



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

Wednesday, September 25th, 2024 • Volume V, Edition VI



New Information Highlighted in

Meet Swimwear

Permitted/Prohibited Swimwear for LMST Swim Meets

USA Swimming Rules

Swimwear shall include only a swimsuit, cap, and goggles. It is not permissible to wear more than two (2) caps.

In swimming competitions, the swimmer must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

A suit with a tie-back or zipper is not legal for competition, regardless of the manufacturer. A tie-back suit could be worn during team practices and meet warm up.

Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs, verified medical conditions or other reasons deemed appropriate by the USA Swimming Rules Chair. Currently (2024) the contact is Derek Paul at ruleregs@gmail.com.

Instructions for content to be included in the request are provided in the Rules & Regulations section of the USA Swimming website. The swimmer is responsible to present a copy of the exemption letter to the meet referee prior to the start of the meet in which the swimmer intends to participate.

LMST Cap Policy

LMST swimmers who choose to wear a swim cap shall wear Linn-Mar team caps or a coach-approved cap when swimming with LMST at meets. Swimmers are only allowed to wear the color of caps they have earned (see our [LMST Cap Color Guide Page](#)).

LMST caps ordered through A3 will arrive in the next week. Plain caps will also be available for purchase at our first swim meet.



Pictured Above: LMST Swimmer Rory Breitbach competing in the 2024 IASI Long Course Championships in Des Moines, IA on Saturday, July 27th, 2024 (Source: Chris Pose Photography)

Volunteering/Donations

LMST Quad Meet RSVP/Signup

RSVP Attending Family Members and Sign Up by 10/11 (F)

Included below is an RSVP and sign-up to donate, volunteer, and bring items for volunteers to borrow for the LMST Quad Meet Tailgate on Saturday, October 19th!

[LMST Quad Meet Tailgate RSVP/Sign-Up](#)

Immediately upon conclusion of the LMST Quad swim meet, families of BLST, DASH, LMST, and PSC will gather behind the Linn-Mar Aquatic Center to partake in a "tailgate." Volunteers will provide lunch for attendees and games for families to partake in. This meet is only for 13 and over swimmers in the Platinum, Diamond, Senior, and National groups. All other swimmers will be attending the Coe meet this weekend.

Linn-Mar Swim Team does not have a final timeline for the meet yet, but we are anticipating a 9 AM competition start time with the session not expected to last more than a couple of hours. The tailgate has a tentative event time of 11 AM to 1 PM.

Families of LMST along with other teams are encouraged to attend and sign up to donate/volunteer. Please RSVP all family members in attendance and sign up to donate/volunteer by **Friday, October 11th**. However, please RSVP sooner if you know that your family will be attendance so that LMST can get an accurate representation of numbers.

LMST asks families to *bring their own lawn chairs* for the event and help set up and clean up before and after the event. Our team hopes to provide visiting teams with more information about the meet and the tailgate 3-4 days before competition day.

If you have any questions or ideas that we have not thought about the event yet, please contact Jackson.

Reminder that the deadline to sign up for this meet is Tuesday, October 8th. All events except for the mile and 400 IM will be offered at this meet.

10/1 (T) PM Practice

NO Evening Practice

All afternoon/evening practices (swim and dryland) on Tuesday, October 1st will be cancelled due to the Linn-Mar High School Girls dual meet. Senior and National will still have morning practice from 6:00 to 7:45 PM on this day.

Homecoming Parade

Anticipate Traffic Tonight!

On Wednesday, September 25th, LMHS will have its annual Homecoming parade from 5-6 PM. The parade will start in the North Parking Lot and will make its way onto 10 St., 29 Ave, & other surrounding streets. Please take this into when commuting to tonight's practice!

NO Gold Dryland 9/25

Dryland cancelled TONIGHT!

Due to the Linn-Mar High School Homecoming Parade, there will be **no** dryland tonight, Wednesday, September 25th. The route of the parade will conflict with most families' commute to dryland. There will still be swim practice tonight for all practice groups.

Meet Schedule

Upcoming Meet Entry Deadlines

COE Harvest Invite, BLST IMX Challenge, DASH Giving Thanks

Kohawks Harvest Invite

On Saturday, October 19th and Sunday, October 20th, LMST will be compete in the Kohawk Harvest Invitational at the Coe College Natatorium in Cedar Rapids, IA.

