

Inspire Learning. Unlock Potential. Empower Achievement.

Volume VIII, Edition XI

Wednesday, June 3rd, 2026

2026 EELS SPLASH OUT HUNGER

MEET LANDING PAGE: MEET INFO, OFFICIALS SIGNUP, TIMELINE



Pictured Above: LMST Gold swimmer, Kenzie Schwartzhoff competing at the 2026 IFLY Armbruster Open on Saturday, May 9th at the Campus Recreation and Wellness Center in Iowa City, IA (Source: Chris Pose).

The 2026 Splash Out Hunger Meet, hosted by the Iowa City Eels, is this weekend (Saturday, June 7th and Sunday, June 8th) at the Mercer Aquatic Center in Iowa City, IA.

The meet is held in an indoor, 50-meter pool, but the outdoor patio behind the pool is available as a crash area for swimmers. LMST will provide tents for the swimmers to protect them from the sun. Parents will be briefly allowed onto the patio prior to warm ups to help set up tents, but they will not be permitted to enter the pool deck area via the patio entrance.

Swimmers will need to go the long way around the pool before and after their events (in front of the spectators).

LMST families are encouraged to bring non-perishable food items to the meet for donation to the food banks at local schools.

There will be a team award for the "Top Donor." In addition, the top 3 place finishers in each event will be awarded donation items to add to their team's donation box.

[Splash Out Hunger Meet Landing Page](#)

Meet Itinerary (WU Time/Start Time)

- Saturday Morning (10&U) → 8:00 AM/9:00 AM
- Saturday Afternoon* (11&O) → 11:30 AM/12:30 PM
- Sunday Morning (All Ages) → 9:00 AM/10:00 AM

*Swimmers must provide their own timer and lap counter for the 800 Free

[Session Report](#)

[Psych Sheet](#)

[Food Pantry Suggested Donations](#)

IASI Job Opportunities

Iowa Swimming, Inc. (IASI) is seeking applicants for two part-time positions that support the daily operations and long-term success of our Local Swimming Committee.

IASI is currently accepting resumes for the following:

- Registration and Membership Coordinator
- Communications Coordinator

Both positions are work-from-home opportunities that require residency within the Iowa Swimming LSC territory.

Registration and Membership Coordinator

This position oversees athlete, non-athlete, and club registration processes; membership compliance; Safe Sport coordination; reporting; and administrative support for Iowa Swimming operations. The role requires strong organizational skills, attention to detail, and familiarity with USA Swimming systems and procedures.

Communications Coordinator

This position manages Iowa Swimming communications, including website content, newsletters, social media, promotional materials, meet information distribution, and other communications initiatives. The role requires strong written communication skills, organization, creativity, and the ability to manage multiple projects and deadlines.

Additional information, including full job descriptions and qualifications, is available on the [Iowa Swimming website](#).

Applicants should submit a resume and email indicating:

- Which position they are interested in
- Why they are interested in the position

Applications should be emailed to: art.dinkin@iaswim.org
Resumes must be received on or before June 15, 2026.

LMST Evaluation Night- 7/8(W), 7/15 (W) 7:30 PM

The 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 15th 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](#)

Upcoming LMST Meet Entry Deadlines

LMST "School's Out Triangular"

Deadline: Sunday, June 7th

There are meet entry fees for this meet!

LMST will host our inaugural "School's Out Tri" meet against the BLST and EELS teams on Friday, June 12th. Warmups will start at 3 PM, with a meet start of 4 PM.

There will be 25s, 50s and 100 IM offered for 8&U swimmers. For 9-10, just 50s and 100 IM will be offered. For 11-12, 13-14, 15&O, 50s and 200s will be offered. We will end the meet with mixed relays. Entries will be opened in the next week.

After the conclusion of the competition, LMST will host a "Cook out" on the practice field behind the aquatic center: [POST MEET COOKOUT RSVP/VOLUNTEER SIGN UP](#).

All families are invited to attend our post meet dinner celebration with the competing teams! **WE ARE STILL IN NEED OF MORE VOLUNTEERS AND DONATIONS TO MAKE THIS EVENT HAPPEN!**

BLST Summer Sizzler Meet Entry Deadline

Deadline: Friday, June 5th

There are meet entry fees for this meet! All swimmers encouraged to attend!

BLST will host their annual, outdoor, 50-meter meet on Thursday, July 9th to Sunday, July 12th.

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, June 5th to guarantee entry into the meet!

