

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Tessa Akershoek (11) F								
3:02.60Y	F # 1	Female 11-12 200 IM	LY-VA	8	---	-8.12		
	---	---	---	3:02.60				
	---	---	---	(3:02.60)				
7:43.22Y	F # 7C	Female 11-12 500 Free	LY-VA	10	---	-17.25		
	37.94	1:23.30	2:11.37	2:59.89	3:47.84	4:36.67	5:26.43	6:13.92
	(37.94)	(45.36)	(48.07)	(48.52)	(47.95)	(48.83)	(49.76)	(47.49)
	7:01.60	7:43.22						
	(47.68)	(41.62)						
1:15.97Y	F # 33	Female 11-12 100 Free	LY-VA	14	3	---		
	36.11	1:15.97						
	(36.11)	(39.86)						
39.54Y	F # 41	Female 11-12 50 Back	LY-VA	10	7	-1.00		
35.51Y	F # 49	Female 11-12 50 Fly	LY-VA	5	14	-2.26		
1:26.79Y	F # 53	Female 11-12 100 IM	LY-VA	16	1	0.26		
	---	1:26.79						
	---	(1:26.79)						
1:27.71Y	F # 93	Female 11-12 100 Fly	LY-VA	5	---	1.23		
	38.72	1:27.71						
	(38.72)	(48.99)						
34.37Y	F # 97	Female 11-12 50 Free	LY-VA	15	---	1.34		
1:29.84Y	F # 101	Female 11-12 100 Back	LY-VA	18	---	2.52		
	44.66	1:29.84						
	(44.66)	(45.18)						
3:39.21Y	F # 105B	Female 11-12 200 Breast	LY-VA	6	---	---		
	48.04	1:44.29	2:42.25	3:39.21				
	(48.04)	(56.25)	(57.96)	(56.96)				
Emily Asbury (16) F								
3:06.19Y	F # 63B	Female 15 & Over 200 IM	LY-VA	10	---	2.01		
	41.20	1:27.15	2:25.67	3:06.19				
	(41.20)	(45.95)	(58.52)	(40.52)				
1:15.93Y	F # 65B	Female 15 & Over 100 Free	LY-VA	13	---	2.88		
	36.26	1:15.93						
	(36.26)	(39.67)						
3:00.91Y	F # 67B	Female 15 & Over 200 Back	LY-VA	5	---	7.95		
	43.01	1:29.26	2:15.16	3:00.91				
	(43.01)	(46.25)	(45.90)	(45.75)				
7:13.32Y	F # 73B	Female 15 & Over 500 Free	LY-VA	5	---	-2.30		
	38.48	1:21.29	2:05.28	2:49.69	3:34.28	4:18.64	5:02.82	5:46.91
	(38.48)	(42.81)	(43.99)	(44.41)	(44.59)	(44.36)	(44.18)	(44.09)
	6:30.83	7:13.32						
	(43.92)	(42.49)						

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Time	F/P/S	Event	Place	Points	Improv	
Sydney Ayers (13) F						
33.78Y	F # 5	Female Open 50 Free	LY-VA	29	---	-0.73
2:45.68Y	F # 15A	Female 13-14 200 Free	LY-VA	31	---	6.47
	36.36	1:17.69 2:03.46 2:45.68				
	(36.36)	(41.33) (45.77) (42.22)				
1:41.81Y	F # 17A	Female 13-14 100 Breast	LY-VA	25	---	7.21
	48.52	1:41.81				
	(48.52)	(53.29)				
1:29.60Y	F # 19A	Female 13-14 100 Back	LY-VA	32	---	-0.55
	43.38	1:29.60				
	(43.38)	(46.22)				
6:44.86Y	F # 23A	Female 13-14 400 IM	LY-VA	14	3	---
	44.36	1:41.20 2:30.63 3:21.62 4:18.85 5:17.33 6:01.70 6:44.86				
	(44.36)	(56.84) (49.43) (50.99) (57.23) (58.48) (44.37) (43.16)				
34.10Y	F # 61	200 Free Relay Lead Off	LY-VA	---	---	-0.41
3:14.43Y	F # 63A	Female 13-14 200 IM	LY-VA	17	---	4.78
	43.32	1:33.34 2:32.28 3:14.43				
	(43.32)	(50.02) (58.94) (42.15)				
1:16.40Y	F # 65A	Female 13-14 100 Free	LY-VA	22	---	2.84
	36.97	1:16.40				
	(36.97)	(39.43)				
3:42.24Y	F # 71A	Female 13-14 200 Breast	LY-VA	11	---	6.46
	49.12	1:46.30 2:44.15 3:42.24				
	(49.12)	(57.18) (57.85) (58.09)				
7:39.25Y	F # 73A	Female 13-14 500 Free	LY-VA	19	---	10.94
	39.16	1:23.48 2:09.65 2:58.82 3:46.27 4:34.09 5:23.65 6:11.07				
	(39.16)	(44.32) (46.17) (49.17) (47.45) (47.82) (49.56) (47.42)				
	6:58.63	7:39.25				
	(47.56)	(40.62)				
Quentin Bailey (9) M						
42.51Y	F # 6	Male Open 50 Free	LY-VA	34	---	-11.51
44.94Y	F # 28	200 Free Relay Lead Off	LY-VA	---	---	-9.08
1:42.59Y	F # 36B	Male 9-10 100 Free	LY-VA	16	1	-5.20
	49.22	1:42.59				
	(49.22)	(53.37)				
57.34Y	F # 44B	Male 9-10 50 Back	LY-VA	18	---	-11.10
56.38Y	F # 52B	Male 9-10 50 Fly	LY-VA	8	11	-11.28
1:58.71Y	F # 56B	Male 9-10 100 IM	LY-VA	9	9	-18.55
	---	1:58.71				
	---	(1:58.71)				

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Individual Meet Results

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Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Shirley Barger (13) F						
2:15.37Y	F # 15A	Female 13-14 200 Free	LY-VA	11	6	2.76
	30.74	1:05.16 1:40.27 2:15.37				
	(30.74)	(34.42) (35.11) (35.10)				
1:24.73Y	F # 17A	Female 13-14 100 Breast	LY-VA	11	6	2.98
	40.18	1:24.73				
	(40.18)	(44.55)				
1:15.78Y	F # 19A	Female 13-14 100 Back	LY-VA	19	---	3.91
	37.54	1:15.78				
	(37.54)	(38.24)				
5:34.75Y	F # 23A	Female 13-14 400 IM	LY-VA	10	7	5.34
	38.41	1:21.83 2:04.85 2:49.04	3:37.01 4:24.68 4:59.91 5:34.75			
	(38.41)	(43.42) (43.02) (44.19) (47.97) (47.67) (35.23) (34.84)				
2:37.20Y	F # 63A	Female 13-14 200 IM	LY-VA	8	---	3.69
	36.27	1:15.45 2:04.02 2:37.20				
	(36.27)	(39.18) (48.57) (33.18)				
1:03.33Y	F # 65A	Female 13-14 100 Free	LY-VA	7	---	1.97
	29.98	1:03.33				
	(29.98)	(33.35)				
2:38.82Y	F # 67A	Female 13-14 200 Back	LY-VA	11	---	4.73
	38.19	1:18.52 1:59.62 2:38.82				
	(38.19)	(40.33) (41.10) (39.20)				
6:00.42Y	F # 73A	Female 13-14 500 Free	LY-VA	8	---	5.15
	33.25	1:10.35 1:47.45 2:24.39	3:01.41 3:38.46 4:15.43 4:52.14			
	(33.25)	(37.10) (37.10) (36.94) (37.02) (37.05) (36.97) (36.71)				
	5:27.60	6:00.42				
	(35.46)	(32.82)				
George Barksdale (7) M						
23.16Y	F # 32	Male 8 & Under 25 Free	LY-VA	15	2	0.96
1:56.09Y	F # 36A	Male 8 & Under 100 Free	LY-VA	12	5	-2.30
	52.28	1:56.09				
	(52.28)	(1:03.81)				
1:03.07Y DQ	F # 44A	Male 8 & Under 50 Back	LY-VA	---	---	---
2:23.67Y	F # 56A	Male 8 & Under 100 IM	LY-VA	5	13	-12.50
	---	2:23.67				
	---	(2:23.67)				
27.46Y	F # 82	Male 8 & Under 25 Back	LY-VA	16	---	0.84
36.47Y	F # 88	Male 8 & Under 25 Fly	LY-VA	12	---	---
1:21.21Y	F # 92A	Male 8 & Under 50 Breast	LY-VA	10	---	---
54.02Y	F # 100A	Male 8 & Under 50 Free	LY-VA	17	---	2.80

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Jackson Barksdale (12) M						
2:50.85Y	F # 2	Male 11-12 200 IM	LY-VA	7	---	-3.03
	38.82	1:22.00 2:14.35 2:50.85				
	(38.82)	(43.18) (52.35) (36.50)				
6:23.19Y	F # 8C	Male 11-12 500 Free	LY-VA	2	---	-22.16
	33.53	1:11.69 1:51.54 2:31.36 3:10.86 3:50.22 4:30.45 5:10.13				
	(33.53)	(38.16) (39.85) (39.82) (39.50) (39.36) (40.23) (39.68)				
	5:48.50	6:23.19				
	(38.37)	(34.69)				
36.89Y	F # 42	Male 11-12 50 Back	LY-VA	9	9	-0.74
1:34.55Y	F # 46	Male 11-12 100 Breast	LY-VA	12	5	3.69
	44.91	1:34.55				
	(44.91)	(49.64)				
38.31Y	F # 50	Male 11-12 50 Fly	LY-VA	11	6	-3.85
1:19.87Y	F # 54	Male 11-12 100 IM	LY-VA	9	9	-2.24
	38.63	1:19.87				
	(38.63)	(41.24)				
2:18.34Y	F # 84	Male 11-12 200 Free	LY-VA	4	---	-6.53
	31.65	1:06.95 1:43.16 2:18.34				
	(31.65)	(35.30) (36.21) (35.18)				
43.57Y	F # 90	Male 11-12 50 Breast	LY-VA	5	---	-1.74
28.98Y	F # 98	Male 11-12 50 Free	LY-VA	4	---	0.03
1:17.63Y	F # 102	Male 11-12 100 Back	LY-VA	5	---	-3.92
	38.25	1:17.63				
	(38.25)	(39.38)				
Callan Berkley (9) M						
1:56.52Y	F # 36B	Male 9-10 100 Free	LY-VA	21	---	-7.18
	53.56	1:56.52				
	(53.56)	(1:02.96)				
59.79Y	F # 44B	Male 9-10 50 Back	LY-VA	20	---	-8.68
2:31.25Y	F # 48B	Male 9-10 100 Breast	LY-VA	10	7	-21.34
	1:09.29	2:31.25				
	(1:09.29)	(1:21.96)				
2:09.99Y	F # 56B	Male 9-10 100 IM	LY-VA	13	4	-8.86
	---	2:09.99				
	---	(2:09.99)				
4:35.64Y	F # 86B	Male 9-10 200 Free	LY-VA	13	---	-9.37
	55.92	--- 3:22.95 4:35.64				
	(55.92)	--- (3:22.95) (1:12.69)				
1:07.14Y	F # 92B	Male 9-10 50 Breast	LY-VA	16	---	-3.08
48.48Y	F # 100B	Male 9-10 50 Free	LY-VA	17	---	-2.32
2:04.99Y	F # 104B	Male 9-10 100 Back	LY-VA	12	---	---
	1:00.19	2:04.99				
	(1:00.19)	(1:04.80)				

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Time	F/P/S	Event	Place	Points	Improv
Jack Berkley (12) M					
3:55.07Y DQ	F # 2	Male 11-12 200 IM	LY-VA	---	---
	51.33	1:56.43 3:06.26 3:55.07			
	(51.33)	(1:05.10) (1:09.83) (48.81)			
8:23.77Y	F # 8C	Male 11-12 500 Free	LY-VA	11	---
	40.32	1:28.52 2:18.10 3:10.10 4:03.27 4:56.03 5:49.55 6:44.70			
	(40.32)	(48.20) (49.58) (52.00) (53.17) (52.76) (53.52) (55.15)			
	7:38.57	8:23.77			
	(53.87)	(45.20)			
37.77Y	F # 30	200 Free Relay Lead Off	LY-VA	---	---
1:20.49Y	F # 34	Male 11-12 100 Free	LY-VA	24	---
	---	1:20.49			
	---	(1:20.49)			
50.98Y DQ	F # 42	Male 11-12 50 Back	LY-VA	---	---
2:07.26Y	F # 46	Male 11-12 100 Breast	LY-VA	21	---
	56.93	2:07.26			
	(56.93)	(1:10.33)			
45.53Y	F # 50	Male 11-12 50 Fly	LY-VA	20	---
2:54.04Y	F # 84	Male 11-12 200 Free	LY-VA	21	---
	38.67	1:23.13 2:11.45 2:54.04			
	(38.67)	(44.46) (48.32) (42.59)			
52.42Y	F # 90	Male 11-12 50 Breast	LY-VA	15	---
35.66Y	F # 98	Male 11-12 50 Free	LY-VA	21	---
1:50.18Y	F # 102	Male 11-12 100 Back	LY-VA	14	---
	52.54	1:50.18			
	(52.54)	(57.64)			
Adeline Brebner (12) F					
1:31.55Y	F # 33	Female 11-12 100 Free	LY-VA	23	---
	42.49	1:31.55			
	(42.49)	(49.06)			
49.32Y	F # 41	Female 11-12 50 Back	LY-VA	20	---
1:56.51Y DQ	F # 45	Female 11-12 100 Breast	LY-VA	---	---
	---	1:56.51			
	---	(1:56.51)			
52.91Y DQ	F # 49	Female 11-12 50 Fly	LY-VA	---	---

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Time	F/P/S	Event	Place	Points	Improv
Cole Campbell (14) M					
2:06.75Y	F # 16A	Male 13-14 200 Free	LY-VA	9	11.76
	27.12	59.04 1:32.79 2:06.75			
	(27.12)	(31.92) (33.75) (33.96)			
1:09.80Y	F # 18A	Male 13-14 100 Breast	LY-VA	6	6.31
	32.80	1:09.80			
	(32.80)	(37.00)			
1:06.44Y	F # 20A	Male 13-14 100 Back	LY-VA	8	3.29
	31.46	1:06.44			
	(31.46)	(34.98)			
5:01.89Y	F # 24A	Male 13-14 400 IM	LY-VA	9	---
	30.62	1:09.26 1:48.28 2:27.88	3:09.75 3:52.32 4:27.31 5:01.89		
	(30.62)	(38.64) (39.02) (39.60) (41.87) (42.57) (34.99) (34.58)			
24.29Y	F # 62	200 Free Relay Lead Off	LY-VA	---	1.52
2:27.23Y	F # 64A	Male 13-14 200 IM	LY-VA	10	12.20
	29.71	1:07.66 1:52.71 2:27.23			
	(29.71)	(37.95) (45.05) (34.52)			
56.86Y	F # 66A	Male 13-14 100 Free	LY-VA	7	6.34
	26.37	56.86			
	(26.37)	(30.49)			
2:39.47Y	F # 72A	Male 13-14 200 Breast	LY-VA	7	11.36
	35.12	1:15.36 1:57.52 2:39.47			
	(35.12)	(40.24) (42.16) (41.95)			
5:43.67Y	F # 74A	Male 13-14 500 Free	LY-VA	5	22.17
	28.52	1:02.59 1:38.47 2:13.78	2:49.07 3:24.23 3:59.01 4:34.90		
	(28.52)	(34.07) (35.88) (35.31) (35.29) (35.16) (34.78) (35.89)			
	5:10.48	5:43.67			
	(35.58)	(33.19)			

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Ada Compton (13) F						
33.35Y	F # 5	Female Open 50 Free	LY-VA	28	---	1.31
40.99Y	F # 13	200 Medley Relay Lead Off	LY-VA	---	---	2.80
2:40.30Y	F # 15A	Female 13-14 200 Free	LY-VA	29	---	1.13
	35.54	1:16.39	1:58.65	2:40.30		
	(35.54)	(40.85)	(42.26)	(41.65)		
1:40.09Y	F # 17A	Female 13-14 100 Breast	LY-VA	23	---	0.34
	45.91	1:40.09				
	(45.91)	(54.18)				
1:29.55Y	F # 19A	Female 13-14 100 Back	LY-VA	31	---	6.28
	45.09	1:29.55				
	(45.09)	(44.46)				
6:50.97Y	F # 23A	Female 13-14 400 IM	LY-VA	15	2	---
	43.09	1:37.57	2:32.18	3:24.38	4:22.62	5:20.90
	(43.09)	(54.48)	(54.61)	(52.20)	(58.24)	(58.28)
					(45.74)	(44.33)
3:08.69Y	F # 63A	Female 13-14 200 IM	LY-VA	16	---	1.65
	41.80	1:29.52	2:28.09	3:08.69		
	(41.80)	(47.72)	(58.57)	(40.60)		
1:17.43Y	F # 65A	Female 13-14 100 Free	LY-VA	23	---	6.62
	37.67	1:17.43				
	(37.67)	(39.76)				
3:37.21Y	F # 71A	Female 13-14 200 Breast	LY-VA	10	---	9.72
	45.97	1:41.54	2:41.09	3:37.21		
	(45.97)	(55.57)	(59.55)	(56.12)		
NS	F # 73A	Female 13-14 500 Free	LY-VA	---	---	---

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Time	F/P/S	Event	Place	Points	Improv	
Mason Cooper (17) M						
2:08.50Y	F # 16B	Male 15 & Over 200 Free	LY-VA	20	---	-6.81
	28.76	1:02.22 1:36.35 2:08.50				
	(28.76)	(33.46) (34.13) (32.15)				
1:03.43Y	F # 20B	Male 15 & Over 100 Back	LY-VA	12	5	0.13
	30.88	1:03.43				
	(30.88)	(32.55)				
2:31.08Y	F # 22B	Male 15 & Over 200 Fly	LY-VA	9	9	6.14
	31.34	1:09.42 1:50.74 2:31.08				
	(31.34)	(38.08) (41.32) (40.34)				
5:16.83Y	F # 24B	Male 15 & Over 400 IM	LY-VA	9	9	-9.60
	31.09	1:09.47 1:50.49 2:31.82 3:19.11 4:06.26 4:43.60 5:16.83				
	(31.09)	(38.38) (41.02) (41.33) (47.29) (47.15) (37.34) (33.23)				
26.35Y	F # 60	200 Free Relay Lead Off	LY-VA	---	---	0.22
2:23.09Y	F # 64B	Male 15 & Over 200 IM	LY-VA	10	---	-5.17
	29.38	1:06.31 1:51.24 2:23.09				
	(29.38)	(36.93) (44.93) (31.85)				
57.73Y	F # 66B	Male 15 & Over 100 Free	LY-VA	16	---	-0.18
	27.78	57.73				
	(27.78)	(29.95)				
1:02.25Y	F # 70B	Male 15 & Over 100 Fly	LY-VA	11	---	0.34
	28.93	1:02.25				
	(28.93)	(33.32)				
5:55.47Y	F # 74B	Male 15 & Over 500 Free	LY-VA	7	---	-0.73
	30.90	1:05.66 1:41.26 2:17.63 2:54.53 3:30.97 4:08.46 4:45.16				
	(30.90)	(34.76) (35.60) (36.37) (36.90) (36.44) (37.49) (36.70)				
	5:21.74	5:55.47				
	(36.58)	(33.73)				
Anderson Cox (7) M						
18.97Y	F # 32	Male 8 & Under 25 Free	LY-VA	4	15	-1.15
1:41.20Y	F # 36A	Male 8 & Under 100 Free	LY-VA	7	12	2.63
	46.04	1:41.20				
	(46.04)	(55.16)				
28.49Y	F # 40	Male 8 & Under 25 Breast	LY-VA	7	12	-0.03
1:59.51Y	F # 56A	Male 8 & Under 100 IM	LY-VA	3	16	-12.65
	59.52	1:59.51				
	(59.52)	(59.99)				
27.23Y	F # 88	Male 8 & Under 25 Fly	LY-VA	7	---	-3.41
57.90Y	F # 92A	Male 8 & Under 50 Breast	LY-VA	5	---	-1.20
42.68Y	F # 100A	Male 8 & Under 50 Free	LY-VA	8	---	-1.40
2:24.91Y	F # 104A	Male 8 & Under 100 Back	LY-VA	9	---	-28.28
	---	2:24.91				
	---	(2:24.91)				

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Time	F/P/S	Event	Place	Points	Improv
Clayton Cox (11) M					
3:14.95Y DQ	F # 2	Male 11-12 200 IM	LY-VA	---	---
	41.94	1:31.51 2:37.10 3:14.95			
	(41.94)	(49.57) (1:05.59) (37.85)			
7:17.78Y	F # 8C	Male 11-12 500 Free	LY-VA	8	---
	37.46	1:18.68 2:03.37 2:46.78 3:32.72 4:18.11 5:05.08 5:50.00			-10.96
	(37.46)	(41.22) (44.69) (43.41) (45.94) (45.39) (46.97) (44.92)			
	6:36.18	7:17.78			
	(46.18)	(41.60)			
1:13.36Y	F # 34	Male 11-12 100 Free	LY-VA	17	---
	35.31	1:13.36			-4.15
	(35.31)	(38.05)			
44.29Y	F # 42	Male 11-12 50 Back	LY-VA	20	---
40.87Y	F # 50	Male 11-12 50 Fly	LY-VA	15	2
3:15.79Y	F # 58B	Male 11-12 200 Back	LY-VA	6	13
	45.04	1:36.92 2:29.32 3:15.79			---
	(45.04)	(51.88) (52.40) (46.47)			
2:39.80Y	F # 84	Male 11-12 200 Free	LY-VA	15	---
	36.47	1:18.87 2:01.53 2:39.80			-9.82
	(36.47)	(42.40) (42.66) (38.27)			
1:38.14Y	F # 94	Male 11-12 100 Fly	LY-VA	10	---
	44.00	1:38.14			-4.21
	(44.00)	(54.14)			
33.61Y	F # 98	Male 11-12 50 Free	LY-VA	17	---
1:35.70Y	F # 102	Male 11-12 100 Back	LY-VA	12	---
	46.47	1:35.70			-5.77
	(46.47)	(49.23)			
Liam Cox (9) M					
43.54Y	F # 28	200 Free Relay Lead Off	LY-VA	---	-0.59
1:37.24Y	F # 36B	Male 9-10 100 Free	LY-VA	12	5
	---	1:37.24			1.98
	---	(1:37.24)			
53.11Y	F # 44B	Male 9-10 50 Back	LY-VA	16	1
NS	F # 56B	Male 9-10 100 IM	LY-VA	---	---
3:28.25Y	F # 86B	Male 9-10 200 Free	LY-VA	6	---
	47.81	1:41.74 2:36.52 3:28.25			
	(47.81)	(53.93) (54.78) (51.73)			
1:08.37Y DQ	F # 92B	Male 9-10 50 Breast	LY-VA	---	---
44.11Y	F # 100B	Male 9-10 50 Free	LY-VA	11	---
					-0.02

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Lucas Cox (13) M					
2:49.87Y	F # 16A	Male 13-14 200 Free	LY-VA	33	---
	37.89	1:20.76 --- 2:49.87			
	(37.89)	(42.87) --- (2:49.87)			
1:45.85Y	F # 18A	Male 13-14 100 Breast	LY-VA	29	---
	50.24	1:45.85			-8.41
	(50.24)	(55.61)			
1:45.58Y	F # 20A	Male 13-14 100 Back	LY-VA	27	---
	50.46	1:45.58			-4.44
	(50.46)	(55.12)			
1:17.10Y	F # 66A	Male 13-14 100 Free	LY-VA	28	---
	37.18	1:17.10			-12.54
	(37.18)	(39.92)			
3:41.36Y	F # 72A	Male 13-14 200 Breast	LY-VA	20	---
	50.66	1:49.20 2:47.54 3:41.36			
	(50.66)	(58.54) (58.34) (53.82)			
Meredith Cox (12) F					
3:13.70Y	F # 1	Female 11-12 200 IM	LY-VA	12	---
	46.74	1:35.25 2:31.35 3:13.70			-4.50
	(46.74)	(48.51) (56.10) (42.35)			
7:46.06Y	F # 7C	Female 11-12 500 Free	LY-VA	11	---
	41.54	1:27.46 2:16.15 3:03.99	---	4:41.19 5:29.80	20.72
	(41.54)	(45.92) (48.69) (47.84)	---	(4:41.19) (48.61)	
	7:02.76	7:46.06			
	(7:02.76)	(43.30)			
1:17.00Y	F # 33	Female 11-12 100 Free	LY-VA	15	2
	37.55	1:17.00			-3.84
	(37.55)	(39.45)			
43.49Y	F # 41	Female 11-12 50 Back	LY-VA	14	3
1:45.26Y	F # 45	Female 11-12 100 Breast	LY-VA	12	5
	49.72	1:45.26			-3.67
	(49.72)	(55.54)			
47.80Y	F # 49	Female 11-12 50 Fly	LY-VA	16	1
2:53.30Y	F # 83	Female 11-12 200 Free	LY-VA	14	---
	40.18	1:24.67 2:10.72 2:53.30			0.14
	(40.18)	(44.49) (46.05) (42.58)			
48.88Y	F # 89	Female 11-12 50 Breast	LY-VA	14	---
1:45.80Y	F # 93	Female 11-12 100 Fly	LY-VA	10	---
	49.00	1:45.80			-1.32
	(49.00)	(56.80)			-5.25
35.47Y	F # 97	Female 11-12 50 Free	LY-VA	18	---
					-0.11

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Julia Crim (11) F						
41.53Y	F # 29	200 Free Relay Lead Off	LY-VA	---	---	-0.89
1:33.93Y	F # 33	Female 11-12 100 Free	LY-VA	24	---	0.09
	43.85	1:33.93				
	(43.85)	(50.08)				
43.99Y	F # 41	Female 11-12 50 Back	LY-VA	16	1	0.47
50.36Y	F # 49	Female 11-12 50 Fly	LY-VA	17	---	-2.41
1:47.39Y DQ	F # 53	Female 11-12 100 IM	LY-VA	---	---	---
	51.01	1:47.39				
	(51.01)	(56.38)				
3:10.87Y	F # 83	Female 11-12 200 Free	LY-VA	16	---	-11.57
	45.66	1:34.44 2:23.01 3:10.87				
	(45.66)	(48.78) (48.57) (47.86)				
55.67Y	F # 89	Female 11-12 50 Breast	LY-VA	21	---	-6.28
41.06Y	F # 97	Female 11-12 50 Free	LY-VA	25	---	-1.36
1:40.02Y	F # 101	Female 11-12 100 Back	LY-VA	22	---	7.21
	50.33	1:40.02				
	(50.33)	(49.69)				
Maddie Deacon (7) F						
21.84Y	F # 31	Female 8 & Under 25 Free	LY-VA	1	20	---
2:13.06Y	F # 35A	Female 8 & Under 100 Free	LY-VA	7	12	---
	59.24	2:13.06				
	(59.24)	(1:13.82)				
33.82Y DQ	F # 39	Female 8 & Under 25 Breast	LY-VA	---	---	---
1:07.40Y	F # 43A	Female 8 & Under 50 Back	LY-VA	8	11	---
28.14Y	F # 81	Female 8 & Under 25 Back	LY-VA	5	---	---
30.90Y DQ	F # 87	Female 8 & Under 25 Fly	LY-VA	---	---	---
1:18.83Y DQ	F # 91A	Female 8 & Under 50 Breast	LY-VA	---	---	---
57.24Y	F # 99A	Female 8 & Under 50 Free	LY-VA	9	---	---

