

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 YMCA Long Course Championships 25-Jul-23 to 29-Jul-23 LC Meters

Location: Greensboro Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Frances Fenton (16) F						
36.03L	P # 103	Female Open 50 Breast	LY-VA	42	---	-3.66
1:04.59L	T # 145	Female Open 100 Free	LY-VA	45	---	-1.24
	31.26	1:04.59				
	(31.26)	(33.33)				
2:57.60L	P # 203	Female Open 200 Breast	LY-VA	59	---	-11.72
	40.58	1:26.14 2:12.79 2:57.60				
	(40.58)	(45.56) (46.65) (44.81)				
32.42L	T # 347	Female Open 50 Fly	LY-VA	11	---	-0.94
1:20.95L	P # 405	Female Open 100 Breast	LY-VA	52	---	-3.10
	37.93	1:20.95				
	(37.93)	(43.02)				
Thomas Fenton (17) M						
31.12L	P # 104	Male Open 50 Breast	LY-VA	25	---	-0.45
2:23.45L	F # 204	Male Open 200 Breast	LY-VA	3	16	-6.47
	32.40	1:09.41 1:46.82 2:23.45				
	(32.40)	(37.01) (37.41) (36.63)				
2:24.79L	P # 204	Male Open 200 Breast	LY-VA	3	---	-5.13
	32.71	1:10.02 1:48.08 2:24.79				
	(32.71)	(37.31) (38.06) (36.71)				
1:06.23L	F # 406	Male Open 100 Breast	LY-VA	10	6.5	-2.52
	31.55	1:06.23				
	(31.55)	(34.68)				
1:06.98L	P # 406	Male Open 100 Breast	LY-VA	11	---	-1.77
	32.05	1:06.98				
	(32.05)	(34.93)				

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J C Gordon (17) M						
55.38L	P # 106	Male Open 100 Free	LY-VA	56	---	1.72
	26.32	55.38				
	(26.32)	(29.06)				
29.20L	F # 108	200 Medley Relay Lead Off	LY-VA	---	---	-0.47
29.30L	P # 108	200 Medley Relay Lead Off	LY-VA	---	---	-0.37
8:23.69L	F # 110	Male Open 800 Free	LY-VA	2	17	-8.17
	28.71	1:00.00 1:31.75 2:03.53 2:35.18 3:06.45 3:38.44 4:10.32				
	(28.71)	(31.29) (31.75) (31.78) (31.65) (31.27) (31.99) (31.88)				
	4:42.29	5:14.26 5:46.69 6:18.93 6:51.22 7:23.80 7:54.18 8:23.69				
	(31.97)	(31.97) (32.43) (32.24) (32.29) (32.58) (30.38) (29.51)				
1:56.45L	P # 202	Male Open 200 Free	LY-VA	5	---	1.14
	26.82	55.95 1:26.40 1:56.45				
	(26.82)	(29.13) (30.45) (30.05)				
1:56.60L	F # 202	Male Open 200 Free	LY-VA	7	12	1.29
	26.81	56.02 1:25.89 1:56.60				
	(26.81)	(29.21) (29.87) (30.71)				
1:02.94L	P # 308	400 Medley Relay Lead Off	LY-VA	---	---	1.40
	30.11					
	(30.11)					
4:02.78L	F # 402	Male Open 400 Free	LY-VA	1	20	-2.93
	28.69	59.86 1:31.59 2:02.56 2:33.59 3:04.23 3:34.42 4:02.78				
	(28.69)	(31.17) (31.73) (30.97) (31.03) (30.64) (30.19) (28.36)				
4:04.61L	P # 402	Male Open 400 Free	LY-VA	1	---	-1.10
	27.59	58.42 1:30.03 2:01.65 2:32.36 3:04.17 3:35.89 4:04.61				
	(27.59)	(30.83) (31.61) (31.62) (30.71) (31.81) (31.72) (28.72)				
1:57.00L	F # 410	800 Free Relay Lead Off	LY-VA	---	---	1.69
	26.92	56.94 1:27.39				
	(26.92)	(30.02) (30.45)				
16:10.49L	F # 508	Male Open 1500 Free	LY-VA	1	20	-2.37
	29.69	1:02.82 1:35.51 2:08.92 2:41.63 3:14.49 3:46.82 4:19.23				
	(29.69)	(33.13) (32.69) (33.41) (32.71) (32.86) (32.33) (32.41)				
	4:51.49	5:23.73 5:55.88 6:28.42 7:00.66 7:33.21 8:05.57 8:38.18				
	(32.26)	(32.24) (32.15) (32.54) (32.24) (32.55) (32.36) (32.61)				
	9:10.52	9:43.33 10:15.75 10:48.33 11:20.65 11:53.55 12:26.26 12:59.05				
	(32.34)	(32.81) (32.42) (32.58) (32.32) (32.90) (32.71) (32.79)				
	13:31.66	14:04.42 14:36.77 15:08.51 15:40.20 16:10.49				
	(32.61)	(32.76) (32.35) (31.74) (31.69) (30.29)				

