



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

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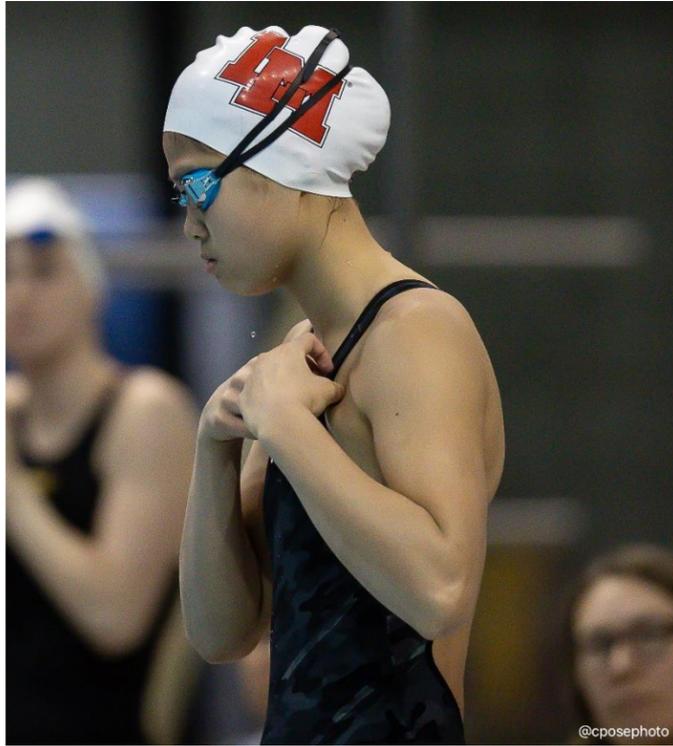
New Information Highlighted in **---**

USA Swimming Winter Junior Nationals

Austin, Texas (12/11 - 12/14)

Good luck to LMST swimmer Hudson Huberg who will be competing this weekend in the 2024 Winter Junior National Championships at the Lee & Joe Jamail Texas in Austin, TX. Hudson will compete during the following sessions:

- Thursday Morning (12/12)
50 Free → Estimated Start time at **11:02 AM**
- Friday Morning (12/13)
200 Free → Estimated Start time at **10:19 AM**
- Saturday Morning (12/14)
100 Free → Estimated Start time at **9:32 AM**



Pictured Above: LMST swimmer Teresa Zhang competing in the 100 yard Freestyle at the Sunday Finals session of the A3 Midwest Challenge at the University of Iowa (Source: Chris Pose Photography).

Preliminaries Thursday, Friday, and Saturday will begin at 9 AM CST. Finals on these days will start at 5 PM CST (top 24 swimmers in the morning in each event qualify). A livestream of the meet is available on the usaswimming.org home page.

- [USA Swimming JNAT-West Meet Page](#)
- [Psych Sheet](#)
- [Prelim/Final Session Timelines](#)

Good luck and have fun, Hudson. Way to make LMST proud!



Meet Recap

LMST December Invite Recap

Marion, IA | Friday, December 6th to Sunday, December 8th. 2024

Congratulations to all the Linn-Mar Swim Team athletes who competed at our annual December Invitational at the Linn-Mar Aquatic Center from December 6th to December 8th!

Many students achieved personal best times in competed in new races. Way to go!

Individual High Point Winners (top 3 places)

- Saniha Deepak → 1st 10 & Under Girls
- Francesca Martino → 3rd 11-12 Girls
- Levi Richards → 2nd 11-12 Boys
- Jackson Kray → 3rd 11-12 Boys
- Teresa Zhang → 1st 13-14 Girls
- Mackenzie Tristan → 3rd 13-14 Girls
- Bradyn Weis → 1st 13-14 Boys
- Everett Burr → 2nd 13-14 Boys

New LMST Team Records (SCY)

- Francesca Martino → 11-12 Girls 200-yard Butterfly

New Central Zone Championship "AAA" Times

- Clayton Treharne (13-14 Boys) → 50 FR, 200 FR

New 2024-25 Short Course IASI Championships "Q" Times

- Ava Brislawn (10&U Girls) → 200 FR, 50 BK
- Everett Burr (13-14 Boys) → 200 BR
- Samantha Mollman (10&U Girls) → 50 BR
- Kennedee Gates (13-14 Girls) → 400 IM
- Jackson Kray (11-12 Boys) → 100 FR, 50 BK
- Ava Lutz (13-14 Girls) → 400 IM
- Jensen Rickels (13-14 Boys) → 500 FR, 400 IM
- Teresa Zhang (13-14 Girls) → 1000 FR

Time Change - Th & M

Evening Practice at 7:15 PM*

On Thursday, December 12th and Monday, December 16th practice for Gold-Senior will begin at 7:15 PM due to a MS meet at the aquatic center. Silver will start at 7:20 PM. * No Bronze on 12/12 or 12/16.

NO PM Practice - 12/17

Practice Cancelled due to Meet

On Tuesday, December 17th, there will be no evening practice for the Linn-Mar Swim Team due to the Linn-Mar High School boys swim meet at the aquatic center. Enjoy your night off!

