

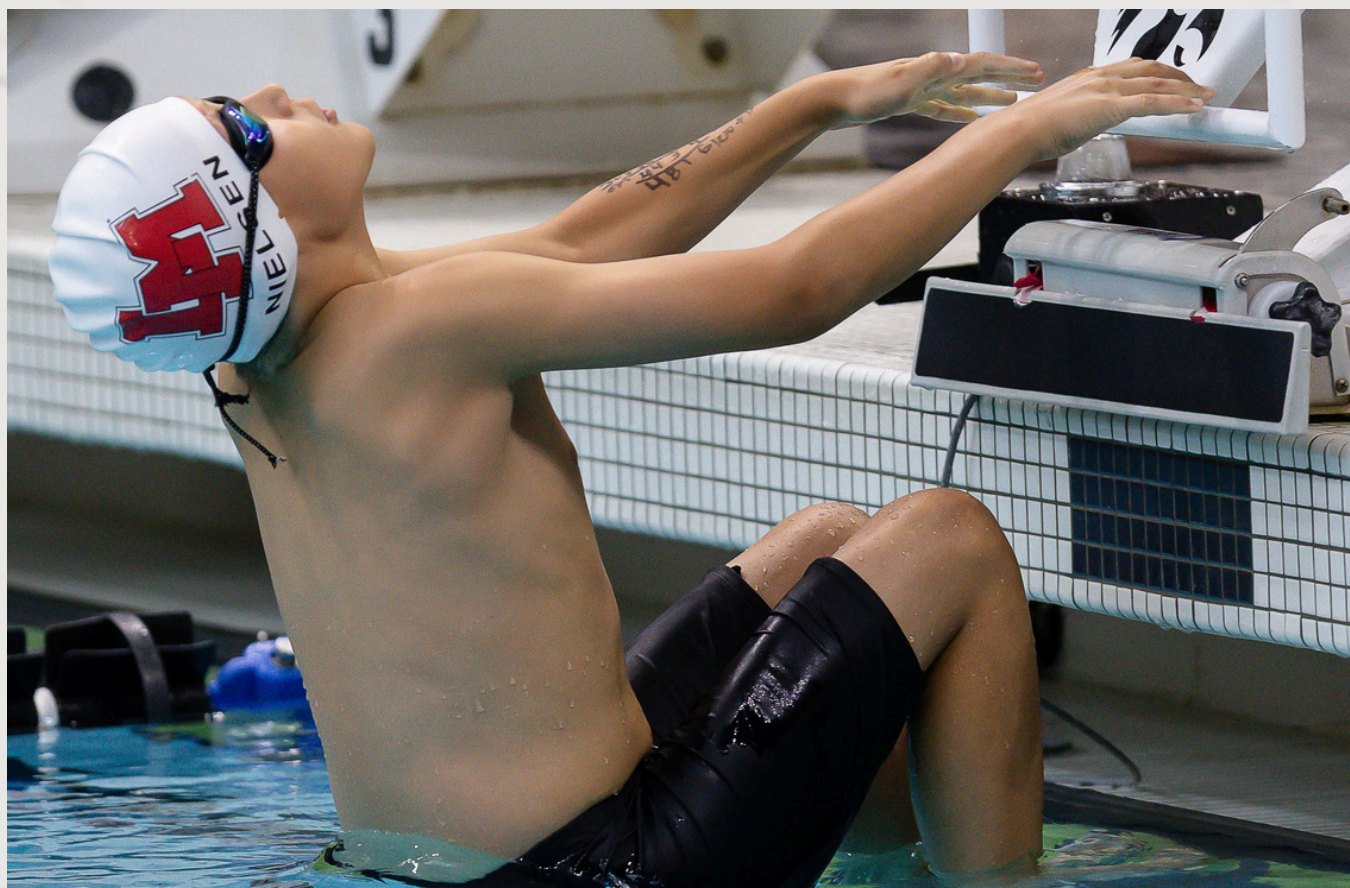
Inspire Learning. Unlock Potential. Empower Achievement.

Volume IX, Edition VII

Wednesday, September 30th, 2026

2026 LMST PUMPKIN PLUNGE

MEET LANDING PAGE, SESSION REPORT/TIMELINE, HEAT SHEETS



On Saturday, October 3rd, LMST is hosting our annual Pumpkin Plunge at the Linn-Mar Aquatic Center.

The current meet information, heat sheets, warmup assignments, and session/timeline report have been posted to [2026 LMST Pumpkin Plunge Meet Page](#).

If your child is entered to compete in this Saturday's meet, but you know that they will not be able to attend/participate, please reach out to Jackson as soon as possible. We already have relay teams assigned for the morning. This will help coaches find substitutes if need be.

