

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 Virginia Swimming SC Age Group Champions 09-Mar-23 to 12-Mar-23 Yards

Location: onSHampton Virginia Aquaplex

Time	F/P/S	Event		Place	Points	Improv
Cole Campbell (14) M						
1:59.37Y	F # 8	800 Free Relay Lead Off	LY-VA	---	---	-2.28
1:08.45Y	P # 10	Male 13-14 100 Breast	LY-VA	40	---	-0.65
23.58Y	P # 54	Male 13-14 50 Free	LY-VA	19	---	-0.36
2:34.91Y	P # 60	Male 13-14 200 Breast	LY-VA	45	---	6.76
50.87Y	P # 90	Male 13-14 100 Free	LY-VA	18	---	-1.22
Emma Cooper (13) F						
30.92Y	F # 41	200 Medley Relay Lead Off	LY-VA	---	---	-0.80
Daniel Gustafson (10) M						
38.31Y	F # 14	Male 10 & Under 50 Breast	LY-VA	3	16	-2.61
38.46Y	P # 14	Male 10 & Under 50 Breast	LY-VA	3	---	-2.46
1:21.95Y	F # 64	Male 10 & Under 100 Breast	LY-VA	2	17	-6.84
1:24.50Y	P # 64	Male 10 & Under 100 Breast	LY-VA	3	---	-4.29
32.40Y	F # 76	200 Free Relay Lead Off	LY-VA	---	---	-0.55
Ann-Margaret Holt (13) F						
11:03.48Y	F # 1	Female 11-14 1000 Free	LY-VA	27	---	-9.80
2:07.19Y	F # 7	800 Free Relay Lead Off	LY-VA	---	---	6.37
2:02.60Y	P # 15	Female 13-14 200 Free	LY-VA	47	---	1.78
26.14Y	P # 53	Female 13-14 50 Free	LY-VA	48	---	0.50
5:23.78Y	P # 73	Female 13-14 500 Free	LY-VA	26	---	-0.21
18:46.48Y	F # 109	Female 11-14 1650 Free	LY-VA	18	---	---
Luke Hottle (14) M						
1:01.74Y	F # 10	Male 13-14 100 Breast	LY-VA	6	13	-1.28
1:02.35Y	P # 10	Male 13-14 100 Breast	LY-VA	8	---	-0.67
56.87Y	P # 22	Male 13-14 100 Fly	LY-VA	19	---	0.34
4:17.93Y	F # 30	Male 13-14 400 IM	LY-VA	4	15	-7.52
4:18.89Y	P # 30	Male 13-14 400 IM	LY-VA	5	---	-6.56
57.77Y	F # 36	400 Medley Relay Lead Off	LY-VA	---	---	0.72
2:13.04Y	F # 60	Male 13-14 200 Breast	LY-VA	4	15	-4.23
2:14.60Y	P # 60	Male 13-14 200 Breast	LY-VA	4	---	-2.67
4:52.12Y	P # 74	Male 13-14 500 Free	LY-VA	10	---	-8.53
4:52.12Y	F # 74	Male 13-14 500 Free	LY-VA	11	6	-8.53
23.12Y	F # 80	200 Free Relay Lead Off	LY-VA	---	---	-0.64
50.17Y	F # 90	Male 13-14 100 Free	LY-VA	12	5	-1.83
50.18Y	P # 90	Male 13-14 100 Free	LY-VA	10	---	-1.82
2:02.63Y	F # 96	Male 13-14 200 IM	LY-VA	7	12	-5.34
2:03.37Y	P # 96	Male 13-14 200 IM	LY-VA	7	---	-4.60
50.14Y	F # 104	400 Free Relay Lead Off	LY-VA	---	---	-1.86
17:16.10Y	F # 110	Male 11-14 1650 Free	LY-VA	9	9	-53.35
Hannah Kim (14) F						
1:13.92Y	P # 9	Female 13-14 100 Breast	LY-VA	33	---	1.68

