



LMST NEWS

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Wednesday, March 13th, 2024 • Volume IV, Offseason Edition



New Information Highlighted in

IASI Winter Regionals and 8&U Champ Recap

2/10 & 2/11 → Dubuque, IA

LMST had 52 swimmers attend the Winter Regionals meet at Dubuque Hempstead, including 7 8 & Under swimmers who competed in their “state meet.”

The LMST 8&U squad placed 6th overall. The following swimmers received a medal on the podium in their respective events at the champs meet (Individual- 1st to 8th):

- Norah Mulholland → 100 FR (8th), 25 BR (5th), 50 BR (5th), 100 IM (4th)
- Makayla Tristan → 25 FL (8th), 50 FL (3rd)
- Cambridge Wilcox → 50 FR (7th), 100 FR (5th), 25 BK (1st), 50 BK (2nd)

The following swimmers achieved a new 2024 SCY IASI Championships “Q” Time to compete at Age Group Champs the following weekend:

- Rory Breitbach → Girls 10&U 100 FR, 200 FR, 200 IM
- Everett Burr → Boys 13-14 100 FL, 200 IM
- Gabe Garms → Boys 10&U 50 FR
- Kennedee Gates → Girls 11-12 200 BK, 100 IM, 200 IM
- Alexa Goertzen → Girls 10&U 50 FR, 200 FR
- Anna Larson → Girls 10&U 50 BR
- Frankie Martino → Girls 11-12 100 FR, 200 FR, 500 FR, 200 BK, 100 FL, 200 IM
- Ruhan Raghvani → Boys Senior 1000 FR
- Jensen Rickels → Boys 11-12 500 FR
- Emerick Wilcox → Boys 10&U 500 FR

Swimmers with the biggest time drop from a personal best in each group:

- Bronze → Ruby Simonsen, 25 BR (-8.49)
- Silver → Cambridge Wilcox 200 FR (-14.49)
- Gold → Molly Weaver, 100 BR (-27.37)
- Platinum → Gus Martino, 200 BR (-29.66)
- Senior → Maddox Elliot, 1000 FR (-2:15.94)



Pictured Above: LMST swimmers cheering on teammates at the 2024 IASI Age Group Championships on Saturday, February 17th in Iowa City, Iowa (Source: Sarah Weis).

Team Calendar

LMST Spring Practice Group Schedule (April and May '24)

Practice Schedule from Monday, March 25th to Friday, May 17th

Bronze

- M-Th at 7:00 to 8:00 PM

Silver

- M-Th at 7:00 to 8:15 PM
- F at 5:15 to 6:45 PM

Gold

- M Dryland at 6:15 to 6:45 PM
- M-Th at 6:45 to 8:15 PM
- F at 5:15 to 6:45 PM
- Sat. at 7:30 to 9:00 AM (Starting 4/13)
- Sat. Dryland at 9:00 to 9:30 AM

Platinum

- M, W, F at 3:45 to 5:15 PM
- M Dryland at 5:15 to 6:15 PM
- T & Th at 6:45 to 8:15 PM
- Sat. at 7:30 to 9:30 AM (Starting 4/13)
- Sat. Dryland at 9:30 to 10:00 AM (w/ Diamond, Senior & National)

Diamond

- M at 5:30 to 7:00 AM (Starting 4/8)
- M-F at 3:45 to 5:25 PM
- T & Th Dryland at 5:30 to 6:45 PM
- Sat. at 7:30 to 9:30 AM (Starting 4/13)

Senior

- M at 5:30 to 7:15 AM (Starting 4/8)
- M-F at 3:45 to 5:45 PM
- T & F Lift at 6:15 to 7:15 AM (Starting 4/2, No 4/5)
- Sat. at 7:30 to 9:30 AM (Starting 4/13)

National

- M at 5:30 to 7:15 AM (Starting 4/8)
- M-F at 3:45 to 5:45 PM
- T & F Lift at 6:15 to 7:15 AM (Starting 4/2, No 4/5)
- Th at 5:30 to 7:15 AM (Starting 4/4)
- Sat. at 7:30 to 9:30 AM (Starting 4/13)

Spring Registration

Not Needed for Returners

Swimmers that registered for the 2022-2023 year (Fall Registration) do not need to do anything before the start of the Summer/Spring season. If you are a parent interested in registering your child for the first time, reach out to [Jackson](#).

New LMST Website

Create an Account Today!

Families should have received an invitation to join our new website, Commit, on 2/7. This is where all newsletters will be posted from now on. Families will still be billed on TeamUnify for April dues on the 1st.

