

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Tessa Akershoek (11) F						
3:10.72Y	F # 3C	Female 11-12 200 IM	LY-VA	8	1	-10.86
	40.14	1:29.41 2:27.72 3:10.72				
	(40.14)	(49.27) (58.31) (43.00)				
8:00.47Y	F # 5C	Female 11-12 500 Free	LY-VA	10	---	-13.71
	38.73	1:25.23 2:15.40 3:07.76	3:56.92 4:48.74 5:38.15 6:28.95			
	(38.73)	(46.50) (50.17) (52.36)	(49.16) (51.82) (49.41) (50.80)			
	7:18.13	8:00.47				
	(49.18)	(42.34)				
1:17.17Y	F # 29	Female 11-12 100 Free	LY-VA	13	---	0.55
	36.98	1:17.17				
	(36.98)	(40.19)				
47.17Y	F # 35	Female 11-12 50 Breast	LY-VA	11	---	-7.87
1:28.95Y	F # 39	Female 11-12 100 Back	LY-VA	14	---	-4.73
	43.89	1:28.95				
	(43.89)	(45.06)				
38.05Y	F # 43	Female 11-12 50 Fly	LY-VA	3	6	-8.91
1:28.68Y	F # 47	Female 11-12 100 IM	LY-VA	12	---	-8.43
	---	1:28.68				
	---	(1:28.68)				
2:56.23Y	F # 73	Female 11-12 200 Free	LY-VA	14	---	-19.04
	39.56	1:25.10 2:13.20 2:56.23				
	(39.56)	(45.54) (48.10) (43.03)				
1:45.38Y	F # 79	Female 11-12 100 Breast	LY-VA	11	---	-5.68
	48.78	1:45.38				
	(48.78)	(56.60)				
41.98Y	F # 83	Female 11-12 50 Back	LY-VA	10	---	-0.84
1:31.19Y	F # 87	Female 11-12 100 Fly	LY-VA	3	6	-21.80
	---	1:31.19				
	---	(1:31.19)				
35.33Y	F # 91	Female 11-12 50 Free	LY-VA	12	---	1.48

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Time	F/P/S	Event	Place	Points	Improv	
Emily Asbury (15) F						
3:09.10Y	F # 1B	Female 15 & Over 200 IM	LY-VA	4	5	4.92
	39.93	1:26.12 2:26.18 3:09.10				
	(39.93)	(46.19) (1:00.06) (42.92)				
7:24.68Y	F # 5E	Female 15 & Over 500 Free	LY-VA	5	4	9.06
	37.94	1:21.23 2:06.42 2:52.24 3:37.70 4:24.02 5:10.07 5:56.06				
	(37.94)	(43.29) (45.19) (45.82) (45.46) (46.32) (46.05) (45.99)				
	6:41.60	7:24.68				
	(45.54)	(43.08)				
1:28.33Y	F # 11B	Female 15 & Over 100 Back	LY-VA	5	4	2.43
	42.86	1:28.33				
	(42.86)	(45.47)				
1:20.04Y	F # 15B	Female 15 & Over 100 Free	LY-VA	5	4	6.99
	37.96	1:20.04				
	(37.96)	(42.08)				
1:58.52Y	F # 17B	Female 15 & Over 100 Breast	LY-VA	5	4	-12.69
	55.31	1:58.52				
	(55.31)	(1:03.21)				
2:51.40Y	F # 55B	Female 15 & Over 200 Free	LY-VA	4	5	9.88
	38.78	1:21.68 2:06.87 2:51.40				
	(38.78)	(42.90) (45.19) (44.53)				
3:10.09Y	F # 59B	Female 15 & Over 200 Back	LY-VA	4	5	17.13
	44.32	1:31.94 2:22.00 3:10.09				
	(44.32)	(47.62) (50.06) (48.09)				
4:12.53Y	F # 61B	Female 15 & Over 200 Breast	LY-VA	4	5	-6.62
	56.84	2:00.74 --- 4:12.53				
	(56.84)	(1:03.90) --- (4:12.53)				
37.76Y	F # 63B	Female 15 & Over 50 Free	LY-VA	4	5	3.70

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Time	F/P/S	Event	Place	Points	Improv	
Sydney Ayers (12) F						
3:14.45Y	F # 3C	Female 11-12 200 IM	LY-VA	11	---	1.32
	41.64	1:32.63 2:27.76 3:14.45				
	(41.64)	(50.99) (55.13) (46.69)				
7:32.17Y	F # 5C	Female 11-12 500 Free	LY-VA	7	2	-8.33
	37.43	1:19.52 2:04.80 2:50.87 3:38.09 4:25.39 5:14.04 6:02.64				
	(37.43)	(42.09) (45.28) (46.07) (47.22) (47.30) (48.65) (48.60)				
	6:49.33	7:32.17				
	(46.69)	(42.84)				
34.51Y	F # 25	200 Free Relay Lead Off	LY-VA	---	---	-2.31
1:16.30Y	F # 29	Female 11-12 100 Free	LY-VA	12	---	-1.99
	36.75	1:16.30				
	(36.75)	(39.55)				
45.72Y	F # 35	Female 11-12 50 Breast	LY-VA	7	2	0.05
1:32.50Y	F # 39	Female 11-12 100 Back	LY-VA	16	---	-8.79
	44.77	1:32.50				
	(44.77)	(47.73)				
42.90Y	F # 43	Female 11-12 50 Fly	LY-VA	8	1	-4.01
1:29.04Y	F # 47	Female 11-12 100 IM	LY-VA	14	---	0.51
	43.01	1:29.04				
	(43.01)	(46.03)				
2:49.25Y	F # 73	Female 11-12 200 Free	LY-VA	10	---	3.81
	37.20	1:19.11 2:05.93 2:49.25				
	(37.20)	(41.91) (46.82) (43.32)				
1:37.83Y	F # 79	Female 11-12 100 Breast	LY-VA	6	3	3.23
	46.12	1:37.83				
	(46.12)	(51.71)				
42.17Y	F # 83	Female 11-12 50 Back	LY-VA	11	---	-0.77
1:40.69Y	F # 87	Female 11-12 100 Fly	LY-VA	6	3	6.11
	46.67	1:40.69				
	(46.67)	(54.02)				
37.10Y	F # 91	Female 11-12 50 Free	LY-VA	16	---	0.28
Quentin Bailey (9) M						
1:47.79Y	F # 32B	Male 9-10 100 Free	LY-VA	15	---	-17.38
	49.73	1:47.79				
	(49.73)	(58.06)				
1:22.11Y	F # 38B	Male 9-10 50 Breast	LY-VA	14	---	---
2:10.00Y	F # 42B	Male 9-10 100 Back	LY-VA	10	---	---
	1:04.31	2:10.00				
	(1:04.31)	(1:05.69)				
1:07.66Y	F # 46	Male 10 & Under 50 Fly	LY-VA	15	---	---
2:17.26Y	F # 50B	Male 9-10 100 IM	LY-VA	11	---	---
	1:02.23	2:17.26				
	(1:02.23)	(1:15.03)				

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Time	F/P/S	Event	Place	Points	Improv			
Shirley Barger (13) F								
2:43.74Y	F # 1A	Female 13-14 200 IM	LY-VA	6	3	2.44		
	---	---	---	2:43.74				
	---	---	---	(2:43.74)				
6:05.99Y	F # 5D	Female 13-14 500 Free	LY-VA	6	3	-36.83		
	33.07	1:09.33	1:46.88	2:24.52	3:01.44	3:38.93	---	---
	(33.07)	(36.26)	(37.55)	(37.64)	(36.92)	(37.49)	---	---
	5:31.73	6:05.99						
	(5:31.73)	(34.26)						
1:14.44Y	F # 11A	Female 13-14 100 Back	LY-VA	7	2	-2.30		
	36.03	1:14.44						
	(36.03)	(38.41)						
1:02.73Y	F # 15A	Female 13-14 100 Free	LY-VA	5	4	-0.80		
	29.74	1:02.73						
	(29.74)	(32.99)						
1:25.49Y	F # 17A	Female 13-14 100 Breast	LY-VA	4	5	-5.36		
	40.24	1:25.49						
	(40.24)	(45.25)						
5:39.94Y	F # 19A	Female 13-14 400 IM	LY-VA	5	4	---		
	38.42	1:22.91	2:08.41	2:51.82	3:41.25	4:28.80	5:04.18	5:39.94
	(38.42)	(44.49)	(45.50)	(43.41)	(49.43)	(47.55)	(35.38)	(35.76)
2:18.09Y	F # 55A	Female 13-14 200 Free	LY-VA	5	4	-0.60		
	31.60	1:06.49	1:42.47	2:18.09				
	(31.60)	(34.89)	(35.98)	(35.62)				
1:19.25Y	F # 57A	Female 13-14 100 Fly	LY-VA	6	3	-15.00		
	36.57	1:19.25						
	(36.57)	(42.68)						
2:43.39Y	F # 59A	Female 13-14 200 Back	LY-VA	7	2	-8.90		
	39.62	1:21.45	2:03.66	2:43.39				
	(39.62)	(41.83)	(42.21)	(39.73)				
3:03.93Y	F # 61A	Female 13-14 200 Breast	LY-VA	5	4	-17.19		
	42.59	1:29.98	2:16.93	3:03.93				
	(42.59)	(47.39)	(46.95)	(47.00)				
29.09Y	F # 63A	Female 13-14 50 Free	LY-VA	6	3	0.21		

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Time	F/P/S	Event		Place	Points	Improv
George Barksdale (7) M						
32.73Y DQ	F # 28	Male 8 & Under 25 Fly	LY-VA	---	---	---
1:58.39Y	F # 32A	Male 8 & Under 100 Free	LY-VA	11	---	---
	---	1:58.39				
	---	(1:58.39)				
26.93Y	F # 34	Male 8 & Under 25 Back	LY-VA	9	---	---
1:27.83Y DQ	F # 38A	Male 8 & Under 50 Breast	LY-VA	---	---	---
2:34.01Y DQ	F # 50A	Male 8 & Under 100 IM	LY-VA	---	---	---
	---	2:34.01				
	---	(2:34.01)				
22.20Y	F # 72	Male 8 & Under 25 Free	LY-VA	8	1	---
36.59Y DQ	F # 78	Male 8 & Under 25 Breast	LY-VA	---	---	---
59.94Y DQ	F # 86A	Male 8 & Under 50 Back	LY-VA	---	---	---
56.06Y	F # 94A	Male 8 & Under 50 Free	LY-VA	12	---	---
Micah Bauserman (11) F						
1:46.62Y	F # 29	Female 11-12 100 Free	LY-VA	27	---	-14.86
	---	1:46.62				
	---	(1:46.62)				
1:04.52Y	F # 35	Female 11-12 50 Breast	LY-VA	22	---	---
2:09.65Y DQ	F # 39	Female 11-12 100 Back	LY-VA	---	---	---
	---	2:09.65				
	---	(2:09.65)				
2:03.43Y DQ	F # 47	Female 11-12 100 IM	LY-VA	---	---	---
	---	2:03.43				
	---	(2:03.43)				
Callan Berkley (8) M						
23.85Y	F # 72	Male 8 & Under 25 Free	LY-VA	10	---	---
30.60Y DQ	F # 78	Male 8 & Under 25 Breast	LY-VA	---	---	---
1:08.47Y	F # 86A	Male 8 & Under 50 Back	LY-VA	10	---	---
56.53Y	F # 94A	Male 8 & Under 50 Free	LY-VA	13	---	---

