

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Heavyweight Battle 27-Jan-24 to 28-Jan-24 Yards Alt: 197

Location: SwimRVA - CSAC

Time	F/P/S	Event	Place	Points	Improv	
Shirley Barger (13) F						
2:37.03Y	F # 32	Female 13-14 200 Back	LY-VA	31	---	2.94
	38.57	1:18.61 1:58.63 2:37.03				
	(38.57)	(40.04) (40.02) (38.40)				
1:02.27Y	F # 34	Female 13-14 100 Free	LY-VA	34	---	0.91
	30.01	1:02.27				
	(30.01)	(32.26)				
5:58.15Y	F # 38	Female 13-14 500 Free	LY-VA	25	---	2.88
	32.81	1:08.34 1:44.59 2:20.98 2:58.06 3:34.88 4:11.47 4:47.66				
	(32.81)	(35.53) (36.25) (36.39) (37.08) (36.82) (36.59) (36.19)				
	5:23.75	5:58.15				
	(36.09)	(34.40)				
Cole Campbell (15) M						
2:05.82Y	F # 20A	Male 15-16 200 Free	LY-VA	43	---	10.83
	27.32	58.16 1:31.35 2:05.82				
	(27.32)	(30.84) (33.19) (34.47)				
1:08.51Y	F # 24A	Male 15-16 100 Breast	LY-VA	24	---	5.02
	32.07	1:08.51				
	(32.07)	(36.44)				
24.61Y	F # 28A	Male 15-16 50 Free	LY-VA	31	---	1.84
54.65Y	F # 48A	Male 15-16 100 Free	LY-VA	31	---	4.13
	24.95	54.65				
	(24.95)	(29.70)				
2:33.11Y	F # 50A	Male 15-16 200 Breast	LY-VA	22	---	5.00
	33.60	1:12.01 1:51.42 2:33.11				
	(33.60)	(38.41) (39.41) (41.69)				
1:01.64Y	F # 54A	Male 15-16 100 Fly	LY-VA	32	---	-2.84
	27.67	1:01.64				
	(27.67)	(33.97)				
Avery Duff (13) F						
1:04.78Y	F # 34	Female 13-14 100 Free	LY-VA	39	---	0.61
	31.21	1:04.78				
	(31.21)	(33.57)				
6:35.83Y	F # 38	Female 13-14 500 Free	LY-VA	31	---	-1.26
	35.09	1:13.77 1:53.41 2:34.46 3:15.50 3:56.41 4:37.46 5:18.49				
	(35.09)	(38.68) (39.64) (41.05) (41.04) (40.91) (41.05) (41.03)				
	5:58.60	6:35.83				
	(40.11)	(37.23)				
2:57.76Y	F # 42	Female 13-14 200 IM	LY-VA	40	---	-1.59
	38.93	1:25.28 2:22.02 2:57.76				
	(38.93)	(46.35) (56.74) (35.74)				

