

ACAC & ICE MEET RECAPS

NEW TIME STANDARDS, NEW LEGAL SWIMS, ETC.



Congratulations to all of the LMST swimmers who competed at the ACAC Tundra Meet and ICE Tunwall Invitational this past weekend. Swimmers did a great job of overcoming decreased time in training this past week, as many achieved personal time bests.

In Ames, LMST got the opportunity to swim against teams from Iowa, Missouri, Minnesota, Nebraska, and Wisconsin. LMST placed 3rd overall out of 17 total teams!

Thank you to Coach Bob, Jon, Julia, and Regina for attending the meet in Iowa City. Thank you to Coach Meredith, Stephanie, Oz and Wilson for making the trip to Ames. Opportunities were not possible the past weekend, let alone this whole week, without the staff's flexibility and passion!

New 2025-26 Short Course IASI Championships "Q" Times

- Saniha Deepak - Girls 11-12 200 FR, 500 FR
- Colin Janda - Boys 10&U 100 FR, 100 IM
- Annie Landherr - Girls 13-14 1650 FR
- Landon Lang - Boys 13-14 200 BR
- Ava Lutz - Girls 13-14 1650 FR
- Addison Luck - Girls Senior 50 BK, 100 BK, 50 FL
- Francesca Martino - Girls 13-14 100 BR
- Jensen Rickels - Boys 13-14 50 BR
- Josie Robinson - Girls 13-14 200 FR, 100 BR
- Catherine Sklarsky - Girls 13-14 50 FR, 50 BK, 50 BR, 100 BR
- Oliver Snyder - Boys 11-12 50 FL
- Makayla Tristan - Girls 10&U 50 FR, 100 IM

New 2025-26 SCY Silver Cap Recipients

- Norah Foreman

New Spring Sectional Championship Qualifiers

- Francesca Martino - Girls 100 FL

ACAC Tundra High Point Winners (Top 3 Places)

- Dhyan Deepak - Boys 8&U (1st)
- Colin Janda - Boys 9-10 (1st)
- Francesca Martino - Girls 13-14 (3rd)
- Lila Washburn - Girls 8&U (1st)

New Spring Sectional Championship Qualifiers

- Lauren Lang - Girls 13-14 50 BR
- Josie Robinson - Girls 13-14 50 BR
- Shay Williams - Girls 13-14 100 FR

Upcoming Practice Schedule Updates

1/21 (W) - LMST practice is **CANCELED** due to National Weather Service's severe blizzard warning within the area.

1/22 (Th) - LMST will have the following practice times tomorrow at Coe:

- Senior & Senior/Diamond Hybrid - 6-8 PM (Shallow)
- Silver - 8-9 PM (Competition)
- Gold, Platinum, & Diamond - 8:10-9:25 PM (Competition)

1/23 (F) - LMST will have the following practice times Friday at Coe:

- Senior & Senior/Diamond Hybrid - 6-7:30 AM (Competition)
- Bronze - 6-7 PM (Shallow)
- Silver & Gold (Combined) - 7-8:30 PM (Shallow)
- Platinum - 7:40-9:10 PM (Competition)
- Diamond & Senior - 8:10-9:45 PM (Competition)

1/24 (Sat.) - LMST will have the following practice times Saturday:

- Senior Dryland - 10-11:30 AM (at **Linn-Mar Aquatic Center**)
- Gold-Senior - 11 AM-1 PM (at Coe)

IASI Winter Regionals and 8&U Champs

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 encourage as many 8&Us to sign up as possible in hopes of competing for a state team title.

If your swimmer is not attending IASI Age Group Champs the following weekend in Cedar Falls, they are expected to swim at this meet. The LMST Entry Deadline for the meet is 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.

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.

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 will reach out to families after Ames/Iowa City if your child is being considered for a relay. If you are interested in being a relay only swimmer, please commit online.

[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



LMAC Spring Lessons- Registration on 1/28

Unfortunately, due to an unforeseen circumstance with our system, the aquatic center will need to delay the opening of the lesson registration to next **Wednesday, January 28th**. Registration will still open at 7:00 AM.

[Linn-Mar Lessons Aquatic Center Website](#)

Please create a new account prior to registration if this is your first time registering on this platform. Linn-Mar student's please use the discount code Linn-Mar. The password is case-sensitive.

Linn-Mar is a licensed provider of SwimAmerica swimming lessons. All instruction is done using SwimAmerica teaching philosophy and SwimAmerica lesson curriculum.

If you have questions, please contact Parker Crow at parker.crow@linnmar.k12.ia.us or at 319-892-4800.

USA Swimming Login

Password Reset Required -Beginning February 1, 2026, all members will be prompted to reset their password before logging in.

Check Your Login Email - Please make sure the email address associated with your existing login account is accurate and accessible. This is where your password recovery will be sent.

Action Steps Before Feb. 1, 2026

1. Using a computer, go to <https://hub.usaswimming.org>.
2. Log in with your current credentials.
3. Click Settings in the upper right corner.
4. Select Email and confirm that your login email is correct and accessible.
5. Update your email if needed.

Why This Matters- This change ensures stronger account protection and a smoother login process for all members.

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