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event				Place		Points	Improv
Avery Duff (13) F									
29.11Y	F # 5	Female Open 50 Free				LY-VA	19	---	-0.51
13:41.93Y	F # 9B	Female 13-14 1000 Free				LY-VA	9	---	---
	35.73	1:16.59	1:57.87	2:39.83	3:21.09	4:02.97	4:44.42	5:25.68	
	(35.73)	(40.86)	(41.28)	(41.96)	(41.26)	(41.88)	(41.45)	(41.26)	
	6:07.47	6:50.00	7:32.51	8:14.27	8:56.42	9:38.46	10:20.97	11:02.60	
	(41.79)	(42.53)	(42.51)	(41.76)	(42.15)	(42.04)	(42.51)	(41.63)	
	11:43.93	12:24.80	13:06.10	13:41.93					
	(41.33)	(40.87)	(41.30)	(35.83)					
2:22.82Y	F # 15A	Female 13-14 200 Free				LY-VA	18	---	-2.90
	32.61	1:08.84	1:46.81	2:22.82					
	(32.61)	(36.23)	(37.97)	(36.01)					
1:22.29Y	F # 19A	Female 13-14 100 Back				LY-VA	27	---	2.53
	40.61	1:22.29							
	(40.61)	(41.68)							
3:14.80Y	F # 21A	Female 13-14 200 Fly				LY-VA	11	6	0.34
	41.00	1:32.12	2:24.96	3:14.80					
	(41.00)	(51.12)	(52.84)	(49.84)					
1:05.13Y	F # 65A	Female 13-14 100 Free				LY-VA	9	---	0.96
	31.21	1:05.13							
	(31.21)	(33.92)							
3:01.79Y	F # 67A	Female 13-14 200 Back				LY-VA	14	---	3.90
	44.10	1:31.65	---	3:01.79					
	(44.10)	(47.55)	---	(3:01.79)					
1:29.80Y	F # 69A	Female 13-14 100 Fly				LY-VA	18	---	-2.73
	41.39	1:29.80							
	(41.39)	(48.41)							
6:37.09Y	F # 73A	Female 13-14 500 Free				LY-VA	13	---	-5.53
	36.45	1:16.77	1:57.46	2:38.12	3:18.41	3:59.14	4:40.16	5:20.67	
	(36.45)	(40.32)	(40.69)	(40.66)	(40.29)	(40.73)	(41.02)	(40.51)	
	6:00.91	6:37.09							
	(40.24)	(36.18)							

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Tammy Eakkhattiyakorn (10) F						
3:34.43Y	F # 3B	Female 9-10 200 IM	LY-VA	8	---	-3.65
	52.14	1:46.89 2:46.49 3:34.43				
	(52.14)	(54.75) (59.60) (47.94)				
8:36.32Y	F # 7B	Female 9-10 500 Free	LY-VA	8	---	-6.69
	45.52	1:39.40 2:32.83 ---	---	---	6:07.32 6:57.53	
	(45.52)	(53.88) (53.43) ---	---	---	(6:07.32) (50.21)	
	7:50.43	8:36.32				
	(52.90)	(45.89)				
36.69Y	F # 27	200 Free Relay Lead Off	LY-VA	---	---	-0.55
1:19.56Y	F # 35B	Female 9-10 100 Free	LY-VA	8	11	-8.17
	37.62	1:19.56				
	(37.62)	(41.94)				
43.89Y	F # 43B	Female 9-10 50 Back	LY-VA	9	9	-2.27
1:50.08Y	F # 47B	Female 9-10 100 Breast	LY-VA	5	14	0.81
	52.78	1:50.08				
	(52.78)	(57.30)				
1:36.45Y	F # 55B	Female 9-10 100 IM	LY-VA	11	6	-8.52
	47.67	1:36.45				
	(47.67)	(48.78)				
3:04.17Y	F # 85B	Female 9-10 200 Free	LY-VA	10	---	-3.82
	---	---				
	---	---				
		3:04.17				
		(3:04.17)				
1:57.79Y	F # 95B	Female 9-10 100 Fly	LY-VA	10	---	---
	52.37	1:57.79				
	(52.37)	(1:05.42)				
36.63Y	F # 99B	Female 9-10 50 Free	LY-VA	6	---	-0.61
3:46.75Y	F # 105A	Female 9-10 200 Breast	LY-VA	2	---	---
	53.78	1:51.01 2:50.66 3:46.75				
	(53.78)	(57.23) (59.65) (56.09)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Tyler Eakkhattiyakorn (12) M						
2:51.13Y	F # 2	Male 11-12 200 IM	LY-VA	8	---	-3.41
	41.17	1:25.89 2:12.04 2:51.13				
	(41.17)	(44.72) (46.15) (39.09)				
6:54.27Y	F # 8C	Male 11-12 500 Free	LY-VA	5	---	-19.45
	36.98	1:18.86 2:01.43 2:44.54 3:27.16 4:09.81 4:52.43 5:34.62				
	(36.98)	(41.88) (42.57) (43.11) (42.62) (42.65) (42.62) (42.19)				
	6:16.13	6:54.27				
	(41.51)	(38.14)				
32.56Y	F # 30	200 Free Relay Lead Off	LY-VA	---	---	-0.09
1:10.78Y	F # 34	Male 11-12 100 Free	LY-VA	15	2	-1.80
	34.89	1:10.78				
	(34.89)	(35.89)				
1:18.79Y	F # 46	Male 11-12 100 Breast	LY-VA	3	16	0.84
	37.85	1:18.79				
	(37.85)	(40.94)				
40.40Y	F # 50	Male 11-12 50 Fly	LY-VA	14	3	-1.69
1:18.63Y	F # 54	Male 11-12 100 IM	LY-VA	7	12	-1.69
	39.59	1:18.63				
	(39.59)	(39.04)				
2:36.10Y	F # 84	Male 11-12 200 Free	LY-VA	12	---	-8.46
	36.61	1:16.95 1:58.20 2:36.10				
	(36.61)	(40.34) (41.25) (37.90)				
36.66Y	F # 90	Male 11-12 50 Breast	LY-VA	1	---	-0.92
32.94Y	F # 98	Male 11-12 50 Free	LY-VA	15	---	0.29
2:55.50Y	F # 106B	Male 11-12 200 Breast	LY-VA	1	---	-3.64
	40.82	1:25.50 2:12.61 2:55.50				
	(40.82)	(44.68) (47.11) (42.89)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Evy Edwards (10) F						
3:46.07Y	F # 3B	Female 9-10 200 IM	LY-VA	10	---	3.97
	49.95	1:49.45 2:58.01 3:46.07				
	(49.95)	(59.50) (1:08.56) (48.06)				
9:03.98Y	F # 7B	Female 9-10 500 Free	LY-VA	9	---	-1.50
	41.41	1:36.70 2:34.97 3:33.42 4:28.95 5:27.88 6:22.42 7:18.91				
	(41.41)	(55.29) (58.27) (58.45) (55.53) (58.93) (54.54) (56.49)				
	8:16.03	9:03.98				
	(57.12)	(47.95)				
1:26.37Y	F # 35B	Female 9-10 100 Free	LY-VA	16	1	2.61
	39.26	1:26.37				
	(39.26)	(47.11)				
1:57.37Y	F # 47B	Female 9-10 100 Breast	LY-VA	8	11	3.14
	54.53	1:57.37				
	(54.53)	(1:02.84)				
42.50Y	F # 51B	Female 9-10 50 Fly	LY-VA	5	14	0.70
1:41.62Y	F # 55B	Female 9-10 100 IM	LY-VA	18	---	4.96
	46.98	1:41.62				
	(46.98)	(54.64)				
3:12.21Y	F # 85B	Female 9-10 200 Free	LY-VA	13	---	-5.88
	39.56	1:29.69 2:26.00 3:12.21				
	(39.56)	(50.13) (56.31) (46.21)				
52.14Y	F # 91B	Female 9-10 50 Breast	LY-VA	11	---	---
1:52.73Y	F # 95B	Female 9-10 100 Fly	LY-VA	9	---	-2.61
	49.51	1:52.73				
	(49.51)	(1:03.22)				
1:43.74Y	F # 103B	Female 9-10 100 Back	LY-VA	13	---	-1.50
	50.34	1:43.74				
	(50.34)	(53.40)				
Josh Edwards (15) M						
25.81Y	F # 6	Male Open 50 Free	LY-VA	18	---	1.73
2:09.57Y	F # 16B	Male 15 & Over 200 Free	LY-VA	22	---	10.64
	28.79	1:01.37 1:35.31 2:09.57				
	(28.79)	(32.58) (33.94) (34.26)				
1:16.98Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	19	---	8.38
	35.85	1:16.98				
	(35.85)	(41.13)				
59.19Y	F # 66B	Male 15 & Over 100 Free	LY-VA	17	---	5.30
	28.30	59.19				
	(28.30)	(30.89)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Sam Edwards (13) M											
27.43Y	F # 6	Male Open 50 Free				LY-VA		23	---	0.74	
11:47.99Y	F # 10B	Male 13-14 1000 Free				LY-VA		6	---	-95.34	
	31.32	1:06.44	1:41.75	2:17.56	2:53.01	3:29.10	4:05.01	4:40.77			
	(31.32)	(35.12)	(35.31)	(35.81)	(35.45)	(36.09)	(35.91)	(35.76)			
	5:16.45	5:53.08	6:29.11	7:05.68	7:42.38	8:18.38	8:53.92	9:30.15			
	(35.68)	(36.63)	(36.03)	(36.57)	(36.70)	(36.00)	(35.54)	(36.23)			
	10:05.95	10:40.53	11:15.41	11:47.99							
	(35.80)	(34.58)	(34.88)	(32.58)							
31.27Y	F # 14	200 Medley Relay Lead Off				LY-VA		---	---	0.19	
2:10.99Y	F # 16A	Male 13-14 200 Free				LY-VA		16	1	2.35	
	29.60	1:03.37	1:38.24	2:10.99							
	(29.60)	(33.77)	(34.87)	(32.75)							
1:07.39Y	F # 20A	Male 13-14 100 Back				LY-VA		10	7	1.76	
	32.98	1:07.39									
	(32.98)	(34.41)									
2:42.97Y	F # 22A	Male 13-14 200 Fly				LY-VA		8	11	9.37	
	34.08	1:15.14	1:59.44	2:42.97							
	(34.08)	(41.06)	(44.30)	(43.53)							
5:11.83Y	F # 24A	Male 13-14 400 IM				LY-VA		15	2	10.16	
	34.90	1:16.01	1:55.94	2:34.35	3:19.93	4:05.70	4:39.91	5:11.83			
	(34.90)	(41.11)	(39.93)	(38.41)	(45.58)	(45.77)	(34.21)	(31.92)			
1:01.04Y	F # 66A	Male 13-14 100 Free				LY-VA		19	---	0.58	
	29.23	1:01.04									
	(29.23)	(31.81)									
2:20.84Y	F # 68A	Male 13-14 200 Back				LY-VA		3	---	1.04	
	33.44	1:09.58	1:45.83	2:20.84							
	(33.44)	(36.14)	(36.25)	(35.01)							
1:14.33Y	F # 70A	Male 13-14 100 Fly				LY-VA		15	---	4.21	
	33.80	1:14.33									
	(33.80)	(40.53)									
5:51.41Y	F # 74A	Male 13-14 500 Free				LY-VA		7	---	14.16	
	30.45	1:05.53	1:41.63	2:18.23	2:54.75	3:31.06	4:07.12	4:42.99			
	(30.45)	(35.08)	(36.10)	(36.60)	(36.52)	(36.31)	(36.06)	(35.87)			
	5:18.22	5:51.41									
	(35.23)	(33.19)									

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Emmie Eiban (12) F						
3:02.04Y	F # 1	Female 11-12 200 IM	LY-VA	7	---	-2.90
	40.38	1:27.00 2:23.63 3:02.04				
	(40.38)	(46.62) (56.63) (38.41)				
7:05.93Y	F # 7C	Female 11-12 500 Free	LY-VA	4	---	7.92
	37.27	1:18.77 2:02.69 2:46.24	3:29.49 4:13.74 4:58.84 5:42.51			
	(37.27)	(41.50) (43.92) (43.55)	(43.25) (44.25) (45.10) (43.67)			
	6:25.56	7:05.93				
	(43.05)	(40.37)				
1:11.03Y	F # 33	Female 11-12 100 Free	LY-VA	10	7	1.65
	34.40	1:11.03				
	(34.40)	(36.63)				
39.45Y	F # 41	Female 11-12 50 Back	LY-VA	9	9	-0.07
39.11Y	F # 49	Female 11-12 50 Fly	LY-VA	11	6	0.89
1:25.42Y	F # 53	Female 11-12 100 IM	LY-VA	14	3	-0.22
	39.08	1:25.42				
	(39.08)	(46.34)				
2:37.65Y	F # 83	Female 11-12 200 Free	LY-VA	10	---	-0.65
	36.33	1:16.51 1:57.94 2:37.65				
	(36.33)	(40.18) (41.43) (39.71)				
46.97Y	F # 89	Female 11-12 50 Breast	LY-VA	11	---	-0.03
31.92Y	F # 97	Female 11-12 50 Free	LY-VA	6	---	1.06
1:22.16Y	F # 101	Female 11-12 100 Back	LY-VA	9	---	-1.35
	40.42	1:22.16				
	(40.42)	(41.74)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Frances Fenton (16) F											
25.75Y	F # 5	Female Open 50 Free				LY-VA		2	---	0.86	
11:23.43Y	F # 9C	Female 15 & Over 1000 Free				LY-VA		3	---	-12.93	
	31.70	1:05.71	1:39.96	2:14.51	2:48.89	3:22.65	3:56.71	4:31.48			
	(31.70)	(34.01)	(34.25)	(34.55)	(34.38)	(33.76)	(34.06)	(34.77)			
	5:05.96	5:40.82	6:14.60	6:49.19	7:23.43	7:57.97	8:32.97	9:06.82			
	(34.48)	(34.86)	(33.78)	(34.59)	(34.24)	(34.54)	(35.00)	(33.85)			
	9:40.87	10:16.39	10:50.98	11:23.43							
	(34.05)	(35.52)	(34.59)	(32.45)							
2:02.17Y	F # 15B	Female 15 & Over 200 Free				LY-VA		2	17	1.50	
	28.22	58.90	1:30.66	2:02.17							
	(28.22)	(30.68)	(31.76)	(31.51)							
1:10.24Y	F # 17B	Female 15 & Over 100 Breast				LY-VA		2	17	2.54	
	33.34	1:10.24									
	(33.34)	(36.90)									
1:11.43Y	F # 19B	Female 15 & Over 100 Back				LY-VA		10	7	-2.20	
	35.16	1:11.43									
	(35.16)	(36.27)									
5:07.36Y	F # 23B	Female 15 & Over 400 IM				LY-VA		1	20	6.65	
	31.93	1:09.32	1:51.25	2:34.10	3:14.92	3:57.77	4:33.72	5:07.36			
	(31.93)	(37.39)	(41.93)	(42.85)	(40.82)	(42.85)	(35.95)	(33.64)			
26.17Y	F # 59	200 Free Relay Lead Off				LY-VA		---	---	1.28	
2:20.89Y	F # 63B	Female 15 & Over 200 IM				LY-VA		3	---	4.61	
	30.92	1:09.91	1:49.67	2:20.89							
	(30.92)	(38.99)	(39.76)	(31.22)							
55.24Y	F # 65B	Female 15 & Over 100 Free				LY-VA		1	---	0.92	
	26.88	55.24									
	(26.88)	(28.36)									
2:34.17Y	F # 71B	Female 15 & Over 200 Breast				LY-VA		1	---	5.47	
	35.03	1:14.77	1:54.69	2:34.17							
	(35.03)	(39.74)	(39.92)	(39.48)							
5:41.11Y	F # 73B	Female 15 & Over 500 Free				LY-VA		2	---	13.31	
	30.65	1:04.32	1:39.50	2:15.42	2:50.24	3:24.73	3:59.33	4:33.99			
	(30.65)	(33.67)	(35.18)	(35.92)	(34.82)	(34.49)	(34.60)	(34.66)			
	5:08.78	5:41.11									
	(34.79)	(32.33)									

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place			Points	Improv
Thomas Fenton (18) M										
25.75Y	F # 6	Male Open 50 Free				LY-VA		17	---	2.13
10:54.90Y	F # 10C	Male 15 & Over 1000 Free				LY-VA		8	---	26.20
	28.75	1:00.62	1:32.93	2:05.21	2:37.55	3:09.73	3:41.76	4:14.70		
	(28.75)	(31.87)	(32.31)	(32.28)	(32.34)	(32.18)	(32.03)	(32.94)		
	4:47.21	5:20.18	5:53.71	6:27.31	7:01.38	7:35.18	8:08.89	8:42.51		
	(32.51)	(32.97)	(33.53)	(33.60)	(34.07)	(33.80)	(33.71)	(33.62)		
	9:16.65	9:49.46	10:22.63	10:54.90						
	(34.14)	(32.81)	(33.17)	(32.27)						
2:01.17Y	F # 16B	Male 15 & Over 200 Free				LY-VA		13	4	5.29
	28.09	59.75	1:31.09	2:01.17						
	(28.09)	(31.66)	(31.34)	(30.08)						
1:01.00Y	F # 18B	Male 15 & Over 100 Breast				LY-VA		2	17	3.22
	29.15	1:01.00								
	(29.15)	(31.85)								
4:37.96Y	F # 24B	Male 15 & Over 400 IM				LY-VA		5	14	16.61
	28.77	1:04.04	1:42.17	2:18.23	2:54.95	3:33.05	4:05.66	4:37.96		
	(28.77)	(35.27)	(38.13)	(36.06)	(36.72)	(38.10)	(32.61)	(32.30)		
2:10.26Y	F # 64B	Male 15 & Over 200 IM				LY-VA		5	---	10.01
	---	---	---	2:10.26						
	---	---	---	(2:10.26)						
54.66Y	F # 66B	Male 15 & Over 100 Free				LY-VA		14	---	3.91
	26.28	54.66								
	(26.28)	(28.38)								
2:11.50Y	F # 72B	Male 15 & Over 200 Breast				LY-VA		2	---	7.01
	30.22	1:04.66	1:38.47	2:11.50						
	(30.22)	(34.44)	(33.81)	(33.03)						
5:21.32Y	F # 74B	Male 15 & Over 500 Free				LY-VA		4	---	15.31
	28.23	1:00.16	1:33.17	2:05.82	2:39.24	3:11.75	3:44.52	4:17.28		
	(28.23)	(31.93)	(33.01)	(32.65)	(33.42)	(32.51)	(32.77)	(32.76)		
	4:49.67	5:21.32								
	(32.39)	(31.65)								

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Eli Fleenor (14) M						
28.87Y	F # 6	Male Open 50 Free	LY-VA	27	---	0.38
2:30.83Y	F # 16A	Male 13-14 200 Free	LY-VA	28	---	-2.27
	36.22	1:14.81 1:52.15 2:30.83				
	(36.22)	(38.59) (37.34) (38.68)				
1:31.57Y	F # 18A	Male 13-14 100 Breast	LY-VA	24	---	-2.64
	45.29	1:31.57				
	(45.29)	(46.28)				
1:37.03Y	F # 20A	Male 13-14 100 Back	LY-VA	26	---	-4.94
	48.54	1:37.03				
	(48.54)	(48.49)				
2:57.84Y DQ	F # 64A	Male 13-14 200 IM	LY-VA	---	---	---
	39.41	1:27.68 2:20.78 2:57.84				
	(39.41)	(48.27) (53.10) (37.06)				
1:03.73Y	F # 66A	Male 13-14 100 Free	LY-VA	24	---	-2.11
	32.19	1:03.73				
	(32.19)	(31.54)				
3:31.77Y	F # 72A	Male 13-14 200 Breast	LY-VA	19	---	-7.13
	47.31	1:41.80 2:37.68 3:31.77				
	(47.31)	(54.49) (55.88) (54.09)				
6:45.47Y	F # 74A	Male 13-14 500 Free	LY-VA	17	---	---
	36.37	1:16.69 1:58.10 2:37.77 3:17.38 4:00.56 4:43.16 5:27.13				
	(36.37)	(40.32) (41.41) (39.67) (39.61) (43.18) (42.60) (43.97)				
	6:11.03	6:45.47				
	(43.90)	(34.44)				
Evan Fong (14) M						
12:32.96Y	F # 10B	Male 13-14 1000 Free	LY-VA	11	---	---
	32.32	1:10.04 1:47.60 2:25.15 3:03.29 3:41.73 4:19.98 4:58.74				
	(32.32)	(37.72) (37.56) (37.55) (38.14) (38.44) (38.25) (38.76)				
	5:36.67	6:15.71 6:54.31 7:33.06 8:11.24 8:49.44 9:27.24 10:05.29				
	(37.93)	(39.04) (38.60) (38.75) (38.18) (38.20) (37.80) (38.05)				
	10:43.51	11:21.46 11:59.48 12:32.96				
	(38.22)	(37.95) (38.02) (33.48)				
30.93Y	F # 14	200 Medley Relay Lead Off	LY-VA	---	---	-0.80
1:13.56Y	F # 18A	Male 13-14 100 Breast	LY-VA	10	7	-2.11
	35.62	1:13.56				
	(35.62)	(37.94)				
1:06.41Y	F # 20A	Male 13-14 100 Back	LY-VA	7	12	0.50
	32.44	1:06.41				
	(32.44)	(33.97)				
27.03Y	F # 62	200 Free Relay Lead Off	LY-VA	---	---	-0.25
2:26.20Y	F # 64A	Male 13-14 200 IM	LY-VA	9	---	1.29
	31.68	1:09.30 1:52.57 2:26.20				
	(31.68)	(37.62) (43.27) (33.63)				
1:06.51Y	F # 70A	Male 13-14 100 Fly	LY-VA	7	---	-0.12
	31.38	1:06.51				
	(31.38)	(35.13)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Zachary Fong (9) M						
59.46Y	F # 92B	Male 9-10 50 Breast	LY-VA	11	---	-7.33
44.53Y	F # 100B	Male 9-10 50 Free	LY-VA	12	---	-0.44
1:59.84Y DQ	F # 104B	Male 9-10 100 Back	LY-VA	---	---	---
	57.67	1:59.84				
	(57.67)	(1:02.17)				
Jocelyn French (13) F						
34.02Y	F # 5	Female Open 50 Free	LY-VA	30	---	-2.84
3:06.99Y	F # 15A	Female 13-14 200 Free	LY-VA	33	---	---
	39.24	1:27.09 --- 3:06.99				
	(39.24)	(47.85) --- (3:06.99)				
1:40.29Y	F # 17A	Female 13-14 100 Breast	LY-VA	24	---	0.76
	46.22	1:40.29				
	(46.22)	(54.07)				
1:57.36Y DQ	F # 19A	Female 13-14 100 Back	LY-VA	---	---	---
	55.08	1:57.36				
	(55.08)	(1:02.28)				
3:36.93Y DQ	F # 63A	Female 13-14 200 IM	LY-VA	---	---	---
	50.08	2:49.40 --- 3:36.93				
	(50.08)	(1:59.32) --- (3:36.93)				
1:23.83Y	F # 65A	Female 13-14 100 Free	LY-VA	24	---	-2.85
	38.52	1:23.83				
	(38.52)	(45.31)				
3:32.69Y	F # 71A	Female 13-14 200 Breast	LY-VA	9	---	---
	47.81	1:41.95 2:38.73 3:32.69				
	(47.81)	(54.14) (56.78) (53.96)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Walker Givan (8) M						
4:03.72Y	F # 4A	Male 8 & Under 200 IM	LY-VA	2	---	---
	54.43	2:02.75 3:07.26 4:03.72				
	(54.43)	(1:08.32) (1:04.51) (56.46)				
10:16.48Y	F # 8A	Male 8 & Under 500 Free	LY-VA	3	---	---
	49.05	1:51.87 2:55.06 3:59.54 5:05.18 6:08.32 7:09.96 8:13.40				
	(49.05)	(1:02.82) (1:03.19) (1:04.48) (1:05.64) (1:03.14) (1:01.64) (1:03.44)				
	9:15.25	10:16.48				
	(1:01.85)	(1:01.23)				
17.15Y	F # 32	Male 8 & Under 25 Free	LY-VA	2	17	-2.43
1:32.28Y	F # 36A	Male 8 & Under 100 Free	LY-VA	5	14	-8.73
	42.16	1:32.28				
	(42.16)	(50.12)				
22.79Y	F # 40	Male 8 & Under 25 Breast	LY-VA	2	17	-1.10
1:58.83Y	F # 48A	Male 8 & Under 100 Breast	LY-VA	2	17	0.81
	52.23	1:58.83				
	(52.23)	(1:06.60)				
22.64Y	F # 82	Male 8 & Under 25 Back	LY-VA	6	---	-0.38
22.20Y	F # 88	Male 8 & Under 25 Fly	LY-VA	5	---	-5.56
50.55Y	F # 92A	Male 8 & Under 50 Breast	LY-VA	2	---	-0.57
1:57.55Y DQ	F # 104A	Male 8 & Under 100 Back	LY-VA	---	---	---
	55.96	1:57.55				
	(55.96)	(1:01.59)				
J C Gordon (18) M						
25.77Y	F # 12	200 Medley Relay Lead Off	LY-VA	---	---	1.41
1:45.55Y	F # 16B	Male 15 & Over 200 Free	LY-VA	2	17	5.87
	24.20	50.70 1:18.13 1:45.55				
	(24.20)	(26.50) (27.43) (27.42)				
54.76Y	F # 20B	Male 15 & Over 100 Back	LY-VA	3	16	2.67
	27.40	54.76				
	(27.40)	(27.36)				
49.88Y	F # 66B	Male 15 & Over 100 Free	LY-VA	3	---	2.49
	24.28	49.88				
	(24.28)	(25.60)				
1:58.09Y	F # 68B	Male 15 & Over 200 Back	LY-VA	1	---	2.29
	28.75	59.56 1:29.92 1:58.09				
	(28.75)	(30.81) (30.36) (28.17)				
4:47.73Y	F # 74B	Male 15 & Over 500 Free	LY-VA	1	---	18.04
	26.08	54.81 1:24.35 1:54.50 2:23.98 2:53.14 3:22.72 3:51.28				
	(26.08)	(28.73) (29.54) (30.15) (29.48) (29.16) (29.58) (28.56)				
	4:19.70	4:47.73				
	(28.42)	(28.03)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Camille Greenlaw (10) F						
3:07.20Y	F # 3B	Female 9-10 200 IM	LY-VA	3	---	-22.55
	47.98	1:35.07 2:29.14 3:07.20				
	(47.98)	(47.09) (54.07) (38.06)				
7:30.25Y	F # 7B	Female 9-10 500 Free	LY-VA	3	---	23.25
	40.26	1:25.92 2:10.48 2:56.06 3:41.88 4:28.86 5:15.38 6:00.58				
	(40.26)	(45.66) (44.56) (45.58) (45.82) (46.98) (46.52) (45.20)				
	6:46.39	7:30.25				
	(45.81)	(43.86)				
33.69Y	F # 27	200 Free Relay Lead Off	LY-VA	---	---	0.30
1:16.27Y	F # 35B	Female 9-10 100 Free	LY-VA	4	15	---
	---	1:16.27				
	---	(1:16.27)				
39.21Y	F # 43B	Female 9-10 50 Back	LY-VA	3	16	-1.63
1:29.17Y	F # 55B	Female 9-10 100 IM	LY-VA	3	16	-1.90
	43.74	1:29.17				
	(43.74)	(45.43)				
3:12.99Y	F # 57A	Female 9-10 200 Back	LY-VA	1	20	-7.65
	46.02	1:36.80 2:26.16 3:12.99				
	(46.02)	(50.78) (49.36) (46.83)				
2:42.13Y	F # 85B	Female 9-10 200 Free	LY-VA	3	---	-9.48
	39.03	1:21.62 2:04.43 2:42.13				
	(39.03)	(42.59) (42.81) (37.70)				
1:43.82Y	F # 95B	Female 9-10 100 Fly	LY-VA	6	---	-9.07
	48.22	1:43.82				
	(48.22)	(55.60)				
33.55Y	F # 99B	Female 9-10 50 Free	LY-VA	4	---	0.16
1:26.38Y	F # 103B	Female 9-10 100 Back	LY-VA	2	---	1.60
	42.67	1:26.38				
	(42.67)	(43.71)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event				Place		Points	Improv
Daniel Gustafson (11) M									
2:49.17Y	F # 2	Male	11-12	200 IM	LY-VA	5	---	-0.90	
	37.60	1:23.02	2:12.29	2:49.17					
	(37.60)	(45.42)	(49.27)	(36.88)					
7:33.40Y	F # 8C	Male	11-12	500 Free	LY-VA	9	---	-15.01	
	38.03	---	2:12.28	2:58.60	---	4:36.78	---	6:14.16	
	(38.03)	---	(2:12.28)	(46.32)	---	(4:36.78)	---	(6:14.16)	
	7:01.21	7:33.40							
	(47.05)	(32.19)							
1:09.46Y	F # 34	Male	11-12	100 Free	LY-VA	12	5	-2.23	
	33.43	1:09.46							
	(33.43)	(36.03)							
1:24.48Y	F # 46	Male	11-12	100 Breast	LY-VA	4	15	2.53	
	39.47	1:24.48							
	(39.47)	(45.01)							
36.18Y	F # 50	Male	11-12	50 Fly	LY-VA	8	11	1.15	
1:17.93Y	F # 54	Male	11-12	100 IM	LY-VA	4	15	0.29	
	37.71	1:17.93							
	(37.71)	(40.22)							
2:37.36Y	F # 84	Male	11-12	200 Free	LY-VA	13	---	-11.32	
	36.55	1:17.83	2:00.14	2:37.36					
	(36.55)	(41.28)	(42.31)	(37.22)					
36.79Y	F # 90	Male	11-12	50 Breast	LY-VA	2	---	-0.82	
1:20.94Y	F # 94	Male	11-12	100 Fly	LY-VA	4	---	0.43	
	37.60	1:20.94							
	(37.60)	(43.34)							
2:57.75Y	F # 106B	Male	11-12	200 Breast	LY-VA	2	---	0.94	
	41.90	1:27.34	2:12.90	2:57.75					
	(41.90)	(45.44)	(45.56)	(44.85)					