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Time	F/P/S	Event	Place	Points	Improv	
Jack Berkley (12) M						
3:53.48Y	F # 4C	Male 11-12 200 IM	LY-VA	13	---	-22.30
	53.65	1:59.40 3:06.89 3:53.48				
	(53.65)	(1:05.75) (1:07.49) (46.59)				
8:35.56Y	F # 6C	Male 11-12 500 Free	LY-VA	12	---	-58.95
	41.06	1:32.10 2:27.62 3:19.51 4:14.20 5:08.24 6:01.64 6:56.02				
	(41.06)	(51.04) (55.52) (51.89) (54.69) (54.04) (53.40) (54.38)				
	7:49.62	8:35.56				
	(53.60)	(45.94)				
36.11Y	F # 26	200 Free Relay Lead Off	LY-VA	---	---	-2.24
1:23.25Y	F # 30	Male 11-12 100 Free	LY-VA	19	---	-2.24
	39.75	1:23.25				
	(39.75)	(43.50)				
52.64Y	F # 36	Male 11-12 50 Breast	LY-VA	17	---	-10.41
2:02.47Y	F # 40	Male 11-12 100 Back	LY-VA	21	---	-5.16
	58.54	2:02.47				
	(58.54)	(1:03.93)				
49.78Y	F # 44	Male 11-12 50 Fly	LY-VA	17	---	-19.15
1:47.66Y	F # 48	Male 11-12 100 IM	LY-VA	20	---	-11.88
	52.86	1:47.66				
	(52.86)	(54.80)				
3:11.67Y	F # 74	Male 11-12 200 Free	LY-VA	14	---	-10.30
	40.82	1:32.06 2:23.67 3:11.67				
	(40.82)	(51.24) (51.61) (48.00)				
2:10.07Y	F # 80	Male 11-12 100 Breast	LY-VA	15	---	-12.74
	1:02.17	2:10.07				
	(1:02.17)	(1:07.90)				
52.14Y DQ	F # 84	Male 11-12 50 Back	LY-VA	---	---	---
36.36Y	F # 92	Male 11-12 50 Free	LY-VA	14	---	-1.99

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Time	F/P/S	Event	Place	Points	Improv	
Adeline Brebner (12) F						
1:38.58Y	F # 29	Female 11-12 100 Free	LY-VA	26	---	-26.13
	46.50	1:38.58				
	(46.50)	(52.08)				
56.83Y DQ	F # 35	Female 11-12 50 Breast	LY-VA	---	---	---
2:11.39Y DQ	F # 39	Female 11-12 100 Back	LY-VA	---	---	---
	1:01.97	2:11.39				
	(1:01.97)	(1:09.42)				
1:05.89Y	F # 43	Female 11-12 50 Fly	LY-VA	17	---	-21.17
2:05.88Y	F # 47	Female 11-12 100 IM	LY-VA	25	---	-10.33
	---	2:05.88				
	---	(2:05.88)				
3:39.84Y	F # 73	Female 11-12 200 Free	LY-VA	21	---	-40.87
	46.49	1:44.39				
	(46.49)	(57.90)				

		(3:39.84)				
2:20.82Y	F # 79	Female 11-12 100 Breast	LY-VA	21	---	---
	1:04.43	2:20.82				
	(1:04.43)	(1:16.39)				
58.18Y DQ	F # 83	Female 11-12 50 Back	LY-VA	---	---	---
42.72Y	F # 91	Female 11-12 50 Free	LY-VA	21	---	-6.91
Cole Campbell (14) M						
1:06.99Y	F # 12A	Male 13-14 100 Back	LY-VA	8	1	3.84
	31.94	1:06.99				
	(31.94)	(35.05)				
56.57Y	F # 16A	Male 13-14 100 Free	LY-VA	7	2	5.70
	26.22	56.57				
	(26.22)	(30.35)				
1:17.92Y	F # 18A	Male 13-14 100 Breast	LY-VA	8	1	11.76
	36.04	1:17.92				
	(36.04)	(41.88)				
2:10.08Y	F # 56A	Male 13-14 200 Free	LY-VA	8	1	15.09
	28.82	1:01.70				
	(28.82)	(32.88)				
		1:36.59				
		(34.89)				
		2:10.08				
		(33.49)				
2:33.86Y	F # 60A	Male 13-14 200 Back	LY-VA	9	---	-3.02
	35.93	1:14.00				
	(35.93)	(38.07)				
		1:54.04				
		(40.04)				
		2:33.86				
		(39.82)				
2:52.64Y	F # 62A	Male 13-14 200 Breast	LY-VA	8	1	24.49
	---	1:20.89				
	---	(1:20.89)				
		2:05.47				
		(44.58)				
		2:52.64				
		(47.17)				
24.64Y	F # 64A	Male 13-14 50 Free	LY-VA	5	4	1.06

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Trevon Coleman (10) M					
1:54.29Y	F # 32B	Male 9-10 100 Free	LY-VA	17	---
	51.88	1:54.29			
	(51.88)	(1:02.41)			
1:23.87Y DQ	F # 38B	Male 9-10 50 Breast	LY-VA	---	---
2:23.16Y	F # 42B	Male 9-10 100 Back	LY-VA	13	---
	1:08.06	2:23.16			
	(1:08.06)	(1:15.10)			
DNF	F # 76B	Male 9-10 200 Free	LY-VA	---	---
1:05.56Y DQ	F # 86B	Male 9-10 50 Back	LY-VA	---	---
52.86Y	F # 94B	Male 9-10 50 Free	LY-VA	17	---
Ada Compton (13) F					
3:09.70Y	F # 1A	Female 13-14 200 IM	LY-VA	8	1
	40.43	1:29.35 2:26.38 3:09.70			
	(40.43)	(48.92) (57.03) (43.32)			
7:23.56Y	F # 5D	Female 13-14 500 Free	LY-VA	10	---
	---	1:16.42 2:02.11 --- 3:36.62 4:22.77 5:08.37 5:56.05			
	---	(1:16.42) (45.69) --- (3:36.62) (46.15) (45.60) (47.68)			
	6:41.84	7:23.56			
	(45.79)	(41.72)			
1:27.55Y	F # 11A	Female 13-14 100 Back	LY-VA	11	---
	42.77	1:27.55			
	(42.77)	(44.78)			
1:14.41Y	F # 15A	Female 13-14 100 Free	LY-VA	10	---
	---	1:14.41			
	---	(1:14.41)			
1:41.62Y	F # 17A	Female 13-14 100 Breast	LY-VA	10	---
	47.42	1:41.62			
	(47.42)	(54.20)			
2:41.43Y	F # 55A	Female 13-14 200 Free	LY-VA	9	---
	34.70	1:14.66 1:57.75 2:41.43			
	(34.70)	(39.96) (43.09) (43.68)			
3:08.25Y	F # 59A	Female 13-14 200 Back	LY-VA	10	---
	42.58	1:29.71 --- 3:08.25			
	(42.58)	(47.13) --- (3:08.25)			
3:39.80Y	F # 61A	Female 13-14 200 Breast	LY-VA	9	---
	48.06	1:45.31 2:42.87 3:39.80			
	(48.06)	(57.25) (57.56) (56.93)			
32.54Y	F # 63A	Female 13-14 50 Free	LY-VA	9	---

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Time	F/P/S	Event	Place	Points	Improv
Anderson Cox (7) M					
49.10Y	F # 22	100 Free Relay Lead Off	LY-VA	---	24.04
30.64Y	F # 28	Male 8 & Under 25 Fly	LY-VA	7	-2.00
1:44.06Y	F # 32A	Male 8 & Under 100 Free	LY-VA	6	-10.33
	47.93	1:44.06			
	(47.93)	(56.13)			
29.28Y	F # 34	Male 8 & Under 25 Back	LY-VA	11	-2.35
59.10Y	F # 38A	Male 8 & Under 50 Breast	LY-VA	4	-28.52
2:12.16Y	F # 50A	Male 8 & Under 100 IM	LY-VA	7	---
	1:07.91	2:12.16			
	(1:07.91)	(1:04.25)			
20.60Y	F # 72	Male 8 & Under 25 Free	LY-VA	4	-4.46
27.80Y DQ	F # 78	Male 8 & Under 25 Breast	LY-VA	---	---
1:11.74Y	F # 86A	Male 8 & Under 50 Back	LY-VA	11	-4.45
45.66Y	F # 94A	Male 8 & Under 50 Free	LY-VA	7	-7.99
Clayton Cox (10) M					
7:28.74Y	F # 6B	Male 9-10 500 Free	LY-VA	4	-53.75
	37.85	1:24.11 2:11.36 2:58.13 3:43.92 4:30.98 5:16.54 6:03.99			
	(37.85)	(46.26) (47.25) (46.77) (45.79) (47.06) (45.56) (47.45)			
	6:50.80	7:28.74			
	(46.81)	(37.94)			
1:17.51Y	F # 32B	Male 9-10 100 Free	LY-VA	8	-6.14
	36.62	1:17.51			
	(36.62)	(40.89)			
56.41Y	F # 38B	Male 9-10 50 Breast	LY-VA	7	-6.63
1:40.26Y DQ	F # 42B	Male 9-10 100 Back	LY-VA	---	---
	48.66	1:40.26			
	(48.66)	(51.60)			
39.94Y	F # 46	Male 10 & Under 50 Fly	LY-VA	4	-7.03
1:38.75Y	F # 50B	Male 9-10 100 IM	LY-VA	6	-8.58
	46.87	1:38.75			
	(46.87)	(51.88)			
2:52.87Y	F # 76B	Male 9-10 200 Free	LY-VA	5	-23.87
	40.04	1:24.66 2:10.33 2:52.87			
	(40.04)	(44.62) (45.67) (42.54)			
2:07.22Y DQ	F # 82B	Male 9-10 100 Breast	LY-VA	---	---
	1:00.96	2:07.22			
	(1:00.96)	(1:06.26)			
46.05Y	F # 86B	Male 9-10 50 Back	LY-VA	6	-0.54
1:44.08Y	F # 90B	Male 9-10 100 Fly	LY-VA	5	-9.06
	47.03	1:44.08			
	(47.03)	(57.05)			
35.29Y	F # 94B	Male 9-10 50 Free	LY-VA	5	-1.68

