



LMST NEWS

Inspire Learning. Unlock Potential. Empower Achievement.

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New Information Highlighted in **LM**

LMST Last Chance Intrasquad Recap

Marion | February 7th

Congrats to all 115 LMST swimmers for ending their last home meet of the Fall/Winter season on a high note!

Swimmers who achieved a new [2025 SCY IASI Championships "Q" Time:](#)

- Ava Brislawn → Girls 10&U 50 FL, 100 IM
- Everett Burr → Boys 13-14 100 BK
- Tom Fireman → Boys Senior 200 BR
- Kenedee Gates → Girls 13-14 500 FR, 100 FL
- Greta Huberg → Girls 13-14 100 BR
- Jackson Kray → Boys 11-12 100 BK
- Ruahn Raghvani → Boys Senior 100 FR, 200 FR, 100 FL

Swimmers who earned the LMST "IMX" Silver Cap:

- Jayden Beierschmitt
- Ori Fireman
- Olivia Janda
- Molly Weaver
- Teresa Zhang

Swimmers who legally completed an event for the first time:

- Arabella Bautista → 100 IM
- Annalise Fonseca → 100 IM
- Lily Fireman → 50 FL
- Elise Foreman → 50 FL
- Abhiram Kavula → 50 FL
- Owen Lahr → 50 BR
- Ruby Nash → 25 FL
- Claire Phillips → 50 FL
- Eden Tucker → 25 BR

Thank you to those parents who were able to help volunteer their time this weekend. The students would not have had this opportunity without you!



Pictured Above: LMST swimmers Olivia Janda and Molly Weaver earned their "Silver Caps" at this past weekend's Intrasquad. In order to earn a Silver Cap, a swimmer must complete a legal 200 FR, 200 BK, 200 BR, 200 FL, 200 IM, 400 IM, and 400/500 FR over the span of a season. Congrats, LMST swimmers

Meet Information

2025 IASI Winter Regionals and 8&Under Championships

Dubuque Community Schools Aquatic Center | February 15th- 16th

Meet Itinerary

Saturday Morning (9-10, 11-12): Warm-Up- 7:00 am; Start- 8:30 am

Saturday Afternoon (8&U CHAMPS): Warm-Up- 12:45 PM; Start-1:30 pm

Saturday Evening (13&O): Warm-Up- 4:45 pm; Start- 5:45 pm

Sunday Morning (12&U): Warm-Up- 7:40 am; Start- 8:30 am

Sunday Afternoon (13&O): Warm-Up- 12:45 pm; Start- 1:45 pm

[Tentative Timeline](#)

[Psych Sheet](#)

[Warm-Up Assignments](#)

The [2025 Iowa Swimming LSC Regional and 8 & Under Championships](#), hosted by the Dubuque Area Swimmin' Hurricanes, is this weekend (Saturday, February 15th and Sunday, February 16th) at the Dubuque Community Schools Aquatic Center.

LMST has 48 total athletes competing, with 8 competing in the 8&U Champs Session.

LMST is required to provide *one* timer for each session of the meet. **If you are interested in timing, sign up on the "Jobs" tab of the Commit Parent Portal.** [LMST's Volunteer Credit Program](#) applies for this event.

No glass is allowed in the aquatic center. No colored drinks or coffee is allowed on the pool deck.

AG Champ Deadline

Enter by TONIGHT (2/12)

If your swimmer is interested in being a relay only swimmer for the IASI AG Champs next weekend in DM, **please commit them to the meet online.**

Jackson will communicate swimmers selected to be relay only swimmers by Sunday, February 16th.

