

PUMPKIN PLUNGE RECAP

[LMST PUMPKIN PLUNGE MEET LANDING PAGE - OFFICIAL RESULTS](#)



Congratulations to all who participated in the 2026 LMST Pumpkin Plunge at the Linn-Mar Aquatic Center this past Saturday!

LMST had 137 total athletes entered, a new record for our first Fall meet! Even more incredible, the 10&U swimmers entered in the morning session (55 athletes) had a perfect attendance (which made organizing relays relatively easy!).

Thanks to all of the parents who volunteered and donated at the meet this past weekend. We wouldn't have been able to host without your help!

[2026 LMST Pumpkin Plunge Results](#)

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

- Kate Caldwell - Girls 11-12 50 FR, 100 IM
- Owen Goertzen - Boys 10&U 100 FR
- Anna Larson - Girls 11-12 100 IM
- Micah Reddinger - Boys 10&U 50 BK, 50 FL
- Peter Wittnebel - Boys Senior 100 BK

First Legal 100 IM in Competition:

- Elise Harper
- James Heil
- Aashritha Polareddy
- Anaya Sheikh

First Legal 25/50 FL in Competition:

- Winston Brown
- Walter Klema
- Atharv Pandey
- Jake Snitker

First Legal 25/50 BR in Competition:

- Devansh Bhatt
- Jaasritha Kaiva Kanneganti
- Eleanor Nie
- Teertha Patel
- Owen Schlueter
- Anaya Sheikh
- Jake Snitker
- Rudra Swami
- Max Urbina
- Austin Wu

Upcoming Meet Information - SCY 26/27

Kohawk Harvest Invite - 10/17 & 10/18 (Coe College)

LMST entries for the Kohawk meet have been *accepted*, and have been posted to the [entry report tab](#). We are in need of a volunteer timer for Saturday AM & Saturday PM (sign-up on Commit).

LMST 13&O Tri Meet - 10/17 (Linn-Mar)

The entry deadline for the 13&O Tri meet is **TOMORROW, Thursday, October 8th**. We are in need of MANY meet volunteers (3/21 spots filled) and MANY tailgate donations (8/59 spots filled). Please sign up if possible!

IFLY A3 Midwest Challenge - 11/6-8 (Iowa City) & DASH Giving Thanks - 11/20-11/22 (Dubuque)

Entries for both meets have been *accepted*, and have been posted to the [entry report tab](#).

LMST Fast & Flurrious - 12/4-12/6 (Linn-Mar)

Meet information is now available, and entries are now *open* for the F&F home meet in December. Swimmers in all groups are encouraged to attend. This will be the last meet of the season for Prep. Half of meet entry fees are covered with team registration. Entry deadline is **Monday, October 26th**.

Foxjet Winter Classic - 1/15-1/17 (Minneapolis, MN)

Entries are now open for the Winter Classic hosted by Foxjet swim club. This meet will be hosted at the University of Minnesota. **2025-2026 MN Time Standards** will be used for this meet. MN Silver Times and faster for all 50-yard and 100-yard events. MN Gold Times and faster for all 200-yard events and longer. 15/Older Boys events will use the 13-14 age group time standards to qualify. 15/Older Girls events will use the 15-16 age group time standards to qualify. Entry deadline is **Wednesday, November 18th**.

Practice Updates - October & Beyond

10/9 (F) - This Friday, the LMHS Girls Swim/Dive team will not practice in the afternoon. Consequently, **Diamond & Senior** will practice from **4:30-6:30 PM**, and **Platinum** will practice from **6:30-8:00 PM**. Bronze, Silver, and Gold practice will remain at the same time.

10/13 (Tue.) - NO LMST PM due to LMHS Girls Senior night against Waterloo West.

10/17 (Sat.) - There will be NO LMST AM practice for any group due to the LMST Tri Meet & Kohawk Harvest Invite.

10/30 (F) - LMST will have our annual Halloween practice for Prep, Bronze, Silver, Gold, and Platinum from 6:30-8:00 PM. Diamond's practice will be moved up to 4:30-6:30 PM on this day.

11/4 (W) - LMST practice times are "to be determined." as a Middle school swim meet has been rescheduled to this afternoon. LMST will try and have practice, but start times will likely be moved back.

11/5 (Th) & 11/7 (Sat.) - On these two dates, the aquatic center will host IGHS AU Diving Regionals, and Swimming Regionals respectively. Once the aquatic center has a better understanding for the competition timeline, we will communicate Th PM & Sat. AM practice times ASAP.

11/9 (M) - 11/12 (Th) - On these four days, the LMHS Girls and Boys swim teams will practice at the aquatic center after school. LMST practice times will be communicated ASAP. Practice start times will likely be moved back.

Mehal Raghwani - CZ Communications Intern

As a part of the Iowa Swimming Board of Directors, former LMST swimmer Mehal Raghwani attended the 2026 USA Swimming Summit in Denver from September 23rd to 27th.

During the summit, Mehal was appointed by the Central Zone as it's Communications intern for the next year. Congratulations, Mehal. Way to represent LMST!

Also in attendance at this year's Summit was LMST official Randy Ironside. Randy attended as a part of the full-time professional staff through Iowa Swimming.

LMST Cap Update

All caps ordered on the A3 team store last month will be shipped to the aquatic center together ASAP. Production for the personalized caps were approved on September 21st. Typically, production is completed 3-4 weeks after the approval. A3 will ship the caps as soon as production is complete. Hopefully this means that we will receive the caps at LM here in the next couple of weeks.

Team administration also ordered extra plain "LM" caps that will be available for purchase once they arrive (\$14/cap). Thank you very much for your patience and understanding!

