

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VIII, Edition VI

Wednesday, April 29th, 2026

EELS LONG COURSE KICKOFF

PSYCH SHEET, TIMELINE NOW AVAILABLE ON [MEET LANDING PAGE!](#)



@cpo

On Saturday, May 2nd and Sunday, May 3rd, the Iowa City Eels will once again host their 2026 Long Course Kickoff meet!

Warmup assignments, session/timeline report, and a psych sheet have been posted to the Long Course Kickoff meet page:

[EELS Long Course Kickoff Meet Page](#)

Heat Sheets will be posted by Thursday night.

Everyone should enter through the main entrance. The back gate will not be open. If folks want to go onto the patio they can, but they must enter the patio from the pool deck. The host team should have space for everyone on deck, but the gym will be open if

anyone wants extra room.

The morning sessions are on the shorter side at 2 hours. The EELS have built in numerous breaks, but make sure your swimmers know that there are not many heats of most events and to be behind the blocks on time.

Swimmers cannot pass in front of the Admin Table to get to the starting blocks. They need to go the long way around the pool. They will be stopped and sent around if they try to cross in front of the table.

The meet will have a positive check in for the 800 Free. The deadline is 30 minutes before the start of Session 2. The shallow end will be open for cool downs throughout the meet.

AM Session Itinerary (10&U; 11-12 Boys)

- Arrival Time on Deck: **7:40 AM** (Swimmers should arrive in their swimsuits. Swimmers who need Event/Heat/Lane written on their arms can arrive earlier)
- Meet Warm-Ups: **8:00 AM**
- Meet Start: **9:00 AM** (Most students are in relays at the end! Swimmers should check in with a coach before leaving)

PM Session Itinerary (11-12 Girls, 13&O)

- Arrival Time on Deck: **11:10 AM**
- Meet Warm-Ups: **11:30 AM**
- Meet Start: **12:30 PM** (students are welcome to leave once they have competed in their final event)

2026 LMST Spring Splash Meet Recap

Congratulations to all of the swimmers who competed at the 2026 LMST Spring Splash this past weekend! Thank you to all the parents who were able to officiate, volunteer and donate their time, the meet wouldn't have run as smoothly without your help.

Pentathlon High Point Winners (Top 3 Cumulative Time):

- 14 & Under Girls
 - Frankie Martino → 1st (5:32.92)
 - Ava Lutz → 2nd (5:42.69)
 - Shay Williams → 3rd (5:49.71)
- 14 & Under Boys
 - Bradyn Weis → 2nd (5:13.66)
- 15 & Over Girls
 - Caite Schaffel → 2nd (5:07.61)
 - Teresa Zhang → 3rd (5:13.42)
- 15 & Over Boys
 - Clayton Treharne → 2nd (4:37.91)
 - Rylee Sieren → 3rd (4:40.32)

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

- Peyton Adair → Boys Senior 100 BR
- Carter Beierschmitt → Boys 10&U 50 BK
- Khushi Dua → Girls 10&U 50 FL
- Kristina Do → Girls 10&U 50 FL, 100 IM
- Norah Mulholland → Girls 10&U 50 BR
- Claire Phillips → Girls 10&U 100 IM
- Rylee Sieren → Boys Senior 100 BK, 100 BR
- Oliver Snyder → Boys 11-12 50 FR

New Linn-Mar Swim Team Records (Short Course Yards)

- Dhyan Deepak → Boys 8&U 25 FL
- Anders Schroeder, Gabriel Appel, Dhyan Deepak, Atharv Pandey → Boys 10&U 100 FR Relay

IASI House of Delegates- Spring 2026

Congratulations to LMST Senior swimmer Layla Breitbach on being voted as an At-Large Athlete Representative on the Iowa Swimming Board of Directors as this past weekend's Spring House of Delegates meeting. Layla will serve at least a 2-year term on the BOD.

Congratulations are also in order to LMST Coaches Meredith Nash and Jon Stivers on recently being selected as the Head Coach and Head Assistant Coach respectively for Team Iowa at the 2026 Central Zone Multicultural Meet in Madison, WI in June!

Way to represent LMST!

LMST Age Group Swim Clinic - 5/16 (Sat.)

On Saturday, May 16th, the Linn-Mar Swim Team Senior athletes will lead a swim clinic at the Linn-Mar Aquatic Center from 10 AM to 12:30 PM.

This age-group oriented clinic is intended for:

- LMST Bronze, Silver, Gold, and Platinum athletes
- Linn-Mar Community School District Middle School Swimmers
- Any Prospective LMST Athlete
 - [At least a Station 5 SwimAmerica Lessons student](#) (Advanced Lessons)
 - Interested in joining the Linn-Mar Swim Team in the Fall of 2026

Activities over the course of the 2.5-hour clinic include:

- Senior Group Introductions
- Discussion about Competitive Swimming Experiences
- Intro into Future Competitive Opportunities within LMST, IASI Swimming, and USA Swimming Senior Athlete
- In-Water Instruction of Drills (lead by Senior swimmers)
- Race our Senior Swimmers!

