



LMST NEWS

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New Information Highlighted in **---**

PAC-DASH-LMST Tri Meet Information

Tuesday, June 25th | Cedar Falls

The Linn-Mar Swim Team will compete against newly formed Panther Aquatic Club and Dubuque Area Swimm' Hurricanes athletes at the University of Northern Iowa's pool (Wellness Recreation Center, 2250 Hudson Road, Cedar Falls, IA 50614) on the evening of Tuesday, June 25th.

Warmups will begin at 4:15 PM with a meet start time of 5:00 PM. The meet should not go past 7:45 PM at the very latest.

The [meet entry report](#) for LMST swimmers is now available on the team website. Swimmers in the Platinum, Diamond, Senior, and National groups are encouraged to attend Tuesday morning practice on this day 6:15 AM (*unless personally told by Jackson not to attend*).

If you are a USA Swimming certified official that is interested in helping with the Panther Aquatics meet next week, please contact Jackson. He will pass on your email address to PAC, where they will give you more details.

LMST is expected to receive the Timeline/Session Report and a heat sheet from PAC here in the next couple of days. Once received, all information will be posted on the [LMST team website](#) under the "Team Schedule" tab.



Pictured Above: LMST Swimmers at the 2024 USA Swimming Central Zones Open Water Meet at Lake Andrea in Pleasant Prairie, WI (Source: Julia Wittnebel).

Meet Recap

OW Zones/Multicultural Zones

Congratulations to LMST Swimmers who Competed for Team Iowa!

Congratulations to the Linn-Mar Swim Team athletes who competed at Team Iowa meets this past weekend.

Swimmer represented the Iowa Swimming LSC, and raced against athletes from the Arkansas, Illinois, Indiana, Lake Erie, Michigan, Minnesota, Missouri Valley, Midwestern, North Dakota, Oklahoma, Ohio, Ozark, South Dakota, and Wisconsin LSCs.

LMST had a crew of 10 swimmers who raced at the **2024 Central Zones Open Water** competition in Pleasant Prairie, Wisconsin on Friday, June 14th. To qualify for OW Zones, swimmers must have achieved a USA Swimming "A" motivational time in a distance freestyle event. For many, this was their first time competing in an open water race!

Girls 11-12 2.5k → Megan Kueper (44th), Frankie Martino (45th)

Boys 11-12 2.5k → Bradyn Weis (4th), Jensen Rickels (21st)

Girls 13-14 2.5k → Greta Huberg (35th), Mackenzie Tristan (51st), Shay Williams (56th)

Boys 13-14 2.5k → Clayton Treharne (18th), Peyton Adair (34th)

Boys 5k → Peter Wittnebel (39th)

LMST also had two participants at the **2024 Central Zones Multicultural Meet** in Greenwood, Indiana from Friday, June 14th to Sunday, June 16th. This was a timed final, short course yards meet. Swimmers who competed in the meet had the opportunity to watch the first finals session of the 2024 US Olympic Swim Trials (witnessing a world record in person). Both LMST swimmers achieved many personal best times!

Ruhan Raghvani → 200 IM (21st), 50 FR (23rd), 100 FR (17th), 200 BK (7th), 100 FL (19th), 200 FR (9th), 100 BK (9th)

Levi Richards → 50 FR (7th), 50 FL (12th), 100 FL (13th), 50 BK (8th), 100 FR (7th), 200 FR (6th), 100 BK (5th)

6/22 AM Practice

Linn-Mar and City Park

On Saturday, Gold-National will have the option to attend a LM practice from 7:30-9 (Gold) or 9:30 (Platinum and up). City Park practice will be from 9-11 AM. **In the event of storms, all practices will be moved to LM at 9:30 AM.**

July Practice Fees

No July Practice Dues!

There are no July practice fees for LMST families who have paid the 2023-24 registration fee or for swimmers that are currently active. The last day of practice for non-championship swimmers is Friday, July 19th.

6/25 PM Practices

No Swim or Dryland

Afternoon/PM Practices and Diamond Dryland will be cancelled on Tuesday, June 25th due to PAC-DASH Tri meet. Platinum through National will still have AM practice from 6:15 to 8:15 AM.

Meet Information

LMST Championship Meet Information

IASI Regionals/8&U Champs, IASI LC Champs, 14&U Central Zone Champs

IASI Summer Regional and 8&U Champs Meet Entry Deadline: Tuesday, July 9th

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 20th and Sunday, July 21st.

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.

IASI Long Course Championships Meet Entry Deadline: Wednesday, July 17th

Open to Bronze through National swimmer who have achieved IASI "Q" times.

This year's IASI Long Course Championships will be held at the Wellmark YMCA in Des Moines from Thursday, July 25th to Sunday, July 28th.

