

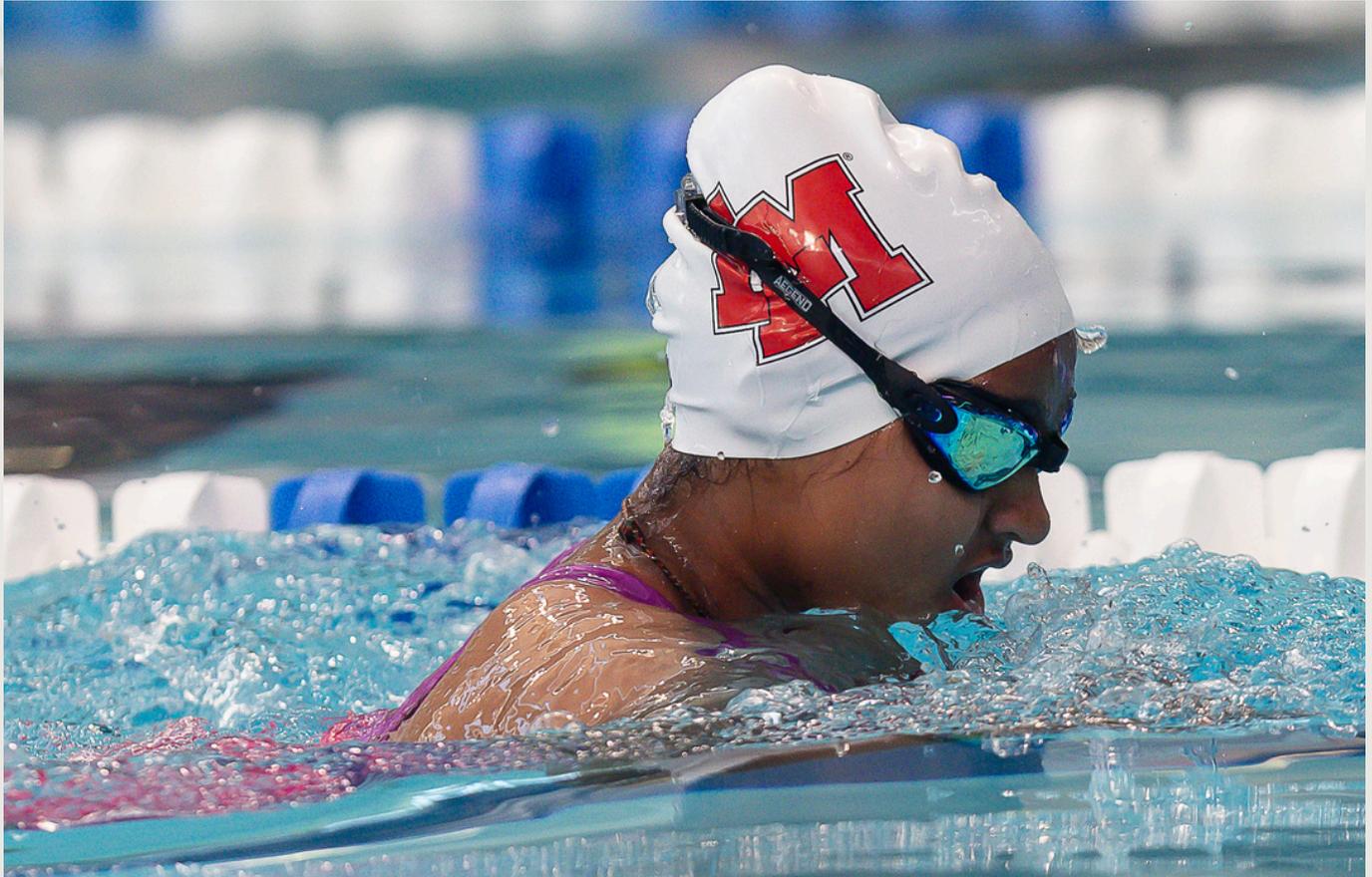
Inspire Learning. Unlock Potential. Empower Achievement.

Volume VI, Edition XIV

Wednesday, June 25th 2025

WAUKEE WAVES OPEN RECAP

MEET LANDING PAGE: RESULTS, PHOTOS, LIVE STREAM, ETC.