CIA Winter Blues

Entry Deadline → 12/18

Entries are now open for the 2025 CIA Winter Blues meet on 2/24 to 2/26 at the new Waukee School District Natatorium. This is for Silver, Gold, Platinum, Diamond, and Senior ONLY! Please sign up before next Wednesday!

Team Iowa Registration

2025 14&U Midwest All Star Championship

Team Iowa Registration deadline is Friday, December 13th!

IASI would like to invite you to register for participation in the 2025 Central Zone Midwest All-Stars meet! The All-Stars meet will be held at the Wellmark YMCA in Des Moines, IA on January 10-12th, 2025.

Swimmers **MUST** be available every day of the competition (Fri-Sun) to register. A minimum of a [‘BB’ USA Swimming motivational time standard](#) in any event is required to be eligible for consideration.

Team Iowa Registration is open! Please note: Registration is a [Two Step process](#) through the IASI Team Unify site for Team Iowa consideration! Your swimmer must be committed to the MAS event on Team Iowa’s TeamUnify website. That is the most important step in the registration process.

Swimmers will be selected for Team Iowa

based on their best times achieved during this short course season beginning September 1st, 2024 through December 15th, 2024. These times can be obtained from any sanctioned USA Swimming meet in any state.

Each LSC is allowed to enter up to 12 swimmers per gender per age group, with each swimmer being allowed to swim in a maximum of (2) individual events per session for a total of (6) individual events for the entire meet.

Deadline to register for Team Iowa is Friday, December 13th.

USA Swimming Registrations must be renewed for 2025.

Beginning Monday, December 16th, your swimmer will be considered for all events that they have swum during the

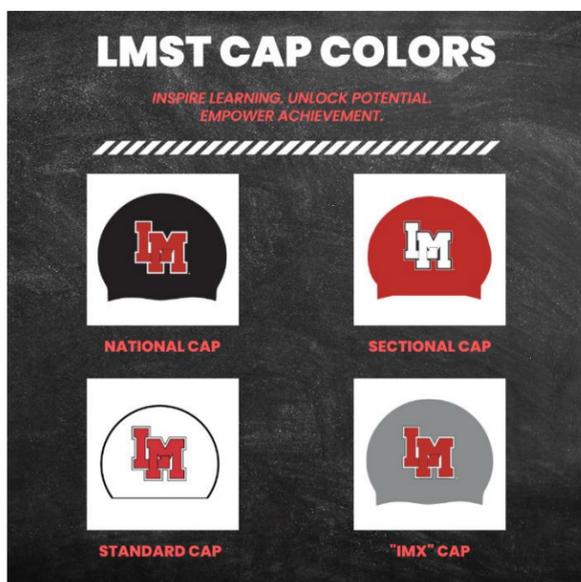
consideration window (9/1/24-12/15/24). Times will be supplied by the IASI Office from the SWIMS database. Since you have committed to the meet, you have created an 'entry' for each of your swimmers who would like to be considered.

The IASI Age Group Committee will select swimmers from those who have applied based on their ability to best represent Team Iowa across all possible events.

December 18th - Team Iowa roster will be announced.

December 20th - Each swimmer will have until 5pm on December 20th to decline the invitation. Team Iowa Roster will be final by 5pm on Friday, December 20th.

December 23rd - Team Iowa entries will be announced.



Pictured Above: Colored caps that LMST swimmers can achieve based throughout their career. White caps are available to all LMST swimmers, despite experience.

LMST Caps

LMST IMX Standings (Dec. 10)

Events Legally Completed on LMAC Website

A PDF of swimmers who have competed in USA Swimming “IMX” events is now available on the LMST website: [LMST IMX Swims - SCY 2024-2025](#)

Swimmers who have already legally competed in two or more IMX events at a USA Swimming sanctioned meet are included on the spreadsheets. To earn a [Silver “LM” cap](#), LMST swimmers must legally finish a 200 Freestyle, 500 Freestyle, 200 Backstroke, 200

Breaststroke, 200 Butterfly, 200 Individual Medley, and 400 Individual Medley over the course of a season.

Swimmers who have completed an IMX in past seasons are ineligible to receive another Silver Cap (for free) this season.

Note: Swimmers of any ages are eligible for the Silver cap, as long as they complete the 13-14/Senior IMX Challenge.

Special Practice

LMST Noon Year’s Eve

Monday, Dec. 30th at 11:30 AM

On Monday, December 30th from 11:30 AM to 1:00 PM, LMST will host its annual “Noon Year’s Eve” practice. Swimmers from all groups are invited to participate in this special event.

The Linn-Mar Aquatic Center will open the pool for free swim. LMST will bring out the “Wibit” and will have a diving board open to jump off.

We will also have diving toys and swim noodles available for the swimmers. At 11:59, the team lines up along the side of the pool and counts down until noon when everyone jumps in the pool shouting, “Happy New Year.”

Families are welcome to bring treats for the swimmers once the practice has concluded. We will distribute treats to swimmers in the front lobby as they leave for the day.

LMST still plans on having a Platinum, Diamond, Senior, & National practice from 10:00 to 11:30 AM that morning. Swimmers in those groups are welcome to attend either or both practices (high schoolers should prioritize the 10 AM practice that day over the 11:30 AM event).