Individual Meet Results

Location: lamerson YMCA

Time	F/P/S	Event				Place				Points	Improv	
Liam Cox (9) M												
1:42.79Y	F # 32B	Male 9-10 100 Free				LY-VA				11	---	---
	47.84	1:42.79										
	(47.84)	(54.95)										
1:20.78Y DQ	F # 38B	Male 9-10 50 Breast				LY-VA				---	---	---
1:04.09Y DQ	F # 86B	Male 9-10 50 Back				LY-VA				---	---	---
44.94Y	F # 94B	Male 9-10 50 Free				LY-VA				10	---	---
Lucas Cox (13) M												
1:46.69Y DQ	F # 12A	Male 13-14 100 Back				LY-VA				---	---	---
	---	1:46.69										
	---	(1:46.69)										
1:43.83Y	F # 16A	Male 13-14 100 Free				LY-VA				17	---	---
	48.52	1:43.83										
	(48.52)	(55.31)										
42.26Y	F # 64A	Male 13-14 50 Free				LY-VA				16	---	---
Meredith Cox (12) F												
3:18.20Y	F # 3C	Female 11-12 200 IM				LY-VA				12	---	-7.66
	46.78	1:38.04 2:35.34 3:18.20										
	(46.78)	(51.26) (57.30) (42.86)										
7:46.95Y	F # 5C	Female 11-12 500 Free				LY-VA				9	---	-15.32
	41.88	1:29.26 2:16.49 3:03.56				3:51.75 4:42.27 5:31.80 6:17.85						
	(41.88)	(47.38) (47.23) (47.07)				(48.19) (50.52) (49.53) (46.05)						
	7:03.80	7:46.95										
	(45.95)	(43.15)										
1:20.84Y	F # 29	Female 11-12 100 Free				LY-VA				16	---	-2.70
	38.64	1:20.84										
	(38.64)	(42.20)										
50.20Y	F # 35	Female 11-12 50 Breast				LY-VA				15	---	-1.93
1:35.86Y	F # 39	Female 11-12 100 Back				LY-VA				19	---	-6.37
	47.80	1:35.86										
	(47.80)	(48.06)										
46.24Y	F # 43	Female 11-12 50 Fly				LY-VA				11	---	-4.91
1:37.00Y	F # 47	Female 11-12 100 IM				LY-VA				19	---	-0.03
	48.64	1:37.00										
	(48.64)	(48.36)										
2:53.16Y	F # 73	Female 11-12 200 Free				LY-VA				12	---	-6.59
	---	---										
	---	---										
1:50.63Y	F # 79	Female 11-12 100 Breast				LY-VA				15	---	-1.32
	---	1:50.63										
	---	(1:50.63)										
47.18Y	F # 83	Female 11-12 50 Back				LY-VA				13	---	2.72
1:51.05Y	F # 87	Female 11-12 100 Fly				LY-VA				8	1	-2.11
	52.89	1:51.05										
	(52.89)	(58.16)										
38.24Y	F # 91	Female 11-12 50 Free				LY-VA				17	---	0.16

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Leah Dalton (12) F						
1:30.82Y	F # 29	Female 11-12 100 Free	LY-VA	22	---	-13.63
	42.52	1:30.82				
	(42.52)	(48.30)				
55.29Y	F # 35	Female 11-12 50 Breast	LY-VA	19	---	---
1:51.11Y	F # 39	Female 11-12 100 Back	LY-VA	23	---	-0.30
	51.36	1:51.11				
	(51.36)	(59.75)				
53.95Y	F # 43	Female 11-12 50 Fly	LY-VA	14	---	---
1:54.72Y	F # 47	Female 11-12 100 IM	LY-VA	24	---	---
	54.82	1:54.72				
	(54.82)	(59.90)				
Avery Duff (12) F						
3:01.98Y	F # 3C	Female 11-12 200 IM	LY-VA	6	3	-7.12
	40.70	1:25.68 2:24.69 3:01.98				
	(40.70)	(44.98) (59.01) (37.29)				
6:58.23Y	F # 5C	Female 11-12 500 Free	LY-VA	3	6	-15.19
	37.33	1:19.24 2:02.16 2:45.03 3:27.61 4:10.79 4:54.60 5:38.31				
	(37.33)	(41.91) (42.92) (42.87) (42.58) (43.18) (43.81) (43.71)				
	6:19.22	6:58.23				
	(40.91)	(39.01)				
1:07.98Y	F # 29	Female 11-12 100 Free	LY-VA	3	6	0.33
	32.66	1:07.98				
	(32.66)	(35.32)				
48.16Y	F # 35	Female 11-12 50 Breast	LY-VA	12	---	-0.03
1:23.52Y	F # 39	Female 11-12 100 Back	LY-VA	5	4	0.06
	41.69	1:23.52				
	(41.69)	(41.83)				
40.92Y	F # 43	Female 11-12 50 Fly	LY-VA	7	2	1.80
1:27.67Y	F # 47	Female 11-12 100 IM	LY-VA	10	---	1.77
	40.31	1:27.67				
	(40.31)	(47.36)				
2:32.92Y	F # 73	Female 11-12 200 Free	LY-VA	4	5	-3.53
	34.60	1:14.39 1:54.82 2:32.92				
	(34.60)	(39.79) (40.43) (38.10)				
1:47.40Y	F # 79	Female 11-12 100 Breast	LY-VA	13	---	2.92
	---	1:47.40				
	---	(1:47.40)				
38.98Y	F # 83	Female 11-12 50 Back	LY-VA	6	3	1.59
1:40.01Y	F # 87	Female 11-12 100 Fly	LY-VA	5	4	1.68
	46.59	1:40.01				
	(46.59)	(53.42)				
30.16Y	F # 91	Female 11-12 50 Free	LY-VA	2	7	-0.27

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Tammy Eakkhattiyakorn (10) F						
3:38.08Y	F # 3B	Female 9-10 200 IM	LY-VA	5	4	---
	53.32	1:50.45 2:49.81 3:38.08				
	(53.32)	(57.13) (59.36) (48.27)				
8:43.01Y	F # 5B	Female 9-10 500 Free	LY-VA	6	3	---
	48.61	1:44.24 2:38.55 --- 4:27.02 5:21.48 7:05.08 7:57.79				
	(48.61)	(55.63) (54.31) --- (4:27.02) (54.46) (1:43.60) (52.71)				
	---	8:43.01				
	---	(8:43.01)				
1:27.73Y	F # 31B	Female 9-10 100 Free	LY-VA	13	---	-7.12
	42.04	1:27.73				
	(42.04)	(45.69)				
52.27Y	F # 37B	Female 9-10 50 Breast	LY-VA	11	---	-6.84
1:43.88Y	F # 41B	Female 9-10 100 Back	LY-VA	11	---	-8.88
	---	1:43.88				
	---	(1:43.88)				
54.34Y	F # 45	Female 10 & Under 50 Fly	LY-VA	15	---	---
1:44.97Y	F # 49B	Female 9-10 100 IM	LY-VA	12	---	-13.58
	50.62	1:44.97				
	(50.62)	(54.35)				
48.02Y	F # 67	200 Medley Relay Lead Off	LY-VA	---	---	-4.45
3:07.99Y	F # 75B	Female 9-10 200 Free	LY-VA	8	1	-35.80
	42.55	1:32.69 --- 3:07.99				
	(42.55)	(50.14) --- (3:07.99)				
1:50.04Y	F # 81B	Female 9-10 100 Breast	LY-VA	6	3	-19.89
	52.39	1:50.04				
	(52.39)	(57.65)				
46.16Y	F # 85B	Female 9-10 50 Back	LY-VA	8	1	-6.31
37.64Y	F # 93B	Female 9-10 50 Free	LY-VA	8	1	-5.07

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Tyler Eakkhattiyakorn (12) M						
2:54.54Y	F # 4C	Male 11-12 200 IM	LY-VA	6	3	---
	42.33	1:29.33 2:14.16 2:54.54				
	(42.33)	(47.00) (44.83) (40.38)				
7:13.72Y	F # 6C	Male 11-12 500 Free	LY-VA	7	2	---
	38.99	1:21.86 2:05.71 2:50.11 3:34.52 4:19.48 5:04.89 5:49.41				
	(38.99)	(42.87) (43.85) (44.40) (44.41) (44.96) (45.41) (44.52)				
	6:34.24	7:13.72				
	(44.83)	(39.48)				
1:12.58Y	F # 30	Male 11-12 100 Free	LY-VA	14	---	-14.22
	36.06	1:12.58				
	(36.06)	(36.52)				
38.85Y	F # 36	Male 11-12 50 Breast	LY-VA	5	4	-6.83
1:27.67Y	F # 40	Male 11-12 100 Back	LY-VA	12	---	-12.41
	43.98	1:27.67				
	(43.98)	(43.69)				
42.09Y	F # 44	Male 11-12 50 Fly	LY-VA	12	---	-13.81
1:21.90Y	F # 48	Male 11-12 100 IM	LY-VA	9	---	-17.85
	43.85	1:21.90				
	(43.85)	(38.05)				
43.11Y	F # 70	200 Medley Relay Lead Off	LY-VA	---	---	-3.25
2:44.56Y	F # 74	Male 11-12 200 Free	LY-VA	9	---	-25.65
	38.52	1:21.46 2:04.89 2:44.56				
	(38.52)	(42.94) (43.43) (39.67)				
1:22.59Y	F # 80	Male 11-12 100 Breast	LY-VA	4	5	-15.70
	---	1:22.59				
	---	(1:22.59)				
40.50Y	F # 84	Male 11-12 50 Back	LY-VA	9	---	-5.86
1:33.32Y	F # 88	Male 11-12 100 Fly	LY-VA	7	2	---
	45.34	1:33.32				
	(45.34)	(47.98)				
33.95Y	F # 92	Male 11-12 50 Free	LY-VA	11	---	-6.73

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Evy Edwards (10) F						
3:42.10Y	F # 3B	Female 9-10 200 IM	LY-VA	7	2	-13.90
	50.70	1:45.40 2:53.29 3:42.10				
	(50.70)	(54.70) (1:07.89) (48.81)				
9:05.48Y	F # 5B	Female 9-10 500 Free	LY-VA	7	2	-50.26
	43.15	1:38.99 --- 3:34.89 4:30.74 5:24.72 6:22.53 7:19.64				
	(43.15)	(55.84) --- (3:34.89) (55.85) (53.98) (57.81) (57.11)				
	8:15.93	9:05.48				
	(56.29)	(49.55)				
1:23.76Y	F # 31B	Female 9-10 100 Free	LY-VA	9	---	-12.82
	37.07	1:23.76				
	(37.07)	(46.69)				
52.14Y	F # 37B	Female 9-10 50 Breast	LY-VA	9	---	-3.94
1:45.24Y	F # 41B	Female 9-10 100 Back	LY-VA	12	---	-9.79
	49.49	1:45.24				
	(49.49)	(55.75)				
45.60Y	F # 45	Female 10 & Under 50 Fly	LY-VA	6	3	-4.92
1:37.02Y	F # 49B	Female 9-10 100 IM	LY-VA	8	1	-6.32
	46.21	1:37.02				
	(46.21)	(50.81)				
3:18.09Y	F # 75B	Female 9-10 200 Free	LY-VA	11	---	-15.02
	42.10	1:35.63 --- 3:18.09				
	(42.10)	(53.53) --- (3:18.09)				
1:54.23Y	F # 81B	Female 9-10 100 Breast	LY-VA	10	---	-11.59
	---	1:54.23				
	---	(1:54.23)				
49.78Y	F # 85B	Female 9-10 50 Back	LY-VA	11	---	0.41
1:55.34Y	F # 89B	Female 9-10 100 Fly	LY-VA	7	2	-2.06
	---	1:55.34				
	---	(1:55.34)				
38.30Y	F # 93B	Female 9-10 50 Free	LY-VA	10	---	-0.29

