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Volume IX, Edition X

Wednesday, October 21st, 2026

LMST MEET RECAPS (10/17 & 10/18)

KOHAWK HARVEST INVITE (CR) & LMST TRIANGULAR MEET (LM)



Kohawk Harvest Invitational Recap

LMST had 69 total swimmers compete across all three sessions of the Kohawk Harvest Invitational at Coe College Natatorium. Congratulations to everyone who competed, as most achieved a new personal best time!

New 2027 IASI Short Course Champ Qualifying Standards ("Q" Times):

- Alexa Goertzen - Girls 11-12 100 FR
- Colin Janda - Boys 11-12 100 FL
- Anna Larson - Girls 11-12 200 BR

Notable First- Time Legal Swims:

- Brody Bjerke - 50 BR
- Kate Caldwell - 400 IM
- Khushi Dua - 400 IM
- Adi Fireman - 200 FL
- Farrah Fisher - 50 FL

- Claire Gochenour - 50 BR
- Emry Harding - 50 BR
- Jaasritha Kaivalya Kanneganti - 100 IM
- Isaac Nielsen - 400 IM
- Miskka Panchal - 50 BR
- Aashritha Polareddy - 50 FL
- Aidan Reddinger - 50 BR
- Rudra Swami - 50 BR
- Makayla Tristan - 200 FL, 400 IM
- Saatvik Vignesh - 100 IM

Fall Triangular Meet Recap

LMST had 32 of the 48 total swimmers at this past weekend's 13&O Fall Tri meet against BLST and PSC. Thank you to all who helped donate and volunteer for the competition and tailgate. What a great environment for an October home meet!

New 2027 IASI Short Course Champ Qualifying Standards ("Q" Times):

- Peyton Adair - Boys Senior 200 BK
- Isaiah Elhard - Boys Senior 100 BR
- Jacob Nizolek - Boys Senior 200 FL, 200 IM
- Peter Wittnebel - Boys Senior 50 BR

New 2027 Central Zone Spring Sectional Qualifying Standards:

- Max Macho - Boys Senior 200 FR

LMST Short Course Yards Team Records

- Boys Senior 200 FR Relay - Rylee Sieren, Max Macho, Peter Wittnebel, Clayton Treharne

Upcoming Meet Information - SCY 26/27

LMST Fast & Flurrious - 12/4-12/6 (Linn-Mar)

Meet information is now available, and entries are now open for the F&F home meet in December. Swimmers in all groups are encouraged to attend. This will be the last meet of the season for Prep. Half of meet entry fees are covered with team registration. Entry deadline is **Monday, October 26th**.

Foxjet Winter Classic - 1/15-1/17 (Minneapolis, MN)

Entries are now open for the Winter Classic hosted by Foxjet swim club. This meet will be hosted at the University of Minnesota. **2025-2026 MN Time Standards** will be used for this meet. MN Silver Times and faster for all 50-yard and 100-yard events. MN Gold Times and faster for all 200-yard events and longer. 15/Older Boys events will use the 13-14 age group time standards to qualify. 15/Older Girls events will use the 15-16 age group time standards to qualify. Entry deadline is **Wednesday, November 18th**.

14&U Midwest All-Star Champs - 1/8-1/10 (Des Moines)

The Midwest All-Star meet is an annual 14 & Under championship where top swimmers from various LSCs in the Midwest compete against each other. Swimmers do not enter this event through LMST; they are selected to represent Team Iowa through an application & selection process through the IA LSC.

To apply for Team Iowa, athletes must have at least a "BB" USA Swimming Motivational time, and must commit to a 3-day meet. Swimmers interested in representing Team Iowa at the 2027 Midwest All-Stars will be required to submit an online application that will be available on the Team Iowa site. Athletes will no longer register for Team Iowa using the 2-step registration process in SportsEngine (TeamUnify) unless selected to Team Iowa. **Application will be available on the Team Iowa webpage on from 11/1 - 12/14**. Please check the [Team Iowa webpage](#) for more information about the application and selection process.

