

*Inspire Learning. Unlock Potential. Empower Achievement.*

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Wednesday, May 7th, 2025

## 2025 ARMBRUSTER OPEN

**MEET LANDING PAGE: PSYCH SHEETS, TIMELINES, PHOTOS**



Pictured Above: LMST Gold Swimmer Rory Breitbach competing at the 2025 IASI Age Group Championships in Des Moines on Saturday, February 22nd (Source: Chris Pose).

The David Armbruster Open, hosted by the Iowa Flyers Swim Club, is this weekend (Friday, May 9th to Sunday, May 11th) at the University of Iowa Campus and Recreation Wellness Center in Iowa City, IA.

This year marks the return of a combined aged meet after age groups were separated last year.

LMST has an away meet record of 82 total athletes entered this weekend!

The meet will be handing out the David Armbruster "Iron Award," for senior swimmers who accumulate the highest USA Swimming Age Group Points in all butterfly events offered.

The meet also has the Jack Seig Dueling 50 Butterfly Event, where 13 and over swimmers will compete for a spot in a quarterfinal, semifinal, and final format.

For more information, click the links below:

- [Meet Landing Page](#)
- [Psych Sheet](#)
- [Session Timelines](#)

A3 Performance will be on site and will have a variety of swimwear and accessories available for sale at the meet.

**NOTE: Everyone originally entered in 400 FR, 400 IM, or 1500 FR should be able to swim in those events!**

### Meet Itinerary (WU Time/Start Time)

Friday Afternoon (Events #1-2- 1500 FR) → 12:30 PM/1:30 PM

Friday Evening (Events #3-14) → 3:30 PM/5:00 PM

Saturday Morning (Events #15-36) → 6:30 AM/8:00 AM

Saturday Afternoon (Events #37-50) → 12:00 PM/1:30 PM

Sunday Morning (Events #51-68) → 6:30 AM/8:00 AM

Sunday Afternoon (Events #69-80) → 12:00 PM/1:30 PM

# *LMST Summer Practice Schedule - 6/9 (M) to 7/18 (F)*

- **Bronze**
  - Monday-Thursday → 5:45 to 6:45 PM
- **Silver**
  - Monday-Thursday → 5:45 to 7:00 PM
  - Every other Friday → 8:15 to 9:45 AM
    - Dates with Friday AM practices:
      - 6/20
      - 7/4
      - 7/18
- **Gold**
  - Monday-Thursday → 5:30 to 7:00 PM
  - Every other Friday → 8:15 to 9:45 AM
    - Dates with Friday AM practices:
      - 6/20
      - 7/4
      - 7/18
  - Thursday Dryland → 4:45 to 5:30 PM
- **Platinum**
  - Monday-Thursday → 5:15 to 7:00 PM
  - Friday → 6:15 to 8:15 AM
  - Tuesday Dryland → 4:30 to 5:15 PM
- **Diamond**
  - Monday-Thursday Afternoons → 2:00 to 4:00 PM
  - Tuesday & Friday Mornings → 6:15 to 8:15 AM
  - Monday & Wednesday Dryland → 4:00 to 4:45 PM
- **Senior**
  - Monday-Thursday Afternoons → 2:00 to 4:00 PM
  - Tuesday, Thursday & Friday Mornings → 6:15 to 8:15 AM
  - Monday & Wednesday Dryland → 4:00 to 4:45 PM

**Saturday morning practice times, dates, and locations for Silver-Senior will be communicated next week!**



Pictured Above: LMST Diamond Swimmer Levi Richards competing at the 2025 Short Course Championships in Iowa City on Sunday, March 2nd (Source: Chris Pose).

## *Secondary Entry Deadlines*

LMST secondary deadline dates:

- **Waukee Waves Summer Invite - 5/7 (W) at 11:59 PM (TONIGHT)**
- **Iowa City Eels Splash Out Hunger - 5/9 (F) at 11:59 PM**

The secondary deadline is for those families that are still interested in attending the meets above that have may have missed the guaranteed entry deadline. The secondary entry does not guarantee entry, as the meet host can deny us entry if the competition has reached max capacity, but we will try and send another batch of entries to the host team after this date if possible.

