



LMST NEWS

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New Information Highlighted in **■**

Summer Sizzler Recap

July 11th to 14th | Cedar Falls, IA

Congratulations to all swimmers who participated in the 2024 BLST Summer Sizzler in Cedar Falls this past weekend! LMST swimmers competed in their only outdoor meet of the season.

Out of the LMST swimmers who attending the meet, 97% of the either achieved a new personal best, or completed a race legally for the first time. Way to go, LMST swimmers!

New IASI Champ “Q” Times:

- Tyler Brekke → Senior Boys 400 IM
- Everett Burr → 13-14 Boys 400 FR, 200 BR
- Saniha Deepak → 10&U Girls 200 FR
- Greta Huberg → 13-14 Girls 100 BR
- Hudson Huberg → Senior Boys 200 BK
- Megan Kueper → 11-12 Girls 50 FL, 100 BR
- Annie Landherr → 11-12 Girls 50 FR
- Owen Sieren → Senior Boys 100 FR, 200 IM
- Bradyn Weis → 13-14 Boys 200 BR

Thank you to all LMST families who were willing to make the trip. The swimmers had fun hanging out with each other under the tents and competing in a different environment (including the 12&U cannonball contest and 13&O lazy river race).

A thank you is also in order to the Linn-Mar Swim Team coaching staff! They did a great job of organizing warmups and cheers, giving excellent feedback, and staying positive and full of energy during a long, four-day meet without the head coach.

Big thank you to Coach Blake, Coach Cameron, Coach Julia, Coach Lauren, Coach Oz, and Coach Shannon!



Pictured Above: Linn-Mar Swim Team parents ready to cheer on their swimmers before the Thursday evening timed final session of the 2024 BLST Summer Sizzler in Cedar Falls, IA (Souce: Chantelle Sieren).

Meet Information

IASI Regionals and 8&U Champs

Saturday, July 20th and Sunday, July 21st | Dubuque, IA

The [2024 Iowa Swimming LSC Regional and 8 & Under Championships](#), hosted by the Dubuque Area Swimmin’ Hurricanes, is this weekend (Saturday, July 20th and Sunday, July 21st) at the Dubuque District Schools Aquatic Center at Dubuque Hempstead High School.

Friendly reminder to families / swimmers that there is NO GLASS allowed anywhere in the DBQ Schools Aquatic Center. Also, no colored drinks are allowed on the pool deck.

LMST is required to provide timers for the following sessions:

- Saturday AM → 1 Timers
- Saturday Afternoon → 2 Timer
- Saturday PM → 2 Timers
- Sunday PM → 2 Timers

LMST’s [Volunteer Credit Program](#) applies for this event. Sign up now!

Meet Itinerary

Saturday Morning (9-10, 11-12): WarmUp- 7:30 am; Start- 8:30 am

Saturday Afternoon (8&U CHAMPS): Warm-Up- 12:00 PM; Start-12:55 pm

Saturday Evening (13&O): Warm-Up- 4:00 pm; Start- 5:00 pm

Sunday Morning (12&U): Warm-Up- 7:30 am; Start- 8:30 am

Sunday Afternoon (13&O): Warm-Up- 12:00 pm; Start- 1:00 pm

[Psych Sheet](#)

[Timeline/Session Report](#)

[Timer Assignments](#)

[Warm-Up Assignments](#)

[LMST Regional Timer Sign Up Genius](#)

LC Champs Qualifiers

Team Activity - 7/24

On Wednesday, July 24th, each group will have a “Team Decorating” activity after their slotted practice time. Diamond & up will start their activities after the conclusion of their practice and will go until 4:45 PM. Platinum & below will decorate from 3:45 to 4:45 PM. [LC Champs Crafts Donation Link](#)

Fall Practice Calendar

Practice Times for 2024-25 TBA

The Linn-Mar Swim Team coaching staff and administration is still working on a practice calendar for the 2024-25 short course season. Advancement emails will be sent to families in the next couple of weeks. *Reminder that the summer season ends this Friday, July 19th for non-championship swimmers.*

