

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VII, Edition XIII

Wednesday, November 12th, 2025

IGHSAU STATE SWIM MEET

IOWA CITY (CRWC) | THURS., NOVEMBER 13TH & FRI. NOVEMBER 14TH



Pictured Above: LMST Senior swimmer Ava Lutz competing at the 2025 IASI Age Group Swimming Championships at the Des Moines Wellmark YMCA on Saturday, February 22nd. Best of luck to Ava and her teammates at this weekend's IGHSAU State Swim meet (source: Chris Pose)!

On Saturday, November 8th, The Iowa Girls High School Athletic Union hosted its Regionals meets (state qualifier) at six different locations throughout the state of Iowa.

Congratulations to the following LMST swimmers who "punched their ticket" to the state meet at last weekend's Regionals (top 32 overall times):

- Layla Breitbach - 200 IM, 200 Free Relay, 100 Breast
- Addison Luck - 200 Medley Relay, 100 Free, 400 Free Relay
- Ava Lutz - 200 Medley Relay, 200

Individual Medley

- Courtlyn Morrissey - 200 Free Relay
- Jada Ripke - 200 Medley Relay, 100 Fly, 100 Back, 400 Free Relay
- Josie Robinson - 200 Free Relay
- Mackenzie Tristan - 200 Medley Relay, 200 Free, 500 Free, 400 Free Relay
- Lydia Wall - 200 Free Relay
- Teresa Zhang - 200 Medley Relay, 50 Free, 100 Back, 400 Free Relay

The IGHSAU State Swim Meet will be hosted at the CRWC at the University of Iowa on November 13th and 14th.

Preliminaries for individual events begin at 12 PM on Thursday. Finals for Individuals and Timed Finals for Relays will start at 12 PM on Friday.

The meet will be broadcasted live by the IGHSAU Digital Network (available on YouTube). The links to tickets or the free stream, in addition to other info (Heat & Lane Assignments, Meet Schedule, Spectator Letter, etc.) can be accessed below:

[2025 State Swimming and Diving Meet Central](#)

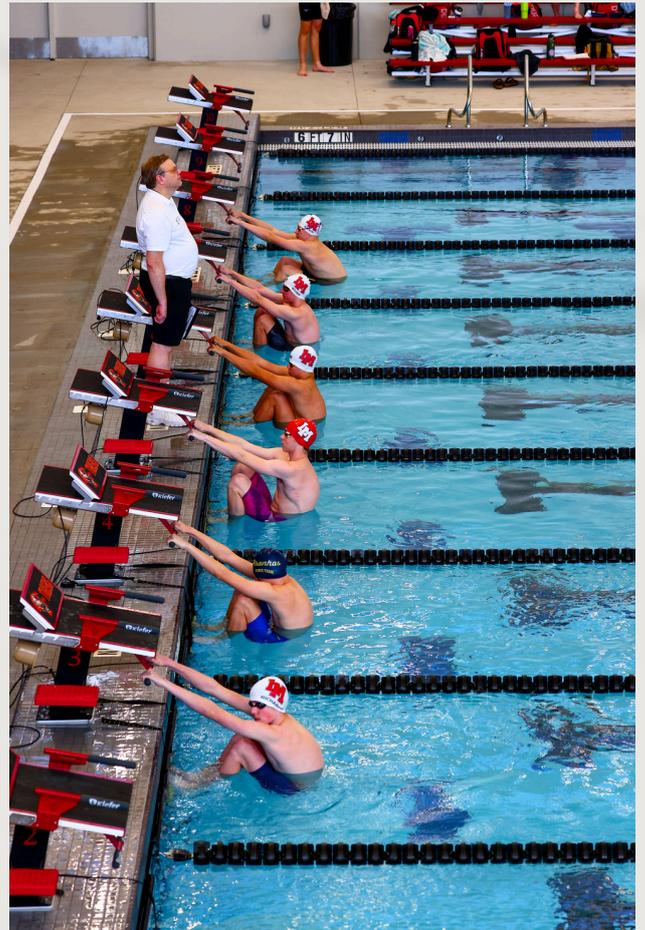
14&U Midwest All Star Registration

Team Iowa and Iowa Swimming extend an invitation to register your athlete for consideration for both Team Iowa and the 2026 Midwest All-Star Championship. The championship meet is scheduled for January 9-11, 2026, at the Wellmark YMCA in Des Moines, IA. To be eligible for registration; swimmers are required to be available for the entire three-day competition (Friday-Sunday), USA Swimming registration must be renewed for 2026, and meet the eligibility requirements. Team Iowa registration will close December 15, 2025.

To be considered for Team Iowa, swimmers must have achieved a minimum of a '[BB' USA Swimming motivational time standard](#)' in any Midwest All-Star event. Selections will be based on swimmers' best official times from SWIMS Data Hub, during the short course season from September 1, 2025, to December 21, 2025.

