



# LMST NEWS

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New Information Highlighted in   

## IASI Winter Regionals and 8&U Champs

Entry Deadline → 2/5 (W)

Swimmers from all practice groups are encouraged to attend [The IASI Winter Regionals and 8&U Championships](#) in Dubuque (at Hempstead) on Saturday, February 15<sup>th</sup> and Sunday, February 16<sup>th</sup> if not already qualified for maximum number of events at Age Group and/or Senior Champs.

This is an end of the season championship meets for our swimmers that may not have a "Q" time yet. It is also an 8 & Under Championship and team championship. Swimmers in all groups have been preparing to "peak" for this meet.

*The LMST Entry Deadline for the meet is Wednesday, February 5<sup>th</sup>.*

### Sessions

**Saturday Morning (9-10, 11-12):** Warm-Up - Not before 7:00 am; Start - 8:30 am

**Saturday Afternoon (8&U):** Warm-Up - Not before 12:00 pm; Start - Not before 12:45 pm

**Saturday Evening (13&O):** Warm-Up - Not before 4:00 pm; Start - Not before 5:00 pm

**Sunday Morning (12&U):** Warm-Up - Not before 7:00 am; Start - 8:30 am

**Sunday Afternoon (13&O):** Warm-Up - Not before 12:00 pm; Start - Not before 1:00 pm

Meet Information is now available on the LMST website and Meet Landing Page. Families can choose events for their swimmers up until the entry deadline. The coaching staff has ultimate discretion when approving events.



Pictured Above: LMST swimmers Stella Goertzen and Ava Lutz earned their "Silver Caps" at this past weekend's Winter Blues Buster. In order to earn a Silver Cap, a swimmer must complete a legal 200 FR, 200 BK, 200 BR, 200 FL, 200 IM, 400 IM, and 400/500 FR over the span of a season. Congrats, LMST swimmers!

## Meet Recap

### CLA Winter Blues Buster Recap

Waukee Natatorium, Waukee, IA | January 24<sup>th</sup> to 26<sup>th</sup>, 2025

#### New 2024-25 Short Course IASI Championships "Q" Times

- Everett Burr (13-14 Boys) → 200 FL
- Saniha Deepak (10&U Girls) → 100 FL
- Kennedee Gates (13-14 Girls) → 200 BK, 200 IM
- Greta Huberg (13-14 Girls) → 200 BK
- Ava Lutz (13-14 Girls) → 500 FR, 200 IM
- Frankie Martino (11-12 Girls) → 100 BK, 100 BR
- Courtlyn Morrissey (13-14 Girls) → 100 FR
- Jensen Rickels (13-14 Boys) → 100 FR, 200 FR. 1650 FR
- Mackenzie Tristan (13-14 Girls) → 200 BR
- Makayla Tristan (10&U Girls) → 200 FR
- Bradyn Weis (13-14 Boys) → 50 FR, 100 FR
- Greg Wittnebel (10&U) → 100 BR

#### New Central Zone Championship "AAA" Times

- Everett Burr (13-14 Boys) → 50 FR
- Greta Huberg (13-14 Girls) → 1650 FR
- Frankie Martino (11-12 Girls) → 1650 FR
- Levi Richards (11-12 Boys) → 1650 FR
- Bradyn Weis (13-14 Boys) → 1650 FR

#### LMST High Point Award Winners (Top 3)

- Everett Burr (13-14 Boys) → 2<sup>nd</sup>
- Owen Goertzen (8&U Boys) → 1<sup>st</sup>
- Graham Goldsmith (8&U Boys) → 1<sup>st</sup>
- Frankie Martino (11-12 Girls) → 3<sup>rd</sup>
- Levi Richards (11-12 Boys) → 3<sup>rd</sup>
- Clayton Treharne (13-14 Boys) → 1<sup>st</sup>
- Teresa Zhang (13-14 Girls) → 2<sup>nd</sup>

#### New 2024-25 SCY Silver Cap Recipients

- Stella Goertzen
- Ava Lutz

### February Billing LMST Monthly Dues

New this year (2024-25), Silver, Gold, Platinum, Diamond, Senior, and National will be billed half of February's monthly dues. Bronze families will not be billed in the month of February. If your child plans on being an inactive email [Jackson](#) and/or [Parker](#).

### Senior AM Practices Tuesday and Thursday AMs

As the LMST Championship season approaches, Senior will transition from *swimming* on Monday and Thursday mornings to Tuesday and Thursday mornings. Practices will still begin at 6 AM. Senior Dryland will pause indefinitely as we prepare for end-of-the season meets.

