

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 VSI Age Group Championships 20-Jul-23 to 23-Jul-23 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Cole Campbell (14) M						
1:18.69L	P # 14	Male 13-14 100 Breast	LY-VA	32	---	1.08
2:16.17L	P # 20	Male 13-14 200 Free	LY-VA	37	---	0.62
26.87L	F # 56	Male 13-14 50 Free	LY-VA	16	1	-0.33
27.04L	P # 56	Male 13-14 50 Free	LY-VA	17	---	-0.16
2:58.47L	P # 62	Male 13-14 200 Breast	LY-VA	40	---	-1.23
58.95L	P # 88	Male 13-14 100 Free	LY-VA	20	---	-1.78
Josh Edwards (14) M						
2:16.32L	F # 8	800 Free Relay Lead Off	LY-VA	---	---	-0.28
35.23L	F # 42	200 Medley Relay Lead Off	LY-VA	---	---	-4.12
1:01.34L	F # 104	400 Free Relay Lead Off	LY-VA	---	---	0.31
Sam Edwards (12) M						
2:29.99L	P # 18	Male 11-12 200 Free	LY-VA	25	---	2.10
2:41.04L	F # 30	Male 11-12 200 Back	LY-VA	13	4	-5.49
2:43.35L	P # 30	Male 11-12 200 Back	LY-VA	14	---	-3.18
36.35L	F # 44	200 Medley Relay Lead Off	LY-VA	---	---	1.16
30.77L	P # 54	Male 11-12 50 Free	LY-VA	35	---	-0.46
35.16L	F # 70	Male 11-12 50 Back	LY-VA	12	5	-0.03
35.52L	P # 70	Male 11-12 50 Back	LY-VA	12	---	0.33
1:06.76L	F # 102	400 Free Relay Lead Off	LY-VA	---	---	-2.40
Ann-Margaret Holt (13) F						
2:13.87L	F # 19	Female 13-14 200 Free	LY-VA	11	6	-3.17
2:15.74L	P # 19	Female 13-14 200 Free	LY-VA	12	---	-1.30
28.68L	P # 55	Female 13-14 50 Free	LY-VA	10	---	-0.45
28.90L	F # 55	Female 13-14 50 Free	LY-VA	14	3	-0.23
4:51.76L	P # 71	Female 13-14 400 Free	LY-VA	18	---	0.37
1:02.98L	F # 87	Female 13-14 100 Free	LY-VA	11	6	-0.90
1:03.49L	P # 87	Female 13-14 100 Free	LY-VA	18	---	-0.39
10:06.15L	F # 105	Female 11-14 800 Free	LY-VA	15	2	-1.37
NS	S # 155	Female 13-14 50 Free	LY-VA	---	---	---

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Luke Hottle (14) M						
1:11.92L	F # 14	Male 13-14 100 Breast	LY-VA	4	15	-0.09
1:12.90L	P # 14	Male 13-14 100 Breast	LY-VA	5	---	0.89
2:08.51L	P # 20	Male 13-14 200 Free	LY-VA	19	---	2.70
4:53.43L	F # 32	Male 13-14 400 IM	LY-VA	4	15	-10.25
4:56.69L	P # 32	Male 13-14 400 IM	LY-VA	5	---	-6.99
31.53L	F # 42	200 Medley Relay Lead Off	LY-VA	---	---	-2.64
2:34.95L	F # 62	Male 13-14 200 Breast	LY-VA	4	15	0.92
2:37.86L	P # 62	Male 13-14 200 Breast	LY-VA	4	---	3.83
4:34.63L	P # 72	Male 13-14 400 Free	LY-VA	24	---	-0.32
26.34L	F # 78	200 Free Relay Lead Off	LY-VA	---	---	-0.67
58.06L	P # 88	Male 13-14 100 Free	LY-VA	15	---	-0.39
58.47L	F # 88	Male 13-14 100 Free	LY-VA	14	3	0.02
2:19.01L	F # 94	Male 13-14 200 IM	LY-VA	2	17	-1.87
2:22.01L	P # 94	Male 13-14 200 IM	LY-VA	6	---	1.13
58.57L	F # 104	400 Free Relay Lead Off	LY-VA	---	---	0.12
9:17.66L	F # 106	Male 11-14 800 Free	LY-VA	10	7	-12.28
Jacob Leger (14) M						
1:20.32L	F # 38	400 Medley Relay Lead Off	LY-VA	---	---	-6.44
Noah Leger (10) M						
3:20.66L	P # 64	Male 10 & Under 200 IM	LY-VA	23	---	-1.65
Broderick Nelson (13) M						
1:15.49L	P # 14	Male 13-14 100 Breast	LY-VA	17	---	-6.61
5:07.74L	P # 32	Male 13-14 400 IM	LY-VA	13	---	-5.58
5:10.30L	F # 32	Male 13-14 400 IM	LY-VA	14	3	-3.02
28.26L	P # 56	Male 13-14 50 Free	LY-VA	44	---	0.60
2:44.15L	F # 62	Male 13-14 200 Breast	LY-VA	13	4	-8.46
2:46.15L	P # 62	Male 13-14 200 Breast	LY-VA	13	---	-6.46
4:40.18L	P # 72	Male 13-14 400 Free	LY-VA	34	---	-7.29
28.55L	F # 78	200 Free Relay Lead Off	LY-VA	---	---	0.89
1:00.13L	P # 88	Male 13-14 100 Free	LY-VA	33	---	0.17
2:25.43L	P # 94	Male 13-14 200 IM	LY-VA	13	---	-8.65
2:26.01L	F # 94	Male 13-14 200 IM	LY-VA	15	2	-8.07
9:36.19L	F # 106	Male 11-14 800 Free	LY-VA	25	---	-16.79
Caroline Nelson (10) F						
42.23L	F # 9	Female 10 & Under 50 Breast	LY-VA	1	20	-1.05
43.16L	P # 9	Female 10 & Under 50 Breast	LY-VA	2	---	-0.12
39.35L	P # 51	Female 10 & Under 50 Free	LY-VA	27	---	3.88
2:02.71L	P # 57	Female 10 & Under 100 Breast	LY-VA	15	2	22.71

