

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VI, Edition VI

Wednesday, April 30th, 2025

2025 LMST SPRING SPLASH

MEET LANDING PAGE: MEET & PENTATHALON RESULTS



Pictured Above: LMST Diamond swimmer Courtlyn Morrissey competing at the 2025 IASI Age Group Championships in Des Moines on Saturday, February 22nd (Source: Chris Pose).

Thank you to all the parents who were able to officiate, volunteer and donate their time over the weekend, the meet wouldn't have run as smoothly without your help.

LMST had 122 total swimmers entered in the meet, the most ever for our annual Spring Splash!

The final pentathlon results are included on the 2025 LMST Spring Splash meet page.

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

- Kate Caldwell → Girls 10&U 50 FR
- Aarush Govinda Raju → Boys 10&U 50 BR
- Emma Thompson → Girls 10&U 50 BR, 50 FL, 100 IM

Pentathlon High Point Winners (Top 3 Cumulative Time):

- 14 & Under Girls
 - Teresa Zhang → 1st (5:23.73)
 - Mackenzie Tristan → 2nd (5:45.83)
 - Frankie Martino → 3rd (5:53.02)
- 14 & Under Boys
 - Clayton Treharne → 2nd (4:56.75)
 - Nathan Saputra → 3rd (5:18.61)
- 15 & Over Girls
 - Mehal Raghvani → 2nd (5:34.42)
 - Greta Huberg → 3rd (5:50.88)
- 15 & Over Boys
 - Rylee Sieren → 1st (4:58.05)
 - Tyler Brekke → 3rd (5:10.55)

Congratulations to all swimmers who completed all five 100's of stroke legally.

First Time Legal Swims:

- Carter Beierschmitt → 50 FL
- Kristina Do → 50 FL
- Lizzie Clement → 100 BR
- Dhyan Deepak → 100 IM
- Meera Khamitkaar → 50 BR
- Owen Lahr → 50 FL
- Utkarsh Mittal → 50 BR
- Sinchan Naveen → 50 BR
- Declan O'Leary → 100 FL
- Aashritha Polareddy → 25 FL
- Camden Pounds → 50 BR
- Anders Schroeder → 25 FL
- Ryan Schwartzoff → 100 BR
- Kundana Sanaka → 50 FL
- Meher Suri → 100 IM
- Eden Tucker → 25 FL
- Eleanor Walters → 50 BR, 100 IM
- Quinn Yarker → 25 BR
- Beau Zwanziger → 50 BR

LMST Summer Practice Schedule - 6/9 (M) to 7/18 (F)

- **Bronze**
 - Monday-Thursday → 5:45 to 6:45 PM
- **Silver**
 - Monday-Thursday → 5:45 to 7:00 PM
 - Every other Friday → 8:15 to 9:45 AM
 - Dates with Friday AM practices:
 - 6/20
 - 7/4
 - 7/18
- **Gold**
 - Monday-Thursday → 5:30 to 7:00 PM
 - Every other Friday → 8:15 to 9:45 AM
 - Dates with Friday AM practices:
 - 6/20
 - 7/4
 - 7/18
 - Thursday Dryland → 4:45 to 5:30 PM
- **Platinum**
 - Monday-Thursday → 5:15 to 7:00 PM
 - Friday → 6:15 to 8:15 AM
 - Tuesday Dryland → 4:30 to 5:15 PM
- **Diamond**
 - Monday-Thursday Afternoons → 2:00 to 4:00 PM
 - Tuesday & Friday Mornings → 6:15 to 8:15 AM
 - Monday & Wednesday Dryland → 4:00 to 4:45 PM
- **Senior**
 - Monday-Thursday Afternoons → 2:00 to 4:00 PM
 - Tuesday, Thursday & Friday Mornings → 6:15 to 8:15 AM
 - Monday & Wednesday Dryland → 4:00 to 4:45 PM

Saturday morning practice times, dates, and locations for Silver-Senior are still to be determined.