AM Session Itinerary (10 and under)

- Arrival Time on Deck: **7:40 AM** (Swimmers should arrive in their swimsuits, ready to warm-up. Swimmers who need Event/Heat/Lane written on their arms can arrive earlier)
- Meet Warm-Ups: **8:00 AM**
- Meet Start: **9:00 AM** (Please refer to the Session Report/Timeline to find out when your child is swimming each event)
- Meet Conclusion: **11:10 AM** (Most students are in relays at the end! Swimmers should check in with a coach before leaving)

PM Session Itinerary (11 and over)

- Arrival Time on Deck: **11:15 AM**
- Meet Warm-Ups: **11:30 AM**
- Meet Start: **1:20 PM**
- Meet Conclusion: **5:00 PM** (students are welcome to leave once they have competed in their final event)

Swimmers in each session should arrive in their swimsuit, so that they are ready to warmup as soon as their warmup time begins. All swimmers must warmup with the team for the entirety of the warmup time. If your child is not able to make warmups at the start, please let me know, or your child will be assumed absent.

LMST Cap Update

Unfortunately, LMST students/families will not receive caps ordered from the A3 team store in time for the Pumpkin Plunge this weekend.

Swimmers are encouraged to wear used LMST caps, or borrow caps from teammates for the meet. However, we understand if swimmers want to wear a personal cap this meet instead. This will be the only meet where swimmers will be exempt from our cap policy. Cap use is also *optional*.

Eventually (once all caps arrive), the team will have plain LM caps available to purchase. For those who may have missed the cap order, reach out to Jackson, & he can give your child a cap when they arrive. Families will be billed \$14/cap.

LMST Custom Mesh Bags

AT THIS CURRENT POINT IN TIME, WE ARE 7 ORDERS SHORT AS A TEAM OF CONTINUING WITH THE PRODUCTION OF THE CUSTOM TEAM MESH GEAR BAGS

If you're interested in ordering a mesh bag with the team logo, please do before the end of the week: [LMST Custom Sublimated Mesh Equipment Bag](#).

This is a great investment for Gold, Platinum, Diamond, and Senior swimmers who have been recommended to bring their own personal gear to practice. Do not miss out on this opportunity!

Pumpkin Plunge Volunteer/Donations Needed

LMST is in need of the following number of VOLUNTEERS:

AM Session Volunteers NEEDED (10&U):

- Timers - 3

PM Session Volunteers NEEDED (11&O):

- Timers - 2
- Announcer - 1
- Awards - 2

The team also has NOT filled ANY of the HOSPITALITY donation sign-ups. We are in need of the following items (families asked to drop off items at pool 10/1 or 10/2):

- Dozen Bananas - 1
- Bag of Apples - 1
- Bag of Cuties - 1
- Greek Yogurt (6-pack, Individual Servings) - 1
- Chomps Snack Sticks (12 count, Individually Wrapped) - 1
- Uncrustables (12 count) - 1

- Two Dozen Cookies - 2
- Cheese & Peanut Butter crackers (12 count, Individually Wrapped) - 1
- Large Bag of M&Ms - 1
- Large Bag of Mike and Ikes - 1

The deadline to sign up for volunteer positions & donations is tomorrow, Thursday, October 1st.

WE WILL HAVE OUR LAST "NEW PARENT TIMER INFORMATIONAL MEETING" TONIGHT FROM 6:30-7:00 PM IN THE AQUATIC CENTER CLASSROOM. This is a great event for those that are interested in volunteering, but are unfamiliar with competitive swimming competitions or the process of timing.

If you are interested and are having trouble signing up, reach out to Jackson. Reminder that the [LMST Volunteer Credit Policy](#) applies for this meet!

Pumpkin Plunge Volunteer Arrival Times

The current Pumpkin Plunge Volunteer Assignments are located on the 'Jobs' tab of the Commit Parent Portal.

All volunteers upon arrival will check in with Nisha Raghvani (LMST Volunteer Leader) upstairs to confirm that they are present and to gain a better understanding of their role and responsibilities.

NOTE - If volunteers do not show up on time, or are unable to fulfill their role for the whole session, they may not be eligible to receive a credit, or may not be allowed to volunteer at future hime meets. **Volunteers are expected to arrive at the following times each session:**

AM Session Volunteer Arrival Times (10&U):

- Announcer - 7:40 AM
- Timing Computer Operator - 8:30 AM
- Timers - 8:30 AM
- Runners - 8:30 AM
- Awards - 8:45 AM

PM Session Volunteer Arrival Times (11&O):

- Announcer - 11:30 AM
- Timing Computer Operator - 12:50 PM
- Timers - 12:50 PM
- Runners - 12:50 PM
- Awards - 1:15 PM

