

Inspire Learning. Unlock Potential. Empower Achievement.

Volume IX, Edition IX

Wednesday, October 14th, 2026

KOHAWKS HARVEST INVITE

OCTOBER 17TH & 18TH | COE COLLEGE NATATORIUM, CEDAR RAPIDS



Sat. AM Session Itinerary (10&U)

- Arrival Time on Deck: **8:40 AM** (Swimmers should arrive in their swimsuits, ready to warm-up)
- Meet with Group Coaches (Ema, Jay, Meredith, Stephanie) to discuss warmup: **8:50 AM**
- Meet Warm-Ups: **9:00 AM**
- Writing Event, Heat, Lanes Assignments on Swimmers: **9:30-9:50 AM** (If possible, help your child write down E/H/L assignments before arrival to help save coaches' time)
- Team Meeting and Cheer on Deck: **9:50 AM**
- Meet Start: **10:00 AM** (Please refer to the Session Report/Timeline to

- find out when your child is swimming each event)
- Meet Conclusion: **11:30 AM** (Swimmers may leave once they have competed in their final race, but they must check-in with a coach before they leave for the day. **There are relays at the end of the session for many 10&U swimmers!**)

Sat. PM Session Itinerary (11&O)

- Arrival Time on Deck: **12:40 PM**
- Meet Warm-Ups: **1:00 PM**
- Team Meeting/Cheer: **1:45 PM**
- Meet Start: **2:00 PM**

For any questions regarding your swimmer on Saturday, please contact [Coach Jon Stivers](#).

Sun. AM Session Itinerary (11&O)

- Arrival Time on Deck: **8:40 AM**
- Meet Warm-Ups: **9:00-940 AM**
- Team Meeting/Cheer: **9:45 AM**
- Meet Start: **10:00 AM**

The current [Psych sheet](#) and the tentative [session report](#) for this weekend have been posted to the [LMST Entry Report Page](#). Heats Sheets will be sent out to families as soon as they become available to LMST coaches (read [9/30 MST News](#) to learn how to write down E/H/L assignments). Note- LMST will participate in mixed (2 male, 2 female) free relays in the Saturday AM & PM sessions. Check the Entry Report to see if your swimmer is entered on a relay on Saturday.

LMST 13&O Fall Triangular - 10/17 (S)

On Saturday, October 17th, 13 and over swimmers from the Platinum, Diamond, and Senior groups will compete against the following teams at our Fall Tri Meet at the Linn-Mar Aquatic Center:

- Black Hawk Area Swim Team (BLST)
- Piranhas Swim Club (PSC)

Sat. AM Session Itinerary (13 and Over)

- Arrival Time on Deck: **8:30-8:40 AM**
- Meet Warm-Ups: **9:00 AM**
- Team Meeting and Cheer on Deck: **9:45 AM**
- Meet Start: **10:00 AM** (Please refer to the Session Report/Timeline to find out when your child is swimming each event)
- Meet Conclusion: **12:30 PM**
- Tailgate Conclusion: *Approximately 2 PM*

LMST Tri Meet Landing Page (Includes Session Report and will eventually include Heat Sheet)

At this year's meet, we'll be hosting a **Pink Out** in support of Breast Cancer Awareness. We encourage swimmers, families, coaches, volunteers, officials, and spectators to wear pink as we honor survivors, remember loved ones, support those currently fighting, and stand alongside families affected by breast cancer.

Throughout the meet, we'll be recognizing the impact breast cancer has on individuals and families in our community. We'll also be awarding pink-themed Hot Heat prizes, offering fun awareness activities, and celebrating the strength, courage, and resilience of those affected by breast cancer. We hope you'll join us in making this event both meaningful and memorable.

Lastly, LMST is still looking for more help for this Saturday's Tr Meet (number of remaining spots in parenthesis):

Volunteers

- Timers (10)
- Timing Computer Operator (1)

Hospitality Donations

- Bananas - 3 lbs (2)
- Apples - 5 lbs (2)
- Gatorade - 10 count (3)
- Desserts (2)
- Fruit Snacks - 30 count (1)
- GoGo Squeezers - 16 count (1-2)
- Mustard - 24-32 oz (1)
- Hamburger Buns - 50 count (3)

Whatever food/items that are remaining after the tailgate on Saturday can either be a.) taken home by the original donators, or b.) donated to the aquatic center to be used for future club and/or high school swim meets.