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Location: SwimRVA - CSAC

Time	F/P/S	Event		Place	Points	Improv
Sam Edwards (13) M						
30.14Y	F # 1	200 Medley Relay Lead Off	LY-VA	---	---	-0.94
2:09.53Y	F # 5	Male 13-14 200 Free	LY-VA	29	---	0.89
	29.20	1:03.01 1:37.17 2:09.53				
	(29.20)	(33.81) (34.16) (32.36)				
1:07.47Y	F # 7	Male 13-14 100 Back	LY-VA	13	---	1.84
	32.63	1:07.47				
	(32.63)	(34.84)				
27.73Y	F # 13	Male 13-14 50 Free	LY-VA	36	---	1.04
27.15Y	F # 31	200 Free Relay Lead Off	LY-VA	---	---	0.46
2:20.16Y	F # 33	Male 13-14 200 Back	LY-VA	15	---	0.36
	32.48	1:08.07 1:44.51 2:20.16				
	(32.48)	(35.59) (36.44) (35.65)				
1:01.13Y	F # 35	Male 13-14 100 Free	LY-VA	44	---	0.67
	29.34	1:01.13				
	(29.34)	(31.79)				
1:10.21Y	F # 41	Male 13-14 100 Fly	LY-VA	29	---	0.09
	33.32	1:10.21				
	(33.32)	(36.89)				
Frances Fenton (16) F						
2:02.08Y	F # 19A	Female 15-16 200 Free	LY-VA	11	1	1.41
	28.59	59.97 1:31.50 2:02.08				
	(28.59)	(31.38) (31.53) (30.58)				
1:09.26Y	F # 23A	Female 15-16 100 Breast	LY-VA	5	6	1.56
	33.87	1:09.26				
	(33.87)	(35.39)				
25.47Y	F # 27A	Female 15-16 50 Free	LY-VA	8	4	0.58
Thomas Fenton (18) M						
4:31.28Y	F # 18B	Male 17-18 400 IM	LY-VA	6	5	9.93
	27.84	1:01.44 1:37.92 2:13.12 2:49.68 3:28.57 4:00.68 4:31.28				
	(27.84)	(33.60) (36.48) (35.20) (36.56) (38.89) (32.11) (30.60)				
1:00.51Y	F # 24B	Male 17-18 100 Breast	LY-VA	3	8	2.73
	28.61	1:00.51				
	(28.61)	(31.90)				
24.20Y	F # 28B	Male 17-18 50 Free	LY-VA	22	---	0.58
J C Gordon (18) M						
NS	F # 20B	Male 17-18 200 Free	LY-VA	---	---	---
NS	F # 22B	Male 17-18 100 Back	LY-VA	---	---	---
NS	F # 30B	Male 17-18 1650 Free	LY-VA	---	---	---
NS	F # 46B	Male 17-18 200 Back	LY-VA	---	---	---
NS	F # 48B	Male 17-18 100 Free	LY-VA	---	---	---
NS	F # 52B	Male 17-18 500 Free	LY-VA	---	---	---

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Individual Meet Results

2024 Heavyweight Battle 27-Jan-24 to 28-Jan-24 Yards Alt: 197
Location: SwimRVA - CSAC

Time	F/P/S	Event	Place	Points	Improv	
Zelynn Gustafson (15) F						
2:21.88Y	F # 19A	Female 15-16 200 Free	LY-VA	39	---	-0.81
	32.85	1:09.23 1:46.60 2:21.88				
	(32.85)	(36.38) (37.37) (35.28)				
1:32.51Y	F # 23A	Female 15-16 100 Breast	LY-VA	33	---	4.18
	44.00	1:32.51				
	(44.00)	(48.51)				
30.04Y	F # 27A	Female 15-16 50 Free	LY-VA	52	---	0.66
Chandler Henry (15) M						
2:21.55Y	F # 20A	Male 15-16 200 Free	LY-VA	51	---	-2.36
	31.77	1:07.69 1:44.26 2:21.55				
	(31.77)	(35.92) (36.57) (37.29)				
1:17.84Y	F # 24A	Male 15-16 100 Breast	LY-VA	40	---	-0.12
	37.46	1:17.84				
	(37.46)	(40.38)				
28.06Y	F # 28A	Male 15-16 50 Free	LY-VA	53	---	0.13
1:02.24Y	F # 48A	Male 15-16 100 Free	LY-VA	45	---	---
	29.93	1:02.24				
	(29.93)	(32.31)				
2:51.20Y	F # 50A	Male 15-16 200 Breast	LY-VA	30	---	---
	39.13	1:22.97 2:07.13 2:51.20				
	(39.13)	(43.84) (44.16) (44.07)				
2:40.50Y	F # 56A	Male 15-16 200 IM	LY-VA	47	---	---
	34.58	1:17.69 2:03.37 2:40.50				
	(34.58)	(43.11) (45.68) (37.13)				
Ann-Margaret Holt (14) F						
1:59.30Y	F # 4	Female 13-14 200 Free	LY-VA	2	9	3.85
	28.36	58.71 1:29.31 1:59.30				
	(28.36)	(30.35) (30.60) (29.99)				
1:05.18Y	F # 6	Female 13-14 100 Back	LY-VA	11	1	0.80
	31.64	1:05.18				
	(31.64)	(33.54)				
2:28.83Y	F # 10	Female 13-14 200 Fly	LY-VA	11	1	9.16
	33.93	1:11.05 1:50.52 2:28.83				
	(33.93)	(37.12) (39.47) (38.31)				
Davis Hottle (16) M						
26.79Y	F # 16	200 Medley Relay Lead Off	LY-VA	---	---	0.15
1:52.04Y	F # 20A	Male 15-16 200 Free	LY-VA	17	---	0.94
	25.21	53.53 1:23.34 1:52.04				
	(25.21)	(28.32) (29.81) (28.70)				
58.14Y	F # 22A	Male 15-16 100 Back	LY-VA	13	---	2.29
	28.44	58.14				
	(28.44)	(29.70)				
23.23Y	F # 28A	Male 15-16 50 Free	LY-VA	11	1	0.18