Participating swimmers will pay a \$35 registration fee. The clinic will be limited to 80 total registrants. A link to register will be sent to LMST families in the next couple of days. Each registrant will have to state their current competitive swim experience.

A majority of the proceeds from the event will go towards the Senior athletes attending the Colorado Mesa Training Trip in June. Families are also welcome to donate additional an additional amount during the morning of the 16th (more information to come).

Come learn from some of the best competitive swimmers in not just the Cedar Rapids area, but in the state and nation!

LMST Upcoming Meet Entries - LCM 2026

LMST's second and third entry files have been approved for the EELS and IFLY meets! For the latest accepted entry reports **as of TODAY, Wednesday, April 22nd**, check out the links below:

- [EELS Long Course Kickoff Entry Report](#)
- [IFLY David Armbruster Open Entry Report](#)
- [DASH Spring Pentathlon Entry Report](#)

Upcoming LCM Season Meet Information

WW Waukee Open Summer Invite (Friday, June 19th to Sunday June 21st) & **VAC Annual Vinton Invite** (Vinton Community (Saturday, June 20th and Sunday, June 21st)

Deadline to enter both meets is **Wednesday, May 6th**. **If not intending to swim at Multicultural (information included below)**, swimmers with qualifying times ("BB") are encouraged to go to Waukee. If not going to Multicultural or Waukee, swimmers are encouraged to go to Vinton.

EELS Splash Out Hunger (Saturday, June 6th and Sunday, June 7th) & **LMST "School's Out" Tri - BLST/EELS** (Friday, June 12th)

Meet information for the Splash Out Hunger meet is now available on Commit. Information for our first annual "School's Out" Tri will be posted in the upcoming weeks. Both meets are available to all swimmers. Senior swimmers are encouraged to choose one or the other (talk to Jackson for additional questions).

LMST Summer Practice Calendar - 6/8-7/17

Bronze

- Monday, Tuesday, Thursday - 5:40-6:40 PM

Silver

- Monday through Thursday - 5:40-6:55 PM
- Friday - 9:30-11 AM

Gold

- Monday through Thursday - 5:40-7:10 PM
- Friday - 9:30-11 AM

Platinum

- Monday through Thursday - 5:25-7:10 PM
- Wednesday Dryland - 4:30-5:25 PM
- Friday - 9:30-11 AM

Diamond

- Monday through Thursday - 2-4 PM
- Monday & Thursday Dryland - 4-5 PM
- Tuesday Morning - 6:15-7:45 AM
- Friday - 7:30-9:30 AM

Senior

- Monday, Tuesday, Thursday Mornings - 6:15-8:15 AM
- Monday, Wednesday, Thursday Afternoon - 2-4 PM
- Friday - 7:30-9:30 AM
- Drylands - POSTED ON [Summer Practice Calendar](#)

Saturday morning practice times for Gold, Platinum, Diamond, and Senior are TBA

Prohibited Swimwear - USA Swimming Meets

In all USA Swimming meets (every meet that LMST will attend), swimmers must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee.

A suit with a tie-back, zipper, or clip/grommet is not legal for competition, regardless of the manufacturer. A tie-back suit could be worn during team practices and meet warm up.

If your child continues to wear a suit that is outside the mentioned parameters above, your child may be disqualified in their races at meets.

Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs, verified medical conditions or other reasons deemed appropriate by the USA Swimming Rules Chair: ruleregs@gmail.com.

If your child opts to wear an illegal suit during a meet, your family must apply for an exemption through USA Swimming ASAP. [Instructions](#) for content to be included in the request are provided in the Rules & Regulations section of the USA Swimming website. The swimmer is responsible to present a copy of the exemption letter to the meet referee prior to the start of the meet in which the swimmer intends to participate.

Team Iowa Opportunities - LC 26

Team Iowa registration is now OPEN for the following 2026 Central Zone Swim Meets:

- Open Water Championships (June 11-12, Pleasant Prairie, WI - Must have an "A" time in a Distance FR event)
- Multi-Cultural Meet (June 19-21, Madison, WI - contact Coach Meredith for on application process)
- 14 & Under Championships (August 6-9, Minneapolis, MN - Must have a "AAA" time, or place top 2 at LSC Champs)

These events provide athletes the chance to compete against top swimmers from across the Central Zone and represent Iowa at a high level. The Central Zone season is a key part of long course development and team experience.

Families can apply for each competition through the [Team Iowa Swimming website](#).

Please review the Team Iowa information and application process, and reach out to [Greg Morse](#) with any questions.

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 |
| JUNE 13TH | '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