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Wednesday, July 9th, 2025

BLST SUMMER SIZZLER

SIZZLER MEET PAGE → PSYCH SHEET, TIMELINES, FOOD OPTIONS



Pictured Above: LMST Diamond swimmer Joseph Saputra competing at the 2025 Waukee Waves Summer Invitational at the Waukee Schools Community Natatorium on Saturday, June 21 (source: Chris Pose).

The 2025 Summer Sizzler, hosted by the Black Hawk Area Swim Team, is this weekend (Thursday, July 10th to Sunday, July 13th) at the Falls Aquatic Center in Cedar Falls, IA.

LMST coaches will bring tents for swimmers, but families are encouraged to bring their own tents with buckets/bungees to weight it down (stakes are NOT allowed). There will be no seating available so you will need to bring your own chairs and tents.

GATES WILL OPEN AT 4:30PM ON THURSDAY. NO PARKING in the Falls parking lot. Coaches, athletes, and spectators MUST park in the Nazareth Lutheran Church parking lot (adjacent to the Falls) or in the Roth Apartment lot behind the Falls (follow the road behind the facility).

Themed Days/Details

'Beach Day Thursday' - Hawaiian shirts aren't required, but the officiating crew will be proudly sporting them around the pool deck (50 Triple Crown Day)

'Fiesta Friday' - Join in the fun and dress for a fiesta! (Dueling 50's Day for 13&O swimmers)

'Team USA' Saturday - Show off your red, white, and blue proudly (wear your LMST Bomb Pop shirt from splash if you ordered one)! There will be a cannonball contest at the conclusion of the 12&U session, and a lazy river race (with raffle prizes) at the end of the 13&O finals session. Liability waiver required for all participants (available at the meet)

Meet Itinerary (WU Time/Start Time)

- Thursday Evening (Events 1-10; Open 50's/400 IM's) → 5:00 PM/6:00 PM
- Friday AM (Events 21-32; 13&O Prelims) → 6:50 AM/8:30 AM
- Friday Afternoon (Events 11-20; 12&U Timed Finals) → 12:30 PM/1:10 PM
- Friday PM (13&O Finals) → 5:30 PM/6:30 PM
- Saturday AM (Events 45-56; 13&O Prelims) → 7:35 AM/8:30 AM
- Saturday Afternoon (Events 33-44; 12&U Timed Finals) → 12:30 PM/1:10 PM
- Saturday PM (13&O Finals) → 5:00 PM/6:00 PM
- Sunday AM (Events 57-66; 12&U Timed Finals) → 7:00 AM/8:00 AM

July Calendar Updates

Week of 7/7 - 7/13

7/10 (Th) & 7/11 (F) → No Thursday PM or Friday AM practices due to meet.

Week of 7/14 - 7/20

7/14 (M) & 7/16 (W) → Diamond & Senior Dryland will start at 2 PM, Swim immediately following dryland until 4 PM

7/18 (F) → Platinum- Senior swim from 6:15-8:15 AM, Silver and Gold from 8:15-9:45 AM

7/19 (Sat.) → Diamond & Senior LC Champ Qualifiers will practice from 7:30-9:30 AM at Linn-Mar.

Week of 7/21 - 7/27

7/21 (M), 7/22 (T) → Diamond & Senior LC Champ Qualifiers from 2-3:30 PM, Bronze-Platinum LC Champ Qualifiers from 5:30-6:45 PM

7/23 (W) → Diamond & Senior LC at same time, Bronze -Platinum LC Champ Qualifiers from 3:00-4:00 PM

Week of 7/28 - 7/30

7/28 (M) → 14&U Zones Qualifiers will practice from 2:00 to 3:30 PM

7/29 (T), 7/30 (W) → 14&U Zones Qualifiers will practice from 7:15 to 8:45 AM



Pictured Above: LMST Gold swimmer Anna Larson competing at the 2025 Waukee Waves Summer Invitational at the Waukee Schools Community Natatorium on Saturday, June 21 (source: Chris Pose).

IASI End-of-Season Championship Meets

2025-26 Academic Year Registration

IASI Summer Regionals and 8&U Champs (Dubuque - 7/19-7/20)

Deadline to enter is TONIGHT, July 9th

Swimmers from all practice groups are encouraged to attend Summer Regionals in Dubuque if not already attending IASI Champs. This is an end of the season championship meet for most swimmers. It is also an 8 & Under Championship and team championship. Swimmers in all groups have been preparing to "peak" for this meet. **NO QUALIFYING TIMES NEEDED!**

IASI Long Course Champs (Waukee - 7/24-7/27)

Deadline to enter is Wednesday, July 16th

To check if your swimmer is qualified individually for their age group, see the IASI Championship "Q" Times. Athletes can qualify with Long Course Meters OR Short Course Yards times. The meet will be held at the Waukee Natatorium from Thursday, July 24th to Sunday, July 27th.

If no more than 4 LMST swimmers in a respective age group qualify, the team may ask swimmers to compete as "relay-only" swimmers. If you are interested in being a relay only swimmer, please commit online.

Registration for the 2025-26 Fall/Winter Season is set to begin on Friday, August 1st on the Linn-Mar Swim Team website via Commit Swimming. A link to register will be included on the website's homepage in August.

During the Fall/Winter Season the Linn-Mar Swim Team (LMST) competes in various short course (25 yard) meets throughout the Eastern Iowa. The official practice start date for the 2025-26 Fall/Winter season is Monday, August 25th. Athletes will practice and compete through Friday, February 13th (Note: competing in meets are optional for LMST swimmers).

Students must have reached Station 7 in the SwimAmerica Lessons curriculum to join the swim team.

As a part of the registration process, families will pay a registration fee (which will cover the cost of meet entry fees for three of our home meets). This fee will last the student through the remainder of the 2025-2026 academic year (includes our Spring/Summer season).

In addition to the team's registration fee, each family is billed monthly practice dues, varying between practice groups and whether your child is a Linn-Mar Community School District student.

LMST is the district youth club swim team and is a part of Linn-Mar's aquatic programming at the Aquatic Center.