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Wednesday, June 18th 2025

WAUKEE WAVES OPEN

MEET LANDING PAGE: PSYCH SHEET, OFFICIALS SIGNUP, TIMELINE



Pictured Above: LMST Swimmers (from left to right) Frankie Martino, Megan Keuper, Shay Williams, Mackenzie Tristan, and Ava Lutz competing at the Central Zones Open Water Championships in Pleasant Prairie, Wisconsin on Friday, June 13th (source: Joe Tristan).

The Waukee Open Invite, hosted by Waukee Waves swim team, is this weekend (Friday, June 20th to Sunday, June 22nd) at the Waukee Schools Natatorium in Waukee, IA.

This is a timed final meet, with the exception of Saturday for 13&O swimmers. LMST has 48 total swimmers entered in the meet.

The meet is a full meet with almost 600 swimmers competing. Psych sheet and sessions reports can be found on the meet webpage.

[Waukee Open Invite Meet Page](#)

Heat sheets will be posted on this webpage by tonight.

Chase starts will be used for Friday PM session, Saturday AM session, and Sunday PM session. Sessions that have 13 & Older events. Chase starts will be used for all events except the 50 Free, Relays, and the Backstroke events (only one set of backstroke ledges are available).

For events with chase starts, odd heats will start from the South Side and even heats will start from the North Side (diving board side) of the pool. All other events will start from the South Side of the pool.

Itinerary (Events) → WU/Start Time

- Friday Afternoon (#1-10) → 1:30 PM/3:00 PM
- Saturday AM Finals- 13&O (#37-46) → 7:00 AM/8:30 AM
- Saturday Afternoon - 12&U (#11-34) → 1:00 PM/1:45 PM
- Saturday PM Finals- 13&O (#35-46) → 4:45 PM/6:00 PM
- Sunday AM Timed Finals- 12&U (#47-70) → 7:30 AM/8:15 AM
- Sunday Afternoon - 13&O (#71-82) → 11:30 AM/1:00 PM

Open Water Recap

Congratulations to the Linn-Mar Swim Team athletes who competed at Team Iowa meets this past weekend. Swimmer represented the Iowa Swimming LSC, and raced against athletes from the Arkansas, Illinois, Indiana, Lake Erie, Michigan, Minnesota, Missouri Valley, Midwestern, North Dakota, Oklahoma, Ohio, Ozark, South Dakota, and Wisconsin LSCs.

LMST had a crew of 12 swimmers who raced at the 2025 Central Zones Open Water competition in Pleasant Prairie, Wisconsin on Friday, June 13th. To qualify for OW Zones, swimmers must have achieved a USA Swimming "A" motivational time in a distance freestyle event. For many, this was their first time competing in an open water race!

- Girls 10&U 1.25k → Rory Breitbach (9th)
- Boys 11-12 2.5k → Joseph Saputra (11th)
- Girls 13-14 2.5k → Mackenzie Tristan (22nd), Megan Kueper (32nd), Ava Lutz (65th), Shay Williams (66th), Frankie Martino (68th)
- Boys 13-14 2.5k → Bradyn Weis (5th), Levi Richards (18th), Nathan Saputra (34th)
- Men 5k → Peter Wittnebel (31st), Clayton Treharne (39th)



Pictured Above: LMST Swimmers (from left to right) Levi Richards, Bradyn Weis, and Nathan Saputra competing at the Central Zones Open Water Championships in Pleasant Prairie, Wisconsin on Friday, June 13th (source: Melissa Williams).

IASI LC Champs

Entries are now open for 2025 IASI Long Course Championships. To check if your swimmer is qualified for their age group, see the [IASI Championship "Q" Times](#). Athletes can qualify with Long Course Meters OR Short Course Yards times. The meet will be held at the Wellmark YMCA in Des Moines from Thursday, July 24th to Sunday, July 27th.

Athletes that have achieved a qualifying standard in one event and are entered in that event, may enter up to two bonus events. Athletes that have achieved qualifying standards in two events and are entered in those events may enter one bonus event. Swimmers may also compete in Time-Trials.

If no more than 4 LMST swimmers in a respective age group qualify, the team may ask swimmers to compete as "relay-only" swimmers. Jackson will reach out to families after the Summer Sizzler if your child is being considered for a relay. If you are interested in being a relay only swimmer, please commit online.

[IASI Long Course Champs Meet Landing Page](#)

[IASI Long Course Champs Order of Events](#)

PAC/BLST Entries

Entries for upcoming meets have been posted to the Linn-Mar Swim Team website:

[LMST PAC Tri Meet Entry Report](#)

[LMST BLST Summer Sizzler Entry Report](#)

The PAC meet is a one-day, timed final meet at the University of Northern Iowa on Thursday, June 26th. The Summer Sizzler is from Thursday, July 10th to Sunday, July 13th. 13&O will be prelim/final on Friday and Saturday. 12&U will be timed final Friday & Saturday afternoon/Sunday morning. Thursday evening will be timed final 50s.

Friday Practice - 6/20

On Friday, June 20th, Platinum, Diamond, and Senior will have an **OPTIONAL** practice from 8:15-9:00 AM at the Linn-Mar Aquatic Center. This is due to most of the swimmers in these three groups swimming at the Waukee Invite on Friday afternoon. Swimmers attending the 8:15 AM practice will swim a short, low intensity set in preparation for the meet. Other swimmers may choose to sleep in if they would prefer.

