

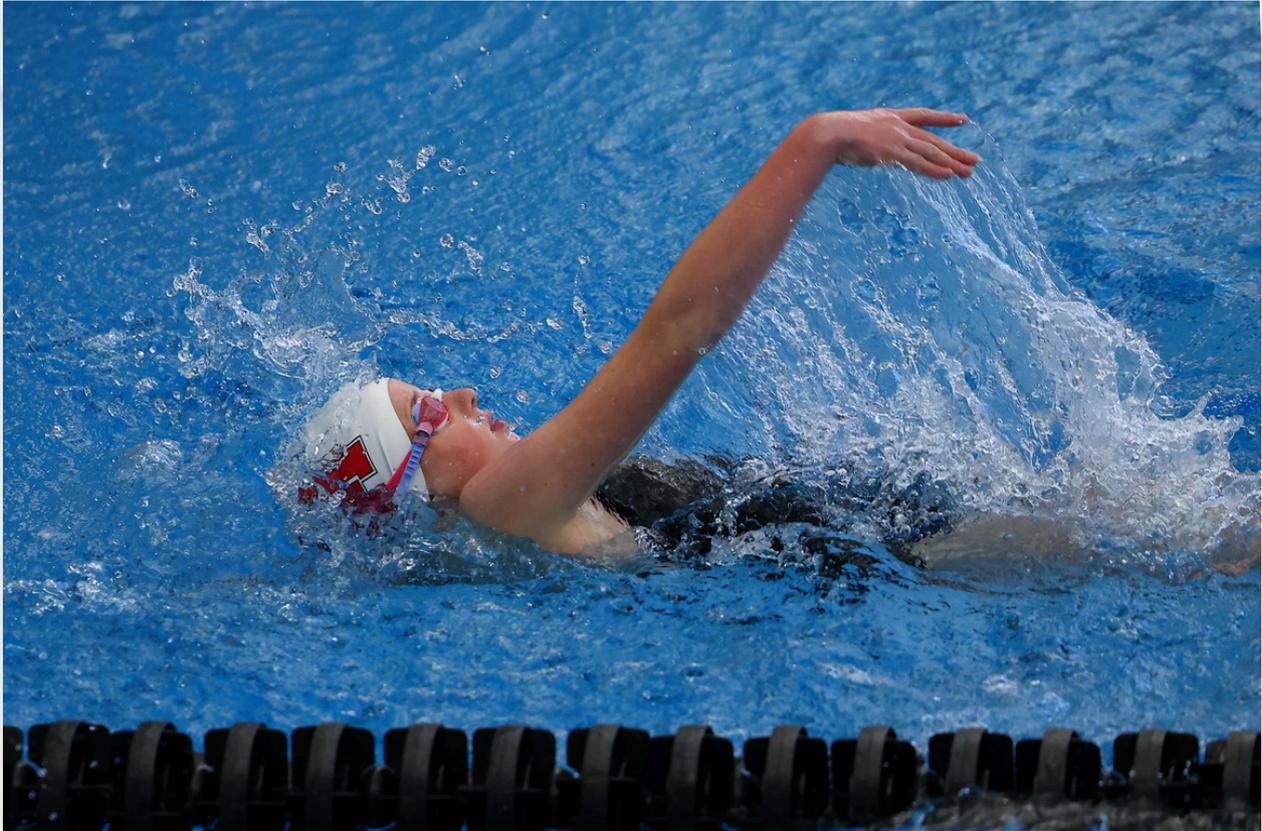
Inspire Learning. Unlock Potential. Empower Achievement.

Volume VII, Edition XXIII

Wednesday, January 28th, 2026

IASI WINTER REGIONALS/8U CHAMPS

LMST ENTRY DEADLINE ON COMMIT: WEDNESDAY, FEBRUARY 4TH



Pictured Above: LMST Gold athlete Bridget Landherr swimming in the Sunday afternoon session of the 2025 DASH Giving Thanks Meet in Dubuque, Iowa on November 23rd (source: Shaun Elhard)

Swimmers from all practice groups are encouraged to attend the *IASI Winter Regionals and 8&U Championships* at Linn-Mar on Saturday, February 14th and Sunday, February 15th.

There are NO Qualifying Times for this meet, swimmers are eligible to compete in any event that they DO NOT already have a state "Q" time in.

This is an end of the season championship meets for our swimmers that may not have a "Q" time yet. Swimmers in all groups have been preparing to "peak" for this meet. It is also the highest-level meet for 8&U swimmers in the state, and we

LMST Entry Deadline for the meet is Wednesday, February 4th.