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Josh Edwards (15) M						
2:22.67Y	F # 2B	Male 15 & Over 200 IM	LY-VA	10	---	1.46
	30.87	1:08.68 1:51.73 2:22.67				
	(30.87)	(37.81) (43.05) (30.94)				
5:35.56Y	F # 6E	Male 15 & Over 500 Free	LY-VA	9	---	6.35
	29.53	1:02.07 1:35.30 2:09.41 2:43.51 3:18.27 3:52.79 4:27.54				
	(29.53)	(32.54) (33.23) (34.11) (34.10) (34.76) (34.52) (34.75)				
	5:02.18	5:35.56				
	(34.64)	(33.38)				
1:06.50Y	F # 12B	Male 15 & Over 100 Back	LY-VA	13	---	-8.03
	32.85	1:06.50				
	(32.85)	(33.65)				
2:42.85Y	F # 14B	Male 15 & Over 200 Fly	LY-VA	12	---	-16.02
	34.72	1:15.75 1:58.81 2:42.85				
	(34.72)	(41.03) (43.06) (44.04)				
57.50Y	F # 16B	Male 15 & Over 100 Free	LY-VA	13	---	2.78
	27.95	57.50				
	(27.95)	(29.55)				
1:19.70Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	11	---	6.40
	37.83	1:19.70				
	(37.83)	(41.87)				
5:22.75Y	F # 20B	Male 15 & Over 400 IM	LY-VA	11	---	-26.11
	34.52	1:15.77 1:58.26 2:40.75 3:28.75 4:14.44 4:48.91 5:22.75				
	(34.52)	(41.25) (42.49) (42.49) (48.00) (45.69) (34.47) (33.84)				
2:03.17Y	F # 56B	Male 15 & Over 200 Free	LY-VA	11	---	-0.84
	28.76	1:00.11 1:31.96 2:03.17				
	(28.76)	(31.35) (31.85) (31.21)				
1:07.07Y	F # 58B	Male 15 & Over 100 Fly	LY-VA	10	---	-5.55
	31.02	1:07.07				
	(31.02)	(36.05)				
2:28.79Y	F # 60B	Male 15 & Over 200 Back	LY-VA	11	---	-3.39
	35.98	1:13.08 1:51.44 2:28.79				
	(35.98)	(37.10) (38.36) (37.35)				
2:54.84Y	F # 62B	Male 15 & Over 200 Breast	LY-VA	11	---	4.65
	39.19	1:24.27 2:10.56 2:54.84				
	(39.19)	(45.08) (46.29) (44.28)				
25.88Y	F # 64B	Male 15 & Over 50 Free	LY-VA	11	---	1.01

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Sam Edwards (12) M						
2:25.60Y	F # 4C	Male 11-12 200 IM	LY-VA	2	7	-13.41
	33.11	1:08.92 1:51.75 2:25.60				
	(33.11)	(35.81) (42.83) (33.85)				
5:53.16Y	F # 6C	Male 11-12 500 Free	LY-VA	2	7	-52.08
	30.18	1:04.72 1:40.49 2:17.20 2:54.35 3:30.84 4:07.48 4:43.69				
	(30.18)	(34.54) (35.77) (36.71) (37.15) (36.49) (36.64) (36.21)				
	5:19.83	5:53.16				
	(36.14)	(33.33)				
27.77Y	F # 26	200 Free Relay Lead Off	LY-VA	---	---	-1.75
1:01.40Y	F # 30	Male 11-12 100 Free	LY-VA	4	5	-5.28
	29.31	1:01.40				
	(29.31)	(32.09)				
37.35Y	F # 36	Male 11-12 50 Breast	LY-VA	3	6	-0.98
1:06.89Y	F # 40	Male 11-12 100 Back	LY-VA	1	9	-3.83
	33.04	1:06.89				
	(33.04)	(33.85)				
32.96Y	F # 44	Male 11-12 50 Fly	LY-VA	4	5	-3.03
1:10.41Y	F # 48	Male 11-12 100 IM	LY-VA	2	7	-7.80
	33.18	1:10.41				
	(33.18)	(37.23)				
31.24Y	F # 70	200 Medley Relay Lead Off	LY-VA	---	---	-1.52
2:13.85Y	F # 74	Male 11-12 200 Free	LY-VA	3	6	-11.84
	30.02	--- --- 2:13.85				
	(30.02)	--- --- (2:13.85)				
1:21.42Y	F # 80	Male 11-12 100 Breast	LY-VA	3	6	-3.33
	38.17	1:21.42				
	(38.17)	(43.25)				
31.08Y	F # 84	Male 11-12 50 Back	LY-VA	1	9	-1.68
1:12.56Y	F # 88	Male 11-12 100 Fly	LY-VA	2	7	-12.78
	34.25	1:12.56				
	(34.25)	(38.31)				
27.92Y	F # 92	Male 11-12 50 Free	LY-VA	3	6	-1.60

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Emmie Eiban (11) F								
3:11.39Y	F # 3C	Female 11-12 200 IM	LY-VA	10	---	-4.97		
	41.07	---	2:29.09	3:11.39				
	(41.07)	---	(2:29.09)	(42.30)				
7:29.07Y	F # 5C	Female 11-12 500 Free	LY-VA	6	3	-5.49		
	38.58	1:22.90	2:08.38	2:54.45	3:40.87	4:27.83	5:14.74	6:01.19
	(38.58)	(44.32)	(45.48)	(46.07)	(46.42)	(46.96)	(46.91)	(46.45)
	6:47.47	7:29.07						
	(46.28)	(41.60)						
1:15.29Y	F # 29	Female 11-12 100 Free	LY-VA	9	---	-2.92		
	36.15	1:15.29						
	(36.15)	(39.14)						
47.00Y	F # 35	Female 11-12 50 Breast	LY-VA	10	---	-4.05		
1:28.51Y	F # 39	Female 11-12 100 Back	LY-VA	13	---	-4.37		
	42.92	1:28.51						
	(42.92)	(45.59)						
40.24Y	F # 43	Female 11-12 50 Fly	LY-VA	5	4	-1.11		
1:28.26Y	F # 47	Female 11-12 100 IM	LY-VA	11	---	-3.60		
	41.35	1:28.26						
	(41.35)	(46.91)						
2:46.59Y	F # 73	Female 11-12 200 Free	LY-VA	8	1	-5.23		
	38.57	1:20.78	2:04.32	2:46.59				
	(38.57)	(42.21)	(43.54)	(42.27)				
1:43.83Y	F # 79	Female 11-12 100 Breast	LY-VA	9	---	-7.17		
	48.72	1:43.83						
	(48.72)	(55.11)						
40.42Y	F # 83	Female 11-12 50 Back	LY-VA	9	---	-1.86		
33.15Y	F # 91	Female 11-12 50 Free	LY-VA	7	2	-0.71		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Ismail Elakkad (12) M					
1:40.49Y	F # 30	Male 11-12 100 Free	LY-VA	23	---
	44.49	1:40.49			
	(44.49)	(56.00)			
1:06.90Y DQ	F # 36	Male 11-12 50 Breast	LY-VA	---	---
2:23.62Y DQ	F # 40	Male 11-12 100 Back	LY-VA	---	---
	---	2:23.62			
	---	(2:23.62)			
59.59Y DQ	F # 44	Male 11-12 50 Fly	LY-VA	---	---
2:10.80Y DQ	F # 48	Male 11-12 100 IM	LY-VA	---	---
	1:02.95	2:10.80			
	(1:02.95)	(1:07.85)			
4:20.27Y	F # 74	Male 11-12 200 Free	LY-VA	17	---
	56.53	2:06.34			
	(56.53)	(1:09.81)			
2:36.47Y DQ	F # 80	Male 11-12 100 Breast	LY-VA	---	---
	---	2:36.47			
	---	(2:36.47)			
1:11.71Y DQ	F # 84	Male 11-12 50 Back	LY-VA	---	---
49.50Y	F # 92	Male 11-12 50 Free	LY-VA	19	---
Frances Fenton (16) F					
26.36Y	F # 9	200 Free Relay Lead Off	LY-VA	---	1.47
1:14.78Y	F # 11B	Female 15 & Over 100 Back	LY-VA	2	7
	36.15	1:14.78			
	(36.15)	(38.63)			
2:29.36Y	F # 13B	Female 15 & Over 200 Fly	LY-VA	1	9
	32.91	1:11.16 1:50.40 2:29.36			
	(32.91)	(38.25) (39.24) (38.96)			
58.47Y	F # 15B	Female 15 & Over 100 Free	LY-VA	1	9
	28.03	58.47			
	(28.03)	(30.44)			
1:11.55Y	F # 17B	Female 15 & Over 100 Breast	LY-VA	1	9
	34.17	1:11.55			
	(34.17)	(37.38)			
5:15.11Y	F # 19B	Female 15 & Over 400 IM	LY-VA	1	9
	33.77	1:12.17 1:56.98 2:41.97 3:22.56 4:06.13 4:40.85 5:15.11			
	(33.77)	(38.40) (44.81) (44.99) (40.59) (43.57) (34.72) (34.26)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Thomas Fenton (18) M						
1:02.59Y	F # 12B	Male 15 & Over 100 Back	LY-VA	10	---	0.72
	31.36	1:02.59				
	(31.36)	(31.23)				
2:19.75Y	F # 14B	Male 15 & Over 200 Fly	LY-VA	6	3	0.99
	30.67	1:06.96 1:44.97 2:19.75				
	(30.67)	(36.29) (38.01) (34.78)				
54.26Y	F # 16B	Male 15 & Over 100 Free	LY-VA	10	---	3.51
	26.95	54.26				
	(26.95)	(27.31)				
1:02.71Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	2	7	4.93
	30.83	1:02.71				
	(30.83)	(31.88)				
4:42.39Y	F # 20B	Male 15 & Over 400 IM	LY-VA	4	5	21.04
	29.84	1:05.77 1:44.49 2:21.31 2:59.36 3:38.89 4:11.67 4:42.39				
	(29.84)	(35.93) (38.72) (36.82) (38.05) (39.53) (32.78) (30.72)				
1:57.50Y	F # 56B	Male 15 & Over 200 Free	LY-VA	8	1	1.62
	27.76	57.85 1:28.14 1:57.50				
	(27.76)	(30.09) (30.29) (29.36)				
58.64Y	F # 58B	Male 15 & Over 100 Fly	LY-VA	6	3	-1.13
	27.76	58.64				
	(27.76)	(30.88)				
2:16.31Y	F # 60B	Male 15 & Over 200 Back	LY-VA	7	2	-3.17
	33.41	1:08.35 1:43.46 2:16.31				
	(33.41)	(34.94) (35.11) (32.85)				
2:15.34Y	F # 62B	Male 15 & Over 200 Breast	LY-VA	2	7	10.02
	32.14	1:08.18 1:42.29 2:15.34				
	(32.14)	(36.04) (34.11) (33.05)				
24.83Y	F # 64B	Male 15 & Over 50 Free	LY-VA	10	---	1.21
Eli Fleenor (13) M						
1:37.43Y DQ	F # 12A	Male 13-14 100 Back	LY-VA	---	---	---
	47.46	1:37.43				
	(47.46)	(49.97)				
1:13.71Y	F # 16A	Male 13-14 100 Free	LY-VA	14	---	-13.03
	35.36	1:13.71				
	(35.36)	(38.35)				
2:37.19Y	F # 56A	Male 13-14 200 Free	LY-VA	13	---	-35.69
	36.69	1:17.68 1:59.74 2:37.19				
	(36.69)	(40.99) (42.06) (37.45)				
3:32.34Y DQ	F # 60A	Male 13-14 200 Back	LY-VA	---	---	---
	---	1:46.10 2:38.62 3:32.34				
	---	(1:46.10) (52.52) (53.72)				
29.03Y	F # 64A	Male 13-14 50 Free	LY-VA	13	---	-11.16

