

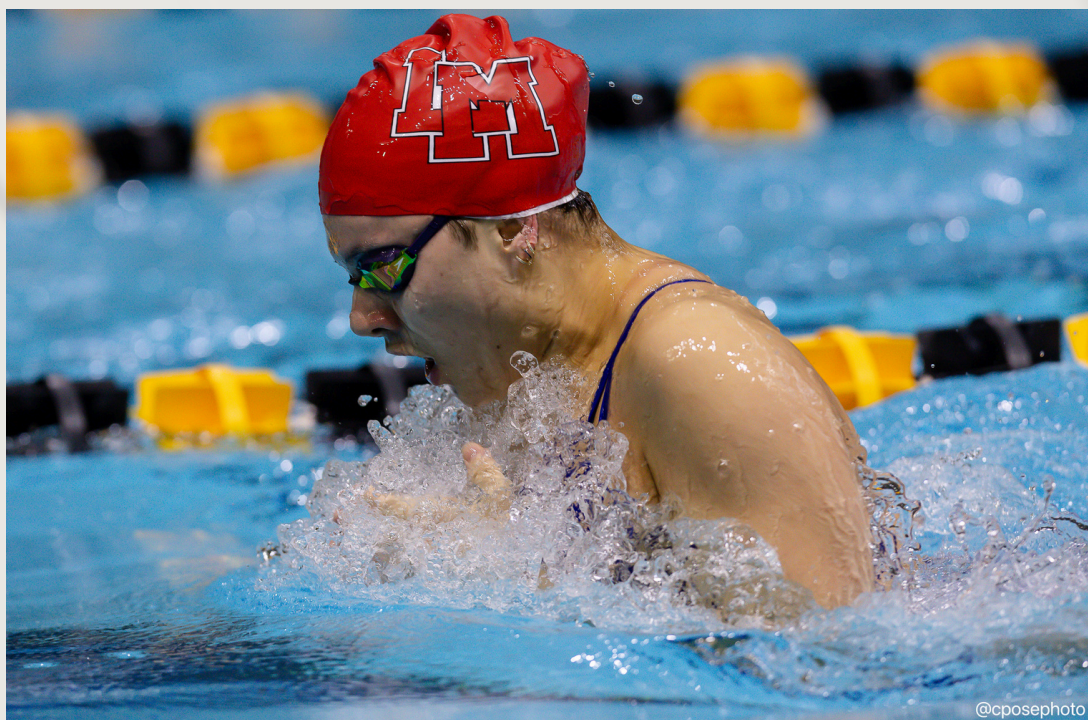
Inspire Learning. Unlock Potential. Empower Achievement.

Volume VIII, Edition XIII

Wednesday, June 17th, 2026

WAUKEE & VINTON MEET INFO

TIMELINES, ENTRIES, ATTENDING COACHES



Pictured Above: LMST Senior swimmer, Caite Schaffel competing at the 2026 IFLY Armbruster Open on Saturday, May 9th at the Campus Recreation and Wellness Center in Iowa City, IA (Source: Chris Pose).

Waukee Waves Summer Open Invite

On Friday, June 19th through Sunday, June 21st, select LMST swimmers will compete at the WW Summer Invite at the Waukee Schools Natatorium. This is a timed final meet with the exception of Saturday for 13&Os.

WW Meet Landing Page

A psych sheet and session report has been posted to the meet page. Heat sheets will be posted to this page.

Itinerary (Events) → WU/Start Time

- Friday Afternoon (#1-10) → 12:30 PM/2:00 PM
- Saturday AM Prelims- 13&O (#31-42) → 7:00 AM/8:30 AM (**INCLUDES "B" 200 MEDLEY RELAYS**)
- Saturday Afternoon - 12&U (#11-30) → 12:15 PM/1:00 PM

- Saturday PM Finals- 13&O (#31-42) → 4:30 PM/5:30 PM (**INCLUDES "A" 200 MEDLEY RELAYS AND TOP 2 HEATS OF 400 IMS**)
- Sunday AM Timed Finals- 12&U (#43-62) → 7:30 AM/8:15 AM
- Sunday Afternoon - 13&O (#63-74) → 11:00 AM/12:30 PM

Coach George, Julia, and Jackson will be at this competition. If your swimmer is planning to miss or scratch an event, or session, please reach out to them.

There will be NO chase starts this year!

