

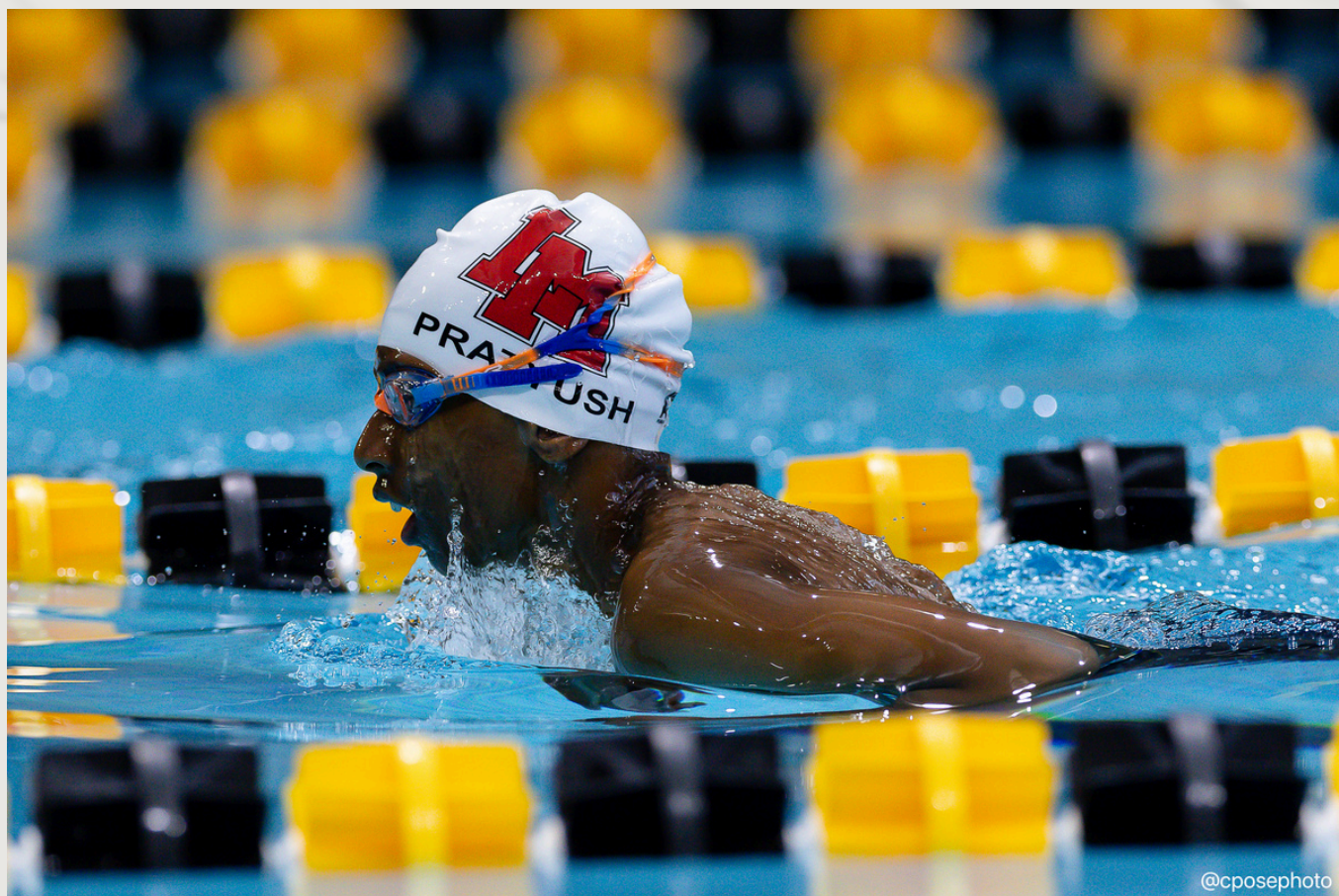
Inspire Learning. Unlock Potential. Empower Achievement.

Volume VIII, Edition XII

Wednesday, June 10th, 2026

2026 LMST “SCHOOL’S OUT” TRI

MEET LANDING PAGE: HEAT SHEET, SESSION REPORT/TIMELINE



@cposephoto

Pictured Above: LMST Gold swimmer, Pratyush Jaya Kartikeyan competing at the 2026 IFLY Armbruster Open on Saturday, May 9th at the Campus Recreation and Wellness Center in Iowa City, IA (Source: Chris Pose).

On this Friday, June 12th, LMST swimmers from all practice groups will compete against the following teams at the Linn-Mar Aquatic Center:

- Black Hawk Area Swim Team (BLST)
- Iowa City Eels Swim Club (EELS)
- Linn-Mar Swim Team (LMST)

There will be 25s, 50s and 100 IM offered for 8&U swimmers. For 9-10, just 50s and 100 IM will be offered. For 11-12, 13-14, 15&O, 50s and 200s will be offered. We will end the meet with mixed relays. **There will be NO Bronze-Platinum practice on this day!**

After the conclusion of the competition, LMST will host a “Cook out” on the practice field behind the aquatic center for all participating teams’ athletes, families, coaches, and officials.