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Time	F/P/S	Event	Place	Points	Improv	
Luke Hottle (15) M						
4:18.57Y	F # 18A	Male 15-16 400 IM	LY-VA	5	6	6.55
	28.56	1:00.56 1:35.00 2:08.94	2:44.91 3:20.66 3:50.61	4:18.57		
	(28.56)	(32.00) (34.44) (33.94)	(35.97) (35.75) (29.95)	(27.96)		
1:49.74Y	F # 20A	Male 15-16 200 Free	LY-VA	9	3.5	1.75
	25.44	53.75 1:22.47 1:49.74				
	(25.44)	(28.31) (28.72) (27.27)				
1:03.52Y	F # 24A	Male 15-16 100 Breast	LY-VA	7	5	2.75
	30.47	1:03.52				
	(30.47)	(33.05)				
2:15.78Y	F # 50A	Male 15-16 200 Breast	LY-VA	4	7	3.22
	30.25	1:04.59 1:40.49 2:15.78				
	(30.25)	(34.34) (35.90) (35.29)				
55.71Y	F # 54A	Male 15-16 100 Fly	LY-VA	12	---	-0.82
	26.48	55.71				
	(26.48)	(29.23)				
2:01.91Y	F # 56A	Male 15-16 200 IM	LY-VA	4	7	3.27
	26.47	58.37 1:33.31 2:01.91				
	(26.47)	(31.90) (34.94) (28.60)				
Caleb Keatts (18) M						
2:13.81Y	F # 20B	Male 17-18 200 Free	LY-VA	20	---	5.73
	30.01	1:02.87 1:37.96 2:13.81				
	(30.01)	(32.86) (35.09) (35.85)				
1:15.27Y	F # 24B	Male 17-18 100 Breast	LY-VA	23	---	3.07
	36.26	1:15.27				
	(36.26)	(39.01)				
27.70Y	F # 28B	Male 17-18 50 Free	LY-VA	31	---	1.14
59.37Y	F # 48B	Male 17-18 100 Free	LY-VA	32	---	0.59
	28.75	59.37				
	(28.75)	(30.62)				
2:40.85Y	F # 50B	Male 17-18 200 Breast	LY-VA	14	---	4.93
	36.52	1:17.07 1:59.39 2:40.85				
	(36.52)	(40.55) (42.32) (41.46)				
2:32.26Y	F # 56B	Male 17-18 200 IM	LY-VA	21	---	6.07
	33.44	1:13.46 1:57.02 2:32.26				
	(33.44)	(40.02) (43.56) (35.24)				

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Time	F/P/S	Event	Place	Points	Improv	
Kathleen King (13) F						
2:10.23Y	F # 4	Female 13-14 200 Free	LY-VA	19	---	-1.49
	31.21	1:04.75 1:38.39 2:10.23				
	(31.21)	(33.54) (33.64) (31.84)				
1:10.71Y	F # 6	Female 13-14 100 Back	LY-VA	24	---	4.93
	34.60	1:10.71				
	(34.60)	(36.11)				
27.99Y	F # 12	Female 13-14 50 Free	LY-VA	28	---	0.05
2:30.93Y	F # 32	Female 13-14 200 Back	LY-VA	28	---	4.19
	36.14	1:14.75 1:53.53 2:30.93				
	(36.14)	(38.61) (38.78) (37.40)				
1:00.54Y	F # 34	Female 13-14 100 Free	LY-VA	27	---	3.09
	29.43	1:00.54				
	(29.43)	(31.11)				
1:12.23Y	F # 40	Female 13-14 100 Fly	LY-VA	27	---	-1.06
	33.29	1:12.23				
	(33.29)	(38.94)				
Jacob Leger (14) M						
2:07.73Y	F # 5	Male 13-14 200 Free	LY-VA	25	---	-1.71
	29.61	1:02.53 1:35.46 2:07.73				
	(29.61)	(32.92) (32.93) (32.27)				
2:25.06Y	F # 11	Male 13-14 200 Fly	LY-VA	11	---	0.48
	32.13	1:10.62 1:50.76 2:25.06				
	(32.13)	(38.49) (40.14) (34.30)				
26.54Y	F # 13	Male 13-14 50 Free	LY-VA	33	---	1.36
2:31.23Y	F # 33	Male 13-14 200 Back	LY-VA	18	---	-3.63
	35.27	1:14.64 1:53.47 2:31.23				
	(35.27)	(39.37) (38.83) (37.76)				
59.32Y	F # 35	Male 13-14 100 Free	LY-VA	39	---	3.72
	28.56	59.32				
	(28.56)	(30.76)				
1:04.26Y	F # 41	Male 13-14 100 Fly	LY-VA	20	---	2.52
	30.63	1:04.26				
	(30.63)	(33.63)				
Blythe Miller (15) F						
2:14.75Y	F # 19A	Female 15-16 200 Free	LY-VA	31	---	-4.74
	31.69	1:06.69 1:42.04 2:14.75				
	(31.69)	(35.00) (35.35) (32.71)				
1:19.83Y	F # 23A	Female 15-16 100 Breast	LY-VA	24	---	-2.74
	38.38	1:19.83				
	(38.38)	(41.45)				
28.86Y	F # 27A	Female 15-16 50 Free	LY-VA	45	---	-0.53

