



# LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

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New Information Highlighted in **■**

## Volunteer Assignments

### Spots Still Available!

The current LM Fall Invite Volunteer Assignments are located on the 'Jobs' tab of the Commit Parent Portal. Timers, runners, and awards helpers are expected to arrive to your position 25-30 minutes before your session's start time. Announcer and Timing Computer Operator are to arrive at the start of warmups.

All volunteers upon arrival will check in with Nisha Raghvani (Volunteer Leader) upstairs to confirm that they are present and gain a better understanding of their role/responsibilities.

**LMST is still looking for parents to volunteer in the following positions:**

- AM Session (10&U)
  - Timers (1)
  - Awards (1)
- PM Session (11&O)
  - Timers (7)
  - Announcer (1)

The deadline to sign up for volunteer positions & donations is tomorrow, Thursday, October 3<sup>rd</sup>. If you are interested and are having trouble signing up, reach out to Jackson. **Reminder that the LMST Volunteer Credit Policy applies for this meet!**

Please consider signing up to volunteer, so that we can continue to host home meets for LMST students and families.

Families that signed up to donate food to Hospitality are strongly encouraged to bring items to the aquatic center Thursday (10/3) or Friday night (10/4) during evening practice. Jackson will put a table outside his office to place donations on Th./Fri.

Families with items that need refrigeration can send their items with their swimmers on deck, and Jackson can put them in the aquatic center fridge.

**We are also still looking for the following donations for this weekend: Greek Yogurt (18 pack), Pack of Strawberries (Washed), Grapes (Washed), Peanut Butter Sandwich Crackers, Uncrustables (18-20 count)**



Pictured Above: LMST swimmer Saniha Deepak competing at the 2024 IASI Long Course Championships in Des Moines, IA on Sunday, July 28<sup>th</sup> (Source: Chris Pose).

## Meet Information

# 2024 LMST Fall Invite

Saturday, October 5<sup>th</sup> | Linn-Mar Aquatic Center, Marion, IA

On Saturday, October 5<sup>th</sup>, LMST is hosting our annual Fall Invite at the Linn-Mar Aquatic Center.

The current meet information, psych sheet, warmup assignments, and session/timeline report have been posted to the Fall Invite meet page:

Linn-Mar Robotics is organizing a food drive to benefit the Linn-Mar Pride Pantry. The Linn-Mar Pride Pantry is an amazing resource for students experiencing food insecurity within the Linn-Mar Community School District. A collection point will be available at the swim meet.

Acceptable items to donate are non-perishable, such as canned vegetables/fruits, peanut butter, pancake mix, pasta, jarred pasta sauce, crackers, cereal, or other similar non-perishables. **Items can be placed in the north side of the stadia bleachers.**

We are also looking for experienced swimmers in the Platinum-Senior groups to help line up swimmers on Saturday AM. Reach out to Jackson if your swimmer is interested (may be eligible for vol. credit).

[2024 LMST Fall Invite Meet Page](#)

### AM Session Itinerary (10 and under)

- Arrival Time on Deck: **7:40 AM** (Swimmers should arrive in their swimsuits, ready to warm-up. Swimmers who need Event/Heat/Lane written on their arms can arrive earlier)
- Meet Warm-Ups: **8:00-8:40 AM**
- Meet Start: **9:00 AM** (Please refer to the Session Report/Timeline to find out when your child is swimming each event)
- Meet Conclusion: **11:45 AM** (Most students are in relays at the end! Swimmers should check in with a coach before leaving)

### PM Session Itinerary (11 and over)

- Arrival Time on Deck: **11:45 AM**
- Meet Warm-Ups: **12:00 PM**
- Meet Start: **1:00 PM**
- Meet Conclusion: **4:45 PM** (students are welcome to leave once they have competed in their final event)

## LMST Caps Available

Email Jackson if Interested

LMST will have team caps available at this Fall Invite. If your swimmer is interested in having a cap, please reach out to Jackson, & he will give your swimmer a cap at the meet. Caps are \$14 and are billed via Commit.

## Quad Meet Tailgate

Please RSVP/Donate!

RSVP and sign-up **ASAP** to donate, volunteer, & bring items for volunteers to borrow for the Quad Meet Tailgate on 10/19: [Quad Meet Tailgate RSVP/Sign-Up](#) (more info in 9/25 LMST News).

## 10/8 (T) PM Practice

NO Evening Practice

All afternoon/evening practices (swim and dryland) on Tuesday, October 8<sup>th</sup> will be cancelled due to the Linn-Mar High School Girls dual meet. Senior and National will still have morning practice from 6:00 to 7:45 PM on this day.

## Meet Schedule

# Upcoming Meet Entry Deadlines

Kohawks Harvest Invite, **Midwest Challenge (Iowa City)**, DASH Giving Thanks

### Kohawks Harvest Invite

On Saturday, October 19<sup>th</sup> and Sunday, October 20<sup>th</sup>, LMST will be compete in the Kohawk Harvest Invitational at the Coe College Natatorium in Cedar Rapids, IA.

The deadline to enter this meet is **Thursday, October 3<sup>rd</sup>**. Entry Fees are \$6 per individual event with an IASI Splash Fee of \$6 per swimmer.