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Zelynn Gustafson (14) F						
2:24.16Y	F # 15A	Female 13-14 200 Free	LY-VA	19	---	1.47
	33.87	1:10.70 1:47.89 2:24.16				
	(33.87)	(36.83) (37.19) (36.27)				
1:29.80Y	F # 17A	Female 13-14 100 Breast	LY-VA	14	3	1.47
	---	1:29.80				
	---	(1:29.80)				
1:25.00Y	F # 19A	Female 13-14 100 Back	LY-VA	30	---	5.65
	41.76	1:25.00				
	(41.76)	(43.24)				
6:22.65Y	F # 23A	Female 13-14 400 IM	LY-VA	12	5	-4.82
	44.37	1:40.24 2:30.79 3:18.43 4:09.70 5:03.43 5:44.14 6:22.65				
	(44.37)	(55.87) (50.55) (47.64) (51.27) (53.73) (40.71) (38.51)				
30.56Y	F # 61	200 Free Relay Lead Off	LY-VA	---	---	1.18
1:05.56Y	F # 65A	Female 13-14 100 Free	LY-VA	10	---	1.56
	31.18	1:05.56				
	(31.18)	(34.38)				
2:58.53Y	F # 67A	Female 13-14 200 Back	LY-VA	13	---	6.97
	42.74	1:29.42 2:15.79 2:58.53				
	(42.74)	(46.68) (46.37) (42.74)				
1:29.58Y	F # 69A	Female 13-14 100 Fly	LY-VA	17	---	9.67
	41.73	1:29.58				
	(41.73)	(47.85)				
6:38.11Y	F # 73A	Female 13-14 500 Free	LY-VA	14	---	15.21
	36.95	1:16.54 1:57.21 2:38.84 3:19.34 3:59.88 4:40.70 5:21.25				
	(36.95)	(39.59) (40.67) (41.63) (40.50) (40.54) (40.82) (40.55)				
	6:01.45	6:38.11				
	(40.20)	(36.66)				
Lyle Handy (8) M						
30.85Y	F # 32	Male 8 & Under 25 Free	LY-VA	17	---	0.58
36.07Y	F # 40	Male 8 & Under 25 Breast	LY-VA	10	7	-2.06
1:38.06Y DQ	F # 52A	Male 8 & Under 50 Fly	LY-VA	---	---	---
2:52.29Y DQ	F # 56A	Male 8 & Under 100 IM	LY-VA	---	---	---
	---	2:52.29				
	---	(2:52.29)				
34.56Y	F # 82	Male 8 & Under 25 Back	LY-VA	19	---	0.87
49.62Y DQ	F # 88	Male 8 & Under 25 Fly	LY-VA	---	---	---
1:25.61Y	F # 92A	Male 8 & Under 50 Breast	LY-VA	11	---	-1.53
1:13.21Y	F # 100A	Male 8 & Under 50 Free	LY-VA	20	---	2.51

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Cheyanne Henderson (11) F						
3:03.76Y	F # 1	Female 11-12 200 IM	LY-VA	9	---	-12.60
	42.69	1:31.44 2:26.83 3:03.76				
	(42.69)	(48.75) (55.39) (36.93)				
7:34.52Y	F # 7C	Female 11-12 500 Free	LY-VA	7	---	-1.44
	39.04	1:23.08 2:09.30 2:56.50 3:44.02 4:31.24 5:18.38 6:05.82				
	(39.04)	(44.04) (46.22) (47.20) (47.52) (47.22) (47.14) (47.44)				
	6:52.11	7:34.52				
	(46.29)	(42.41)				
33.54Y	F # 29	200 Free Relay Lead Off	LY-VA	---	---	-0.04
1:11.93Y	F # 33	Female 11-12 100 Free	LY-VA	12	5	-3.75
	34.48	1:11.93				
	(34.48)	(37.45)				
42.51Y	F # 41	Female 11-12 50 Back	LY-VA	13	4	-0.27
1:37.98Y	F # 45	Female 11-12 100 Breast	LY-VA	10	7	-6.74
	46.00	1:37.98				
	(46.00)	(51.98)				
1:24.86Y	F # 53	Female 11-12 100 IM	LY-VA	13	4	-7.43
	39.30	1:24.86				
	(39.30)	(45.56)				
1:36.68Y	F # 93	Female 11-12 100 Fly	LY-VA	8	---	---
	42.99	1:36.68				
	(42.99)	(53.69)				
32.24Y	F # 97	Female 11-12 50 Free	LY-VA	7	---	-1.34
1:29.17Y	F # 101	Female 11-12 100 Back	LY-VA	16	---	-10.58
	43.56	1:29.17				
	(43.56)	(45.61)				
Chandler Henry (15) M						
27.93Y	F # 6	Male Open 50 Free	LY-VA	26	---	-1.13
2:23.91Y	F # 16B	Male 15 & Over 200 Free	LY-VA	26	---	-7.99
	31.48	1:08.20 1:46.12 2:23.91				
	(31.48)	(36.72) (37.92) (37.79)				
1:17.96Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	20	---	---
	37.18	1:17.96				
	(37.18)	(40.78)				
1:21.31Y DQ	F # 20B	Male 15 & Over 100 Back	LY-VA	---	---	---
	40.09	1:21.31				
	(40.09)	(41.22)				
5:56.46Y	F # 24B	Male 15 & Over 400 IM	LY-VA	12	5	---
	37.54	1:25.25 2:13.69 3:00.11 3:49.06 4:37.88 5:18.56 5:56.46				
	(37.54)	(47.71) (48.44) (46.42) (48.95) (48.82) (40.68) (37.90)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Connor Henry (10) M					
3:50.27Y	F # 4B	Male 9-10 200 IM	LY-VA	3	---
	54.60	1:54.98 2:57.27 3:50.27			
	(54.60)	(1:00.38) (1:02.29) (53.00)			
43.88Y	F # 6	Male Open 50 Free	LY-VA	35	---
1:35.11Y	F # 36B	Male 9-10 100 Free	LY-VA	10	7
	43.67	1:35.11			
	(43.67)	(51.44)			
55.51Y	F # 44B	Male 9-10 50 Back	LY-VA	17	---
1:59.19Y	F # 48B	Male 9-10 100 Breast	LY-VA	4	15
	55.04	1:59.19			
	(55.04)	(1:04.15)			
52.81Y	F # 52B	Male 9-10 50 Fly	LY-VA	6	13
Trevor Henry (13) M					
35.39Y	F # 6	Male Open 50 Free	LY-VA	33	---
3:00.88Y	F # 16A	Male 13-14 200 Free	LY-VA	34	---
	40.41	1:27.90 2:15.78 3:00.88			
	(40.41)	(47.49) (47.88) (45.10)			
2:03.23Y	F # 18A	Male 13-14 100 Breast	LY-VA	30	---
	55.86	2:03.23			
	(55.86)	(1:07.37)			
1:46.92Y DQ	F # 20A	Male 13-14 100 Back	LY-VA	---	---
	52.49	1:46.92			
	(52.49)	(54.43)			
Ty Henry (8) M					
1:02.04Y	F # 6	Male Open 50 Free	LY-VA	38	---
24.24Y	F # 32	Male 8 & Under 25 Free	LY-VA	16	1
2:09.88Y	F # 36A	Male 8 & Under 100 Free	LY-VA	14	3
	1:02.17	2:09.88			
	(1:02.17)	(1:07.71)			
35.78Y	F # 40	Male 8 & Under 25 Breast	LY-VA	9	9
1:14.14Y	F # 44A	Male 8 & Under 50 Back	LY-VA	14	3
Ellington Hermosa (12) F					
NS	F # 83	Female 11-12 200 Free	LY-VA	---	---
46.68Y	F # 89	Female 11-12 50 Breast	LY-VA	10	---
33.16Y	F # 97	Female 11-12 50 Free	LY-VA	10	---
1:32.84Y	F # 101	Female 11-12 100 Back	LY-VA	20	---
	44.47	1:32.84			
	(44.47)	(48.37)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Carson Hill (9) M						
1:49.16Y	F # 36B	Male 9-10 100 Free	LY-VA	19	---	1.93
	---	1:49.16				
	---	(1:49.16)				
58.13Y	F # 44B	Male 9-10 50 Back	LY-VA	19	---	0.40
2:24.15Y	F # 48B	Male 9-10 100 Breast	LY-VA	9	9	-0.95
	1:10.26	2:24.15				
	(1:10.26)	(1:13.89)				
2:05.26Y DQ	F # 56B	Male 9-10 100 IM	LY-VA	---	---	---
	1:02.51	2:05.26				
	(1:02.51)	(1:02.75)				
3:53.04Y	F # 86B	Male 9-10 200 Free	LY-VA	11	---	-4.48
	49.35	1:50.63				
	2:54.08	3:53.04				
	(49.35)	(1:01.28)				
		(1:03.45)				
		(58.96)				
1:02.58Y	F # 92B	Male 9-10 50 Breast	LY-VA	12	---	-4.35
49.89Y	F # 100B	Male 9-10 50 Free	LY-VA	19	---	2.55
2:14.34Y	F # 104B	Male 9-10 100 Back	LY-VA	13	---	4.13
	1:03.37	2:14.34				
	(1:03.37)	(1:10.97)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Sydney Hill (13) F											
30.19Y	F # 5	Female Open 50 Free				LY-VA		26	---	-0.45	
13:37.36Y	F # 9B	Female 13-14 1000 Free				LY-VA		8	---	---	
	---	---	---	2:23.63	13:37.36						
	---	---	---	(2:23.63)	(11:13.73)						
36.66Y	F # 13	200 Medley Relay Lead Off				LY-VA		---	---	1.62	
2:31.85Y	F # 15A	Female 13-14 200 Free				LY-VA		25	---	-0.26	
	34.68	1:13.93	1:54.06	2:31.85							
	(34.68)	(39.25)	(40.13)	(37.79)							
1:33.25Y	F # 17A	Female 13-14 100 Breast				LY-VA		18	---	1.06	
	44.08	1:33.25									
	(44.08)	(49.17)									
1:19.15Y	F # 19A	Female 13-14 100 Back				LY-VA		24	---	1.21	
	39.37	1:19.15									
	(39.37)	(39.78)									
6:36.14Y	F # 23A	Female 13-14 400 IM				LY-VA		13	4	---	
	44.15	1:40.78	2:29.32	3:17.03	4:13.47	5:10.38	5:55.09	6:36.14			
	(44.15)	(56.63)	(48.54)	(47.71)	(56.44)	(56.91)	(44.71)	(41.05)			
2:58.42Y	F # 63A	Female 13-14 200 IM				LY-VA		11	---	6.71	
	41.18	1:25.31	2:18.79	2:58.42							
	(41.18)	(44.13)	(53.48)	(39.63)							
1:09.58Y	F # 65A	Female 13-14 100 Free				LY-VA		17	---	3.30	
	34.50	1:09.58									
	(34.50)	(35.08)									
1:35.77Y	F # 69A	Female 13-14 100 Fly				LY-VA		19	---	-1.31	
	44.12	1:35.77									
	(44.12)	(51.65)									
7:02.62Y	F # 73A	Female 13-14 500 Free				LY-VA		17	---	9.18	
	36.75	1:18.72	2:02.47	2:46.36	3:30.32	4:14.61	4:57.70	5:40.98			
	(36.75)	(41.97)	(43.75)	(43.89)	(43.96)	(44.29)	(43.09)	(43.28)			
	6:24.21	7:02.62									
	(43.23)	(38.41)									

Lynchburg YMCA Swim Team
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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Anderson Holt (10) M					
4:20.01Y DQ	F # 4B	Male 9-10 200 IM	LY-VA	---	---
	1:05.92 2:12.35 3:22.67 4:20.01				
	(1:05.92) (1:06.43) (1:10.32) (57.34)				
10:35.13Y	F # 8B	Male 9-10 500 Free	LY-VA	---	53.45
	51.79 1:53.85 2:56.64 4:03.80 5:12.50 6:18.20 7:22.86 8:28.54		3		
	(51.79) (1:02.06) (1:02.79) (1:07.16) (1:08.70) (1:05.70) (1:04.66) (1:05.68)				
	9:33.75 10:35.13				
	(1:05.21) (1:01.38)				
1:51.48Y	F # 36B	Male 9-10 100 Free	LY-VA	---	11.68
	50.17 1:51.48		20		
	(50.17) (1:01.31)				
52.87Y	F # 44B	Male 9-10 50 Back	LY-VA	2	1.79
2:14.99Y	F # 48B	Male 9-10 100 Breast	LY-VA	13	6.47
	1:05.25 2:14.99		6		
	(1:05.25) (1:09.74)				
1:58.35Y	F # 56B	Male 9-10 100 IM	LY-VA	11	5.33
	57.66 1:58.35		8		
	(57.66) (1:00.69)				
3:41.52Y	F # 86B	Male 9-10 200 Free	LY-VA	---	0.04
	52.32 1:48.95 2:48.10 3:41.52		9		
	(52.32) (56.63) (59.15) (53.42)				
56.94Y	F # 92B	Male 9-10 50 Breast	LY-VA	---	-1.07
44.53Y	F # 100B	Male 9-10 50 Free	LY-VA	---	-0.63
1:53.21Y	F # 104B	Male 9-10 100 Back	LY-VA	---	1.79
	57.99 1:53.21		10		
	(57.99) (55.22)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Ann-Margaret Holt (14) F					
25.95Y	F # 5	Female Open 50 Free	LY-VA 4	---	0.95
10:59.65Y	F # 9B	Female 13-14 1000 Free	LY-VA 2	---	23.07
	30.22	1:02.40 1:33.96 2:06.36 2:38.80 3:11.63 3:44.19 4:16.97			
	(30.22)	(32.18) (31.56) (32.40) (32.44) (32.83) (32.56) (32.78)			
	4:50.39	5:24.03 5:57.96 6:31.48 7:05.05 7:38.54 8:12.10 8:45.48			
	(33.42)	(33.64) (33.93) (33.52) (33.57) (33.49) (33.56) (33.38)			
	9:19.20	9:52.42 10:26.51 10:59.65			
	(33.72)	(33.22) (34.09) (33.14)			
2:00.03Y	F # 15A	Female 13-14 200 Free	LY-VA 1	20	4.58
	28.30	58.57 1:29.19 2:00.03			
	(28.30)	(30.27) (30.62) (30.84)			
1:04.98Y	F # 19A	Female 13-14 100 Back	LY-VA 3	16	0.60
	31.94	1:04.98			
	(31.94)	(33.04)			
2:24.65Y	F # 21A	Female 13-14 200 Fly	LY-VA 5	14	4.98
	32.48	1:08.87 1:46.45 2:24.65			
	(32.48)	(36.39) (37.58) (38.20)			
4:59.96Y	F # 23A	Female 13-14 400 IM	LY-VA 7	12	-2.93
	32.87	1:10.05 1:47.38 2:23.82 3:08.70 3:54.36 4:28.02 4:59.96			
	(32.87)	(37.18) (37.33) (36.44) (44.88) (45.66) (33.66) (31.94)			
2:23.20Y	F # 63A	Female 13-14 200 IM	LY-VA 6	---	-0.66
	30.60	1:05.71 1:51.86 2:23.20			
	(30.60)	(35.11) (46.15) (31.34)			
2:17.28Y	F # 67A	Female 13-14 200 Back	LY-VA 1	---	4.18
	33.55	1:08.17 1:42.96 2:17.28			
	(33.55)	(34.62) (34.79) (34.32)			
1:05.54Y	F # 69A	Female 13-14 100 Fly	LY-VA 4	---	4.51
	30.48	1:05.54			
	(30.48)	(35.06)			
5:22.77Y	F # 73A	Female 13-14 500 Free	LY-VA 2	---	14.97
	29.60	1:01.68 1:34.07 2:06.30 2:39.02 3:12.14 3:44.99 4:17.86			
	(29.60)	(32.08) (32.39) (32.23) (32.72) (33.12) (32.85) (32.87)			
	4:50.88	5:22.77			
	(33.02)	(31.89)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Kenleigh Holt (12) F						
3:10.68Y	F # 1	Female 11-12 200 IM	LY-VA	11	---	1.27
	41.20	1:28.27 2:26.88 3:10.68				
	(41.20)	(47.07) (58.61) (43.80)				
7:36.76Y	F # 7C	Female 11-12 500 Free	LY-VA	8	---	12.61
	38.11	1:23.69 2:10.51 2:55.29 3:43.04 4:30.28 5:18.23 6:05.10				
	(38.11)	(45.58) (46.82) (44.78) (47.75) (47.24) (47.95) (46.87)				
	6:51.88	7:36.76				
	(46.78)	(44.88)				
1:18.09Y	F # 33	Female 11-12 100 Free	LY-VA	17	---	5.01
	35.22	1:18.09				
	(35.22)	(42.87)				
37.55Y	F # 41	Female 11-12 50 Back	LY-VA	3	16	1.28
38.93Y	F # 49	Female 11-12 50 Fly	LY-VA	10	7	-7.04
3:09.80Y	F # 57B	Female 11-12 200 Back	LY-VA	4	15	6.45
	42.91	1:33.21 2:22.65 3:09.80				
	(42.91)	(50.30) (49.44) (47.15)				
36.46Y	F # 79	200 Medley Relay Lead Off	LY-VA	---	---	0.19
2:45.75Y	F # 83	Female 11-12 200 Free	LY-VA	12	---	4.70
	37.99	1:20.69 2:03.80 2:45.75				
	(37.99)	(42.70) (43.11) (41.95)				
47.35Y	F # 89	Female 11-12 50 Breast	LY-VA	12	---	1.45
33.16Y	F # 97	Female 11-12 50 Free	LY-VA	10	---	-0.01
1:24.62Y	F # 101	Female 11-12 100 Back	LY-VA	12	---	1.40
	40.25	1:24.62				
	(40.25)	(44.37)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place		Points	Improv	
Davis Hottle (16) M										
23.37Y	F # 6	Male Open 50 Free				LY-VA		4	---	0.32
10:40.38Y	F # 10C	Male 15 & Over 1000 Free				LY-VA		5	---	-7.27
	27.98	59.65	1:31.91	2:04.68	2:37.77	3:10.64	3:43.41	4:15.86		
	(27.98)	(31.67)	(32.26)	(32.77)	(33.09)	(32.87)	(32.77)	(32.45)		
	4:48.32	5:21.05	5:53.64	6:26.22	6:58.51	7:30.72	8:02.92	8:34.46		
	(32.46)	(32.73)	(32.59)	(32.58)	(32.29)	(32.21)	(32.20)	(31.54)		
	9:06.29	9:38.35	10:10.43	10:40.38						
	(31.83)	(32.06)	(32.08)	(29.95)						
1:53.63Y	F # 16B	Male 15 & Over 200 Free				LY-VA		5	14	2.53
	25.11	53.66	1:24.12	1:53.63						
	(25.11)	(28.55)	(30.46)	(29.51)						
1:08.40Y	F # 18B	Male 15 & Over 100 Breast				LY-VA		8	11	3.15
	32.91	1:08.40								
	(32.91)	(35.49)								
59.03Y	F # 20B	Male 15 & Over 100 Back				LY-VA		7	12	3.18
	29.19	59.03								
	(29.19)	(29.84)								
4:36.30Y	F # 24B	Male 15 & Over 400 IM				LY-VA		3	16	8.54
	29.69	1:05.24	1:40.43	2:15.71	2:55.76	3:36.22	4:07.18	4:36.30		
	(29.69)	(35.55)	(35.19)	(35.28)	(40.05)	(40.46)	(30.96)	(29.12)		
23.67Y	F # 60	200 Free Relay Lead Off				LY-VA		---	---	0.62
2:10.60Y	F # 64B	Male 15 & Over 200 IM				LY-VA		6	---	6.86
	28.51	1:03.09	1:41.91	2:10.60						
	(28.51)	(34.58)	(38.82)	(28.69)						
51.32Y	F # 66B	Male 15 & Over 100 Free				LY-VA		6	---	1.41
	25.06	51.32								
	(25.06)	(26.26)								
2:06.39Y	F # 68B	Male 15 & Over 200 Back				LY-VA		4	---	5.46
	30.29	1:02.12	1:34.76	2:06.39						
	(30.29)	(31.83)	(32.64)	(31.63)						
57.95Y	F # 70B	Male 15 & Over 100 Fly				LY-VA		6	---	4.07
	27.70	57.95								
	(27.70)	(30.25)								

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place			Points	Improv
Luke Hottle (14) M										
23.41Y	F # 6	Male Open 50 Free				LY-VA		5	---	0.41
10:12.39Y	F # 10B	Male 13-14 1000 Free				LY-VA		1	---	9.14
	28.19	58.95	1:30.10	2:01.48	2:32.89	3:03.66	3:34.70	4:05.80		
	(28.19)	(30.76)	(31.15)	(31.38)	(31.41)	(30.77)	(31.04)	(31.10)		
	4:36.73	5:07.56	5:38.79	6:09.69	6:40.44	7:11.46	7:41.89	8:12.30		
	(30.93)	(30.83)	(31.23)	(30.90)	(30.75)	(31.02)	(30.43)	(30.41)		
	8:42.65	9:13.04	9:43.23	10:12.39						
	(30.35)	(30.39)	(30.19)	(29.16)						
26.95Y	F # 14	200 Medley Relay Lead Off				LY-VA		---	---	-2.61
1:52.74Y	F # 16A	Male 13-14 200 Free				LY-VA		1	20	4.75
	25.69	54.20	1:23.95	1:52.74						
	(25.69)	(28.51)	(29.75)	(28.79)						
1:04.43Y	F # 18A	Male 13-14 100 Breast				LY-VA		1	20	3.66
	30.14	1:04.43								
	(30.14)	(34.29)								
2:05.73Y DQ	F # 22A	Male 13-14 200 Fly				LY-VA		---	---	---
	27.82	1:00.04	1:33.64	2:05.73						
	(27.82)	(32.22)	(33.60)	(32.09)						
4:23.13Y	F # 24A	Male 13-14 400 IM				LY-VA		1	20	11.11
	28.67	1:00.74	1:36.19	2:10.67	2:47.66	3:24.32	3:54.28	4:23.13		
	(28.67)	(32.07)	(35.45)	(34.48)	(36.99)	(36.66)	(29.96)	(28.85)		
2:06.31Y	F # 64A	Male 13-14 200 IM				LY-VA		1	---	7.67
	27.35	1:01.21	1:37.51	2:06.31						
	(27.35)	(33.86)	(36.30)	(28.80)						
2:06.76Y	F # 68A	Male 13-14 200 Back				LY-VA		1	---	-1.78
	30.48	1:02.56	1:35.06	2:06.76						
	(30.48)	(32.08)	(32.50)	(31.70)						
2:23.19Y	F # 72A	Male 13-14 200 Breast				LY-VA		1	---	10.63
	32.29	1:09.35	1:46.38	2:23.19						
	(32.29)	(37.06)	(37.03)	(36.81)						
4:59.33Y	F # 74A	Male 13-14 500 Free				LY-VA		1	---	7.21
	27.19	56.95	1:27.55	1:58.31	2:28.83	2:59.35	3:29.49	3:59.79		
	(27.19)	(29.76)	(30.60)	(30.76)	(30.52)	(30.52)	(30.14)	(30.30)		
	4:30.00	4:59.33								
	(30.21)	(29.33)								