Pictured Above: LMST Senior swimmer Teresa Zhang competing at the 2025 IASI Age Group Championships in Des Moines on Saturday, February 22nd (Source: Chris Pose).

Team Iowa Staff- 14&U Zones

Congratulations to LMST Gold Coach Meredith Nash who was recently selected to become an Assistant Coach for Team Iowa the 2025 14&U Central Zone Championships at the IASI HOD meeting!

This year's version of Zones will be held in Rochester, Minnesota on July 31-August 3. Meredith 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, Meredith!

Armbruster - Sunday PM Relays

LMST regrets to inform that the relay on Sunday evening (Open 200 Free relay) for Armbruster has been taken out of the meet in order to fit all the individual events into the session time limit.

All other relays are still in the meet.

Upcoming Spring/Summer Meets and Entry Deadlines

ICE Splash Out Hunger (Iowa City, Saturday, June 7th & Sunday, June 8th)

The Iowa City Eels will be hosting their annual Splash Out Hunger Invitational at the Mercer Aquatic Center on Saturday, June 7th and Sunday, June 8th. This meet is being hosted to alleviate child hunger locally and that donations of non-perishable items are encouraged.

This is a timed-final meet available to all swimmers. Swimmers are encouraged to attend this meet as it is a local opportunity to swim in a long-course meter pool.

Note: Sunday is only available to swimmers in the Silver, Gold, Platinum, Diamond, and Senior groups.

Families must enter their swimmers by **TONIGHT, Wednesday, April 30th** to guarantee entry! Do not miss this opportunity!

Waukee Waves Open Summer Invite (Waukee, Friday, June 20th to Sunday, June 22nd)

Waukee Waves will host the inaugural Open Summer Invite at the NEW Waukee Natatorium from Friday, June 20th to Sunday, June 22nd. This competition is Timed Final for 12&U swimmers, and Prelim/Final for 13&O swimmers.

This 50-meter pool will serve as host for this year's Iowa Swimming LSC Long Course Championships.

Swimmers in the Silver, Gold, Platinum, Diamond, and Senior groups are eligible to compete in this meet. The meet's design allows for a family friendly travel schedule.

Families must enter their swimmers by **Wednesday, May 7th** to guarantee entry! This meet will fill up fairly quickly, do not miss the deadline!

DASH-LMST-PAC June Tri Meet (Cedar Falls, Thursday, June 26th)

LMST will compete against Panther Aquatic Club and Dubuque Area Swimmin' Hurricane athletes at the University of Northern Iowa's pool on the evening of Thursday, June 26th. This meet will be contested in a 25-yard short course pool.

Warmups will begin at 4:00 PM with a meet start time of 5:00 PM. The meet should not last more than a couple of hours.

This is a great opportunity for swimmers to race in a short course pool and achieve "Q" times before the end of the summer season.

Families must enter their swimmers by **Friday, June 13th**.

A3 Suit Fitting Day - 5/1 (Th)

Tomorrow, Thursday, May 1st, LMST will host a Suit Fitting Day for those potentially interested in buying an A3 practice suit.

LMST will have the following A3 suits available in *all sizes* to try on tomorrow:

- Female Sprintback
- Female X-Back
- Male Brief
- Male Jammer

Bronze-Platinum swimmers are encouraged to try on suits from 6-7 PM. Diamond & Senior will be able to try on suits from 6:45-7:30 PM. Coach Julia and Jackson will be stationed downstairs by the elevator.

If your family is not available for this event, please email coach Jackson so that he can organize a time to meet on Friday (5/2) or Monday (5/5).

No Practice - Friday, May 9th

Linn-Mar Swim Team practice on **Friday, May 9th will be cancelled** for all practice groups (Silver-Senior) due to many of the staff members attending the Friday PM session of the Armbruster meet. Enjoy your night off, LMST families!