Updated Time Standards - 2026/27

Time standards for the 2026-27 short course season have been updated on the **LMST website**. Here are significant time standards to keep track of for your swimmers:

2026 Futures Cuts - This meet is a bridge between sectional-level and national-level competitions, providing a platform for emerging talent to showcase their skills and achieve time standards that qualify them for higher-level national competitions.

2027 Spring Sectional Cuts - This meet is for top 18&U swimmers in the Midwest region of the country. Swimmers achieve these times earn an LMST "Red Cap."

2027 IASI Champ Cuts ("Q" Times) - This meet is the top competition in the state for club swimming each season. Swimmers with an individual qualification time can swim at the Iowa Swimming Age Group Champs (14&U ONLY) or Senior Champs (Senior times) in February. *50s of stroke qualification times have been added to the 13-14 and Senior age groups!*

2027 IASI Champ Bonus Standards - Swimmers must have at least one "Q" time (mentioned in previous paragraph) to compete at their respective state championship meet. Swimmers with 1 individual "Q" time, can compete in up to 2 bonus events if they have the bonus standard in that event. Swimmers with 2 "Q" times can swim up to one bonus event. LMST athletes who are asked to compete in relays at AG Champs do not necessarily need a "Q" time or bonus time to compete (although, that may help boost their selection).

USA Swimming Motivational Times - These standards are used for the following meets:

- A3 Midwest Challenge in November - 15-16 "A" times
- MN Foxjet Winter Classic - MN Silver & Gold Standard times (see page 2).
- Central Zones in August (14&U ONLY) - 10&U, 11-12, and 13-14 "AAA" times required for Team Iowa Selection
- Open Water Zones in June - "A" time in **distance free events** for all age groups

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

10/17 (Sat.) - There will be NO LMST AM practice for any group due to the LMST Tri Meet & Kohawk Harvest Invite.

10/30 (F) - LMST will have our annual Halloween practice for Prep, Bronze, Silver, Gold, and Platinum from 6:30-8:00 PM. Diamond's practice will be moved up to 4:30-6:30 PM on this day.

11/4 (W) - Gold, Platinum, Diamond and Senior will have practice from 7:00-8:30 PM on this day due to a MS swim meet at the aquatic center. **NO Silver practice on this day.**

11/5 (Th) & 11/7 (Sat.) - On these two dates, the aquatic center will host IGHS AU Diving and Swimming Regionals respectively. Once the aquatic center has a better understanding for the competition timeline, we will communicate Th PM & Sat. AM practice times ASAP. There will be no SR practice on Th PM & Sat. AM regardless.

Practice Schedule for November & Beyond...

The following documents have been posted to the **2026-27 LMST Fall & Winter Practice Calendar page**:

- Winter Practice Calendar for 12/7/26- 2/12/27 (does not include Winter Break times)
- November/December Practice Calendar modifications (includes Thanksgiving practice times)

The team will post practice times on the **LMST Practice Calendar** here in the next couple of days. The weeks of 11/2, 11/9, 11/16, 11/23 and 11/30 are all hectic with the end of the HS Girls season, the start of the HS Boys season, the start of MS/HS Boys meets, and holidays. We also tried to add more offerings for Prep throughout the course of the next month since their season concludes the first week of December. Stay tuned for more updates!

LM Middle School Swimming

Middle School Girl swim practices for Oak Ridge and Excelsior begins TOMORROW, Thursday, October 15th. According to the **LMST Monthly Dues page**, Middle School Girls swimmers, regardless of the school that they attend, are eligible for free monthly dues in November, regardless of attendance numbers.

In the past, we have had swimmers choose to attend, and not to attend, LMST practice on days they swim with MS. LMST will support your family's decision, whether your child

wants to attend one or two practices a day for the next month, or if they want to prioritize one team over the other.

The staff advises Prep/Silver/Gold swimmers to do a maximum of one double a week, and Platinum/Diamond swimmers to do a max of two doubles a week. LMST will support however many practices (MS or club) your child wants to attend. For questions about MS swimming in the LMCS, contact Oak Ridge coach **Tristan Evans** or Excelsior coach **Elizabeth Frangella**.

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