

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VIII, Edition IX

Wednesday, May 20th, 2026

2026 DASH SPRING PENTATHLON

TIMELINE, PSYCH SHEET, WARMUP ASSIGNMENTS ALL POSTED!



Pictured Above: LMST Senior swimmers, LMST coaches, and "Train with the Team" clinic participants in a team cheer at the end of the event this past Saturday, May 16th at the Linn-Mar Aquatic Center. Thank you to everyone who participated, what a fun day! (Source: Sarah Weis).

The 2026 Spring Pentathlon, hosted by the Dubuque Area Swimmin' Hurricanes, is this Saturday, May 23rd at the Dubuque Community Schools Aquatic Center at Hempstead High School.

DASH plans to seed and posting heat sheets either Wednesday evening or Thursday morning.

[Meet Landing Page](#)
[Tentative Timeline](#)
[Psych Sheet](#)
[Warm-up Assignments](#)

If your swimmer entered in the meet, and your family is:

- Planning to arrive after the start of warmups,
- Planning to leave the meet early,
- OR is no longer planning to attend,

Please reach out to Jackson ASAP. Jackson will not be in attendance for the meet. Coach Jay, Meredith, and Stephanie are all confirmed to be in attendance. If you send a message to Jackson the morning of the meet, he may not be able to communicate that to present staff in time.

AM Session Itinerary (14&U)

- Arrival Time on Deck: **9:40 AM** (Swimmers should arrive in their swimsuits. Swimmers who need Event/Heat/Lane written on their arms can arrive earlier)
- Meet Warm-Ups: **10:00 AM**
- Team Cheer: **10:50 AM**
- Meet Start: **11:00 AM**
- Meet Conclusion: **2:00 PM** (Swimmers should check in with a coach before leaving)

LMST Practice Calendar - Weeks of 5/25 & 6/1

Since there are NO evening lessons the weeks of May 25th and June 1st, LMST will be changing practice to the following times over the course of the next two weeks:

Monday, May 25th (MEMORIAL DAY)

- Bronze, Silver, and Gold - NO PRACTICE
- Platinum - 7:30-9:30 AM (NO Dryland)
- Diamond - 7:30-9:30 AM
- Senior - 7:30-9:30 AM

Tuesday, May 26th, Thursday, May 28th, Tuesday, June 2nd, and Thursday, June 4th

- Bronze - 6-7 PM (TIME CHANGE)
- Silver - 6-7:15 PM (TIME CHANGE)
- Gold - 6-7:30 PM (TIME CHANGE)
- Platinum - 5:45-7:30 PM (TIME CHANGE)
- Diamond - 4-5:45 PM & 5:45-6:45 PM (Dryland)
- Senior - 4-6 PM

Wednesday, May 27th, Friday, May 29th, Wednesday, June 3rd, Friday, June 5th (NO CHANGE)

- Bronze - NO PRACTICE
- Silver - 6-7:15 PM
- Gold - 5:45-7:15 PM
- Platinum - 5:45-7:15 PM
- Diamond - 4-5:45 PM
- Senior - 4-6 PM & 6-7:15 PM (Dryland)

Saturday, May 30th (NO CHANGE)

- Bronze, Silver, Gold - NO PRACTICE
- Platinum - 7:30-9:30 AM
- Diamond - 7:30-9:30 AM
- Senior - 7:30-10 AM

Monday, June 1st

- Bronze - 6-7 PM (TIME CHANGE)
- Silver - 6-7:15 PM (TIME CHANGE)
- Gold - 6-7:30 PM (TIME CHANGE)
- Platinum - 5-6 PM (Dryland) & 6-7:30 PM (TIME CHANGE)
- Diamond - 4-5:45 PM
- Senior - 4-6 PM

Saturday, June 6th

- Bronze-Diamond - NO PRACTICE
- Senior (for those not swimming at EELS) - 7:30-10 AM (Tentative)

LMST will begin its summer practice schedule on Monday, June 8th. The summer practice times through Regionals are now available on the [LMST Practice Calendar](#).

