

## 2025 LMST PUMPKIN PLUNGE

MEET LANDING PAGE, SESSION REPORT/TIMELINE, HEAT SHEETS



Pictured Above: Linn-Mar Swim Team age group athletes participating in a cheer with the Linn-Mar High School Girls swim and dive at their Lions Night on Tuesday, September 9<sup>th</sup> (source: Jenn Breitbach).

On Saturday, October 4th, LMST is hosting our annual Pumpkin Plunge (formerly known as the Fall Invite) at the Linn-Mar Aquatic Center.

The current meet information, heat sheets, warmup assignments, and session/timeline report have been posted to [2025 LMST Pumpkin Plunge Meet Page](#).

If your child is entered to compete in this Saturday's meet, but you know that they will not be able to attend/participate, please reach out to Jackson as soon as possible. We already have relay teams assigned for the morning. This will help coaches find substitutes if need be.

### AM Session Itinerary (10 and under)

- Arrival Time on Deck: **7:40 AM** (Swimmers should arrive in their swimsuits, ready to warm-up. Swimmers who need Event/Heat/Lane written on their arms can arrive earlier)
- Meet Warm-Ups: **8:00 AM**
- Meet Start: **9:00 AM** (Please refer to the Session Report/Timeline to find out when your child is swimming each event)
- Meet Conclusion: **11:30 AM** (Most students are in relays at the end! Swimmers should check in with a coach before leaving)

### PM Session Itinerary (11 and over)

- Arrival Time on Deck: **11:30 AM**
- Meet Warm-Ups: **11:45 AM**
- Meet Start: **1:30 PM**
- Meet Conclusion: **5:30 PM** (students are welcome to leave once they have competed in their final event)

Swimmers in each session should arrive in their swimsuit, so that they are ready to warmup as soon as their warmup time begins. All swimmers must warmup with the team for the entirety of the warmup time. If your child is not able to make warmups at the start, please let me know, or your child will be assumed absent.

# Practice Updates - Weeks of 9/29 & 10/6

**10/3 (Fri.) - Senior will have morning practice from 5:45-7:15 AM** and afternoon practice from 4:30-6:30 PM. Gold, Platinum, and Diamond will swim from 6:30-8 PM. Bronze and Silver will have practice at normal time. Diamond will also have dryland at normal time.

**10/4 (Sat.)** - There will be NO LMST morning practice for Platinum, Diamond and Senior this Saturday due to the Pumpkin Plunge meet at the aquatic center. This Saturday (9/27) will be normal practice time for Platinum, Diamond and Senior.

**10/7 (Tue.)** - Senior will have swim practice from 4-6 PM, and will have dryland from 6-7 PM on this day due to the LM HS Girls team swimming in Coralville. All other practice groups will train at their normal times.



Pictured Above: LMST Platinum swimmer Oliver Paasch competing during the Friday morning session of the BLST Summer Sizzler at the Falls Aquatic Center in Cedar Falls on July 11th (source: Shaun Elhard).

## Pumpkin Plunge Volunteer Arrival Times

The current Pumpkin Plunge Volunteer Assignments are located on the 'Jobs' tab of the Commit Parent Portal.

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.

Volunteers are expected to arrive at the following times each session:

### AM Session Volunteer Arrival Times (10&U):

- Announcer - 7:40 AM
- Timing Computer Operator - 8:30 AM
- Timers - 8:30 AM
- Runners - 8:30 AM
- Awards - 9 AM

### PM Session Volunteer Arrival Times (11&O):

- Announcer - 11:30 AM
- Timing Computer Operator - 1:00 PM
- Timers - 1:00 PM
- Runners - 1:00 PM
- Awards - 1:30 PM

The deadline to sign up for volunteer positions & donations is tomorrow, Thursday, October 2nd. If you are interested and are having trouble signing up, reach out to Jackson. Reminder that the LMST Volunteer Credit Policy applies for this meet!

Please consider signing up to volunteer, so that we can continue to host home meets for LMST students and families.

## October Inactives

If your swimmer practiced with the team in the month of September, but is not planning to train with LMST during the month of October, please reach out to Team Administrator Parker Crow ([parker.crow@linnmar.k12.ia.us](mailto:parker.crow@linnmar.k12.ia.us)) or Head Coach Jackson Allmon (email address mentioned below) ASAP to inactivate your student's account.

All students that are active will be billed monthly practice dues at the beginning of each month. Notifying club administrators is more important than ever with the waitlist introduced after the team exceeded maximum capacity.

## LMST Cap Update

Unfortunately, LMST students/families will not receive caps ordered from the A3 team store in time for the Pumpkin Plunge this weekend.

LMST staff will have plain team caps available for purchase at the meet. If your swimmer is new to the team & wants to wear a cap, please reach out to Jackson, & he will give your them a cap at the meet. Caps are \$14 & are billed via Commit.

For returning swimmers, they are encouraged to wear used LMST caps, or borrow caps from teammates for this weekend.

# Updated Time Standards - 2025 SCY Season

Time standards for the 2025-26 short course season have been updated on the [LMST website](#). Here are significant time standards to keep track of for your swimmers:

**2025 Futures Cuts** - This meet is a bridge between sectional-level and national-level competitions, providing a platform for emerging talent to showcase their skills and achieve time standards that qualify them for higher-level national competitions.

**2026 Spring Sectional Cuts** - This meet is for top 18&U swimmers in the Midwest region of the country. Swimmers achieve these times earn an LMST "Red Cap."

