

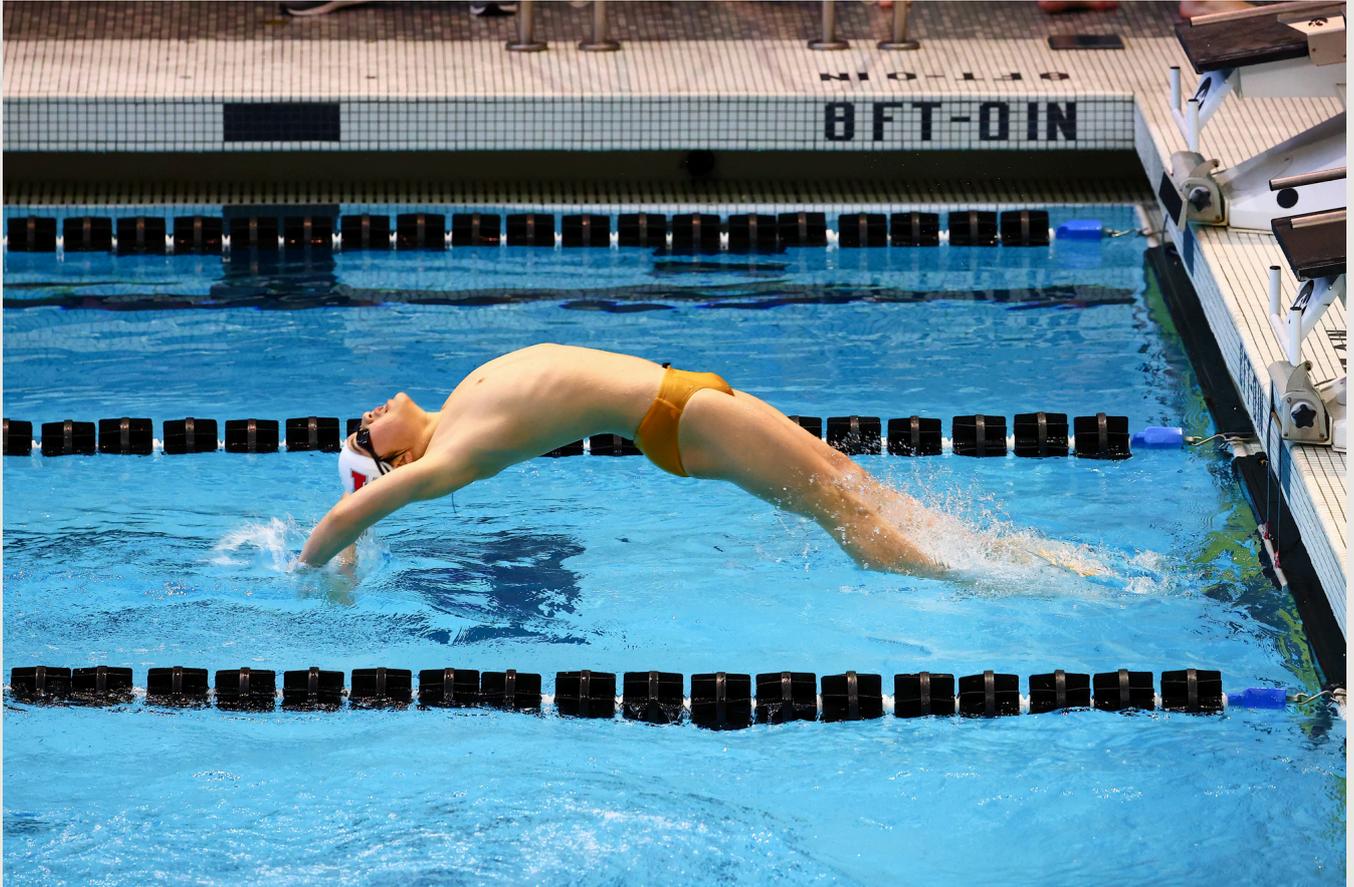
Inspire Learning. Unlock Potential. Empower Achievement.

Volume VI, Edition VIII

Wednesday, May 14th, 2025

2025 ARMBRUSTER RECAP

MEET LANDING PAGE: RESULTS, PHOTOS



Pictured Above: LMST Senior Swimmer Nathan Saputra warming up during the Sunday afternoon session of the Armbruster Open on Sunday, May 11th (source: Shaun Elhard).