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Evan Fong (14) M						
2:24.91Y	F # 2A	Male 13-14 200 IM	LY-VA	7	2	-13.92
	31.07	1:06.79 1:50.31 2:24.91				
	(31.07)	(35.72) (43.52) (34.60)				
6:04.80Y	F # 6D	Male 13-14 500 Free	LY-VA	9	---	---
	32.02	1:07.96 1:45.63 2:22.50 2:59.44 3:37.09 4:14.29 4:51.57				
	(32.02)	(35.94) (37.67) (36.87) (36.94) (37.65) (37.20) (37.28)				
	5:29.24	6:04.80				
	(37.67)	(35.56)				
1:05.91Y	F # 12A	Male 13-14 100 Back	LY-VA	7	2	-35.33
	32.89	1:05.91				
	(32.89)	(33.02)				
1:01.27Y	F # 16A	Male 13-14 100 Free	LY-VA	11	---	-29.27
	29.11	1:01.27				
	(29.11)	(32.16)				
1:15.67Y	F # 18A	Male 13-14 100 Breast	LY-VA	7	2	-47.74
	36.43	1:15.67				
	(36.43)	(39.24)				
5:10.02Y	F # 20A	Male 13-14 400 IM	LY-VA	6	3	---
	34.29	1:12.79 1:52.73 2:32.01 3:16.45 4:00.00 4:35.30 5:10.02				
	(34.29)	(38.50) (39.94) (39.28) (44.44) (43.55) (35.30) (34.72)				
33.25Y	F # 52	200 Medley Relay Lead Off	LY-VA	---	---	1.52
2:15.24Y	F # 56A	Male 13-14 200 Free	LY-VA	11	---	-11.14
	30.83	1:05.81 1:41.16 2:15.24				
	(30.83)	(34.98) (35.35) (34.08)				
1:06.63Y	F # 58A	Male 13-14 100 Fly	LY-VA	9	---	-8.96
	31.13	1:06.63				
	(31.13)	(35.50)				
2:29.00Y	F # 60A	Male 13-14 200 Back	LY-VA	7	2	---
	35.70	1:14.17 1:53.18 2:29.00				
	(35.70)	(38.47) (39.01) (35.82)				
2:50.96Y	F # 62A	Male 13-14 200 Breast	LY-VA	7	2	-2.16
	39.17	--- --- 2:50.96				
	(39.17)	--- --- (2:50.96)				
27.28Y	F # 64A	Male 13-14 50 Free	LY-VA	11	---	-2.73

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Zachary Fong (9) M					
1:47.45Y	F # 32B	Male 9-10 100 Free	LY-VA	13	---
	48.96	1:47.45			
	(48.96)	(58.49)			
1:06.79Y	F # 38B	Male 9-10 50 Breast	LY-VA	12	---
2:02.53Y DQ	F # 42B	Male 9-10 100 Back	LY-VA	---	---
	58.36	2:02.53			
	(58.36)	(1:04.17)			
2:06.77Y DQ	F # 50B	Male 9-10 100 IM	LY-VA	---	---
	58.40	2:06.77			
	(58.40)	(1:08.37)			
3:45.06Y	F # 76B	Male 9-10 200 Free	LY-VA	9	---
	51.75	1:50.25 2:49.32 3:45.06			
	(51.75)	(58.50) (59.07) (55.74)			
54.48Y	F # 86B	Male 9-10 50 Back	LY-VA	12	---
44.97Y	F # 94B	Male 9-10 50 Free	LY-VA	11	---
					-22.09
J C Gordon (17) M					
4:42.04Y	F # 6E	Male 15 & Over 500 Free	LY-VA	1	9
	25.28	52.90 1:21.32 1:49.58 2:17.97 2:46.49 3:14.92 3:43.89			
	(25.28)	(27.62) (28.42) (28.26) (28.39) (28.52) (28.43) (28.97)			
	4:13.18	4:42.04			
	(29.29)	(28.86)			
22.58Y	F # 10	200 Free Relay Lead Off	LY-VA	---	---
53.83Y	F # 12B	Male 15 & Over 100 Back	LY-VA	1	9
	26.61	53.83			
	(26.61)	(27.22)			
49.20Y	F # 16B	Male 15 & Over 100 Free	LY-VA	2	7
	24.08	49.20			
	(24.08)	(25.12)			
25.33Y	F # 54	200 Medley Relay Lead Off	LY-VA	---	---
1:43.60Y	F # 56B	Male 15 & Over 200 Free	LY-VA	2	7
	24.40	50.90 1:17.64 1:43.60			
	(24.40)	(26.50) (26.74) (25.96)			
1:57.81Y	F # 60B	Male 15 & Over 200 Back	LY-VA	1	9
	27.68	56.88 1:27.20 1:57.81			
	(27.68)	(29.20) (30.32) (30.61)			
22.57Y	F # 64B	Male 15 & Over 50 Free	LY-VA	3	6
					0.95

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Hattie Gowen (8) F					
28.36Y DQ	F # 27	Female 8 & Under 25 Fly	LY-VA	---	---
1:55.60Y	F # 31A	Female 8 & Under 100 Free	LY-VA	4	5
	---	1:55.60			---
	---	(1:55.60)			
25.62Y	F # 33	Female 8 & Under 25 Back	LY-VA	5	4
1:09.37Y	F # 37A	Female 8 & Under 50 Breast	LY-VA	7	2
2:09.28Y	F # 49A	Female 8 & Under 100 IM	LY-VA	6	3
	1:05.92	2:09.28			-22.36
	(1:05.92)	(1:03.36)			
Camille Greenlaw (10) F					
3:29.75Y	F # 3B	Female 9-10 200 IM	LY-VA	4	5
	52.11	1:40.98 2:47.19 3:29.75			-21.41
	(52.11)	(48.87) (1:06.21) (42.56)			
7:40.64Y	F # 5B	Female 9-10 500 Free	LY-VA	3	6
	39.79	1:26.71 2:14.15 3:02.01 3:48.02 4:35.04 5:23.73 6:11.01			-45.01
	(39.79)	(46.92) (47.44) (47.86) (46.01) (47.02) (48.69) (47.28)			
	6:57.08	7:40.64			
	(46.07)	(43.56)			
35.36Y	F # 23	200 Free Relay Lead Off	LY-VA	---	---
1:17.35Y	F # 31B	Female 9-10 100 Free	LY-VA	5	4
	37.09	1:17.35			-7.78
	(37.09)	(40.26)			
52.15Y	F # 37B	Female 9-10 50 Breast	LY-VA	10	---
1:27.94Y	F # 41B	Female 9-10 100 Back	LY-VA	4	5
	---	1:27.94			-4.88
	---	(1:27.94)			-10.45
51.20Y	F # 45	Female 10 & Under 50 Fly	LY-VA	11	---
1:36.69Y	F # 49B	Female 9-10 100 IM	LY-VA	7	2
	45.87	1:36.69			-2.73
	(45.87)	(50.82)			-2.58
40.97Y	F # 67	200 Medley Relay Lead Off	LY-VA	---	---
2:51.61Y	F # 75B	Female 9-10 200 Free	LY-VA	4	5
	38.70	1:22.73 2:08.39 2:51.61			-1.66
	(38.70)	(44.03) (45.66) (43.22)			-6.57
1:53.73Y	F # 81B	Female 9-10 100 Breast	LY-VA	9	---
	---	1:53.73			-6.58
	---	(1:53.73)			
40.97Y	F # 85B	Female 9-10 50 Back	LY-VA	3	6
1:52.89Y	F # 89B	Female 9-10 100 Fly	LY-VA	1	3
	---	51.57			-1.66
	---	(51.57)			-32.85
35.81Y	F # 93B	Female 9-10 50 Free	LY-VA	5	4
					-1.59

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Natan Guardia (8) M					
30.77Y DQ	F # 28	Male 8 & Under 25 Fly	LY-VA	---	---
2:07.08Y	F # 32A	Male 8 & Under 100 Free	LY-VA	---	---
	56.93	2:07.08			
	(56.93)	(1:10.15)			
27.96Y	F # 34	Male 8 & Under 25 Back	LY-VA	---	-2.10
1:19.20Y DQ	F # 38A	Male 8 & Under 50 Breast	LY-VA	---	---
2:35.88Y	F # 50A	Male 8 & Under 100 IM	LY-VA	1	---
	1:18.87	2:35.88			
	(1:18.87)	(1:17.01)			
Daniel Gustafson (11) M					
2:50.07Y	F # 4C	Male 11-12 200 IM	LY-VA	4	-12.81
	36.19	1:21.49 2:10.68 2:50.07			
	(36.19)	(45.30) (49.19) (39.39)			
7:48.41Y	F # 6C	Male 11-12 500 Free	LY-VA	---	-27.04
	38.54	1:26.77 2:17.27 3:03.80 3:51.91 4:41.26 5:30.28 6:19.79			
	(38.54)	(48.23) (50.50) (46.53) (48.11) (49.35) (49.02) (49.51)			
	---	7:48.41			
	---	(7:48.41)			
1:12.35Y	F # 30	Male 11-12 100 Free	LY-VA	---	-4.40
	34.57	1:12.35			
	(34.57)	(37.78)			
37.61Y	F # 36	Male 11-12 50 Breast	LY-VA	5	-0.70
1:28.13Y	F # 40	Male 11-12 100 Back	LY-VA	---	-2.78
	44.44	1:28.13			
	(44.44)	(43.69)			
37.76Y	F # 44	Male 11-12 50 Fly	LY-VA	---	-1.32
1:22.26Y	F # 48	Male 11-12 100 IM	LY-VA	---	2.38
	39.48	1:22.26			
	(39.48)	(42.78)			
2:48.68Y	F # 74	Male 11-12 200 Free	LY-VA	---	-3.72
	38.93	1:24.54 2:10.24 2:48.68			
	(38.93)	(45.61) (45.70) (38.44)			
1:23.43Y	F # 80	Male 11-12 100 Breast	LY-VA	4	1.48
	39.79	1:23.43			
	(39.79)	(43.64)			
43.81Y	F # 84	Male 11-12 50 Back	LY-VA	---	1.54
1:33.15Y	F # 88	Male 11-12 100 Fly	LY-VA	3	7.13
	47.26	1:33.15			
	(47.26)	(45.89)			
35.05Y	F # 92	Male 11-12 50 Free	LY-VA	---	2.65