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Time	F/P/S	Event		Place	Points	Improv
Kathleen King (12) F						
32.05Y	F # 43	200 Medley Relay Lead Off	LY-VA	---	---	0.67
32.08Y	P # 67	Female 11-12 50 Back	LY-VA	29	---	0.70
Jacob Kovarik (13) M						
32.07Y	F # 42	200 Medley Relay Lead Off	LY-VA	---	---	-1.23
Jacob Leger (13) M						
1:10.81Y	F # 36	400 Medley Relay Lead Off	LY-VA	---	---	-0.13
Noah Leger (10) M						
2:53.39Y	P # 70	Male 10 & Under 200 IM	LY-VA	22	---	3.03
Broderick Nelson (13) M						
1:06.14Y	P # 10	Male 13-14 100 Breast	LY-VA	24	---	-1.13
2:15.80Y	P # 48	Male 13-14 200 Fly	LY-VA	31	---	1.46
2:24.51Y	P # 60	Male 13-14 200 Breast	LY-VA	25	---	-0.82
5:08.02Y	P # 74	Male 13-14 500 Free	LY-VA	32	---	0.60
2:08.46Y	P # 96	Male 13-14 200 IM	LY-VA	27	---	0.38
54.92Y	F # 104	400 Free Relay Lead Off	LY-VA	---	---	1.65
Caroline Nelson (10) F						
40.35Y	P # 13	Female 10 & Under 50 Breast	LY-VA	15	2	0.64
Lainey Pennington (10) F						
6:35.37Y	F # 3	Female 10 & Under 500 Free	LY-VA	10	7	-6.90
2:31.82Y	P # 19	Female 10 & Under 200 Free	LY-VA	21	---	-1.95
36.35Y	P # 51	Female 10 & Under 50 Fly	LY-VA	19	---	1.66
32.36Y	F # 75	200 Free Relay Lead Off	LY-VA	---	---	0.42
1:23.96Y	P # 99	Female 10 & Under 100 Fly	LY-VA	19	---	2.28
Owen Porter (12) M						
34.86Y DQ	P # 12	Male 11-12 50 Breast	LY-VA	---	---	---
1:18.35Y	P # 62	Male 11-12 100 Breast	LY-VA	22	---	0.99

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Location: onShampton Virginia Aquaplex

Time	F/P/S	Event	Place	Points	Improv
Hudson Rice (14) M					
10:24.17Y	F # 2	Male 11-14 1000 Free LY-VA	15	2	-73.88
1:53.16Y	F # 8	800 Free Relay Lead Off LY-VA	---	---	-5.44
56.05Y	F # 22	Male 13-14 100 Fly LY-VA	16	1	-1.40
56.40Y	P # 22	Male 13-14 100 Fly LY-VA	14	---	-1.05
4:19.83Y	F # 30	Male 13-14 400 IM LY-VA	9	9	-6.38
4:24.38Y	P # 30	Male 13-14 400 IM LY-VA	11	---	-1.83
2:03.83Y	F # 48	Male 13-14 200 Fly LY-VA	12	5	-2.92
2:05.15Y	P # 48	Male 13-14 200 Fly LY-VA	12	---	-1.60
2:19.57Y	F # 60	Male 13-14 200 Breast LY-VA	13	4	-5.30
2:21.11Y	P # 60	Male 13-14 200 Breast LY-VA	13	---	-3.76
5:01.42Y	P # 74	Male 13-14 500 Free LY-VA	17	---	-5.14
5:03.83Y	F # 74	Male 13-14 500 Free LY-VA	16	1	-2.73
2:04.60Y	F # 96	Male 13-14 200 IM LY-VA	12	5	-5.67
2:04.99Y	P # 96	Male 13-14 200 IM LY-VA	12	---	-5.28
17:20.63Y	F # 110	Male 11-14 1650 Free LY-VA	10	7	-41.88
Mitchell Rogers (12) M					
5:44.99Y	F # 6	Male 11-12 500 Free LY-VA	24	---	3.13
2:08.69Y	P # 18	Male 11-12 200 Free LY-VA	24	---	-1.19
1:04.52Y	P # 24	Male 11-12 100 Fly LY-VA	18	---	-0.67
5:01.05Y	F # 34	Male 11-12 400 IM LY-VA	12	5	-4.42
2:22.29Y	F # 50	Male 11-12 200 Fly LY-VA	12	5	-8.16
2:24.15Y	P # 50	Male 11-12 200 Fly LY-VA	12	---	-6.30
2:22.16Y	F # 72	Male 11-12 200 IM LY-VA	14	3	-2.70
2:22.84Y	P # 72	Male 11-12 200 IM LY-VA	14	---	-2.02
27.98Y	F # 78	200 Free Relay Lead Off LY-VA	---	---	-0.33
1:06.71Y	P # 92	Male 11-12 100 IM LY-VA	17	---	-1.17
29.67Y	P # 102	Male 11-12 50 Fly LY-VA	22	---	-0.26
59.71Y	F # 106	400 Free Relay Lead Off LY-VA	---	---	-0.30
Ava Shopbell (13) F					
11:10.66Y	F # 1	Female 11-14 1000 Free LY-VA	36	---	-4.10
1:01.24Y	P # 21	Female 13-14 100 Fly LY-VA	17	---	1.09
4:40.87Y	F # 29	Female 13-14 400 IM LY-VA	11	6	-6.95
4:46.80Y	P # 29	Female 13-14 400 IM LY-VA	13	---	-1.02
2:09.97Y	F # 47	Female 13-14 200 Fly LY-VA	5	14	0.38
2:10.34Y	P # 47	Female 13-14 200 Fly LY-VA	3	---	0.75
2:39.67Y	P # 59	Female 13-14 200 Breast LY-VA	31	---	5.81
26.65Y	F # 79	200 Free Relay Lead Off LY-VA	---	---	-0.73
2:14.96Y	P # 95	Female 13-14 200 IM LY-VA	16	---	-1.47
2:15.25Y	F # 95	Female 13-14 200 IM LY-VA	15	2	-1.18
Avery Snyder (14) M					
1:07.89Y	P # 10	Male 13-14 100 Breast LY-VA	37	---	0.75
24.81Y	F # 80	200 Free Relay Lead Off LY-VA	---	---	-0.20