7/20 AM Practice

7:30 to 8:45 AM Swim

Platinum, Diamond, Senior, and National swimmers who are qualified for IASI Champs and are not swimming at Regionals are highly encouraged to practice from 7:30-8:45 AM this Saturday, July 20th

Meet Calendar

2024-25 LMST Fall/Winter Meet Schedule

Tentative Short Course Yards Meet Schedule for Upcoming Schoolyear

Date	Meet	Location
Oct. 5 th	Linn-Mar Lions Fall Invitational*	Marion, IA
Oct. 19 th - 20 th	Coe College Harvest Invitational	Cedar Rapids, IA
Oct. 19 th	LMST Quad Meet (13&O)	Marion, IA
Oct. 26 th - 27 th	CIA Fall Mixer	Des Moines, IA
Nov. 8 th - 10 th	A3 Midwest Challenge	Iowa City, IA
Nov. 22 nd - 24 th	DASH Giving Thanks Invitational	Dubuque, IA
Dec. 6 th - 8 th	Linn-Mar December Invitational	Marion, IA
Dec. 11 th - 14 th	Speedo Winter Junior Nationals	Austin, TX
Jan. 5 th	Linn-Mar Winter Whiteout*	Marion, IA
Jan. 10 th - 12 th	14&U Midwest All Star	Des Moines, IA
Jan. 24 th - 26 th	CIA Winter Blues Buster	Waukee, IA
Feb. 9 th	LMST Intrasquad	Marion, IA
Feb. 15 th - 16 th	IASI Summer Regionals and 8&U Champs	Dubuque, IA
Feb. 20 th - 23 rd	IASI Age Group Champs	Des Moines, IA
Feb. 27 th - Mar. 2 nd	IASI Short Course Champs	Iowa City, IA
Mar. 13 th - 16 th	Central Zone Spring Sectionals (SCY)	Rochester, MN

*The LMST Registration fees cover the entry fees expense to the Lions Invitational and Winter Whiteout. LMST students may swim at these meets without incurring additional entry fee charges.



Pictured above: Linn-Mar Swim Team athletes (from left to right) Peter Wittnebel, Luke Kelley, Rylec Sieren, Hudson Huberg, and Owen Sieren at the 2024 BLST Summer Sizzler in Cedar Falls, IA.

Team Iowa

Zone Champs Registration

Des Moines, IA | August 8th to August 11th

Registration is now open through the [Team Iowa website](#) for the Central Zones Championship team. This event is only for 14 and under swimmers. Swimmers who apply with a USA Swimming “AAA” motivational time standard are automatically selected to represent Team Iowa. If there are less than 2 registered swimmers in an event with a “AAA” time, the state may select other applicants to be a part of Team Iowa to fill up those events.

Any athlete who may be interested in representing Team Iowa should register now and commit to the Zone Champs Meet even if they do not yet have a Qualifying Time (qualifying standards are “AAA” [Nat. Motivational Standards](#)) are encouraged to do so.

Deadline to apply is Sunday, July 28th (last day of Long Course Champs). If previously registered with Team Iowa, families must complete the Team Iowa Registration process again.

Practice Calendar

Week of 7/15 Schedule

Updates for Remainder of Month

Week of 7/15 - 7/21

7/18 (Th) → Senior & National will attend AM OR PM

7/20 (Sat.) → Diamond, Senior, National LC Champs Qualifiers - 7:30-8:45 AM

NO Dryland for ALL Groups this week

Week of 7/22 - 7/28

7/22 (M), 7/23 (T), & 7/24 (W) → Diamond, Senior, National LC Champs Qualifiers will practice from 2:00 to 3:30 PM

7/22 (M) & 7/23 (T) → Bronze, Silver, Gold, Platinum LC Champs Qualifiers will practice from 5:30 to 6:45 PM

7/24 (W) → Bronze, Silver, Gold, Platinum LC Champs Qualifiers will practice from **3:00 to 3:45 PM**

7/24 (W) → Team Activity until 4:45 PM for all LC Champs qualifiers ([see Page 1](#))

7/25 (Th) → 12&U LC Champs Qualifiers, not attending the meet on Thursday, will swim from 8:00 to 9:00 AM