2/14 (F) Practice

Time Change for All Groups

With the anticipated winter weather forecasted for Friday evening, LMST has moved practice times earlier for all groups:

- Silver → 5:30-6:30 PM
- Gold & Platinum → 5:15-6:30 PM
- Diamond & Senior → 4:45-6:30 PM

Visor Making Event

2/19 (W.) at 5:30 PM

LMST will host a *Cape Making Event* for swimmers attending the Age Group Champs in IC on Wed., February 19th from 5:30-6:30 PM (at LMAC) in hopes of winning the Spirit/Sportsmanship award. **If you are interested in donating funds to supplies or goodie bags, feel free to [Email](#) or [Venmo](#) Sarah Weis.**

Meet Schedule

2025 Tentative Long Course Meet Schedule

Note: Schedule only includes meets where LMST is *confirmed* to attend

Date	Meet	Location
April 26 th (Sat.)	LM Spring Splash*	Marion, IA
May 9 th to 11 th	IFLY David Armbruster Open	CRWC, Iowa City, IA
June 7 th to 8 th	ICE Splash Out Hunger	Mercer, Iowa City, IA

June 20 th to 22 nd	Waukee Waves Invite	Waukee, IA
June 26 th (Th.)	PAC/DASH Tri Meet	UNI, Cedar Falls, IA
July 10 th to 13 th	BLST Summer Sizzler*	The Falls Aquatic Center, Cedar Falls

July 19 th to 20 th	Summer Regionals/8 &U Champs	TBD
July 24 th to 27 th	Long Course Champs!	Waukee, IA
July 31 st to August 3 rd	14&U Central Zone Champs!	Rochester, MN

* = Meet Entry Fees are free with cost of LMST team registration

! = Qualification times required for entry to each meet



Pictured Above: LMST swimmers Jayden Beierschmitt and Ori Fireman earned their “Silver Caps” at this past weekend’s Intrasquad. In order to earn a Silver Cap, a swimmer must complete a legal 200 FR, 200 BK, 200 BR, 200 FL, 200 IM, 400 IM, and 400/500 FR over the span of a season. Congrats, LMST swimmers

High School Swimming

IHSAA HS State Qualifiers

CRWC, Iowa City, IA | February 14th and 15th

Congratulations to all LMST swimmers who are qualified to compete at the IHSAA State Championships this weekend!

The preliminary/final meet will be held at the Campus Recreation and Wellness Center in Iowa City on Friday, February 10th (5:00 PM start) and Saturday, February 11th (12:30 PM start).

LMST State Qualifiers:

- Tyler Brekke, Cedar Rapids Kennedy (500 FR, 200 Medley Relay, 400 FR Relay)
- Carter Byers, Linn-Mar (200 Medley Relay, 100 FL)
- Hudson Huberg, Linn-Mar (100 FR,

- 200 FR, 200 FR Relay, 400 FR Relay)
- Owen Sieren (100 BR, 200 IM, 200 Medley Relay, 400 FR Relay)
- Rylee Sieren (200 FR, 500 FR, 200 FR Relay, 400 FR Relay)
- Peter Wittnebel, Cedar Rapids Washington (200 FR, 500 FR, 200 FR Relay, 400 FR Relay)

Live video from every event on both Friday and Saturday will be produced by KCRG 9.2.

A free livestream will be available here on the [IHSAA State Meet Central](#) page.

The television broadcast will be available in the coverage area of KCRG 9.2 and [through their website](#).

Practice Calendar

Championship Season Practice Calendar

February 17th and Beyond

Week of 2/17

Age Group Champ Swimmers (Bronze - Diamond qualifiers)

- 2/17 (M.) - 2/19 (W.) → 6:30 to 7:45 PM
- 2/20 (Th.) → 4:30 to 5:30 PM

Short Course Champ Swimmers (Senior & National)

- 2/17 (M.) - 2/21 (F.) → 4:30 to 6:30 PM
- 2/18 (T) → 6:00 to 7:30 AM (Talk to Cameron on whether you should attend)
- 2/22 (Sat.) -> 7:30 to 9:30 AM

Week of 2/24

Short Course Champ Swimmers & Sectional ONLY Swimmers

- 2/24 (M.) - 2/26 (W.) → 4:30 to 6:30 PM
- 2/18 (T) → 6:00 to 7:30 AM (Talk to Cameron on whether you should attend)
- 2/27 (Th.) → TBD

Week of 3/3

Sectional Swimmers

- 3/3 (M.) - 3/7 (F.) -> 4:30 to 6:30 PM
- 3/8 (Sat.) -> 7:30 to 9:30 AM

Morning Opportunities -> AM Swim opportunities will be communicated closer to this week