LMST had 75 total swimmers compete at the 2025 IFLY Armbruster Open this past weekend at the University of Iowa. This was the first Long Course (50-meter) meet of the season for our team.

A big thank you to all participating LMST families who supported their swimmers on Mother's Day weekend! Thank you to those parents who also volunteered to officiate this past weekend. Your commitment does not go unnoticed by the LMST staff!

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

- Rory Breitbach - Girls 10&U 100 FL
- Colin Janda - Boys 10&U 200 IM
- Levi Richards - Boys 13-14 100 FL
- Joseph Saputra - Boys 11-12 200 BR
- Nathan Saputra - Boys 13-14 100 FR, 100 BK, 200 IM
- Rylee Sieren - Boys Senior 200 IM
- Emma Thompson - Girls 10&U 200 FR, 100 BK
- Makayla Tristan - Girls 10&U 50 BK, 50 FL

- Greg Wittnebel - Boys 10&U 50 BK
- Peter Wittnebel - Boys Senior 100 FL

New Central Zone 14&U Championship Qualifying Times ("AAA" times):

- Rory Breitbach - Girls 10&U 50 LC Meter Breaststroke
- Joseph Saputra - Boys 11-12 100 LC Meter Butterfly
- Bradyn Weis - Boys 13-14 1500 LC Meter Freestyle

2025 Central Zones Open Water Championships

Central Zone Open Water Champs Website

Top swimmers from Arkansas, Iowa, 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.

When: Clinic → Thursday, June 12th, 2025, Competition → Friday, June 13th, 2025.

Where: Lake Andrea, Pleasant Prairie Wisconsin

Team Iowa Registration (Deadline is Monday, May 26th)

LMST swimmers would represent Team Iowa at this meet. Team Iowa Registration opened last week on the LSC website. National A times shall be used to determine eligibility.

For questions about Open Water Zones, please contact Jackson or IASI Open Water Committee Chair Mehal Raghvani.

Open 5K*: Minimum 15-16 "A" Time in:

- 400/500
- 800/1000
- 1500/1650 FR

*Top 15 finishers in Open category qualify for Open Water Junior Nationals

13-14 2.5K: Minimum 13-14 "A" Time in:

- 400/500
- 800/1000
- 1500/1650 FR

11-12 2.5K: Minimum 11-12 "A" Time in:

- 200
- 400/500
- 800/1000
- 1500/1650 FR

10&Under 1.25K: Minimum 10&Under "A" Time in:

- 200
- 400/500 FR

LMST Open Water Zones Qualifiers (as of 5-13-25)

Marion Outdoor Practices

Starting next Saturday, LMST Gold-Senior swimmers will train at the 50-meter Marion Municipal Outdoor Swimming Pool (35th St. by Willowood Park) on weekends from 6:30 to 8:30 AM on the following dates for the rest of the season:

- 5/24
- 5/31
- 6/14
- 6/28
- 7/5

Updated Saturday practice times and locations are updated in the [LMST Practice Calendar](#). Swimmers will be asked to bring their own equipment if they have it.

A3 Cap Order Update

Due to a manufacturing issue with the plain and customized LMST silicone caps, A3 Performance and their production team had to delay their shipment.

A3 Performance will be receiving their new batch of "LM" caps by next week, and will ship those to us as soon as possible. Thank you for your patience and understanding.

On another note, A3 has received enough Dome cap orders to go forward in production. Dome caps will arrive roughly at the same time as the silicone caps.



Pictured Above: LMST Gold Swimmer Arabella Bautista competing at the Saturday morning session of the Armbruster Open in Iowa City, IA on Saturday, May 10th (source: Chris Pose).

Splash Out Hunger Entries

LMST's Secondary entries for the Iowa City Eels Splash Out Hunger Meet at the Mercer Aquatic Center on Saturday, June 7th and Sunday, June 8th have been **ACCEPTED**.

An updated entry report with changes and additions has been posted to the LMST website.

Please note that 11&O relays for this meet have been scratched for time purposes. 10&U relays will still be contested.

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

Starting next Saturday, May 24th, Gold-Senior will swim at Marion Outdoor pool on Saturdays from 6:30-8:30 AM. Please read page 2 for more information!

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

- 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