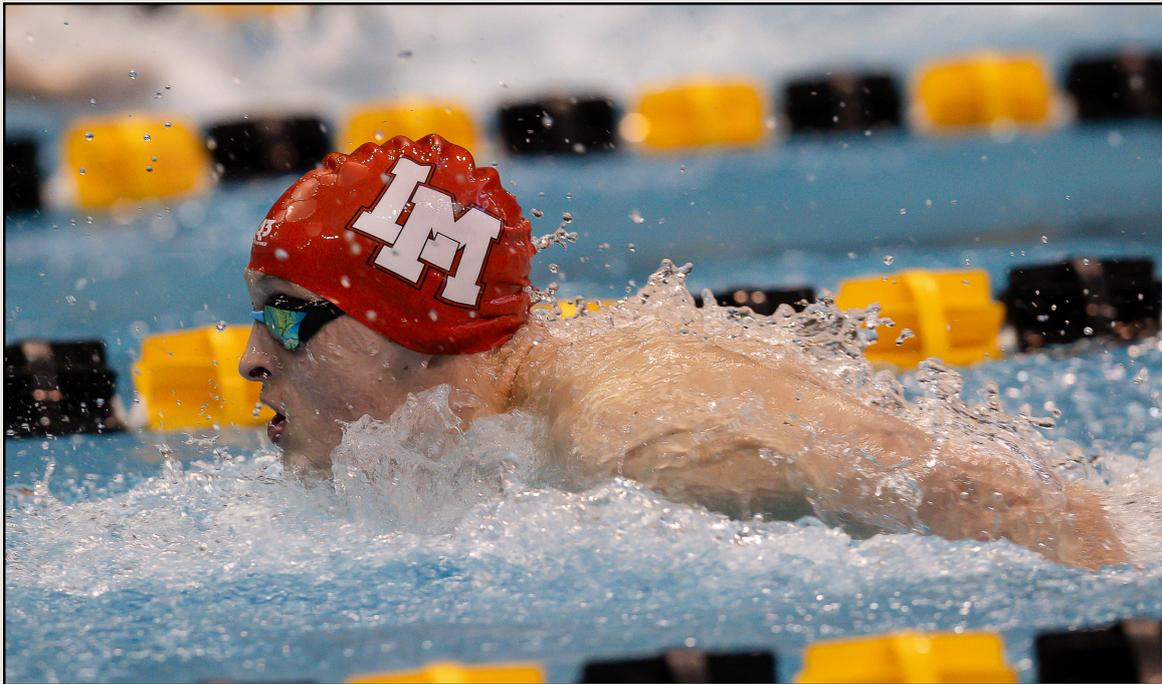


## 2025 IASI CHAMPS RECAP

### WINTER REGIONALS/8&U CHAMPS, AGE GROUP CHAMPS, SHORT COURSE CHAMPS



Pictured Above: LMST Senior swimmer Carter Byers competing at the 2025 IASI Short Course Championships at the University of Iowa on Saturday, March 1st (Source: Chris Pose).

#### Winter Regionals and 8&U Champs - Dubuque, IA

##### New 2025 IASI Champ "Q" Times:

- Colin Janda (10&U) - 50 BK
- Jackson Kray (11-12) - 50 FR
- Addison Luck (Senior) - 50 FR, 200 FR, 500 FR, 200 BK
- Makayla Tristan (10&U) - 50 FR
- Elizabeth Yetter (13-14) - 500 FR, 200 BK

##### 8 & Under High Point (Top 3)

- Graham Goldsmith - 2nd

Congratulations to the Linn-Mar Swim Team on winning the IASI Sportsmanship and Spirit Award at the 2025 Winter Regionals swim meet!

#### Age Group Championships - Des Moines, IA

##### High Point Winners (Top 3)

- Frankie Martino (11-12) - 3rd
- Clayton Treharne (13-14) - 1st

##### New Central Zones Times ("AAA"):

- Everett Burr - 100 FR, 100 FL
- Frankie Martino - 200 FR, 1000 FR, 50 FL, 200 IM, 400 IM
- Mackenzie Tristan - 200 FR, 1650 FR
- Bradyn Weis - 500 FR, 1000 FR, 1650 FR
- Teresa Zhang - 200 BK

##### New LSC Record

- Clayton Treharne - 13-14 100 IM

#### Short Course Championships - Iowa City, IA

##### New Central Zones Times ("AAA"):

- Frankie Martino - 200 FL
- Clayton Treharne - 500 FR
- Mackenzie Tristan - 500 FR

##### New Spring Sectional Qualifiers:

- Tyler Brekke - 400 IM
- Hudson Huberg - 200 BR
- Rylee Sieren - 100 FR
- Peter Wittnebel

##### LMST "Sub Minute" Club

- Owen Sieren (Joins Blake Behrens, Cooper Callahan, Hudson Huberg, Cameron Kelley, & Luke Kelley as only LMST swimmers to break one minute in all four recognized 100 SCY races)

# New LMST SCY Team Records

Frankie Martino

- Girls 11-12 200-yard Butterfly

Clayton Treharne

- Boys 13-14 200-yard Freestyle
- Boys 13-14 100-yard Backstroke
- Boys 13-14 200-yard Backstroke
- Boys 13-14 100-yard Butterfly
- Boys 13-14 200-yard Butterfly
- Boys 13-14 200-yard Butterfly
- Boys 13-14 400-yard Butterfly