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Davis Hottle (16) M						
2:20.91L	T # 246	Male Open 200 Back	LY-VA	6	---	-0.58
	32.75	1:09.07 1:45.49 2:20.91				
	(32.75)	(36.32) (36.42) (35.42)				
1:02.45L	T # 344	Male Open 100 Fly	LY-VA	12	---	0.08
	29.06	1:02.45				
	(29.06)	(33.39)				
1:04.87L	T # 446	Male Open 100 Back	LY-VA	3	---	-0.32
	31.41	1:04.87				
	(31.41)	(33.46)				
26.13L	P # 504	Male Open 50 Free	LY-VA	99	---	0.65
Jack Mills (17) M						
2:02.37L	F # 102	Male Open 200 Fly	LY-VA	1	20	-2.79
	26.92	57.76 1:29.57 2:02.37				
	(26.92)	(30.84) (31.81) (32.80)				
2:06.94L	P # 102	Male Open 200 Fly	LY-VA	3	---	1.78
	28.13	1:00.53 1:33.85 2:06.94				
	(28.13)	(32.40) (33.32) (33.09)				
53.05L	P # 106	Male Open 100 Free	LY-VA	12	---	0.32
	25.78	53.05				
	(25.78)	(27.27)				
53.41L	F # 106	Male Open 100 Free	LY-VA	15	2	0.68
	25.87	53.41				
	(25.87)	(27.54)				
24.17L	F # 208	200 Free Relay Lead Off	LY-VA	---	---	0.12
24.19L	P # 208	200 Free Relay Lead Off	LY-VA	---	---	0.14
54.90L	F # 306	Male Open 100 Fly	LY-VA	2	17	-1.17
	25.46	54.90				
	(25.46)	(29.44)				
55.14L	P # 306	Male Open 100 Fly	LY-VA	2	---	-0.93
	25.58	55.14				
	(25.58)	(29.56)				
25.27L	F # 404	Male Open 50 Fly	LY-VA	6	13	-0.99
25.52L	P # 404	Male Open 50 Fly	LY-VA	8	---	-0.74
2:10.44L	P # 502	Male Open 200 IM	LY-VA	4	---	-2.32
	26.30	59.91 1:40.17 2:10.44				
	(26.30)	(33.61) (40.26) (30.27)				
2:14.73L	F # 502	Male Open 200 IM	LY-VA	8	11	1.97
	26.82	1:01.58 1:43.27 2:14.73				
	(26.82)	(34.76) (41.69) (31.46)				
52.10L	P # 506	400 Free Relay Lead Off	LY-VA	---	---	-0.63
	25.14					
	(25.14)					
52.12L	F # 506	400 Free Relay Lead Off	LY-VA	---	---	-0.61
	24.98					
	(24.98)					

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Max Schonfelder (16) M						
54.82L	P # 106	Male Open 100 Free	LY-VA	46	---	-1.21
	26.05	54.82				
	(26.05)	(28.77)				
2:33.18L	P # 204	Male Open 200 Breast	LY-VA	30	---	-7.08
	34.17	1:13.54 1:53.62 2:33.18				
	(34.17)	(39.37) (40.08) (39.56)				
58.53L	P # 306	Male Open 100 Fly	LY-VA	27	---	-1.66
	27.49	58.53				
	(27.49)	(31.04)				
1:09.09L	P # 406	Male Open 100 Breast	LY-VA	35	---	0.03
	31.57	1:09.09				
	(31.57)	(37.52)				
2:15.78L	P # 502	Male Open 200 IM	LY-VA	22	---	-1.54
	28.46	1:04.86 1:43.46 2:15.78				
	(28.46)	(36.40) (38.60) (32.32)				
2:17.70L	F # 502	Male Open 200 IM	LY-VA	23	---	0.38
	29.06	1:05.95 1:44.66 2:17.70				
	(29.06)	(36.89) (38.71) (33.04)				
1:08.24L	T # 558	Male Open 100 Breast	LY-VA	1	---	-0.82
	32.00	1:08.24				
	(32.00)	(36.24)				
Owen Widzisz (17) M						
56.09L	P # 106	Male Open 100 Free	LY-VA	78	---	0.62
	27.07	56.09				
	(27.07)	(29.02)				
29.26L	P # 304	Male Open 50 Back	LY-VA	40	---	-0.39
1:02.99L	P # 306	Male Open 100 Fly	LY-VA	105	---	1.40
	28.88	1:02.99				
	(28.88)	(34.11)				
1:06.59L	P # 408	Male Open 100 Back	LY-VA	81	---	2.02
	31.35	1:06.59				
	(31.35)	(35.24)				
25.19L	P # 504	Male Open 50 Free	LY-VA	52	---	0.38