



Newsletter

November 19, 2025

GOOD LUCK AT HARDIN!

73 Stingrays will be traveling to Hardin this weekend to race and we are very excited to watch more fast swimming after a great weekend in Missoula!

In this newsletter you will find:

- Hardin Meet Info
- Winter Practice Reminder
- Food Drive Info
- Thanksgiving Break Practice Changes

HARDIN MEET

Saturday, November 22

500 Free Warmups: 7:55am, 500 Starts: 8:30am

Elite/Gold/Silver Warmups: 9:10am

Bronze/Jrs/Futures Warmups: 9:30am

Meet Starts: 10:20am

Sunday, November 23

1000 Free Warmups: 7:55am, 1000 Starts: 8:30am

Elite/Gold/Silver Warmups: 9:10am

Bronze/Jrs/Futures Warmups: 9:30am

Meet Starts: 10:05am

Timing Assignment: 2 Timers in Lane 5 for the entire meet

Go Stingrays!

UPCOMING EVENTS

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NOV

17

Nov 17-20th
BAC Food Drive

NOV

22

Nov 22-23
Hardin Sugar Beet
Meet - All Groups

NOV

24

Winter Practice
Schedule Starts

DEC

3

Splash and Dash
Kickoff

DEC

4

December 4-7th
Neptune Holiday
Swim Festival
(Tempe, AZ)

DEC

15

Dec 15-19th
Team Spirit Week

PRACTICE CHANGES

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Friday, Nov 21

Bronze & Silver: 3:45-5:15pm

Monday, Nov 24

Winter Practice Schedule Starts

Wednesday, Nov 26

Elite & Gold: 7-10am

Silver & Bronze: 10-11:30am

Jr Stingrays: 10-11:15am

Thursday, Nov 27

All Practices Canceled - Happy Thanksgiving!

Friday, Nov 28

Elite & Gold: 7-10am

Bronze & Silver: 10-11:30am

GROUP ME

QR Codes are posted at the pool

SOCIAL MEDIA

Instagram:
billingsaquaticclub

Facebook: Billings Aquatic Club (private) & BAC Stingrays (public)

CONGRATS QUINN MONTGOMERY!

Quinn Montgomery had a record breaking weekend in Missoula breaking 2 BAC 13-14 Boys Team Records! His 400 IM (4:20.1) and 200 Fly (1:56.93) both broke his own previous records! Congrats Quinn!

FOOD DRIVE: NOV 17-20

The competition is on! Each group (Elite, Gold, Silver, Bronze and combined Juniors/Futures) will compete to bring in the most food for the local food bank.

The group with the biggest pile on the 20th at 7:15pm will win an ice cream party! Right now it looks like Bronze group has a pretty sizable lead over the other groups - but there are still 2 more days left to bring non-perishable items in!

WINTER SCHEDULE: STARTS MONDAY

The Winter Practice Schedule starts Monday, November 24th and will run through the middle of February All Practices will continue to be at MSUB.

Future Stingrays: Tues & Thurs: 5-6pm

Jr Stingrays: Mon-Thursday: 6-7:15pm

Bronze: Mon-Fri: 5:45-7:15pm

Silver: Mon-Fri: 5:45-7:15pm, Sat 8-10am

Gold: Mon-Thurs: 3:45-5:15pm, Fri: 6-7:15am and 3:45-5:45pm, Sat: 8-10am, Dryland: Weds 5:45-6:30pm

Elite: Mon-Fri: 3:45-5:45pm, AM: Mon, Weds, Fri: 5:30-7am, Sat: 8-10am

*As always, practices are subject to change