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Hudson Rice (14) M						
18:03.86L	F # 2	Male 11-14 1500 Free	LY-VA	15	2	-54.80
2:10.18L	P # 20	Male 13-14 200 Free	LY-VA	22	---	0.46
1:05.78L	P # 26	Male 13-14 100 Fly	LY-VA	26	---	1.23
2:23.37L	F # 50	Male 13-14 200 Fly	LY-VA	12	5	-2.02
2:25.17L	P # 50	Male 13-14 200 Fly	LY-VA	15	---	-0.22
4:31.02L	F # 72	Male 13-14 400 Free	LY-VA	15	2	-10.79
4:32.49L	P # 72	Male 13-14 400 Free	LY-VA	16	---	-9.32
59.82L	P # 88	Male 13-14 100 Free	LY-VA	29	---	0.18
2:29.94L	P # 94	Male 13-14 200 IM	LY-VA	31	---	2.89
9:29.29L	F # 106	Male 11-14 800 Free	LY-VA	17	---	-4.08
Mitchell Rogers (12) M						
4:57.79L	F # 4	Male 11-12 400 Free	LY-VA	8	11	-6.85
1:11.38L	P # 24	Male 11-12 100 Fly	LY-VA	9	---	0.31
1:11.39L	F # 24	Male 11-12 100 Fly	LY-VA	11	6	0.32
5:39.81L	F # 34	Male 11-12 400 IM	LY-VA	7	12	-0.21
2:38.90L	P # 48	Male 11-12 200 Fly	LY-VA	7	---	-0.72
2:42.59L	F # 48	Male 11-12 200 Fly	LY-VA	7	12	2.97
2:39.99L	F # 66	Male 11-12 200 IM	LY-VA	9	9	-1.04
2:40.62L	P # 66	Male 11-12 200 IM	LY-VA	9	---	-0.41
30.76L	F # 76	200 Free Relay Lead Off	LY-VA	---	---	-0.49
1:06.22L	P # 92	Male 11-12 100 Free	LY-VA	17	---	-0.54
32.21L	P # 98	Male 11-12 50 Fly	LY-VA	10	---	-0.06
32.40L	F # 98	Male 11-12 50 Fly	LY-VA	15	2	0.13
Ava Shopbell (14) F						
1:07.67L	F # 25	Female 13-14 100 Fly	LY-VA	9	9	-1.67
1:08.54L	P # 25	Female 13-14 100 Fly	LY-VA	9	---	-0.80
5:24.61L	F # 31	Female 13-14 400 IM	LY-VA	10	7	-6.80
5:28.72L	P # 31	Female 13-14 400 IM	LY-VA	11	---	-2.69
2:25.30L	F # 49	Female 13-14 200 Fly	LY-VA	3	16	-4.49
2:27.57L	P # 49	Female 13-14 200 Fly	LY-VA	4	---	-2.22
3:05.42L	P # 61	Female 13-14 200 Breast	LY-VA	28	---	2.06
2:36.89L	P # 93	Female 13-14 200 IM	LY-VA	18	---	-2.06
10:15.06L	F # 105	Female 11-14 800 Free	LY-VA	20	---	-17.92

