

*Inspire Learning. Unlock Potential. Empower Achievement.*

Volume VI, Edition IX

Wednesday, May 21st, 2025

## JULY MEET INFORMATION

**BLST SUMMER SIZZLER, IASI SUMMER REGIONALS/8&U CHAMPS**



Pictured Above: LMST Gold swimmer Aatreya Dutta competing at the Saturday morning session of the 2025 Armbruster Open in Iowa City on May 10th. (source: Chris Pose).

### **BLST Summer Sizzler Meet Entry Deadline: **Friday, May 30th****

*Open to Bronze through Senior*

BLST will host their annual, outdoor, 50-meter meet on Thursday, July 10th to Sunday, July 13th.

Again this year, there will be no qualifying times, no 10&unders on Thursday night (due to the crowded warm-up session), and some minor shifting of 12&U events throughout the meet.

Families must enter their swimmers by this **Friday, May 30th** to guarantee entry into the meet!

### **IASI Summer Regional and 8&U Champs Meet Entry Deadline: **Wednesday, 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 19th and Sunday, July 20th at the Dubuque Community Schools Aquatic Center.

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 and team championship.

Other events to keep track of for the rest of the summer:

- Central Zone Open Water Championships (Pleasant Prairie, WI) - **Friday, June 13th**
  - More information available on page 3.
- DASH-LMST-PAC Tri Meet (Cedar Falls) - **Thursday, June 26th**
  - Deadline to enter is **June 13th**
- IASI Swimming Long Course Championships (Waukeg) - **Thursday, July 24th to Sunday, July 27th**
  - ["Q" swimmers only](#)
- Central Zone 14&U Age Group Championships (Rochester, MN) - **Thursday, July 31st to Sunday, August 3rd**
  - ["AAA" swimmers only](#)

# *Away Meet Entry Fees Informational Page*

When LMST families enter or "commit" their swimmers to an away meet on the team website, they are responsible for paying any additional meet entry fees associated with the competition (even if the swimmer chooses to not participate after originally entering).

Typical meet entry fees for away meets include:

- Individual Events (\$6 - \$12 per individual event entered)
- IASI LSC Surcharge (\$6 per meet)
- Facility Surcharge (\$6 - \$10 per meet)
- Relay Events (covered by LMST)

The total meet entry fees vary from meet to meet. A breakdown of fees will always be included in the meet information packet (PDF) posted with the event on Commit. Outreach fees are always \$5 per meet.

When a swimmer is signed up for a meet within the Iowa Swimming LSC, fees are typically "non-refundable" to visiting

teams once they send initial entries to the host team. Our team usually sets our LMST- specific entry deadlines on Commit a day or two prior of when away teams start to accept meet entries. LMST- specific deadlines are set to guarantee entry into an away meet that our team plans on attending. Away teams can deny entry to our team if entries are sent after the initial entry period begins as the meet may reach its maximum capacity.

LMST administration for each away meet requests a check through the school district business office to cover the cost of our team's total fees. Individual families can pay the cost of their swimmers' meet entry fees through the Commit parent portal. Parents will receive an invoice on Commit for away meet entry fees within a couple weeks of LMST's meet entry deadline.

For questions about meet entry fees for away meets, contact LMST Administrator Parker Craw (parker.craw@linnmar.k12.ia.us).



## *Para Swimming Clinic - 6/28 (Cedar Falls)*

US Paralympic Swimming, in partnership with Iowa Swimming and the University of Northern Iowa, is hosting an Introduction & Orientation to Para Swimming clinic on Saturday, June 28th in Cedar Falls! This clinic is free to all participants.

The clinic is open to anyone interested in learning more about paralympic swimming! A portion of the clinic will be in-water for the swimmers, but all are welcome to observe. Additionally, lunch for participants in the clinic will be provided.

[Para Swimming Clinic Registration Link](#) (more information provided on SignUp Genius)

Interested participants should contact UNI Coach Ben Colin ([NorthMountainParaRegionCoach@gmail.com](mailto:NorthMountainParaRegionCoach@gmail.com)).

