

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VII, Edition XIV

Wednesday, November 19th, 2025

DASH GIVING THANKS INVITE

WARMUP/START TIMES, PSYCH SHEET, SESSION REPORT/TIMELINE



@cposephoto

Pictured Above: LMST Senior swimmer Clayton Treharne competing in the Saturday morning preliminary session of the 2025 A3 Midwest Challenge at the University of Iowa on November 1 (source: Chris Pose Photography).

The 2025 Giving Thanks Invitational, hosted by the Dubuque Area Swimm['] Hurricanes, is this weekend (Friday, November 21st to Sunday, November 23rd) at the Dubuque Community Schools Aquatic Center at Hempstead High School.

Reminder, **the 11&O events on Saturday are Prelim & Finals**, with A&B finals for 11-12 and A-B-C- finals for 13&O on Saturday night. *This means that the top 16 swimmers in each 11-12 event, and top 24 for each 13&O event will qualify for finals.*

Some of these events have less than 16 or 24 entries for their age group, so take that into consideration when making your plans for this weekend!

If your swimmer does not intend to compete in finals, your family must let Jackson know ASAP, so they can scratch within 30 minutes of the announcement of the prelims results. If a swimmer fails to scratch within 30 minutes and is a no show for finals, they will be scratched from all remaining events or *fined*.

LMST will also have relays contested on Saturday Afternoon, Sunday AM & Sunday PM. Relay lineups will be announced during the session. If your swimmer needs to leave early on a specific day, let Jackson know ASAP.

[Meet Landing Page](#)
[Tentative Timeline](#)
[Psych Sheet](#)
[Warm-up Assignments](#)

Meet Itinerary (WU Time/Start Time)

- Friday Evening Timed Finals (Events #1-6) - **4:30 PM** (Not allowed on deck before 4:15)/**5:30 PM**
- Saturday Morning 11&O Prelims (Events #23-34) - **9:00 AM** (Not allowed on deck before 8:45 AM) /**10:30 AM**
- Saturday Afternoon 10&U Timed Finals (Events #7-22) - **2:00 PM/2:50 PM**
- Saturday Evening 11&O Finals (Events #23-34) - **5:00 PM/6:00 PM**
- Sunday Morning 10&U Timed Finals (Events #35-56) - **7:30 AM/8:20 AM**
- Sunday Afternoon 11&O Timed Finals (Events #57-78) - **10:30 AM/12:00 PM**

MS Boys Swimming

Middle School Boy swim practices for Oak Ridge/Excelsior begins on Monday, December 1st. According to the [LMST Monthly Dues page](#), MS swimmers are still eligible for free monthly dues in December, regardless of club attendance.

Jackson will send an email in the next week to MS boy swimming families outlining practice attendance recommendations for your athlete based off of their current practice group at LMST. All swimmers on the MS teams are required to compete in the MS meets. For questions about MS swimming in the LMCS, contact [Jennie Rickels](#) or [Elizabeth Frangella](#).

LMST Meet Entry Reports

Updated Entry Reports for the following meets have been posted to the LMST website:

- [LMST Fast and Flurrious Entry Report \(updated 11-18-25\)](#)
- [BLST Holiday Classic Entry Report \(updated 11-18-25\)](#)

Relay lineups for the BLST meet will be announced at the meet. There will be no relays contested at the LMST meet due to time constraints.

IGHSAU State Swim Meet Recap

Congratulations to the Linn-Mar Swim Team athletes who competed at the 2025 Iowa Girls High School Athletic Union state championships last week in Iowa City!

The IGHSAU state meet was hosted at the Campus and Recreation Wellness Center at the University of Iowa on November 13th and 14th. Individual events were contested as preliminaries and finals on Thursday and Friday, with the top 16 swimmers advancing to Finals. The relays were contested as Timed Finals on Friday.

Layla Breitbach (Linn-Mar) - 200 IM (25th), 200 Free Relay (30th), 100 Breast (28th)

Addison Luck (Linn-Mar) - 200 Medley Relay (4th), 100 Free (28th), 400 Free Relay (8th)

Ava Lutz (Cedar Rapids Kennedy) - 200 Medley Relay (23rd), 200 Individual Medley (30th)

Courtlyn Morrissey (Linn-Mar) - 200 Free Relay (30th)

Jada Ripke (Cedar Rapids Washington) - 200 Medley Relay (7th), 100 Fly (14th), 100 Back (10th), 400 Free Relay (23rd)

Josie Robinson (Cedar Rapids Washington) - 200 Free Relay (28th)

