



# LMST NEWS

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New Information Highlighted in  

## **BLST IMX Challenge Recap**

Cedar Falls | Sun, Nov. 3<sup>rd</sup>

Congratulations to all the LMST swimmers who competed at the 2024 Black Hawk Area Swim Team IMX Challenge at Holmes Junior High School in Cedar Falls on Sunday, November 3<sup>rd</sup>!

Individual awards were given to the top three individuals, men and women, in each age group (8&U, 10&U, 11/12, 13/14, 15&O), based on their cumulative time within those age group events.

### BLAST IMX Challenge Top Cumulative Times (Top 3)

- Owen Goertzen → Boys 8&U - 2<sup>nd</sup>
- Rory Breitbach → Girls 10&U - 2<sup>nd</sup>
- Francesca Martino → Girls 11-12 - 3<sup>rd</sup>
- Clayton Treharne → Boys 13-14 - 2<sup>nd</sup>
- Peter Wittnebel → Boys 15&O - 1<sup>st</sup>
- Tom Fireman → Boys 15&O - 3<sup>rd</sup>

### New 2025 IASI Short Course Champ Qualifying Standards (“Q” Times)

- Eloise Sanger → Girls 10&U - 50 FL

### First-Time Legal Swim

- Harper Dumolien → 100 FL
- Owen Goertzen → 100 IM
- Graham Goldsmith → 25 FL, 100 IM
- Colin Janda → 50 BR
- Sophia Janda → 100 FL, 200 IM
- Micah Reddinger → 100 IM

Thank you to all the families and coaches who made the trip to Cedar Falls on a cold and rainy daylight savings morning!



## Meet Information

# 2024 A3 Midwest Challenge

Iowa City, Iowa (CRWC) | Friday, Nov. 8<sup>th</sup> to Sunday, Nov. 10<sup>th</sup>

The A3 Midwest Challenge, hosted by the Iowa Flyers Swim Club, is this weekend (Friday, November 8<sup>th</sup> to Sunday, November 10<sup>th</sup>) at the University of Iowa Campus and Recreation Wellness Center in Iowa City, IA. LMST has 12 total athletes competing this weekend.

Competition details for the 2024 Iowa Flyers Midwest Challenge are now available on the [Meet Landing Page](#). The Meet page currently has the following information:

- [Meet Information](#)
- Psych Sheet (will be posted *tonight*)
- [Timelines](#)
- Chris Pose Photos ([QR Code](#))
- [Midwest Challenge Apparel](#)

Deadline to purchase meet specific apparel is **Nov. 15<sup>th</sup>**. Attached is the flyer to order. The meet host will also have the QR code available throughout the Natatorium.

### Meet Itinerary (WU Time/Start Time)

- **Friday Evening** (*Events 1-4*) → 4:30 PM/6:00 PM
- **Saturday Prelims** (*Events 5-16*) → 7:00 AM/8:30 AM
- **Saturday Finals/ Timed Final Relays** (*Events 17&18*) → 4:30 PM/5:30 PM
- **Sunday Prelims** (*Events 19-28*) → 7:00 AM/8:30 AM
- **Saturday Finals/ Timed Final Relays** (*Events 29&30*) → 3:30 PM/4:30 PM

Swimmers who are entered into preliminary & finals (top 24 swimmers from prelims) from pre heats who do not intend to swim must notify Jackson ASAP. Failure to scratch shall result in the swimmer being excluded from the next entered individual event.

Note: Families with swimmers who did not make the cut-off for limited entry events (400 IM/500 FR) will receive a refund on Commit.

## **A3 - Apparel & Caps**

Cap Deadline - 11/18

LMST is partnering with A3 Performance to bring families a new apparel line and cap order for this holiday season. **Deadline to order caps is Monday, November 18<sup>th</sup>**. All other items can be ordered at any time the next couple months and will be shipped to your mailing address.

## **Sick Swimmers**

When In Doubt? Stay Home..

As flu season starts to pick up, LMST encourages students who are not feeling well to “err on the side of caution” and stay home practice. Families should take into consideration the health of other students who may be attending practice. If you are not well enough to attend school, you should not attend practice!

## **HS Overlap Week**

Time Adjustments Start 11/11

On the week of November 11<sup>th</sup>, the Middle Schools Girls, High School Girls, and High School Boys swim teams will all be practicing after school at the Linn-Mar Aquatic Center, thus practice times will change for all groups ([see page 2](#)). Swimmers/families are welcome to leave practice earlier than the scheduled end time if need be.

## Practice Calendar

# Fall Calendar Updates → November

Please Check the [LMST Practice Calendar](#) and Newsletter for All Updates!

**Thursday, November 7<sup>th</sup>** → NO PM  
Practice due to High School Girls Diving Regionals.

Diamond, Senior, and National, will have morning practice at 6 AM tomorrow.