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Time	F/P/S	Event	Place	Points	Improv	
Jack Mills (18) M						
46.15Y	F # 48B	Male 17-18 100 Free	LY-VA	3	8	1.53
	22.23	46.15				
	(22.23)	(23.92)				
51.04Y	F # 54B	Male 17-18 100 Fly	LY-VA	2	9	3.02
	24.08	51.04				
	(24.08)	(26.96)				
1:57.10Y	F # 56B	Male 17-18 200 IM	LY-VA	3	8	5.84
	24.86	54.56	1:30.52	1:57.10		
	(24.86)	(29.70)	(35.96)	(26.58)		
Owen Porter (13) M						
1:01.49Y	F # 35	Male 13-14 100 Free	LY-VA	45	---	0.21
	29.49	1:01.49				
	(29.49)	(32.00)				
1:11.57Y	F # 41	Male 13-14 100 Fly	LY-VA	30	---	-4.99
	33.92	1:11.57				
	(33.92)	(37.65)				
2:35.38Y	F # 43	Male 13-14 200 IM	LY-VA	28	---	0.60
	35.48	1:18.33	2:01.63	2:35.38		
	(35.48)	(42.85)	(43.30)	(33.75)		

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Time	F/P/S	Event	Place	Points	Improv	
Hudson Rice (15) M						
4:21.52Y	F # 18A	Male 15-16 400 IM	LY-VA	7	4	9.89
	28.70	1:00.87 1:34.13 2:07.69	2:45.11 3:22.85 3:53.26	4:21.52		
	(28.70)	(32.17) (33.26) (33.56)	(37.42) (37.74) (30.41)	(28.26)		
2:04.23Y	F # 26A	Male 15-16 200 Fly	LY-VA	6	5	5.32
	27.55	59.35 1:31.71 2:04.23				
	(27.55)	(31.80) (32.36) (32.52)				
16:51.69Y	F # 30A	Male 15-16 1650 Free	LY-VA	4	7	-16.92
	28.19	58.78 1:29.81 2:01.17	2:31.98 3:03.31 3:33.98	4:05.10		
	(28.19)	(30.59) (31.03) (31.36)	(30.81) (31.33) (30.67)	(31.12)		
	4:35.89	5:06.42 5:37.05 6:07.74	6:38.51 7:09.56 7:40.37	8:11.40		
	(30.79)	(30.53) (30.63) (30.69)	(30.77) (31.05) (30.81)	(31.03)		
	8:42.24	9:13.14 9:44.08 10:14.65	10:45.51 11:16.84 11:47.87	12:18.66		
	(30.84)	(30.90) (30.94) (30.57)	(30.86) (31.33) (31.03)	(30.79)		
	12:49.44	13:20.20 13:51.29 14:22.24	14:52.59 15:23.25 15:53.71	16:23.99		
	(30.78)	(30.76) (31.09) (30.95)	(30.35) (30.66) (30.46)	(30.28)		
	16:51.69					
	(27.70)					
2:05.28Y	F # 46A	Male 15-16 200 Back	LY-VA	11	---	-1.96
	29.97	1:02.52 1:34.54 2:05.28				
	(29.97)	(32.55) (32.02) (30.74)				
2:23.84Y	F # 50A	Male 15-16 200 Breast	LY-VA	10	2	5.79
	32.41	1:09.22 1:46.68 2:23.84				
	(32.41)	(36.81) (37.46) (37.16)				
2:07.63Y	F # 56A	Male 15-16 200 IM	LY-VA	15	---	7.20
	27.61	1:00.96 1:38.40 2:07.63				
	(27.61)	(33.35) (37.44) (29.23)				
Mitchell Rogers (13) M						
4:47.17Y	F # 3	Male 13-14 400 IM	LY-VA	8	3	-6.54
	29.77	1:04.46 1:41.59 2:17.98	2:58.85 3:41.92 4:14.99	4:47.17		
	(29.77)	(34.69) (37.13) (36.39)	(40.87) (43.07) (33.07)	(32.18)		
2:04.57Y	F # 5	Male 13-14 200 Free	LY-VA	20	---	2.41
	28.60	1:00.14 1:32.47 2:04.57				
	(28.60)	(31.54) (32.33) (32.10)				
2:21.01Y	F # 11	Male 13-14 200 Fly	LY-VA	9	2	8.36
	29.71	1:04.69 1:42.70 2:21.01				
