

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VI, Edition V

Wednesday, April 23rd, 2025

2025 LMST SPRING SPLASH

MEET LANDING PAGE: HEAT SHEETS, TIMELINES, ETC.



Pictured Above: LMST Gold swimmer Saniha Deepak competing at the 2025 IASI Age Group Championships at the Wellmark YMCA in Des Moines on Saturday, February 22nd (Source: Chris Pose).

On Saturday, April 26th, LMST is hosting our annual Spring Splash at the Linn-Mar Aquatic Center.

Heat sheets, warmup assignments, session/timeline report, and entry lists (with event, heat, and lane assignments) have been posted to the Spring Splash meet page:

[LMST Spring Splash Meet Page](#)

The current L-M Spring Splash Volunteer Assignments are located on the 'Jobs' tab of the Commit Parent Portal. Timers, runners, and awards helpers are expected to arrive to your position 20 minutes before your session's start time. Announcer and Timing Computer Operator are to arrive at the start of warmups.

All volunteers upon arrival will check in with Nisha Raghwani (Volunteer

Leader) upstairs to confirm that they are present and gain a better understanding of their role/responsibilities.

Families that signed up to donate food to Hospitality are strongly encouraged to bring items to the aquatic center Thursday (4/24) or Friday night (4/25) during evening practice. Jackson will put a table outside his office to place donations on Thursday.

Families with fresh items may bring them down to the classroom on deck on Saturday before warmups. Those that are unable to bring their items Th. or Fri. may also drop off food before Saturday warmups.

Thank you LMST families for helping produce a great swim meet!

AM Session Itinerary (12&U)

- Arrival Time on Deck: **7:40 AM** (Swimmers should arrive in their swimsuits. Swimmers who need Event/Heat/Lane written on their arms can arrive earlier)
- Meet Warm-Ups: **8:00 AM**
- Meet Start: **9:00 AM**
- Meet Conclusion: **1:00 PM** (Most students are in relays at the end! Swimmers should check in with a coach before leaving)

PM Session Itinerary (13-14, 15&O)

- Arrival Time on Deck: **12:45 PM**
- Meet Warm-Ups: **1:00 PM**
- Meet Start: **2:00 PM**
- Meet Conclusion: **4:00 PM** (students are welcome to leave once they have competed in their final event)

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 **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**.

Entering Athletes in Swim Meets - Commit

For the meets listed above (in addition to many of the meets that LMST attends), families are able to select events/sessions for their swimmers.

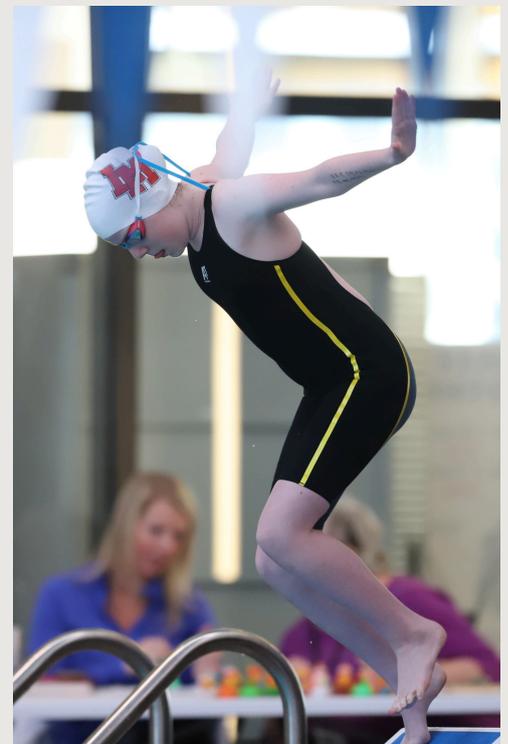
However, official lineups are at the **ultimate discretion** of the LMST coaching staff. Coaches have the right to add or remove any events within the provided availability. LMST encourages their athletes to be well-rounded swimmers, and try different events from meet-to-meet.

Coaches will never add events that swimmers cannot learn or grow from, thrive in, and/or finish legally.

2026 IASI Winter Regionals Host Site - Linn-Mar

Congratulations to the Linn-Mar Swim Team on being selected to host the 2026 Iowa Swimming Winter Regional Championships at the Linn-Mar Aquatic Center on February 14th and 15th.

The Winter Regionals meet acts as championship meet for non-Age Group and Short Course Champ qualifiers, and is a "last chance" event for the aforementioned competitions. Congrats, LMST!



Pictured Above: LMST Platinum swimmer Molly Weaver competing at the CIA Winter Blues Buster meet at the Waukee Natatorium on Saturday, January 25th (source: Ben Ortega Photography).

LMST DOME Caps - A3 Team Store

The deadline to order new LMST **Dome** Caps is **Monday, April 21st**. 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