**Saturday, November 9<sup>th</sup>** → NO AM  
Practice due to Midwest Challenge meet and HS Girls Regionals

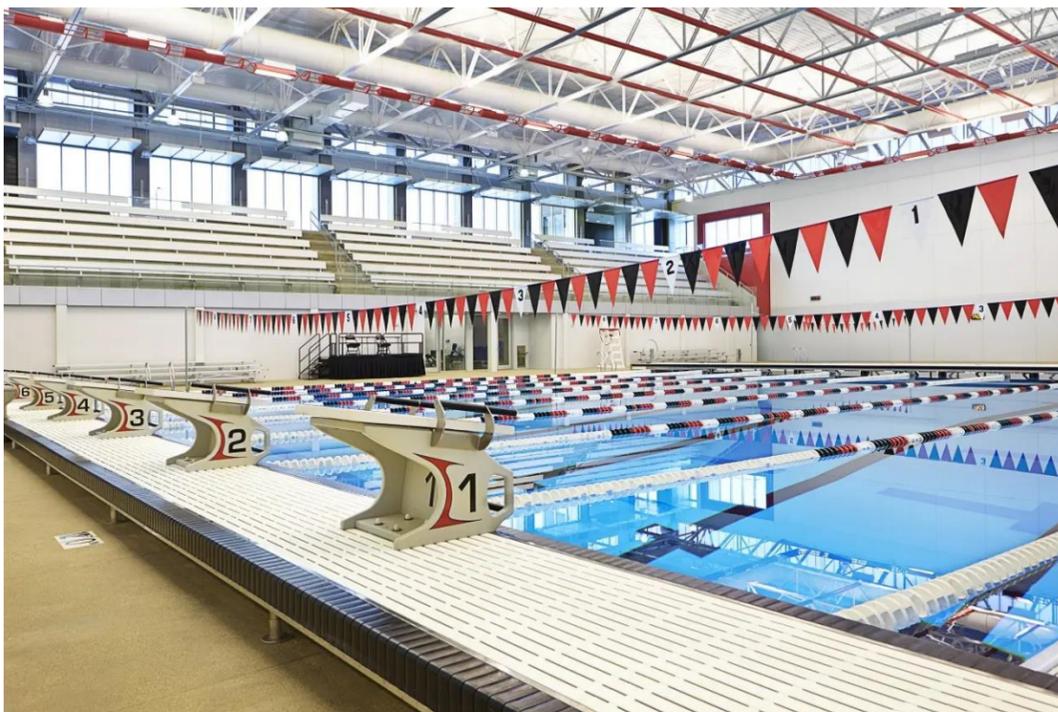
**Monday, November 25<sup>th</sup>** → NO PM  
Practice due to MS Conference Meet

### Week of 11/11 (HS Overlap Week)

- **Bronze** → 11/15 (F) at 6:30 PM, 11/16 (Sat.) at 8 AM
- **Silver** → 11/11 (M) & 11/13 (W) at 8 PM, 11/15 (F) at 7:20 PM, 11/16 (Sat.) at 9 AM
- **Gold** → 11/11 (M)-11/14 (Th) at 8 PM, 11/15 (F) at 6:30 PM, 11/16 (Sat.) at 9 AM
- **Platinum, Diamond, Senior** 11/11 (M)-11/14 (Th) at 8 PM, 11/15 (F) at 6:30 PM, 11/16 (Sat.) at 8 AM
- **Dryland** → Platinum (M) at 7 PM, Diamond (T & Th) at 7 PM, Gold (W) at 7:15 PM, No SR Dryland

### Thanksgiving Break

- **Bronze** → 11/27 (W) at 8 AM, 11/29 (F) at 10 AM
- **Silver** → 11/27 (W) at 9 AM, 11/29 (F) at 11 AM, 11/30 (Sat.) at 9:30 AM
- **Gold** → 11/27 (W) at 9 AM (dryland at 8:15 AM), 11/29 (F) at 10 AM, 11/30 (Sat.) at 9:30 AM
- **Platinum** → 11/27 (W) at 8 AM (dryland at 10 AM), 11/29 (F) at 10 AM, 11/30 (Sat.) at 9:30 AM
- **Diamond/Senior** → 11/27 (W) at 8 AM, 11/29 (F) at 10 AM (dryland at 9:15 AM), 11/30 (Sat.) at 9:30 AM



## High School Swimming

### 2024 IGHS AU Swimming Regionals

Linn-Mar Aquatic Center | Saturday, November 9<sup>th</sup>

The Linn-Mar Aquatic Center was selected as a site to host the Iowa Girls High School Athletic Union's Regional Dive (11/7), and Swim (11/9) meets.

Regionals is the penultimate competition in Iowa Girl's High School swimming, with many swimmers vying for a chance to qualify for the state meet in Marshalltown the following weekend.

The following teams are assigned to swim at the Marion Swim Regional this Saturday:

- Burlington
- Davenport Central
- Decorah
- Iowa City High
- Iowa City West
- Keokuk
- Linn-Mar
- Muscatine
- Pleasant Valley
- Tipton

The meet will begin at 12 PM.

Come cheer on LMST swimmers competing for Linn-Mar in what is many of their "peak meets."

Ticket prices during regional tournament play are \$8 for everyone Kindergarten-age and older. Link to buy tickets online:

[Linn-Mar State Qualifying Swim Meet Tickets](#)

## Meet Information

# LMST December Invite

## Hospitality Donating Signup Now Available

On Friday, December 6<sup>th</sup> to Sunday, December 8<sup>th</sup>, LMST is hosting our annual December Invite at the Linn-Mar Aquatic Center. All swimmers registered with LMST are encouraged to participate.

LMST swimmers will compete in the following sessions:

- Friday PM Session (Platinum, Diamond, Senior, National)
- Saturday AM Session (10&U)
- Saturday PM Session (11&O)
- Sunday AM Session (14&U)

There is not an entry fee for LMST swimmers to enter this meet. **The entry deadline is Tuesday, November 12<sup>th</sup>.**

The volunteering and **hospitality** signups are also now available under the "Jobs" tab on the Commit parent portal:

Members of LMST receive a \$25 credit when they volunteer to work a session at an LMST Invitational swim meet (please refer to the [LMST Volunteer Credit](#) policy).

**Deadline to sign up for a volunteer and hospitality slots is Thursday, December 5<sup>th</sup>.**

Please drop of donation items by the Assistant Aquatic Center Manager's office on **Thursday, December 5<sup>th</sup> if items are non-perishable.**