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Zelynn Gustafson (14) F					
NS	F # 1A	Female 13-14 200 IM	LY-VA	---	---
1:24.46Y	F # 11A	Female 13-14 100 Back	LY-VA	---	-4.12
	41.63	1:24.46			
	(41.63)	(42.83)			
1:05.60Y	F # 15A	Female 13-14 100 Free	LY-VA	1	-1.51
	32.32	1:05.60			
	(32.32)	(33.28)			
1:33.05Y	F # 17A	Female 13-14 100 Breast	LY-VA	---	1.06
	42.77	1:33.05			
	(42.77)	(50.28)			
6:27.47Y	F # 19A	Female 13-14 400 IM	LY-VA	2	-31.29
	42.28	1:36.06 2:24.42 3:12.64	4:10.03 5:04.34 5:46.19 6:27.47		
	(42.28)	(53.78) (48.36) (48.22)	(57.39) (54.31) (41.85) (41.28)		
2:28.23Y	F # 55A	Female 13-14 200 Free	LY-VA	2	-2.78
	---	---			
	---	---			
1:31.90Y	F # 57A	Female 13-14 100 Fly	LY-VA	1	-3.44
	41.27	1:31.90			
	(41.27)	(50.63)			
3:03.95Y	F # 59A	Female 13-14 200 Back	LY-VA	---	-10.89
	43.41	1:30.42 2:17.22 3:03.95			
	(43.41)	(47.01) (46.80) (46.73)			
3:27.30Y	F # 61A	Female 13-14 200 Breast	LY-VA	1	6.83
	46.56	1:40.42 2:32.76 3:27.30			
	(46.56)	(53.86) (52.34) (54.54)			
30.44Y	F # 63A	Female 13-14 50 Free	LY-VA	2	0.32
Lyle Handy (8) M					
35.96Y	F # 28	Male 8 & Under 25 Fly	LY-VA	1	---
2:31.18Y	F # 32A	Male 8 & Under 100 Free	LY-VA	13	---
	1:09.74	2:31.18			
	(1:09.74)	(1:21.44)			
37.55Y	F # 34	Male 8 & Under 25 Back	LY-VA	12	---
1:32.83Y DQ	F # 38A	Male 8 & Under 50 Breast	LY-VA	---	---
30.27Y	F # 72	Male 8 & Under 25 Free	LY-VA	12	---
48.93Y DQ	F # 78	Male 8 & Under 25 Breast	LY-VA	---	---
1:29.26Y	F # 86A	Male 8 & Under 50 Back	LY-VA	12	---
1:12.02Y	F # 94A	Male 8 & Under 50 Free	LY-VA	15	---
Chandler Henry (15) M					
2:31.90Y	F # 56B	Male 15 & Over 200 Free	LY-VA	15	---
	32.37	1:10.62 1:51.54 2:31.90			
	(32.37)	(38.25) (40.92) (40.36)			
3:22.46Y DQ	F # 60B	Male 15 & Over 200 Back	LY-VA	---	---
	44.69	1:35.70 2:27.72 3:22.46			
	(44.69)	(51.01) (52.02) (54.74)			
29.06Y	F # 64B	Male 15 & Over 50 Free	LY-VA	15	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Connor Henry (10) M						
2:05.18Y	F # 82B	Male 9-10 100 Breast	LY-VA	5	4	---
	55.01	2:05.18				
	(55.01)	(1:10.17)				
57.68Y	F # 86B	Male 9-10 50 Back	LY-VA	13	---	---
44.73Y	F # 94B	Male 9-10 50 Free	LY-VA	9	---	---
Trevor Henry (13) M						
3:10.31Y	F # 56A	Male 13-14 200 Free	LY-VA	15	---	---
	40.13	--- 2:20.92 3:10.31				
	(40.13)	--- (2:20.92) (49.39)				
37.08Y	F # 64A	Male 13-14 50 Free	LY-VA	15	---	---
Ty Henry (8) M						
24.68Y	F # 72	Male 8 & Under 25 Free	LY-VA	11	---	---
35.67Y DQ	F # 78	Male 8 & Under 25 Breast	LY-VA	---	---	---
1:03.89Y	F # 94A	Male 8 & Under 50 Free	LY-VA	14	---	---
MacGyver Hermosa (6) M						
46.64Y	F # 22	100 Free Relay Lead Off	LY-VA	---	---	---
27.57Y	F # 28	Male 8 & Under 25 Fly	LY-VA	5	4	---
26.25Y	F # 34	Male 8 & Under 25 Back	LY-VA	8	1	---
22.17Y	F # 72	Male 8 & Under 25 Free	LY-VA	7	2	---
Carson Hill (9) M						
47.34Y	F # 24	200 Free Relay Lead Off	LY-VA		---	-8.42
1:06.93Y	F # 38B	Male 9-10 50 Breast	LY-VA	13	---	-19.36
2:10.21Y	F # 42B	Male 9-10 100 Back	LY-VA	11	---	-13.31
	1:02.86	2:10.21				
	(1:02.86)	(1:07.35)				
2:09.88Y DQ	F # 50B	Male 9-10 100 IM	LY-VA	---	---	---
	1:04.31	2:09.88				
	(1:04.31)	(1:05.57)				
3:57.52Y	F # 76B	Male 9-10 200 Free	LY-VA	12	---	---
	51.08	1:52.46 --- 3:57.52				
	(51.08)	(1:01.38) --- (3:57.52)				
2:30.72Y	F # 82B	Male 9-10 100 Breast	LY-VA	10	---	---
	---	2:30.72				
	---	(2:30.72)				
1:00.86Y	F # 86B	Male 9-10 50 Back	LY-VA	14	---	-4.08
48.99Y	F # 94B	Male 9-10 50 Free	LY-VA	14	---	-6.77

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Sydney Hill (12) F						
2:57.47Y	F # 3C	Female 11-12 200 IM	LY-VA	4	5	-13.99
	40.99	1:24.39 2:18.49 2:57.47				
	(40.99)	(43.40) (54.10) (38.98)				
6:53.44Y	F # 5C	Female 11-12 500 Free	LY-VA	2	7	-53.91
	35.85	1:16.22 1:58.04 2:40.60	3:23.43 4:06.48 4:49.16 5:32.32			
	(35.85)	(40.37) (41.82) (42.56)	(42.83) (43.05) (42.68) (43.16)			
	6:15.27	6:53.44				
	(42.95)	(38.17)				
30.64Y	F # 25	200 Free Relay Lead Off	LY-VA	---	---	-4.12
1:08.73Y	F # 29	Female 11-12 100 Free	LY-VA	5	4	-7.96
	34.09	1:08.73				
	(34.09)	(34.64)				
43.27Y	F # 35	Female 11-12 50 Breast	LY-VA	4	5	-6.49
1:17.94Y	F # 39	Female 11-12 100 Back	LY-VA	2	7	-8.23
	38.64	1:17.94				
	(38.64)	(39.30)				
40.69Y	F # 43	Female 11-12 50 Fly	LY-VA	6	3	-1.40
1:22.69Y	F # 47	Female 11-12 100 IM	LY-VA	5	4	-8.85
	38.90	1:22.69				
	(38.90)	(43.79)				
2:32.11Y	F # 73	Female 11-12 200 Free	LY-VA	3	6	-20.64
	34.40	1:13.56 1:54.60 2:32.11				
	(34.40)	(39.16) (41.04) (37.51)				
1:35.40Y	F # 79	Female 11-12 100 Breast	LY-VA	4	5	-13.13
	45.36	1:35.40				
	(45.36)	(50.04)				
36.03Y	F # 83	Female 11-12 50 Back	LY-VA	3	6	-4.31
1:37.08Y	F # 87	Female 11-12 100 Fly	LY-VA	4	5	-5.26
	43.59	1:37.08				
	(43.59)	(53.49)				
31.54Y	F # 91	Female 11-12 50 Free	LY-VA	5	4	-3.22

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Anderson Holt (10) M								
4:02.93Y	F # 4B	Male 9-10 200 IM	LY-VA	4	5	---		
	58.16	1:59.17	---	4:02.93				
	(58.16)	(1:01.01)	---	(4:02.93)				
9:41.68Y	F # 6B	Male 9-10 500 Free	LY-VA	6	3	---		
	49.90	1:48.33	2:46.83	3:47.99	4:49.60	5:51.00	6:52.48	7:51.51
	(49.90)	(58.43)	(58.50)	(1:01.16)	(1:01.61)	(1:01.40)	(1:01.48)	(59.03)
	8:45.75	9:41.68						
	(54.24)	(55.93)						
1:47.55Y	F # 32B	Male 9-10 100 Free	LY-VA	14	---	7.75		
	50.25	1:47.55						
	(50.25)	(57.30)						
1:01.15Y	F # 38B	Male 9-10 50 Breast	LY-VA	10	---	0.38		
1:55.27Y	F # 42B	Male 9-10 100 Back	LY-VA	8	1	-5.62		
	55.07	1:55.27						
	(55.07)	(1:00.20)						
1:08.60Y	F # 46	Male 10 & Under 50 Fly	LY-VA	16	---	0.34		
2:00.01Y	F # 50B	Male 9-10 100 IM	LY-VA	9	---	-6.68		
	57.63	2:00.01						
	(57.63)	(1:02.38)						
51.13Y	F # 68	200 Medley Relay Lead Off	LY-VA	---	---	-8.31		
3:41.48Y	F # 76B	Male 9-10 200 Free	LY-VA	8	1	-3.03		
	51.15	1:48.59	2:47.15	3:41.48				
	(51.15)	(57.44)	(58.56)	(54.33)				
2:08.52Y	F # 82B	Male 9-10 100 Breast	LY-VA	6	3	-8.51		
	1:00.98	2:08.52						
	(1:00.98)	(1:07.54)						
52.09Y	F # 86B	Male 9-10 50 Back	LY-VA	8	1	-7.35		
45.81Y	F # 94B	Male 9-10 50 Free	LY-VA	12	---	0.65		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Ann-Margaret Holt (14) F						
2:25.77Y	F # 1A	Female 13-14 200 IM	LY-VA	4	5	-0.20
	29.72	1:05.85 1:54.78 2:25.77				
	(29.72)	(36.13) (48.93) (30.99)				
5:24.33Y	F # 5D	Female 13-14 500 Free	LY-VA	1	9	0.55
	30.49	1:03.43 1:36.22 2:08.73 2:41.87 3:14.75 3:47.46 4:20.60				
	(30.49)	(32.94) (32.79) (32.51) (33.14) (32.88) (32.71) (33.14)				
	4:53.17	5:24.33				
	(32.57)	(31.16)				
26.40Y	F # 7	200 Free Relay Lead Off	LY-VA	---	---	0.76
1:05.54Y	F # 11A	Female 13-14 100 Back	LY-VA	2	7	0.64
	32.19	1:05.54				
	(32.19)	(33.35)				
2:33.91Y	F # 13A	Female 13-14 200 Fly	LY-VA	4	5	---
	35.62	1:15.98 1:56.40 2:33.91				
	(35.62)	(40.36) (40.42) (37.51)				
56.19Y	F # 15A	Female 13-14 100 Free	LY-VA	1	9	-0.07
	27.37	56.19				
	(27.37)	(28.82)				
1:25.95Y	F # 17A	Female 13-14 100 Breast	LY-VA	5	4	-1.63
	40.49	1:25.95				
	(40.49)	(45.46)				
5:10.07Y	F # 19A	Female 13-14 400 IM	LY-VA	4	5	-9.46
	36.24	1:18.20 1:56.32 2:33.32 3:20.20 4:07.18 4:38.93 5:10.07				
	(36.24)	(41.96) (38.12) (37.00) (46.88) (46.98) (31.75) (31.14)				
30.76Y	F # 51	200 Medley Relay Lead Off	LY-VA	---	---	-4.28
2:02.43Y	F # 55A	Female 13-14 200 Free	LY-VA	1	9	1.61
	29.59	1:00.14 1:31.56 2:02.43				
	(29.59)	(30.55) (31.42) (30.87)				
1:08.91Y	F # 57A	Female 13-14 100 Fly	LY-VA	4	5	3.31
	33.66	1:08.91				
	(33.66)	(35.25)				
2:20.69Y	F # 59A	Female 13-14 200 Back	LY-VA	1	9	3.13
	35.56	1:11.39 1:46.58 2:20.69				
	(35.56)	(35.83) (35.19) (34.11)				
3:00.78Y	F # 61A	Female 13-14 200 Breast	LY-VA	4	5	---
	43.54	1:28.83 2:15.41 3:00.78				
	(43.54)	(45.29) (46.58) (45.37)				
27.00Y	F # 63A	Female 13-14 50 Free	LY-VA	1	9	1.36