Vinton 63rd Annual Invite

On Saturday, June 20th and Sunday, June 21st, LMST will attend Vinton Aquatic Club's 63rd annual Invitational at the Vinton Community Outdoor Pool.

Vinton Invite Psych Sheet

Itinerary (Events) → WU/Start Time

- Saturday AM- 13&O + Girls 11-12 (#1-38) → 7:30 AM/8:30 AM
- Saturday Afternoon - 10&U + Boys 11-12 (#39-76) → 11:30 AM/12:30 PM
- Saturday AM- 13&O + Girls 11-12 (#77-110) → 7:30 AM/8:30 AM
- Saturday Afternoon - 10&U + Boys 11-12 (#111-142) → 11:30 AM/12:30 PM

Coach Owen, Oz, Regina, Wilson, and Stephanie will be in attendance at this meet throughout weekend.

Central Zone Multicultural Meet

Good luck to Dhyan Deepak, Saniha Deepak, Aatreye Dutta, Ava Lutz, Courtlyn Morrissey, Claire Phillips, Sai Ramesh, Kundana Sanaka, Oliver Snyder, Shay Williams, as well as Coach Jay and Meredith on representing Team Iowa this weekend in Madison, WI!



Pictured Above: LMST Gold swimmers (left to right, top to bottom) Makayla Tristan, Kundana Sanaka, Carter Beierschmitt, Lily Fireman, Khushi Dua, Kenzie Schwartzhoff, Aarush Govinda Raju, and Jack Gray participating in a "two-person" butterfly drill at practice on Monday, June 16th (source: Melissa Williams)..

LMST Practice Updates – June and July

Thursday, June 18th

- There will be NO Senior *morning* practice in preparation for the Waukee, Vinton, and Multicultural meets this upcoming weekend.
- There will be NO Diamond afternoon dryland with this upcoming weekend's focus meets and Coach Jay's absence.
- All afternoon and evening *swim* practices will go on as originally scheduled.

Friday, June 19th

- Diamond and Senior will have regularly scheduled practice at 7:30 AM, and Silver-Platinum will have practice at 9:30 AM. AM practices on this day will be catered towards those not swimming in Waukee on Friday. Practice is *optional* for Friday meet attendees.
- There will be NO Senior Dryland due to various meets.

Saturday, June 20th

- There will be NO practice on this morning due to lack of staffing and anticipated attendance numbers.

Monday, June 22nd

- There will be NO Senior morning practice to allow swimmers to recover from various meets.
- Afternoon and evening practices will go on as scheduled.

Friday, June 26th to Friday, July 3rd

- Coach George, Jackson, Julia, and Melissa will be out-of-state for the Senior Training Trip. Bronze-Diamond practices will go on as originally scheduled, as we have the staff to fill in the gaps for Julia and Melissa's absence. For the Senior schedule in Marion, please stay tuned as Jackson is working with Coach Jay, Owen, and Oz to provide the most optimal training experience around coaching availability + facility operation.

LMST School's Out Tri Meet Recap

Congratulations to all swimmers who competed at our first edition of the LMST "School's Out" Triangular meet against the Iowa City Eels and Black Hawk Area Swim Team!

Thank you to all of the parents who volunteered during the swim meet and/or donated to the cookout! The post-meet celebration was a big hit!

New IASI Long Course Championships Qualifying Standards ("Q" Times):

- o Peyton Adair - Boys Senior 50 Butterfly
- o Jayden Beierschmitt - Boys 13-14 50 Backstroke
- o Isaiah Elhard - Boys Senior 50 Breaststroke, 200 Breaststroke
- o Kate Caldwell - Girls 11-12 50 Backstroke, 50 Butterfly
- o Norah Foreman - Girls 13-14 50 Freestyle
- o Annie Landherr - Girls 13-14 50 Backstroke
- o Isaac Nielsen - Boys 10&U 100 Individual Medley
- o Micah Reddinger - Boys 10&U 50 Backstroke
- o Rylee Sieren - Boys Senior 50 Backstroke
- o Oliver Snyder - Boys 11-12 200 Freestyle
- o Madeline Throgmorton - Girls 10&U 50 Breaststroke
- o Peter Wittnebel - Boys Senior 50 Backstroke

2026 Spring Speedo Central Zone Sectional Qualifying Standards (LMST Red Cap)

- Peter Wittnebel - Men's 200 Individual Medley

IASI Open Water Champs - Entry Deadline 6/19

Entries for Iowa's first Open Water Championships on Monday, June 29th are now available on Commit. The LMST deadline to enter from is **Friday, June 19th**.