## *June Practice Fees*

All LMST families will receive **10% off** the standard in-district rate for the month of June. This is to make up for the difference of practice opportunities the weeks of 5/26 and 6/2 when LMST will train at Coe College during the weekdays. Here is what 10% looks like for each family:

- Bronze - \$81
- Silver - \$108
- Gold - \$135
- Platinum - \$135
- Diamond - \$162
- Senior - \$162

## *5/23 (Fri.) Practice*

The Linn-Mar Aquatic Center will be draining the pool after classes on Friday, May 23rd. Swimmers in the Silver, Gold, Platinum, Diamond, and Senior groups are encouraged to bring **outdoor attire** for practice on Friday. The team will plan on going outside instead of swimming on this day (weather permitting).

# 2025 Central Zones Open Water Championships

## Central Zone Open Water Champs Website

Top swimmers from Arkansas, Iowa, Illinois, Indiana, Lake Erie, Michigan, Minnesota, Missouri Valley, Midwestern, North Dakota, Ohio, Oklahoma, Ozark, South Dakota, and Wisconsin compete against one another for a Central Zones OW title.

When: Clinic → Thursday, June 12th, 2025, Competition → Friday, June 13th, 2025.

Where: Lake Andrea, Pleasant Prairie Wisconsin

## Team Iowa Registration (Deadline is Monday, May 26th)

LMST swimmers would represent Team Iowa at this meet. Team Iowa Registration opened last week on the LSC website. National A times shall be used to determine eligibility.

For questions about Open Water Zones, please contact Jackson or IASI Open Water Committee Chair Mehal Raghvani.

Open 5K\*: Minimum 15-16 "A" Time in:

- 400/500
- 800/1000
- 1500/1650 FR

\*Top 15 finishers in Open category qualify for Open Water Junior Nationals

13-14 2.5K: Minimum 13-14 "A" Time in:

- 400/500
- 800/1000
- 1500/1650 FR

11-12 2.5K: Minimum 11-12 "A" Time in:

- 200
- 400/500
- 800/1000
- 1500/1650 FR

10&Under 1.25K: Minimum 10&Under "A" Time in:

- 200
- 400/500 FR

## LMST Open Water Zones Qualifiers (as of 5-13-25)

## Marion Outdoor Practices

Starting this Saturday, LMST Gold-Senior swimmers will train at the 50-meter Marion Municipal Outdoor Swimming Pool (35th St. by Willowood Park) on weekends from 6:30 to 8:30 AM on the following dates for the rest of the season:

- 5/24
- 5/31
- 6/14
- 6/28
- 7/5

Updated Saturday practice times and locations are updated in the [LMST Practice Calendar](#). Swimmers will be asked to bring their own equipment if they have it.

## A3 Cap Order Update

Due to a manufacturing issue with the plain and customized LMST silicone caps, A3 Performance and their production team had to delay their shipment.

**LMST customized and dome caps will be printed by Thursday, and will be shipped to us as soon as possible.**

Thank you for your patience and understanding.



Pictured Above: LMST Bronze swimmer Anders Schroeder competing at the Saturday morning session of the 2025 Armbruster Open in Iowa City on May 10th. (source: Chris Pose).

## Coach-Athlete Appointments

Coach Jackson has cancelled all week of 5/26 & 6/2 Coach-Athlete meetings due to the Coe College practices. He also cancelled current meetings for the rest of the summer due to the change in practice times.

Jackson will post his new summer meeting availability from Monday, June 9th and on in the next addition of the newsletter.