Travel Reimbursement

JNATs & Spring Sectionals

Iowa Swimming Athlete Travel Reimbursement Applications for the qualified meets are due **April 1st**. Winter JNATs and Sectionals may qualify: [IASI Reimbursement Application](#)

Meet Recap

IASI SCY Champs Recap (Age Group & Senior)

2/16-2/18 → Iowa City IA (CRWC) | 2/22-2/25 → Des Moines, IA (Wellmark)

LMST sent a squad of 37 swimmers to compete at the 14 & Under state meet at the University of Iowa. Out of the 29 competing teams, LMST placed 6th overall.

The following swimmers received a medal on the podium in their respective events at the champs meet (Individual- 1st to 8th):

- Peyton Adair → 1650 FR (4th)
- Layla Breitbach → 100 BR (7th), 200 BR (5th)
- Greta Huberg → 1000 FR (8th), 500 FR (7th), 1650 FR (8th)
- Levi Richards → 1000 FR (8th)
- Jensen Rickels → 400 IM (8th), 200 BR (6th)
- Clayton Treharne → 100 IM (4th), 200 FL (3rd), 1000 FR (4th), 400 IM (3rd), 100 BK (3rd), 200 BK (2nd), 200 IM (6th)
- Mackenzie Tristan → 500 FR (8th), 1650 FR (7th)
- Bradyn Weis → 200 FR (6th), 1000 FR (2nd), 400 IM (3rd), 200 BR (5th), 500 FR (2nd)
- Emerick Wilcox → 100 FR (7th), 50 BR (8th), 100 IM (7th), 100 BR (5th), 50 FR (7th)
- Shay Williams → 200 FR (5th), 200 FL (2nd), 1000 FR (2nd), 100 BK (5th), 500 FR (3rd), 100 FL (1st), 50 FL (1st), 200 BK (5th)
- Teresa Zhang → 100 IM (7th), 100 BR (4th), 50 FR (4th), 100 BK (5th)

Congratulations are also in order to all 14 LMST swimmers who competed at the Senior State meet in Des Moines on February 22nd to the 25th. LMST placed 9th with a considerably smaller squad than those who finished ahead of us.



Pictured Above: LMST National swimmers Grace Whisenand and Mikala Schmidt at the 2024 Central Zone Speedo Sectionals meet in Iowa City, IA on Thursday, March 7th (Source: Chris Pose Photography).

Team Records

New LMST Team Records

LMST Website → [Team Records Page](#)

2023-24 SCY Individual Records

Clayton Treharne - 11-12 Boys

- 50 Yard Freestyle
- 100 Yard Freestyle
- 200 Yard Freestyle
- 500 Yard Freestyle
- 1000 Yard Freestyle
- 1650 Yard Freestyle
- 50 Yard Backstroke
- 100 Yard Backstroke
- 200 Yard Backstroke
- 50 Yard Breaststroke
- 100 Yard Breaststroke
- 200 Yard Breaststroke
- 50 Yard Butterfly
- 100 Yard Butterfly
- 100 Yard Individual Medley
- 200 Yard Individual Medley
- 400 Yard Individual Medley

Clayton Treharne - 13-14 Boys

- 100 Yard Backstroke
- 400 Yard Individual Medley

Cambridge Wilcox - 8&U Boys

- 25 Yard Freestyle
- 25 Yard Backstroke

Shay Williams - 11-12 Girls

- 200 Yard Butterfly

Congratulations LMST swimmers!

Team Calendar

2024 LMST Long Course Schedule

LMST Website → Meet Schedule

| Date | Meet |
|---|---|
| April 27 th | Linn-Mar Spring Splash - Marion, IA (SCY) |
| May 17 th - 19 th | IFLY David Armbruster Open - Iowa City, IA (13 & Over ONLY) |
| June 1 st - 2 nd | IFLY Junior Armbruster - Iowa City, IA (12 & Under ONLY) |
| June 8 th - 9 th | ICE Splash Out Hunger - Iowa City, IA |
| June 28 th - 30 th | CIA Beat the Heat - Des Moines IA |
| July 11 th - 14 th | BLST Summer Sizzler - Cedar Falls, IA |
| July 20 th - 21 st | IASI Summer Regionals and 8&U Championships - Iowa City or Dubuque IA |
| July 25 th - 28 th | IASI Long Course Championships - Des Moines, IA |
| August 8 th - 11 th | 14&U Central Zones Championships - Des Moines IA |

Entry Fees are *free* of charge for LMST families for meets in bold. **Check Commit to see what groups attend each meet.**