The inaugural LSC Open Water champs will be held at Easter Lake Park near Des Moines. If you haven't already looked at this, please take some time to review the information provided on the [OW Meet Information Page](#) set up by the Open Water Committee.

LMST is currently trying to work on sending a coach (if there is enough teamwide interest).

There are qualifying times for the meet, based off of 400/500, 800/1000, 1500/1650 times in standard pool competition. If you are not sure whether your child qualifies, you are welcome to contact Jackson. There will be varying distances for varying age groups (please check the meet page or meet information packet).

This is a new competitive opportunity for our athletes within Iowa, and the LSC needs support in order for this to become an annual opportunity.

IASI Governance

The Iowa Swimming LSC is looking for 2 volunteers to support LSC activities and the board, specifically the DEI committee chair and a parent liaison for the Athlete Executive Committee:

- The DEI Chair is a voting board position that is responsible for supporting outreach, multicultural, and disability activities and initiatives that support USA Swimming and the LSC: [DEI Info - USA Swimming](#)
- The Athlete liaison is a newer position (not a board position) that provides mentorship, guidance, and helps facilitate athlete programs and initiatives. LMST parent Nisha Raghvani started this role a couple of years ago and has been tremendously beneficial to the athletes and the LSC. We are looking for a parent willing to take over this role. Some (reimbursed) travel is required.

For more information, contact Jackson.

2026 Open Water Central Zones Recap

Congratulations to the following LMST swimmers who competed for Team Iowa at this past weekend's Central Zone Open Water Champs in Pleasant Prairie, Wisconsin:

- Ava Lutz - 72nd (15&O Girls 5k)
- Mackenzie Tristan - 25th (15&O Girls 5k)
- Shay Williams - 61st (15&O Girls 5k)
- Bradyn Weis - 15th (13-14 Boys 2.5k)
- Elizabeth Yetter - 73rd (15&O Girls 5k)

Team Iowa swam against top competitors from the surrounding LSCs in the Midwest United States for a Central Zones OW title. Way to represent LMST!

LMST Evaluation Night- 7/8(W), 7/15 (W) 7:30 PM

The LMST age group coaching staff will be hosting "Evaluation Nights" on the following evenings the summer:

- Wednesday, July 7th from 7:30-8:45 PM
- Wednesday, July 18th from 7:30-8:45 PM

The following groups of students are invited to attend this free opportunity:

- New families interested in registering for LMST for the 2026 Fall/Winter season
- Inactive LMST swimmers who did not train during the Spring/Summer season, but are interested in Fall practice group placement

[LMST Evaluation Night Registration Link](#)

LMST MEET SCHEDULE

SPRING/SUMMER (LCM) 2026

DATE	MEET	LOCATION
APRIL 25, 2026	LINN-MAR SPRING SPLASH (SCY) \$	LINN-MAR AQUATIC CENTER
MAY 2-3, 2026	EELS LONG COURSE KICKOFF	MERCER AQUATIC CENTER
MAY 8-10, 2026	IFLY DAVID ARMBRUSTER OPEN	CRWC, IOWA CITY
MAY 23, 2026	DASH SPRING PENTATHALON (SCY)	DUBUQUE AQUATIC CENTER
JUNE 6-7, 2026	EELS SPLASH OUT HUNGER	MERCER AQUATIC CENTER
FRI, JUNE 12TH (UPDATED 5-13)	'SCHOOL'S OUT" TRI - BLST/EELS (SCY)	LINN-MAR AQUATIC CENTER
JUNE 19-21, 2026	WAUKEE OPEN SUMMER INVITE !	WAUKEE NATATORIUM
JUNE 20-21, 2026	VAC ANNUAL VINTON INVITATIONAL (SCM)	VINTON COMMUNITY POOL
JULY 9-12, 2026	BLST SUMMER SIZZLER	THE FALLS, CEDAR FALLS
JULY 18-19, 2026	IASI REGIONAL AND 8&U CHAMPIONSHIPS (SCY)	DUBUQUE AQUATIC CENTER
JULY 23-26, 2026	IASI LONG COURSE CHAMPIONSHIPS !	CRWC, IOWA CITY
JULY 29 - AUGUST 2, 2026	TYR FUTURES CHAMPIONSHIPS !	MADISON, WI

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

! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?

Contact Jackson Allmon