We will plan to have Saturday morning practices for some of our older groups this summer, but times are still TBA

School's Out Tri - Friday, June 12th!

LMST will host our first iteration of the School's Out Summer Tri on **FRIDAY, JUNE 12TH** (this meet is not on Saturday the 13th, coaching staff apologies for any previous confusion)!

This meet will be against the Iowa City EELS and Black Hawk Area Swim Team. Warmups will start at 3 PM, with a meet start of 4 PM. The competition is open to all ages and practice groups.

There will be 25s, 50s and 100 IM offered for 8&U swimmers. For 9-10, just 50s and 100 IM will be offered. For 11-12, 13-14, 15&O, 50s and 200s will be offered. We will end the meet with mixed relays

After the conclusion of the competition, LMST will host a "Cook out" on the practice field behind the aquatic center for all participating teams' athletes, families, coaches, and officials.

Team Iowa Registration Summer 2026

- **2026 Central Zone Open Water Championships** (June 11-12, 2026 at Lake Andrea, Pleasant Prairie RecPlex in Pleasant Prairie, WI)
- **2026 Central Zone Multi-Cultural Meet** (June 19-21, 2026 at Soderholm Aquatics Center, Nicholas Recreation Center - University of Wisconsin in Madison, WI)
- **2026 14 & Under Central Zone Championships** (August 6-9, 2026 at Jean K Freeman Aquatic Center - University of Minnesota in Minneapolis, MN)

To be considered for any or all Central Zone summer meets, athletes must first complete the Team Iowa registration regardless of if they had registered with Team Iowa in the past. Swimmers must meet the minimum criteria for an event in order to be eligible to compete in that event. Minimum time standards and criteria for each event can be found on the Team Iowa webpage.

Please note:

1. Team Iowa registration is a **two-step process**. Registration instructions can be found on the Team Iowa website.
2. Complete the registration on the Team Iowa website.
3. The most important step, declare your swimmer's intention for the events they wish to enter on the "Events" tab.
4. **2026 USA Swimming Registrations required.**

Please visit the [Team Iowa](#) website for more information or to register your athlete with Team Iowa. If you have any questions, please contact Iowa Swim AG Chair [Greg Morse](#).

SPRING/SUMMER (LCM) 2026

DATE	MEET	LOCATION
APRIL 25, 2026	LINN-MAR SPRING SPLASH (SCY) \$	LINN-MAR AQUATIC CENTER
MAY 2-3, 2026	EELS LONG COURSE KICKOFF	MERCER AQUATIC CENTER
MAY 8-10, 2026	IFLY DAVID ARMBRUSTER OPEN	CRWC, IOWA CITY
MAY 23, 2026	DASH SPRING PENTATHALON (SCY)	DUBUQUE AQUATIC CENTER
JUNE 6-7, 2026	EELS SPLASH OUT HUNGER	MERCER AQUATIC CENTER
FRI, JUNE 12TH (UPDATED 5-13)	'SCHOOL'S OUT" TRI - BLST/EELS (SCY)	LINN-MAR AQUATIC CENTER
JUNE 19-21, 2026	WAUKEE OPEN SUMMER INVITE !	WAUKEE NATATORIUM
JUNE 20-21, 2026	VAC ANNUAL VINTON INVITATIONAL (SCM)	VINTON COMMUNITY POOL
JULY 9-12, 2026	BLST SUMMER SIZZLER	THE FALLS, CEDAR FALLS
JULY 18-19, 2026	IASI REGIONAL AND 8&U CHAMPIONSHIPS (SCY)	DUBUQUE AQUATIC CENTER
JULY 23-26, 2026	IASI LONG COURSE CHAMPIONSHIPS !	CRWC, IOWA CITY
JULY 29 - AUGUST 2, 2026	TYR FUTURES CHAMPIONSHIPS !	MADISON, WI

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION
! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?
Contact Jackson Allmon