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Sarah Warren (13) F						
1:02.00Y	P # 21	Female 13-14 100 Fly	LY-VA	25	---	1.12
1:03.83Y	F # 35	400 Medley Relay Lead Off	LY-VA	---	---	0.16
2:13.35Y	F # 47	Female 13-14 200 Fly	LY-VA	12	5	-1.99
2:13.58Y	P # 47	Female 13-14 200 Fly	LY-VA	10	---	-1.76
Broughton Webb (12) F						
5:35.59Y	F # 5	Female 11-12 500 Free	LY-VA	9	9	-4.57
33.78Y	F # 11	Female 11-12 50 Breast	LY-VA	9	9	-0.82
34.39Y	P # 11	Female 11-12 50 Breast	LY-VA	10	---	-0.21
2:08.24Y	F # 17	Female 11-12 200 Free	LY-VA	15	2	-1.83
2:10.19Y	P # 17	Female 11-12 200 Free	LY-VA	13	---	0.12
5:01.78Y	F # 33	Female 11-12 400 IM	LY-VA	11	6	-4.20
1:13.85Y	F # 61	Female 11-12 100 Breast	LY-VA	10	7	-2.79
1:14.97Y	P # 61	Female 11-12 100 Breast	LY-VA	10	---	-1.67
2:27.05Y	P # 71	Female 11-12 200 IM	LY-VA	17	---	0.46
2:39.29Y	F # 81	Female 11-12 200 Breast	LY-VA	10	7	-7.69
2:43.57Y	P # 81	Female 11-12 200 Breast	LY-VA	12	---	-3.41
1:00.30Y	P # 97	Female 11-12 100 Free	LY-VA	23	---	0.09
1:00.84Y	F # 105	400 Free Relay Lead Off	LY-VA	---	---	0.63
Adam Wells (12) M						
34.06Y	P # 12	Male 11-12 50 Breast	LY-VA	17	---	-2.53
2:08.01Y	P # 18	Male 11-12 200 Free	LY-VA	21	---	-2.60
24.37Y	P # 56	Male 11-12 50 Free	LY-VA	3	---	-1.55
24.58Y DQ	F # 56	Male 11-12 50 Free	LY-VA	---	---	---
2:27.01Y	P # 72	Male 11-12 200 IM	LY-VA	25	---	-0.06
1:06.26Y	P # 92	Male 11-12 100 IM	LY-VA	10	---	-2.17
1:06.46Y	F # 92	Male 11-12 100 IM	LY-VA	15	2	-1.97
55.15Y	F # 98	Male 11-12 100 Free	LY-VA	9	9	-3.66
57.05Y	P # 98	Male 11-12 100 Free	LY-VA	14	---	-1.76
Austin Woodruff (10) M						
6:26.11Y	F # 4	Male 10 & Under 500 Free	LY-VA	17	---	-8.88
2:25.82Y	P # 20	Male 10 & Under 200 Free	LY-VA	18	---	-2.60
36.02Y	P # 26	Male 10 & Under 50 Back	LY-VA	23	---	0.27
1:19.12Y	F # 40	400 Medley Relay Lead Off	LY-VA	---	---	-0.12
36.63Y	F # 46	200 Medley Relay Lead Off	LY-VA	---	---	0.88
1:08.63Y	P # 58	Male 10 & Under 100 Free	LY-VA	26	---	1.35
2:53.72Y	P # 70	Male 10 & Under 200 IM	LY-VA	23	---	4.70
30.99Y	P # 94	Male 10 & Under 50 Free	LY-VA	24	---	0.24

