

2026 BLST SUMMER SIZZLER

MEET PAGE - PSYCH SHEETS, HEAT SHEETS, SPECTATOR INFO



Pictured Above: LMST Senior swimmers who participated in last week's "Altitude Training Trip" at Colorado Mesa University in Grand Junction, CO. Thank you to all of the families who supported and invested in this trip, the athletes had a ton of fun!

The 2026 Summer Sizzler, hosted by the Black Hawk Area Swim Team, is this weekend (Thursday, July 9th to Sunday, July 12th) at the Falls Aquatic Center in Cedar Falls, IA.

LMST coaches will bring tents for swimmers, but families are encouraged to bring their own tents with buckets/bungees to weight it down (stakes are NOT allowed). There will be no seating available so you will need to bring your own chairs and tents.

GATES WILL OPEN AT 4:30PM ON THURSDAY. NO PARKING in the Falls parking lot. Coaches, athletes, and spectators MUST park in the Nazareth Lutheran Church parking lot (adjacent to the Falls) or in the Roth Apartment lot behind the Falls (follow the road behind the facility).

BLST Summer Sizzler Meet Page
Timelines, Psych Sheets, Food Truck Schedule, 12&U Cannonball Contest Info (Sat. Aft.), and 13&O Lazy River Contest Info (Sat. PM - Waiver REQUIRED)

'Beach Day Thursday' - Hawaiian shirts aren't required, but the officiating crew will be proudly sporting them around the pool deck (50 Triple Crown Day)

'Fiesta Friday' - Join in the fun and dress for a fiesta! (Dueling 50's Day for 13&O swimmers)

'Flashback Saturday' - Bring back the 80's look- BIG hair, NEON, and DENIM! There will be a cannonball contest at the conclusion of the 12&U session, and a lazy river race (with raffle prizes) at the end of the 13&O finals session.

Meet Itinerary (WU Time/Start Time)

- Thursday Evening (Events 1-10; Open 50's/400 IM's) → 5:00 PM/6:10 PM
- Friday AM (Events 21-32; 13&O Prelims) → 7:40 AM/8:30 AM
- Friday Afternoon (Events 11-20; 12&U Timed Finals) → 1:20 PM/2:00 PM
- Friday PM (13&O Finals) → 6:00 PM/7:00 PM
- Saturday AM (Events 45-56; 13&O Prelims) → 7:00 AM/8:30 AM
- Saturday Afternoon (Events 33-44; 12&U Timed Finals) → 1:00 PM/1:40 PM
- Saturday PM (13&O Finals) → 5:30 PM/6:30 PM
- Sunday AM (Events 57-66; 12&U Timed Finals) → 7:20 AM/8:00 AM

July Practice Calendar Updates

Week of 7/6

7/8 (W) → This will be the final Platinum Dryland of the season (4:30-5:25 PM). Diamond dryland has also concluded for the season.

7/9 (Th) → **SENIOR WILL NOW HAVE MORNING SWIM (6:15-8 AM) +LIFT for SS swimmers (8-8:45 AM) & AFTERNOON PRACTICE (2-4 PM) TOMORROW FOR THOSE NOT ATTENDING FRIDAY OF SUMMER SIZZLER.** Coach Jay will run SR afternoon practice while Jackson is in CF.

Bronze, Silver, Gold, and Platinum will have normal evening practice tomorrow as well. There will still be NO Diamond afternoon practice tomorrow.

7/10 (Fri.) → **Senior will have practice from 6:15-8 AM for those that are not competing on Saturday of Summer Sizzler.** This workout will be led by Coach George. Swimmers are also attending Friday practice are also welcome to lift on Friday instead. Silver-Diamond will not have practice on Friday AM.

7/11 (Sat.) → No practice on Saturday due to Summer Sizzler.

Week of 7/13 - 7/19

7/16 (Th) → Senior AM practice on this day will be only offered for Futures swimmers. This will be the last day of practice for Bronze non-LC Champ qualifiers.

7/17 (F) → This will be the last day of practice for Silver-Senior non-LC Champ qualifiers.

7/18 (Sat.) → Platinum, Diamond, and Senior LC Champ Qualifiers will practice from 7:30-9:30 AM.

Week of 7/20 - 7/26

7/20 (M), 7/21 (T) → Diamond & Senior LC Champ Qualifiers from 2-3:30 PM, Bronze-Platinum LC Champ Qualifiers from 5:40-6:55 PM.

7/22 (W) → Diamond & Senior LC at same time, Bronze -Platinum LC Champ Qualifiers from 3:00-4:00 PM. We will try and host a "team activity" for champ qualifiers after practice on this day.

IASI End-of-Season Championship Meets

IASI Summer Regionals and 8&U Champs (Dubuque - 7/18-7/19) - **Deadline has been moved to FRIDAY, JULY 10th**

All swimmers are encouraged to attend Summer Regionals in Dubuque if not already attending IASI Champs. This is an end of the season champ meet. It is also an 8 & Under Championship and team championship. **NO QUALIFYING TIMES NEEDED!**

IASI Long Course Champs (Iowa City- 7/23-7/26) - **Deadline to enter is Wednesday, July 15th**

To check if your swimmer is qualified individually for their age group, see the **IASI Championship "Q" Times**. Athletes can qualify with Long Course and Short Course times.

