

WINTER WHITEOUT RECAP

LINN-MAR AQUATIC CENTER | SUNDAY, JANUARY 4TH



Congratulations to all Linn-Mar Swim Team athletes who competed at our annual Winter Whiteout. LMST had 140 total swimmers entered in the meet, with many earning rubber ducks in their respective races (heat winner or time ending in xx.26). A lot of students achieved personal best times in competed in new races. Thank you to everyone that was able to volunteer this past weekend!

The LMST coaching staff was also very impressed with the team behavior on deck, as the swimmers had a lot of team pride, cheered on teammates, and picked up after themselves. Way to go, LMST swimmers!

New 2025-26 Short Course IASI Championships "Q" Times

- Rory Breitbach - Girls 11-12 50 FR
- Saniha Deepak - Girls 11-12 50 FL
- Aatreye Dutta - Girls 11-12 50 BR
- Graham Goldsmith - Boys 10&U 50 BK, 50 FL
- Owen Goertzen - Boys 10&U 50 BK
- Annie Landherr - Girls 13-14 200 FR, 500 FR
- Frankie Martino - Girls 13-14 100 BK, 200 BR
- Isaac Nielsen - Boys 10&U 50 FR, 50 BK
- Josie Robinson - Girls 13-14 100 BR
- Joseph Saputra - Boys 13-14 100 BK, 200 BK
- Beau Zwanziger - Boys 10&U 50 BK

First Time Legal Swims

- Winston Brown - 100 IM
- Gabe Garms - 200 FL
- Jack Gray - 100 IM
- Elise Harper - 50 FL
- Addison Harris - 100 IM
- Evalyne Nie - 200 FL
- Louise Junk - 50 BR
- Reyaansh Karrotu - 25 BR
- Walter Klema - 25 BR
- Evalyne Nie - 100 IM
- Isaac Nielsen - 100 IM
- Aadhya Swami - 50 FL

New 2025-26 SCY Silver Cap Recipients

- Joseph Saputra
- Sheppard West

14&U MW All Stars- Team Iowa Selections

Good luck to LMST Senior swimmers Frankie Martino and Joseph Saputra who will compete for Team Iowa this weekend at the 2026 Midwest All Stars meet, and to LMST Assistant Coach Jon Stivers who will coach Team Iowa's 10&U Boys!

The Midwest All-Stars Meet is a multi-state, short course meet for swimmers who are 14 & under. Team Iowa will compete against the top age group swimmers from Colorado, Midwestern (Nebraska/Western Iowa), Missouri Valley (Kansas/Western Missouri), North Dakota, and South Dakota.

The meet will take place at the Wellmark YMCA in downtown Des Moines on January 9th to 11th.

Only 12 swimmers from each age group/gender were selected for the Iowa All Star team. Team Iowa selections were based on each swimmer's ability to best represent Team Iowa across all possible events. Each swimmer will compete in six individual events and may be selected to race on relays.

Good luck to Frankie, Joseph and Jon - way to represent LMST!

IASI Winter Regionals and 8&U Champs

Swimmers from all practice groups are encouraged to attend the IASI Winter Regionals and 8&U Championships at **Linn-Mar** on Saturday, February 14th and Sunday, February 15th.

There are NO Qualifying Times for this meet, swimmers are eligible to compete in any event that they DO NOT already have a state "Q" time in.

This is an end of the season championship meets for our swimmers that may not have a "Q" time yet. Swimmers in all groups have been preparing to "peak" for this meet. It is also the highest-level meet for 8&U swimmers in the state, and we encourage as many 8&Us to sign up as possible in hopes of competing for a state team title.

If your swimmer is not attending IASI Age Group Champs the following weekend in Cedar Falls, they are expected to swim at this meet. The LMST Entry Deadline for the meet is Wednesday, February 4th.

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

New this year, swimmers who win an event at the IASI Regional meet, 500 or shorter, AND meet the **National B Minimum** for the age group in which they would enter for 14 & younger ages or National BB Minimum for 15 & 16 for SENIOR events will qualify for the current season's IASI Championship meet in that corresponding age group (for Senior events at Short Course Champs, winners of 15 & Over age group events can advance) and event. They ARE eligible for BONUS events, up to the stated limit. This "win & swim" DOES NOT carryover to any future seasons, nor does it apply to winners of 8 & Under Championship events.

IASI Age Group (12&U) & Short Course Champs (13&O)

**IASI Age Group Championships Meet Entry Deadline:
Wednesday, February 11th**

Open to Bronze through Platinum swimmers in the **10&U and 11-12 age groups** who have achieved **IASI "Q" times**.

