



# LMST NEWS

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New Information Highlighted in **■**

## Junior Armbruster Meet Recap

Iowa City | 6/1 & 6/2

LMST had 30 total swimmers compete at the 2024 IFLY Junior Armbruster Open this past weekend at the University of Iowa. This was the first Long Course (50-meter) meet of the season for 12&U swimmers.

A big thank you to all the LMST parents who signed up to officiate at the last minute. That meet wouldn't have gone as smoothly without your help!

Jack Sieg Dueling 50's Butterfly Champion (Winner of Final dual in prelims, quarterfinals, semifinals, and finals format):

- Shay Williams, 11-12 Girls

David Armbruster Iron Butterfly Award (Most USA Swimming Power Points Combined in 50-meter butterfly and 100-meter butterfly):

- Shay Williams, 11-12 Girls

Biggest Time Drops in Each Practice Group:

- Bronze → Owen Goertzen, 50 FR (-15.44 seconds)
- Silver → Alexa Goertzen, 200 FR (-46.08 seconds)
- Gold → Molly Weaver, 50 FL (-20.82 seconds)
- Platinum → Stella Goertzen, 200 IM (-51.09 seconds)
- Diamond → Levi Richards, 200 FR (-41.51 seconds)

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

- Aatreya Dutta → 10&U Girls 50 BR
- Alexa Goertzen → 10&U Girls 100 FR, 100 BK, 50 BR

Congratulations to all Linn-Mar Swim Team athletes who competed!



Pictured Above: LMST swimmer Shay Williams, champion of the Jack Sieg Dueling 50s and Iron Butterflied Challenge at the 2024 Junior Armbruster Meet (Source: Blake Behrens).

## Meet Information

### 2024 Splash Out Hunger

Warmup/Start Times Adjustments, [Psych Sheet](#), [Timeline](#)

The 2024 Splash Out Hunger Meet, hosted by the Iowa City Eels, is this weekend (Saturday, June 8th and Sunday, June 9th) at the Mercer Aquatic Center in Iowa City, IA.

The meet is held in an indoor, 50-meter pool, but the outdoor field behind the pool is available as a crash area for swimmers. Iowa City is expecting nice weather, so families are encouraged to bring tents to protect the swimmers from the sun. Bring sunscreen! If there is inclement weather, ICE has a plan B for a crash area ready to go.

LMST families are encouraged to bring non-perishable food items to the meet for donation to the food banks at local schools (check the [5-29 newsletter](#) for food recommendations, also more info on page 2). There will be a team award for the "Top Donor." In addition, the top 3 place finishers in each event will be awarded donation items to add to their team's donation box.

If you are interested in timing, please email

Doug Krupa (dkrupa@iceels.org) which session they would like to volunteer for. ICE will likely need more timers on Sunday.

The Saturday afternoon session will be long as ICE received far more entries for the 800 than expected. As such, they have canceled the relay for Saturday Afternoon. There has also been a proposal by visiting teams for afternoon warmups and start times to move up. LMST has not received final confirmation yet, but we are certain the afternoon sessions will start at the times below:

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

- Saturday Morning (10&U) → 8:00 AM/9:00 AM
- Saturday Afternoon (11&O) → **12:00 PM/1:00 PM (Tentative Time Change)**
- Sunday Morning (10&U) → 9:00 AM/10:00 AM
- Sunday Afternoon (11&O) → **12:30 PM/1:30 PM (Tentative Time Change)**

## City Park Practices

Start on Saturday, June 15<sup>th</sup>

The following groups are able to swim at City Park in Iowa City on these dates from 7:15 AM to 8:45 AM:

Tuesday Mornings (6/18, 7/2) → Platinum, Diamond, Senior, National  
Saturday Mornings (6/15, 6/22, 7/6) → Gold, Platinum, Diamond, Senior, National

## Mehal Raghwani

IA LSC Athlete Representative

If any LMST swimmers are interested in joining a committee for the Iowa Swimming LSC (Open Water, Technical Planning, Finance, Disability, DEI, Athlete, etc.) or have any feedback regarding the operation of meets, please [contact IASI Athlete At-Large Rep Mehal Raghwani](#).

