

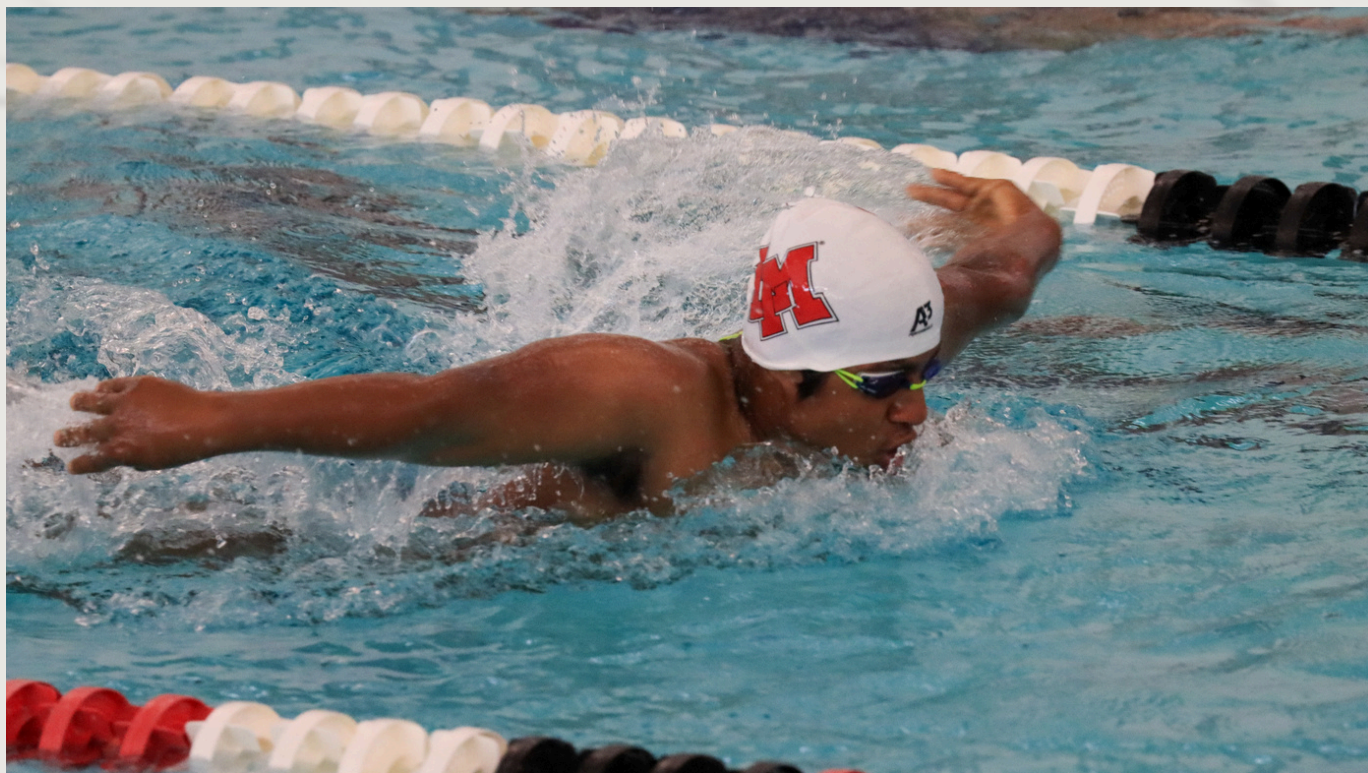
Inspire Learning. Unlock Potential. Empower Achievement.

Volume VIII, Edition XV

Wednesday, July 1st, 2026

JULY CALENDAR UPDATES

LMST PRACTICE CALENDAR → LAST DAY OF PRACTICE IS 7/16, 7/17



Pictured Above: LMST Diamond swimmer, Ishit Chawla competing at the 2026 LMST "School's Out" Triangular Meet on Friday, June 12th at the Linn-Mar Aquatic Center in Marion, IA (Source: Karen Thompson).

Week of 6/29

7/4 (Sat.) → LMST will have practice for the Diamond and Senior groups from 7:30-9:30 AM this Saturday, *Platinum will not have practice offered on this Saturday.*

Week of 7/6

7/8 (W) → This will be the final Diamond Dryland of the season (4:00-5:00 PM).

7/8 (W) → This will be the final Platinum Dryland of the season (4:30-5:25 PM)

7/9 (Th) → There will be NO Diamond and Senior *afternoon* practice next

Thursday. Senior will still have morning practice, with a dryland afterwards from 8:15-9:00 AM (NO Friday dryland due to Sizzler). Bronze, Silver, Gold, and Platinum will have normal evening practice times next Thursday.

7/10 (F) & 7/11 (Sat.) → No Friday (including Senior dryland) or Saturday AM practices due to Summer Sizzler.