The deadline to register/apply for Team Iowa is Monday, December 15th.

All interested swimmers must apply through the [Team Iowa website](#). DO NOT sign up through Commit!



Fast & Flurrious Volunteers/Donations

On Friday, December 5th to Sunday, December 7th, LMST is hosting our annual Fast and Flurrious meet (formerly known as December Invite) at the Linn-Mar Aquatic Center.

The entry deadline has passed! If you missed signing up your child for the meet and they are still interested in competing, please reach out to Jackson ASAP. The meet is close to reaching max capacity!

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 Wednesday, December 3rd. Please drop of donation items by the Assistant Aquatic Center Manager's office on Thursday, December 5th if items are non-perishable.

BLST Holiday Classic

On Friday, December 19th to Sunday, December 21st, BLST is hosting their annual Holiday Classic at the new Cedar Falls Community Natatorium. All swimmers registered with LMST (Bronze, Silver, Gold, Platinum, Diamond, and Senior) are encouraged to participate.

LMST swimmers will compete in the following sessions:

- Friday PM Session (11&O Timed Finals)
- Saturday/Sunday AM Sessions (11&O Prelims)
- Saturday/Sunday Afternoon Sessions (10&U Timed Finals)
- Saturday/Sunday PM Sessions (11&O Finals)

After prelims, the top (10) 11-12 girls, top (10) 11-12 boys, top (20) 13-14 girls, top (10) 13-14 boys, top (20) 15&O girls, and top (10) 15&O boys will advance to finals on Saturday and Sunday evenings. The 11&12 and 13&O 500FR heats are Timed Finals with the fastest (10) swimmers of each event swimming in Saturday evening finals session.

The entry deadline is Thursday, November 13th.

Coe Harvest Invite Awards Update

The LMST staff was scheduled to receive the Coe awards last week. However, there was a printing error found in the awards by the host team before distribution.

If the awards are finished by Kohawk Aquatics in the next week, a Kohawk staff member will give it to an LMST coaching member. If the awards are not finished by then, Coach Jackson will get them at the DASH meet at the very latest. Thank you for your patience!

LMST Meet Entry Reports

Updated Entry Reports for the following meets have been posted to the LMST website:

- [DASH Giving Thanks Entry Report \(updated 11-7-25\)](#)
- [LMST Fast and Flurrious Entry Report \(updated 11-11-25\)](#)

Relay lineups for the DASH meet will be announced at the meet. There will be no relays contested at the LMST meet due to time constraints.

Bronze Pro-Rate: November 2025

Due to the lack of practice offerings available to the Bronze practice group this upcoming month, team administration has decided to prorate November practice fees. Active Bronze families will be charged the following for November fees this upcoming week:

In-District Bronze - \$60
Out-of-District Bronze - \$73

Bronze will practice on the following days in November: 11/3 (M), 11/5 (W), 11/7 (F), 11/14 (F), 11/17 (M), 11/19 (W), **11/21 (F) - TENTATIVE** (could change based on staffing), 11/26 (W), 11/28 (F).

A reminder that if your child will be inactive for the month of November, please reach out to Jackson or Parker (parker.craw@linnmar.k12.ia.us) to avoid billing.

LMST Athlete-Coach Meetings

Jackson has updated his meeting availability on Google for the months of November and December.

LMST Platinum, Diamond, and Senior athletes can schedule a meeting with Jackson to review short and long terms goals, areas of improvement within technique, etc. Athletes are welcome to schedule multiple meetings in a row (if 30 minutes is not enough) or schedule follow up meetings. This opportunity is recommended for swimmers 13 years of age or older.

Note: Swimmers can only sign up for ONE meeting once every two (2) weeks.

[Link to Schedule an Appointment with Jackson](#)

Practice Updates - November & Beyond

11/12 (W) - There will be NO LMST Evening Practice on Wednesday, November 12th due to the MS meet and HS Overlap week. LMST will return to normal evening practice times on Thursday, November 13th.

11/24 (M) - There will be NO LMST Evening Practice on Wednesday, November 12th due to the MS CRANDIC Conference Meet.

11/25 (T) - **Senior will practice from 4:00 to 6:00 PM** on this day as the HS Boys team is away at the Cedar Rapids Metro meet. All other practice groups (Silver-Diamond) will swim at their normal time on this day.

11/26 (W) & 11/28 (F) - On this Wednesday and Friday, LMST will practice in the AM. Bronze, Platinum, Diamond and Senior will practice at 9 AM. Silver/Gold will swim at 10 AM.

11/27 (Th) - There will be NO LMST Practice on Thanksgiving.

12/1 (M) - This will be the first day Senior returns to AM practice (M/W - 5:45-7:15 AM).

12/2 (T) - There will be NO PM LMST Practice on this evening due to the LM HS Boys Dual meet at the aquatic center. This will be the first day Senior will return to afternoon dryland (3:45-4:45 PM).

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