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2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Jaewon Hur (10) M						
1:42.51Y	F # 36B	Male 9-10 100 Free	LY-VA	15	2	3.02
	46.78	1:42.51				
	(46.78)	(55.73)				
1:00.59Y DQ	F # 44B	Male 9-10 50 Back	LY-VA	---	---	---
1:10.39Y DQ	F # 52B	Male 9-10 50 Fly	LY-VA	---	---	---
2:10.04Y	F # 56B	Male 9-10 100 IM	LY-VA	14	3	---
	1:06.19	2:10.04				
	(1:06.19)	(1:03.85)				
3:41.40Y	F # 86B	Male 9-10 200 Free	LY-VA	8	---	-52.75
	47.04	1:42.90 2:44.63 3:41.40				
	(47.04)	(55.86) (1:01.73) (56.77)				
1:04.94Y	F # 92B	Male 9-10 50 Breast	LY-VA	14	---	6.02
47.93Y	F # 100B	Male 9-10 50 Free	LY-VA	14	---	5.64
2:15.23Y	F # 104B	Male 9-10 100 Back	LY-VA	14	---	12.19
	1:01.97	2:15.23				
	(1:01.97)	(1:13.26)				
Jamie Johnson (13) F						
2:34.39Y	F # 15A	Female 13-14 200 Free	LY-VA	27	---	---
	35.95	1:15.17 1:55.44 2:34.39				
	(35.95)	(39.22) (40.27) (38.95)				
1:39.25Y	F # 17A	Female 13-14 100 Breast	LY-VA	22	---	---
	46.67	1:39.25				
	(46.67)	(52.58)				
1:23.05Y	F # 19A	Female 13-14 100 Back	LY-VA	29	---	---
	40.25	1:23.05				
	(40.25)	(42.80)				
3:15.94Y	F # 63A	Female 13-14 200 IM	LY-VA	18	---	---
	43.76	1:29.21 2:31.38 3:15.94				
	(43.76)	(45.45) (1:02.17) (44.56)				
1:08.63Y	F # 65A	Female 13-14 100 Free	LY-VA	16	---	---
	32.75	1:08.63				
	(32.75)	(35.88)				
3:09.66Y	F # 67A	Female 13-14 200 Back	LY-VA	17	---	---
	42.79	1:30.47 2:20.36 3:09.66				
	(42.79)	(47.68) (49.89) (49.30)				
Emily Judy (16) F						
1:04.80Y	F # 65B	Female 15 & Over 100 Free	LY-VA	11	---	10.22
	30.89	1:04.80				
	(30.89)	(33.91)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place			Points	Improv
Noah Kasper (16) M										
24.98Y	F # 6	Male Open 50 Free				LY-VA		13	---	0.98
11:20.32Y	F # 10C	Male 15 & Over 1000 Free				LY-VA		10	---	-54.39
	30.41	1:04.11	1:38.60	2:13.37	2:47.83	3:22.52	3:57.35	4:31.91		
	(30.41)	(33.70)	(34.49)	(34.77)	(34.46)	(34.69)	(34.83)	(34.56)		
	5:06.13	5:40.50	6:15.10	6:49.66	7:23.73	7:58.23	8:32.09	9:06.14		
	(34.22)	(34.37)	(34.60)	(34.56)	(34.07)	(34.50)	(33.86)	(34.05)		
	9:40.25	10:14.72	10:47.86	11:20.32						
	(34.11)	(34.47)	(33.14)	(32.46)						
2:05.54Y	F # 16B	Male 15 & Over 200 Free				LY-VA		19	---	10.77
	29.40	1:01.67	1:34.11	2:05.54						
	(29.40)	(32.27)	(32.44)	(31.43)						
1:12.60Y	F # 18B	Male 15 & Over 100 Breast				LY-VA		13	4	-0.52
	34.28	1:12.60								
	(34.28)	(38.32)								
1:05.13Y	F # 20B	Male 15 & Over 100 Back				LY-VA		14	3	4.52
	31.73	1:05.13								
	(31.73)	(33.40)								
4:59.03Y	F # 24B	Male 15 & Over 400 IM				LY-VA		8	11	7.68
	31.39	1:09.00	1:50.17	2:28.97	3:10.61	3:53.25	4:26.75	4:59.03		
	(31.39)	(37.61)	(41.17)	(38.80)	(41.64)	(42.64)	(33.50)	(32.28)		
2:19.47Y	F # 64B	Male 15 & Over 200 IM				LY-VA		9	---	3.01
	29.65	1:07.51	1:47.95	2:19.47						
	(29.65)	(37.86)	(40.44)	(31.52)						
53.17Y	F # 66B	Male 15 & Over 100 Free				LY-VA		8	---	1.49
	25.92	53.17								
	(25.92)	(27.25)								
2:22.05Y	F # 68B	Male 15 & Over 200 Back				LY-VA		7	---	7.76
	34.20	1:10.41	1:46.95	2:22.05						
	(34.20)	(36.21)	(36.54)	(35.10)						
5:34.80Y	F # 74B	Male 15 & Over 500 Free				LY-VA		5	---	20.94
	29.77	1:03.06	1:37.04	2:11.12	2:45.73	3:19.86	3:54.55	4:28.11		
	(29.77)	(33.29)	(33.98)	(34.08)	(34.61)	(34.13)	(34.69)	(33.56)		
	5:02.28	5:34.80								
	(34.17)	(32.52)								

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Caleb Keatts (18) M						
2:11.29Y	F # 16B	Male 15 & Over 200 Free	LY-VA	23	---	3.21
	29.99	1:02.87 1:37.33 2:11.29				
	(29.99)	(32.88) (34.46) (33.96)				
1:12.92Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	14	3	0.72
	34.98	1:12.92				
	(34.98)	(37.94)				
1:13.73Y	F # 20B	Male 15 & Over 100 Back	LY-VA	17	---	2.75
	36.43	1:13.73				
	(36.43)	(37.30)				
5:33.76Y	F # 24B	Male 15 & Over 400 IM	LY-VA	10	7	-16.68
	36.41	1:20.54 2:05.44 2:49.39	3:34.29 4:19.65 4:57.28 5:33.76			
	(36.41)	(44.13) (44.90) (43.95)	(44.90) (45.36) (37.63) (36.48)			
59.84Y	F # 66B	Male 15 & Over 100 Free	LY-VA	18	---	1.06
	28.88	59.84				
	(28.88)	(30.96)				
2:38.36Y	F # 68B	Male 15 & Over 200 Back	LY-VA	9	---	7.05
	37.65	1:17.69 1:58.76 2:38.36				
	(37.65)	(40.04) (41.07) (39.60)				
2:51.15Y DQ	F # 72B	Male 15 & Over 200 Breast	LY-VA	---	---	---
	37.11	1:19.70 2:05.44 2:51.15				
	(37.11)	(42.59) (45.74) (45.71)				
6:11.73Y	F # 74B	Male 15 & Over 500 Free	LY-VA	8	---	28.86
	31.86	1:07.24 1:44.65 2:23.38	3:01.46 3:39.48 4:18.18 4:56.55			
	(31.86)	(35.38) (37.41) (38.73)	(38.08) (38.02) (38.70) (38.37)			
	5:34.92	6:11.73				
	(38.37)	(36.81)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Lana Keith (10) F						
3:14.97Y	F # 3B	Female 9-10 200 IM	LY-VA	5	---	-12.52
	45.18	1:33.52 2:30.77 3:14.97				
	(45.18)	(48.34) (57.25) (44.20)				
1:17.45Y	F # 35B	Female 9-10 100 Free	LY-VA	6	13	-0.01
	36.05	1:17.45				
	(36.05)	(41.40)				
41.91Y	F # 43B	Female 9-10 50 Back	LY-VA	5	14	0.03
1:52.08Y	F # 47B	Female 9-10 100 Breast	LY-VA	7	12	-0.71
	51.97	1:52.08				
	(51.97)	(1:00.11)				
1:36.68Y	F # 55B	Female 9-10 100 IM	LY-VA	13	4	-4.49
	46.02	1:36.68				
	(46.02)	(50.66)				
2:57.71Y	F # 85B	Female 9-10 200 Free	LY-VA	7	---	-3.77
	38.11	1:23.24 2:11.39 2:57.71				
	(38.11)	(45.13) (48.15) (46.32)				
50.29Y	F # 91B	Female 9-10 50 Breast	LY-VA	8	---	-1.12
1:43.34Y	F # 95B	Female 9-10 100 Fly	LY-VA	5	---	-12.43
	47.78	1:43.34				
	(47.78)	(55.56)				
35.70Y	F # 99B	Female 9-10 50 Free	LY-VA	5	---	-0.93
Mia Keith (12) F						
9:04.79Y	F # 7C	Female 11-12 500 Free	LY-VA	13	---	2.20
	45.14	1:40.39 --- --- --- 5:28.49 6:25.50 7:23.59				
	(45.14)	(55.25) --- --- --- (5:28.49) (57.01) (58.09)				
	8:18.05	9:04.79				
	(54.46)	(46.74)				
1:36.65Y	F # 33	Female 11-12 100 Free	LY-VA	26	---	1.45
	---	1:36.65				
	---	(1:36.65)				
48.77Y	F # 41	Female 11-12 50 Back	LY-VA	19	---	1.88
1:01.55Y	F # 49	Female 11-12 50 Fly	LY-VA	22	---	-1.84
1:55.79Y	F # 53	Female 11-12 100 IM	LY-VA	24	---	2.79
	---	1:55.79				
	---	(1:55.79)				
3:27.64Y	F # 83	Female 11-12 200 Free	LY-VA	18	---	-0.11
	45.71	1:41.31 2:35.12 3:27.64				
	(45.71)	(55.60) (53.81) (52.52)				
56.38Y	F # 89	Female 11-12 50 Breast	LY-VA	22	---	0.78
41.01Y	F # 97	Female 11-12 50 Free	LY-VA	24	---	-1.71
1:49.19Y	F # 101	Female 11-12 100 Back	LY-VA	24	---	9.55
	---	1:49.19				
	---	(1:49.19)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Eva Kendall (12) F						
1:24.76Y	F # 33	Female 11-12 100 Free	LY-VA	21	---	2.45
	40.16	1:24.76				
	(40.16)	(44.60)				
42.23Y DQ	F # 41	Female 11-12 50 Back	LY-VA	---	---	---
50.62Y	F # 49	Female 11-12 50 Fly	LY-VA	18	---	-10.60
1:38.58Y	F # 53	Female 11-12 100 IM	LY-VA	20	---	4.27
	45.53	1:38.58				
	(45.53)	(53.05)				
42.19Y	F # 79	200 Medley Relay Lead Off	LY-VA	---	---	-5.19
3:11.56Y	F # 83	Female 11-12 200 Free	LY-VA	17	---	4.35
	41.24	1:31.55 --- 3:11.56				
	(41.24)	(50.31) --- (3:11.56)				
48.64Y	F # 89	Female 11-12 50 Breast	LY-VA	13	---	-5.10
35.10Y	F # 97	Female 11-12 50 Free	LY-VA	16	---	0.27
3:51.03Y	F # 105B	Female 11-12 200 Breast	LY-VA	9	---	---
	53.45	1:51.99 2:52.22 3:51.03				
	(53.45)	(58.54) (1:00.23) (58.81)				
Phillip Kendall (10) M						
1:39.37Y	F # 36B	Male 9-10 100 Free	LY-VA	13	4	-4.97
	46.42	1:39.37				
	(46.42)	(52.95)				
49.48Y	F # 44B	Male 9-10 50 Back	LY-VA	13	4	-3.36
2:22.54Y	F # 48B	Male 9-10 100 Breast	LY-VA	8	11	-5.74
	1:07.09	2:22.54				
	(1:07.09)	(1:15.45)				
2:01.21Y	F # 56B	Male 9-10 100 IM	LY-VA	10	7	-3.90
	58.10	2:01.21				
	(58.10)	(1:03.11)				
NS	F # 86B	Male 9-10 200 Free	LY-VA	---	---	---
1:05.02Y	F # 92B	Male 9-10 50 Breast	LY-VA	15	---	7.09
42.43Y	F # 100B	Male 9-10 50 Free	LY-VA	10	---	-1.31
1:46.13Y	F # 104B	Male 9-10 100 Back	LY-VA	8	---	-3.72
	53.38	1:46.13				
	(53.38)	(52.75)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Hannah Kim (15) F						
27.16Y	F # 5	Female Open 50 Free	LY-VA	13	---	0.12
2:12.70Y	F # 15B	Female 15 & Over 200 Free	LY-VA	9	9	3.69
	30.32	1:03.27 1:37.86 2:12.70				
	(30.32)	(32.95) (34.59) (34.84)				
1:17.74Y	F # 17B	Female 15 & Over 100 Breast	LY-VA	7	12	5.50
	36.42	1:17.74				
	(36.42)	(41.32)				
1:09.79Y	F # 19B	Female 15 & Over 100 Back	LY-VA	9	9	-1.42
	34.21	1:09.79				
	(34.21)	(35.58)				
2:25.49Y	F # 63B	Female 15 & Over 200 IM	LY-VA	4	---	-3.44
	29.73	1:06.88 1:51.34 2:25.49				
	(29.73)	(37.15) (44.46) (34.15)				
59.18Y	F # 65B	Female 15 & Over 100 Free	LY-VA	6	---	-1.20
	28.61	59.18				
	(28.61)	(30.57)				
2:51.11Y	F # 71B	Female 15 & Over 200 Breast	LY-VA	5	---	-7.05
	38.13	1:21.92 2:06.73 2:51.11				
	(38.13)	(43.79) (44.81) (44.38)				
Kathleen King (13) F						
1:01.56Y	F # 65A	Female 13-14 100 Free	LY-VA	5	---	4.11
	30.06	1:01.56				
	(30.06)	(31.50)				
2:33.10Y	F # 67A	Female 13-14 200 Back	LY-VA	7	---	6.36
	37.24	1:16.59 1:56.11 2:33.10				
	(37.24)	(39.35) (39.52) (36.99)				
1:13.29Y	F # 69A	Female 13-14 100 Fly	LY-VA	10	---	-0.59
	33.59	1:13.29				
	(33.59)	(39.70)				
5:58.97Y	F # 73A	Female 13-14 500 Free	LY-VA	6	---	-0.67
	32.94	1:09.39 1:46.54 2:23.84 3:01.29 3:38.52 4:15.85 4:52.57				
	(32.94)	(36.45) (37.15) (37.30) (37.45) (37.23) (37.33) (36.72)				
	5:27.67	5:58.97				
	(35.10)	(31.30)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Ava Kirby (16) F											
30.09Y	F # 5	Female Open 50 Free				LY-VA		25	---	-0.03	
13:24.04Y	F # 9C	Female 15 & Over 1000 Free				LY-VA		5	---	-23.00	
	49.51	1:30.24	2:10.21	---	13:24.04						
	(49.51)	(40.73)	(39.97)	---	(13:24.04)						
2:27.47Y	F # 15B	Female 15 & Over 200 Free				LY-VA		12	5	6.33	
	33.09	1:10.15	1:48.90	2:27.47							
	(33.09)	(37.06)	(38.75)	(38.57)							
1:25.70Y	F # 17B	Female 15 & Over 100 Breast				LY-VA		11	6	0.47	
	42.01	1:25.70									
	(42.01)	(43.69)									
1:17.70Y	F # 19B	Female 15 & Over 100 Back				LY-VA		14	3	0.30	
	38.45	1:17.70									
	(38.45)	(39.25)									
5:54.59Y	F # 23B	Female 15 & Over 400 IM				LY-VA		3	16	3.87	
	39.02	1:23.79	2:09.59	2:56.05	3:44.57	4:33.71	5:14.94	5:54.59			
	(39.02)	(44.77)	(45.80)	(46.46)	(48.52)	(49.14)	(41.23)	(39.65)			
2:46.54Y	F # 63B	Female 15 & Over 200 IM				LY-VA		9	---	4.28	
	36.44	1:18.90 2:07.33 2:46.54									
	(36.44)	(42.46)	(48.43)	(39.21)							
1:07.74Y	F # 65B	Female 15 & Over 100 Free				LY-VA		12	---	1.15	
	32.69	1:07.74									
	(32.69)	(35.05)									
3:06.63Y	F # 71B	Female 15 & Over 200 Breast				LY-VA		6	---	-0.98	
	43.29	1:30.61	2:19.64	3:06.63							
	(43.29)	(47.32)	(49.03)	(46.99)							
6:33.03Y	F # 73B	Female 15 & Over 500 Free				LY-VA		4	---	11.48	
	35.15	1:14.24	1:53.59	2:33.78	3:13.79	3:53.06	4:33.07	5:13.64			
	(35.15)	(39.09)	(39.35)	(40.19)	(40.01)	(39.27)	(40.01)	(40.57)			
	5:53.92	6:33.03									
	(40.28)	(39.11)									

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Colt Kirby (12) M						
2:44.17Y	F # 2	Male 11-12 200 IM	LY-VA	1	---	-2.50
	36.27	1:18.07 2:09.09 2:44.17				
	(36.27)	(41.80) (51.02) (35.08)				
6:24.43Y	F # 8C	Male 11-12 500 Free	LY-VA	3	---	-13.52
	34.48	1:12.78 1:52.27 2:31.69 3:11.26 3:50.78 4:30.43 5:09.98				
	(34.48)	(38.30) (39.49) (39.42) (39.57) (39.52) (39.65) (39.55)				
	5:48.87	6:24.43				
	(38.89)	(35.56)				
2:53.07Y	F # 38B	Male 11-12 200 Fly	LY-VA	1	20	2.51
	39.04	1:24.14 2:09.42 2:53.07				
	(39.04)	(45.10) (45.28) (43.65)				
35.43Y	F # 42	Male 11-12 50 Back	LY-VA	7	12	-2.32
1:32.78Y	F # 46	Male 11-12 100 Breast	LY-VA	8	11	1.58
	44.88	1:32.78				
	(44.88)	(47.90)				
34.75Y	F # 50	Male 11-12 50 Fly	LY-VA	6	13	0.05
2:24.47Y	F # 84	Male 11-12 200 Free	LY-VA	5	---	-6.11
	32.99	1:09.97 1:48.48 2:24.47				
	(32.99)	(36.98) (38.51) (35.99)				
43.93Y	F # 90	Male 11-12 50 Breast	LY-VA	6	---	0.78
29.59Y	F # 98	Male 11-12 50 Free	LY-VA	7	---	0.27
3:25.53Y	F # 106B	Male 11-12 200 Breast	LY-VA	8	---	---
	46.81	1:39.13 2:32.54 3:25.53				
	(46.81)	(52.32) (53.41) (52.99)				
Max Koestner (6) M						
29.42Y	F # 82	Male 8 & Under 25 Back	LY-VA	17	---	---
45.78Y DQ	F # 88	Male 8 & Under 25 Fly	LY-VA	---	---	---
1:41.30Y DQ	F # 92A	Male 8 & Under 50 Breast	LY-VA	---	---	---
1:06.29Y	F # 100A	Male 8 & Under 50 Free	LY-VA	19	---	---

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Evangeline Korby (12) F					
3:01.69Y	F # 1	Female 11-12 200 IM	LY-VA	6	---
	40.69	1:29.43 2:20.42 3:01.69			
	(40.69)	(48.74) (50.99) (41.27)			
31.54Y	F # 5	Female Open 50 Free	LY-VA	27	---
7:26.43Y	F # 7C	Female 11-12 500 Free	LY-VA	6	---
	38.78	1:23.64 2:09.11 2:55.42 3:40.56 4:26.28 5:12.07 5:58.79			
	(38.78)	(44.86) (45.47) (46.31) (45.14) (45.72) (45.79) (46.72)			
	6:45.07	7:26.43			
	(46.28)	(41.36)			
31.54Y	F # 29	200 Free Relay Lead Off	LY-VA	---	---
1:11.64Y	F # 33	Female 11-12 100 Free	LY-VA	11	6
	34.37	1:11.64			
	(34.37)	(37.27)			
40.50Y	F # 41	Female 11-12 50 Back	LY-VA	11	6
1:32.86Y	F # 45	Female 11-12 100 Breast	LY-VA	5	14
	44.17	1:32.86			
	(44.17)	(48.69)			
1:28.11Y	F # 53	Female 11-12 100 IM	LY-VA	17	---
	---	1:28.11			
	---	(1:28.11)			
Jon Korby (12) M					
2:54.22Y	F # 2	Male 11-12 200 IM	LY-VA	9	---
	---	2:14.93 2:54.22			
	---	(2:14.93) (39.29)			
30.78Y	F # 6	Male Open 50 Free	LY-VA	30	---
6:57.08Y	F # 8C	Male 11-12 500 Free	LY-VA	6	---
	35.77	1:17.54 2:00.35 2:43.54 3:26.69 4:09.61 4:53.00 5:35.94			
	(35.77)	(41.77) (42.81) (43.19) (43.15) (42.92) (43.39) (42.94)			
	6:17.94	6:57.08			
	(42.00)	(39.14)			
1:07.49Y	F # 34	Male 11-12 100 Free	LY-VA	8	11
	32.14	1:07.49			
	(32.14)	(35.35)			
36.25Y	F # 42	Male 11-12 50 Back	LY-VA	8	11
1:35.34Y	F # 46	Male 11-12 100 Breast	LY-VA	14	3
	45.59	1:35.34			
	(45.59)	(49.75)			
1:19.81Y	F # 54	Male 11-12 100 IM	LY-VA	8	11
	37.30	1:19.81			
	(37.30)	(42.51)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Jefferson Koscielny (12) M						
1:20.74Y	F # 34	Male 11-12 100 Free	LY-VA	25	---	2.89
	38.14	1:20.74				
	(38.14)	(42.60)				
1:52.17Y	F # 46	Male 11-12 100 Breast	LY-VA	19	---	2.28
	52.51	1:52.17				
	(52.51)	(59.66)				
45.48Y	F # 50	Male 11-12 50 Fly	LY-VA	19	---	-1.98
1:37.02Y	F # 54	Male 11-12 100 IM	LY-VA	18	---	0.63
	46.94	1:37.02				
	(46.94)	(50.08)				
Jacob Kovarik (14) M						
27.61Y	F # 6	Male Open 50 Free	LY-VA	25	---	1.29
2:16.97Y	F # 16A	Male 13-14 200 Free	LY-VA	23	---	1.49
	30.73	1:06.21 1:42.81 2:16.97				
	(30.73)	(35.48) (36.60) (34.16)				
1:18.05Y	F # 18A	Male 13-14 100 Breast	LY-VA	17	---	0.44
	36.79	1:18.05				
	(36.79)	(41.26)				
1:14.19Y	F # 20A	Male 13-14 100 Back	LY-VA	18	---	3.51
	37.56	1:14.19				
	(37.56)	(36.63)				
2:38.19Y	F # 64A	Male 13-14 200 IM	LY-VA	12	---	1.35
	34.48	1:16.29 2:02.12 2:38.19				
	(34.48)	(41.81) (45.83) (36.07)				
1:02.06Y	F # 66A	Male 13-14 100 Free	LY-VA	20	---	1.31
	30.87	1:02.06				
	(30.87)	(31.19)				
2:38.36Y	F # 68A	Male 13-14 200 Back	LY-VA	7	---	8.97
	37.47	1:17.74 1:59.10 2:38.36				
	(37.47)	(40.27) (41.36) (39.26)				
2:55.32Y	F # 72A	Male 13-14 200 Breast	LY-VA	13	---	-0.21
	39.94	1:26.76 2:13.59 2:55.32				
	(39.94)	(46.82) (46.83) (41.73)				
Lennon Leedy (6) F						
22.25Y	F # 31	Female 8 & Under 25 Free	LY-VA	3	16	1.54
2:06.82Y	F # 35A	Female 8 & Under 100 Free	LY-VA	6	13	---
	55.57	2:06.82				
	(55.57)	(1:11.25)				
45.23Y DQ	F # 39	Female 8 & Under 25 Breast	LY-VA	---	---	---
1:18.76Y DQ	F # 43A	Female 8 & Under 50 Back	LY-VA	---	---	---
31.45Y	F # 81	Female 8 & Under 25 Back	LY-VA	7	---	-11.35
37.68Y	F # 87	Female 8 & Under 25 Fly	LY-VA	5	---	4.19
1:27.25Y DQ	F # 91A	Female 8 & Under 50 Breast	LY-VA	---	---	---
50.50Y	F # 99A	Female 8 & Under 50 Free	LY-VA	4	---	-0.18

Lynchburg YMCA Swim Team
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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Benjamin Leger (8) M					
3:15.23Y DQ	F # 4A	Male 8 & Under 200 IM	LY-VA	---	---
	50.68	1:41.94 2:43.12 3:15.23			
	(50.68)	(51.26) (1:01.18) (32.11)			
7:40.42Y	F # 8A	Male 8 & Under 500 Free	LY-VA	1	---
	40.74	1:27.66 2:15.28 3:03.31 3:51.65 4:39.90 5:26.79 6:12.82			-8.55
	(40.74)	(46.92) (47.62) (48.03) (48.34) (48.25) (46.89) (46.03)			
	6:59.24	7:40.42			
	(46.42)	(41.18)			
40.75Y	F # 26	100 Free Relay Lead Off	LY-VA	---	22.33
1:23.51Y	F # 36A	Male 8 & Under 100 Free	LY-VA	2	17
	39.32	1:23.51			-2.33
	(39.32)	(44.19)			
46.22Y	F # 44A	Male 8 & Under 50 Back	LY-VA	2	17
46.73Y	F # 52A	Male 8 & Under 50 Fly	LY-VA	3	16
1:37.32Y	F # 56A	Male 8 & Under 100 IM	LY-VA	2	17
	49.20	1:37.32			-0.56
	(49.20)	(48.12)			
2:54.33Y	F # 86A	Male 8 & Under 200 Free	LY-VA	2	---
	40.27	1:25.89 2:10.91 2:54.33			1.87
	(40.27)	(45.62) (45.02) (43.42)			
19.60Y	F # 88	Male 8 & Under 25 Fly	LY-VA	4	---
51.79Y	F # 92A	Male 8 & Under 50 Breast	LY-VA	3	---
37.69Y	F # 100A	Male 8 & Under 50 Free	LY-VA	3	---
					0.60

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event				Place		Points	Improv
Jacob Leger (14) M									
25.29Y	F # 6	Male Open 50 Free				LY-VA	15	---	0.11
12:13.98Y	F # 10B	Male 13-14 1000 Free				LY-VA	10	---	-41.80
	32.24	1:07.84	1:45.01	2:24.50	3:02.26	3:38.81	4:16.93	4:54.96	
	(32.24)	(35.60)	(37.17)	(39.49)	(37.76)	(36.55)	(38.12)	(38.03)	
	5:32.96	6:09.98	6:48.87	7:24.86	8:01.65	8:39.62	9:16.47	9:53.05	
	(38.00)	(37.02)	(38.89)	(35.99)	(36.79)	(37.97)	(36.85)	(36.58)	
	10:29.53	11:05.49	11:40.36	12:13.98					
	(36.48)	(35.96)	(34.87)	(33.62)					
31.04Y	F # 14	200 Medley Relay Lead Off				LY-VA	---	---	0.28
2:09.54Y	F # 16A	Male 13-14 200 Free				LY-VA	15	2	0.10
	29.28	1:03.22	1:37.70	2:09.54					
	(29.28)	(33.94)	(34.48)	(31.84)					
1:11.44Y	F # 20A	Male 13-14 100 Back				LY-VA	13	4	2.24
	35.29	1:11.44							
	(35.29)	(36.15)							
2:34.69Y	F # 22A	Male 13-14 200 Fly				LY-VA	5	14	10.11
	34.17	1:15.31	1:56.36	2:34.69					
	(34.17)	(41.14)	(41.05)	(38.33)					
5:05.28Y	F # 24A	Male 13-14 400 IM				LY-VA	12	5	-5.58
	32.52	1:10.99	1:50.91	2:29.63	3:15.18	3:58.81	4:32.65	5:05.28	
	(32.52)	(38.47)	(39.92)	(38.72)	(45.55)	(43.63)	(33.84)	(32.63)	
59.46Y	F # 66A	Male 13-14 100 Free				LY-VA	14	---	3.86
	28.59	59.46							
	(28.59)	(30.87)							
1:07.26Y	F # 70A	Male 13-14 100 Fly				LY-VA	8	---	5.52
	31.07	1:07.26							
	(31.07)	(36.19)							
3:06.95Y	F # 72A	Male 13-14 200 Breast				LY-VA	15	---	13.69
	43.34	1:31.83	2:19.63	3:06.95					
	(43.34)	(48.49)	(47.80)	(47.32)					
5:53.06Y	F # 74A	Male 13-14 500 Free				LY-VA	8	---	18.65
	32.10	1:07.58	1:44.21	2:19.60	2:56.43	3:32.60	4:09.67	4:46.92	
	(32.10)	(35.48)	(36.63)	(35.39)	(36.83)	(36.17)	(37.07)	(37.25)	
	5:20.10	5:53.06							
	(33.18)	(32.96)							

