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Volume VI, Edition XVII

Wednesday, July 16th, 2025

IASI SUMMER REGIONALS

REGIONALS/8&U MEET PAGE → PSYCH SHEET, TIMELINES



Pictured Above: LMST swimmers warming up for the 13&O Saturday morning preliminary session on July 12th at the 2025 BLST Summer Sizzler at the Falls Aquatic Center (source: Shaun Elhard)

The 2025 Iowa Swimming LSC Regional and 8 & Under Championships, hosted by the Dubuque Area Swimmin' Hurricanes, is this weekend (Saturday, July 19th and Sunday, July 20th) at the Dubuque Community Schools Aquatic Center.

LMST has 30 total athletes competing, with 6 competing in the 8&U Champs Session.

LMST is required to provide 3 timers for the afternoon and PM sessions.

If you are interested in timing, sign up on the "Jobs" tab of the Commit Parent Portal. LMST's Volunteer Credit Program applies for this event.

No glass is allowed in the aquatic center. No colored drinks or coffee is allowed on the pool deck.

Tentative Timeline

Psych Sheet

Warm-Up Assignments

Meet Itinerary

- Saturday Morning (9-10, 11-12): Warm-Up- 7:00 am; Start- 8:30 am
- Saturday Afternoon (8&U CHAMPS): Warm-Up- 12:30 PM; Start- 1:15 pm
- Saturday Evening (13&O): Warm-Up- 4 pm; Start- 5 pm
- Sunday Morning (12&U): Warm-Up- 7:40 am; Start- 8:30 am
- Sunday Afternoon (13&O): Warm-Up- 12:45 pm; Start- 1:45 pm

July Calendar Updates

Week of 7/14 – 7/20

7/16 (W) → Diamond & Senior Dryland will start at 2 PM, Swim immediately following dryland until 4 PM

7/17 (Th) → **NO Diamond and Senior AM Practice** (PM practice as normal)

7/17 (Th) or 7/18 (F) → Last day of practice for non-champ athletes

7/18 (F) → Platinum- Senior swim from 6:15-8:15 AM, Silver and Gold from 8:15-9:45 AM

7/19 (Sat.) → Diamond & Senior LC Champ Qualifiers will practice from 7:30-9:30 AM at Linn-Mar.

Week of 7/21 – 7/27

7/21 (M), 7/22 (T) → Diamond & Senior LC Champ Qualifiers from 2-3:30 PM, Bronze-Platinum LC Champ Qualifiers from 5:30-6:45 PM

7/23 (W) → Diamond & Senior LC at same time, Bronze -Platinum LC Champ Qualifiers from 3:00-4:00 PM

Week of 7/28 – 7/30

7/28 (M) → 14&U Zones Qualifiers will practice from 2:00 to 3:30 PM

7/29 (T), 7/30 (W) → 14&U Zones Qualifiers will practice from 7:15 to 8:45 AM



Pictured Above: LMST Diamond swimmer Ori Fireman competing at the 2025 BLST Summer Sizzler at the Falls Aquatic Center on Saturday, July 12 (source: Shaun Elhard)

BLST Summer Sizzler Recap

2025-26 Academic Year Registration

Congratulations to all swimmers who participated in the 2025 BLST Summer Sizzler in Cedar Falls this past weekend! LMST swimmers competed in their only outdoor meet of the season.

Out of the LMST swimmers who attending the meet, most either achieved a new personal best, or completed a race legally for the first time. Way to go, LMST swimmers!

New IASI Champ "Q" Times:

- Layla Breitbach - Girls Senior 200 Freestyle
- Norah Foreman - Girls 11-12 50 Freestyle
- Aarush Govinda Raju - Boys 10&U 50 Freestyle
- Ava Lutz - Girls 13-14 1500 Freestyle
- Levi Richards - Boys 13-14 400 IM
- Bradyn Weis - Boys 13-14 200 Butterfly

Thank you to all LMST families who were willing to make the trip, especially with the forecasted severe weather. The swimmers had fun hanging out with each other under the tents and competing in a different environment (including the 12&U cannonball contest and 13&O lazy river race).