Mackenzie Tristan (Linn-Mar) - 200 Medley Relay (4th), 200 Free (21st), 500 Free (21st), 400 Free Relay (8th)

Elizabeth Yetter (Linn-Mar) - 200 Free Relay (30th)

Teresa Zhang (Linn-Mar) - 200 Medley Relay (4th), 50 Free (14th), 100 Back (9th), 400 Free Relay (8th)

Practice Updates - November & Beyond

11/24 (M) - There will be NO LMST Evening Practice on Wednesday, November 24th due to the MS CRANDIC Conference Meet. [There will now be an additional morning offering for Diamond and Senior on this day from 5:45-7:15 AM.](#)

11/25 (T) - **Senior will practice from 4:00 to 6:00 PM** on this day as the HS Boys team is away at the Cedar Rapids Metro meet. All other practice groups (Silver-Diamond) will swim at their normal time on this day.

11/26 (W) & 11/28 (F) - On this Wednesday and Friday, LMST will practice in the AM. Bronze, Platinum, Diamond and Senior will practice at 9 AM. Silver/Gold will swim at 10 AM.

11/27 (Th) - There will be NO LMST Practice on Thanksgiving.

Week of 12/1 - This is the first week Senior returns to its normal dryland schedule, and Diamond/Senior returns to their normal weekday morning schedule!

12/2 (T) - There will be NO PM LMST Practice on this evening due to the LM HS Boys Dual meet at the aquatic center. This will be the first day Senior will return to afternoon dryland (3:45-4:45 PM).

12/5 (F) - There will be NO PM LMST Practice on this day due to the LMST Fast & Flurrious Invitational.

14&U Midwest All Star Registration

Team Iowa and Iowa Swimming extend an invitation to register your athlete for consideration for both Team Iowa and the 2026 Midwest All-Star Championship. The championship meet is scheduled for January 9-11, 2026, at the Wellmark YMCA in Des Moines, IA. To be eligible for registration; swimmers are required to be available for the entire three-day competition (Friday-Sunday), USA Swimming registration must be renewed for 2026, and meet the eligibility requirements. Team Iowa registration will close December 15, 2025.

To be considered for Team Iowa, swimmers must have achieved a minimum of a '[BB' USA Swimming motivational time standard](#)' in any Midwest All-Star event. Selections will be based on swimmers' best official times from SWIMS Data Hub, during the SCY from September 1, 2025, to December 21, 2025 (**times from BLST Holiday Classic will be considered**).

The deadline to register/apply for Team Iowa is Monday, December 15th.

All interested swimmers must apply through the [Team Iowa website](#). DO NOT sign up through Commit!



Pictured Above: LMST Diamond Lead Coach Ozgur Celik during the Saturday morning session of the 2025 BLST Fall Triangular on Saturday, October 18 (source: Shaun Elhard).

Fast & Flurrious Volunteers/Donations

On Friday, December 5th to Sunday, December 7th, LMST is hosting our annual Fast and Flurrious meet (formerly known as December Invite) at the Linn-Mar Aquatic Center.

The entry deadline has passed! The meet has reached max capacity for its 12&U sessions!

The volunteering and hospitality signups are available under the "Jobs" tab on the Commit parent portal. *New this year, parents will have the opportunity to receive a shirt if they volunteer (more details TBA next week).*

Members of LMST receive a \$25 credit when they volunteer to work a session at an LMST Invitational swim meet (please refer to the [LMST Volunteer Credit policy](#)).

Deadline to sign up for a volunteer and hospitality slots is Wednesday, December 3rd. Please drop of donation items by the Assistant Aquatic Center Manager's office on Thursday, December 5th if items are non-perishable.

LMST Winter Whiteout Info

The Linn-Mar Swim Team will host our annual, Winter Whiteout meet on Sunday, January 4th.

Entries are now open on Commit! The deadline to sign up for our one-day, January meet is on Wednesday, December 10th. This meet is open to all LMST swimmers.

This will be the last home meet for the 2025-26 Fall/Winter season that is free of entry fees (entry fees will be required for the February Regionals meet at LM).

8&U, 10&U, and 11-12 swimmers will compete in the Sunday morning session. 13- 14 and Senior swimmers will compete in the Saturday afternoon session. Rubber Ducks will be presented to the heat winners for each event and for any individual or relay team who finishes with a final time that ends in 25/100's!

11-12-year-old LMST swimmers in Platinum and Diamond are welcome to swim in IMX events in afternoon to achieve Silver cap, so long as the swimmer does not exceed four (4) individual events for the day.

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