Meet Information is now available on the LMST website. Families can choose events for their swimmers up until the entry deadline. The coaching staff has ultimate discretion when approving events.

The volunteer position sign-up, and the hospitality donation sign-ups are now available on Commit! There will be a deadline of Tuesday, February 10th to sign up for volunteer/hospitality positions. Families who sign up to donate are encouraged to bring items to the aquatic center on 2/12 (Th).

New this year, swimmers who win an event at the IASI Regional meet, 500 or shorter, AND meet the **National B Minimum** for the age group in which they would enter for 14 & younger ages or National BB Minimum for 15 & 16 for SENIOR events will qualify for the current season's IASI Championship meet in that corresponding age group (for Senior events at Short Course Champs, winners of 15 & Over age group events can advance) and event. They ARE eligible for BONUS events, up to the stated limit. This "win & swim" DOES NOT carryover to any future seasons, nor does it apply to winners of 8 & Under Championship events.

Upcoming Practice Schedule Updates

1/28 (W) - 1/31 (Sat.) - The status of the Linn-Mar Aquatic Center pool is still unknown. In the meantime, LMST has rented pool time for practice at Coe through the end of the week. For practice times for each group, please check the [LMST Practice Calendar](#) on the team website. LMAC pool staff is hopeful of a return to Linn-Mar next week. If a return is sooner, LMST staff will email families ASAP. If the pool is operational in the next few days, we plan on going back to our normal practice times at LM for the rest of the week.

2/6 (F) - Last day of Diamond dryland for the SC season.

2/11 (W) - Last day of Diamond weekday morning practices for the rest of the SC season.

2/14 (Sat.) - Practice for AG and SC Champ Qualifiers is TBD, waiting for timeline of the Regionals meet.

Week of 2/16 - 13&O SC Champ qualifiers will practice from 4:30-6:30 PM for the rest of season. 12&U qualifiers will practice from 6:30-7:45 PM.

LMST Long Course (Spring/Summer) Season

The last day of practice for the LMST Fall/Winter (short course) season will be Friday, February 13th for non-championship qualifiers. AG Champ qualifiers will continue to practice the week of 2/16 from 6:30-7:45 PM.

Practices will resume on Monday, March 30th for the Spring/Summer (long course) season. The Spring/Summer season will go from late March to late July. LMST Spring (March/April/May) practice times will be communicated to families ASAP.

If your family DOES NOT intend on returning for the Spring/Summer season, reach out to Jackson ASAP. The team registration fee paid in the Fall covers the cost of the Spring/Summer season as well. After February, billing will resume on April 1st.

LMAC Spring Lessons- Registration on 1/28

Linn-Mar Spring Lesson Registration is **NOW OPEN**: [Linn-Mar Lessons Aquatic Center Website](#)

Please create a new account prior to registration if this is your first time registering on this platform. Linn-Mar student's please use the discount code Linn-Mar. The password is case-sensitive.

Linn-Mar is a licensed provider of SwimAmerica swimming lessons. All instruction is done using SwimAmerica teaching philosophy and SwimAmerica lesson curriculum.

If you have questions, please contact Parker Crow at parker.crow@linnmar.k12.ia.us or at 319-892-4800.

IASI Age Group (12&U) & Short Course Champs (13&O)

**IASI Age Group Championships Meet Entry Deadline:
Wednesday, February 11th**

Open to Bronze through Platinum swimmers in the **10&U and 11-12 age groups** who have achieved [IASI "Q" times](#).

This year's IASI Age Group Championships will be held at the Cedar Falls Community Natatorium from Friday, February 20st to Sunday, February 22nd. Swimmers who have a "Q" should attend the meet. Athletes with one qualifying time can swim up to **three** bonus individual events.

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 is still working on assembling relays for the meet.

If your child is interested in being a relay only swimmer, please commit online. Jackson will communicate if your child is being considered for a relay around Regionals.

[2026 IASI Age Group Champs \(12&U\) Meet Landing Page](#)

**IASI Short Course Championships Meet Entry Deadline:
Wednesday, February 18th**

Open to Platinum, Diamond and Senior swimmers who have achieved **13-14 and Senior** IASI "Q" times.

This year's IASI Short Course Championships (Senior "Q" time ONLY) will be held at the Wellmark YMCA in Des Moines from Thursday, February 26th to Sunday, March 1st. Swimmers who have a "Q" should attend the meet. Athletes with one qualifying time can swim up to **two** bonus individual events

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 "FAST & THE FLURRIOUS"\$	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