

Athlete of the Year Points

Athlete: Cavan O'Connor Gender: Male Team: BOZ

Submitted by: Jessica Marshall

Coach _____

May 1, 2024 through April 30, 2025

Meet	Event	Course Length (SC or LC)	Time	Hy-Tek Power Points (1-1100)
				List five only
2024 AZ NEP Holiday Swim Festival	100 Free	sc	48.31	771
2025 MT MHSA USA State Swim Meet	200 Free	sc	01:43.0	830
	400 Free	LC		
	500 Free	SC		
	800 Free	LC		
	1000 Free	SC		
	1500 Free	LC		
	1650 Free	SC		
	10K	NA		
	50 Back			
	100 Back			
	200 Back			
	50 Breast			
2025 MT Swimming Short Course Championships	100 Breast	sc	56.68	917
2024 AZ NEP Holiday Swim Festival	200 Breast	sc	02:04.0	900
	50 Fly			
	100 Fly			
2024 AZ NEP Holiday Swim Festival	200 Fly			
	200 IM	sc	01:56.0	803
	400 IM			
Total				4221

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.