	(29.71)	(34.98) (38.01) (38.31)				
56.63Y	F # 35	Male 13-14 100 Free	LY-VA	32	---	1.87
	27.11	56.63				
	(27.11)	(29.52)				
1:02.41Y	F # 41	Male 13-14 100 Fly	LY-VA	15	---	2.40
	28.70	1:02.41				
	(28.70)	(33.71)				
NS	F # 43	Male 13-14 200 IM	LY-VA	---	---	---

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Time	F/P/S	Event	Place	Points	Improv
Ava Shopbell (14) F					
4:47.30Y	F # 2	Female 13-14 400 IM	LY-VA 4	7	7.30
	30.69	1:04.65 1:41.89 2:19.19	3:00.28 3:42.27 4:15.32 4:47.30		
	(30.69)	(33.96) (37.24) (37.30)	(41.09) (41.99) (33.05) (31.98)		
2:11.13Y	F # 10	Female 13-14 200 Fly	LY-VA 1	12	3.00
	29.02	1:02.45 1:36.62 2:11.13			
	(29.02)	(33.43) (34.17) (34.51)			
27.58Y	F # 12	Female 13-14 50 Free	LY-VA 23	---	0.93
2:39.01Y	F # 36	Female 13-14 200 Breast	LY-VA 9	2	5.15
	35.90	1:16.26 1:57.61 2:39.01			
	(35.90)	(40.36) (41.35) (41.40)			
1:01.39Y	F # 40	Female 13-14 100 Fly	LY-VA 2	9	2.34
	29.12	1:01.39			
	(29.12)	(32.27)			
2:18.74Y	F # 42	Female 13-14 200 IM	LY-VA 7	4	3.78
	30.35	1:06.17 1:47.56 2:18.74			
	(30.35)	(35.82) (41.39) (31.18)			
Avery Snyder (15) M					
1:56.69Y	F # 20A	Male 15-16 200 Free	LY-VA 25	---	2.93
	27.30	56.50 1:26.45 1:56.69			
	(27.30)	(29.20) (29.95) (30.24)			
1:06.22Y	F # 24A	Male 15-16 100 Breast	LY-VA 15	---	2.08
	31.83	1:06.22			
	(31.83)	(34.39)			
18:09.78Y	F # 30A	Male 15-16 1650 Free	LY-VA 9	2	---
	29.02	1:02.95 1:35.57 2:08.27	2:41.64 3:14.33 3:47.66 4:20.67		
	(29.02)	(33.93) (32.62) (32.70)	(33.37) (32.69) (33.33) (33.01)		
	4:53.75	5:27.03 6:00.00 6:33.22	7:05.60 7:38.67 8:11.74 8:45.02		
	(33.08)	(33.28) (32.97) (33.22)	(32.38) (33.07) (33.07) (33.28)		
	9:17.96	9:51.05 10:24.13 10:57.28	11:31.68 12:05.07 12:38.51 13:12.05		
	(32.94)	(33.09) (33.08) (33.15)	(34.40) (33.39) (33.44) (33.54)		
	13:45.11	14:19.01 14:51.74 15:25.96	15:59.28 16:32.21 17:06.73 17:39.57		
	(33.06)	(33.90) (32.73) (34.22)	(33.32) (32.93) (34.52) (32.84)		
	18:09.78				
	(30.21)				
2:26.30Y	F # 50A	Male 15-16 200 Breast	LY-VA 15	---	4.18
	33.20	1:10.37 1:47.93 2:26.30			
	(33.20)	(37.17) (37.56) (38.37)			
5:16.49Y	F # 52A	Male 15-16 500 Free	LY-VA 17	---	12.65
	28.37	1:00.05 1:31.44 2:03.24	2:34.81 3:06.86 3:39.35 4:12.51		
	(28.37)	(31.68) (31.39) (31.80)	(31.57) (32.05) (32.49) (33.16)		
	4:45.61	5:16.49			
	(33.10)	(30.88)			
2:11.91Y	F # 56A	Male 15-16 200 IM	LY-VA 27	---	4.48
	27.36	1:01.89 1:41.16 2:11.91			
	(27.36)	(34.53) (39.27) (30.75)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 Heavyweight Battle 27-Jan-24 to 28-Jan-24 Yards Alt: 197
Location: SwimRVA - CSAC