Silver & Gold will have a normal practice from 8:15-9:45 AM on Friday, June 20th.

IASI On Deck Etiquette

Message from the IASI Professional Staff:

“We kindly remind everyone that glass is not permitted in any of our facilities at any time. This policy is in place to ensure the utmost safety for our athletes, coaches, and officials, and we appreciate your respect for the provided signage and event directions. By adhering to these guidelines, we can work together to create a smooth and enjoyable competition experience for all participants.

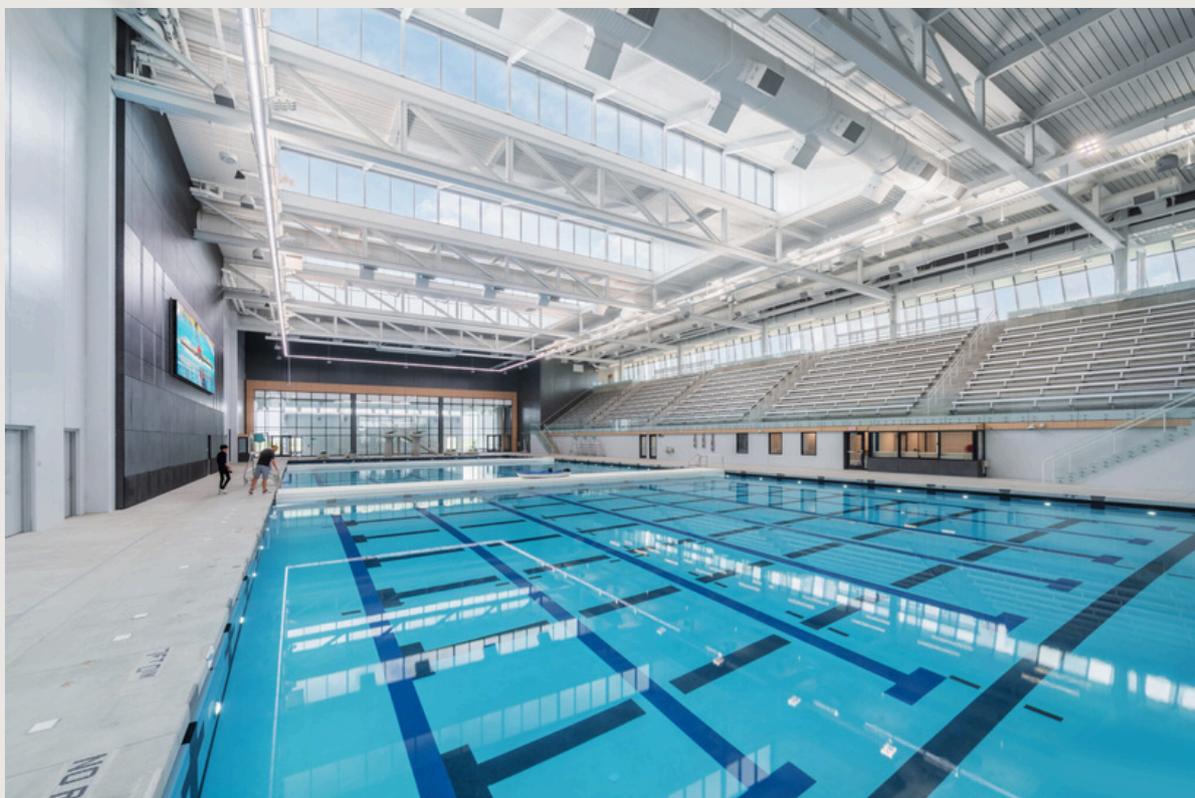
Let’s celebrate our shared commitment to a safe and supportive atmosphere that fosters teamwork and inclusivity within the Iowa Swimming community! Thank you for your understanding and support!”

IASI Social Media

Message from the IASI Professional Staff:

“We encourage all participants, spectators, coaches and officials to continue utilizing the link provided and the QR codes hung up around our facilities to submit your photos. We want to showcase YOU on our social media platforms, including Instagram, Facebook, and TikTok. Let’s work together to highlight the camaraderie and achievements that make our swimming family great.”

[Submit Content for Social Media HERE](#)



Pictured Above: The Waukee Schools Natatorium, site of this year's Waukee Waves Open Invite. Good luck this weekend, LMST swimmers!

2025 USA Swimming Central Zone Athlete Summit

Congratulation to Linn-Mar Swim Team Senior athletes Layla Breitbart and Mehal Raghvani on being selected to represent Iowa Swimming LSC at the 2025 Cental Zones Athlete Leadership Summit. The summit will be held at Cleveland State University in Cleveland, Ohio on June 19th to 22nd. Each LSC is only allowed four swimmers to attend the Summit.

The mission of the summit is to engage Central Zone athletes with collaborative conversation and networking across LSCs in order to develop action plans that lead to effective communication, successful implementation, and continuity for LSC athlete committees and their projects.

This year's athlete summit will have an emphasis on being hands on and collaborative as an "action workshop". Athletes will have the opportunity to work collectively across LSCs to understand how to design and implement events and ideas that will better their LSCs athletes for the future.