This year's IASI Age Group Championships will be held at the Cedar Falls Community Natatorium from Friday, February 20st to Sunday, February 22nd. Swimmers who have a "Q" should attend the meet. Athletes with one qualifying time can swim up to **three** bonus individual events.

If no more than 4 LMST swimmers in a respective age group qualify, the team may ask swimmers to compete as "relay-only" swimmers. Jackson will reach out to families after Ames/Iowa City if your child is being considered for a relay. If you are interested in being a relay only swimmer, please commit online.

[2026 IASI Age Group Champs \(12&U\) Meet Landing Page](#)

**IASI Short Course Championships Meet Entry Deadline:
Wednesday, February 18th**

Open to Platinum, Diamond and Senior swimmers who have achieved **13-14 and Senior** IASI "Q" times.

This year's IASI Short Course Championships (Senior "Q" time ONLY) will be held at the Wellmark YMCA in Des Moines from Thursday, February 26th to Sunday, March 1st. Swimmers who have a "Q" should attend the meet. Athletes with one qualifying time can swim up to **two** bonus individual events



Upcoming Practice Schedule Updates

1/8 (Th.) - On Thursday, the aquatic center will host a Middle School Boys swim meet. Consequently, LMST will move all practices to a later time on this night. Senior will start dryland at 6:15 PM. Silver-Senior will swim starting at 7:30 PM (end times will vary, check the [LMST Practice Calendar](#)).

1/10 (Sat.) - Platinum, Diamond, and Senior will have practice from 7:30-9:30 AM due to the LM HS Boys Invite. Male participants at the HS meet will use both locker rooms. **LMST Female swimmers attending Saturday practice are asked to not use the locker rooms once practice has started (swimmers can use the single user restroom on deck).**

1/13 (T) - LMST Senior will have swim from 4-6 PM and Dryland from 6-7 PM as the LMHS Boys team will be at an away meet. Silver-Diamond will still have practice at normal time on this night.

1/20 (T) - There will be NO LMST swim practice on this day due to the LMHS Boys Senior Night. Senior will have dryland at 3:45 PM.

1/22 (Th) - LMST Practice is TBD, as this day will be the CRANDIC Middle School Conference Meet. The team will look at possibilities at adding a practice since Tuesday the 20th will be cancelled. Stay tuned...

IASI Bag Tag - 12&U AG Champs

The Iowa Swimming LSC invites you to their first annual "Bag Tag Design Competition." Swimmers who enter have the chance to have their design as the next athlete "bag tag," passed out to all qualifiers at the 2026 IASI Age Group Championships in Cedar Falls on February 20th to 22nd. **Deadline to Submit is Friday, January 9th!**

Rules and Submission: [Bag Tag Submission Form](#)
For any questions, email Mehal.Raghwani@iaswim.org

Linn-Mar Middle School Meet Timing

The Linn-Mar Aquatic Center is looking for volunteer timers for the following Middle School boy swim meets:

- 1/8 (Th) - 3:30-5 PM (12 timers needed)
- 1/22 (Th) - 4:15-6 PM (18 timers needed)

[Timing at Middle School Boys Home Swim Meets Sign Up](#)

If you have any questions, please contact [Jennie Rickels](#).

LMST MEET SCHEDULE

FALL/WINTER (SCY) 2025-26

DATE	MEET	LOCATION
OCTOBER 4, 2025	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 18, 2025	BLST-LMST-PSC 13&O TRI MEET	CEDAR FALLS HS NATATORIUM
OCTOBER 18-19, 2025	COE COLLEGE HARVEST INVITE	COE COLLEGE NATATORIUM
OCTOBER 31- NOVEMBER 2, 2025	IFLY A3 MIDWEST CHALLENGE!	CRWC, IOWA CITY
NOVEMBER 21-23, 2025	DASH GIVING THANKS INVITATIONAL	DUBUQUE AQUATIC CENTER
DECEMBER 5-7, 2025	LMST "FAST & THE FLURRIOUS"\$	LINN-MAR AQUATIC CENTER
DECEMBER 19-21, 2025	BLST HOLIDAY CLASSIC	CEDAR FALLS HS NATATORIUM
JANUARY 4, 2026	LMST WINTER WHITEOUT\$	LINN-MAR AQUATIC CENTER
JANUARY 16-18, 2026	ACAC THE TUNDRA	DAN FLANNERY POOL
FEBRUARY 14-15, 2026	IASI REGIONALS 8&U CHAMPIONSHIPS	LINN-MAR AQUATIC CENTER
FEBRUARY 20-22, 2026	IASI AGE GROUP CHAMPIONSHIPS!	CEDAR FALLS HS NATATORIUM
FEBRUARY 26- MARCH 1, 2026	IASI SENIOR CHAMPS!	WELLMARK YMCA, DM

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?

Contact Jackson Allmon