CHAMPIONSHIPS	LINN-MAR AQUATIC CENTER
FEBRUARY 20-22, 2026	IASI AGE GROUP CHAMPIONSHIPS!	CEDAR FALLS HS NATATORIUM
FEBRUARY 26- MARCH 1, 2026	IASI SENIOR CHAMPS!	WELLMARK YMCA, DM

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION
! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?
Contact Jackson Allmon