

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VII, Edition XXIV

Wednesday, February 4th, 2026

IASI WINTER REGIONALS/8U CHAMPS

LMST ENTRY DEADLINE IS TONIGHT, FEBRUARY 4TH!



Swimmers from all practice groups are encouraged to attend the IASI Winter Regionals and 8&U Championships at Linn-Mar on Saturday, February 14th and Sunday, February 15th.

There are NO Qualifying Times for this meet, swimmers are eligible to compete in any event that they DO NOT already have a state "Q" time in.

This is an end of the season championship meets for our swimmers that may not have a "Q" time yet. Swimmers in all groups have been preparing to "peak" for this meet. It is also the highest-level meet for 8&U swimmers in the state, and we

LMST Entry Deadline for the meet is TONIGHT, Wednesday, February 4th.

Meet Information is now available on the LMST website. Families can choose events for their swimmers up until the entry deadline. The coaching staff has ultimate discretion when approving events.

The volunteer position sign-up, and the hospitality donation sign-ups are now available on Commit! There will be a deadline of Tuesday, February 10th to sign up for volunteer/hospitality positions. Families who sign up to donate are encouraged to bring items to the aquatic center on 2/12 (Th).

New this year, swimmers who win an event at the IASI Regional meet, 500 or shorter, AND meet the **National B Minimum** for the age group in which they would enter for 14 & younger ages or National BB Minimum for 15 & 16 for SENIOR events will qualify for the current season's IASI Championship meet in that corresponding age group (for Senior events at Short Course Champs, winners of 15 & Over age group events can advance) and event. They ARE eligible for BONUS events, up to the stated limit. This "win & swim" DOES NOT carryover to any future seasons, nor does it apply to winners of 8 & Under Championship events.

Upcoming Practice Schedule Updates

2/4 (W) - LMST Bronze-Diamond will be at Coe College tonight. Silver & Gold will be from 5-6:15 PM, Bronze from 6:15-7:15 PM, Platinum & Diamond from 7:45-9 PM. Senior will lift at LMAC from 4:15-5:30 PM, & swim from 5:30-7 PM.

2/5 (Th) - Senior will plan to practice at LMAC in the morning from 5:45-7:15 AM. Silver-Senior will return to normal evening swim times tomorrow evening!

2/6 (F) - Senior will have dryland from 5:15-6:30 PM, Bronze will return to practice at LM!

2/7 (Sat.) - Platinum-Senior will practice at 7:30 AM. LMST Female swimmers CANNOT use the locker rooms on this morning. All club swimmers will be asked to leave the pool deck by 9:35 AM.

LMST Long Course (Spring/Summer) Season

The last day of practice for the LMST Fall/Winter (short course) season will be Friday, February 13th for non-championship qualifiers. AG Champ qualifiers will continue to practice the week of 2/16 from 6:30-7:45 PM.

Practices will resume on Monday, March 30th for the Spring/Summer (long course) season. The Spring/Summer season will go from late March to late July. LMST Spring (March/April/May) practice times will be communicated to families ASAP.

If your family DOES NOT intend on returning for the Spring/Summer season, reach out to Jackson ASAP. The team registration fee paid in the Fall covers the cost of the Spring/Summer season as well. After February, billing will resume on April 1st.

Regional Volunteers & Hospitality

We are still in need of the following volunteer positions to be filled for next weekend's Regional swim meet:

- Saturday AM - 7 timers & 2 awards
- Saturday Afternoon - 7 timers & 2 awards
- Saturday PM - 7 timers & 2 awards
- Sunday AM - 6 timers & 2 awards
- Sunday PM - 8 timers & 1 award

We also do not have anyone signed up for Hospitality Donations!

Families can sign up through their Commit swimming account. LMST families are eligible for the volunteer credit program since it is an IASI Championship meet. If you have any questions, please reach out to Jackson.

IASI Age Group (12&U) & Short Course Champs (13&O)

**IASI Age Group Championships Meet Entry Deadline:
Wednesday, February 11th**

Open to Bronze through Platinum swimmers in the **10&U and 11-12 age groups** who have achieved **IASI "Q" times**.

This year's IASI Age Group Championships will be held at the Cedar Falls Community Natatorium from Friday, February 20st to Sunday, February 22nd. Swimmers who have a "Q" should attend the meet. Athletes with one qualifying time can swim up to **three** bonus individual events.

If no more than 4 LMST swimmers in a respective age group qualify, the team may ask swimmers to compete as "relay-only" swimmers. Jackson is still working on assembling relays for the meet.

If your child is interested in being a relay only swimmer, please commit online. Jackson will communicate if your child is being considered for a relay around Regionals.

[2026 IASI Age Group Champs \(12&U\) Meet Landing Page](#)

**IASI Short Course Championships Meet Entry Deadline:
Wednesday, February 18th**

Open to Platinum, Diamond and Senior swimmers who have achieved **13-14 and Senior** IASI "Q" times.

This year's IASI Short Course Championships (Senior "Q" time ONLY) will be held at the Wellmark YMCA in Des Moines from Thursday, February 26th to Sunday, March 1st. Swimmers who have a "Q" should attend the meet. Athletes with one qualifying time can swim up to **two** bonus individual events

LMST MEET SCHEDULE

FALL/WINTER (SCY) 2025-26

| DATE | MEET | LOCATION |
|---------------------------------|-------------------------------------|------------------------------|
| OCTOBER 4, 2025 | LMST PUMPKIN PLUNGE\$ | LINN-MAR AQUATIC CENTER |
| OCTOBER 18, 2025 | BLST-LMST-PSC 13&O TRI MEET | CEDAR FALLS HS NATATORIUM |
| OCTOBER 18-19, 2025 | COE COLLEGE HARVEST INVITE | COE COLLEGE NATATORIUM |
| OCTOBER 31- NOVEMBER 2, 2025 | IFLY A3 MIDWEST CHALLENGE! | CRWC, IOWA CITY |
| NOVEMBER 21-23, 2025 | DASH GIVING THANKS INVITATIONAL | DUBUQUE AQUATIC CENTER |
| DECEMBER 5-7, 2025 | LMST "FAST & THE FLURRIOUS"\$ | LINN-MAR AQUATIC CENTER |
| DECEMBER 19-21, 2025 | BLST HOLIDAY CLASSIC | CEDAR FALLS HS NATATORIUM |
| JANUARY 4, 2026 | LMST WINTER WHITEOUT\$ | LINN-MAR AQUATIC CENTER |
| JANUARY 16-18, 2026 | ACAC THE TUNDRA | DAN FLANNERY POOL |
| FEBRUARY 14-15, 2026 | IASI REGIONALS 8&U CHAMPIONSHIPS | LINN-MAR AQUATIC CENTER |
| FEBRUARY 20-22, 2026 | IASI AGE GROUP CHAMPIONSHIPS! | CEDAR FALLS HS NATATORIUM |
| FEBRUARY 26- MARCH 1, 2026 | IASI SENIOR CHAMPS! | WELLMARK YMCA, DM |

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION
 != QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?
 Contact Jackson Allmon