If no more than 4 LMST swimmers in a respective age group qualify, the team may ask swimmers to compete as "relay-only" swimmers. If you are interested in being a relay only swimmer, please commit online.

USA Swimming Futures (Madison - 7/29-8/1) - **Jackson will submit entries TOMORROW**

For those who are qualified, Jackson will submit entries by end of the day on Thursday to ensure acceptance. If your Senior swimmer would like to talk about events, they should talk to Jackson by tomorrow morning.

Introduction of LMST Head Age Group Coach Position!

As part of our ongoing commitment to improving the athlete and family experience, LMST will soon be introducing a new full-time position dedicated to strengthening age group swimmer development and supporting Aquatic Center operations.

This role was created following extensive program evaluation and feedback from our families, with a focus on enhancing technical instruction, individualized coaching, communication, and long-term athlete development. One of the primary benefits for LMST will be the addition of a dedicated Head Age Group Coach to lead our 14-and-under programming and provide increased support for athletes and families.

LMCSD Online Employment Application | Open Positions

We are currently conducting a comprehensive hiring process and look forward to sharing more information in the coming weeks. We believe this addition represents an exciting step forward for LMST and reinforces our commitment to providing the best possible experience for our swimmers at every stage of the program.

Thank you for your continued support of the Linn-Mar Swim Team!

14&U Central Zones - Team Iowa Information

Registration Deadline – Monday July 13th @ 11:59PM for swimmers who have already achieved a qualifying time.

If you have swimmers who already achieved qualifying "AAA" times for the 14 & under Central Zone Championship Meet, please ensure they register for Team Iowa and commit to their qualified events before the July 13, 2026 entry deadline.

Swimmers who have achieved a qualifying "AAA" time prior to the entry deadline will ****NOT**** be permitted to register for Team Iowa or allowed to add those event(s) after the deadline or at the Long Course Championship meet.

It is important that qualified swimmers register prior to the deadline so we have an accurate understanding of anticipated team attendance for meet participation.

Registration and Entry Updates at Iowa Swimming Long Course Championships

Newly qualified swimmers and events, achieved after the July 13, 2026 deadline and/or at Long Course Championships, will be allowed to register for Team Iowa, declare their intent for Zones and/or add events. In accordance with the policy outlined above, swimmers who achieved a "AAA" qualifying time prior to the deadline of July 13, 2026, will not be allowed to register for Team Iowa, declare their intent for the meet, or add those events at Long Course Champs. Team Iowa will have a table set up at the Long Course Championship meet Friday, Saturday and Sunday with an IASI Administrator during the following sessions:

1. 12 & Under sessions
2. 13 & Older Finals, closing 30 minutes after the conclusion of the session

Registration and Event Deadlines During Long Course Championships:

Registration and event additions for specific Zone events will close 30 minutes after the conclusion of the Finals session on the day that event is completed.

The administrator's primary responsibility will be to process new Team Iowa registrations and add newly qualified events for the events completed on the day of competition, per the guidelines listed below:

1. Register new Team Iowa swimmers who qualify after the deadline.
Swimmers who achieve their first-ever "AAA" time after the entry deadline may register for Team Iowa and enter their newly qualified event(s).
2. Update entry times for new qualified events achieved after the deadline.
Swimmers who are already registered for Team Iowa and achieve a new "AAA" time after the July 13 entry deadline may add the newly qualified event(s) in accordance with the registration guidelines outlined above
3. Add newly qualified events achieved at the Long Course Championships in accordance with the registration guidelines outlined above.
Official meet results will be uploaded daily to ensure entry times are up-to-date and correct.

LMST Evaluation Nights (7/8 & 7/15)

LMST age group coaching staff will be hosting "Evaluation Nights" on the following evenings the summer:

- Wednesday, July 7th from 7:30-8:45 PM
- Wednesday, July 18th from 7:30-8:45 PM

The following groups of students are invited to attend this free opportunity:

- New families interested in registering for LMST for the 2026 Fall/Winter season
- Inactive LMST swimmers who did not train during the Spring/Summer season, but are interested in Fall practice group placement.

LMST Evaluation Night Registration Link

(NOTE: parents are asked to fill out open-ended sessions to best of ability to help aid proper placement on evaluation night, and/or for placement for starting practice group.)

LMST swimmers who trained as recent of this May are not encouraged to attend. Swimmers who trained with the team this Spring have been evaluated consistently throughout the season, and we be advanced via email if applicable.

Students interested in this opportunity are asked to arrive between 7-7:10 PM at the front entrance of the aquatic center during their evaluation night to "check-in." Students can only attend one of the two nights. Students are asked to arrive to the aquatic center in their suit. Students are encouraged to bring a pair of goggles and towel, but the facility has the items available to borrow. Parents are not allowed to be on deck during the event. The staff will email results of the evaluation to families within a couple weeks of the performed evaluation.

If you have any questions about the evaluation night, please contact Jackson.

LMST MEET SCHEDULE

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