



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

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New Information Highlighted in **—**

PAC – DASH – LMST Tri Meet Recap

Cedar Falls | Tues., June 25th

LMST had 43 total swimmers compete at the 2024 PAC-DASH- LMST Summer Tri yesterday at the University of Northern of Iowa. This was the first short course (25-ard) meet of the season for many of our swimmers.

A big thank you to all the LMST parents for supporting this meet on a Tuesday evening. The meet was a nice change of pace for swimmers and coaches, and hopefully families appreciated the fast-paced meet.

Biggest Time Drops in Each Practice Group:

- Silver → Colt Wilson, 100 FR (-17.66 seconds)
- Gold → Aleigh Urbina, 100 BK (-13.81 seconds)
- Platinum → Ori Fireman, 100 FR (-2.99 seconds)
- Diamond → Cooper Lorenz, 100 BK (-9.98 seconds)
- Senior → Maddox Elliott, 200 BR (-4.48 seconds)

New IASI Long Course Championships Qualifying Standards (“Q” Times):

- Megan Kueper → Girls 11-12 200 yard Individual Medley

Congratulations to all Linn-Mar Swim Team athletes who competed!



Pictured Above: LMST Swimmer Kylie Caldwell competing in the butterfly stroke at the 2024 Junior Armbruster meet at the University of Iowa on Sunday, June 2nd (Source: Chris Pose).

Meet Information

2024 CIA Beat the Heat

Warmup/Start Times, Psych Sheet, Session Report/Timeline

The Beat the Heat Meet, hosted by Central Iowa Aquatics, is this weekend (Friday, June 28th to Sunday, June 30th) at the Downtown Wellmark YMCA in Des Moines, IA. This is a timed final meet (swimmers only compete in each event number once). LMST has 44 total swimmers entered in the meet.

Unfortunately, CIA had to **REMOVE ALL** relays from the meet. There was just no way to keep relays and all the swimmers with how many swimmers were entered in the meet. LMST is working refunding families who were billed for relay events.

There will be a concession stand offering drinks and limited food options. Elsmore Swim Shop will be onsite offering a variety of swimming apparel & equipment.

[Beat the Heat Landing Page](#)

Itinerary (Events) → WU Time/Start Time

- **Friday Afternoon Distance** (#1-4; 400 IM & 1500 FR) → 11:00 AM/12:00 PM
- **Friday Evening 50's** (#5-14 50s and 400 FR) → 3:00 PM (13&O) and 3:40 PM (12&U)/4:30 PM
- **Saturday and Sunday AM - 12&U** (#15-30; #43-58) → 7:00 AM/8:00 AM
- **Saturday and Sunday PM - 13&O** (#31-#42; #59-70) → 12:30 PM/1:30 PM

[Session Timeline](#) (as of 6-24)

[Psych Sheet](#) (as of 6-24)

[Livestream Link](#)

Registration Notes

Messaging Available on Sign Up
LMST families are now able to add comments to meet registration. Comments are typically made to communicate what sessions a swimmer is available to participate, and what events the swimmers are interested competing in. Comments are live on the Regionals and Long Course Champs Sign Ups.

6/28 AM Practice

7 AM Start for all Groups

Due to the meet this weekend and the team opting not to switch the pool to Mini Long Course on Friday, **LMST will have practice from 7:00-8:15 AM on Friday, June 28th** for the Platinum, Diamond, Senior, and National groups. Swimmers competing in the 1500 or 400 IM are recommended not to practice.

Week of 7/1

Read Calendar Changes on pg. 2

Please read Page 2 for updates regarding next week's schedule. Bronze, Silver, Gold, and Platinum will start earlier in PM on 7/1-7/3. All practices will be in AM on 7/4-7/6. **There will be no AM practice for Senior & National on 7/1 (they will swim in afternoon instead). National will also swim in PM on 7/3.**

Meet Information

LMST Championship Meet Information

IASI Regionals/8&U Champs, IASI LC Champs, 14&U Central Zone Champs

IASI Summer Regional and 8&U Champs Meet Entry Deadline: Tuesday, July 9th

Open to Bronze through Senior (who are not qualified for Long Course Champs/State 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 20th and Sunday, July 21st.

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.

IASI Long Course Championships Meet Entry Deadline: Wednesday, July 17th

Open to Bronze through National swimmer who have achieved IASI "Q" times.

This year's IASI Long Course Championships will be held at the Wellmark YMCA in Des Moines from Thursday, July 25th to Sunday, July 28th.

Swimmers who have a "Q" should attend the meet. Athletes with one qualifying time can swim up to two bonus individual events. **ENTRIES OPEN NOW**

IASI Summer Regional and 8&U Champs Meet Entry Deadline: Tuesday, July 9th

Open to Bronze through Senior (who are not qualified for Long Course Champs/State 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 20th and Sunday, July 21st.

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.



Pictured Above: LMST Swimmer Norah Foreman competing in the breaststroke at the 2024 Junior Armbruster meet at the University of Iowa on Sunday, June 2nd (Source: Chris Pose).

Practice Calendar

City Park Pool (IC) Practices

Return next Tuesday, and Saturday (Last Opportunity)

Thanks to the Iowa City Eels (ICE) swim club and the Iowa City Aquatics department, LMST is able to practice at City Park Pool (200 Park Road Iowa City, IA 52245) starting the week of June 19th on Tuesday and Saturday mornings.

The following groups are able to swim at City Park on these dates from **7:15 AM to 8:45 AM:**

Tuesday Mornings (7/2) → Platinum, Diamond, Senior, National

Saturday Mornings (7/6) → Select Silver, Gold, Platinum, Diamond, Senior, National

Reminder that practices are *optional*. There will be a practice opportunity at Linn-Mar with Coach Cameron from 6:15-8:15 AM for those who cannot attend in IC on Tuesday mornings! Practice on Saturday, July 7th at Linn-Mar is TBD.

This is a great opportunity to get some long course training in this Summer under the sun *without any extra costs or fees*. Let me know if you would be interested in carpooling athletes to these practices!

Practice Calendar

LMST Practice Schedule Updates

LC Practice Calendar Changes

Week of 7/1 - 7/7

7/1 (M) → No AM Swim for Senior & National (will swim in PM instead). There will be no dryland on Mondays for these groups moving forward in July.

7/1 (M) to 7/3 (W) → Evening practices moved up due to no PM swim lessons (Bronze - 4:15 to 5:15 PM, Silver - 4 to 5:15 PM, Gold/Plat. - 3:45 to 5:15 PM)

7/3 (W) → Diamond Dryland moved from Tuesday to Wednesday (same time)

7/3 (W) → National will now follow Senior's practice schedule for Wednesday afternoons (Lift/Swim starting at 2 PM). No Morning practice for National.

7/4 (Th) & 7/5 (F) → Bronze - 8 to 9 AM (NO BRONZE ON 7/4), Silver & Gold - 7:30 to 9:30 AM, Platinum through National - 7:30 to 9:30 AM (NO PM)

Week of 7/8 - 7/15

7/8 (M) → No AM Swim for Senior & National (will swim in PM instead).

7/10 (W) → National will continue to follow Lift and Swim in afternoon at 2 PM instead of swimming in the morning.

7/11 (Th) & 7/12 (F) → No Thursday PM or Friday AM practices due to meet

Week of 7/15 - 7/22

7/16 (T) → No Platinum & Diamond AM

7/16 (T) & 7/18 (Th) → Senior & National will attend AM OR PM, not both (meters in morning, yards in afternoon).

NO Dryland for ALL Groups this week.