Lynchburg YMCA Swim Team
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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Noah Leger (11) M						
2:44.43Y	F # 2	Male 11-12 200 IM	LY-VA	3	---	-5.32
	39.62	1:24.00 2:10.57 2:44.43				
	(39.62)	(44.38) (46.57) (33.86)				
6:28.16Y	F # 8C	Male 11-12 500 Free	LY-VA	4	---	-13.87
	35.00	--- 1:56.22 2:36.94 3:16.65 3:57.52 4:37.54 5:16.37				
	(35.00)	--- (1:56.22) (40.72) (39.71) (40.87) (40.02) (38.83)				
	5:53.84	6:28.16				
	(37.47)	(34.32)				
1:06.79Y	F # 34	Male 11-12 100 Free	LY-VA	6	13	-0.95
	32.74	1:06.79				
	(32.74)	(34.05)				
35.04Y	F # 42	Male 11-12 50 Back	LY-VA	6	13	-1.50
1:28.64Y	F # 46	Male 11-12 100 Breast	LY-VA	6	13	-4.78
	42.32	1:28.64				
	(42.32)	(46.32)				
36.67Y	F # 50	Male 11-12 50 Fly	LY-VA	9	9	0.01
34.12Y	F # 80	200 Medley Relay Lead Off	LY-VA	---	---	-2.42
2:29.35Y	F # 84	Male 11-12 200 Free	LY-VA	10	---	---
	34.60	1:13.66 --- 2:29.35				
	(34.60)	(39.06) --- (2:29.35)				
1:20.64Y	F # 94	Male 11-12 100 Fly	LY-VA	3	---	1.93
	38.37	1:20.64				
	(38.37)	(42.27)				
30.37Y	F # 98	Male 11-12 50 Free	LY-VA	11	---	-1.10
3:06.96Y	F # 106B	Male 11-12 200 Breast	LY-VA	4	---	-3.67
	43.15	1:31.49 2:21.33 3:06.96				
	(43.15)	(48.34) (49.84) (45.63)				
Hannah Lewis (11) F						
1:34.06Y	F # 33	Female 11-12 100 Free	LY-VA	25	---	-0.54
	45.52	1:34.06				
	(45.52)	(48.54)				
55.97Y	F # 41	Female 11-12 50 Back	LY-VA	21	---	-1.82
50.75Y	F # 49	Female 11-12 50 Fly	LY-VA	19	---	0.39
1:51.92Y	F # 53	Female 11-12 100 IM	LY-VA	23	---	-0.78
	54.58	1:51.92				
	(54.58)	(57.34)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Zoey Lewis (13) F						
45.75Y	F # 13	200 Medley Relay Lead Off	LY-VA	---	---	-3.65
3:11.54Y	F # 15A	Female 13-14 200 Free	LY-VA	34	---	-1.93
	42.39	1:29.61 --- 3:11.54				
	(42.39)	(47.22) --- (3:11.54)				
1:54.66Y	F # 17A	Female 13-14 100 Breast	LY-VA	27	---	10.52
	54.20	1:54.66				
	(54.20)	(1:00.46)				
1:55.94Y DQ	F # 19A	Female 13-14 100 Back	LY-VA	---	---	---
	---	1:55.94				
	---	(1:55.94)				
Tiras Lowe (8) M						
50.10Y	F # 26	100 Free Relay Lead Off	LY-VA	---	---	29.34
20.81Y	F # 32	Male 8 & Under 25 Free	LY-VA	8	11	0.05
1:48.43Y	F # 36A	Male 8 & Under 100 Free	LY-VA	11	6	3.33
	---	1:48.43				
	---	(1:48.43)				
27.72Y	F # 40	Male 8 & Under 25 Breast	LY-VA	6	13	-0.15
1:02.83Y	F # 44A	Male 8 & Under 50 Back	LY-VA	12	5	1.04
24.24Y	F # 82	Male 8 & Under 25 Back	LY-VA	11	---	-1.50
3:52.28Y	F # 86A	Male 8 & Under 200 Free	LY-VA	6	---	---
	52.20	1:50.37 2:52.59 3:52.28				
	(52.20)	(58.17) (1:02.22) (59.69)				
30.35Y	F # 88	Male 8 & Under 25 Fly	LY-VA	10	---	---
1:03.27Y	F # 92A	Male 8 & Under 50 Breast	LY-VA	8	---	-0.90
Haziq Mahmood (12) M						
1:35.96Y	F # 34	Male 11-12 100 Free	LY-VA	30	---	-27.69
	45.82	1:35.96				
	(45.82)	(50.14)				
52.77Y DQ	F # 42	Male 11-12 50 Back	LY-VA	---	---	---
43.14Y	F # 98	Male 11-12 50 Free	LY-VA	23	---	-9.79
1:59.69Y DQ	F # 102	Male 11-12 100 Back	LY-VA	---	---	---
	57.46	1:59.69				
	(57.46)	(1:02.23)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Grant Manning (12) M					
31.54Y	F # 30	200 Free Relay Lead Off	LY-VA	---	0.31
1:10.56Y	F # 34	Male 11-12 100 Free	LY-VA	14	3
	34.88	1:10.56			-0.14
	(34.88)	(35.68)			
1:30.24Y	F # 46	Male 11-12 100 Breast	LY-VA	7	12
	44.17	1:30.24			-1.56
	(44.17)	(46.07)			
35.53Y	F # 50	Male 11-12 50 Fly	LY-VA	7	12
1:19.98Y	F # 54	Male 11-12 100 IM	LY-VA	10	7
	38.79	1:19.98			-1.66
	(38.79)	(41.19)			
Blythe Miller (15) F					
2:19.49Y	F # 15B	Female 15 & Over 200 Free	LY-VA	11	6
	32.44	1:08.07 1:45.29 2:19.49			-2.35
	(32.44)	(35.63) (37.22) (34.20)			
1:22.76Y	F # 17B	Female 15 & Over 100 Breast	LY-VA	8	11
	40.64	1:22.76			0.19
	(40.64)	(42.12)			
1:19.67Y	F # 19B	Female 15 & Over 100 Back	LY-VA	15	2
	39.92	1:19.67			0.17
	(39.92)	(39.75)			
5:52.94Y	F # 23B	Female 15 & Over 400 IM	LY-VA	2	17
	39.41	1:28.95 2:14.27 3:00.41 3:49.43 4:39.30 5:16.95 5:52.94			-1.21
	(39.41)	(49.54) (45.32) (46.14) (49.02) (49.87) (37.65) (35.99)			

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Anna Mills (16) F						
27.89Y	F # 5	Female Open 50 Free	LY-VA	16	---	1.19
30.89Y	F # 11	200 Medley Relay Lead Off	LY-VA	---	---	0.03
2:06.96Y	F # 15B	Female 15 & Over 200 Free	LY-VA	4	15	-1.56
	29.57	1:03.01 1:35.92 2:06.96				
	(29.57)	(33.44) (32.91) (31.04)				
1:24.68Y	F # 17B	Female 15 & Over 100 Breast	LY-VA	10	7	0.30
	---	1:24.68				
	---	(1:24.68)				
1:06.97Y	F # 19B	Female 15 & Over 100 Back	LY-VA	6	13	2.35
	32.87	1:06.97				
	(32.87)	(34.10)				
NS	F # 63B	Female 15 & Over 200 IM	LY-VA	---	---	---
58.76Y	F # 65B	Female 15 & Over 100 Free	LY-VA	4	---	1.78
	28.60	58.76				
	(28.60)	(30.16)				
2:23.01Y	F # 67B	Female 15 & Over 200 Back	LY-VA	2	---	-0.69
	34.57	1:11.72 1:48.70 2:23.01				
	(34.57)	(37.15) (36.98) (34.31)				
5:48.47Y	F # 73B	Female 15 & Over 500 Free	LY-VA	3	---	10.53
	32.03	1:07.19 1:42.91 2:18.66 2:54.54 3:30.35 4:05.95 4:41.34				
	(32.03)	(35.16) (35.72) (35.75) (35.88) (35.81) (35.60) (35.39)				
	5:15.77	5:48.47				
	(34.43)	(32.70)				

Lynchburg YMCA Swim Team

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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place			Points	Improv
Jack Mills (18) M										
22.43Y	F # 6	Male Open 50 Free				LY-VA		1	---	1.98
10:04.95Y	F # 10C	Male 15 & Over 1000 Free				LY-VA		2	---	26.17
	27.67	57.48	1:28.26	1:59.21	2:30.57	3:01.45	3:32.18	4:02.61		
	(27.67)	(29.81)	(30.78)	(30.95)	(31.36)	(30.88)	(30.73)	(30.43)		
	4:34.09	5:04.41	5:35.19	6:05.39	6:35.98	7:06.26	7:36.84	8:06.85		
	(31.48)	(30.32)	(30.78)	(30.20)	(30.59)	(30.28)	(30.58)	(30.01)		
	8:35.51	9:06.52	9:35.94	10:04.95						
	(28.66)	(31.01)	(29.42)	(29.01)						
1:00.32Y	F # 18B	Male 15 & Over 100 Breast				LY-VA		1	20	-0.23
	28.95	1:00.32								
	(28.95)	(31.37)								
54.30Y	F # 20B	Male 15 & Over 100 Back				LY-VA		2	17	2.72
	27.01	54.30								
	(27.01)	(27.29)								
1:55.92Y	F # 22B	Male 15 & Over 200 Fly				LY-VA		1	20	7.15
	26.66	56.66 1:26.88 1:55.92								
	(26.66)	(30.00) (30.22) (29.04)								
4:14.42Y	F # 24B	Male 15 & Over 400 IM				LY-VA		1	20	8.95
	26.76	57.20 1:30.19 2:03.62				2:39.81 3:16.36		3:46.12	4:14.42	
	(26.76)	(30.44) (32.99) (33.43)				(36.19) (36.55)		(29.76)	(28.30)	
21.79Y	F # 60	200 Free Relay Lead Off				LY-VA		---	---	1.34
1:57.66Y	F # 64B	Male 15 & Over 200 IM				LY-VA		1	---	6.40
	25.81	55.79 1:30.72 1:57.66								
	(25.81)	(29.98) (34.93) (26.94)								
46.81Y	F # 66B	Male 15 & Over 100 Free				LY-VA		1	---	2.19
	22.92	46.81								
	(22.92)	(23.89)								
1:58.67Y	F # 68B	Male 15 & Over 200 Back				LY-VA		2	---	2.66
	29.44	59.76 1:30.14 1:58.67								
	(29.44)	(30.32) (30.38) (28.53)								
2:10.79Y	F # 72B	Male 15 & Over 200 Breast				LY-VA		1	---	-3.81
	29.18	1:02.40 1:36.77 2:10.79								
	(29.18)	(33.22) (34.37) (34.02)								
Julius Moore (11) M										
NS	F # 34	Male 11-12 100 Free				LY-VA		---	---	---
NS	F # 42	Male 11-12 50 Back				LY-VA		---	---	---
NS	F # 50	Male 11-12 50 Fly				LY-VA		---	---	---
NS	F # 54	Male 11-12 100 IM				LY-VA		---	---	---

Lynchburg YMCA Swim Team
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2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Dabney Morrison (9) F					
3:22.55Y	F # 3B	Female 9-10 200 IM	LY-VA	7	---
	42.58	1:35.76 2:34.89 3:22.55			
	(42.58)	(53.18) (59.13) (47.66)			
8:22.53Y	F # 7B	Female 9-10 500 Free	LY-VA	5	---
	40.25	1:29.41 2:20.54 3:12.70 4:06.14 4:59.61 5:49.67 6:43.82			-22.13
	(40.25)	(49.16) (51.13) (52.16) (53.44) (53.47) (50.06) (54.15)			
	7:34.11	8:22.53			
	(50.29)	(48.42)			
1:26.62Y	F # 35B	Female 9-10 100 Free	LY-VA	17	---
	39.80	1:26.62			-1.23
	(39.80)	(46.82)			
46.31Y	F # 43B	Female 9-10 50 Back	LY-VA	18	---
43.11Y	F # 51B	Female 9-10 50 Fly	LY-VA	6	13
1:34.62Y	F # 55B	Female 9-10 100 IM	LY-VA	8	11
	44.19	1:34.62			-2.29
	(44.19)	(50.43)			
49.82Y	F # 77	200 Medley Relay Lead Off	LY-VA	---	---
50.20Y	F # 91B	Female 9-10 50 Breast	LY-VA	6	---
1:42.88Y	F # 95B	Female 9-10 100 Fly	LY-VA	4	---
	45.61	1:42.88			
	(45.61)	(57.27)			
37.09Y	F # 99B	Female 9-10 50 Free	LY-VA	7	---
1:35.79Y	F # 103B	Female 9-10 100 Back	LY-VA	6	---
	---	1:35.79			-0.55
	---	(1:35.79)			-0.40

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Luke Morrison (14) M						
26.39Y	F # 6	Male Open 50 Free	LY-VA	21	---	-0.59
11:55.07Y	F # 10B	Male 13-14 1000 Free	LY-VA	8	---	-46.31
	32.62	1:08.66 1:45.25 2:22.00	2:58.14 3:35.37 4:11.74	4:48.33		
	(32.62)	(36.04) (36.59) (36.75)	(36.14) (37.23) (36.37)	(36.59)		
	5:25.41	6:02.74 6:38.30 7:14.11	7:49.27 8:24.97 9:01.08	9:36.56		
	(37.08)	(37.33) (35.56) (35.81)	(35.16) (35.70) (36.11)	(35.48)		
	10:12.28	10:46.83 11:20.95 11:55.07				
	(35.72)	(34.55) (34.12) (34.12)				
2:06.58Y	F # 16A	Male 13-14 200 Free	LY-VA	8	11	4.85
	29.07	1:01.83 1:34.79 2:06.58				
	(29.07)	(32.76) (32.96) (31.79)				
1:09.11Y	F # 20A	Male 13-14 100 Back	LY-VA	12	5	1.48
	33.58	1:09.11				
	(33.58)	(35.53)				
2:27.82Y	F # 22A	Male 13-14 200 Fly	LY-VA	4	15	3.65
	32.38	1:09.70 1:48.15 2:27.82				
	(32.38)	(37.32) (38.45) (39.67)				
5:10.38Y	F # 24A	Male 13-14 400 IM	LY-VA	13	4	-4.81
	31.38	1:08.69 1:48.59 2:27.91	3:14.59 4:00.69 4:35.59	5:10.38		
	(31.38)	(37.31) (39.90) (39.32)	(46.68) (46.10) (34.90)	(34.79)		
26.50Y	F # 62	200 Free Relay Lead Off	LY-VA	---	---	-0.48
2:20.87Y	F # 64A	Male 13-14 200 IM	LY-VA	6	---	1.37
	29.82	1:06.33 1:49.21 2:20.87				
	(29.82)	(36.51) (42.88) (31.66)				
57.54Y	F # 66A	Male 13-14 100 Free	LY-VA	10	---	1.54
	28.19	57.54				
	(28.19)	(29.35)				
1:03.37Y	F # 70A	Male 13-14 100 Fly	LY-VA	4	---	1.28
	30.02	1:03.37				
	(30.02)	(33.35)				
5:36.59Y	F # 74A	Male 13-14 500 Free	LY-VA	4	---	-10.16
	29.92	1:03.46 1:37.57 2:11.83	2:46.47 3:21.35 3:55.68	4:29.63		
	(29.92)	(33.54) (34.11) (34.26)	(34.64) (34.88) (34.33)	(33.95)		
	5:03.74	5:36.59				
	(34.11)	(32.85)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Mac Morrison (10) M					
3:07.28Y DQ	F # 4B	Male 9-10 200 IM	LY-VA	---	---
	40.70	1:27.53 2:25.42 3:07.28			
	(40.70)	(46.83) (57.89) (41.86)			
6:52.86Y	F # 8B	Male 9-10 500 Free	LY-VA	1	---
	35.86	1:16.02 1:59.18 2:42.16 3:26.95 4:09.85 4:52.43 5:35.16			
	(35.86)	(40.16) (43.16) (42.98) (44.79) (42.90) (42.58) (42.73)			
	6:16.35	6:52.86			
	(41.19)	(36.51)			
3:27.28Y	F # 38A	Male 9-10 200 Fly	LY-VA	1	20
	39.92	1:32.03 --- 3:27.28			
	(39.92)	(52.11) --- (3:27.28)			
36.15Y	F # 44B	Male 9-10 50 Back	LY-VA	2	17
33.29Y	F # 52B	Male 9-10 50 Fly	LY-VA	2	17
1:21.45Y	F # 56B	Male 9-10 100 IM	LY-VA	1	20
	37.79	1:21.45			
	(37.79)	(43.66)			
2:30.08Y	F # 86B	Male 9-10 200 Free	LY-VA	1	---
	33.90	1:13.00 1:54.28 2:30.08			
	(33.90)	(39.10) (41.28) (35.80)			
1:20.89Y	F # 96B	Male 9-10 100 Fly	LY-VA	2	---
	37.38	1:20.89			
	(37.38)	(43.51)			
30.23Y	F # 100B	Male 9-10 50 Free	LY-VA	1	---
1:18.67Y	F # 104B	Male 9-10 100 Back	LY-VA	2	---
	38.84	1:18.67			
	(38.84)	(39.83)			

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Aidan Moss (12) M						
2:44.21Y	F # 2	Male 11-12 200 IM	LY-VA	2	---	1.71
	36.74	1:17.52 2:08.04 2:44.21				
	(36.74)	(40.78) (50.52) (36.17)				
13:33.82Y	F # 10A	Male 11-12 1000 Free	LY-VA	2	---	---
	35.53	1:15.21 1:56.08 2:37.08 3:17.90 3:58.79 4:40.07 5:21.76				
	(35.53)	(39.68) (40.87) (41.00) (40.82) (40.89) (41.28) (41.69)				
	6:02.52	6:44.17 7:25.45 8:06.94 8:48.18 9:29.50 10:10.87 10:52.63				
	(40.76)	(41.65) (41.28) (41.49) (41.24) (41.32) (41.37) (41.76)				
	11:33.36	12:14.19 12:54.71 13:33.82				
	(40.73)	(40.83) (40.52) (39.11)				
1:08.30Y	F # 34	Male 11-12 100 Free	LY-VA	11	6	0.30
	32.78	1:08.30				
	(32.78)	(35.52)				
33.95Y	F # 42	Male 11-12 50 Back	LY-VA	3	16	0.48
32.97Y	F # 50	Male 11-12 50 Fly	LY-VA	1	20	0.75
2:32.58Y	F # 58B	Male 11-12 200 Back	LY-VA	3	16	-0.20
	36.05	1:14.92 1:54.00 2:32.58				
	(36.05)	(38.87) (39.08) (38.58)				
42.05Y	F # 90	Male 11-12 50 Breast	LY-VA	4	---	-0.02
1:17.65Y	F # 94	Male 11-12 100 Fly	LY-VA	2	---	1.35
	36.40	1:17.65				
	(36.40)	(41.25)				
31.46Y	F # 98	Male 11-12 50 Free	LY-VA	13	---	0.39
1:13.76Y	F # 102	Male 11-12 100 Back	LY-VA	3	---	1.08
	36.07	1:13.76				
	(36.07)	(37.69)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
William Moss (9) M						
4:22.66Y	F # 4B	Male 9-10 200 IM	LY-VA	4	---	---
	---	2:10.26	---	4:22.66		
	---	(2:10.26)	---	(4:22.66)		
1:46.71Y	F # 36B	Male 9-10 100 Free	LY-VA	18	---	2.36
	49.50	1:46.71				
	(49.50)	(57.21)				
48.11Y	F # 44B	Male 9-10 50 Back	LY-VA	12	5	-0.14
2:15.06Y	F # 48B	Male 9-10 100 Breast	LY-VA	7	12	4.09
	1:01.24	2:15.06				
	(1:01.24)	(1:13.82)				
1:58.11Y	F # 56B	Male 9-10 100 IM	LY-VA	7	12	-2.48
	54.67	1:58.11				
	(54.67)	(1:03.44)				
49.51Y	F # 78	200 Medley Relay Lead Off	LY-VA	---	---	1.26
3:35.65Y	F # 86B	Male 9-10 200 Free	LY-VA	7	---	-10.41
	47.82	1:44.37	2:41.53	3:35.65		
	(47.82)	(56.55)	(57.16)	(54.12)		
1:00.12Y DQ	F # 92B	Male 9-10 50 Breast	LY-VA	---	---	---
48.04Y	F # 100B	Male 9-10 50 Free	LY-VA	15	---	3.57
1:46.37Y	F # 104B	Male 9-10 100 Back	LY-VA	9	---	-0.64
	51.24	1:46.37				
	(51.24)	(55.13)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place			Points	Improv
Broderick Nelson (13) M										
24.69Y	F # 6	Male Open 50 Free				LY-VA		9	---	-0.67
10:47.00Y	F # 10B	Male 13-14 1000 Free				LY-VA		3	---	-0.96
	29.03	1:00.88	1:33.74	2:07.08	2:40.04	3:12.97	3:46.07	4:19.13		
	(29.03)	(31.85)	(32.86)	(33.34)	(32.96)	(32.93)	(33.10)	(33.06)		
	4:51.84	5:24.69	5:57.71	6:30.74	7:03.90	7:36.60	8:09.34	8:41.46		
	(32.71)	(32.85)	(33.02)	(33.03)	(33.16)	(32.70)	(32.74)	(32.12)		
	9:13.43	9:45.03	10:16.39	10:47.00						
	(31.97)	(31.60)	(31.36)	(30.61)						
2:00.35Y	F # 16A	Male 13-14 200 Free				LY-VA		2	17	3.95
	27.46	58.12	1:29.35	2:00.35						
	(27.46)	(30.66)	(31.23)	(31.00)						
1:07.57Y	F # 18A	Male 13-14 100 Breast				LY-VA		2	17	4.46
	31.94	1:07.57								
	(31.94)	(35.63)								
2:18.85Y	F # 22A	Male 13-14 200 Fly				LY-VA		2	17	4.51
	29.94	1:05.38	1:42.49	2:18.85						
	(29.94)	(35.44)	(37.11)	(36.36)						
4:43.44Y	F # 24A	Male 13-14 400 IM				LY-VA		4	15	23.55
	29.19	1:04.52	1:42.51	2:19.50	2:58.18	3:37.51	4:10.89	4:43.44		
	(29.19)	(35.33)	(37.99)	(36.99)	(38.68)	(39.33)	(33.38)	(32.55)		
2:11.73Y	F # 64A	Male 13-14 200 IM				LY-VA		4	---	6.35
	28.82	1:03.65	1:41.59	2:11.73						
	(28.82)	(34.83)	(37.94)	(30.14)						
2:15.46Y	F # 68A	Male 13-14 200 Back				LY-VA		2	---	-3.87
	32.72	1:06.67	1:41.25	2:15.46						
	(32.72)	(33.95)	(34.58)	(34.21)						
1:00.55Y	F # 70A	Male 13-14 100 Fly				LY-VA		1	---	-0.33
	28.56	1:00.55								
	(28.56)	(31.99)								
2:28.74Y	F # 72A	Male 13-14 200 Breast				LY-VA		4	---	10.95
	33.18	1:10.35	1:49.94	2:28.74						
	(33.18)	(37.17)	(39.59)	(38.80)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Caroline Nelson (11) F						
2:52.23Y	F # 1	Female 11-12 200 IM	LY-VA	4	---	-1.27
	37.62	1:24.44 2:12.67 2:52.23				
	(37.62)	(46.82) (48.23) (39.56)				
6:51.88Y	F # 7C	Female 11-12 500 Free	LY-VA	2	---	-13.57
	36.61	1:18.75 1:59.95 2:41.60 3:24.91 4:07.26 4:50.02 5:32.42				
	(36.61)	(42.14) (41.20) (41.65) (43.31) (42.35) (42.76) (42.40)				
	6:14.66	6:51.88				
	(42.24)	(37.22)				
3:23.66Y	F # 37B	Female 11-12 200 Fly	LY-VA	4	15	---
	41.36	1:35.61 2:29.43 3:23.66				
	(41.36)	(54.25) (53.82) (54.23)				
1:29.73Y	F # 45	Female 11-12 100 Breast	LY-VA	4	15	4.79
	43.57	1:29.73				
	(43.57)	(46.16)				
36.96Y	F # 49	Female 11-12 50 Fly	LY-VA	9	9	-2.51
1:20.45Y	F # 53	Female 11-12 100 IM	LY-VA	9	9	0.04
	40.20	1:20.45				
	(40.20)	(40.25)				
2:35.73Y	F # 83	Female 11-12 200 Free	LY-VA	9	---	5.30
	36.67	1:17.75 1:58.64 2:35.73				
	(36.67)	(41.08) (40.89) (37.09)				
40.92Y	F # 89	Female 11-12 50 Breast	LY-VA	3	---	4.29
1:25.74Y	F # 101	Female 11-12 100 Back	LY-VA	13	---	-9.87
	43.47	1:25.74				
	(43.47)	(42.27)				
3:13.23Y	F # 105B	Female 11-12 200 Breast	LY-VA	3	---	4.63
	45.13	1:35.20 2:26.74 3:13.23				
	(45.13)	(50.07) (51.54) (46.49)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Andy Noh (16) M					
2:13.81Y	F # 16B	Male 15 & Over 200 Free	LY-VA	24	---
	29.74	1:02.65 1:38.05 2:13.81			
	(29.74)	(32.91) (35.40) (35.76)			
1:18.46Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	21	---
	35.83	1:18.46			
	(35.83)	(42.63)			
1:13.49Y	F # 20B	Male 15 & Over 100 Back	LY-VA	16	1
	35.72	1:13.49			
	(35.72)	(37.77)			
5:51.97Y	F # 24B	Male 15 & Over 400 IM	LY-VA	11	6
	36.23	1:19.09 2:03.24 2:48.54	3:40.20 4:32.62 5:12.01	5:51.97	
	(36.23)	(42.86) (44.15) (45.30)	(51.66) (52.42) (39.39)	(39.96)	
2:37.82Y	F # 64B	Male 15 & Over 200 IM	LY-VA	13	---
	34.21	1:14.39 2:01.15 2:37.82			
	(34.21)	(40.18) (46.76) (36.67)			
1:02.15Y	F # 66B	Male 15 & Over 100 Free	LY-VA	20	---
	29.47	1:02.15			
	(29.47)	(32.68)			
2:44.84Y	F # 68B	Male 15 & Over 200 Back	LY-VA	10	---
	37.27	1:18.43 2:02.12 2:44.84			
	(37.27)	(41.16) (43.69) (42.72)			
6:15.83Y	F # 74B	Male 15 & Over 500 Free	LY-VA	9	---
	31.88	1:08.08 1:45.14 2:23.62	3:02.51 3:41.12 4:20.35	5:00.00	
	(31.88)	(36.20) (37.06) (38.48)	(38.89) (38.61) (39.23)	(39.65)	
	5:39.30	6:15.83			
	(39.30)	(36.53)			
Campbell Owen (10) F					
NS	F # 35B	Female 9-10 100 Free	LY-VA	---	---
NS	F # 43B	Female 9-10 50 Back	LY-VA	---	---
NS	F # 51B	Female 9-10 50 Fly	LY-VA	---	---
NS	F # 85B	Female 9-10 200 Free	LY-VA	---	---
NS	F # 99B	Female 9-10 50 Free	LY-VA	---	---
NS	F # 103B	Female 9-10 100 Back	LY-VA	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Selah Parish (10) F					
3:00.66Y	F # 3B	Female 9-10 200 IM	LY-VA	1	---
	37.73	1:24.48 2:17.73 3:00.66			
	(37.73)	(46.75) (53.25) (42.93)			
7:10.06Y	F # 7B	Female 9-10 500 Free	LY-VA	1	---
	35.68	1:17.83 2:02.79 2:46.35 3:30.16 4:14.70 5:01.33 5:44.53			-42.49
	(35.68)	(42.15) (44.96) (43.56) (43.81) (44.54) (46.63) (43.20)			
	6:27.53	7:10.06			
	(43.00)	(42.53)			
1:14.26Y	F # 35B	Female 9-10 100 Free	LY-VA	2	17
	32.87	1:14.26			-1.58
	(32.87)	(41.39)			
38.98Y	F # 43B	Female 9-10 50 Back	LY-VA	2	17
35.47Y	F # 51B	Female 9-10 50 Fly	LY-VA	1	20
1:24.22Y	F # 55B	Female 9-10 100 IM	LY-VA	1	20
	37.58	1:24.22			1.69
	(37.58)	(46.64)			
2:37.85Y	F # 85B	Female 9-10 200 Free	LY-VA	1	---
	33.77	1:15.80 1:57.97 2:37.85			-20.01
	(33.77)	(42.03) (42.17) (39.88)			
43.30Y	F # 91B	Female 9-10 50 Breast	LY-VA	1	---
1:22.46Y	F # 95B	Female 9-10 100 Fly	LY-VA	1	---
	39.59	1:22.46			-0.73
	(39.59)	(42.87)			
1:26.81Y	F # 103B	Female 9-10 100 Back	LY-VA	3	---
	41.70	1:26.81			3.93
	(41.70)	(45.11)			