Pumpkin Plunge Event, Heat, Lane Report

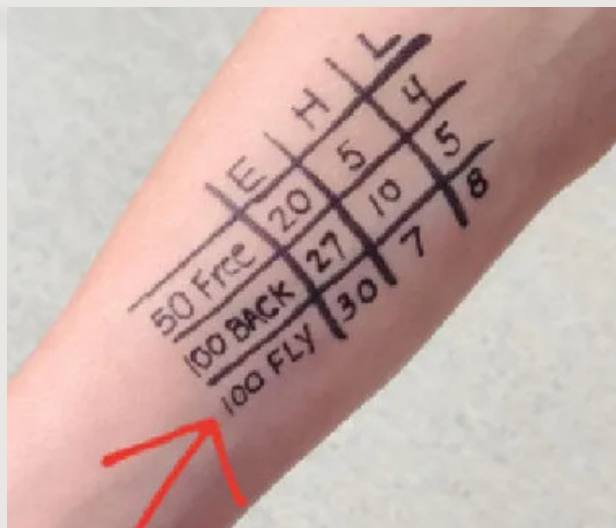
The Event, Heat, and Lane assignments PDF is now posted on the [Pumpkin Plunge Meet page](#) (scroll to bottom for attachments)

To find out what events your child is competing in, search for your child's name in the pdf (sorted alphabetically by last name).

The number to the left of the race is the event number (ex.: #1 is the event number for the Girls 10&U 100-yard Free).

To the right of the swimmer's seed time (either designated by NT/no time or with a previous best time indicated by 0:00.00) is the heat and the lane number respectively (ex. 2/4 means they are in Heat #2, Lane #4).

Reference the picture to the left for new swimmers. Use the link above to write your child's E/H/L down on their arm with Sharpie before they arrive to the meet Saturday morning.



We encourage swimmers to write down E/H/L assignments to help assist your swimmer to not miss their races.

I recommend writing their E/H/L Friday evening before your child goes to sleep, so it is not a worry the morning of. We will also have coaches on deck to help before & after warmups to write down E/H/L on swimmers for those that haven't already but write it before the meet if possible.

Upcoming Meet Deadlines - Oct./Nov.

Kohawks Harvest Invite

On Saturday, October 17th and Sunday, October 18th, LMST will be compete in the Kohawk Harvest Invitational at the Coe College Natatorium in Cedar Rapids, IA.

The deadline to enter this meet is FRIDAY, October 2nd. Entry Fees are \$6.00 per individual event with an IASI Splash Fee of \$4.50 per swimmer.

This meet is strongly recommended for all Prep, Bronze, Silver, Gold, and Platinum swimmers (Diamond is welcome to join on Sunday, but not required - preferred to prioritize Tri meet @ LM on Sat.).

Sat. AM (10&U) - WU: 9 AM, Start: 10 AM
Sat. PM (11&O) - WU: 1 PM, Start: 2 PM
Sun. AM (11&O) - WU: 9 AM, Start: 10 AM

LMST 13&O Fall Triangular

On Saturday, October 17th, select 13&O LMST athletes will compete against swimmers from BLST and PSC at the Linn-Mar. Swimmers in the Diamond & Senior groups are highly encouraged to attend. Platinum swimmers are welcome to attend, but are encouraged to go to Coe. The deadline to enter this meet is **Thursday, October 8th.**

Just like in past years, there will be a team tailgate for athletes, families, coaches, and officials immediately following the event.

WE ARE IN NEED OF VOLUNTEERS & DONATIONS FOR THIS MEET. AT THIS TIME, WE HAVE ZERO SIGN-UPS FOR BOTH! ALL PARTICIPATING FAMILIES ARE ASKED TO HELP!

DASH Giving Thanks

On Friday, November 20th to Sunday, November 22nd, LMST will attend the DASH Giving Thanks meet at the Dubuque Community Schools Aquatic Center. All swimmers who are currently registered in the Bronze-Senior groups are eligible to participate in this meet.

The deadline to enter this meet was last Thursday, September 24th. **If your swimmer is not entered but your family is interested in attending, please reach out to Jackson ASAP. No guarantees entries will be accepted by the host team.**

For those that have already entered, the entry report is now available on the LMST website: [Giving Thanks Entry Report \(as of 9-28-26\)](#).

LMST Officials Info Meeting - 10/7 (W)

Interested in Learning More About Swim Officiating?

LMST will host an Officials Information Night on Wednesday, October 7th, from 6:30-7:30 PM in the Linn-Mar Aquatic Center Classroom.

Whether you're looking for a new way to support LMST, gain a deeper understanding of the sport, or earn volunteer credits, this informal session is a great opportunity to learn about swim officiating.

Current LMST officials and Head Meet Referee Randy Ironside will explain officials' roles, certification options, time commitments, and answer questions. No prior

experience is needed, and there is no obligation to become an official by attending.

