



# 2026 LMST Fall Practice Schedule - 8/24 - 11/14

## Prep (August - December ONLY)

- Tuesday (on weeks without a HS home meet)  
🏊 6:30-7:30 PM
- Saturday 🏊 10:30-11:30 AM

## Bronze

- Monday 🏊 6:30-7:30 PM
- Thursday 🏊 6:30-7:30 PM
- Friday 🏊 6:00-7:00 PM

## Silver

- Monday 🏊 7:30-8:45 PM
- Wednesday 🏊 6:30-7:30 PM
- Thursday 🏊 6:30-7:45 PM
- Friday 🏊 6:30-7:45 PM
- Saturday 🏊 9:30-10:45 AM

## Gold

- Monday 🏊 7:30-8:45 PM
- Tuesday 🏊 7:30-8:45 PM
- Wednesday 🏊 7:30-8:45 PM
- Thursday 🏊 7:30-8:45 PM
- Friday 🏊 6:30-8:00 PM
- Saturday 🏊 9:30-11 AM

## Platinum

- Monday 🏊 6:30-8:15 PM
- Tuesday 🏊 7:30-8:45 PM
- Wednesday 🏊 6:30-8:30 PM
- Thursday 🏊 7:30-8:45 PM
- Friday 🏊 7:00-8:30 PM
- Saturday 🏊 9:00-10:45 AM

## Diamond

- Monday 🏊 6:00-7:15 AM (on weeks without a meet the day before) & 6:30-8:00 PM
- Tuesday 🏊 6:30-8:30 PM
- Wednesday 🏊 6:30-8:30 PM
- Thursday 🏊 6:00-7:15 AM
- Friday 🏊 6:30-8:30 PM
- Saturday 🏊 9:00-10:45 AM

## Senior

- Monday 🏊 6:00-7:15 AM & 6:00-7:30 PM
- Tuesday 🏊 6:30-8:30 PM
- Wednesday 🏊 6:00-8:00 PM
- Thursday 🏊 6:00-7:15 AM & 6:30-8:00 PM
- Friday 🏊 5:30-7:30 AM
- Saturday 🏊 7:00-9:30 AM



For questions about LMST Fall practices, contact Jackson at [jackson.allmon@linnmar.k12.ia.us](mailto:jackson.allmon@linnmar.k12.ia.us)