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Kenleigh Holt (12) F					
3:10.56Y DQ	F # 3C	Female 11-12 200 IM	LY-VA	---	---
	40.05	1:26.78 2:26.95 3:10.56			
	(40.05)	(46.73) (1:00.17) (43.61)			
7:43.62Y	F # 5C	Female 11-12 500 Free	LY-VA	8	1
	37.46	1:24.73 2:13.22 3:01.04 3:48.03 4:37.33 5:22.50 6:12.02			
	(37.46)	(47.27) (48.49) (47.82) (46.99) (49.30) (45.17) (49.52)			
	6:59.15	7:43.62			
	(47.13)	(44.47)			
1:17.80Y	F # 29	Female 11-12 100 Free	LY-VA	15	---
	36.16	1:17.80			
	(36.16)	(41.64)			
48.76Y	F # 35	Female 11-12 50 Breast	LY-VA	14	---
1:25.58Y	F # 39	Female 11-12 100 Back	LY-VA	11	---
	40.99	1:25.58			
	(40.99)	(44.59)			
45.97Y	F # 43	Female 11-12 50 Fly	LY-VA	10	---
1:31.12Y	F # 47	Female 11-12 100 IM	LY-VA	15	---
	40.80	1:31.12			
	(40.80)	(50.32)			
37.88Y	F # 69	200 Medley Relay Lead Off	LY-VA	---	---
2:57.27Y	F # 73	Female 11-12 200 Free	LY-VA	15	---
	38.81	1:24.03 2:11.87 2:57.27			
	(38.81)	(45.22) (47.84) (45.40)			
1:51.86Y	F # 79	Female 11-12 100 Breast	LY-VA	16	---
	51.22	1:51.86			
	(51.22)	(1:00.64)			
39.23Y	F # 83	Female 11-12 50 Back	LY-VA	7	2
1:52.41Y	F # 87	Female 11-12 100 Fly	LY-VA	9	---
	49.71	1:52.41			
	(49.71)	(1:02.70)			
35.65Y	F # 91	Female 11-12 50 Free	LY-VA	13	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Davis Hottle (16) M						
2:10.99Y	F # 2B	Male 15 & Over 200 IM	LY-VA	5	4	7.25
	27.13	59.92 1:39.92 2:10.99				
	(27.13)	(32.79) (40.00) (31.07)				
5:22.42Y	F # 6E	Male 15 & Over 500 Free	LY-VA	5	4	0.31
	28.97	1:01.66 1:34.64 2:07.61 2:40.36 3:13.48 3:46.09 4:18.87				
	(28.97)	(32.69) (32.98) (32.97) (32.75) (33.12) (32.61) (32.78)				
	4:51.09	5:22.42				
	(32.22)	(31.33)				
57.55Y	F # 12B	Male 15 & Over 100 Back	LY-VA	3	6	1.70
	28.05	57.55				
	(28.05)	(29.50)				
2:20.25Y	F # 14B	Male 15 & Over 200 Fly	LY-VA	7	2	4.63
	29.96	1:05.71 1:43.27 2:20.25				
	(29.96)	(35.75) (37.56) (36.98)				
53.63Y	F # 16B	Male 15 & Over 100 Free	LY-VA	8	1	3.72
	25.67	53.63				
	(25.67)	(27.96)				
1:09.31Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	6	3	4.06
	33.10	1:09.31				
	(33.10)	(36.21)				
4:50.78Y	F # 20B	Male 15 & Over 400 IM	LY-VA	6	3	10.69
	30.17	1:06.18 1:44.15 2:20.99 3:02.72 3:44.89 4:18.53 4:50.78				
	(30.17)	(36.01) (37.97) (36.84) (41.73) (42.17) (33.64) (32.25)				
1:57.37Y	F # 56B	Male 15 & Over 200 Free	LY-VA	7	2	3.69
	26.89	56.50 1:27.21 1:57.37				
	(26.89)	(29.61) (30.71) (30.16)				
56.46Y	F # 58B	Male 15 & Over 100 Fly	LY-VA	5	4	2.58
	27.01	56.46				
	(27.01)	(29.45)				
2:06.21Y	F # 60B	Male 15 & Over 200 Back	LY-VA	4	5	5.28
	29.52	1:01.25 1:33.78 2:06.21				
	(29.52)	(31.73) (32.53) (32.43)				
2:30.63Y	F # 62B	Male 15 & Over 200 Breast	LY-VA	4	5	9.23
	33.68	1:12.76 1:52.46 2:30.63				
	(33.68)	(39.08) (39.70) (38.17)				
23.75Y	F # 64B	Male 15 & Over 50 Free	LY-VA	6	3	0.70

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Luke Hottle (14) M						
59.17Y	F # 12A	Male 13-14 100 Back	LY-VA	1	9	2.12
	29.19	59.17				
	(29.19)	(29.98)				
2:09.46Y	F # 14A	Male 13-14 200 Fly	LY-VA	2	7	3.54
	28.95	1:02.02 1:35.99 2:09.46				
	(28.95)	(33.07) (33.97) (33.47)				
51.87Y	F # 16A	Male 13-14 100 Free	LY-VA	2	7	1.73
	25.10	51.87				
	(25.10)	(26.77)				
1:04.95Y	F # 18A	Male 13-14 100 Breast	LY-VA	1	9	3.44
	31.04	1:04.95				
	(31.04)	(33.91)				
4:26.79Y	F # 20A	Male 13-14 400 IM	LY-VA	1	9	10.93
	28.67	1:01.23 1:37.04 2:12.10 2:48.97 3:26.62 3:57.43 4:26.79				
	(28.67)	(32.56) (35.81) (35.06) (36.87) (37.65) (30.81) (29.36)				
1:54.64Y	F # 56A	Male 13-14 200 Free	LY-VA	3	6	1.51
	26.52	55.59 1:25.22 1:54.64				
	(26.52)	(29.07) (29.63) (29.42)				
57.47Y	F # 58A	Male 13-14 100 Fly	LY-VA	2	7	0.94
	27.11	57.47				
	(27.11)	(30.36)				
2:10.68Y	F # 60A	Male 13-14 200 Back	LY-VA	2	7	2.14
	31.14	1:04.36 1:38.38 2:10.68				
	(31.14)	(33.22) (34.02) (32.30)				
2:22.31Y	F # 62A	Male 13-14 200 Breast	LY-VA	1	9	9.27
	32.97	1:09.73 1:46.48 2:22.31				
	(32.97)	(36.76) (36.75) (35.83)				
23.71Y	F # 64A	Male 13-14 50 Free	LY-VA	2	7	0.71
Jaewon Hur (10) M						
1:56.03Y	F # 32B	Male 9-10 100 Free	LY-VA	18	---	---
	---	1:56.03				
	---	(1:56.03)				
58.92Y	F # 38B	Male 9-10 50 Breast	LY-VA	8	1	---
1:12.57Y DQ	F # 46	Male 10 & Under 50 Fly	LY-VA	---	---	---
4:34.15Y	F # 76B	Male 9-10 200 Free	LY-VA	13	---	---
	56.41	2:09.54 3:21.78 4:34.15				
	(56.41)	(1:13.13) (1:12.24) (1:12.37)				
1:02.42Y DQ	F # 86B	Male 9-10 50 Back	LY-VA	---	---	---
55.98Y	F # 94B	Male 9-10 50 Free	LY-VA	18	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Noah Kasper (16) M						
2:16.46Y	F # 2B	Male 15 & Over 200 IM	LY-VA	7	2	-6.90
	28.07	1:03.57 1:45.09 2:16.46				
	(28.07)	(35.50) (41.52) (31.37)				
5:29.24Y	F # 6E	Male 15 & Over 500 Free	LY-VA	7	2	-4.47
	29.95	1:03.12 1:36.88 2:10.59 2:44.32 3:17.88 3:50.95 4:24.13				
	(29.95)	(33.17) (33.76) (33.71) (33.73) (33.56) (33.07) (33.18)				
	4:57.32	5:29.24				
	(33.19)	(31.92)				
1:01.42Y	F # 12B	Male 15 & Over 100 Back	LY-VA	8	1	-0.28
	30.38	1:01.42				
	(30.38)	(31.04)				
2:24.50Y	F # 14B	Male 15 & Over 200 Fly	LY-VA	9	---	---
	31.15	1:07.58 1:45.75 2:24.50				
	(31.15)	(36.43) (38.17) (38.75)				
53.13Y	F # 16B	Male 15 & Over 100 Free	LY-VA	7	2	0.29
	26.15	53.13				
	(26.15)	(26.98)				
1:13.12Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	7	2	-7.73
	35.42	1:13.12				
	(35.42)	(37.70)				
4:53.38Y	F # 20B	Male 15 & Over 400 IM	LY-VA	7	2	-7.24
	30.75	1:07.12 1:46.75 2:25.11 3:07.46 3:48.77 4:21.50 4:53.38				
	(30.75)	(36.37) (39.63) (38.36) (42.35) (41.31) (32.73) (31.88)				
1:57.01Y	F # 56B	Male 15 & Over 200 Free	LY-VA	6	3	-2.36
	27.39	57.17 1:27.16 1:57.01				
	(27.39)	(29.78) (29.99) (29.85)				
59.17Y	F # 58B	Male 15 & Over 100 Fly	LY-VA	8	1	-0.74
	28.02	59.17				
	(28.02)	(31.15)				
2:17.26Y	F # 60B	Male 15 & Over 200 Back	LY-VA	8	1	-1.12
	33.46	1:08.95 1:43.93 2:17.26				
	(33.46)	(35.49) (34.98) (33.33)				
2:37.87Y	F # 62B	Male 15 & Over 200 Breast	LY-VA	6	3	-20.05
	36.76	1:17.10 1:57.89 2:37.87				
	(36.76)	(40.34) (40.79) (39.98)				
24.13Y	F # 64B	Male 15 & Over 50 Free	LY-VA	8	1	-0.11

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Caleb Keatts (17) M						
2:32.80Y	F # 2B	Male 15 & Over 200 IM	LY-VA	11	---	-10.81
	33.92	1:14.08 1:56.90 2:32.80				
	(33.92)	(40.16) (42.82) (35.90)				
6:05.70Y	F # 6E	Male 15 & Over 500 Free	LY-VA	11	---	-7.62
	32.88	1:08.89 1:46.46 2:24.13 3:01.75 3:39.23 4:16.79 4:53.94				
	(32.88)	(36.01) (37.57) (37.67) (37.62) (37.48) (37.56) (37.15)				
	5:30.78	6:05.70				
	(36.84)	(34.92)				
1:14.74Y	F # 12B	Male 15 & Over 100 Back	LY-VA	15	---	-2.23
	37.58	1:14.74				
	(37.58)	(37.16)				
1:01.66Y	F # 16B	Male 15 & Over 100 Free	LY-VA	15	---	0.97
	30.88	1:01.66				
	(30.88)	(30.78)				
5:50.44Y	F # 20B	Male 15 & Over 400 IM	LY-VA	12	---	---
	37.23	1:21.79 2:08.09 2:53.83 3:41.89 4:30.82 5:11.35 5:50.44				
	(37.23)	(44.56) (46.30) (45.74) (48.06) (48.93) (40.53) (39.09)				
2:17.91Y	F # 56B	Male 15 & Over 200 Free	LY-VA	13	---	-3.94
	32.33	1:08.09 1:44.34 2:17.91				
	(32.33)	(35.76) (36.25) (33.57)				
1:15.23Y	F # 58B	Male 15 & Over 100 Fly	LY-VA	11	---	---
	35.31	1:15.23				
	(35.31)	(39.92)				
2:44.92Y	F # 60B	Male 15 & Over 200 Back	LY-VA	12	---	---
	40.16	1:22.99 2:05.89 2:44.92				
	(40.16)	(42.83) (42.90) (39.03)				
2:53.70Y	F # 62B	Male 15 & Over 200 Breast	LY-VA	10	---	-8.74
	39.30	1:23.95 2:09.45 2:53.70				
	(39.30)	(44.65) (45.50) (44.25)				
27.86Y	F # 64B	Male 15 & Over 50 Free	LY-VA	13	---	0.10