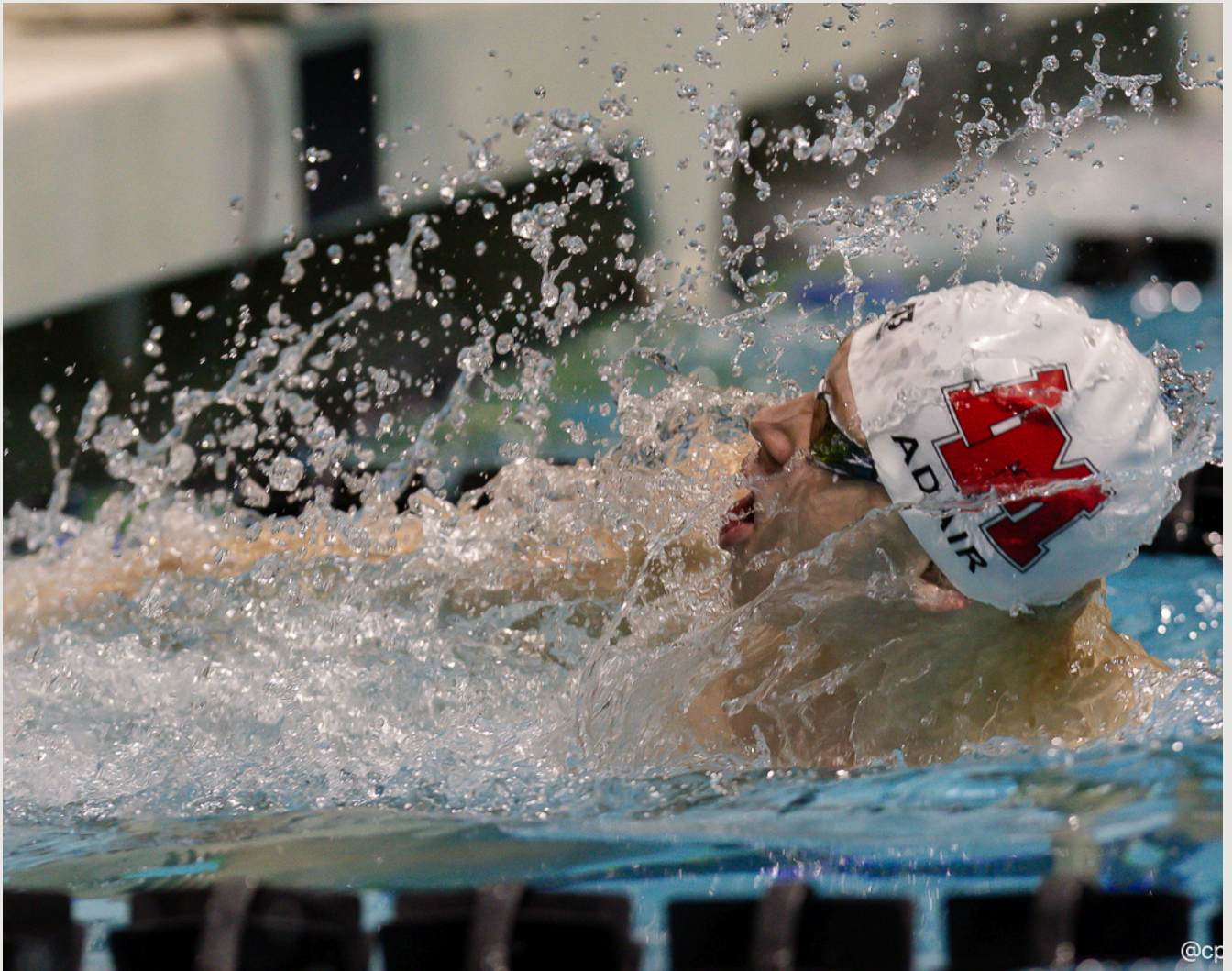
IASI Summer Regional and 8&U Champs

Deadline: Tuesday, July 7th

There are meet entry fees for this meet! This meet is for those not qualified for Long Course Champs 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 18th and Sunday, July 19th 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.



Pictured Above: LMST Senior swimmer, Peyton Adair competing at the 2026 IFLY Armbruster Open on Saturday, May 9th at the Campus Recreation and Wellness Center in Iowa City, IA (Source: Chris Pose).

LMST Practice Summer Calendar - 6/8 to 7/17

Bronze

- Monday, Tuesday, Thursday - 5:40-6:40 PM

Silver

- Monday through Thursday - 5:40-6:55 PM
- Friday - 9:30-11 AM (**No Practice 6/12, 7/10**)

Gold

- Monday through Thursday - 5:40-7:10 PM
- Friday - 9:30-11 AM (**No Practice 6/12, 7/10**)

Platinum

- Monday through Thursday - 5:25-7:10 PM
- Wednesday Dryland - 4:30-5:25 PM
- Friday - 9:30-11 AM (**No Practice 6/12, 7/10**)
- Saturday - 7:30-9:30 AM

Diamond

- Monday through Thursday - 2-4 PM
- Monday & Thursday Dryland - 4-5 PM
- Tuesday Morning - 6:15-7:45 AM
- Friday - 7:30-9:30 AM (**No Practice 7/10**)
- Saturday - 7:30-9:30 AM

Senior

- Monday, Tuesday, Thursday Mornings - 6:15-8:15 AM
- Monday, Wednesday, Thursday Afternoon - 2-4 PM
- Tuesday Dryland - 8:15-9:00 AM
- Friday - 7:30-9:30 AM (**No Practice 7/10**)
- Friday Dryland - 9:30-10:30 AM
- Saturday - 7:30-10 AM

[Summer Practice Calendar](#)

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