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Time	F/P/S	Event	Place	Points	Improv
Graham Woodruff (14) M					
1:49.55Y	F # 16	Male 13-14 200 Free LY-VA	13	4	-2.98
1:51.00Y	P # 16	Male 13-14 200 Free LY-VA	16	---	-1.53
56.65Y	P # 22	Male 13-14 100 Fly LY-VA	17	---	-1.88
26.80Y	F # 42	200 Medley Relay Lead Off LY-VA	---	---	-0.98
22.51Y	P # 54	Male 13-14 50 Free LY-VA	3	---	-0.17
22.60Y	F # 54	Male 13-14 50 Free LY-VA	7	12	-0.08
58.43Y	P # 66	Male 13-14 100 Back LY-VA	17	---	-1.46
5:01.69Y	P # 74	Male 13-14 500 Free LY-VA	19	---	-2.59
49.32Y	F # 90	Male 13-14 100 Free LY-VA	6	13	-1.46
49.72Y	P # 90	Male 13-14 100 Free LY-VA	6	---	-1.06
2:12.54Y	P # 96	Male 13-14 200 IM LY-VA	39	---	4.00
17:56.98Y	F # 110	Male 11-14 1650 Free LY-VA	24	---	-9.53
Taylor Woodruff (12) F					
1:07.21Y	P # 23	Female 11-12 100 Fly LY-VA	19	---	-0.41
2:25.06Y	P # 27	Female 11-12 200 Back LY-VA	17	---	3.03
2:26.95Y	P # 49	Female 11-12 200 Fly LY-VA	6	---	-5.06
2:27.33Y	F # 49	Female 11-12 200 Fly LY-VA	7	12	-4.68
27.11Y DQ	P # 55	Female 11-12 50 Free LY-VA	---	---	---
29.96Y	F # 67	Female 11-12 50 Back LY-VA	6	13	-0.21
30.41Y	P # 67	Female 11-12 50 Back LY-VA	7	---	0.24
27.49Y	F # 77	200 Free Relay Lead Off LY-VA	---	---	0.04
1:08.08Y	P # 85	Female 11-12 100 Back LY-VA	25	---	-0.25
1:00.11Y	P # 97	Female 11-12 100 Free LY-VA	21	---	0.19
30.27Y	P # 101	Female 11-12 50 Fly LY-VA	25	---	-0.02
Caleb Wu (12) M					
33.55Y	F # 12	Male 11-12 50 Breast LY-VA	11	6	-1.50
33.93Y	P # 12	Male 11-12 50 Breast LY-VA	14	---	-1.12
1:09.33Y	F # 38	400 Medley Relay Lead Off LY-VA	---	---	-7.58
32.17Y	F # 44	200 Medley Relay Lead Off LY-VA	---	---	0.10
26.95Y	P # 56	Male 11-12 50 Free LY-VA	33	---	-0.47
1:12.48Y	F # 62	Male 11-12 100 Breast LY-VA	10	7	-3.39
1:13.11Y	P # 62	Male 11-12 100 Breast LY-VA	9	---	-2.76
2:35.03Y	F # 82	Male 11-12 200 Breast LY-VA	10	7	-6.03
2:37.17Y	P # 82	Male 11-12 200 Breast LY-VA	9	---	-3.89
1:07.01Y	P # 92	Male 11-12 100 IM LY-VA	20	---	-1.86
59.12Y	P # 98	Male 11-12 100 Free LY-VA	26	---	-0.82