Time	F/P/S	Event	Place	Points	Improv	
Declund Stevenson (16) M						
1:52.15Y	F # 20A	Male 15-16 200 Free	LY-VA	18	---	5.68
	25.95	54.35 1:23.28 1:52.15				
	(25.95)	(28.40) (28.93) (28.87)				
1:04.88Y	F # 24A	Male 15-16 100 Breast	LY-VA	11	1	4.58
	30.27	1:04.88				
	(30.27)	(34.61)				
23.45Y	F # 28A	Male 15-16 50 Free	LY-VA	16	---	0.97
NS	F # 50A	Male 15-16 200 Breast	LY-VA	---	---	---
56.76Y	F # 54A	Male 15-16 100 Fly	LY-VA	19	---	0.96
	26.74	56.76				
	(26.74)	(30.02)				
2:08.75Y	F # 56A	Male 15-16 200 IM	LY-VA	18	---	0.16
	27.32	1:03.01 1:39.75 2:08.75				
	(27.32)	(35.69) (36.74) (29.00)				
Brody Wall (13) M						
2:00.78Y	F # 5	Male 13-14 200 Free	LY-VA	15	---	-0.45
	28.16	59.35 1:31.01 2:00.78				
	(28.16)	(31.19) (31.66) (29.77)				
1:12.65Y	F # 7	Male 13-14 100 Back	LY-VA	24	---	0.25
	35.79	1:12.65				
	(35.79)	(36.86)				
24.62Y	F # 13	Male 13-14 50 Free	LY-VA	15	---	-0.26
24.63Y	F # 31	200 Free Relay Lead Off	LY-VA	---	---	-0.25
55.05Y	F # 35	Male 13-14 100 Free	LY-VA	25	---	0.04
	26.72	55.05				
	(26.72)	(28.33)				
1:03.39Y	F # 41	Male 13-14 100 Fly	LY-VA	18	---	-0.44
	29.75	1:03.39				
	(29.75)	(33.64)				
2:27.24Y	F # 43	Male 13-14 200 IM	LY-VA	23	---	-4.19
	31.26	1:10.73 1:56.49 2:27.24				
	(31.26)	(39.47) (45.76) (30.75)				
Joshua Warren (16) M						
52.76Y	F # 48A	Male 15-16 100 Free	LY-VA	23	---	1.18
	25.71	52.76				
	(25.71)	(27.05)				
55.80Y	F # 54A	Male 15-16 100 Fly	LY-VA	13	---	1.13
	26.07	55.80				
	(26.07)	(29.73)				
2:12.12Y	F # 56A	Male 15-16 200 IM	LY-VA	29	---	-2.66
	26.88	1:01.26 1:41.64 2:12.12				
	(26.88)	(34.38) (40.38) (30.48)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Heavyweight Battle 27-Jan-24 to 28-Jan-24 Yards Alt: 197