A thank you is also in order to the Linn-Mar Swim Team coaching staff! They did a great job of organizing warmups and cheers, giving excellent feedback, and staying positive and full of energy during a long, four-day meet!

Corner House Photography SS Gallery (use code "SummerSizzler2025" to get \$10 off every digital download)

Registration for the 2025-26 Fall/Winter Season is set to begin on Friday, August 1st on the [Linn-Mar Swim Team website](https://linnmarswimteam.com) via Commit Swimming. A link to register will be included on the website's homepage in August.

During the Fall/Winter Season the Linn-Mar Swim Team (LMST) competes in various short course (25 yard) meets throughout the Eastern Iowa. The official practice start date for the 2025-26 Fall/Winter season is Monday, August 25th. Athletes will practice and compete through Friday, February 13th (Note: competing in meets are optional for LMST swimmers).

Students must have reached Station 7 in the SwimAmerica Lessons curriculum to join the swim team.

As a part of the registration process, families will pay a registration fee (which will cover the cost of meet entry fees for three of our home meets). This fee will last the student through the remainder of the 2025-2026 academic year (includes our Spring/Summer season).

In addition to the team's registration fee, each family is billed monthly practice dues, varying between practice groups and whether your child is a Linn-Mar Community School District student.

LC Champs Team T-Shirt

IASI Long Course Champs team t-shirts are now available to order on the [LMST Splash Multisport Team Store](#).

LMST CHAMPS ORDERS ARE DUE SUNDAY, JULY 20TH AT MIDNIGHT. Orders can be picked up from Splash at the LC Champs Meet. No items will be shipped to you directly.

USA Swimming Summit Conference

Congratulations to LMST swimmers Mehal Raghvani (left) and Layla Breitbach (right) on being selected to attend the USA Swimming National Summit Conference in Denver, CO this upcoming September.

At the Summit, they will represent the Iowa LSC by partaking in various group discussions surrounding the future of USA Swimming athletes in regard to policies and meets. Way to represent LMST, swimmers!



14&U Zone Champs Registration

Registration is now open through the [Team Iowa website](#) for the Central Zones Championship team. This event is only for 14 and under swimmers. The meet will be held in Rochester, Minnesota from Thursday, July 31st to Sunday, August 3rd.

Swimmers who apply with a USA Swimming "AAA" motivational time standard are automatically selected to represent Team Iowa. If there are less than 2 registered swimmers in an event with a "AAA" time, the state may select other applicants to be a part of Team Iowa to fill up those events.

Any athlete who may be interested in representing Team Iowa should register now and commit to the Zone Champs Meet even if they do not yet have a Qualifying Time (qualifying standards are ["AAA" Nat. Motivational Standards](#)) are encouraged to do so.

Deadline to apply is Sunday, July 27th (last day of Long Course Champs). If previously registered with Team Iowa, families must complete the Team Iowa Registration process again.

LC Champs Team Activity

On Tuesday, July 22nd, LMST will host a "Team Decorating" activity for LC Champs qualifiers in the Linn-Mar Aquatic Center classroom.

Diamond & Senior will start their activities after the conclusion of their practice and will go until 4:30 PM. Bronze-Platinum will decorate from 4:30 to 5:30 PM.

2025-26 LMST Fall Practice Calendar

The Linn-Mar Swim Team coaching staff and administration is still working on a practice calendar for the 2025-26 short course season. Advancement emails will be sent to families in the next couple of weeks. **Reminder that the summer season ends this Friday, July 18th for non-championship swimmers.**

LMST MEET SCHEDULE

FALL/WINTER (SCY) 2025-26

DATE	MEET	LOCATION
OCTOBER 4, 2025	LMST LIONS FALL INVITATIONAL\$	LINN-MAR AQUATIC CENTER
MID TO LATE OCTOBER (TBD)	BLST-DASH-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