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Aidan Parker (14) M						
34.04Y	F # 6	Male Open 50 Free	LY-VA	31	---	-0.54
2:36.23Y	F # 16A	Male 13-14 200 Free	LY-VA	30	---	-11.47
	33.42	1:13.57	---	2:36.23		
	(33.42)	(40.15)	---	(2:36.23)		
1:31.55Y	F # 18A	Male 13-14 100 Breast	LY-VA	23	---	-1.25
	42.22	1:31.55				
	(42.22)	(49.33)				
1:35.19Y	F # 20A	Male 13-14 100 Back	LY-VA	24	---	3.18
	45.38	1:35.19				
	(45.38)	(49.81)				
3:16.03Y	F # 64A	Male 13-14 200 IM	LY-VA	16	---	11.00
	47.82	1:40.39	2:33.07	3:16.03		
	(47.82)	(52.57)	(52.68)	(42.96)		
1:17.49Y	F # 66A	Male 13-14 100 Free	LY-VA	29	---	2.39
	36.36	1:17.49				
	(36.36)	(41.13)				
3:17.65Y	F # 72A	Male 13-14 200 Breast	LY-VA	16	---	-3.69
	42.67	1:32.32	2:24.30	3:17.65		
	(42.67)	(49.65)	(51.98)	(53.35)		
7:01.31Y	F # 74A	Male 13-14 500 Free	LY-VA	19	---	-30.69
	35.80	1:17.42	1:59.58	2:41.67	3:23.58	4:08.06
	(35.80)	(41.62)	(42.16)	(42.09)	(41.91)	(44.48)
	6:18.64	7:01.31			(42.58)	(44.43)
	(43.57)	(42.67)				
Addison Pavao (9) M						
1:45.81Y	F # 36B	Male 9-10 100 Free	LY-VA	17	---	-7.42
	50.20	1:45.81				
	(50.20)	(55.61)				
1:06.35Y	F # 44B	Male 9-10 50 Back	LY-VA	21	---	-0.15
2:07.70Y	F # 48B	Male 9-10 100 Breast	LY-VA	5	14	-2.10
	1:01.88	2:07.70				
	(1:01.88)	(1:05.82)				
2:07.13Y	F # 56B	Male 9-10 100 IM	LY-VA	12	5	-4.46
	1:09.28	2:07.13				
	(1:09.28)	(57.85)				
3:42.81Y	F # 86B	Male 9-10 200 Free	LY-VA	10	---	-12.36
	52.99	1:50.93	2:47.96	3:42.81		
	(52.99)	(57.94)	(57.03)	(54.85)		
58.70Y	F # 92B	Male 9-10 50 Breast	LY-VA	10	---	-2.68
48.76Y	F # 100B	Male 9-10 50 Free	LY-VA	18	---	-1.19

Lynchburg YMCA Swim Team
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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Ella Pennington (13) F											
29.66Y	F # 5	Female Open 50 Free				LY-VA		21	---	-0.31	
12:32.12Y	F # 9B	Female 13-14 1000 Free				LY-VA		6	---	-19.54	
	44.06	1:21.38	---	---	12:32.12						
	(44.06)	(37.32)	---	---	(12:32.12)						
2:18.71Y	F # 15A	Female 13-14 200 Free				LY-VA		15	2	-0.83	
	32.09	1:08.03	1:44.64	2:18.71							
	(32.09)	(35.94)	(36.61)	(34.07)							
1:24.66Y	F # 17A	Female 13-14 100 Breast				LY-VA		9	9	-0.81	
	40.57	1:24.66									
	(40.57)	(44.09)									
1:15.64Y	F # 19A	Female 13-14 100 Back				LY-VA		18	---	1.96	
	37.73	1:15.64									
	(37.73)	(37.91)									
5:38.51Y	F # 23A	Female 13-14 400 IM				LY-VA		11	6	3.14	
	37.97	1:22.87	2:06.32	---	3:37.41	4:25.59	5:02.68	5:38.51			
	(37.97)	(44.90)	(43.45)	---	(3:37.41)	(48.18)	(37.09)	(35.83)			
1:04.43Y	F # 65A	Female 13-14 100 Free				LY-VA		8	---	0.53	
	30.92	1:04.43									
	(30.92)	(33.51)									
2:36.92Y	F # 67A	Female 13-14 200 Back				LY-VA		9	---	-9.94	
	39.31	1:20.24	1:59.80	2:36.92							
	(39.31)	(40.93)	(39.56)	(37.12)							
3:04.54Y	F # 71A	Female 13-14 200 Breast				LY-VA		7	---	4.69	
	42.26	1:30.24	2:18.00	3:04.54							
	(42.26)	(47.98)	(47.76)	(46.54)							
6:02.94Y	F # 73A	Female 13-14 500 Free				LY-VA		9	---	2.98	
	34.41	1:11.91	1:49.67	2:26.81	3:03.69	3:40.82	4:17.52	4:53.76			
	(34.41)	(37.50)	(37.76)	(37.14)	(36.88)	(37.13)	(36.70)	(36.24)			
	5:28.92	6:02.94									
	(35.16)	(34.02)									

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Lainey Pennington (11) F						
2:44.37Y	F # 1	Female 11-12 200 IM	LY-VA	3	---	1.51
	34.25	1:16.06 2:08.48 2:44.37				
	(34.25)	(41.81) (52.42) (35.89)				
12:40.50Y	F # 9A	Female 11-12 1000 Free	LY-VA	2	---	---
	34.31	1:12.11 1:50.26 2:28.89 3:08.27 3:47.45 4:26.79 5:05.89				
	(34.31)	(37.80) (38.15) (38.63) (39.38) (39.18) (39.34) (39.10)				
	5:45.16	6:23.51 7:02.10 7:40.41 8:18.66 8:57.10 9:35.04 10:13.18				
	(39.27)	(38.35) (38.59) (38.31) (38.25) (38.44) (37.94) (38.14)				
	10:50.69	11:27.88 12:04.80 12:40.50				
	(37.51)	(37.19) (36.92) (35.70)				
2:54.06Y	F # 37B	Female 11-12 200 Fly	LY-VA	3	16	-7.94
	36.52	1:20.13 2:06.77 2:54.06				
	(36.52)	(43.61) (46.64) (47.29)				
37.74Y	F # 41	Female 11-12 50 Back	LY-VA	5	14	-1.97
1:32.88Y	F # 45	Female 11-12 100 Breast	LY-VA	6	13	-1.00
	43.72	1:32.88				
	(43.72)	(49.16)				
1:17.41Y	F # 53	Female 11-12 100 IM	LY-VA	7	12	0.53
	35.71	1:17.41				
	(35.71)	(41.70)				
43.80Y	F # 89	Female 11-12 50 Breast	LY-VA	7	---	1.02
1:15.89Y	F # 93	Female 11-12 100 Fly	LY-VA	4	---	-3.60
	34.72	1:15.89				
	(34.72)	(41.17)				
1:18.90Y	F # 101	Female 11-12 100 Back	LY-VA	8	---	-1.90
	39.03	1:18.90				
	(39.03)	(39.87)				
3:21.29Y	F # 105B	Female 11-12 200 Breast	LY-VA	4	---	-1.43
	46.78	1:37.96 2:29.74 3:21.29				
	(46.78)	(51.18) (51.78) (51.55)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Charlotte Pickeral (9) F						
3:40.84Y	F # 3B	Female 9-10 200 IM	LY-VA	9	---	-1.72
	53.41	1:46.57 2:53.68 3:40.84				
	(53.41)	(53.16) (1:07.11) (47.16)				
8:04.77Y	F # 7B	Female 9-10 500 Free	LY-VA	4	---	10.51
	40.52	1:27.96 2:17.05 3:06.96 3:58.56 4:49.32 5:40.59 6:31.28				
	(40.52)	(47.44) (49.09) (49.91) (51.60) (50.76) (51.27) (50.69)				
	7:20.24	8:04.77				
	(48.96)	(44.53)				
1:29.31Y	F # 35B	Female 9-10 100 Free	LY-VA	22	---	-2.02
	---	1:29.31				
	---	(1:29.31)				
2:01.39Y	F # 47B	Female 9-10 100 Breast	LY-VA	9	9	-3.90
	58.21	2:01.39				
	(58.21)	(1:03.18)				
54.52Y	F # 51B	Female 9-10 50 Fly	LY-VA	18	---	-3.83
1:45.42Y	F # 55B	Female 9-10 100 IM	LY-VA	20	---	-0.59
	50.35	1:45.42				
	(50.35)	(55.07)				
3:04.18Y	F # 85B	Female 9-10 200 Free	LY-VA	11	---	-2.90
	41.35	1:29.43 2:18.67 3:04.18				
	(41.35)	(48.08) (49.24) (45.51)				
53.69Y	F # 91B	Female 9-10 50 Breast	LY-VA	12	---	-0.45
38.00Y	F # 99B	Female 9-10 50 Free	LY-VA	12	---	0.64
1:42.54Y	F # 103B	Female 9-10 100 Back	LY-VA	12	---	-6.45
	50.08	1:42.54				
	(50.08)	(52.46)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Danna Pineda (12) F						
2:55.41Y	F # 1	Female 11-12 200 IM	LY-VA	5	---	-5.29
	37.96	1:19.26 2:14.28 2:55.41				
	(37.96)	(41.30) (55.02) (41.13)				
7:04.60Y	F # 7C	Female 11-12 500 Free	LY-VA	3	---	2.06
	34.86	1:16.66 1:58.77 2:42.98 3:26.83 4:11.23 4:55.42 5:39.53				
	(34.86)	(41.80) (42.11) (44.21) (43.85) (44.40) (44.19) (44.11)				
	6:23.03	7:04.60				
	(43.50)	(41.57)				
1:06.46Y	F # 33	Female 11-12 100 Free	LY-VA	5	14	-2.47
	31.66	1:06.46				
	(31.66)	(34.80)				
1:33.81Y	F # 45	Female 11-12 100 Breast	LY-VA	7	12	-4.12
	44.89	1:33.81				
	(44.89)	(48.92)				
1:18.75Y	F # 53	Female 11-12 100 IM	LY-VA	8	11	-4.08
	38.35	1:18.75				
	(38.35)	(40.40)				
2:52.46Y	F # 57B	Female 11-12 200 Back	LY-VA	2	17	2.04
	41.17	1:25.79 2:09.59 2:52.46				
	(41.17)	(44.62) (43.80) (42.87)				
2:31.71Y	F # 83	Female 11-12 200 Free	LY-VA	8	---	-0.29
	---	---				
	---	---				
	---	---				
	---	---				
29.54Y	F # 97	Female 11-12 50 Free	LY-VA	4	---	-0.20
1:15.20Y	F # 101	Female 11-12 100 Back	LY-VA	4	---	0.23
	37.15	1:15.20				
	(37.15)	(38.05)				
3:27.84Y	F # 105B	Female 11-12 200 Breast	LY-VA	5	---	---
	46.91	1:39.78 2:35.62 3:27.84				
	(46.91)	(52.87) (55.84) (52.22)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Owen Porter (13) M						
27.59Y	F # 6	Male Open 50 Free	LY-VA	24	---	-0.38
2:17.91Y	F # 16A	Male 13-14 200 Free	LY-VA	24	---	-1.71
	31.09	1:05.37 1:41.50 2:17.91				
	(31.09)	(34.28) (36.13) (36.41)				
1:16.01Y	F # 18A	Male 13-14 100 Breast	LY-VA	15	2	1.12
	36.37	1:16.01				
	(36.37)	(39.64)				
1:14.83Y	F # 20A	Male 13-14 100 Back	LY-VA	21	---	3.25
	37.42	1:14.83				
	(37.42)	(37.41)				
5:38.90Y	F # 24A	Male 13-14 400 IM	LY-VA	18	---	-6.45
	37.17	1:19.51 2:03.99 2:50.37 3:36.08 4:23.54 5:02.17 5:38.90				
	(37.17)	(42.34) (44.48) (46.38) (45.71) (47.46) (38.63) (36.73)				
2:36.81Y	F # 64A	Male 13-14 200 IM	LY-VA	11	---	2.03
	34.43	1:16.66 2:00.57 2:36.81				
	(34.43)	(42.23) (43.91) (36.24)				
1:02.14Y	F # 66A	Male 13-14 100 Free	LY-VA	21	---	0.86
	29.99	1:02.14				
	(29.99)	(32.15)				
2:49.97Y	F # 72A	Male 13-14 200 Breast	LY-VA	11	---	1.32
	38.59	1:21.75 2:05.99 2:49.97				
	(38.59)	(43.16) (44.24) (43.98)				
6:29.30Y	F # 74A	Male 13-14 500 Free	LY-VA	15	---	3.20
	33.50	1:10.84 1:49.87 2:30.17 3:10.16 3:50.67 4:30.91 5:11.17				
	(33.50)	(37.34) (39.03) (40.30) (39.99) (40.51) (40.24) (40.26)				
	5:51.39	6:29.30				
	(40.22)	(37.91)				
Hudson Rice (15) M						
53.72Y	F # 66B	Male 15 & Over 100 Free	LY-VA	10	---	3.96
	25.91	53.72				
	(25.91)	(27.81)				
2:10.77Y	F # 68B	Male 15 & Over 200 Back	LY-VA	5	---	3.53
	30.56	1:03.93 1:37.86 2:10.77				
	(30.56)	(33.37) (33.93) (32.91)				
57.91Y	F # 70B	Male 15 & Over 100 Fly	LY-VA	5	---	4.06
	27.52	57.91				
	(27.52)	(30.39)				
2:25.26Y	F # 72B	Male 15 & Over 200 Breast	LY-VA	5	---	7.21
	33.65	1:11.38 1:48.80 2:25.26				
	(33.65)	(37.73) (37.42) (36.46)				

Lynchburg YMCA Swim Team

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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event				Place		Points	Improv
Mitchell Rogers (13) M									
26.19Y	F # 6	Male Open 50 Free				LY-VA	20	---	-0.64
11:11.02Y	F # 10B	Male 13-14 1000 Free				LY-VA	5	---	-45.85
	29.63	1:02.45	1:36.17	2:09.98	2:44.24	3:18.54	3:52.59	4:26.96	
	(29.63)	(32.82)	(33.72)	(33.81)	(34.26)	(34.30)	(34.05)	(34.37)	
	5:01.07	5:34.94	6:08.88	6:42.56	7:16.01	7:49.94	8:23.49	8:56.81	
	(34.11)	(33.87)	(33.94)	(33.68)	(33.45)	(33.93)	(33.55)	(33.32)	
	9:30.68	10:04.19	10:37.75	11:11.02					
	(33.87)	(33.51)	(33.56)	(33.27)					
2:02.16Y	F # 16A	Male 13-14 200 Free				LY-VA	6	13	-0.18
	28.30	59.47	1:30.99	2:02.16					
	(28.30)	(31.17)	(31.52)	(31.17)					
1:14.26Y	F # 18A	Male 13-14 100 Breast				LY-VA	13	4	4.56
	34.45	1:14.26							
	(34.45)	(39.81)							
2:20.33Y	F # 22A	Male 13-14 200 Fly				LY-VA	3	16	7.68
	30.29	1:05.40	1:42.20	2:20.33					
	(30.29)	(35.11)	(36.80)	(38.13)					
4:54.61Y	F # 24A	Male 13-14 400 IM				LY-VA	7	12	0.90
	31.12	1:06.85	1:46.06	2:25.05	3:07.27	3:50.18	4:23.25	4:54.61	
	(31.12)	(35.73)	(39.21)	(38.99)	(42.22)	(42.91)	(33.07)	(31.36)	
2:19.34Y	F # 64A	Male 13-14 200 IM				LY-VA	5	---	8.06
	29.57	1:05.78	1:47.01	2:19.34					
	(29.57)	(36.21)	(41.23)	(32.33)					
2:22.77Y	F # 68A	Male 13-14 200 Back				LY-VA	4	---	0.84
	34.11	1:10.36	1:47.16	2:22.77					
	(34.11)	(36.25)	(36.80)	(35.61)					
1:02.71Y	F # 70A	Male 13-14 100 Fly				LY-VA	2	---	2.70
	29.11	1:02.71							
	(29.11)	(33.60)							
2:42.87Y	F # 72A	Male 13-14 200 Breast				LY-VA	8	---	-2.63
	36.30	1:17.95	2:00.38	2:42.87					
	(36.30)	(41.65)	(42.43)	(42.49)					

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Addie Ruhl (14) F						
28.82Y	F # 5	Female Open 50 Free	LY-VA	18	---	0.92
13:44.71Y	F # 9B	Female 13-14 1000 Free	LY-VA	10	---	---
	---	---	---	13:44.71		
	---	---	---	(13:44.71)		
2:34.60Y	F # 15A	Female 13-14 200 Free	LY-VA	28	---	6.84
	34.91	1:15.51 1:56.89 2:34.60				
	(34.91)	(40.60) (41.38) (37.71)				
1:16.95Y	F # 19A	Female 13-14 100 Back	LY-VA	21	---	0.69
	38.07	1:16.95				
	(38.07)	(38.88)				
1:06.90Y	F # 65A	Female 13-14 100 Free	LY-VA	14	---	1.83
	31.71	1:06.90				
	(31.71)	(35.19)				
3:02.84Y	F # 67A	Female 13-14 200 Back	LY-VA	15	---	0.05
	44.13	1:31.94 2:20.42 3:02.84				
	(44.13)	(47.81) (48.48) (42.42)				
1:18.82Y	F # 69A	Female 13-14 100 Fly	LY-VA	14	---	1.14
	36.73	1:18.82				
	(36.73)	(42.09)				
7:13.60Y	F # 73A	Female 13-14 500 Free	LY-VA	18	---	13.55
	39.03	1:23.78 2:09.86 2:54.51 3:40.15 4:25.42 5:10.31 5:54.41				
	(39.03)	(44.75) (46.08) (44.65) (45.64) (45.27) (44.89) (44.10)				
	6:35.97	7:13.60				
	(41.56)	(37.63)				
Hadley Saechao (7) F						
49.89Y	F # 5	Female Open 50 Free	LY-VA	34	---	---
46.80Y	F # 25	100 Free Relay Lead Off	LY-VA	---	---	26.06
1:57.09Y	F # 35A	Female 8 & Under 100 Free	LY-VA	3	16	2.15
	53.46	1:57.09				
	(53.46)	(1:03.63)				
57.74Y	F # 43A	Female 8 & Under 50 Back	LY-VA	2	17	-2.36
2:22.44Y	F # 47A	Female 8 & Under 100 Breast	LY-VA	2	17	8.57
	1:04.21	2:22.44				
	(1:04.21)	(1:18.23)				
1:22.74Y DQ	F # 51A	Female 8 & Under 50 Fly	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Landon Saechao (10) M					
3:43.58Y	F # 4B	Male 9-10 200 IM	LY-VA	2	---
	55.90	1:49.33 2:56.63 3:43.58			
	(55.90)	(53.43) (1:07.30) (46.95)			
45.34Y	F # 6	Male Open 50 Free	LY-VA	37	---
42.20Y	F # 28	200 Free Relay Lead Off	LY-VA	---	---
1:35.70Y	F # 36B	Male 9-10 100 Free	LY-VA	11	6
	44.32	1:35.70			
	(44.32)	(51.38)			
47.68Y	F # 44B	Male 9-10 50 Back	LY-VA	10	7
54.40Y	F # 52B	Male 9-10 50 Fly	LY-VA	7	12
1:45.38Y	F # 56B	Male 9-10 100 IM	LY-VA	6	13
	51.33	1:45.38			
	(51.33)	(54.05)			
Max Schonfelder (17) M					
2:04.19Y	F # 64B	Male 15 & Over 200 IM	LY-VA	2	---
	27.46	1:00.14 1:35.32 2:04.19			
	(27.46)	(32.68) (35.18) (28.87)			
55.55Y	F # 70B	Male 15 & Over 100 Fly	LY-VA	2	---
	25.99	55.55			
	(25.99)	(29.56)			
2:19.66Y	F # 72B	Male 15 & Over 200 Breast	LY-VA	4	---
	31.79	1:07.99 1:43.92 2:19.66			
	(31.79)	(36.20) (35.93) (35.74)			
5:05.16Y	F # 74B	Male 15 & Over 500 Free	LY-VA	2	---
	27.14	56.98 1:27.74 1:58.77 2:29.45 3:00.36 3:31.44 4:03.18			
	(27.14)	(29.84) (30.76) (31.03) (30.68) (30.91) (31.08) (31.74)			
	4:34.78	5:05.16			
	(31.60)	(30.38)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Ella Shinkle (11) F						
1:17.43Y	F # 33	Female 11-12 100 Free	LY-VA	16	1	1.76
	37.64	1:17.43				
	(37.64)	(39.79)				
41.41Y	F # 41	Female 11-12 50 Back	LY-VA	12	5	1.45
50.85Y	F # 49	Female 11-12 50 Fly	LY-VA	20	---	5.08
1:40.05Y	F # 53	Female 11-12 100 IM	LY-VA	21	---	8.23
	46.40	1:40.05				
	(46.40)	(53.65)				
41.84Y	F # 79	200 Medley Relay Lead Off	LY-VA	---	---	1.88
2:46.65Y	F # 83	Female 11-12 200 Free	LY-VA	13	---	-0.07
	38.34	1:21.64 2:04.50 2:46.65				
	(38.34)	(43.30) (42.86) (42.15)				
49.58Y	F # 89	Female 11-12 50 Breast	LY-VA	16	---	1.26
33.86Y	F # 97	Female 11-12 50 Free	LY-VA	13	---	0.97
1:30.69Y	F # 101	Female 11-12 100 Back	LY-VA	19	---	-0.32
	45.15	1:30.69				
	(45.15)	(45.54)				
Langston Shinkle (8) M						
1:44.01Y	F # 36A	Male 8 & Under 100 Free	LY-VA	9	9	6.78
	46.55	1:44.01				
	(46.55)	(57.46)				
53.87Y	F # 44A	Male 8 & Under 50 Back	LY-VA	8	11	1.72
1:25.39Y	F # 52A	Male 8 & Under 50 Fly	LY-VA	5	14	---
2:09.71Y DQ	F # 56A	Male 8 & Under 100 IM	LY-VA	---	14	---
	1:04.28	2:09.71				
	(1:04.28)	(1:05.43)				
1:02.24Y	F # 76	100 Medley Relay Lead Off	LY-VA	---	---	38.24
32.28Y	F # 88	Male 8 & Under 25 Fly	LY-VA	11	---	3.64
1:02.67Y	F # 92A	Male 8 & Under 50 Breast	LY-VA	7	---	-14.13
44.52Y	F # 100A	Male 8 & Under 50 Free	LY-VA	10	---	-0.63
1:54.15Y	F # 104A	Male 8 & Under 100 Back	LY-VA	7	---	-2.24
	53.34	1:54.15				
	(53.34)	(1:00.81)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event				Place			Points	Improv
Ava Shopbell (14) F										
27.63Y	F # 5	Female Open 50 Free				LY-VA		14	---	0.98
11:23.84Y	F # 9B	Female 13-14 1000 Free				LY-VA		4	---	19.23
	31.20	1:05.64	1:40.18	2:14.63	2:49.15	3:23.94	3:58.31	4:33.06		
	(31.20)	(34.44)	(34.54)	(34.45)	(34.52)	(34.79)	(34.37)	(34.75)		
	5:07.95	5:42.76	6:17.52	6:52.51	7:26.99	8:01.63	8:36.17	9:10.50		
	(34.89)	(34.81)	(34.76)	(34.99)	(34.48)	(34.64)	(34.54)	(34.33)		
	9:45.05	10:19.54	10:53.28	11:23.84						
	(34.55)	(34.49)	(33.74)	(30.56)						
2:05.57Y	F # 15A	Female 13-14 200 Free				LY-VA		4	15	-1.34
	28.88	1:00.80	1:33.09	2:05.57						
	(28.88)	(31.92)	(32.29)	(32.48)						
1:06.74Y	F # 19A	Female 13-14 100 Back				LY-VA		6	13	0.15
	32.70	1:06.74								
	(32.70)	(34.04)								
2:12.83Y	F # 21A	Female 13-14 200 Fly				LY-VA		1	20	4.70
	29.99	1:03.66	1:38.22	2:12.83						
	(29.99)	(33.67)	(34.56)	(34.61)						
4:56.10Y	F # 23A	Female 13-14 400 IM				LY-VA		6	13	16.10
	30.35	1:05.03	1:44.55	2:22.84	3:05.35	3:47.85	4:22.84	4:56.10		
	(30.35)	(34.68)	(39.52)	(38.29)	(42.51)	(42.50)	(34.99)	(33.26)		
2:20.38Y	F # 63A	Female 13-14 200 IM				LY-VA		2	---	5.42
	29.88	1:06.23	1:47.53	2:20.38						
	(29.88)	(36.35)	(41.30)	(32.85)						
2:24.46Y	F # 67A	Female 13-14 200 Back				LY-VA		5	---	2.91
	33.94	1:10.55	1:47.79	2:24.46						
	(33.94)	(36.61)	(37.24)	(36.67)						
1:01.66Y	F # 69A	Female 13-14 100 Fly				LY-VA		1	---	2.61
	29.42	1:01.66								
	(29.42)	(32.24)								
2:43.44Y	F # 71A	Female 13-14 200 Breast				LY-VA		2	---	9.58
	37.53	1:19.29	2:01.77	2:43.44						
	(37.53)	(41.76)	(42.48)	(41.67)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Addy Smith (12) F					
3:16.31Y	F # 1	Female 11-12 200 IM	LY-VA	13	---
	46.62	1:29.91 --- 3:16.31			
	(46.62)	(43.29) --- (3:16.31)			
7:41.61Y	F # 7C	Female 11-12 500 Free	LY-VA	9	---
	39.37	1:23.32 2:09.73 2:57.49 3:46.11 4:34.87 5:23.36 6:10.99			
	(39.37)	(43.95) (46.41) (47.76) (48.62) (48.76) (48.49) (47.63)			
	6:58.68	7:41.61			
	(47.69)	(42.93)			
39.72Y	F # 29	200 Free Relay Lead Off	LY-VA	---	5.34
1:20.31Y	F # 33	Female 11-12 100 Free	LY-VA	18	---
	36.65	1:20.31			
	(36.65)	(43.66)			
37.62Y	F # 41	Female 11-12 50 Back	LY-VA	4	15
43.36Y	F # 49	Female 11-12 50 Fly	LY-VA	14	3
2:58.26Y DQ	F # 57B	Female 11-12 200 Back	LY-VA	---	---
	39.34	1:25.58 2:13.87 2:58.26			
	(39.34)	(46.24) (48.29) (44.39)			
38.46Y	F # 79	200 Medley Relay Lead Off	LY-VA	---	---
50.23Y	F # 89	Female 11-12 50 Breast	LY-VA	18	---
2:10.60Y	F # 93	Female 11-12 100 Fly	LY-VA	12	---
	51.43	2:10.60			
	(51.43)	(1:19.17)			
35.57Y	F # 97	Female 11-12 50 Free	LY-VA	19	---
1:23.24Y	F # 101	Female 11-12 100 Back	LY-VA	11	---
	39.76	1:23.24			
	(39.76)	(43.48)			
Max Smith (7) M					
23.78Y	F # 82	Male 8 & Under 25 Back	LY-VA	10	---
4:10.69Y	F # 86A	Male 8 & Under 200 Free	LY-VA	7	---
	59.84	2:07.88 --- 4:10.69			
	(59.84)	(1:08.04) --- (4:10.69)			
1:07.33Y DQ	F # 92A	Male 8 & Under 50 Breast	LY-VA	---	---
50.31Y	F # 100A	Male 8 & Under 50 Free	LY-VA	13	---