The deadline to enter this meet is **Thursday, October 3rd**. Entry Fees are \$6 per individual event with an IASI Splash Fee of \$6 per swimmer.

This meet is strongly recommended for all Bronze, Silver, and Gold swimmers on Saturday. Platinum and Diamond swimmers may compete on Saturday. Platinum, Diamond, Senior, and National swimmers are eligible to compete on Sunday morning (swimmers who are competing at the Quad are welcome to compete on Sunday, may help with completing events for the Silver cap).

BLST IMX Challenge

On Sunday, November 3rd, LMST will attend the Black Hawk Area Swim Team IMX Challenge meet at Holmes Junior High School in Cedar Falls, IA. All swimmers who are currently registered with the team are eligible to participate.

The deadline to enter this meet is **Friday, September 27th**. There will be a \$30 flat fee for each swimmer, in addition to a \$6 IASI swimmer surcharge fee (fees are \$5 for Outreach swimmers).

Those who swim the full 5-event line-up in their age group will be competing for the coveted IMX Challenge awards! 12 and under swimmers will compete in the morning session (warmups at 8 AM). 13 and over swimmers will compete in the afternoon session (warmups no earlier than 12 PM).

DASH Giving Thanks

On Friday, November 22nd to Sunday, November 24th, LMST will attend the DASH Giving Thanks meet at the Dubuque Community Schools Aquatic Center. All swimmers who are currently registered with the team are also eligible to participate in this meet.

The deadline to enter this meet is **Friday, October 4th**. There will be a fee per event entered.

Friday will be a distance session where only swimmers in Gold and above are eligible to compete. Saturday, 11&O swimmers will have a prelim/final format (top 16 for 11-12, top 24 for 13&O). Sunday Afternoon, 11&O swimmers will compete in Timed Finals. 10&U will compete in Timed Finals Saturday Afternoon and Sunday Morning.



Pictured Above: Swimmers and parents on the morning of Saturday, September 28th will need to park in the area highlighted. The aquatic center parking lot will be blocked off for trailers carrying band equipment for that day's marching competition.

LMST Practice

9-28 Parking Lot Traffic

Aquatic Center Parking Lot will be *Closed Off*

Linn-Mar High School will be hosting a marching band competition all day on Saturday, September 28th

The parking lot in front of the Aquatic center (and all parking to the north) will become a one-way flow for the marching band traffic most of the day as large vehicles with trailers (and some semi-trucks) will use those lots to get ordered and then be staged until their designated unloading time.

This lot will be blocked off with cones all day on the 28th. There will be volunteers

sitting at the front of the aquatic center lot only letting the trailers through.

Thus, LMST swimmers and families are encouraged to park in the recommended area pictured above.

Since there will be a few bigger trucks with trailers maneuvering around the parking lot that morning, swimmers are instructed to yield to any vehicles on their way to the aquatic center parking lot.

Parents are encouraged to walk their kids to the aquatic center for drop off and pick up if they are younger.

Swim Meets

USA Sw. Registration Required for Meet Participation

The meets hosted and attended by LMST are all USA Swimming sanctioned swim meets. For students to participate in swim meets, students must be a current member of USA Swimming.

Parents must register their students for USA Swimming through their website. As a part of the registration process, payment is required for the registration. LMST families will receive a credit on their Commit accounts for the cost of their student's registrations. Once the registration is complete, please email the receipt of the registration to [Parker.Craw](mailto:Parker.Craw@usa-swimming.com) to receive this credit.

Premium (\$84) - Membership purchased after September 1st will last until December 31st, 2025. This membership type is popular with swimmers who compete at meets during the Short Course (August-March) and Long Course (April-July) seasons.

Seasonal (\$50) - Membership lasts 150 days after purchase.

Seasonal to Premium Upgrade (\$34) - For swimmers whose membership expires during the short course season and want to compete in USA Swimming meets through August 31st, 2025.

Outreach (\$5) - Low-cost, year-round membership for qualified athletes/families (If you are FRL, contact Jackson/Parker for a separate link to register.

