



# LMST NEWS

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New Information Highlighted in   

## IGHSAU State Swim

Marshalltown | 11/15 & 11/16

On Saturday, November 9<sup>th</sup>, The Iowa Girls High School Athletic Union hosted its Regionals meet at six different locations, with the Linn-Mar Aquatic Center serving as a host site.

Congratulations to the following LMST swimmers who “punched their ticket” to the state meet at last weekend’s Regionals (top 32 overall times):

- Layla Breitbach → 200 Medley Relay, 200 IM, 200 Free Relay
- Greta Huberg → 200 Free, 500 Free, 200 Free Relay, 400 Free Relay
- Anna Nordine → 200 Medley Relay, 400 Free Relay
- Mehal Raghvani → 200 Medley Relay, 200 IM, 100 Free, 400 Free Relay
- Izzy Telisak → 500 Free
- Mackenzie Tristan → 500 Free

The IGHSAU State Swim Meet will be hosted at the Marshalltown YMCA-YWCA on November 15<sup>th</sup> and 16<sup>th</sup>.

Preliminaries for individual events begin at 11 AM on Friday. Finals for Individuals and Timed Finals for Relays will start at 12 PM on Saturday.

The meet will be broadcasted live by the IGHSAU Digital Network (available on YouTube). The links to tickets or the free stream, in addition to other info (Heat & Lane Assignments, Meet Schedule, Spectator Letter, etc.) can be accessed below:

[2024 State Swimming and Diving Meet Central](#)

Tickets are \$15 plus processing fees for each session. Parking is included in the \$15 ticket price. There are designated areas at the Marshalltown YMCA/YWCA. Please click on the map [here](#) to view the parking areas.

Congratulations LMST swimmers and good luck this weekend!



Pictured Above: LMST Swimmer Owen Sieren competing in the 200 yard Breaststroke at the Sunday Finals session of the A3 Midwest Challenge at the University of Iowa (Source: Chris Pose Photography).

## Meet Recap

## 2024 A3 Midwest Challenge

Campus Recreation & Wellness Center (Iowa City) | 11/8 - 11/10

Congratulations to the following LMST swimmers who competed at the 2024 A3 Midwest Regional this past weekend in Iowa City:

- Peyton Adair
- Tyler Brekke
- Everett Burr
- Hudson Huberg
- Ruhan Raghvani
- Owen Sieren
- Rylee Sieren
- Clayton Treharne
- Bradyn Weis
- Shay Williams
- Peter Wittnebel
- Teresa Zhang

In order to qualify for the meet, swimmers must have achieved a [USA Swimming 15-16 “A” Motivational Time Standard](#)

New Central Zone Spring Sectional Qualifying Standard:

- Teresa Zhang → Women 100 Yard Free

New 14&U Central Zone Championship Qualifying Standard (“AAA” time)

- Teresa Zhang → 13-14 Girls 200 Yard Free

LMST Final Session Swims (Top 24):

- Hudson Huberg → 50 Free (7<sup>th</sup>), 100 Free (4<sup>th</sup>), 200 Free (6<sup>th</sup>), 100 Fly (19<sup>th</sup>), 400 Free Relay (10<sup>th</sup>), 400 Medley Relay (15<sup>th</sup>)
- Rylee Sieren → 400 Free Relay (10<sup>th</sup>), 400 Medley Relay (15<sup>th</sup>)
- Owen Sieren → 200 Breast (16<sup>th</sup>), 400 Free Relay (10<sup>th</sup>), 400 Medley Relay (15<sup>th</sup>)
- Clayton Treharne → 400 Medley Relay (15<sup>th</sup>)
- Peter Wittnebel → 400 Free Relay (10<sup>th</sup>)
- Teresa Zhang → 50 Free (11<sup>th</sup>), 100 Free (21<sup>st</sup>), 200 Free (16<sup>th</sup>)

A big thank you to Coach Cameron for his dedication to the Senior & National level athletes and his support throughout the weekend. Great job LMST!

## HS Overlap Week

11/11 - 11/16 Sched. Changes

Due to the various programs at the LMST this week, each practice group will have different practice times from their regular schedule. Please check the [Practice Calendar](#) to stay up to date.

## A3 - Apparel & Caps

Cap Deadline - 11/18

Deadline to order caps is Monday, November 18<sup>th</sup>. All other new apparel/items can be ordered at any time the next couple months and will be shipped to your mailing address.

## Fri. (15<sup>th</sup>) & Sat. (16<sup>th</sup>)

All Groups on Both Days!

On Fri., 11/15, Bronze will swim at 6:30 PM and Silver will swim at 7:20 PM (M-Th schedule). On Sat. 11/16, Bronze, Platinum, Diamond, SR will swim at 8 AM, Silver and Gold will swim at 9 AM.

## Meet Information

# LMST December Invitational

### Linn-Mar Aquatic Center, Marion, IA | December 6<sup>th</sup> (Friday) to 8<sup>th</sup> (Sunday)

On Friday, December 6<sup>th</sup> to Sunday, December 8<sup>th</sup>, LMST is hosting our annual December Invite at the Linn-Mar Aquatic Center.

LMST swimmers will compete in the following sessions:

- Friday PM Session (Platinum, Diamond, Senior, National)
- Saturday AM Session (10&U)
- Saturday PM Session (11&O)
- Sunday AM Session (14&U)

Official warmup and start times will be communicated in future newsletters.