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place		Points	Improv
Avery Snyder (15) M									
24.95Y	F # 6	Male Open 50 Free				LY-VA	12	---	0.40
10:51.80Y	F # 10C	Male 15 & Over 1000 Free				LY-VA	6	---	-18.81
	28.53	1:00.16	1:32.23	2:05.01	2:38.17	3:11.35	3:44.33	4:17.32	
	(28.53)	(31.63)	(32.07)	(32.78)	(33.16)	(33.18)	(32.98)	(32.99)	
	4:49.76	5:23.00	5:56.09	6:29.33	7:02.53	7:35.45	8:08.28	8:41.32	
	(32.44)	(33.24)	(33.09)	(33.24)	(33.20)	(32.92)	(32.83)	(33.04)	
	9:14.41	9:47.52	10:20.45	10:51.80					
	(33.09)	(33.11)	(32.93)	(31.35)					
1:58.21Y	F # 16B	Male 15 & Over 200 Free				LY-VA	11	6	4.45
	26.49	56.28	1:27.58	1:58.21					
	(26.49)	(29.79)	(31.30)	(30.63)					
1:07.05Y	F # 18B	Male 15 & Over 100 Breast				LY-VA	5	14	2.91
	31.98	1:07.05							
	(31.98)	(35.07)							
2:14.31Y	F # 22B	Male 15 & Over 200 Fly				LY-VA	7	12	-3.38
	28.26	1:01.93	1:37.93	2:14.31					
	(28.26)	(33.67)	(36.00)	(36.38)					
4:39.75Y	F # 24B	Male 15 & Over 400 IM				LY-VA	6	13	-5.19
	28.68	1:01.92	1:37.58	2:14.66	2:53.58	3:34.04	4:07.65	4:39.75	
	(28.68)	(33.24)	(35.66)	(37.08)	(38.92)	(40.46)	(33.61)	(32.10)	
54.05Y	F # 66B	Male 15 & Over 100 Free				LY-VA	11	---	1.72
	26.06	54.05							
	(26.06)	(27.99)							
59.43Y	F # 70B	Male 15 & Over 100 Fly				LY-VA	7	---	-1.24
	27.82	59.43							
	(27.82)	(31.61)							
2:27.54Y	F # 72B	Male 15 & Over 200 Breast				LY-VA	7	---	5.42
	33.22	1:10.57	1:49.54	2:27.54					
	(33.22)	(37.35)	(38.97)	(38.00)					
5:20.00Y	F # 74B	Male 15 & Over 500 Free				LY-VA	3	---	16.16
	28.51	59.99	1:32.15	2:04.63	2:37.96	3:10.35	3:43.66	4:15.76	
	(28.51)	(31.48)	(32.16)	(32.48)	(33.33)	(32.39)	(33.31)	(32.10)	
	4:48.61	5:20.00							
	(32.85)	(31.39)							

Lynchburg YMCA Swim Team
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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Seth Snyder (8) M						
1:33.47Y	F # 36A	Male 8 & Under 100 Free	LY-VA	6	13	-1.44
	42.81	1:33.47				
	(42.81)	(50.66)				
52.67Y	F # 44A	Male 8 & Under 50 Back	LY-VA	6	13	6.68
56.46Y	F # 52A	Male 8 & Under 50 Fly	LY-VA	4	15	1.11
1:46.68Y DQ	F # 56A	Male 8 & Under 100 IM	LY-VA	---	---	---
	48.73	1:46.68				
	(48.73)	(57.95)				
21.30Y	F # 82	Male 8 & Under 25 Back	LY-VA	4	---	-0.56
3:26.52Y	F # 86A	Male 8 & Under 200 Free	LY-VA	5	---	3.53
	---	---	3:26.52			
	---	---	(3:26.52)			
41.35Y	F # 100A	Male 8 & Under 50 Free	LY-VA	7	---	0.09
1:46.79Y	F # 104A	Male 8 & Under 100 Back	LY-VA	4	---	4.42
	52.52	1:46.79				
	(52.52)	(54.27)				
Shelton Speakes (12) F						
3:16.51Y	F # 1	Female 11-12 200 IM	LY-VA	14	---	-12.85
	46.21	1:36.44 2:32.45 3:16.51				
	(46.21)	(50.23) (56.01) (44.06)				
1:38.97Y	F # 45	Female 11-12 100 Breast	LY-VA	11	6	-8.25
	45.77	1:38.97				
	(45.77)	(53.20)				
41.05Y	F # 49	Female 11-12 50 Fly	LY-VA	12	5	-3.54
1:31.02Y	F # 53	Female 11-12 100 IM	LY-VA	18	---	-2.50
	43.94	1:31.02				
	(43.94)	(47.08)				
3:17.91Y	F # 57B	Female 11-12 200 Back	LY-VA	5	14	---
	45.88	1:36.24 2:27.82 3:17.91				
	(45.88)	(50.36) (51.58) (50.09)				
44.51Y	F # 89	Female 11-12 50 Breast	LY-VA	8	---	-1.29
1:43.84Y	F # 93	Female 11-12 100 Fly	LY-VA	9	---	-2.39
	45.96	1:43.84				
	(45.96)	(57.88)				
35.78Y	F # 97	Female 11-12 50 Free	LY-VA	20	---	-1.27
3:41.98Y	F # 105B	Female 11-12 200 Breast	LY-VA	7	---	---
	49.80	1:47.02 2:46.22 3:41.98				
	(49.80)	(57.22) (59.20) (55.76)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Audrey Spivey (7) F						
59.67Y	F # 5	Female Open 50 Free	LY-VA	36	---	---
25.96Y	F # 31	Female 8 & Under 25 Free	LY-VA	11	6	-4.80
2:33.86Y	F # 35A	Female 8 & Under 100 Free	LY-VA	8	11	2.28
	---	2:33.86				
	---	(2:33.86)				
41.73Y DQ	F # 39	Female 8 & Under 25 Breast	LY-VA	---	---	---
1:05.89Y DQ	F # 43A	Female 8 & Under 50 Back	LY-VA	---	---	---
Jude Spivey (8) M						
44.44Y	F # 6	Male Open 50 Free	LY-VA	36	---	---
40.85Y	F # 26	100 Free Relay Lead Off	LY-VA	---	---	20.85
1:41.98Y	F # 36A	Male 8 & Under 100 Free	LY-VA	8	11	-14.07
	43.06	1:41.98				
	(43.06)	(58.92)				
25.29Y	F # 40	Male 8 & Under 25 Breast	LY-VA	5	14	-1.17
2:08.62Y	F # 48A	Male 8 & Under 100 Breast	LY-VA	3	16	---
	1:00.92	2:08.62				
	(1:00.92)	(1:07.70)				
2:02.93Y	F # 56A	Male 8 & Under 100 IM	LY-VA	4	15	---
	1:00.82	2:02.93				
	(1:00.82)	(1:02.11)				
Emerson Stauder (7) F						
1:41.68Y	F # 35A	Female 8 & Under 100 Free	LY-VA	2	17	-1.38
	46.52	1:41.68				
	(46.52)	(55.16)				
25.88Y	F # 39	Female 8 & Under 25 Breast	LY-VA	1	20	0.12
56.36Y	F # 43A	Female 8 & Under 50 Back	LY-VA	1	20	-0.55
1:56.94Y	F # 55A	Female 8 & Under 100 IM	LY-VA	2	17	-5.06
	54.06	1:56.94				
	(54.06)	(1:02.88)				
22.55Y	F # 87	Female 8 & Under 25 Fly	LY-VA	1	---	-1.74
59.10Y	F # 91A	Female 8 & Under 50 Breast	LY-VA	2	---	-3.00
43.48Y	F # 99A	Female 8 & Under 50 Free	LY-VA	2	---	2.54
1:55.54Y	F # 103A	Female 8 & Under 100 Back	LY-VA	1	---	---
	54.40	1:55.54				
	(54.40)	(1:01.14)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Declund Stevenson (16) M						
24.01Y	F # 6	Male Open 50 Free	LY-VA	8	---	1.53
10:55.00Y	F # 10C	Male 15 & Over 1000 Free	LY-VA	9	---	---
	28.00	1:00.95 1:34.01 2:07.97	2:41.60 3:15.19 3:48.26	4:22.27		
	(28.00)	(32.95) (33.06) (33.96)	(33.63) (33.59) (33.07)	(34.01)		
	4:55.67	5:28.99 6:02.54 6:36.28	7:10.25 7:43.91 8:16.66	8:49.86		
	(33.40)	(33.32) (33.55) (33.74)	(33.97) (33.66) (32.75)	(33.20)		
	9:22.67	9:54.90 10:26.17 10:55.00				
	(32.81)	(32.23) (31.27) (28.83)				
1:55.87Y	F # 16B	Male 15 & Over 200 Free	LY-VA	8	11	9.40
	27.39	56.96 1:27.18 1:55.87				
	(27.39)	(29.57) (30.22) (28.69)				
1:05.13Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	4	15	4.83
	30.47	1:05.13				
	(30.47)	(34.66)				
1:01.37Y	F # 20B	Male 15 & Over 100 Back	LY-VA	10	7	2.61
	30.03	1:01.37				
	(30.03)	(31.34)				
2:20.61Y	F # 22B	Male 15 & Over 200 Fly	LY-VA	8	11	-6.22
	30.32	1:06.40 1:44.48 2:20.61				
	(30.32)	(36.08) (38.08) (36.13)				
2:10.05Y	F # 64B	Male 15 & Over 200 IM	LY-VA	4	---	1.46
	27.60	1:03.38 1:40.43 2:10.05				
	(27.60)	(35.78) (37.05) (29.62)				
51.78Y	F # 66B	Male 15 & Over 100 Free	LY-VA	7	---	3.34
	25.23	51.78				
	(25.23)	(26.55)				
59.80Y	F # 70B	Male 15 & Over 100 Fly	LY-VA	8	---	4.00
	28.28	59.80				
	(28.28)	(31.52)				
2:25.61Y	F # 72B	Male 15 & Over 200 Breast	LY-VA	6	---	10.88
	32.69	1:09.99 1:47.99 2:25.61				
	(32.69)	(37.30) (38.00) (37.62)				
Britlyn Sullivan (7) F						
29.14Y	F # 31	Female 8 & Under 25 Free	LY-VA	13	4	-3.80
2:35.61Y	F # 35A	Female 8 & Under 100 Free	LY-VA	9	9	-1.77
	1:12.46	2:35.61				
	(1:12.46)	(1:23.15)				
34.24Y	F # 39	Female 8 & Under 25 Breast	LY-VA	5	14	-0.17
1:15.08Y	F # 43A	Female 8 & Under 50 Back	LY-VA	11	6	2.87
36.28Y	F # 81	Female 8 & Under 25 Back	LY-VA	8	---	4.80
33.21Y DQ	F # 87	Female 8 & Under 25 Fly	LY-VA	---	---	---
1:05.29Y	F # 99A	Female 8 & Under 50 Free	LY-VA	11	---	3.09
2:43.50Y	F # 103A	Female 8 & Under 100 Back	LY-VA	3	---	---
	---	2:43.50				
	---	(2:43.50)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Keaton Tanner (7) M						
22.57Y	F # 32	Male 8 & Under 25 Free	LY-VA	11	6	1.03
54.08Y DNF	F # 36A	Male 8 & Under 100 Free	LY-VA	---	---	---
	---	54.08				
	---	(54.08)				
37.38Y DQ	F # 40	Male 8 & Under 25 Breast	LY-VA	---	---	---
1:05.54Y	F # 44A	Male 8 & Under 50 Back	LY-VA	13	4	7.69
24.91Y	F # 82	Male 8 & Under 25 Back	LY-VA	12	---	0.02
31.50Y DQ	F # 88	Male 8 & Under 25 Fly	LY-VA	---	---	---
51.90Y	F # 100A	Male 8 & Under 50 Free	LY-VA	14	---	0.49
2:09.62Y	F # 104A	Male 8 & Under 100 Back	LY-VA	8	---	---
	59.80	2:09.62				
	(59.80)	(1:09.82)				
Alaina Thomas (9) F						
2:06.65Y	F # 35B	Female 9-10 100 Free	LY-VA	37	---	-1.07
	54.40	2:06.65				
	(54.40)	(1:12.25)				
56.68Y	F # 43B	Female 9-10 50 Back	LY-VA	31	---	-4.15
1:28.44Y DQ	F # 51B	Female 9-10 50 Fly	LY-VA	---	---	---
2:42.98Y	F # 55B	Female 9-10 100 IM	LY-VA	26	---	11.65
	1:07.14	2:42.98				
	(1:07.14)	(1:35.84)				
4:28.61Y	F # 85B	Female 9-10 200 Free	LY-VA	19	---	---
	55.12	2:06.96 3:21.58 4:28.61				
	(55.12)	(1:11.84) (1:14.62) (1:07.03)				
1:41.54Y DQ	F # 91B	Female 9-10 50 Breast	LY-VA	---	---	---
58.29Y	F # 99B	Female 9-10 50 Free	LY-VA	27	---	6.92
2:01.56Y	F # 103B	Female 9-10 100 Back	LY-VA	16	---	-11.95
	56.25	2:01.56				
	(56.25)	(1:05.31)				

Lynchburg YMCA Swim Team

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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Brandon Thomas (12) M											
3:07.62Y	F # 2	Male	11-12	200 IM	LY-VA	10			---	-0.49	
	40.95		---	2:27.57	3:07.62						
	(40.95)		---	(2:27.57)	(40.05)						
7:09.02Y	F # 8C	Male	11-12	500 Free	LY-VA	7			---	-22.45	
	36.52	1:19.85	2:04.32	2:49.29	3:35.08	4:18.38	5:03.01	5:47.99			
	(36.52)	(43.33)	(44.47)	(44.97)	(45.79)	(43.30)	(44.63)	(44.98)			
	6:29.80	7:09.02									
	(41.81)	(39.22)									
1:14.29Y	F # 34	Male	11-12	100 Free	LY-VA	18			---	1.43	
	34.49	1:14.29									
	(34.49)	(39.80)									
42.65Y	F # 42	Male	11-12	50 Back	LY-VA	17			---	0.93	
41.24Y	F # 50	Male	11-12	50 Fly	LY-VA	16			1	-3.81	
1:26.40Y	F # 54	Male	11-12	100 IM	LY-VA	13			4	-3.15	
	40.37	1:26.40									
	(40.37)	(46.03)									
2:39.60Y	F # 84	Male	11-12	200 Free	LY-VA	14			---	-5.96	
	36.35	1:17.42	1:59.25	2:39.60							
	(36.35)	(41.07)	(41.83)	(40.35)							
46.25Y	F # 90	Male	11-12	50 Breast	LY-VA	12			---	-1.44	
32.38Y	F # 98	Male	11-12	50 Free	LY-VA	14			---	-0.63	
3:39.52Y	F # 106B	Male	11-12	200 Breast	LY-VA	9			---	---	
	48.05	1:45.37	2:44.43	3:39.52							
	(48.05)	(57.32)	(59.06)	(55.09)							
Brodie Thomas (12) M											
1:41.68Y	F # 34	Male	11-12	100 Free	LY-VA	31			---	8.80	
	46.93	1:41.68									
	(46.93)	(54.75)									
2:03.16Y	F # 46	Male	11-12	100 Breast	LY-VA	20			---	-1.95	
	55.87	2:03.16									
	(55.87)	(1:07.29)									
NS	F # 50	Male	11-12	50 Fly	LY-VA	---			---	---	
NS	F # 54	Male	11-12	100 IM	LY-VA	---			---	---	
NS	F # 84	Male	11-12	200 Free	LY-VA	---			---	---	
NS	F # 90	Male	11-12	50 Breast	LY-VA	---			---	---	
NS	F # 98	Male	11-12	50 Free	LY-VA	---			---	---	
NS	F # 102	Male	11-12	100 Back	LY-VA	---			---	---	
Wave Thomasey (10) F											
NS	F # 35B	Female	9-10	100 Free	LY-VA	---			---	---	
NS	F # 43B	Female	9-10	50 Back	LY-VA	---			---	---	
NS	F # 47B	Female	9-10	100 Breast	LY-VA	---			---	---	
NS	F # 55B	Female	9-10	100 IM	LY-VA	---			---	---	

Lynchburg YMCA Swim Team

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Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Bri Torrence (10) F					
4:10.81Y DQ	F # 3B	Female 9-10 200 IM	LY-VA	---	---
	---	1:52.36 3:24.49 4:10.81			
	---	(1:52.36) (1:32.13) (46.32)			
8:25.99Y	F # 7B	Female 9-10 500 Free	LY-VA	6	---
	43.73	1:32.06 2:24.16 3:16.06 4:08.32 5:01.65 5:54.02 6:46.25			
	(43.73)	(48.33) (52.10) (51.90) (52.26) (53.33) (52.37) (52.23)			
	7:38.17	8:25.99			
	(51.92)	(47.82)			
1:27.93Y	F # 35B	Female 9-10 100 Free	LY-VA	18	---
	41.48	1:27.93			
	(41.48)	(46.45)			
45.80Y	F # 43B	Female 9-10 50 Back	LY-VA	17	---
46.24Y	F # 51B	Female 9-10 50 Fly	LY-VA	11	6
1:54.72Y	F # 55B	Female 9-10 100 IM	LY-VA	23	---
	48.34	1:54.72			
	(48.34)	(1:06.38)			
3:14.18Y	F # 85B	Female 9-10 200 Free	LY-VA	14	---
	47.40	1:38.54 2:28.66 3:14.18			
	(47.40)	(51.14) (50.12) (45.52)			
1:57.89Y	F # 95B	Female 9-10 100 Fly	LY-VA	11	---
	53.25	1:57.89			
	(53.25)	(1:04.64)			
40.35Y	F # 99B	Female 9-10 50 Free	LY-VA	16	---
1:40.07Y	F # 103B	Female 9-10 100 Back	LY-VA	11	---
	50.37	1:40.07			
	(50.37)	(49.70)			
Hallie Townsend (11) F					
47.47Y	F # 41	Female 11-12 50 Back	LY-VA	18	---
40.11Y	F # 97	Female 11-12 50 Free	LY-VA	23	---
Eli Trosper (12) M					
1:30.31Y	F # 34	Male 11-12 100 Free	LY-VA	29	---
	1:30.32	1:30.31			
	(1:30.32)	(.01)			
48.26Y	F # 42	Male 11-12 50 Back	LY-VA	21	---
53.96Y DQ	F # 50	Male 11-12 50 Fly	LY-VA	---	---
1:46.14Y	F # 54	Male 11-12 100 IM	LY-VA	21	---
	52.60	1:46.14			
	(52.60)	(53.54)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Kinley Tuck (12) F						
3:04.88Y	F # 1	Female 11-12 200 IM	LY-VA	10	---	-10.93
	43.27	1:30.45 2:24.41 3:04.88				
	(43.27)	(47.18) (53.96) (40.47)				
7:13.79Y	F # 7C	Female 11-12 500 Free	LY-VA	5	---	4.94
	39.77	1:24.03 2:09.95 2:55.55 3:40.79 4:25.10 5:09.41 5:53.17				
	(39.77)	(44.26) (45.92) (45.60) (45.24) (44.31) (44.31) (43.76)				
	6:35.14	7:13.79				
	(41.97)	(38.65)				
37.88Y	F # 41	Female 11-12 50 Back	LY-VA	6	13	0.33
1:37.62Y	F # 45	Female 11-12 100 Breast	LY-VA	9	9	4.10
	45.99	1:37.62				
	(45.99)	(51.63)				
1:24.46Y	F # 53	Female 11-12 100 IM	LY-VA	11	6	-7.14
	40.26	1:24.46				
	(40.26)	(44.20)				
3:04.31Y	F # 57B	Female 11-12 200 Back	LY-VA	3	16	0.54
	45.11	1:32.67 2:19.77 3:04.31				
	(45.11)	(47.56) (47.10) (44.54)				
43.66Y	F # 89	Female 11-12 50 Breast	LY-VA	6	---	-2.53
1:33.06Y	F # 93	Female 11-12 100 Fly	LY-VA	7	---	2.28
	42.18	1:33.06				
	(42.18)	(50.88)				
34.30Y	F # 97	Female 11-12 50 Free	LY-VA	14	---	1.17
1:26.62Y	F # 101	Female 11-12 100 Back	LY-VA	15	---	2.74
	---	1:26.62				
	---	(1:26.62)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place		Points	Improv
Brody Wall (13) M									
24.88Y	F # 6	Male Open 50 Free				LY-VA	11	---	-0.61
11:49.79Y	F # 10B	Male 13-14 1000 Free				LY-VA	7	---	---
	31.79	1:06.89	1:42.44	2:18.69	2:55.05	3:31.74	4:07.99	4:44.17	
	(31.79)	(35.10)	(35.55)	(36.25)	(36.36)	(36.69)	(36.25)	(36.18)	
	5:20.64	5:56.88	6:33.16	7:09.77	7:45.54	8:20.14	8:56.01	9:32.14	
	(36.47)	(36.24)	(36.28)	(36.61)	(35.77)	(34.60)	(35.87)	(36.13)	
	10:06.83	10:42.54	11:18.05	11:49.79					
	(34.69)	(35.71)	(35.51)	(31.74)					
2:01.23Y	F # 16A	Male 13-14 200 Free				LY-VA	3	16	-2.15
	27.13	58.00	1:30.08	2:01.23					
	(27.13)	(30.87)	(32.08)	(31.15)					
1:18.34Y	F # 18A	Male 13-14 100 Breast				LY-VA	18	---	-1.35
	38.90	1:18.34							
	(38.90)	(39.44)							
1:13.22Y	F # 20A	Male 13-14 100 Back				LY-VA	17	---	0.82
	37.11	1:13.22							
	(37.11)	(36.11)							
5:23.40Y	F # 24A	Male 13-14 400 IM				LY-VA	16	1	---
	31.15	1:08.41	1:52.53	2:36.22	3:25.06	4:13.98	4:50.47	5:23.40	
	(31.15)	(37.26)	(44.12)	(43.69)	(48.84)	(48.92)	(36.49)	(32.93)	
25.20Y	F # 62	200 Free Relay Lead Off				LY-VA	---	---	-0.29
56.12Y	F # 66A	Male 13-14 100 Free				LY-VA	6	---	1.11
	27.20	56.12							
	(27.20)	(28.92)							
1:04.28Y	F # 70A	Male 13-14 100 Fly				LY-VA	6	---	0.45
	30.59	1:04.28							
	(30.59)	(33.69)							
5:49.56Y	F # 74A	Male 13-14 500 Free				LY-VA	6	---	---
	30.36	1:05.37	1:40.80	2:16.47	2:51.95	3:28.60	4:05.35	4:41.85	
	(30.36)	(35.01)	(35.43)	(35.67)	(35.48)	(36.65)	(36.75)	(36.50)	
	5:18.27	5:49.56							
	(36.42)	(31.29)							

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Joshua Warren (16) M						
24.77Y	F # 6	Male Open 50 Free	LY-VA	10	---	1.75
1:58.56Y	F # 16B	Male 15 & Over 200 Free	LY-VA	12	5	7.19
	27.26	57.36 1:28.13 1:58.56				
	(27.26)	(30.10) (30.77) (30.43)				
1:01.58Y	F # 20B	Male 15 & Over 100 Back	LY-VA	11	6	1.25
	30.16	1:01.58				
	(30.16)	(31.42)				
2:10.10Y	F # 22B	Male 15 & Over 200 Fly	LY-VA	5	14	2.19
	28.55	1:01.05 1:35.57 2:10.10				
	(28.55)	(32.50) (34.52) (34.53)				
2:15.64Y	F # 64B	Male 15 & Over 200 IM	LY-VA	7	---	0.86
	28.51	1:03.43 1:45.11 2:15.64				
	(28.51)	(34.92) (41.68) (30.53)				
55.19Y	F # 66B	Male 15 & Over 100 Free	LY-VA	15	---	3.61
	26.83	55.19				
	(26.83)	(28.36)				
57.35Y	F # 70B	Male 15 & Over 100 Fly	LY-VA	4	---	2.68
	26.65	57.35				
	(26.65)	(30.70)				
2:38.23Y	F # 72B	Male 15 & Over 200 Breast	LY-VA	9	---	1.46
	36.51	1:17.34 1:58.27 2:38.23				
	(36.51)	(40.83) (40.93) (39.96)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Sarah Warren (14) F					
27.68Y	F # 5	Female Open 50 Free	LY-VA 15	---	0.22
11:38.13Y	F # 9B	Female 13-14 1000 Free	LY-VA 5	---	-20.92
	32.16	1:06.44 1:40.69 2:15.39 2:50.09 3:25.02 4:00.69 4:36.12			
	(32.16)	(34.28) (34.25) (34.70) (34.70) (34.93) (35.67) (35.43)			
	5:11.07	5:46.83 6:21.97 6:57.67 7:33.32 8:08.39 8:44.14 9:19.17			
	(34.95)	(35.76) (35.14) (35.70) (35.65) (35.07) (35.75) (35.03)			
	9:54.61	10:29.81 11:04.65 11:38.13			
	(35.44)	(35.20) (34.84) (33.48)			
2:09.29Y	F # 15A	Female 13-14 200 Free	LY-VA 8	11	3.99
	29.95	1:02.50 1:35.78 2:09.29			
	(29.95)	(32.55) (33.28) (33.51)			
1:06.75Y	F # 19A	Female 13-14 100 Back	LY-VA 7	12	3.27
	32.54	1:06.75			
	(32.54)	(34.21)			
2:26.34Y	F # 21A	Female 13-14 200 Fly	LY-VA 6	13	13.63
	32.29	1:08.84 1:47.45 2:26.34			
	(32.29)	(36.55) (38.61) (38.89)			
5:03.85Y	F # 23A	Female 13-14 400 IM	LY-VA 8	11	13.21
	31.64	1:08.05 1:47.98 2:27.91 3:10.26 3:53.92 4:29.31 5:03.85			
	(31.64)	(36.41) (39.93) (39.93) (42.35) (43.66) (35.39) (34.54)			
27.09Y	F # 61	200 Free Relay Lead Off	LY-VA ---	---	-0.37
2:22.74Y	F # 63A	Female 13-14 200 IM	LY-VA 5	---	4.27
	30.79	1:07.91 1:50.17 2:22.74			
	(30.79)	(37.12) (42.26) (32.57)			
2:23.58Y	F # 67A	Female 13-14 200 Back	LY-VA 4	---	6.08
	34.19	1:10.21 1:47.39 2:23.58			
	(34.19)	(36.02) (37.18) (36.19)			
1:04.30Y	F # 69A	Female 13-14 100 Fly	LY-VA 3	---	3.59
	30.36	1:04.30			
	(30.36)	(33.94)			
5:43.75Y	F # 73A	Female 13-14 500 Free	LY-VA 5	---	8.86
	31.46	1:06.14 1:41.03 2:15.89 2:50.77 3:26.23 4:01.79 4:36.72			
	(31.46)	(34.68) (34.89) (34.86) (34.88) (35.46) (35.56) (34.93)			
	5:11.19	5:43.75			
	(34.47)	(32.56)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Sam Watts (7) M						
22.14Y	F # 32	Male 8 & Under 25 Free	LY-VA	10	7	-13.95
2:15.31Y	F # 36A	Male 8 & Under 100 Free	LY-VA	15	2	-33.11
	1:03.97 2:15.31					
	(1:03.97) (1:11.34)					
36.18Y	F # 40	Male 8 & Under 25 Breast	LY-VA	11	6	---
2:37.89Y DQ	F # 56A	Male 8 & Under 100 IM	LY-VA	---	---	---
	1:17.94 2:37.89					
	(1:17.94) (1:19.95)					
32.28Y	F # 82	Male 8 & Under 25 Back	LY-VA	18	---	-2.81
33.84Y DQ	F # 88	Male 8 & Under 25 Fly	LY-VA	---	---	---
59.38Y	F # 100A	Male 8 & Under 50 Free	LY-VA	18	---	-15.31
3:05.73Y	F # 104A	Male 8 & Under 100 Back	LY-VA	10	---	---
	--- 3:05.73					
	--- (3:05.73)					
Trey Watts (9) M						
1:41.86Y	F # 36B	Male 9-10 100 Free	LY-VA	14	3	-17.64
	44.06 1:41.86					
	(44.06) (57.80)					
52.44Y	F # 44B	Male 9-10 50 Back	LY-VA	14	3	-0.92
2:03.48Y	F # 56B	Male 9-10 100 IM	LY-VA	11	6	---
	59.55 2:03.48					
	(59.55) (1:03.93)					
3:55.83Y	F # 86B	Male 9-10 200 Free	LY-VA	12	---	---
	--- --- 3:55.83					
	--- --- (3:55.83)					
1:04.70Y	F # 92B	Male 9-10 50 Breast	LY-VA	13	---	-10.10
48.46Y	F # 100B	Male 9-10 50 Free	LY-VA	16	---	-3.66
2:00.98Y	F # 104B	Male 9-10 100 Back	LY-VA	11	---	-2.06
	56.33 2:00.98					
	(56.33) (1:04.65)					