Pictured Above: LMST Silver swimmer Kundana Sanaka competing at the 2025 Waukee Waves Summer Invitational at the Waukee Schools Community Natatorium on Saturday, June 21st (source: Chris Pose).

Congratulations to all 48 LMST swimmers who competed at the 2025 Waukee Waves Open Summer Invite this past weekend in Waukee, Iowa.

A majority of LMST swimmers achieved a personal best time, and had the opportunity to swim in the same facility as the IASI Long Course Championships.

Thank you those families who attended the meet!

New Central Zone Speedo Spring Sectional Qualifying Times:

- Rylee Sieren - Men's 100 Meter Freestyle
- Peter Wittnebel - Men's 50 Meter Freestyle

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

- Rory Breitbach - Girls 10&U 50 BR
- Clayton Treharne - Boys 13-14 100 FR
- Bradyn Weis - Boys 13-14 800 FR

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

- Peyton Adair - Boys Senior 100 FR, 200 IM
- Colin Janda - Boys 10&U 50 FR, 100 FR, 50 BR
- Megan Kueper - Girls 13-14 50 FR
- Anna Larson - Girls 10&U 100 FR
- Jensen Rickels - Boys 13-14 800 FR
- Nathan Saputra - Boys 13-14 50 FR
- Elizabeth Yetter - Girls 13-14 800 FR

PAC Tri Meet (6/26)

The Linn-Mar Swim Team will compete against Panther Aquatic Club and Dubuque Area Swimmin' Hurricanes athletes at the University of Northern Iowa's pool (Wellness Recreation Center, 2250 Hudson Road, Cedar Falls, IA 50614) on the evening of Thursday, June 26th.

Warmups will begin at 4:00 PM with a meet start time of 5:00 PM. The meet is expected to conclude at 8:00 PM.

The following information is now available on the [Tri Meet Landing Page](#):

- Meet Announcement
- Tentative Timeline
- Psych Sheet

Heat Sheets and Final Results will eventually be posted on the meet page. Total team scores will be kept. Based on the total number of swimmers entered, a multiplier will be applied to each team score proportional to the number of swimmers less than the largest team.



IASI LC Champs

Entries are now open for 2025 IASI Long Course Championships. To check if your swimmer is qualified for their age group, see the [IASI Championship "Q" Times](#). Athletes can qualify with Long Course Meters OR Short Course Yards times. The meet will be held at the Wellmark YMCA in Des Moines from Thursday, July 24th to Sunday, July 27th.

Athletes that have achieved a qualifying standard in one event and are entered in that event, may enter up to two bonus events. Athletes that have achieved qualifying standards in two events and are entered in those events may enter one bonus event. Swimmers may also compete in Time-Trials.

If no more than 4 LMST swimmers in a respective age group qualify, the team may ask swimmers to compete as "relay-only" swimmers. Jackson will reach out to families after the Summer Sizzler if your child is being considered for a relay. If you are interested in being a relay only swimmer, please commit online.

[IASI Long Course Champs Meet Landing Page](#)

[IASI Long Course Champs Order of Events](#)

Team Summer T-Shirts

LMST is working with Splash Multisport to provide summer themed apparel to families: [LMST Splash Team Store](#). LMST orders are due **WEDNESDAY, JULY 2ND at MIDNIGHT**.

Orders will be delivered and handed out at the BLST Summer Sizzler. Families are encouraged to wear their LMST "Bomb Pop" apparel on USA Day. No items will be shipped to you directly.

If items ordered are laser engraved (waterbottle, tumbler, etc.) these will be shipped directly to you. They will not be available for pick up at the meet.

6/26 Practice (Th.)

Due to the swim meet at the University of Northern Iowa this Thursday, June 26th, LMST has made the following adjustments to the practice calendar:

- Optional Diamond practice with Senior from 6:15 to 8:15 AM.
- All LMST Afternoon (2 PM) and Evening practices (5:15, 5:30 and 5:45 PM) will be **CANCELLED**.
- Gold Dryland is **CANCELLED** and will not be postponed.

Enjoy your Thursday afternoon/evening!