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Volume VIII, Edition V

Wednesday, April 22nd, 2026

LMST SPRING SPLASH - 4/25 (SAT)

PSYCH SHEET, TIMELINE NOW AVAILABLE ON [MEET LANDING PAGE!](#)



Pictured Above: LMST Senior swimmers with multi-time US Olympic Gold Medalist Lilly King (2nd row, third from right) at the 2026 IASI Leadership Summit in Des Moines, IA on Saturday, April 11th (source: Chris Pose).

On Saturday, April 25th, LMST is hosting our annual Spring Splash at the Linn-Mar Aquatic Center.

Warmup assignments, session/timeline report, and a psych sheet have been posted to the Spring Splash meet page:

[LMST Spring Splash Meet Page](#)

Heat Sheets and Entry Reports (with event, heat, and lane assignments) will be posted in the upcoming days.

The current L-M Spring Splash 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.

Volunteer On-Deck Report Times

Morning Timers, Runners, Computer Operator - **8:30 AM**

Afternoon Timers, Runners, Computer Operator - **1:30 PM**

Announcers - Warmup Start Time
Awards - Session's Start Time

WE STILL NEED 1 MORE TIMER FOR THE MORNING SESSION!

Families that signed up to donate food to Hospitality are encouraged to bring items to the pool on Thursday (4/23) or Friday (4/24) 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.

AM Session Itinerary (12&U)

- Arrival Time on Deck: **7:15 AM** (Swimmers should arrive in their swimsuits. Swimmers who need Event/Heat/Lane written on their arms can arrive earlier)
- Meet Warm-Ups: **7:30 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: **4:30 PM** (students are welcome to leave once they have competed in their final event)

Upcoming LCM Season Meet Information

WW Waukee Open Summer Invite
Friday, June 19th to Sunday June 21st

All athletes with qualifying times are encouraged to attend! For 10&U/ 11-12 entry, swimmers must have USA "B" motivational times in LCM events. For 13-14, 15&O, swimmers must have 13-14 "BB" times in LCM. Deadline to enter is **Wednesday, May 6th**.

VAC Annual Vinton Invite (Vinton Community)
Saturday, June 20th and Sunday, June 21st

This meet is for any swimmer who does not qualify for Waukee. The meet will be Short Course Meters (25 meters) and will be contested in an outdoor pool. **THERE ARE NO QUALIFYING TIMES FOR THE MEET. Deadline to enter is Wednesday, May 6th.**

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

LMST will have the following practice times beginning Mon., June 8th through IASI Summer Regionals on Sat., July 18th:

Bronze

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

Silver

- Monday through Thursday - 5:40-6:55 PM
- Friday - 9:30-11 AM

Gold

- Monday through Thursday - 5:40-7:10 PM
- Friday - 9:30-11 AM

Platinum

- Monday through Thursday - 5:25-7:10 PM
- Wednesday Dryland - 4:30-5:25 PM
- Friday - 9:30-11 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

Senior

- Monday, Tuesday, Thursday Mornings - 6:15-8:15 AM
- Monday, Wednesday, Thursday Afternoon - 2-4 PM
- Friday - 7:30-9:30 AM
- Drylands - POSTED ON [Summer Practice Calendar](#)

Saturday morning practice times for Gold, Platinum, Diamond, and Senior are TBA

Colorado Mesa Training Trip Roster - 6/26-7/3

Congratulations to the following swimmers on being selected for the training trip to Colorado Mesa University!

- Peyton Adair
- Layla Breitbach
- Bentley Brodeur
- Everett Burr
- Kennedee Gates
- Megan Kueper
- Lauren Lang
- Addison Luck
- Francesca Martino
- Caite Schaffel
- Rylee Sieren
- Clayton Treharne
- Mackenzie Tristan
- Bradyn Weis
- Sheppard West
- Shay Williams
- Peter Wittnebel
- Elizabeth Yetter
- Teresa Zhang

Congratulations are also in order to the following coaches/chaperones on being selected to attend!

- Jackson Allmon
- George Durin
- Melissa Williams
- Julia Wittnebel

The LMST staff will send an itinerary to the selected swimmers and families ASAP. Team administration is also currently working on fundraising approvals. Once fundraising activities are approved by the school board, LMST will bill for flight costs. Final "on campus" expenses are still fluid and TBA. Please reach out to Jackson if you have any questions at this time.

LMST Upcoming Meet Entries - LCM 2026

LMST's second and third entry files have been approved for the EELS and IFLY meets! For the latest accepted entry reports **as of TODAY, Wednesday, April 22nd**, check out the links below:

- [EELS Long Course Kickoff Entry Report](#)
- [IFLY David Armbruster Open Entry Report](#)
- [DASH Spring Pentathlon Entry Report](#)

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
JUNE 13TH	'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