

Athlete of the Year Points

Athlete: Vanessa Sheridan Gender: Female Team: BAC

Submitted by: Jessica Marshall

Coach : Sean Marshall

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			
2025 ST TXLA Four Corners Spring Speedo Sectiona	500 Free	SC	05:00.8	759
	800 Free			
2025 ST TXLA Four Corners Spring Speedo Sectiona	1000 Free	SC	10:19.6	786
	1500 Free			
2025 ST TXLA Four Corners Spring Speedo Sectiona	1650 Free	SC	17:14.2	783
	10K			
	50 Back			
	100 Back			
	200 Back			
	50 Breast			
	100 Breast			
	200 Breast			
	50 Fly			
2025 ST TXLA Four Corners Spring Speedo Sectiona	100 Fly	SC	58	751
2025 ST TXLA Four Corners Spring Speedo Sectiona	200 Fly	SC	02:04.7	802
	100 IM			
	200 IM			
	400 IM			
				3881

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.