

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

Region 4D championships 2023 06-Feb-23 to 08-Feb-23 [Ageup: 2/8/2023] Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Emily Asbury (15) F						
3:04.18Y	F # 6	Female Open 200 IM	LY-VA	11	6	-6.52
7:15.62Y	F # 16	Female Open 500 Free	LY-VA	12	5	---
Mason Cooper (16) M						
1:01.91Y	F # 11	Male Open 100 Fly	LY-VA	11	6	-1.42
1:04.66Y	F # 19	Male Open 100 Back	LY-VA	6	13	-2.07
Noah Kasper (15) M						
2:03.26Y	F # 3	Male Open 200 Free	LY-VA	5	14	3.09
1:05.41Y	F # 19	Male Open 100 Back	LY-VA	8	11	1.49
Luke King (18) M						
2:08.32Y	F # 5	Male Open 200 IM	LY-VA	6	13	0.96
1:06.42Y	F # 21	Male Open 100 Breast	LY-VA	7	12	-3.06
Ava Kirby (15) F						
6:23.85Y	F # 16	Female Open 500 Free	LY-VA	7	12	-1.02
1:25.94Y	F # 22	Female Open 100 Breast	LY-VA	12	5	0.71
Katherine Kovarik (15) F						
5:56.50Y	F # 16	Female Open 500 Free	LY-VA	5	14	9.65
1:05.92Y	F # 20	Female Open 100 Back	LY-VA	1	20	-1.26
Anna Mills (15) F						
2:10.66Y	F # 4	Female Open 200 Free	LY-VA	6	13	0.43
1:07.47Y	F # 20	Female Open 100 Back	LY-VA	2	17	-2.79
Jack Mills (17) M						
21.39Y	F # 7	Male Open 50 Free	LY-VA	---	---	0.17
Hannah Qi (16) F						
2:44.17Y	F # 6	Female Open 200 IM	LY-VA	7	12	---
1:18.17Y	F # 22	Female Open 100 Breast	LY-VA	7	12	-9.39
Owen Rempfer (17) M						
55.65Y	F # 11	Male Open 100 Fly	LY-VA	5	14	0.23
1:02.63Y	F # 21	Male Open 100 Breast	LY-VA	3	16	0.31
Carter Rice (17) M						
2:09.72Y	F # 5	Male Open 200 IM	LY-VA	8	11	-0.58
4:57.94Y	F # 15	Male Open 500 Free	LY-VA	1	20	-7.26
Joshua Warren (15) M						
1:53.13Y	F # 3	Male Open 200 Free	LY-VA	4	15	0.20
5:12.93Y	F # 15	Male Open 500 Free	LY-VA	3	16	11.87
Owen Widzisz (17) M						
22.23Y	F # 7	Male Open 50 Free	LY-VA	1	20	0.39
54.37Y	F # 11	Male Open 100 Fly	LY-VA	2	17	2.59
Charlie Williams (15) F						
7:51.59Y	F # 16	Female Open 500 Free	LY-VA	14	3	-2.62