**2026 IASI Champ Cuts ("Q" Times)** - This meet is the top competition in the state for club swimming each season. Swimmers with an individual qualification time can swim at the Iowa Swimming Age Group Champs (14&U ONLY) or Senior Champs (Senior times) in February. *50s of stroke qualification times have been added to the 13-14 and Senior age groups!*

**2026 IASI Champ Bonus Standards** - Swimmers must have at least one "Q" time (mentioned in previous paragraph) to compete at their respective state championship meet. Swimmers with 1 individual "Q" time, can compete in up to 2 bonus events if they have the bonus standard in that event. Swimmers with 2 "Q" times can swim up to one bonus event. LMST athletes who are asked to compete in relays at AG Champs do not necessarily need a "Q" time or bonus time to compete (although, that may help boost their selection).

**USA Swimming Motivational Times** - These standards are used for the following meets:

- A3 Midwest Challenge in November - 15-16 "A" times
- Midwest All Stars in January (14&U ONLY) - 10&U, 11-12, and 13-14 "A+" times considered for Team Iowa Selection
- Central Zones in August (14&U ONLY) - 10&U, 11-12, and 13-14 "AAA" times required for Team Iowa Selection
- Open Water Zones in June - "A" time in [distance free events](#) for all age groups

## USA Swimming Registration - Needed for this weekend's meet!

The link to register your athlete for a USA Swimming **Premium or Seasonal membership** is now available:

[LMST USA Swimming Registration Link](#)

**Outreach/Free or Reduced Lunch families should not use the link above.**

A USA Swimming membership is only required for athletes who wish to participate in a swim meet with the Linn-Mar Swim Team. The meets hosted and attended by LMST are all USA Swimming sanctioned swim meets.

Payment is required as a part of registration. LMST families will receive a credit on their Commit

accounts for the cost of their student's registrations. Once the registration is complete, please email the receipt of the registration to Parker Crow ([parker.crow@linnmar.k12.ia.us](mailto:parker.crow@linnmar.k12.ia.us)) to receive this credit.

**Premium** - Membership purchased after September 1st will last until December 31st, 2026.

**Seasonal** - Membership lasts 150 days after purchase. Note: a membership purchased on September 3rd, 2025, will only last until January 31st, 2026 (check meet calendar on Page 4).

**Seasonal to Premium Upgrade** - For swimmers whose membership expires

during the short course season and want to compete in USA Swimming meets through August 31st, 2026.

**Outreach** - Low-cost, year-round membership for qualified athletes/families. Families only have to pay \$5 for meet entry fees for each child. Only the head coach and club administrator are privy to their club's Outreach membership information. Contact Parker Crow ([parker.crow@linnmar.k12.ia.us](mailto:parker.crow@linnmar.k12.ia.us)) if your family qualifies.

For more information on membership types and how to register for USA Swimming, check our updated page on the Linn-Mar Swim Team website: [Registering for USA Swimming](#).

# Pumpkin Plunge Event, Heat, Lane Report

The Event, Heat, and Lane assignments PDF is now posted on the Pumpkin Plunge meet page (scroll to bottom for attachments)

To find out what events your child is competing in, search for your child's name in the pdf (sorted alphabetically by last name).

The number to the left of the race is the event number (ex.: #1 is the event number for the Girls 10&U 100-yard Free).

To the right of the swimmer's seed time (either designated by NT/no time or with a previous best time indicated by 0:00.00) is the heat and the lane number respectively (ex. 2/4 means they are in Heat #2, Lane #4).

Reference the picture to the left for new swimmers. Use the link above to write your child's E/H/L down on their arm with Sharpie before they arrive to the meet Saturday morning.



We encourage swimmers to write down E/H/L assignments to help assist your swimmer to not miss their races.

I recommend writing their E/H/L Friday evening before your child goes to sleep, so it is not a worry the morning of. We will also have coaches on deck to help before & after warmups to write down E/H/L on swimmers for those that haven't already but write it before the meet if possible.

## Upcoming Meet Deadlines

### Kohawks Harvest Invite

On Saturday, October 18th and Sunday, October 19th, LMST will be compete in the Kohawk Harvest Invitational at the Coe College Natatorium in Cedar Rapids, IA.

**The deadline to enter this meet is TODAY, Wednesday, October 1st.** Entry Fees are \$6 per individual event with an IASI Splash Fee of \$4.50 per swimmer.

This meet is strongly recommended for all Bronze, Silver, Gold, and Platinum swimmers on Saturday. Diamond swimmers may compete on Saturday. Gold, Platinum, Diamond, and Senior swimmers are eligible to compete on Sunday morning (swimmers who are competing at the Tri are welcome to compete on Sunday, may help with completing events for the Silver cap).

### BLST 13&O Triangular

On Saturday, October 18th, LMST will compete against swimmers from BLST and PSC at the new Cedar Falls Natatorium. This meet is for swimmers 13 years of age or older ONLY in the Platinum, Diamond, and Senior groups. **The deadline to enter this meet is Wednesday, October 8th.**

This meet is the same weekend as the Kohawks Harvest Invite at Coe College. Swimmers 13 years of age or older in Diamond and Senior swimmers are highly encouraged to attend this meet on Saturday.

Immediately upon conclusion of the BLST Tri swim meet, families of BLST, LMST, and PSC will gather at the Cedar Falls Natatorium to partake in a "tailgate" (more info TBA).

### DASH Giving Thanks

On Friday, November 21st to Sunday, November 23rd, LMST will attend the DASH Giving Thanks meet at the Dubuque Community Schools Aquatic Center. All swimmers who are currently registered with the team are eligible to participate in this meet.

The deadline to enter this meet was last Wednesday, September 24th. **If your swimmer is not entered but your family is interested in attending, please reach out to Jackson ASAP. No guarantees entries will be accepted by the host team.**

On Friday, Gold and above are eligible to compete. Saturday, 11&O swimmers will have a prelim/final format. All other days/age groups are timed final format.

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 DECEMBER INVITE\$	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*