If you have any troubles entering, please reach out to Jackson at [jackson.allmon@linnmar.k12.ia.us](mailto:jackson.allmon@linnmar.k12.ia.us).

## *Armbruster - Sunday PM Relays*

LMST regrets to inform that the relay on Sunday evening (Open 200 Free relay) for Armbruster has been taken out of the meet in order to fit all the individual events into the session time limit.

All other relays are still in the meet.

# *No Practice - Friday, May 9th*

Linn-Mar Swim Team practice on **Friday, May 9th will be cancelled** for all practice groups (Silver-Senior) due to many of the staff members attending the Friday PM session of the Armbruster meet. Enjoy your night off, LMST families!

## *Coe College Practice Schedule - 5/25 (M) to 6/6 (F)*

On Memorial Day weekend, the Linn-Mar Aquatic Center is planning to drain the pool for two weeks for maintenance and repairs.

Team administration is currently working with Coe College to rent pool time during 5/26 - 6/7. Here are the times that we are planning to have practice at Coe during this period:

- 5/26 (M- Memorial Day)
  - Senior- 7-9 AM
  - Diamond- 7-9 AM
  - Platinum- 7-9 AM
  - Bronze, Silver Gold- N/A
- 5/27 (T)
  - Senior- 8-9:30 PM
  - Diamond- 8-9:30 PM
  - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Silver- 7-8 PM (Shallow)
  - Bronze- 6-7 PM (Shallow)
- 5/28 (W)
  - Senior- 4-6 PM (Shallow from 5:20-6 PM)
  - Diamond- 4-6 PM (Shallow from 5:20-6 PM)
  - Platinum- 7-8:30 PM
  - Gold- 7-8:30 PM
  - Silver- 7-8:30 PM
  - Bronze- 7-8 PM
- 5/29 (Th)
  - Senior- 8-9:30 PM
  - Diamond- 8-9:30 PM
  - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Silver- 7-8 PM (Shallow)
  - Bronze- 6-7 PM (Shallow)
- 5/30 (F)
  - Senior- 4-6 PM (Shallow pool from 5-6 PM)
  - Diamond- 4-6 PM (Shallow pool from 5-6 PM)
  - Bronze, Platinum, Silver, Gold, Platinum - N/A
- 6/2 (M)
  - Senior- 4-6 PM (Shallow from 5:20-6 PM)
  - Diamond- 4-6 PM (Shallow from 5:20-6 PM)
  - Platinum- 7:45-9:15 PM
  - Gold- 7:45-9:15 PM
  - Silver- 8-9 PM
  - Bronze- N/A
- 6/3 (T)
  - Senior- 8-9:30 PM
  - Diamond- 8-9:30 PM
  - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Silver- 7-8 PM (Shallow)
  - Bronze- 6-7 PM (Shallow)
- 6/4 (W)
  - Senior- 4-6 PM (Shallow from 5:20-6 PM)
  - Diamond- 4-6 PM (Shallow from 5:20-6 PM)
  - Platinum- 7-8:30 PM
  - Gold- 7-8:30 PM
  - Silver- 7-8:30 PM
  - Bronze- 7-8 PM
- 6/5 (Th)
  - Senior- 8-9:30 PM
  - Diamond- 8-9:30 PM
  - Platinum- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Gold- 4:15-6 PM (Shallow pool from 5-6 PM)
  - Silver- 7-8 PM (Shallow)
  - Bronze- 6-7 PM (Shallow)
- 6/6 (F)
  - Senior- 4-6 PM (Shallow pool from 5-6 PM)
  - Diamond- 4-6 PM (Shallow pool from 5-6 PM)
  - Bronze, Silver, Gold, Platinum- N/A