

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VII, Edition XXI

Wednesday, January 14th, 2026

ACAC TUNDRA MEET INFO

[ACAC MEET LANDING PAGE - TIMELINE, PSYCH SHEET, WU TIMES](#)



Pictured Above: LMST swimmers Kate Caldwell (top) and Emma Thompson (bottom) at the 2026 BLST Holiday Classic at the Cedar Falls Schools Natatorium (source: Karen Thompson).

The Ames Cyclone Aquatic Club is hosting the Tundra invitational meet at the Ames High School Pool from Friday, January 16th to Sunday, January 18th.

All events for the 13-14 and Open age groups on Saturday and Sunday are preliminary / final events except for the 1650 Freestyle and relays.

There will be consolation (B) and championship (A) final heats (Top 16) on Saturday and Sunday for the 13-14 age group. There will be bonus (C), consolation (B) and championship (A) finals (top 24) for the open age group.

All Friday, 8 & Under, 10 & Under, and 11- 12 events are timed finals swum fastest to slowest.

If your swimmer does not intend to compete in finals, your family must let Jackson know ASAP, so they can scratch within 30 minutes of the announcement of the prelims results.

If a swimmer fails to scratch within 30 minutes and is a no show for finals, they will be scratched from all remaining events.

[ACAC Tundra Meet Landing Page](#)

Meet Itinerary (WU Time/Start Time)

- Friday Evening Timed Finals (Events #1-12) → **4:30 PM/6:00 PM**
- Saturday Morning Prelims + Girls 1650 FR → **7:30 AM/9:00 AM**
- Saturday Afternoon Timed Finals → **12:30 PM/1:10 PM**
- Saturday Evening Finals + Relays → **4:45 PM/5:45 PM**
- Sunday Morning Prelims + Boys 1650 FR → **8:10 AM/9:00 AM**
- Sunday Afternoon Timed Finals → **12:00 PM/1:10 PM**
- Saturday Evening Finals + Relays → **4:45 PM/5:45 PM**

ICE Tunwall Invitational Information

The 2026 Warren Lee Tunwall Invitational, hosted by the Iowa City Eels, is this weekend (Saturday, January 17th and Sunday, January 18th) at the Mercer Aquatic Center in Iowa City, IA.

Coach Jon Stivers, Regina Thomasson and Bob Thomasson will be in attendance at the meet on Saturday. Coach Jon along with Coach Julia Wittnebel will be at the meet on Sunday.

[LMST ICE Tunwall Meet Entry Report](#) (Updated 1-9-26)

IASI Winter Regionals and 8&U Champs

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 encourage as many 8&Us to sign up as possible in hopes of competing for a state team title.

If your swimmer is not attending IASI Age Group Champs the following weekend in Cedar Falls, they are expected to swim at this meet. The 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.

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.

Meet Itinerary (WU Time/Start Time)

Saturday Morning (10&U; 11-12 Boys) → 8:00 AM/9:00 AM
 Saturday Afternoon (11-12 Girls; 13&O) → 11:30 AM/12:30 PM
 Sunday Morning (10&U; 11-12 Boys) → 8:00 AM/9:00 AM
 Sunday Afternoon (11-12 Girls; 13&O) → 11:30 AM/12:30 PM

Please note that we split the 11-12 age groups to better balance the sessions. 11-12 Boys will be in the morning sessions with the 10&U's, while the 11-12 Girls will be in the afternoon sessions with the 13&O's.

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 will reach out to families after Ames/Iowa City if your child is being considered for a relay. If you are interested in being a relay only swimmer, please commit online.

[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

Upcoming Practice Schedule Updates

1/14 (W) & 1/15 (Th) - LMST will practice at Coe College TONIGHT and TOMORROW. Bronze will practice at 6:30 PM, Silver at 7 PM, Gold & Platinum at 8 PM, Diamond & Senior at 8:15 PM (times updated in [Practice Calendar](#)).

1/16 (F) & 1/17 (Sat.) - There will be NO LMST practice this Friday and Saturday due to pool issues and staffing issues with various meets.

1/19 (M) - There will be NO LMST AM Senior practice this Monday to encourage most to stay for Sunday PM Finals for the ACAC Tundra meet.

1/20 (T) - There will be NO LMST swim practice on this day due the LMHS Boys Senior Night. Senior will have dryland at 3:45 PM.

1/22 (Th) - There will be NO LMST swim practice on this day due the CRANDIC MS Conference meet. Senior will have dryland at 6:15 PM.

1/23 (F) - LMST will offer an additional practice on the morning of Friday the 23rd for Platinum (5:45-7 AM), Diamond (5:45-7 AM), and Senior (5:45-7:15 AM). There will still be normal evening practices for all groups on this night.

USA Swimming Login

Password Reset Required -Beginning February 1, 2026, all members will be prompted to reset their password before logging in.

Check Your Login Email - Please make sure the email address associated with your existing login account is accurate and accessible. This is where your password recovery will be sent.

Action Steps Before Feb. 1, 2026

1. Using a computer, go to <https://hub.usaswimming.org>.
2. Log in with your current credentials.
3. Click Settings in the upper right corner.
4. Select Email and confirm that your login email is correct and accessible.
5. Update your email if needed.

Why This Matters- This change ensures stronger account protection and a smoother login process for all members.

LMAC Spring Lessons

Lesson registration for the spring swim lesson sessions will open on Wednesday, January 21st at 7:00 AM on the [LMAC Lessons 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.

Hotel Block - 2026 IASI Short Course Championships

The Iowa Swimming LSC reserved a hotel room block through the Marriott in downtown Des Moines for the 2026 Short Course Champs (13&O) attendees.

Rooms are offered at a reduced rate of \$149 for 1 king bed or \$199 for 2 queen beds. You can also call Marriott's reservations department at 800.514.4681. Please keep in mind the cutoff date for guests to make reservations with this rate is January 29, 2026.

[Book your group rate for DSM Swimming Federation Short Course Championship Room Block](#)

IASI Scholarships

The deadline to submit applications to receive IASI and Judy Hoffman Memorial Scholarships is **March 15th**.

[Iowa Swimming, Inc. - Scholarship Award Application](#)

Last year, LMST swimmer Mehal Raghvani earned the Judy Hoffman scholarship. She swam club with the Linn-Mar Swim Team and serves as an athlete representative on the Iowa Swimming Board of Directors, where she is also involved in numerous committees. Outside of the pool, Mehal was class president, a National Honor Society officer, and a Science Olympiad varsity competitor. She is currently attending the University of Wisconsin-Eau Claire to study Biomedical Engineering and continuing her swimming career.

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