*This meet is strongly recommended for all Bronze, Silver, and Gold swimmers on Saturday.* Platinum and Diamond swimmers may compete on Saturday. Platinum, Diamond, Senior, and National swimmers are eligible to compete on Sunday morning (swimmers who are competing at the Quad are welcome to compete on Sunday, may help with completing events for the Silver cap).

### A3 Midwest Challenge

On Friday, November 8<sup>th</sup> to Sunday, November 10<sup>th</sup>, LMST Diamond, Senior, and National swimmers will attend the A3 Midwest Challenge meet at the CRWC in Iowa City, IA.

On Friday, they will contest the 400 IM and 1650 FR in a prelim/final format. On Saturday and Sunday, it will be prelim/final with the top 24 swimmers qualifying for finals.

Only swimmers with a [USA Swimming 15-16 "A" Motivational time](#) are eligible to compete. If you have any questions about whether your child qualifies, please reach out to Jackson.

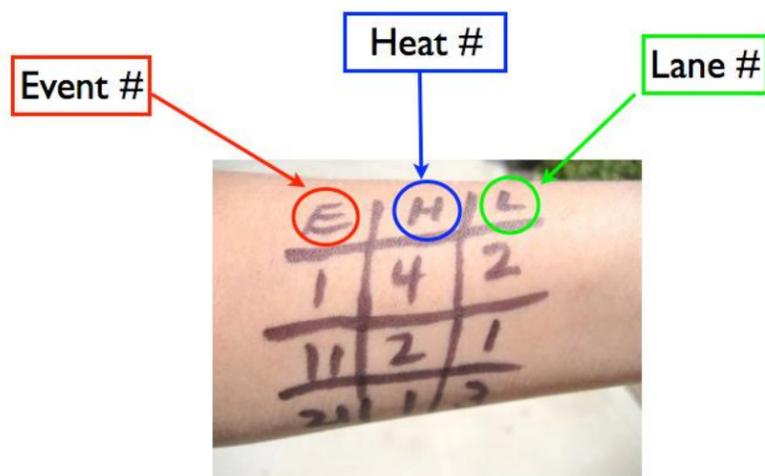
The deadline to enter this meet is **Monday, October 7<sup>th</sup>**. There will be a fee per event entered.

### DASH Giving Thanks

On Friday, November 22<sup>nd</sup> to Sunday, November 24<sup>th</sup>, LMST will attend the DASH Giving Thanks meet at the Dubuque Community Schools Aquatic Center. All swimmers who are currently registered with the team are also eligible to participate in this meet.

The deadline to enter this meet is **Friday, October 4<sup>th</sup>**. There will be a fee per event entered.

Friday will be a distance session where only swimmers in Gold and above are eligible to compete. Saturday, 11&O swimmers will have a prelim/final format (top 16 for 11-12, top 24 for 13&O). Sunday Afternoon, 11&O swimmers will compete in Timed Finals. 10&U will compete in Timed Finals Saturday Afternoon and Sunday Morning.



The above grid show this swimmer is in event #1, heat #4 and in lane #2

Their next event will be event #11, heat # 2 and lane # 1

Pictured above: A swimmer's arm with their Event, Heat, and Lane Assignments for all of their races that session. It is also recommended for swimmers to write the race as an additional column for each row. For example, the swimmer would write "100 FREE in same row as Event #1).

## Parent Information

# Swim Meet Expectations

## Information for New LMST Families

If your child is entered to compete in this Saturday's meet, but you know that they will not be able to attend/participate, please reach out to Jackson as soon as possible. We already have relay teams assigned for the morning. This will help coaches find substitutes if need be.

Swimmers in each session should arrive in their swimsuit, so that they are ready to warmup as soon as their warmup time

begins. *All swimmers must warmup with the team for the entirety of the warmup time.* If your child is not able to make warmups at the start, please let me know, or your child will be assumed absent.

Students are encouraged to stay down on deck for the duration of the competition. If students would like to go upstairs, please ask a coach. Coaches encourage athletes against buying concession food!

## Meet Information

# Fall Invite Event, Heat, Lane Report

View Before Saturday's Meet!

The Event, Heat, and Lane assignments PDF is now posted on the [Fall Invite](#) meet page (scroll to bottom for attachments)

To find out what events your child is competing in, search for your child's name in the pdf (sorted alphabetically by last name).

The number to the left of the race is the event number (ex.: #1 is the event number for the Girls 10&U 100-yard Free).

To the right of the swimmer's seed time (either designated by NT/no time or with a previous best time indicated by 0:00.00) is the heat and the lane number respectively (ex. 2/4 means they are in Heat #2, Lane #4).

Reference the picture to the left for new swimmers. Use the link above to write your child's E/H/L down on their arm with Sharpie before they arrive to the meet Saturday morning.

We encourage swimmers to write down E/H/L assignments to help assist your swimmer to not miss their races.

I recommend writing their E/H/L Friday evening before your child goes to sleep, so it is not a worry the morning of. We will also have coaches on deck to help before & after warmups to write down E/H/L on swimmers for those that haven't already but write it before the meet if possible.