Week of 7/13 - 7/19

7/16 (Th) → Senior AM practice on this day will be only offered for Futures swimmers, or those from the group who are interested in an additional offering. This will be the last day of practice for Bronze non-LC Champ qualifiers.

7/17 (F) → This will be the last day of practice for Silver-Senior non-LC Champ qualifiers.

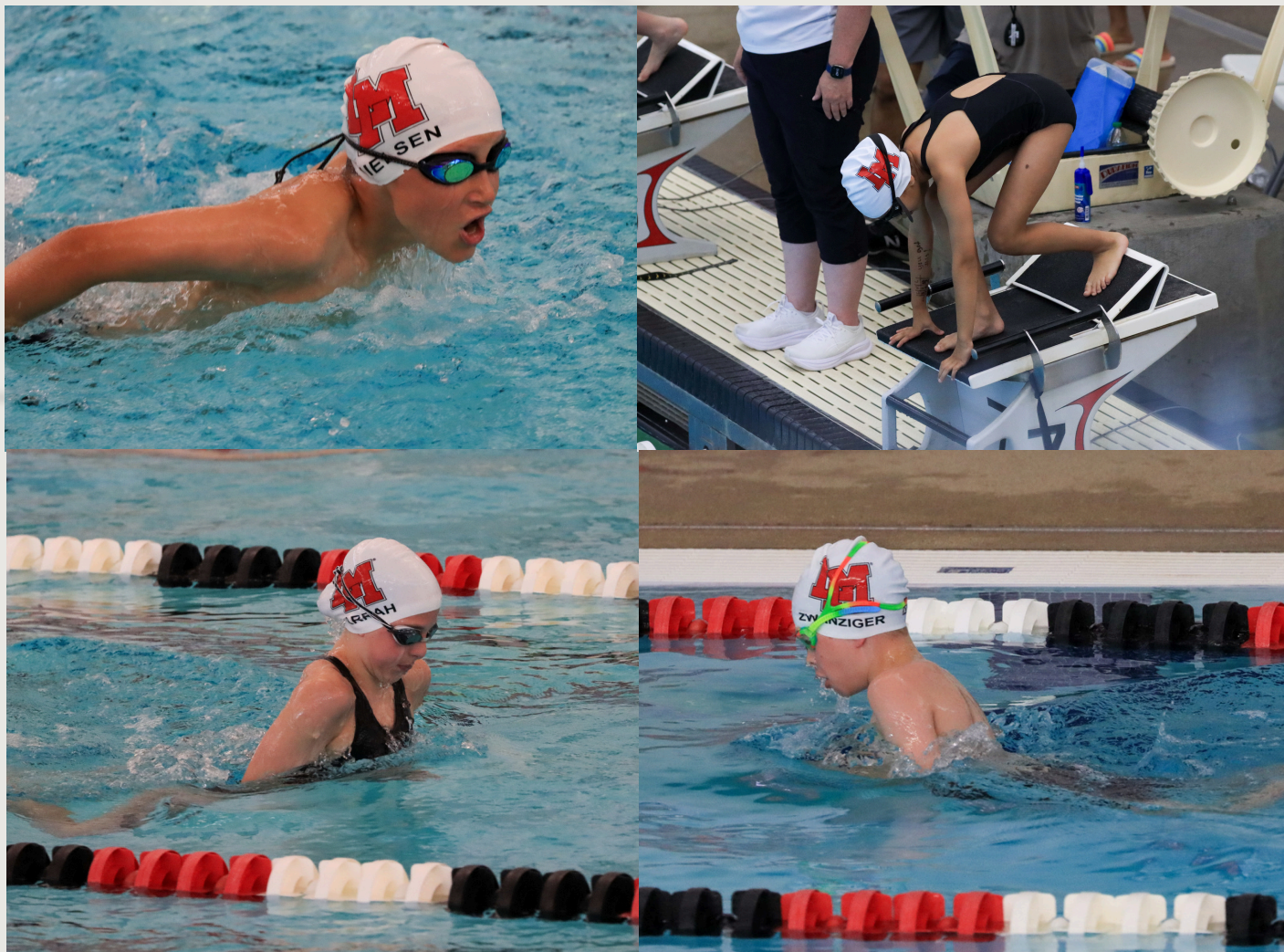
7/18 (Sat.) → Platinum, Diamond, and Senior LC Champ Qualifiers will practice from 7:30-9:30 AM.

Week of 7/20 - 7/26

7/20 (M) - 7/22 (W) → Bronze-Diamond LC Champ practices will be at similar start times, but may have an earlier conclusion. Senior practice times/offers are still TBA.

Week of 7/27 - 7/29

7/27 (M) & beyond → Zone & Future practice times are TBD.



