



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

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New Information Highlighted in **---**

High School Overlap Week Schedule

11/11 (M) - 11/16 (Sat.) Times

On the week of November 11th, the Middle Schools Girls, High School Girls, and High School Boys swim teams will all be practicing after school at the Linn-Mar Aquatic Center. This is the only week of the year where there is this kind of overlap occurs between the LM competitive swim programs' practice times.

The earliest that LMST can reserve pool space is 8 PM. Consequently, each group will have the following practice times this week:

Bronze

- 11/15 (F) → 6:30-7:20 PM
- 11/16 (Sat.) → 8:00-9:00 AM

Silver

- 11/11 (M), 11/13 (W) → 8:00-8:45 PM
- 11/15 (F) → 7:20-8:30 PM
- 11/16 (Sat.) → 9:00-10:30 AM

Gold

- 11/11 (M)-11/14 (Th) → 8:00-9:00 PM
- 11/15 (F) → 6:30-8:00 PM
- 11/16 (Sat.) → 9:00-10:30 AM

Platinum, Diamond, Senior

- 11/11 (M)-11/14 (Th) → 8:00-9:30 PM
- 11/15 (F) → 6:30-8:00 PM
- 11/16 (Sat.) → 8:00-10:00 AM

Dryland

- 11/11 (M) → 7:00-8:00 PM (Platinum)
- 11/12 (T), 11/14 (Th) → 7:00-8:00 PM (Diamond)
- 11/13 (W) → 7:15-8:00 PM (Gold)
- No Senior Dryland tentatively scheduled

LMST recognizes how late practice times will be this week. **Swimmers/families are welcome to leave practice earlier than the scheduled end time if need be.**



Pictured Above: Families from participating teams at the 2024 LMST Quad Meet Tailgate (source: Nisha Raghvani). Thanks to everyone who donated, it was fun afternoon in the sun!

Meet Recap

Quad Meet/Coe Harvest Recap

Saturday, October 19th and Sunday, October 20th

LMST Quad Meet - LM Aquatic Center

Thank you to all the parents who were able to officiate, volunteer, and donate items to the tailgate this past weekend. LMST had 24 of the 55 total participants across the four teams invited.

The Quad meet had an overwhelming amount of praise from the visiting teams, and that is all thanks to our parents!

A PDF of the results are included on the [2024 LMST Quad Meet Landing Page](#).

New 2025 IASI Short Course Champ Qualifying Standards ("Q" Times):

- Peyton Adair → Men Senior 200 BR
- Kennedee Gates → Girls 13-14 50 FR
- Megan Kueper → Girls 13-14 500 FR
- Jensen Rickels → Boys 13-14 200 BR

Kohawk Harvest Invite - Coe College

LMST had 70 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!

First- Time Legal Swims:

- Lillian Appel → 50 BR
- Arabella Estella Bautista → 50 BR, 50 FL
- Aarush Govinda Raju → 50 BR
- Vera Scott → 50 BR
- Colt Wilson → 50 BR

New Central Zone Champ Qualifying Times ("AAA" Times):

- Levi Richards → Boys 11-12 500 FR

LMST Female Suit

First Come, First Serve

The Linn-Mar Swim Team coaching staff is in possession of a brand-new size 26 A3 Performance Solid Female Sprintback (no team logo). If you are interested in the suit, please contact Jackson.

Returning HS Athletes

Email Jackson for Return Date

If your child participated for their HS Girls swim team and plans to come back and swim for LMST this Fall/Winter (short course) season, please notify Jackson of your child's anticipated return date/week!

10/26 (Sat.) Practice

Gold - National at 7:30 AM

There will be practice for the Gold, Platinum, Diamond, Senior, and National groups this Saturday, October 26th at 7:30 AM. We are still looking for families to [donate donuts](#) for this Saturday's practice!

Practice Calendar

Fall Calendar Updates → October & November

Please Check the LMST Practice Calendar and Newsletter for All Updates!

To find the practice calendar on the team website, click on the “Team Schedule” tab and select “Calendar.” Practice times are still tentative and may be subject to change.

Friday, October 25th → The Diamond group ONLY will have an early dismissal from practice this evening. Practice will end at 7:30 PM.

Tuesday, October 29th → Halloween practice for Bronze, Silver, Gold, Platinum, & Diamond from 7:15 to 8:30 PM (time change due to MS Girls Meet). Diamond, Senior, and National will practice in the AM. NO Senior & National PM Practice.

Thursday, October 31st → NO PM Practice for Bronze through Diamond. Senior and National will plan to have PM practice on this day.

Thursday, November 7th → NO PM Practice due to High School Girls Diving Regionals.

Week of 11/11 → Practice times for all groups are included on Page 1!

Tuesday, November 12th → NO PM Practice due to MS Meet and HS team overlap week.

Monday, November 25th → NO PM Practice due to MS Conference Meet

Thanksgiving Break → Practice times with end times for 11/27-11/30 are now included on the practice calendar!

- **Bronze** → 11/27 (W) at 8 AM, 11/29 (F) at 10 AM
- **Silver** → 11/27 (W) at 9 AM, 11/29 (F) at 11 AM, 11/30 (Sat.) at 9:30 AM
- **Gold** → 11/27 (W) at 9 AM (dryland at 8:15 AM), 11/29 (F) at 10 AM, 11/30 (Sat.) at 9:30 AM
- **Platinum** → 11/27 (W) at 8 AM (dryland at 10 AM), 11/29 (F) at 10 AM, 11/30 (Sat.) at 9:30 AM
- **Diamond/Senior** → 11/27 (W) at 8 AM, 11/29 (F) at 10 AM, 11/30 (Sat.) at 9:30 AM (All Dryland swims and PM swims are TBD)



Thank you to the Williams family for bringing their grill and cooking for all of the Quad meet families at the tailgate this past weekend! Make sure to thank Melissa and Stu if you see them around the aquatic center!

Practice Information

Halloween Practice → 10/29

Bronze, Silver, Gold, Platinum, & Diamond Swimmers

On Tuesday, October 29th, LMST will host a Halloween-themed practice for swimmers in groups Bronze-Diamond from 7:15 to 8:30 PM. Senior and National will not have normal practice this evening (although they are welcome to join in on the fun).

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. A secret prize

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. As of now, we have zero families signed up to donate. The more families who donate, the better!

Only Senior and National will have evening practice on Tuesday, October 31st. Diamond swimmers are also welcome to join Senior and National swimmers on this evening.

USA Swimming Rules

Meet Swimwear Permitted/Prohibited Swimwear for Meets

In swimming competitions, the swimmer 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 or zipper 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 wears an illegal suit to a competition, your child may be disqualified in their races!

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. Currently (2024) the contact is Derek Paul at 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.