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Avery Snyder (14) M						
2:12.32L	F # 8	800 Free Relay Lead Off	LY-VA	---	---	2.41
1:13.18L	P # 14	Male 13-14 100 Breast	LY-VA	6	---	-4.78
1:13.36L	F # 14	Male 13-14 100 Breast	LY-VA	6	13	-4.60
2:10.46L	P # 20	Male 13-14 200 Free	LY-VA	23	---	0.55
1:07.19L	P # 26	Male 13-14 100 Fly	LY-VA	35	---	1.08
27.60L	P # 56	Male 13-14 50 Free	LY-VA	29	---	0.34
2:44.45L	F # 62	Male 13-14 200 Breast	LY-VA	15	2	0.44
2:45.07L	P # 62	Male 13-14 200 Breast	LY-VA	10	---	1.06
4:43.27L	P # 72	Male 13-14 400 Free	LY-VA	40	---	4.35
1:00.22L	P # 88	Male 13-14 100 Free	LY-VA	34	---	-0.49
9:32.47L	F # 106	Male 11-14 800 Free	LY-VA	20	---	-2.06
Sarah Warren (14) F						
1:11.26L	P # 25	Female 13-14 100 Fly	LY-VA	21	---	0.04
2:36.17L	F # 49	Female 13-14 200 Fly	LY-VA	13	4	1.34
2:36.87L	P # 49	Female 13-14 200 Fly	LY-VA	13	---	2.04
Adam Wells (13) M						
27.59L	P # 56	Male 13-14 50 Free	LY-VA	28	---	-0.34
Austin Woodruff (10) M						
5:40.44L	F # 6	Male 10 & Under 400 Free	LY-VA	8	11	-3.13
2:46.56L	P # 16	Male 10 & Under 200 Free	LY-VA	15	2	-0.15
41.23L	P # 28	Male 10 & Under 50 Back	LY-VA	18	---	-0.52
35.86L	P # 52	Male 10 & Under 50 Free	LY-VA	26	---	0.85
3:21.89L	P # 64	Male 10 & Under 200 IM	LY-VA	26	---	-3.22
1:18.92L	P # 90	Male 10 & Under 100 Free	LY-VA	25	---	-0.64
Graham Woodruff (14) M						
2:05.71L	F # 20	Male 13-14 200 Free	LY-VA	12	5	-4.40
2:07.14L	P # 20	Male 13-14 200 Free	LY-VA	13	---	-2.97
1:03.84L	P # 26	Male 13-14 100 Fly	LY-VA	19	---	-3.82
1:09.17L	F # 38	400 Medley Relay Lead Off	LY-VA	---	---	-0.71
25.33L	F # 56	Male 13-14 50 Free	LY-VA	2	17	-0.41
25.65L	P # 56	Male 13-14 50 Free	LY-VA	5	---	-0.09
1:07.02L	P # 68	Male 13-14 100 Back	LY-VA	11	---	-2.86
1:08.12L	F # 68	Male 13-14 100 Back	LY-VA	15	2	-1.76
4:32.88L	P # 72	Male 13-14 400 Free	LY-VA	18	---	-5.00
57.46L	F # 88	Male 13-14 100 Free	LY-VA	11	6	-1.95
58.03L	P # 88	Male 13-14 100 Free	LY-VA	14	---	-1.38
2:27.41L	P # 94	Male 13-14 200 IM	LY-VA	23	---	-2.99
9:35.85L	F # 106	Male 11-14 800 Free	LY-VA	24	---	-16.85

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Taylor Woodruff (13) F						
34.27L	F # 41	200 Medley Relay Lead Off	LY-VA	---	---	-0.16
2:41.08L	P # 49	Female 13-14 200 Fly	LY-VA	17	---	6.36
29.50L	P # 55	Female 13-14 50 Free	LY-VA	32	---	-0.05
29.75L	F # 77	200 Free Relay Lead Off	LY-VA	---	---	0.20
Caleb Wu (12) M						
37.88L	P # 12	Male 11-12 50 Breast	LY-VA	6	---	-2.40
38.16L	F # 12	Male 11-12 50 Breast	LY-VA	7	12	-2.12
2:28.36L	P # 18	Male 11-12 200 Free	LY-VA	20	---	1.20
29.57L	P # 54	Male 11-12 50 Free	LY-VA	16	---	-3.65
29.66L	F # 54	Male 11-12 50 Free	LY-VA	16	1	-3.56
1:22.80L	F # 60	Male 11-12 100 Breast	LY-VA	6	13	-2.36
1:22.88L	P # 60	Male 11-12 100 Breast	LY-VA	5	---	-2.28
2:46.06L	P # 66	Male 11-12 200 IM	LY-VA	16	---	-0.47
2:46.63L	F # 66	Male 11-12 200 IM	LY-VA	16	1	0.10
2:59.98L	F # 80	Male 11-12 200 Breast	LY-VA	7	12	-4.02
3:02.06L	P # 80	Male 11-12 200 Breast	LY-VA	8	---	-1.94
1:18.88L DQ	P # 86	Male 11-12 100 Back	LY-VA	---	---	---
1:05.96L	P # 92	Male 11-12 100 Free	LY-VA	16	---	-7.77
1:06.20L	F # 92	Male 11-12 100 Free	LY-VA	16	1	-7.53