## Fri./Sat. Practices

NO Practice on 6/8

There will be no practice on Saturday, June 8th for any groups. Practice is cancelled due to the Splash Out Hunger Meet. Also, a reminder that Friday practice times are all in the morning. Platinum and above practice from 6:15 to 8:15 AM. Gold practices from 9 to 10:30 AM, Silver 10:30 AM to Noon

## Meet Information

# Future Summer Swim Meet Registrations

## PAC-DASH Tri Meet, BLST Summer Sizzler, IASI Regionals/8&U Champs

**PAC/DASH Tri Meet Entry Deadline:**  
Sunday, June 16<sup>th</sup>

*Open to Bronze through Senior*

LMST will compete against PAC and DASH swimmers at the University of Northern Iowa's pool on the evening of Tuesday, June 25<sup>th</sup>.

Warmups will begin at 4:15 PM with a meet start time of 5:00 PM. The meet should not last more than a couple of hours.

This is a great opportunity for swimmers to race in a short course pool and achieve "Q" times before the end of the summer season

**BLST Summer Sizzler Meet Entry Deadline:** Sunday, June 9<sup>th</sup>

*Open to Bronze through National (No Meet Entries Fees for all LMST swimmers!)*

BLST will host their annual, outdoor, 50 meter meet on Thursday, July 11<sup>th</sup> to Sunday, July 14<sup>th</sup>.

There are a few changes this year- the removal of qualifying times, no 10&unders on Thursday night (due to the crowded warm-up session), and some minor shifting of 12&U events throughout the meet.

**Families must enter their swimmers by this Sunday, June 9<sup>th</sup> to guarantee entry into the meet!**

**IASI Summer Regional and 8&U Champs Meet Entry Deadline:** Tuesday, July 9<sup>th</sup>

*Open to Bronze through Senior (who are not qualified for Long Course Champs/State the following weekend, or those looking for extra "Q" times)*

DASH will host the teams on the East side of the state for Summer Regionals on Saturday, July 20<sup>th</sup> and Sunday, July 21<sup>st</sup> at the Dubuque Community Schools Aquatic Center.

This is an end of the season championship meets for our swimmers that may not have a "Q" time yet. It is also an 8 & Under Championship and team championship.



Pictured Above: Linn-Mar Swim Team swimmers (from left to right) Eloise Sanger, Aatreya Dutta, Emma Thompson (in-water), Makayla Tristan competing in the 100 meter freestyle during the Sunday session of the 2024 Junior Armbruster Meet (Source: Chris Pose Photography).

## Future Meet Schedule

# Summer Champ Meets

## Plan Ahead for LMST Championship Meets!

**IASI Long Course Championships-** Thursday, July 25<sup>th</sup> to Sunday, July 28<sup>th</sup> (Des Moines - Wellmark Downtown YMCA)

Swimmers of any age with a "Q Time" are strongly encouraged to enter. Swimmers may also be asked to participate in Relays if not qualified individually. If your swimmer does not have an individual qualifying time, but they are interested in swimming in a relay, please enter them on Commit when registration becomes available!

**Central Zone Long Course Championships-** Thursday, August 8<sup>th</sup> to Sunday, August 11<sup>th</sup> (Des Moines - Wellmark Downtown YMCA)

Swimmers with or close to a USA Swimming "AAA" Motivational time encouraged to apply on team Iowa website shortly. This is a Team Iowa meet is for 14&U swimmers only. Swimmers placing in the top two of an event at LC Champs in DM may also be selected to Team Iowa.

## Meet Information

# Splash Out Hunger - Food Items

Sat., June 8<sup>th</sup> and Sun., June 9<sup>th</sup>

As a unique twist to the scoring process for the ICE Splash Out Hunger meet, the host team is asking for food donations to assist Mark Twain Elementary and their summer food pantry. Donations will contribute to the overall scoring of the meet.

With no school lunches during the summer months, the summer food pantry may provide the only meal that these students get. Teams are encouraged to bring non-perishable food items for donation to the food bank at Mark Twain.

### SUGGESTED FOOD DONATION LIST

- Ramen cups
- Mac & Cheese
- single serve Applesauce pouches
- Fruit cups
- Fruit cans w/pull top seal
- Spaghetti O's
- Ready to serve soups
- Peanut Butter & Jelly Crackers
- Cereal
- Horizon's Milk packs
- Pudding Packs

LMST will have a bin/basket stationed by the front entrance of Mercer for the whole weekend of competition. Families are encouraged to bring items to meet to place in the bin throughout the weekend.