Practice Updates - October & Beyond

Due to upcoming early dismissals, no school days, meets, and HS practice time changes, we have made the following changes from what was communicated last week:

- **10/22 (Th - TOMORROW)** - LM Early Dismissal
 - Senior - 4:30-6:30 PM
 - Platinum Dryland - 5:45-6:30 PM
 - Gold & Platinum - 6:30-8 PM
 - Bronze, Silver, Diamond, SR AM - SAME AS NORMAL
- **10/23 (F)** - LM NO School
 - Diamond - 4:30-6:30 PM
 - Platinum - 6:30-8:00 PM
 - Senior, Bronze, Silver, Gold - SAME AS NORMAL
- **10/24 (Sat.)** - NO HS Girls Practice (Varsity Conference)
 - Diamond & Senior - 7:00-9:00 AM
 - Platinum - 7:00-8:45 AM
 - Silver & Gold - 8:45-10:00 AM
 - Diamond Dryland - 9:00-10:00 AM
 - Prep - 9:00-10:00 AM

- **Tuesday, October 27th**
 - Platinum Dry. (Moved from Th to T) - 6:45-7:30 PM
- **Monday, November 2nd** - NO CR or LM School
 - Diamond & Senior - 4:30-6:30 PM
 - Silver - 6:30-7:45 PM
 - Gold - 6:30-8:00 PM
 - Diamond AM, SR AM, Bronze, Platinum - SAME
- **Tuesday, November 3rd** - NO CR or LM School
 - Diamond & Senior - 4:30-6:30 PM
 - Silver (**ADDITIONAL OFFERING**) - 6:30-7:45 PM
 - Gold & Platinum - 6:30-8:00 PM
 - Prep - SAME AS PREVIOUSLY COMMUNICATED
- **Thursday, November 5th** - IGHS AU Diving Regionals
 - NO PM PRACTICE (Diamond & Senior will have AM)
- **Saturday, November 7th** - IGHS AU Swimming Regionals
 - Bronze (**ADDITIONAL OFFERING**) - 7:30-8:30 AM
 - Gold - 7:30-8:30 AM
 - Prep - 8:30-9:30 AM
 - Silver - 8:30-9:30 AM
 - Platinum & Diamond - 7:30-9:30 AM

A3 Swim Caps

A3 Performance team caps have now arrived at the aquatic center! If your swimmer has ordered a cap and has not already received it, they should either reach out to Jackson or their lead coach in the next couple of days.

For those that may have missed the deadline to order caps on the A3 store, team administration ordered some extra plain team "LM" caps to keep in stock at the aquatic center. If your swimmer is interested in a cap, please reach out to Jackson, and he will bill your family \$14 for each cap received.

Halloween- 10/30 (F)

Swimmers and coaches will wear their Halloween costume before practice, and the team will have a competition to see who is best dressed based on the following categories: scariest, funniest, most creative, fan favorite. Students should arrive with their swimsuits on underneath their costumes. Prizes will be awarded to students selected by the coaching staff. **If you are interested in donating candy for the Halloween practice, please use the Commit "Jobs" signup on your login/account.**

FALL/WINTER (SCY) 2026-27

DATE	MEET	LOCATION
OCTOBER 3, 2026	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 17, 2026	BLST-LMST-PSC 13&O TRI MEET	LINN-MAR AQUATIC CENTER
OCTOBER 17-18, 2026	COE COLLEGE HARVEST INVITE	COE COLLEGE NATATORIUM
NOVEMBER 6-8, 2026	IFLY A3 MIDWEST CHALLENGE!	CRWC, IOWA CITY
NOVEMBER 20-22, 2026	DASH GIVING THANKS INVITATIONAL	DUBUQUE AQUATIC CENTER
DECEMBER 4-6, 2026	LMST FAST & FLURRIOUS INVITE#	LINN-MAR AQUATIC CENTER
DECEMBER 8-11, 2026	USA SWIMMING WINTER JUNIORS	UNIVERSITY OF TEXAS
DECEMBER 18-20, 2027	BLST HOLIDAY CLASSIC	CEDAR FALLS HS NATATORIUM
JANUARY 10, 2027	LMST WINTER WHITEOUT\$	LINN-MAR AQUATIC CENTER
JANUARY 15-17, 2027	FOXJETS WINTER CLASSIC!	UNIVERSITY OF MINNESOTA
LATE JANUARY, 2027	IFLY-LMST DUAL MEET (ALL AGES)	LOCATION TBD
FEBRUARY 13-14, 2027	IASI REGIONALS 8&U CHAMPIONSHIPS	LINN-MAR AQUATIC CENTER
FEBRUARY 19-21, 2027	IASI AGE GROUP CHAMPIONSHIPS!	CEDAR FALLS HS NATATORIUM
FEBRUARY 25-28, 2027	IASI SENIOR CHAMPS!	WELLMARK YMCA, DM
MARCH 11-14, 2027	USA SWIMMING SPRING SECTIONALS (LCM)!	WAUKEE NATATORIUM

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

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

! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?

Contact Jackson Allmon