

Athlete of the Year Points

Athlete: Elizabeth Urban Gender: Female Team: HLST

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			
	50 Breast			
2024 AZ NEP Holiday Swim Festival	100 Breast	SC	01:05.1	796
2025 SR Speedo Sectionals - Boise, ID	200 Breast	SC	02:24.3	733
	50 Fly			
2024 AZ NEP Holiday Swim Festival	100 Fly	SC	56.93	776
2025 SR Speedo Sectionals - Boise, ID	200 Fly	SC	02:06.3	768
	100 IM			
	200 IM			
2025 SR Speedo Sectionals - Boise, ID	400 IM	SC	04:38.3	681
				3754

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.