

*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VIII, Edition VII

Wednesday, May 6th, 2026

## 2026 IFLY ARMBRUSTER OPEN

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



Pictured Above: LMST Platinum Swimmer Anna Larson competing at the 2026 EELS LC Kickoff in Iowa City on Saturday, May 2nd (Source: Karen Thompson).

The David Armbruster Open, hosted by the Iowa Flyers Swim Club, is this weekend (Friday, May 8th to Sunday, May 10th) at the University of Iowa Campus and Recreation Wellness Center in Iowa City, IA.

The meet will be handing out the David Armbruster "Iron Award," for senior swimmers who accumulate the highest USA Swimming Age Group Points in all butterfly events offered. The meet also has the Jack Seig Dueling 50 Butterfly Event, where 13 and over swimmers will compete for a spot in a quarterfinal, semifinal, and final format

- [Meet Landing Page](#)
- [Psych Sheet](#)
- [Session Timelines](#)

**Athletes participating in the 1500Free on Friday afternoon provide 1 timer and 1 individual to lap count.**

Positive check-in is required for all athletes prior to each session. Athletes must enter the pool through the NORTH LOUNGE. A list of entered athletes listed alphabetically with their entries will be at the table. Athletes will provide their last name and verify their events. At that time, an admin assistant will cross their name out and they will be considered checked in. Athletes can then proceed to the pool deck through the North Lounge doors. At 45 minutes before the start of the session, positive check-in will close. Heat sheets will be produced as quickly as possible. Any athlete whose name is not crossed out, will be scratched from that session. Coaches will be able to check in athletes.

**PLEASE LET JACKSON KNOW IF YOUR ATHLETE PLANS TO ARRIVE LATE FOR A CERTAIN SESSION!**

### Meet Itinerary (WU Time/Start Time)

- [Friday Afternoon](#) (Events #1-2-1500 FR) → 12:30 PM/1:30 PM
- [Friday Evening](#) (Events #3-14) → 3:30 PM/5:00 PM
- [Saturday Morning](#) (Events #15-36) → 6:30 AM/8:00 AM
- [Saturday Afternoon](#) (Events #37-50) → 12:00 PM/1:30 PM
- [Sunday Morning](#) (Events #51-68) → 6:30 AM/8:00 AM
- [Sunday Afternoon](#) (Events #69-80) → 12:00 PM/1:30 PM

NOTE: Everyone originally entered in 400 FR, 400 IM, or 1500 FR should be able to swim in those events!

Any swimmer who positively checks in for an event and fails to participate in that event will be barred from their next individual event.



**TRAIN WITH THE TEAM**

**TRAIN WITH THE BEST.**

**RACE THE BEST.**

**BECOME WHAT'S NEXT.**

LED BY LMST SENIOR ATHLETES

**JOIN US!**

**MAY 16<sup>TH</sup>, 2026**

**10:00AM - 12:30PM**

**LINN-MAR AQUATIC CENTER**

**LM** **SWIM. LEARN. COMPETE.**  
**YOUR FUTURE STARTS HERE.**



## LMST "Train with the Team" Swim Clinic Registration - 5/16 (Sat.)

On Saturday, May 16th, the Linn-Mar Swim Team will host their inaugural "Train with the Team" swim clinic at the Linn-Mar Aquatic Center from 10 AM to 12:30 PM.

Registration is now OPEN to the following groups of students:

- 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 will include:

- Senior Group Swimmer Introductions
- Discussion about Personal 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!

Students must be 7-years old to register. There will be a **\$40 registration fee** for each swimmer (includes the cost of a clinic t-shirt for each participant - **please register by 5/12 at 12 PM to guarantee a t-shirt**). Registration for LM Free and Reduced Lunch students is \$5. Families will pay in person the day of either via cash, or check made payable to the Linn-Mar Swim Team. The clinic on the 5/16 will be limited to 80 total registrants. Registration will be first-come, first-serve. **(NOTE as of 5/5: Registrants are now asked to state "shirt size" on the Google Form. For those who registered before yesterday, please email Jackson your student's shirt size).**

A majority of the proceeds from the event will go towards the Senior athletes attending the team's Select Altitude Training Trip at Colorado Mesa University at the end of June. There will also be a table set up in the front lobby upon the check-in/check-out process where families are welcome to donate additional an amount to the Colorado Mesa trip (total donations will be split amongst all attending athletes).

Swim alongside LMST's top athletes, learn what it takes to compete, and experience the energy of the team firsthand! For questions about the "Train with the Team" clinic, or about the team itself, contact Jackson.

## Upcoming LCM Season Meet Information

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

Deadline to enter both meets is **TONIGHT, Wednesday, May 6<sup>th</sup>**. If a swimmer is planning to apply for the Multicultural meet, we ask them to not enter the Waukee or Vinton meet at this time. **We encourage all athletes to attend one of the various three meets contested on this weekend!**

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

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

## 2026 EELS Long Course Kickoff Meet Recap

Congratulations to all of the swimmers who competed at the 2026 Iowa City Eels Long Course Kickoff last weekend. For many, this competition was the first ever in an Olympic-sized pool! Thank you to Karen Thompson for taking photos of the athletes this past weekend: [EELS LC Kickoff Album](#)

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

- Saniha Deepak - Girls 11-12 50 FR
- Claire Phillips - Girls 10&U 100 FL
- Mackenzie Tristan - Girls Senior 200 BR

## Team Iowa Registration Summer 2026

**TEeam Iowa registration is officially open for the 2026 Central Zone Summer Meet season!**

- 2026 Central Zone Open Water Championships** (June 11-12, 2026 at Lake Andrea, Pleasant Prairie RecPlex in Pleasant Prairie, WI)
- 2026 Central Zone Multi-Cultural Meet** (June 19-21, 2026 at Soderholm Aquatics Center, Nicholas Recreation Center - University of Wisconsin in Madison, WI)
- 2026 14 & Under Central Zone Championships** (August 6 - 9, 2026 at Jean K Freeman Aquatic Center - University of Minnesota in Minneapolis, MN)

These meets provide athletes the chance to compete against top swimmers from across the Central Zone and represent Iowa Swimming at a high level.

To be considered for any or all Central Zone summer meets, athletes must first complete the Team Iowa registration regardless of if they had registered with Team Iowa in the past. Swimmers must meet the minimum criteria for an event in order to be eligible to compete in that event. Minimum time standards and criteria for each event can be found on the Team Iowa webpage.

### Please note:

- Team Iowa registration is a **two-step process**. Registration instructions can be found on the Team Iowa website.
- Complete the registration on the Team Iowa website.
- The most important step, declare your swimmer's intention for the events they wish to enter on the "Events" tab.
- 2026 USA Swimming Registrations required.**

Please visit the [Team Iowa](#) website for more information or to register your athlete with Team Iowa. If you have any questions, please contact Iowa Swim AG Chair [Greg Morse](#).

# 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*