### Fall/Winter Season Last Day of Practice: 2/14 (F)

The last day of practice for the Fall/Winter (short course) season will be Friday, February 14<sup>th</sup> for non-championship qualifiers. AG Champ qualifiers will practice the week of 2/17 (check [1-22 newsletter](#)). Practices will resume on 3/31 (M) for the Spring/Summer (long course) season.

## Meet Information

# 2025 Linn-Mar “Last Chance” Intrasquad

### Entry Deadline → Wednesday, February 5<sup>th</sup> | Linn-Mar Aquatic Center

LMST will be running one last home swim meet on Sunday, February 9<sup>th</sup>. Swimmers Bronze through Senior are encouraged to sign up. This may be the last opportunity to race/achieve time standards before the season concludes for many of our swimmers.

LMST swimmers will swim against each other in mixed events (girls and boys heats). Warm-Ups are currently scheduled to begin at 9 AM, with a meet start time of 10 AM. **Families are now able to select events for their swimmers.**

Reminder that to be eligible to compete at this meet, and all other meets LMST participates in, your swimmer must be registered with USA Swimming. Here is a link to a Frequently Asked Questions page on the LMST website on USA Swimming memberships:

[Linn-Mar Swim Team - USA Swimming Registration FAQ](#)

Premium memberships last until 12/31/25. Seasonal memberships last for 150 days (until Saturday, June 28<sup>th</sup>).

A Volunteer Sign Up is now available under the “Jobs” tab of the Commit Swimming Parent Portal.

*Reminder* that the Linn-Mar Swim Team Volunteer Credit Policy does not apply to Intrasquad meets (only home invitationals and IASI Regional & Championship meets).

[Linn-Mar Swim Team Volunteer Credit Policy](#)



Pictured Above: LMST swimmer Graham Goldsmith competing in the Saturday afternoon session of the CIA Winter Blues Buster in Waukeg, IA (Source: Benjamin Ortega Photography).

## Practice Calendar

# LMST February Calendar

### Updates for Remainder of SC Season

#### Week of 1/27

**2/1 (Sat.)** → LMST will have Saturday morning practice for Platinum through Senior (7:30 to 9:30 AM) and Gold (7:30 to 9:00 AM)

**2/8 (Sat.)** → LMST will have Saturday morning practice for Platinum through Senior (7:30 to 9:30 AM) and Gold (7:30 to 9:00 AM)

#### Week of 2/3

**2/3 (Mon.)** → Last day of Platinum Dryland for SC season (5:30 to 6:30 PM)

#### Week of 2/10

**2/13 (Thur.)** → Last day of Bronze practice for the SC Season

**2/5 (Wed.)** → Last day of Gold Dryland for SC season (5:45 to 6:30 PM)

**2/14 (Fri.)** → Last day of Silver-Diamond practice for non-championship qualifiers

**2/6 (Thur.)** → Last day of Diamond Thursday morning practice (6:00 to 7:15 AM) and Dryland (5:30 to 6:30 PM) for SC season

**2/15 (Sat.)** → LMST will have Saturday morning practice for Diamond and Senior swimmers who are not attending Regionals in Dubuque.

## Meet Information

### 2025 IASI AG & SC (Senior) Champs

#### Entries are Now Open!

Entries are now open for the Age Group Champs in Des Moines on 2/21-2/23 (14 & Under State) or Senior Short Course Champs in Iowa City on 2/27-3/2. To check if your swimmer is qualified for their age group, see the [IASI Championship “Q” Times](#).

The Age Group Champs meet at the Wellmark YMCA in Des Moines are for those swimmers who have achieved a “Q” time in the 10&U, 11-12, or 13-14 Age Group. 11-14 swimmers will compete in the morning and evening on Friday, Saturday and Sunday. 10 & Under swimmers will compete in Timed Finals on Saturday and Sunday Afternoon.

Athletes that have achieved a qualifying standard in one event and are entered in that event, may enter up to two bonus events. Athletes that have achieved qualifying standards in two events and are entered in those events, may enter one bonus event. Swimmers may also compete in Time-Trials.

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. Jackson will reach out to families after the Intrasquad if your child is being considered for a relay.**

Senior Champs at the CRWC in Iowa City are for swimmers who achieve an Open “Q” time. This meet will be P/F on Fri., Sat., and Sun. with a Timed Final session Thursday evening. Bonus swims and time trials are also permitted at this meet. 14&U swimmers who qualify are welcome to attend both meets.