Location: SwimRVA - CSAC

Time	F/P/S	Event	Place	Points	Improv	
Sarah Warren (14) F						
27.77Y	F # 31	200 Free Relay Lead Off	LY-VA	---	0.68	
2:23.08Y	F # 32	Female 13-14 200 Back	LY-VA	15	5.58	
	34.33	1:11.01 1:47.84 2:23.08				
	(34.33)	(36.68) (36.83) (35.24)				
5:38.74Y	F # 38	Female 13-14 500 Free	LY-VA	13	3.85	
	31.05	1:04.99 1:39.30 2:13.73 2:47.95 3:22.55 3:57.04 4:31.69				
	(31.05)	(33.94) (34.31) (34.43) (34.22) (34.60) (34.49) (34.65)				
	5:05.62	5:38.74				
	(33.93)	(33.12)				
1:03.12Y	F # 40	Female 13-14 100 Fly	LY-VA	5	6	2.41
	30.01	1:03.12				
	(30.01)	(33.11)				
Broughton Webb (13) F						
4:49.25Y	F # 2	Female 13-14 400 IM	LY-VA	5	6	2.31
	31.08	1:07.65 1:45.75 2:23.37 3:04.30 3:46.02 4:17.84 4:49.25				
	(31.08)	(36.57) (38.10) (37.62) (40.93) (41.72) (31.82) (31.41)				
1:13.64Y	F # 8	Female 13-14 100 Breast	LY-VA	11	---	1.72
	35.44	1:13.64				
	(35.44)	(38.20)				
18:05.92Y	F # 14	Female 13-14 1650 Free	LY-VA	2	9	-22.39
	30.27	1:03.47 1:37.30 2:09.97 2:43.02 3:16.57 3:50.39 4:23.61				
	(30.27)	(33.20) (33.83) (32.67) (33.05) (33.55) (33.82) (33.22)				
	4:57.01	5:29.94 6:03.02 6:36.15 7:09.34 7:42.42 8:15.69 8:48.77				
	(33.40)	(32.93) (33.08) (33.13) (33.19) (33.08) (33.27) (33.08)				
	9:21.90	9:55.02 10:28.21 11:01.27 11:34.04 12:07.24 12:40.07 13:12.72				
	(33.13)	(33.12) (33.19) (33.06) (32.77) (33.20) (32.83) (32.65)				
	13:45.77	14:18.85 14:51.69 15:24.57 15:57.31 16:29.91 17:02.59 17:34.87				
	(33.05)	(33.08) (32.84) (32.88) (32.74) (32.60) (32.68) (32.28)				
	18:05.92					
	(31.05)					
58.40Y	F # 34	Female 13-14 100 Free	LY-VA	18	---	0.18
	28.31	58.40				
	(28.31)	(30.09)				
2:34.72Y	F # 36	Female 13-14 200 Breast	LY-VA	5	6	3.55
	35.28	1:14.73 1:54.44 2:34.72				
	(35.28)	(39.45) (39.71) (40.28)				
2:17.83Y	F # 42	Female 13-14 200 IM	LY-VA	6	5	-2.07
	31.52	1:07.56 1:46.76 2:17.83				
	(31.52)	(36.04) (39.20) (31.07)				
11:01.27Y	F # 115	Mixed Open 1000 Free	LY-VA	2	---	7.45

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 Heavyweight Battle 27-Jan-24 to 28-Jan-24 Yards Alt: 197
Location: SwimRVA - CSAC