## *LMST Summer Practice Schedule - 6/9 (M) to 7/18 (F)*

- **Bronze**
  - Monday-Thursday → 5:45 to 6:45 PM
- **Silver**
  - Monday-Thursday → 5:45 to 7:00 PM
  - Every other Friday → 8:15 to 9:45 AM
    - Dates with Friday AM practices:
      - 6/20
      - 7/4
      - 7/18
- **Gold**
  - Monday-Thursday → 5:30 to 7:00 PM
  - Every other Friday → 8:15 to 9:45 AM
    - Dates with Friday AM practices:
      - 6/20
      - 7/4
      - 7/18
  - Thursday Dryland → 4:45 to 5:30 PM
- **Platinum**
  - Monday-Thursday → 5:15 to 7:00 PM
  - Friday → 6:15 to 8:15 AM
  - Tuesday Dryland → 4:30 to 5:15 PM
- **Diamond**
  - Monday-Thursday Afternoons → 2:00 to 4:00 PM
  - Tuesday & Friday Mornings → 6:15 to 8:15 AM
  - Monday & Wednesday Dryland → 4:00 to 4:45 PM
- **Senior**
  - Monday-Thursday Afternoons → 2:00 to 4:00 PM
  - Tuesday, Thursday & Friday Mornings → 6:15 to 8:15 AM
  - Monday & Wednesday Dryland → 4:00 to 4:45 PM

**Starting this Saturday, May 24th, Gold-Senior will swim at Marion Outdoor pool on Saturdays from 6:30-8:30 AM. Please read page 3 for more information!**

## *Coe College Practice Schedule - 5/25 (M) to 6/6 (F)*

- 5/26 (M- Memorial Day)
  - Senior- 7-9 AM
  - Diamond- 7-9 AM
  - Platinum- 7-9 AM
  - Bronze, Silver Gold- N/A
- 5/27 (T)
  - Senior- 8-9:30 PM
  - Diamond- 8-9:30 PM
  - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Silver- 7-8 PM (Shallow)
  - Bronze- 6-7 PM (Shallow)
- 5/28 (W)
  - Senior- 4-6 PM (Shallow from 5:20-6 PM)
  - Diamond- 4-6 PM (Shallow from 5:20-6 PM)
  - Platinum- 7-8:30 PM
  - Gold- 7-8:30 PM
  - Silver- 7-8:30 PM
  - Bronze- 7-8 PM
- 5/29 (Th)
  - Senior- 8-9:30 PM
  - Diamond- 8-9:30 PM
  - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Silver- 7-8 PM (Shallow)
  - Bronze- 6-7 PM (Shallow)
- 5/30 (F)
  - Senior- 4-6 PM (Shallow pool from 5-6 PM)
  - Diamond- 4-6 PM (Shallow pool from 5-6 PM)
  - Bronze, Platinum, Silver, Gold, Platinum - N/A
- 6/2 (M)
  - Senior- 4-6 PM (Shallow from 5:20-6 PM)
  - Diamond- 4-6 PM (Shallow from 5:20-6 PM)
  - Platinum- 7:45-9:15 PM
  - Gold- 7:45-9:15 PM
  - Silver- 8-9 PM
  - Bronze- N/A
- 6/3 (T)
  - Senior- 8-9:30 PM
  - Diamond- 8-9:30 PM
  - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Silver- 7-8 PM (Shallow)
  - Bronze- 6-7 PM (Shallow)
- 6/4 (W)
  - Senior- 4-6 PM (Shallow from 5:20-6 PM)
  - Diamond- 4-6 PM (Shallow from 5:20-6 PM)
  - Platinum- 7-8:30 PM
  - Gold- 7-8:30 PM
  - Silver- 7-8:30 PM
  - Bronze- 7-8 PM
- 6/5 (Th)
  - Senior- 8-9:30 PM
  - Diamond- 8-9:30 PM
  - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Silver- 7-8 PM (Shallow)
  - Bronze- 6-7 PM (Shallow)
- 6/6 (F)
  - Senior- 4-6 PM (Shallow pool from 5-6 PM)
  - Diamond- 4-6 PM (Shallow pool from 5-6 PM)
  - Bronze, Silver, Gold, Platinum- N/A