

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VII, Edition XXV

Wednesday, February 11th, 2026

IASI WINTER REGIONALS/8U CHAMPS

MEET PAGE - TIMELINE, WARMUP ASSIGNMENTS, PSYCH SHEET



Pictured Above: LMST Senior swimmer Everett Burr (left) earning his "Red Cap," and LMST Platinum swimmer Norah Foreman (right) earning her "Silver Cap." Way to go, LMST swimmers!

The 2026 Iowa Swimming LSC Regional and 8 & Under Championships, hosted by the Linn-Mar Swim Team, is this weekend (Saturday, February 14th and Sunday, February 15th) at the Linn-Mar Aquatic Center.

LMST has 114 total athletes competing, with 17 competing in the 8&U Champs Session. Wow!

Documents such as the timeline/session report, timing assignments, warmup assignments, psych sheet can be currently found on the [Meet Landing Page](#). Heat sheets will be posted in upcoming days.

Meet Itinerary

Saturday Morning (9-10, 11-12):
Warm-Up- 7:00 am; Start- 8:30 am

Saturday Afternoon (8&U CHAMPS):
Warm-Up- 1:15 PM; Start-2:00 pm

Saturday Evening (13&O):
Warm-Up- 5:00 pm; Start- 6:00 pm

Sunday Morning (12&U):
Warm-Up- 7:40 am; Start- 8:30 am

Sunday Afternoon (13&O):
Warm-Up - 1:00 pm; Start- 2:00 pm

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.

LMST Spring Practice Schedule (March-May)

LMST Spring Practice Schedule from Monday, March 30th to Thursday, May 21st:

Bronze

- Monday, Tuesday, and Thursday - 7:00-8:00 PM

Silver

- Monday, Tuesday, and Thursday - 7:00-8:15 PM
- Wednesday and Friday - 6:00-7:15 PM

Gold

- Monday, Tuesday, and Thursday - 7:00-8:30 PM
- Wednesday and Friday - 5:45-7:15 PM

Platinum

- Monday, Tuesday, and Thursday - 6:45-8:30 PM
- Wednesday - 5:45-7:15 PM
- Friday - 4:00-5:45 PM
- Saturday - 7:30-9:30 AM
- Monday Dryland - 5:45-6:45 PM

Diamond

- Monday through Friday - 4:00-5:45 PM
- Thursday Morning - 5:45-7:00 AM
- Saturday - 7:30-9:30 AM
- Tuesday and Thursday Dryland - 5:45-6:45 PM

Senior

- Monday through Friday - 4:00-6:00 PM
- Tuesday and Thursday Mornings - 5:45-7:00 AM
- Saturday - 7:30-10:00 AM
- Wednesday & Friday - 6:00-7:00 PM

Practice times from late May to late July will be announced at a later time.

All LMST swimmers who registered in the Fall for the 2025-26 academic year are assumed to be training with the team during the Spring/Summer (long course) season. If your swimmer is not planning to return for the Spring, please email Jackson with your intentions ASAP so your family is not billed on April 1st, and so that those who are on the waitlist can register their child for the rest of the academic year.

LMST LCM Schedule

LMST Administration is still working a Spring/Summer (Long Course Meter) meet schedule to share with team families. LMST plans to attend similar meets as the previous LCM season. For last year's meet schedule, check our [LMST Calendar](#), or read previous season's newsletter. For this year's meet dates, check the [IASI 2025-26 Meet Schedule](#).

IHSAA Districts Recap & State Meet Info

Congratulations to all LMST swimmers who competed at the IHSAA Districts (HS state qualifying swim meet) this past weekend. Highlights from the past weekend include:

LMST Individual State Qualifiers:

- Peyton Adair - 200 FR & 500 FR
- Everett Burr - 50 FR & 100 FL
- Carter Byers - 100 FL
- Rylee Sieren - 200 FR & 500 FR
- Clayton Treharne - 100 BK & 200 IM
- Bradyn Weis - 500 FR
- Peter Wittnebel - 200 FR & 500 FR

IASI LSC Record

- Clayton Treharne - Boys 13-14 100 SCY Backstroke

USA Swimming Futures Qualifying Times

- Clayton Treharne - Boys 100 SCY Backstroke
- Peter Wittnebel - Boys 200 SCY Freestyle

Spring Sectional Qualifying Times

- Peyton Adair - Boys 200 & 500 Freestyle
- Everett Burr - Boys 50 Freestyle
- Clayton Treharne - Boys 50 Freestyle

IASI Championship "Q" Times

- Tom Fireman - Boys Senior 100 SCY Freestyle

LMST swimmers who are qualified to compete at the IHSAA State Championships will compete in a preliminary/final meet this weekend at the Campus Recreation and Wellness Center in Iowa City.

On Friday, February 13th, individual prelims will start at 5:00 PM. Individual finals/relay timed finals will be on Saturday, February 14th at 12:30 PM

Live video from every event on both Friday and Saturday will be produced by KCRG 9.2 A free livestream will be available here on the [IHSAA State Meet Central page](#). The television broadcast will be available in the coverage area of KCRG 9.2 and through their website.

LMST Champ T-Shirts

The deadline to order LMST Championship T-Shirts and Hoodies is Sunday, February 15th. Championship apparel will include the names of all LMST state qualifiers on the back. Purchasing championship gear is not required, but strongly recommended to promote a team atmosphere at the AG Champs and SC Champ meets. Swimmers and parents are encouraged to sport LMST Champs gear at state.

[LMST Championship T-Shirt Link](#)



Upcoming Practice Schedule (Feb. 2026)

2/13 (F) - Senior will swim from 4:30-6:30 PM on this day since the LMHS Boys swim team will be at the state meet. For non-Senior swimmers, everyone else will practice with their age group at 6:30 PM. Each age group will swim at the following time on Friday:

- 8&U - 6:30-7:30 PM
- 9-10 - 6:30-7:45 PM
- 11-12 - 6:30-8:00 PM
- 13-14 (not in Senior) - 6:30-8:00 PM

This will be the last day of practice for the Fall/Winter season for those who do not qualify for Age Group Champs (12&U state) or Short Course Champs (13&O state)

2/14 (Sat.) - Senior swimmers who are not competing at Regionals but are competing at SC Champs will practice from 5:15-6:50 AM. The goal is to be off the pool-deck by the start of 12&U Regional warmups at 7 AM.

2/16 (M) - This upcoming Monday will be the last weekday morning practice for the Senior group (5:45-7:15 AM)

2/17 (T) & 2/19 (Th) - Senior swimmers will lift for 45 minutes after their practice next Tuesday and Thursday. We have allotted the time of 6:30-7:30 PM on these days to lift, but it could end earlier than that.

2/16 (M) - 2/19 (Th) - Age Group Championship qualifiers in Bronze-Platinum will swim from 6:30-7:45 PM

2/16 (M) and Beyond - Short Course Championship qualifiers (Diamond & Senior) and Sectional qualifiers will swim from 4:30-6:30 PM until their final championship meet of the short course season.

State Qualifying Activity - LMST plans to do a team activity for those who qualify for AG Champs and SC Champs on the week of 2/16. Stay tuned...

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.

LMST has already sent out emails to those who have been invited to be relay-only swimmers, and those are currently being considered. Final relay lineups will be determined this weekend at the Regionals meet! RELAYS WILL BE SHARED WITH FAMILIES ON SUNDAY (2/15) OR MONDAY (2/16).

For any questions on whether your child is being considered or not, email Jackson.

[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.

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