Everett Burr, Jensen Rickels, Clayton Treharne, Bradyn Weis

- Boys 13-14 200-yard Freestyle Relay
- Boys 13-14 400-yard Freestyle Relay
- Boys 13-14 200-yard Medley Relay
- Boys 13-14 400-yard Medley Relay

Everett Burr, Levi Richards, Clayton Treharne, Bradyn Weis

- Boys 13-14 800-yard Freestyle Relay



## 2024-25 LMST Team Registration

Swimmers that registered for the 2024- 2025 year (Fall Registration) do not need to do anything before the start of the Summer/Spring season.

If you are a parent interested in registering your child for the first time, register on the homepage of the LMST website or reach out to Jackson (website and email address found below).

## 2025 LMST Spring Practice Times

LMST Spring Practice Schedule from Monday, March 31st to Saturday, May 24th:

### Bronze

- M-Th at 7:00 to 8:00 PM

### Silver

- M-Th at 7:00 to 8:15 PM
- F at 5:30 to 6:45 PM

### Gold

- M-Th at 7:00 to 8:30 PM
- F at 5:30 to 6:45 PM
- Sat. at 7:30 to 9:00 AM (Starting 4/19)
- Dryland TBD

### Platinum

- M-Th at 6:45 to 8:30 PM
- F at 4:00 to 5:30 PM
- Sat. at 7:30 to 9:30 AM (Starting 4/19)
- Dryland TBD



Pictured Above (From Left to Right): LMST swimmers Lila Washburn, Margo Washburn, Margo Hackett, Eden Tucker, Lily Fireman, Dhyan Deepak, Owen Goertzen, and Graham Goldsmith competing at the 2025 IASI Winter 8&U Champs in Dubuque, IA on Saturday, February 15th.

### Diamond

- M-Th at 4:00 to 5:45 PM
- Th AM at 5:45 to 7:00 AM (Starting on 4/10)
- F at 4:00 to 5:30 PM
- Sat. at 7:30 to 9:30 AM (Starting 4/19)
- Dryland TBD

### Senior

- M-Th at 4:00 to 6:00 PM
- T & Th AM at 5:45 to 7:00 AM (Starting on 4/10)
- F at 4:00 to 5:30 PM
- Sat. at 7:30 to 9:30 AM (Starting 4/19)
- Dryland TBD

# 2025 IASI Athlete Summit

The Iowa Swimming LSC Athlete Committee is hosting an Athlete Leadership Summit at the Waukee Schools Natatorium for athletes 13 years of age or older interested in governance on Sunday, April 13th from 9 AM to 4 PM.

To the right is a flyer with more information for the event. The deadline to register for is Friday, March 21st. If you have any questions about the event, contact IASI Senior Athlete Representative [Hannah Cousins](#) and/or IASI At-Large Athlete Representative (and LMST athlete) [Mehal Raghwani](#).

## Jackson - Out of the Office (3/20-3/30)

Coach Jackson will be out of the office from Thursday, March 20th to Sunday, March 30th. For immediate assistance, please contact LMST Administrator/Linn-Mar Aquatic Center Manager Parker Crow at [parker.craw@linnmar.k12.ia.us](mailto:parker.craw@linnmar.k12.ia.us) or at 319-892-4800.



## 2025 LMST Summer Meet Schedule



Date	Meet	Facility	Groups Attending
April 26 <sup>th</sup> (Sat.)	Linn-Mar Spring Splash	Linn-Mar Aquatic Center, Marion, IA	All Groups*
May 9 <sup>th</sup> to 11 <sup>th</sup>	Iowa Flyers Swim Club David Armbruster Open	Campus Recreation and Wellness Center, Iowa City, IA	All Groups
June 7 <sup>th</sup> to 8 <sup>th</sup>	Iowa City Eels Splash Out Hunger	Mercer Aquatic Center, Iowa City, IA	All Groups
June 20 <sup>th</sup> to 22 <sup>nd</sup>	Waukee Waves Invite	Waukee Natatorium, Waukee, IA	Silver - Senior
June 26 <sup>th</sup>	PAC/DASH Tri Meet	University of Northern Iowa Natatorium, Cedar Falls, IA	Bronze – Diamond
July 10 <sup>th</sup> to 13 <sup>th</sup>	Black Hawk Area Swim Team Summer Sizzler	The Falls Aquatic Center, Cedar Falls, IA	All Groups*
July 19 <sup>th</sup> to 20 <sup>th</sup>	IASI Regional and 8&U Championships	TBD	All Groups
July 24 <sup>th</sup> to 27 <sup>th</sup>	IASI Long Course Championships	Waukee Natatorium, Waukee, IA	All Groups ("Q" time required)
July 31 <sup>st</sup> to August 3 <sup>rd</sup>	USA Swimming Central Zone 14&U Championships	Rochester Recreation Center, Rochester, MN	Gold-Senior ("AAA" Motivational time required)

\*The LMST Registration fees cover the entry fees expense to LMST Home meets. LMST students may swim at these meets without incurring additional entry fee charges.