Thank you to LMST parent Karen Thompson on capturing action shots of the team's swimmers this season! To view her pictures taken at the 2026 EELS Splash Out Hunger and LMST "School's Out" Tri Meet, please check out this link: [LMST Thompson Photo Album - LCM 2026](#)

LMST Evaluation Nights (7/8 & 7/15)

LMST age group coaching staff will be hosting "Evaluation Nights" on the following evenings the summer:

- Wednesday, July 7th from 7:30-8:45 PM
- Wednesday, July 18th from 7:30-8:45 PM

The following groups of students are invited to attend this free opportunity:

- New families interested in registering for LMST for the 2026 Fall/Winter season
- Inactive LMST swimmers who did not train during the Spring/Summer season, but are interested in Fall practice group placement.

[LMST Evaluation Night Registration Link](#)

(NOTE: parents are asked to fill out open-ended sessions to best of ability to help aid proper placement on evaluation night, and/or for placement for starting practice group.)

LMST swimmers who trained as recent of this May are not encouraged to attend. Swimmers who trained with the team this Spring have been evaluated consistently throughout the season, and we be advanced via email if applicable.

Students interested in this opportunity are asked to arrive between 7-7:10 PM at the front entrance of the aquatic center during their evaluation night to "check-in." Students can only attend one of the two nights. Students are asked to arrive to the aquatic center in their suit. Students are encouraged to bring a pair of goggles and towel, but the facility has the items available to borrow. Parents are not allowed to be on deck during the event. The staff will email results of the evaluation to families within a couple weeks of the performed evaluation.

If you have any questions about the evaluation night, please contact Jackson.



Pictured Above: Linn-Mar Swim Team Senior athletes on the campus of Colorado Mesa University during their altitude training trip on Saturday, June 27th (source: George Durin).

Upcoming Meet Info

BLST Summer Sizzler (Cedar Falls)- 7/9 (Th) -7/12 (Sun.)

Current entries are available on the [LMST Website!](#)

IASI Summer Regionals and 8&U Champs (Dubuque) - 7/18 (Sat.) & 7/19 (Sun.)

Deadline to enter is Tuesday, July 7th. All 9&O swimmers without the max number of "Q" times are encouraged to enter. **ALL 8&U encouraged to enter to this champ meet!**

IASI LC Champs (Iowa City) - 7/23 (Th) - 7/26 (Sun.)

Entries not yet available, but all swimmers with a "Q" time are encouraged to enter!

USA Swimming Futures (Madison)- 7/29(W) -8/1 (Sat.)

Swimmers with individual qualifying times are asked to have a conversation with Jackson in the next week about entries. He will enter the swimmers on his own end.

BLST Summer Sizzler - Apparel Pre-Sale

A Pre-Sale link is now available for BLST Summer Sizzler apparel. Some items will only be available online and not offered on deck. Multiple color offerings for each item.

<https://splashmulti.com/summer-sizzler-invitational>

For any other information regarding the meet this upcoming weekend, please check out the meet landing page:

<https://www.gomotionapp.com/team/iablast/page/host-ed-meets>

Feel free to take read about information regarding session themes, 13&O lazy river race, 12&U cannonball contest, food truck schedule, etc.

LMST MEET SCHEDULE

SPRING/SUMMER (LCM) 2026

DATE	MEET	LOCATION
APRIL 25, 2026	LINN-MAR SPRING SPLASH (SCY) \$	LINN-MAR AQUATIC CENTER
MAY 2-3, 2026	EELS LONG COURSE KICKOFF	MERCER AQUATIC CENTER
MAY 8-10, 2026	IFLY DAVID ARMBRUSTER OPEN	CRWC, IOWA CITY
MAY 23, 2026	DASH SPRING PENTATHALON (SCY)	DUBUQUE AQUATIC CENTER
JUNE 6-7, 2026	EELS SPLASH OUT HUNGER	MERCER AQUATIC CENTER
FRI, JUNE 12TH (UPDATED 5-13)	'SCHOOL'S OUT" TRI - BLST/EELS (SCY)	LINN-MAR AQUATIC CENTER
JUNE 19-21, 2026	WAUKEE OPEN SUMMER INVITE !	WAUKEE NATATORIUM
JUNE 20-21, 2026	VAC ANNUAL VINTON INVITATIONAL (SCM)	VINTON COMMUNITY POOL
JULY 9-12, 2026	BLST SUMMER SIZZLER	THE FALLS, CEDAR FALLS
JULY 18-19, 2026	IASI REGIONAL AND 8&U CHAMPIONSHIPS (SCY)	DUBUQUE AQUATIC CENTER
JULY 23-26, 2026	IASI LONG COURSE CHAMPIONSHIPS !	CRWC, IOWA CITY
JULY 29 - AUGUST 2, 2026	TYR FUTURES CHAMPIONSHIPS !	MADISON, WI

\$ = MEET ENTRY FEES ARE FREE WITH COST OF LMST TEAM REGISTRATION

! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?

Contact Jackson Allmon