We are still looking for volunteers to help set-up and meal prep! If interested and available, fill out the [LMST Cookout Sign Up](#), or please reach out to Jackson.

Family members in attendance should RSVP on the sign-up included above. We are also encouraging families to bring “lawn games” for everyone to participate in during the event!

Fri. Afternoon Session Itinerary

- Arrival Time on Deck: **2:40 PM**
- Meet Warm-Ups: **3:00 PM**
- Team Meeting and Cheer on Deck: **3:50 PM**
- Meet Start: **4:00 PM** (Please refer to the Session Report/Timeline to find out when your child is swimming each event)
- Meet Conclusion: **6:30 PM**
- Tailgate Conclusion: Approximately **7:45-8:00 PM**

Swimmers are welcome to wear a tech suit for this meet (swimmers should take to their lead coach if interested).

EELS Splash Out Hunger Meet Recap

Congratulations to all LMST swimmers who competed at the 2026 EELS Splash Out Hunger this past weekend in Iowa City! This was a two-day long, timed final meet at the Mercer Aquatic Center pool.

LMST received 2nd place in the meet's annual food drive. LMST had so many non-perishable donations that there was not enough room left in the initial bin.

EELS collected a record of 1,348 pounds of food which will be distributed to the families who, among others, rely upon school meals to keep their children fed in Iowa City. Wow!

Thank you to everyone who contributed or volunteer officiated!

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

- Saniha Deepak - Girls 11-12 100 Freestyle
- Megan Kueper - Girls 13-14 100 Backstroke
- Isaac Nielsen - Boys 10&U 100 Freestyle, 200 Freestyle, 50 Butterfly
- Claire Phillips - Girls 10&U 100 Breaststroke
- Kenzie Schwartzhoff - Girls 10&U 100 Breaststroke
- Joseph Saputra - Boys 13-14 50 Freestyle
- Oliver Snyder - Boys 11-12 100 Freestyle, 800 Freestyle, 200 Individual Medley
- Quinn Yarker - Girls 10&U Backstroke
- Peter Wittnebel - Boys Senior 400 Individual Medley

LMST Family Survey - Due on Friday, June 12th

Thank you to those who have already filled out the **LMST Family Survey**!

The Linn-Mar Aquatic Center staff is seeking feedback from current swim team families as we continue working to strengthen and grow the quality of our program.

We invite you to complete the short survey above and share your experiences from the 2025-26 academic year, as well as your perspectives on potential changes for the upcoming season.

ANY AND ALL FORMS OF INPUT will play an important role as we evaluate our current programming and consider future improvements.

The survey will remain open until **Friday, June 12th**. Survey results will be reviewed by district leadership and Aquatic Center staff, and a summary of the feedback will be shared with all participating families later this summer.

Upcoming LMST Meet Entry Reports

LMST's recent entry files for Waukee and Vinton have been approved! BLST entries have not been approved, but will likely be approved as the host team is already expecting our team's athletes.

For the latest accepted entry reports as of TODAY, Wednesday, June 10th, check out the links below:

Waukee Waves Summer Invite Entry Report
Vinton Annual Invite Entry Report
BLST Summer Sizzler Entry Report

Open Water Central Zones - Team Iowa

Congrats to the LMST swimmers on being selected to compete for Team Iowa at the 2026 Central Zone Open Water Champs this Friday in Pleasant Prairie, Wisconsin:

- Ava Lutz
- Mackenzie Tristan
- Shay Williams
- Bradyn Weis
- Elizabeth Yetter

Team Iowa will compete against the top swimmers from Arkansas, 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. Congratulations, swimmers!

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



@cpc

Pictured Above: LMST Silver swimmer, Evalyne Nie competing at the 2026 IFLY Armbruster Open on Saturday, May 9th at the Campus Recreation and Wellness Center in Iowa City, IA (Source: Chris Pose).

LMST Practice Summer Calendar - 6/8 to 7/17

Bronze

- Monday, Tuesday, Thursday - 5:40-6:40 PM

Silver

- Monday through Thursday - 5:40-6:55 PM
- Friday - 9:30-11 AM (**No Practice 6/12, 7/10**)

Gold

- Monday through Thursday - 5:40-7:10 PM
- Friday - 9:30-11 AM (**No Practice 6/12, 7/10**)

Platinum

- Monday through Thursday - 5:25-7:10 PM
- Wednesday Dryland - 4:30-5:25 PM
- Friday - 9:30-11 AM (**No Practice 6/12, 7/10**)
- Saturday - 7:30-9:30 AM

Diamond

- Monday through Thursday - 2-4 PM
- Monday & Thursday Dryland - 4-5 PM
- Tuesday Morning - 6:15-7:45 AM
- Friday - 7:30-9:30 AM (**No Practice 7/10**)
- Saturday - 7:30-9:30 AM

Senior

- Monday, Tuesday, Thursday Mornings - 6:15-8:15 AM
- Monday, Wednesday, Thursday Afternoon - 2-4 PM
- Tuesday Dryland - 8:15-9:00 AM
- Friday - 7:30-9:30 AM (**No Practice 7/10**)
- Friday Dryland - 9:30-10:30 AM
- Saturday - 7:30-10 AM

Summer Practice Calendar

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