

Athlete of the Year Points

Athlete: Kaia Lyons Gender: Female Team: BOZ

Submitted by: Jessica Marshall

Coach :

May 1, 2024 through April 30, 2025

Meet	Event	Course	Time	Hy-Tek
		Length (SC or LC)		Power Points (1-1100) List five only
	50 Free			
	100 Free			
	200 Free			
	400 Free			
	500 Free			
	800 Free			
	1000 Free			
	1500 Free			
	1650 Free			
	10K			
	50 Back			
	100 Back			
	200 Back			
2025 SN Southwestern Age Group Regional Champi	50 Breast	SC	31.68	819
2024 MT LC State Championships	100 Breast	LC	01:16.8	856
2025 ST TXLA Four Corners Spring Speedo Sectiona	200 Breast	SC	02:27.1	820
	50 Fly			
	100 Fly			
	200 Fly			
2025 SN Southwestern Age Group Regional Champi	100 IM	SC	01:02.8	791
2025 SN Southwestern Age Group Regional Champi	200 IM	SC	02:14.3	824
	400 IM			
				4110

Directions: Look up Hy-Tek Power Points for the best times for your swimmer on the USA Swimming web site.

Choose the five highest scoring events, and place the power points for each event in the appropriate cell.

Total the five events to determine the athlete's Montana Swimming Athlete of the Year score.

All five entries must be different events. Indicate either long course or short course, but not both for any given event.

Do not use "traditional" age group power points as defined by USA Swimming.

Attach printouts of the USAS web site Hy-Tek scoring for the five events.