The entry deadline has passed! **If you missed signing up your child for the meet and they are still interested in competing, please reach out to Jackson at [Jackson.allmon@linnmar.k12.ia.us](mailto:Jackson.allmon@linnmar.k12.ia.us) ASAP.** The meet is close to reaching max capacity!

The coaching staff is still currently working on entries for every swimmer. **We hope to share the final entry report to families by next Wednesday!**

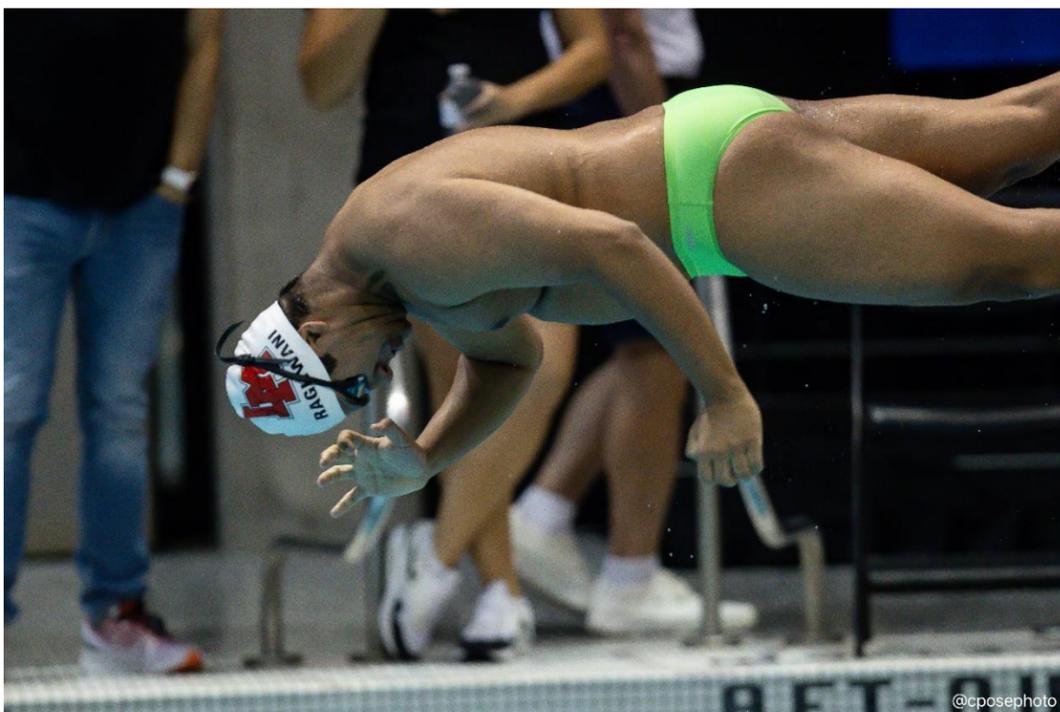
A reminder that all swimmers must be [registered with USA Swimming](#) to participate at the meet (this is different from team registration done in August).

The volunteering and hospitality signups are also now available under the "Jobs" tab on the Commit parent portal:

Members of LMST receive a \$25 credit when they volunteer to work a session at an LMST Invitational swim meet (please refer to the [LMST Volunteer Credit](#) policy).

**Deadline to sign up for a volunteer and hospitality slots is Thursday, December 5<sup>th</sup>.**

Please drop of donation items by the Assistant Aquatic Center Manager's office on **Thursday, December 5<sup>th</sup> if items are non-perishable.**



Pictured Above: LMST Swimmer Ruhan Raghwani warming up for the Saturday morning session of the A3 Midwest Challenge at the University of Iowa (source: Chris Pose Photography).

## Team Activity

# 2024 Hawkeye Invitational

### Local Club Swimmers Invited to Watch for Free!

The Iowa Swimming and Diving Coaching staff would like to invite local club teams to come out to the Hawkeye Invitational on November 21-23, 2024.

Iowa will host 8 teams next week. (Arkansas, Colorado State, Illinois, Iowa, Iowa State, Kansas, Nebraska, Northern Iowa, San Diego State) This is expected to be one of the premiere collegiate mid-season meets in the country! This will be a great opportunity for club swimmers across the state to see some elite competition in the pool.

Friday night is Club night. If you are not competing at the DASH Giving Thanks meet that evening, you can watch the meet for free!

### UI Swimming and Diving Club Night

Date: Friday, November 22<sup>nd</sup>

Start: 5:00pm (Finals)

Cost: Free admissions

Location: CRWC 309 S Madison St, Iowa City, IA 5224

## Student Achievements

# USA Swimming Scholastic All-Americans (23-24)

### Congratulations, Hudson!

Congratulations to Hudson Huberg on being named 2023-2024 USA Swimming Scholastic All Americans.

The list of All Americans consists of 1,135 athletes in 9-12th grade who maintained a minimum 3.5 grade point average (GPA) and meet any of the competition criteria during the qualifying period of September 1, 2021 - August 31, 2023.

Applicants must have swum an individual pool time equal to or faster than the 2023 Winter Junior National qualifying time in any individual event during the Scholastic All-America qualifying period.

Hudson qualified for Winter Juniors in the 50, 100, & 200 LCM Freestyle.

Congratulations on your achievement, LMST is proud of you!



