

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results - Standard: AGC

2022 The Commonwealth Cup 04-Nov-22 to 06-Nov-22 Yards

Sanction: vs-23-06 Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Ava Shopbell (13) F						
1:02.29Y QT21	F # 5	Female 13 & Over 100 Fly	LY-VA	26	---	-0.57