Officials Informational Meeting - 10/7

LMST will host an Officials Information Night on **Wednesday, October 7th, from 6:30-7:30 PM in the Linn Mar Aquatic Center Classroom.**

Whether you're looking for a new way to support LMST, gain a deeper understanding of the sport, or earn volunteer credits, this informal session is a great opportunity to learn about swim officiating.

Current LMST officials and Head Meet Referee Randy Ironside will explain officials' roles, certification options,

time commitments, and answer questions. No prior experience is needed, and there is no obligation to become an official by attending.

As many of our current officials' families near graduation from the program, LMST is working to build the next generation of officials to help support future meets and opportunities for our swimmers. **Parents, family members, and high school students (16+) are encouraged to attend. Please sign up through the Commit jobs tab so we can plan accordingly.**

LMST Custom Mesh Bags - ORDER TODAY

Unfortunately, LMST fell 7 bags short of the initial 12 bags needed to be purchased to move forward with production. However, A3 Performance generously purchased the remaining 7 bags needed themselves in order to move forward with production of the original 5 that were purchased.

Since there are 7 more bags that will be made regardless, this item will still be on the team store until the remaining are purchased. Please consider buying a bag on the [A3 Team Store](#). Mesh bags will be first-come, first-serve. Please do not miss out on this opportunity to buy these cool bags!

IA Reimbursement Update - 2025/26

This summer, Iowa Swimming received numerous requests for athlete travel reimbursement. The LSC budgeted \$10,000 for this purpose; however, eligible requests totaled \$19,350, including \$13,950 for travel to A-Level meets.

In accordance with LSC policy, the entire \$10,000 budget was allocated among applicants who attended A-Level meets (Athletes who traveled by air to A-Level meets received \$537.63, Athletes who drove to A-Level meets received \$394.27.) Unfortunately, because the available funds were fully allocated to A-Level meet requests, applicants seeking reimbursement for travel to B-Level and C-Level meets will not receive reimbursement. If you have any questions, contact [Bobby Kelley](#), IASI Finance Chair.

Updated Time Standards - 2026/27

Time standards for the 2026-27 short course season have been updated on the [LMST website](#). Here are significant time standards to keep track of for your swimmers:

2026 Futures Cuts - This meet is a bridge between sectional-level and national-level competitions, providing a platform for emerging talent to showcase their skills and achieve time standards that qualify them for higher-level national competitions.

2027 Spring Sectional Cuts - This meet is for top 18&U swimmers in the Midwest region of the country. Swimmers achieve these times earn an LMST "Red Cap."

2027 IASI Champ Cuts ("Q" Times) - This meet is the top competition in the state for club swimming each season. Swimmers with an individual qualification time can swim at the Iowa Swimming Age Group Champs (14&U ONLY) or Senior Champs (Senior times) in February. *50s of stroke qualification times have been added to the 13-14 and Senior age groups!*

2027 IASI Champ Bonus Standards - Swimmers must have at least one "Q" time (mentioned in previous paragraph) to compete at their respective state championship meet. Swimmers with 1 individual "Q" time, can compete in up to 2 bonus events if they have the bonus standard in that event. Swimmers with 2 "Q" times can swim up to one bonus event. LMST athletes who are asked to compete in relays at AG Champs do not necessarily need a "Q" time or bonus time to compete (although, that may help boost their selection).

USA Swimming Motivational Times - These standards are used for the following meets:

- A3 Midwest Challenge in November - 15-16 "A" times
- MN Foxjet Winter Classic - MN Silver & Gold Standard times (see page 2).
- Central Zones in August (14&U ONLY) - 10&U, 11-12, and 13-14 "AAA" times required for Team Iowa Selection
- Open Water Zones in June - "A" time in [distance free events](#) for all age groups

FALL/WINTER (SCY) 2026-27

DATE	MEET	LOCATION
OCTOBER 3, 2026	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 17, 2026	BLST-LMST-PSC 13&O TRI MEET	LINN-MAR AQUATIC CENTER
OCTOBER 17-18, 2026	COE COLLEGE HARVEST INVITE	COE COLLEGE NATATORIUM
NOVEMBER 6-8, 2026	IFLY A3 MIDWEST CHALLENGE!	CRWC, IOWA CITY
NOVEMBER 20-22, 2026	DASH GIVING THANKS INVITATIONAL	DUBUQUE AQUATIC CENTER
DECEMBER 4-6, 2026	LMST FAST & FLURRIOUS INVITE#	LINN-MAR AQUATIC CENTER
DECEMBER 8-11, 2026	USA SWIMMING WINTER JUNIORS	UNIVERSITY OF TEXAS
DECEMBER 18-20, 2027	BLST HOLIDAY CLASSIC	CEDAR FALLS HS NATATORIUM
JANUARY 10, 2027	LMST WINTER WHITEOUT\$	LINN-MAR AQUATIC CENTER
JANUARY 15-17, 2027	FOXJETS WINTER CLASSIC!	UNIVERSITY OF MINNESOTA
LATE JANUARY, 2027	IFLY-LMST DUAL MEET (ALL AGES)	LOCATION TBD
FEBRUARY 13-14, 2027	IASI REGIONALS 8&U CHAMPIONSHIPS	LINN-MAR AQUATIC CENTER
FEBRUARY 19-21, 2027	IASI AGE GROUP CHAMPIONSHIPS!	CEDAR FALLS HS NATATORIUM
FEBRUARY 25-28, 2027	IASI SENIOR CHAMPS!	WELLMARK YMCA, DM
MARCH 11-14, 2027	USA SWIMMING SPRING SECTIONALS (LCM)!	WAUKEE NATATORIUM

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

= HALF OF MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?

Contact Jackson Allmon