

PUMPKIN PLUNGE RECAP

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



Pictured Above: LMST Diamond swimmers Levi Richards (closest) and Jayden Beierschmitt (farthest) warming up for the Friday morning session of the BLST Summer Sizzler at the Falls Aquatic Center in Cedar Falls on July 11th (source: Shaun Elhard).

New IASI Long Course Championships

Qualifying Standards ("Q" Times):

- Rory Breitbach - Girls 11-12 100 IM
- Bentley Brodeur - Boys 13-14 100 BR
- Saniha Deepak - Girls 11-12 100 IM
- Kristina Do - Girls 10&U 50 Breast
- Anna Larson - Girls 10&U 50 Free, 100 IM
- Utkarsh Mittal - Boys 10&U 50 Breast, 50 Fly

First Legal 100 IM in Competition:

- Farrah Fisher
- Anna Guo
- Hannah Nelson
- Aveera Rawat
- Kundana Sanaka

- Kenzie Schwartzoff
- Shravya Shetty
- Aadhya Swami
- Samantha Whalen
- Harper Wiese

First Legal 25/50 FL in Competition:

- Biraaj Basu Roy Choudhury
- Sawyer Ehm
- Annalise Fonseca
- Anna Guo
- Reyansh Khamitkar
- Eva Leclere
- Utkarsh Mittal
- Aaradhya Mittal
- Sinchan Naveen
- Aidan Reddinger
- Kenzie Schwartzoff

First Legal 25/50 BR in Competition:

- Addison Badger
- Bailey Byers
- Farrah Fisher
- Owen Goertzen
- Anna Guo
- Jack Gray
- Elise Harper
- Pratyush Jaya Karthikeyan
- Evalyne Nie
- Anvi Pagare
- Aashritha Polareddy
- Anders Schroeder
- Kenzie Schwartzoff
- Shravya Shetty
- Meher Suri
- Jayaana Tripathy
- Samantha Whalen
- Harper Wiese

Middle School Girls Swimming

Middle School Girl swim practices for Oak Ridge and Excelsior begin next Wednesday, October 15th.

According to the [LMST Monthly Dues page](#), Middle School Girls swimmers, regardless of the school that they attend, are still eligible for free monthly dues in November, regardless of attendance numbers.

Jackson will send an email to prospective MS girls swimming families outlining practice attendance recommendations for your athlete in the upcoming days based off of their current practice group at LMST. All swimmers on the MS teams are required to compete in the MS meets.

LMST will support however many practices (MS or club) your child wants to attend. For questions about MS swimming in the LMCS, contact Oak Ridge coach Tristan Evans (tevans@linnmar.k12.ia.us) or Excelsior coach Elizabeth Frangella (bfrangella@linnmar.k12.ia.us)



Pictured Above: LMST Senior swimmer Shay Williams competing during the Friday morning session of the BLST Summer Sizzler at the Falls Aquatic Center in Cedar Falls on July 11th (source: Shaun Elhard).

Practice Updates - October & Beyond

10/14 (T) - Next Tuesday, there will be NO LMST PM swim practice due to the LM HS Girls Swim & Dive Senior Night meet against Waterloo West. Senior will have dryland from 4-4:45 PM on days that there is a LM HS Girls Swim Meet. The Men's locker will be used by the Waterloo West swim and dive team, and will be unavailable to use by LMST male swimmers.

10/16 (Th) - Next Thursday, there will be NO LMST PM swim practice due to the Metro JV Diving Champs. **Diamond and Senior will have an additional 5:45 AM practice on this day.** Senior will also have dryland from 4-4:45 PM.

10/18 (Sat.) - There will be NO practice next Saturday, October 18th due to the BLST Tri and Kohawk Harvest swim meets.

10/28 (T) - LMST PM practice on Tuesday, October 28th will be moved back due to the first MS Girls meet at the aquatic center. Silver & Gold will practice from 7:30-8:30 PM. Platinum, Diamond, and Senior will practice from 7:30-8:45 PM. Senior Dryland time is still TBD.

10/31 (F) - On Friday, October 31st, there will be NO LMST PM practice due to Halloween and the A3 Midwest Challenge in Iowa City.

Week of 11/10 - On this week, both LM HS Girls and Boys swim teams will practice at the aquatic center. Thus, LMST will have limited pool time/space. For current practice times, check the [LMST Practice Calendar](#). Bronze will NOT on Monday (11/10) and Wednesday (11/12) of this week.

BLST Tri Meet

The deadline to sign up for the BLST Triangular in Cedar Fall is **TONIGHT, Wednesday, October 8th**. This meet is only for swimmers 13 years of age or older in Platinum, Diamond, and Senior. Warmups will be at 9 AM with a 10 AM start time.

Immediately upon conclusion of the BLST Tri swim meet, families of BLST, LMST, and PSC will gather behind the new Cedar Falls natatorium to partake in a "tailgate." BLST Volunteers will provide lunch for attendees and games for families to partake in. More information about the tailgate will be announced in the next week.

LMST Cap Update

Production experienced a slight delay while we waited for a few members who ordered personalized caps to provide their name details to the coaches, as those were not included at the time of ordering. A3 has been working diligently, and the caps are scheduled to be completed by the end of next week. Once finished, they will be shipped in bulk directly to the coaches.

Please note that, as these are custom items, they are non-refundable. Thank you very much for your patience and understanding!



Updated Time Standards - 2025 SCY Season

Time standards for the 2025-26 short course season have been updated on the [LMST website](#). Here are significant time standards to keep track of for your swimmers:

2025 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.

2026 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."

2026 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!*

2026 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
- Midwest All Stars in January (14&U ONLY) - 10&U, 11-12, and 13-14 "A+" times considered for Team Iowa Selection
- 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

LMST MEET SCHEDULE

FALL/WINTER (SCY) 2025-26

DATE	MEET	LOCATION
OCTOBER 4, 2025	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 18, 2025	BLST-LMST-PSC 13&O TRI MEET	CEDAR FALLS HS NATATORIUM
OCTOBER 18-19, 2025	COE COLLEGE HARVEST INVITE	COE COLLEGE NATATORIUM
OCTOBER 31- NOVEMBER 2, 2025	IFLY A3 MIDWEST CHALLENGE!	CRWC, IOWA CITY
NOVEMBER 21-23, 2025	DASH GIVING THANKS INVITATIONAL	DUBUQUE AQUATIC CENTER
DECEMBER 5-7, 2025	LMST DECEMBER INVITE\$	LINN-MAR AQUATIC CENTER
DECEMBER 19-21, 2025	BLST HOLIDAY CLASSIC	CEDAR FALLS HS NATATORIUM
JANUARY 4, 2026	LMST WINTER WHITEOUT\$	LINN-MAR AQUATIC CENTER
JANUARY 16-18, 2026	ACAC THE TUNDRA	DAN FLANNERY POOL
FEBRUARY 14-15, 2026	IASI REGIONALS 8&U CHAMPIONSHIPS	LINN-MAR AQUATIC CENTER
FEBRUARY 20-22, 2026	IASI AGE GROUP CHAMPIONSHIPS!	CEDAR FALLS HS NATATORIUM
FEBRUARY 26- MARCH 1, 2026	IASI SENIOR CHAMPS!	WELLMARK YMCA, DM

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION
 != QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?
 Contact Jackson Allmon