As many of our current officials' families near graduation from the program, LMST is working to build the next generation of officials to help support future meets and opportunities for our swimmers.

Parents, family members, and high school students (16+) are encouraged to attend. Please sign up through the Commit jobs tab so we can plan accordingly.

Thank you for your consideration in advance! We hope to see as many people there as possible!

Practice Updates - October 2026

10/3 (Sat.) - There will be NO LMST AM practice for any group due to the LMST Pumpkin Plunge meet.

10/6 (T) - Senior swim from 4:30-6:30 PM (HS Girls Away Meet); Prep and Diamond will be at normal time; Gold & Platinum will be from 6:30-8 PM on this day.

10/13 (Tue.) - NO LMST PM due to LMHS Girls Senior night against Waterloo West.

10/17 (Sat.) - There will be NO LMST AM practice for any group due to the LMST Tri Meet & Kohawk Harvest Invite.

10/30 (F) - On this day, LMST will have our annual Halloween practice for **Prep**, Bronze, Silver, Gold, and Platinum from 6:30-8:00 PM. Diamond's practice will be moved up to 4:30-6:30 PM on this day.

2025-26 LMST Scholastic All-Americans

Congratulations to the following LMST swimmers on being selected as USA Swimming Scholastic All-Americans for the 2025-2026 academic year:

- Parker Macho
- Rylee Sieren
- Clayton Treharne

Applicants must have swum an individual pool time equal to or faster than the 2025 Winter Junior National qualifying time in any individual event during the SAA qualifying period (Sep 1, 2025, to Aug 31, 2026). Applicants must also have a minimum 3.5 GPA using SAA calculation for the current academic year. Congratulations, LMST swimmers!

October Inactives

If your swimmer practiced with the team in the month of September, but is not planning to train with LMST during the month of October, please reach out to Team Administrator Parker Craw (parker.craw@linnmar.k12.ia.us) or Head Coach Jackson Allmon (email address mentioned below) ASAP to inactivate your student's account.

All students that are active will be billed monthly practice dues at the beginning of each month. Notifying club administrators is important as we are close to exceeded maximum capacity with each practice group.

Parent Timer Training 9/30 (Tonight) @ 6:30

On Wednesday, September 30th, LMST staff will host a timer tutorial/walkthrough for those interested in volunteering at LMST home meets. Timing is the most common volunteer position for LMST meets. Those that sign up to time and follow through with their commitment earn a credit on commit: **LMST Volunteer Credit Policy**. Those that attend are not required to volunteer (just an informational meeting). The session should not last more than 30 minutes.

FALL/WINTER (SCY) 2026-27

DATE	MEET	LOCATION
OCTOBER 3, 2026	LMST PUMPKIN PLUNGE\$	LINN-MAR AQUATIC CENTER
OCTOBER 17, 2026 (TENATIVE)	BLST-LMST-PSC 13&O TRI MEET	LINN-MAR AQUATIC CENTER
OCTOBER 17-18, 2026	COE COLLEGE HARVEST INVITE	COE COLLEGE NATATORIUM
NOVEMBER 6-8, 2026	IFLY A3 MIDWEST CHALLENGE!	CRWC, IOWA CITY
NOVEMBER 20-22, 2026	DASH GIVING THANKS INVITATIONAL	DUBUQUE AQUATIC CENTER
DECEMBER 4-6, 2026	LMST FAST & FLURRIOUS INVITE#	LINN-MAR AQUATIC CENTER
DECEMBER 8-11, 2026	USA SWIMMING WINTER JUNIORS	UNIVERSITY OF TEXAS
DECEMBER 18-20, 2027	BLST HOLIDAY CLASSIC	CEDAR FALLS HS NATATORIUM
JANUARY 10, 2027	LMST WINTER WHITEOUT\$	LINN-MAR AQUATIC CENTER
JANUARY 15-17, 2027	FOXJETS WINTER CLASSIC!	UNIVERSITY OF MINNESOTA
LATE JANUARY, 2027	IFLY-LMST DUAL MEET (ALL AGES)	LOCATION TBD
FEBRUARY 13-14, 2027	IASI REGIONALS 8&U CHAMPIONSHIPS	LINN-MAR AQUATIC CENTER
FEBRUARY 19-21, 2027	IASI AGE GROUP CHAMPIONSHIPS!	CEDAR FALLS HS NATATORIUM
FEBRUARY 25-28, 2027	IASI SENIOR CHAMPS!	WELLMARK YMCA, DM
MARCH 11-14, 2027	USA SWIMMING SPRING SECTIONALS (LCM)!	WAUKEE NATATORIUM

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

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

! = QUALIFICATION TIMES REQUIRED FOR ENTRY TO EACH MEET

QUESTIONS?

Contact Jackson Allmon