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Broughton Webb (13) F					
26.80Y	F # 5	Female Open 50 Free	LY-VA 11	---	-1.07
10:55.86Y	F # 9B	Female 13-14 1000 Free	LY-VA 1	---	2.04
	30.16	1:03.20 1:36.35 2:09.68 2:43.09 3:16.98 3:50.34 4:23.43			
	(30.16)	(33.04) (33.15) (33.33) (33.41) (33.89) (33.36) (33.09)			
	4:56.47	5:29.70 6:02.61 6:35.31 7:08.06 7:40.91 8:13.97 8:46.78			
	(33.04)	(33.23) (32.91) (32.70) (32.75) (32.85) (33.06) (32.81)			
	9:19.53	9:51.99 10:24.08 10:55.86			
	(32.75)	(32.46) (32.09) (31.78)			
2:03.28Y	F # 15A	Female 13-14 200 Free	LY-VA 3	16	-1.77
	28.98	1:00.44 1:31.76 2:03.28			
	(28.98)	(31.46) (31.32) (31.52)			
1:14.08Y	F # 17A	Female 13-14 100 Breast	LY-VA 4	15	2.16
	34.88	1:14.08			
	(34.88)	(39.20)			
1:10.80Y	F # 19A	Female 13-14 100 Back	LY-VA 12	5	0.59
	34.84	1:10.80			
	(34.84)	(35.96)			
4:52.34Y	F # 23A	Female 13-14 400 IM	LY-VA 5	14	5.40
	32.21	1:09.13 1:47.76 2:25.78 3:06.78 3:47.77 4:20.50 4:52.34			
	(32.21)	(36.92) (38.63) (38.02) (41.00) (40.99) (32.73) (31.84)			
27.60Y	F # 61	200 Free Relay Lead Off	LY-VA ---	---	-0.27
2:21.11Y	F # 63A	Female 13-14 200 IM	LY-VA 3	---	1.21
	31.72	1:07.22 1:49.19 2:21.11			
	(31.72)	(35.50) (41.97) (31.92)			
59.29Y	F # 65A	Female 13-14 100 Free	LY-VA 2	---	1.07
	28.94	59.29			
	(28.94)	(30.35)			
2:35.81Y	F # 71A	Female 13-14 200 Breast	LY-VA 1	---	4.64
	37.00	1:17.38 1:56.78 2:35.81			
	(37.00)	(40.38) (39.40) (39.03)			
5:26.14Y	F # 73A	Female 13-14 500 Free	LY-VA 3	---	9.61
	30.23	1:02.99 1:36.18 2:09.34 2:42.29 3:15.15 3:48.14 4:21.30			
	(30.23)	(32.76) (33.19) (33.16) (32.95) (32.86) (32.99) (33.16)			
	4:54.03	5:26.14			
	(32.73)	(32.11)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Adam Wells (13) M						
25.41Y	F # 6	Male Open 50 Free	LY-VA	16	---	1.13
2:09.47Y	F # 16A	Male 13-14 200 Free	LY-VA	14	3	7.81
	28.06	1:00.91 1:34.98 2:09.47				
	(28.06)	(32.85) (34.07) (34.49)				
1:25.08Y	F # 18A	Male 13-14 100 Breast	LY-VA	21	---	4.89
	---	1:25.08				
	---	(1:25.08)				
1:14.72Y	F # 20A	Male 13-14 100 Back	LY-VA	20	---	6.84
	35.74	1:14.72				
	(35.74)	(38.98)				
5:43.10Y	F # 24A	Male 13-14 400 IM	LY-VA	19	---	14.37
	35.31	1:20.96 2:05.35 2:51.72 3:38.85 4:28.49 5:04.62 5:43.10				
	(35.31)	(45.65) (44.39) (46.37) (47.13) (49.64) (36.13) (38.48)				
57.38Y	F # 66A	Male 13-14 100 Free	LY-VA	9	---	4.50
	26.75	57.38				
	(26.75)	(30.63)				
2:46.77Y	F # 68A	Male 13-14 200 Back	LY-VA	8	---	19.53
	37.48	1:20.14 2:04.19 2:46.77				
	(37.48)	(42.66) (44.05) (42.58)				
1:08.25Y	F # 70A	Male 13-14 100 Fly	LY-VA	10	---	-1.67
	---	1:08.25				
	---	(1:08.25)				
5:54.41Y	F # 74A	Male 13-14 500 Free	LY-VA	9	---	8.62
	29.98	1:04.21 1:40.39 2:15.88 2:51.86 3:28.77 4:05.59 4:43.25				
	(29.98)	(34.23) (36.18) (35.49) (35.98) (36.91) (36.82) (37.66)				
	5:19.68	5:54.41				
	(36.43)	(34.73)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Noah Wells (16) M						
29.29Y	F # 12	200 Medley Relay Lead Off	LY-VA	---	---	0.45
2:02.01Y	F # 16B	Male 15 & Over 200 Free	LY-VA	14	3	4.03
	27.77	58.51 1:30.79 2:02.01				
	(27.77)	(30.74) (32.28) (31.22)				
1:13.18Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	16	1	-1.15
	35.03	1:13.18				
	(35.03)	(38.15)				
1:04.73Y	F # 20B	Male 15 & Over 100 Back	LY-VA	13	4	6.46
	31.18	1:04.73				
	(31.18)	(33.55)				
24.15Y	F # 60	200 Free Relay Lead Off	LY-VA	---	---	0.33
53.66Y	F # 66B	Male 15 & Over 100 Free	LY-VA	9	---	2.23
	25.60	53.66				
	(25.60)	(28.06)				
2:20.52Y	F # 68B	Male 15 & Over 200 Back	LY-VA	6	---	10.90
	31.59	1:06.53 1:43.67 2:20.52				
	(31.59)	(34.94) (37.14) (36.85)				
1:07.13Y	F # 70B	Male 15 & Over 100 Fly	LY-VA	14	---	3.84
	30.64	1:07.13				
	(30.64)	(36.49)				
5:48.65Y	F # 74B	Male 15 & Over 500 Free	LY-VA	6	---	26.33
	27.83	59.96 1:33.56 2:08.24 2:43.57 3:19.38 3:56.12 4:33.93				
	(27.83)	(32.13) (33.60) (34.68) (35.33) (35.81) (36.74) (37.81)				
	5:11.78	5:48.65				
	(37.85)	(36.87)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Sammy Wells (9) M					
3:25.74Y	F # 4B	Male 9-10 200 IM	LY-VA	1	---
	39.47	1:32.54 2:41.03 3:25.74			
	(39.47)	(53.07) (1:08.49) (44.71)			
7:36.32Y	F # 8B	Male 9-10 500 Free	LY-VA	2	---
	38.59	1:23.97 2:11.50 2:57.89 3:45.71 4:33.48 5:20.09 6:08.01			-0.57
	(38.59)	(45.38) (47.53) (46.39) (47.82) (47.77) (46.61) (47.92)			
	6:53.80	7:36.32			
	(45.79)	(42.52)			
1:17.42Y	F # 36B	Male 9-10 100 Free	LY-VA	3	16
	37.28	1:17.42			-0.07
	(37.28)	(40.14)			
42.90Y	F # 44B	Male 9-10 50 Back	LY-VA	8	11
38.35Y	F # 52B	Male 9-10 50 Fly	LY-VA	4	15
3:10.49Y	F # 58A	Male 9-10 200 Back	LY-VA	1	20
	45.40	1:34.32 2:23.56 3:10.49			-16.93
	(45.40)	(48.92) (49.24) (46.93)			
56.63Y	F # 92B	Male 9-10 50 Breast	LY-VA	8	---
1:30.48Y	F # 96B	Male 9-10 100 Fly	LY-VA	3	---
	40.17	1:30.48			-7.40
	(40.17)	(50.31)			
36.78Y	F # 100B	Male 9-10 50 Free	LY-VA	7	---
1:33.14Y	F # 104B	Male 9-10 100 Back	LY-VA	4	---
	45.34	1:33.14			-3.19
	(45.34)	(47.80)			
Owen Widzisz (18) M					
22.73Y	F # 6	Male Open 50 Free	LY-VA	2	---
NS	F # 16B	Male 15 & Over 200 Free	LY-VA	---	1.18
NS	F # 20B	Male 15 & Over 100 Back	LY-VA	---	---
NS	F # 66B	Male 15 & Over 100 Free	LY-VA	---	---
NS	F # 68B	Male 15 & Over 200 Back	LY-VA	---	---
NS	F # 70B	Male 15 & Over 100 Fly	LY-VA	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Austin Woodruff (11) M						
2:46.37Y	F # 2	Male 11-12 200 IM	LY-VA	4	---	-2.65
	37.23	1:20.29 2:11.46 2:46.37				
	(37.23)	(43.06) (51.17) (34.91)				
12:34.53Y	F # 10A	Male 11-12 1000 Free	LY-VA	1	---	---
	34.13	--- 1:50.11 2:28.26 3:07.04 3:45.63 4:23.99 5:01.76				
	(34.13)	--- (1:50.11) (38.15) (38.78) (38.59) (38.36) (37.77)				
	6:18.17	6:56.58 7:34.21 8:13.11 8:50.72 9:28.58 10:06.49 10:43.93				
	(1:16.41)	(38.41) (37.63) (38.90) (37.61) (37.86) (37.91) (37.44)				
	11:21.20	11:58.85 12:34.61 12:34.53				
	(37.27)	(37.65) (35.76) (.08)				
29.99Y	F # 30	200 Free Relay Lead Off	LY-VA	---	---	0.51
1:06.40Y	F # 34	Male 11-12 100 Free	LY-VA	5	14	0.64
	31.41	1:06.40				
	(31.41)	(34.99)				
3:09.84Y	F # 38B	Male 11-12 200 Fly	LY-VA	2	17	9.82
	41.00	1:29.46 2:20.95 3:09.84				
	(41.00)	(48.46) (51.49) (48.89)				
1:35.13Y	F # 46	Male 11-12 100 Breast	LY-VA	13	4	3.95
	45.25	1:35.13				
	(45.25)	(49.88)				
1:20.99Y	F # 54	Male 11-12 100 IM	LY-VA	11	6	2.39
	38.65	1:20.99				
	(38.65)	(42.34)				
34.84Y	F # 80	200 Medley Relay Lead Off	LY-VA	---	---	0.88
44.00Y	F # 90	Male 11-12 50 Breast	LY-VA	7	---	2.73
1:28.72Y	F # 94	Male 11-12 100 Fly	LY-VA	8	---	6.47
	40.13	1:28.72				
	(40.13)	(48.59)				
30.00Y	F # 98	Male 11-12 50 Free	LY-VA	10	---	0.52
3:23.92Y	F # 106B	Male 11-12 200 Breast	LY-VA	7	---	7.67
	49.35	1:42.93 2:36.17 3:23.92				
	(49.35)	(53.58) (53.24) (47.75)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Graham Woodruff (14) M						
22.91Y	F # 6	Male Open 50 Free	LY-VA	3	---	1.44
10:32.29Y	F # 10B	Male 13-14 1000 Free	LY-VA	2	---	31.67
	28.77	1:00.51 1:32.75 2:04.36	2:36.53 3:08.22 3:39.66	4:11.50		
	(28.77)	(31.74) (32.24) (31.61)	(32.17) (31.69) (31.44)	(31.84)		
	4:43.56	5:15.86 5:48.39 6:20.88	6:52.73 7:24.94 7:56.85	8:28.50		
	(32.06)	(32.30) (32.53) (32.49)	(31.85) (32.21) (31.91)	(31.65)		
	9:00.54	9:32.54 10:03.80 10:32.29				
	(32.04)	(32.00) (31.26) (28.49)				
2:01.26Y	F # 16A	Male 13-14 200 Free	LY-VA	4	15	15.03
	27.98	59.99 1:32.25 2:01.26				
	(27.98)	(32.01) (32.26) (29.01)				
1:08.50Y	F # 18A	Male 13-14 100 Breast	LY-VA	4	15	1.98
	32.17	1:08.50				
	(32.17)	(36.33)				
1:00.26Y	F # 20A	Male 13-14 100 Back	LY-VA	1	20	4.93
	28.86	1:00.26				
	(28.86)	(31.40)				
4:29.05Y	F # 24A	Male 13-14 400 IM	LY-VA	2	17	1.36
	26.82	58.63 1:33.15 2:06.12	2:46.93 3:28.49 3:59.40	4:29.05		
	(26.82)	(31.81) (34.52) (32.97)	(40.81) (41.56) (30.91)	(29.65)		
2:11.27Y	F # 64A	Male 13-14 200 IM	LY-VA	3	---	8.95
	28.29	1:01.46 1:42.74 2:11.27				
	(28.29)	(33.17) (41.28) (28.53)				
51.28Y	F # 66A	Male 13-14 100 Free	LY-VA	1	---	3.25
	24.68	51.28				
	(24.68)	(26.60)				
2:27.20Y	F # 72A	Male 13-14 200 Breast	LY-VA	2	---	0.68
	33.89	1:12.48 1:50.75 2:27.20				
	(33.89)	(38.59) (38.27) (36.45)				
5:16.18Y	F # 74A	Male 13-14 500 Free	LY-VA	2	---	24.55
	28.32	59.78 1:31.59 2:03.84	2:36.48 3:09.05 3:41.52	4:13.80		
	(28.32)	(31.46) (31.81) (32.25)	(32.64) (32.57) (32.47)	(32.28)		
	4:45.23	5:16.18				
	(31.43)	(30.95)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event				Place			Points	Improv
Taylor Woodruff (13) F										
26.28Y	F # 5	Female Open 50 Free				LY-VA		7	---	0.19
11:23.75Y	F # 9B	Female 13-14 1000 Free				LY-VA		3	---	-54.66
	31.53	1:05.89	1:40.08	2:14.43	2:49.16	3:23.20	3:58.21	4:32.83		
	(31.53)	(34.36)	(34.19)	(34.35)	(34.73)	(34.04)	(35.01)	(34.62)		
	5:08.00	5:42.81	6:17.77	6:52.67	7:27.31	8:01.80	8:36.24	9:10.22		
	(35.17)	(34.81)	(34.96)	(34.90)	(34.64)	(34.49)	(34.44)	(33.98)		
	9:45.04	10:19.62	10:53.46	11:23.75						
	(34.82)	(34.58)	(33.84)	(30.29)						
29.07Y	F # 13	200 Medley Relay Lead Off				LY-VA		---	---	0.18
2:07.26Y	F # 15A	Female 13-14 200 Free				LY-VA		5	14	4.55
	29.62	1:01.96	1:35.72	2:07.26						
	(29.62)	(32.34)	(33.76)	(31.54)						
1:05.32Y	F # 19A	Female 13-14 100 Back				LY-VA		4	15	3.96
	31.44	1:05.32								
	(31.44)	(33.88)								
2:16.59Y	F # 21A	Female 13-14 200 Fly				LY-VA		3	16	3.86
	31.58	1:06.67	1:41.94	2:16.59						
	(31.58)	(35.09)	(35.27)	(34.65)						
58.79Y	F # 65A	Female 13-14 100 Free				LY-VA		1	---	2.09
	28.15	58.79								
	(28.15)	(30.64)								
2:20.50Y	F # 67A	Female 13-14 200 Back				LY-VA		2	---	4.51
	33.38	1:08.98	1:45.90	2:20.50						
	(33.38)	(35.60)	(36.92)	(34.60)						
1:05.78Y	F # 69A	Female 13-14 100 Fly				LY-VA		5	---	3.07
	31.34	1:05.78								
	(31.34)	(34.44)								
5:43.19Y	F # 73A	Female 13-14 500 Free				LY-VA		4	---	13.74
	31.13	1:05.83	1:40.82	2:15.39	2:50.06	3:25.09	4:00.61	4:36.50		
	(31.13)	(34.70)	(34.99)	(34.57)	(34.67)	(35.03)	(35.52)	(35.89)		
	5:11.00	5:43.19								
	(34.50)	(32.19)								

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event				Place			Points	Improv
Caleb Wu (13) M										
26.17Y	F # 6	Male Open 50 Free				LY-VA		19	---	-0.06
12:06.63Y	F # 10B	Male 13-14 1000 Free				LY-VA		9	---	---
	32.41	1:08.59	1:45.61	2:22.37	2:59.46	3:36.10	4:13.42	4:50.49		
	(32.41)	(36.18)	(37.02)	(36.76)	(37.09)	(36.64)	(37.32)	(37.07)		
	5:27.52	6:04.49	6:41.07	7:17.71	7:54.63	8:31.33	9:08.62	9:45.00		
	(37.03)	(36.97)	(36.58)	(36.64)	(36.92)	(36.70)	(37.29)	(36.38)		
	10:21.10	10:57.44	11:33.00	12:06.63						
	(36.10)	(36.34)	(35.56)	(33.63)						
2:07.18Y	F # 16A	Male 13-14 200 Free				LY-VA		10	7	0.14
	28.96	1:01.69	1:35.17	2:07.18						
	(28.96)	(32.73)	(33.48)	(32.01)						
1:09.78Y	F # 18A	Male 13-14 100 Breast				LY-VA		5	14	2.77
	33.44	1:09.78								
	(33.44)	(36.34)								
1:06.20Y	F # 20A	Male 13-14 100 Back				LY-VA		6	13	-0.37
	33.13	1:06.20								
	(33.13)	(33.07)								
5:11.73Y	F # 24A	Male 13-14 400 IM				LY-VA		14	3	9.74
	34.88	1:17.98	1:58.00	2:37.78	3:21.34	4:04.29	4:40.27	5:11.73		
	(34.88)	(43.10)	(40.02)	(39.78)	(43.56)	(42.95)	(35.98)	(31.46)		
2:23.38Y	F # 64A	Male 13-14 200 IM				LY-VA		7	---	1.67
	32.48	1:10.13	1:51.28	2:23.38						
	(32.48)	(37.65)	(41.15)	(32.10)						
57.34Y	F # 66A	Male 13-14 100 Free				LY-VA		8	---	-0.30
	28.08	57.34								
	(28.08)	(29.26)								
1:10.77Y	F # 70A	Male 13-14 100 Fly				LY-VA		12	---	0.54
	32.98	1:10.77								
	(32.98)	(37.79)								
2:35.42Y	F # 72A	Male 13-14 200 Breast				LY-VA		5	---	7.03
	36.04	1:15.87	1:56.14	2:35.42						
	(36.04)	(39.83)	(40.27)	(39.28)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Karis Wu (11) F						
3:35.66Y	F # 1	Female 11-12 200 IM	LY-VA	15	---	-3.06
	51.26	1:46.37	---	3:35.66		
	(51.26)	(55.11)	---	(3:35.66)		
8:18.54Y	F # 7C	Female 11-12 500 Free	LY-VA	12	---	-21.56
	42.45	1:32.17	---	3:15.13	4:06.60	4:58.59
	(42.45)	(49.72)	---	(3:15.13)	(51.47)	(51.99)
	7:32.49	8:18.54			(51.76)	(51.02)
	(51.12)	(46.05)				
39.83Y	F # 29	200 Free Relay Lead Off	LY-VA	---	---	3.60
1:23.34Y	F # 33	Female 11-12 100 Free	LY-VA	19	---	-0.21
	---	1:23.34				
	---	(1:23.34)				
47.10Y	F # 41	Female 11-12 50 Back	LY-VA	17	---	1.93
1:43.12Y	F # 53	Female 11-12 100 IM	LY-VA	22	---	5.46
	49.06	1:43.12				
	(49.06)	(54.06)				
3:28.54Y	F # 57B	Female 11-12 200 Back	LY-VA	6	13	---
	49.93	1:43.63	---	3:28.54		
	(49.93)	(53.70)	---	(3:28.54)		
52.04Y	F # 89	Female 11-12 50 Breast	LY-VA	20	---	2.53
36.92Y	F # 97	Female 11-12 50 Free	LY-VA	21	---	0.69
1:38.07Y	F # 101	Female 11-12 100 Back	LY-VA	21	---	-7.95
	46.98	1:38.07				
	(46.98)	(51.09)				
4:03.88Y	F # 105B	Female 11-12 200 Breast	LY-VA	10	---	10.29
	54.90	1:57.23	---	4:03.88		
	(54.90)	(1:02.33)	---	(4:03.88)		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Titus Wu (8) M						
3:15.32Y	F # 4A	Male 8 & Under 200 IM	LY-VA	1	---	-4.82
	---	1:38.12 --- 3:15.32				
	---	(1:38.12) --- (3:15.32)				
7:54.90Y	F # 8A	Male 8 & Under 500 Free	LY-VA	2	---	1.42
	43.24	1:32.48 2:21.11 3:08.82 3:58.50 4:47.40 5:37.37 6:25.42				
	(43.24)	(49.24) (48.63) (47.71) (49.68) (48.90) (49.97) (48.05)				
	7:12.82	7:54.90				
	(47.40)	(42.08)				
1:16.41Y	F # 36A	Male 8 & Under 100 Free	LY-VA	1	20	1.56
	37.38	1:16.41				
	(37.38)	(39.03)				
20.76Y	F # 40	Male 8 & Under 25 Breast	LY-VA	1	20	-1.03
1:43.87Y	F # 48A	Male 8 & Under 100 Breast	LY-VA	1	20	0.87
	49.90	1:43.87				
	(49.90)	(53.97)				
41.37Y	F # 52A	Male 8 & Under 50 Fly	LY-VA	1	20	0.66
2:43.49Y	F # 86A	Male 8 & Under 200 Free	LY-VA	1	---	-7.04
	37.52	1:19.75 2:02.83 2:43.49				
	(37.52)	(42.23) (43.08) (40.66)				
18.57Y	F # 88	Male 8 & Under 25 Fly	LY-VA	1	---	-3.84
48.00Y	F # 92A	Male 8 & Under 50 Breast	LY-VA	1	---	0.38
34.84Y	F # 100A	Male 8 & Under 50 Free	LY-VA	1	---	0.67
Zander Wyman (13) M						
2:40.85Y	F # 16A	Male 13-14 200 Free	LY-VA	31	---	---
	36.31	1:17.27 2:00.48 2:40.85				
	(36.31)	(40.96) (43.21) (40.37)				
1:42.71Y	F # 18A	Male 13-14 100 Breast	LY-VA	28	---	---
	48.09	1:42.71				
	(48.09)	(54.62)				
1:36.82Y	F # 20A	Male 13-14 100 Back	LY-VA	25	---	---
	---	1:36.82				
	---	(1:36.82)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 LY Winter Invitational 05-Jan-24 to 07-Jan-24 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
George Xu (16) M					
27.17Y	F # 12	200 Medley Relay Lead Off	LY-VA	---	0.60
1:50.87Y	F # 16B	Male 15 & Over 200 Free	LY-VA	3	16
	25.23	52.77 1:21.75 1:50.87			2.48
	(25.23)	(27.54) (28.98) (29.12)			
57.29Y	F # 20B	Male 15 & Over 100 Back	LY-VA	5	14
	28.35	57.29			2.36
	(28.35)	(28.94)			
2:07.89Y	F # 22B	Male 15 & Over 200 Fly	LY-VA	4	15
	28.44	1:01.23 1:34.38 2:07.89			7.36
	(28.44)	(32.79) (33.15) (33.51)			
4:25.68Y	F # 24B	Male 15 & Over 400 IM	LY-VA	2	17
	28.73	1:01.33 1:34.81 2:07.93 2:47.02 3:26.67 3:56.60 4:25.68			4.19
	(28.73)	(32.60) (33.48) (33.12) (39.09) (39.65) (29.93) (29.08)			
2:06.62Y	F # 64B	Male 15 & Over 200 IM	LY-VA	3	---
	27.33	59.15 1:37.68 2:06.62			7.15
	(27.33)	(31.82) (38.53) (28.94)			
51.19Y	F # 66B	Male 15 & Over 100 Free	LY-VA	5	---
	24.79	51.19			2.42
	(24.79)	(26.40)			
2:03.13Y	F # 68B	Male 15 & Over 200 Back	LY-VA	3	---
	29.54	1:00.11 1:31.64 2:03.13			5.26
	(29.54)	(30.57) (31.53) (31.49)			
57.16Y	F # 70B	Male 15 & Over 100 Fly	LY-VA	3	---
	26.68	57.16			2.78
	(26.68)	(30.48)			
Spence Young (8) M					
1:28.76Y	F # 36A	Male 8 & Under 100 Free	LY-VA	3	16
	41.19	1:28.76			-5.47
	(41.19)	(47.57)			
23.29Y	F # 40	Male 8 & Under 25 Breast	LY-VA	3	16
48.98Y	F # 44A	Male 8 & Under 50 Back	LY-VA	3	16
1:57.87Y DQ	F # 48A	Male 8 & Under 100 Breast	LY-VA	---	---
	54.93	1:57.87			---
	(54.93)	(1:02.94)			
46.64Y	F # 76	100 Medley Relay Lead Off	LY-VA	---	---
23.39Y	F # 82	Male 8 & Under 25 Back	LY-VA	8	---
3:14.61Y	F # 86A	Male 8 & Under 200 Free	LY-VA	4	---
	43.99	1:34.03 2:26.74 3:14.61			---
	(43.99)	(50.04) (52.71) (47.87)			
52.60Y	F # 92A	Male 8 & Under 50 Breast	LY-VA	4	---
1:46.20Y	F # 104A	Male 8 & Under 100 Back	LY-VA	3	---
	52.82	1:46.20			---
	(52.82)	(53.38)			