Time	F/P/S	Event	Place	Points	Improv	
Graham Woodruff (15) M						
1:51.90Y	F # 20A	Male 15-16 200 Free	LY-VA	16	---	5.67
	26.04	55.01 1:23.83 1:51.90				
	(26.04)	(28.97) (28.82) (28.07)				
59.63Y	F # 22A	Male 15-16 100 Back	LY-VA	17	---	4.30
	29.07	59.63				
	(29.07)	(30.56)				
23.22Y	F # 28A	Male 15-16 50 Free	LY-VA	10	2	1.75
51.31Y	F # 48A	Male 15-16 100 Free	LY-VA	13	---	3.28
	24.48	51.31				
	(24.48)	(26.83)				
59.20Y	F # 54A	Male 15-16 100 Fly	LY-VA	26	---	5.51
	27.80	59.20				
	(27.80)	(31.40)				
2:14.02Y	F # 56A	Male 15-16 200 IM	LY-VA	35	---	11.70
	28.02	1:03.08 1:44.13 2:14.02				
	(28.02)	(35.06) (41.05) (29.89)				
Taylor Woodruff (13) F						
29.46Y	F # 1	200 Medley Relay Lead Off	LY-VA	---	---	0.57
2:07.65Y	F # 4	Female 13-14 200 Free	LY-VA	17	---	4.94
	29.87	1:02.93 1:35.66 2:07.65				
	(29.87)	(33.06) (32.73) (31.99)				
1:07.53Y	F # 6	Female 13-14 100 Back	LY-VA	19	---	6.17
	32.33	1:07.53				
	(32.33)	(35.20)				
2:13.04Y	F # 10	Female 13-14 200 Fly	LY-VA	2	9	0.31
	30.56	1:04.85 1:38.69 2:13.04				
	(30.56)	(34.29) (33.84) (34.35)				
2:21.88Y	F # 32	Female 13-14 200 Back	LY-VA	14	1	5.89
	33.73	1:09.86 1:46.18 2:21.88				
	(33.73)	(36.13) (36.32) (35.70)				
58.57Y	F # 34	Female 13-14 100 Free	LY-VA	19	---	1.87
	28.19	58.57				
	(28.19)	(30.38)				
1:03.80Y	F # 40	Female 13-14 100 Fly	LY-VA	8	3	1.09
	29.98	1:03.80				
	(29.98)	(33.82)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Heavyweight Battle 27-Jan-24 to 28-Jan-24 Yards Alt: 197

Location: SwimRVA - CSAC

Time	F/P/S	Event	Place	Points	Improv
Caleb Wu (13) M					
5:22.65Y	F # 3	Male 13-14 400 IM	LY-VA 12	---	20.66
	36.74	1:22.12 2:03.24 2:44.11	3:28.45 4:11.32 4:48.41	5:22.65	
	(36.74)	(45.38) (41.12) (40.87)	(44.34) (42.87) (37.09)	(34.24)	
2:08.33Y	F # 5	Male 13-14 200 Free	LY-VA 27	---	1.29
	29.57	1:03.13 1:36.88 2:08.33			
	(29.57)	(33.56) (33.75) (31.45)			
1:09.56Y	F # 9	Male 13-14 100 Breast	LY-VA 16	---	2.55
	32.90	1:09.56			
	(32.90)	(36.66)			
2:35.35Y	F # 37	Male 13-14 200 Breast	LY-VA 9	2	6.96
	35.72	1:15.63 1:56.67 2:35.35			
	(35.72)	(39.91) (41.04) (38.68)			
1:13.01Y	F # 41	Male 13-14 100 Fly	LY-VA 32	---	2.78
	34.15	1:13.01			
	(34.15)	(38.86)			
2:26.93Y	F # 43	Male 13-14 200 IM	LY-VA 22	---	5.22
	35.21	1:13.19 1:54.81 2:26.93			
	(35.21)	(37.98) (41.62) (32.12)			
George Xu (16) M					
4:21.02Y	F # 18A	Male 15-16 400 IM	LY-VA 6	5	-0.47
	27.27	58.59 1:31.76 2:03.80	2:42.28 3:21.63 3:51.93	4:21.02	
	(27.27)	(31.32) (33.17) (32.04)	(38.48) (39.35) (30.30)	(29.09)	
56.02Y	F # 22A	Male 15-16 100 Back	LY-VA 8	3	1.09
	27.67	56.02			
	(27.67)	(28.35)			
2:05.60Y	F # 26A	Male 15-16 200 Fly	LY-VA 7	4	5.07
	27.59	59.65 1:32.66 2:05.60			
	(27.59)	(32.06) (33.01) (32.94)			
1:57.73Y	F # 46A	Male 15-16 200 Back	LY-VA 4	7	-0.14
	27.96	57.39 1:27.82 1:57.73			
	(27.96)	(29.43) (30.43) (29.91)			
55.29Y	F # 54A	Male 15-16 100 Fly	LY-VA 11	---	0.91
	25.93	55.29			
	(25.93)	(29.36)			
2:04.29Y	F # 56A	Male 15-16 200 IM	LY-VA 7	4	4.82
	26.98	57.98 1:35.74 2:04.29			
	(26.98)	(31.00) (37.76) (28.55)			