Pictured Above: LMST Gold swimmer Lottie Biedermann performing the national anthem before the morning session of the 2025 Spring Splash. Way to represent LMST, Lottie!

LMST DOME Caps - A3 Team Store

The deadline to order new LMST **Dome** Caps is **Monday, May 5th**. Dome caps can be purchased through [the LMST A3 Performance Team Store](#). *Orders will not be accepted after this date.*

All dome caps ordered through the team store will be delivered to the Linn-Mar Aquatic Center to be passed out by the coaching staff. All other items that can be ordered on the team page will be delivered directly to your mailing address. Custom team items are not available for return or exchange. All sales for custom team items are final.

For those that are interested in caps before the Spring Splash meet in April, Jackson has plain "LM" caps in stock at the aquatic center. If your swimmer would like a plain cap, reach out to Jackson, and he can give your swimmer a cap at the next practice that they attend. Families who want a cap will be billed \$14 for each cap requested on Commit.

Coe College Practice Schedule - 5/25 (M) to 6/6 (F)

On Memorial Day weekend, the Linn-Mar Aquatic Center is planning to drain the pool for two weeks for maintenance and repairs.

Team administration is currently working with Coe College to rent pool time during 5/26 - 6/7. Here are the times that we are planning to have practice at Coe during this period:

- 5/26 (M- Memorial Day)
 - Senior- 7-9 AM
 - Diamond- 7-9 AM
 - Platinum- 7-9 AM
 - Bronze, Silver Gold- N/A
- 5/27 (T)
 - Senior- 8-9:30 PM
 - Diamond- 8-9:30 PM
 - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Silver- 7-8 PM (Shallow)
 - Bronze- 6-7 PM (Shallow)
- 5/28 (W)
 - Senior- 4-6 PM (Shallow from 5:20-6 PM)
 - Diamond- 4-6 PM (Shallow from 5:20-6 PM)
 - Platinum- 7-8:30 PM
 - Gold- 7-8:30 PM
 - Silver- 7-8:30 PM
 - Bronze- 7-8 PM
- 5/29 (Th)
 - Senior- 8-9:30 PM
 - Diamond- 8-9:30 PM
 - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Silver- 7-8 PM (Shallow)
 - Bronze- 6-7 PM (Shallow)
- 5/30 (F)
 - Senior- 4-6 PM (Shallow pool from 5-6 PM)
 - Diamond- 4-6 PM (Shallow pool from 5-6 PM)
 - Bronze, Platinum, Silver, Gold, Platinum - N/A
- 6/2 (M)
 - Senior- 4-6 PM (Shallow from 5:20-6 PM)
 - Diamond- 4-6 PM (Shallow from 5:20-6 PM)
 - Platinum- 7:45-9:15 PM
 - Gold- 7:45-9:15 PM
 - Silver- 8-9 PM
 - Bronze- N/A
- 6/3 (T)
 - Senior- 8-9:30 PM
 - Diamond- 8-9:30 PM
 - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Silver- 7-8 PM (Shallow)
 - Bronze- 6-7 PM (Shallow)
- 6/4 (W)
 - Senior- 4-6 PM (Shallow from 5:20-6 PM)
 - Diamond- 4-6 PM (Shallow from 5:20-6 PM)
 - Platinum- 7-8:30 PM
 - Gold- 7-8:30 PM
 - Silver- 7-8:30 PM
 - Bronze- 7-8 PM
- 6/5 (Th)
 - Senior- 8-9:30 PM
 - Diamond- 8-9:30 PM
 - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
 - Silver- 7-8 PM (Shallow)
 - Bronze- 6-7 PM (Shallow)
- 6/6 (F)
 - Senior- 4-6 PM (Shallow pool from 5-6 PM)
 - Diamond- 4-6 PM (Shallow pool from 5-6 PM)
 - Bronze, Silver, Gold, Platinum- N/A