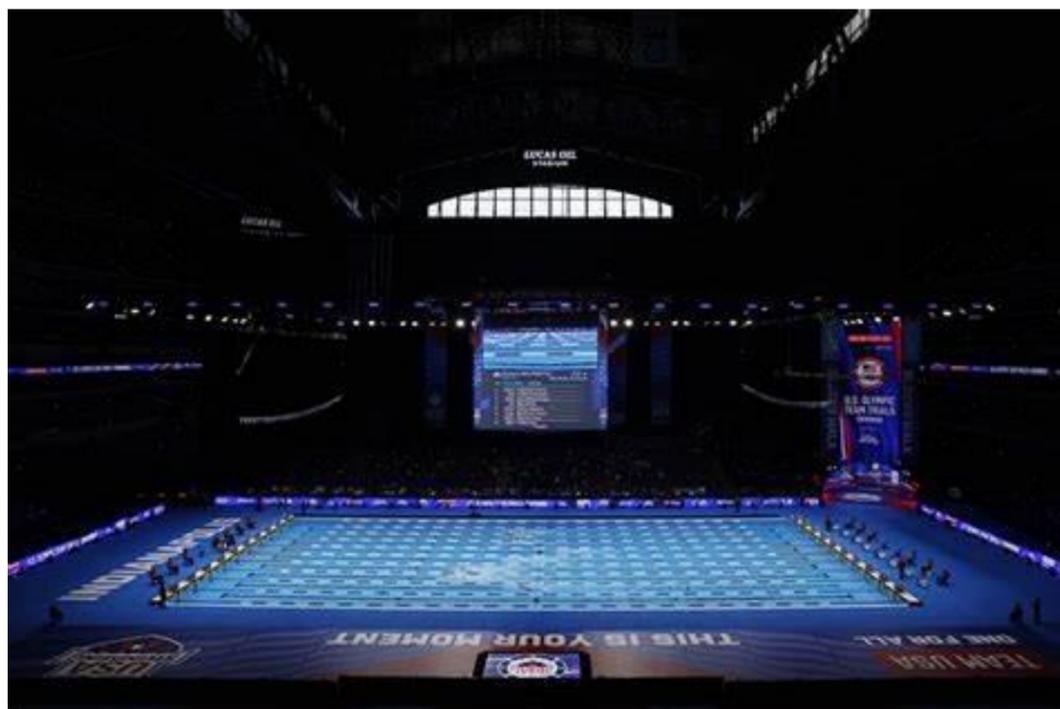
Swimmers who have a "Q" should attend the meet. Athletes with one qualifying time can swim up to two bonus individual events.

14&U Central Zone Championships: Registration available *soon* on IASI Swimming website.

Open to Platinum and Diamond swimmers who have achieved USA Swimming "AAA" Motivational time.

This year's Zones will be held at the Wellmark YMCA in Des Moines from Thursday, August 8th to Sunday, August 11th.

This meet is for swimmers 14 years or younger who have a AAA time in their respective age group or place top 2 at state.



Pictured Above: The 2024 US Olympic Swimming Trials competition pool, located in Lucas Oil stadium in Indianapolis, IN.

National Meets

United States Olympic Trials

Sat., June 15th to Sun., June 23rd | Indianapolis, IN

The U.S. Olympic Swimming Team Trials will be held from June 15-23 in Indianapolis, Indiana. For the first time ever, the U.S. Olympic Swimming Trials will take place inside an NFL stadium, as Lucas Oil Stadium (home of the Indianapolis Colts) is converted into the world's largest natatorium for nine days of fierce competition.

LMST swimmers are encouraged to watch the best swimmers in the nation vie for spots on the US Olympic Team later this summer in Paris. Families who are new to the sport have the chance to watch the pinnacle of swimming in America and see what a championship environment is all about (competitiveness, attention to

detail, etc.). Families who have been around the sport can identify and analyze what race strategies and techniques are utilized at the top level. There are many aspects that athletes of all levels can take away to help improve their swimming.

All finals sessions will air live on NBC in primetime starting at 7 p.m. CT, with coverage also streaming on Peacock, NBCOlympics.com, NBC.com and the NBC/NBC Sports apps. Olympic roster spots are on the line during Finals.

USA Network will air coverage of prelims sessions, which can also be streamed live on Peacock and NBC's digital platforms at 10 a.m.

Practice Calendar

LMST Practice Schedule Updates

LC Practice Calendar Changes

Week of 6/17 - 6/23

6/19 (W) → Evening practices moved up due to no PM swim lessons (Bronze - 4:15 to 5:15 PM, Silver - 4 to 5:15 PM, Gold - 3:45 to 5:15 PM)

Week of 6/24 - 6/30

6/25 (T) → Afternoon/PM Practices and Diamond Dryland cancelled due to Tri meet. Platinum through National will still have AM practice from 6:15 to 8:15 AM.

Week of 7/1 - 7/7

7/1 (M) to 7/3 (W) → Evening practices moved up due to no PM swim lessons (Bronze - 4:15 to 5:15 PM, Silver - 4 to 5:15 PM, Gold/Plat. - 3:45 to 5:15 PM)

7/3 (W) → Diamond Dryland moved from Tuesday to Wednesday (same time)

7/4 (Th) → No Bronze Practice, Silver & Gold - 7:30 to 9 AM, Platinum through National - 7:30 to 9:30 AM, No evening practice

7/5 (F) → Bronze - 8 to 9 AM, Silver & Gold - 7:30 to 9:30 AM, Platinum through National - 7:30 to 9:30 AM, No evening practice

Week of 7/8 - 7/15

7/11 (Th) & 7/12 (F) → No Thursday PM or Friday AM practices due to meet

Swimmers who do not qualify for 2024 LC Champs or Zones will have their last practice for the season on Friday, July 19th.