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Lana Keith (10) F						
3:27.49Y	F # 3B	Female 9-10 200 IM	LY-VA	3	6	-25.79
	49.95	1:39.85 2:42.07 3:27.49				
	(49.95)	(49.90) (1:02.22) (45.42)				
8:04.47Y	F # 5B	Female 9-10 500 Free	LY-VA	4	5	---
	40.53	1:26.41 2:14.96 3:06.33 3:57.77 4:47.16 5:38.42 6:29.87				
	(40.53)	(45.88) (48.55) (51.37) (51.44) (49.39) (51.26) (51.45)				
	7:19.29	8:04.47				
	(49.42)	(45.18)				
1:24.07Y	F # 31B	Female 9-10 100 Free	LY-VA	10	---	-11.98
	39.20	1:24.07				
	(39.20)	(44.87)				
51.41Y	F # 37B	Female 9-10 50 Breast	LY-VA	7	2	-9.96
1:35.77Y	F # 41B	Female 9-10 100 Back	LY-VA	7	2	-11.83
	47.45	1:35.77				
	(47.45)	(48.32)				
52.93Y	F # 45	Female 10 & Under 50 Fly	LY-VA	14	---	-1.48
1:41.17Y	F # 49B	Female 9-10 100 IM	LY-VA	11	---	-15.00
	48.64	1:41.17				
	(48.64)	(52.53)				
3:01.48Y	F # 75B	Female 9-10 200 Free	LY-VA	6	3	-19.87
	41.43	1:27.92 2:15.37 3:01.48				
	(41.43)	(46.49) (47.45) (46.11)				
1:52.79Y	F # 81B	Female 9-10 100 Breast	LY-VA	8	1	---
	52.35	1:52.79				
	(52.35)	(1:00.44)				
42.37Y	F # 85B	Female 9-10 50 Back	LY-VA	6	3	-5.51
1:55.77Y	F # 89B	Female 9-10 100 Fly	LY-VA	8	1	-5.41
	---	1:55.77				
	---	(1:55.77)				
36.63Y	F # 93B	Female 9-10 50 Free	LY-VA	7	2	-3.97

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Mia Keith (12) F					
3:57.16Y DQ	F # 3C	Female 11-12 200 IM	LY-VA	---	---
	58.62	---	3:03.56	3:57.16	
	(58.62)	---	(3:03.56)	(53.60)	
9:02.59Y	F # 5C	Female 11-12 500 Free	LY-VA	12	---
	45.71	1:40.57	2:38.06	3:33.40	4:30.22
	(45.71)	(54.86)	(57.49)	(55.34)	(56.82)
	8:11.79	9:02.59			(56.81)
	(53.42)	(50.80)			
1:35.20Y	F # 29	Female 11-12 100 Free	LY-VA	25	---
	---	1:35.20			
	---	(1:35.20)			
55.60Y	F # 35	Female 11-12 50 Breast	LY-VA	20	---
1:39.64Y	F # 39	Female 11-12 100 Back	LY-VA	20	---
	48.07	1:39.64			
	(48.07)	(51.57)			
1:01.84Y DQ	F # 43	Female 11-12 50 Fly	LY-VA	---	---
1:53.00Y	F # 47	Female 11-12 100 IM	LY-VA	23	---
	55.57	1:53.00			
	(55.57)	(57.43)			
46.89Y	F # 69	200 Medley Relay Lead Off	LY-VA	---	---
3:27.75Y	F # 73	Female 11-12 200 Free	LY-VA	20	---
	46.36	1:40.18	---	3:27.75	
	(46.36)	(53.82)	---	(3:27.75)	
2:02.40Y	F # 79	Female 11-12 100 Breast	LY-VA	19	---
	57.42	2:02.40			
	(57.42)	(1:04.98)			
48.66Y	F # 83	Female 11-12 50 Back	LY-VA	15	---
2:13.41Y	F # 87	Female 11-12 100 Fly	LY-VA	11	---
	---	2:13.41			
	---	(2:13.41)			
42.72Y	F # 91	Female 11-12 50 Free	LY-VA	21	---
Hannah Kim (15) F					
2:28.93Y	F # 1B	Female 15 & Over 200 IM	LY-VA	1	9
	31.32	1:09.45	1:53.80	2:28.93	
	(31.32)	(38.13)	(44.35)	(35.13)	
6:12.77Y	F # 5E	Female 15 & Over 500 Free	LY-VA	2	7
	32.73	1:08.97	1:46.23	2:23.95	3:02.26
	(32.73)	(36.24)	(37.26)	(37.72)	(38.31)
	5:36.29	6:12.77			(38.64)
	(38.32)	(36.48)			(38.67)

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Ava Kirby (16) F								
2:42.26Y	F # 1B	Female 15 & Over 200 IM	LY-VA	2	7	-3.25		
	34.89	---	---	2:42.26				
	(34.89)	---	---	(2:42.26)				
6:21.55Y	F # 5E	Female 15 & Over 500 Free	LY-VA	3	6	-2.30		
	34.01	1:11.50	1:50.05	2:28.92	3:07.75	3:46.59	4:25.59	5:04.91
	(34.01)	(37.49)	(38.55)	(38.87)	(38.83)	(38.84)	(39.00)	(39.32)
	5:43.70	6:21.55						
	(38.79)	(37.85)						
1:19.04Y	F # 11B	Female 15 & Over 100 Back	LY-VA	3	6	1.64		
	---	1:19.04						
	---	(1:19.04)						
1:07.42Y	F # 15B	Female 15 & Over 100 Free	LY-VA	3	6	0.20		
	32.67	1:07.42						
	(32.67)	(34.75)						
1:28.05Y	F # 17B	Female 15 & Over 100 Breast	LY-VA	3	6	2.82		
	43.12	1:28.05						
	(43.12)	(44.93)						
5:50.72Y	F # 19B	Female 15 & Over 400 IM	LY-VA	2	7	-12.63		
	38.38	1:21.05	2:08.99	2:54.93	3:44.00	4:33.99	5:12.92	5:50.72
	(38.38)	(42.67)	(47.94)	(45.94)	(49.07)	(49.99)	(38.93)	(37.80)
2:21.14Y	F # 55B	Female 15 & Over 200 Free	LY-VA	2	7	-10.05		
	32.97	1:08.64	1:45.26	2:21.14				
	(32.97)	(35.67)	(36.62)	(35.88)				
1:15.10Y	F # 57B	Female 15 & Over 100 Fly	LY-VA	1	9	-24.22		
	35.02	1:15.10						
	(35.02)	(40.08)						
2:50.86Y	F # 59B	Female 15 & Over 200 Back	LY-VA	2	7	---		
	41.56	1:24.57	2:08.52	2:50.86				
	(41.56)	(43.01)	(43.95)	(42.34)				
3:07.87Y	F # 61B	Female 15 & Over 200 Breast	LY-VA	1	9	0.26		
	43.03	1:30.36	2:19.41	3:07.87				
	(43.03)	(47.33)	(49.05)	(48.46)				
30.12Y	F # 63B	Female 15 & Over 50 Free	LY-VA	2	7	-0.48		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Colt Kirby (12) M						
2:46.97Y	F # 4C	Male 11-12 200 IM	LY-VA	4	5	-12.16
	36.07	1:19.14 2:11.39 2:46.97				
	(36.07)	(43.07) (52.25) (35.58)				
6:41.39Y	F # 6C	Male 11-12 500 Free	LY-VA	4	5	-34.49
	36.83	1:18.41 1:59.88 2:41.57 3:23.54 4:03.49 4:44.28 5:24.78				
	(36.83)	(41.58) (41.47) (41.69) (41.97) (39.95) (40.79) (40.50)				
	6:04.58	6:41.39				
	(39.80)	(36.81)				
1:07.39Y	F # 30	Male 11-12 100 Free	LY-VA	6	3	-4.20
	32.14	1:07.39				
	(32.14)	(35.25)				
43.15Y	F # 36	Male 11-12 50 Breast	LY-VA	10	---	-2.27
1:19.61Y	F # 40	Male 11-12 100 Back	LY-VA	7	2	-3.66
	38.72	1:19.61				
	(38.72)	(40.89)				
34.70Y	F # 44	Male 11-12 50 Fly	LY-VA	6	3	-2.49
1:19.73Y	F # 48	Male 11-12 100 IM	LY-VA	5	4	-5.54
	36.64	1:19.73				
	(36.64)	(43.09)				
2:30.58Y	F # 74	Male 11-12 200 Free	LY-VA	6	3	-33.42
	33.87	1:12.63 1:52.34 2:30.58				
	(33.87)	(38.76) (39.71) (38.24)				
1:35.50Y	F # 80	Male 11-12 100 Breast	LY-VA	7	2	-4.31
	45.94	1:35.50				
	(45.94)	(49.56)				
37.75Y	F # 84	Male 11-12 50 Back	LY-VA	7	2	-1.75
1:18.93Y	F # 88	Male 11-12 100 Fly	LY-VA	4	5	-3.80
	37.88	1:18.93				
	(37.88)	(41.05)				
30.56Y	F # 92	Male 11-12 50 Free	LY-VA	4	5	-2.92
Max Koestner (6) M						
35.78Y DQ	F # 72	Male 8 & Under 25 Free	LY-VA	---	---	---
45.94Y DQ	F # 78	Male 8 & Under 25 Breast	LY-VA	---	---	---
1:39.03Y DQ	F # 86A	Male 8 & Under 50 Back	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Jon Korby (12) M						
1:09.76Y	F # 30	Male 11-12 100 Free	LY-VA	9	---	-4.52
	33.33	1:09.76				
	(33.33)	(36.43)				
42.08Y	F # 36	Male 11-12 50 Breast	LY-VA	8	1	-7.03
1:22.94Y	F # 40	Male 11-12 100 Back	LY-VA	9	---	1.29
	39.76	1:22.94				
	(39.76)	(43.18)				
38.10Y	F # 44	Male 11-12 50 Fly	LY-VA	11	---	-7.13
1:21.56Y	F # 48	Male 11-12 100 IM	LY-VA	7	2	-6.07
	38.06	1:21.56				
	(38.06)	(43.50)				
Jefferson Koscielny (11) M						
3:36.04Y	F # 4C	Male 11-12 200 IM	LY-VA	12	---	-19.75
	47.07	---	2:47.45	3:36.04		
	(47.07)	---	(2:47.45)	(48.59)		
8:21.52Y	F # 6C	Male 11-12 500 Free	LY-VA	11	---	-39.03
	43.57	1:34.69	2:22.82	3:15.07	4:08.14	4:59.19
	(43.57)	(51.12)	(48.13)	(52.25)	(53.07)	(51.05)
	7:33.03	8:21.52				
	(52.70)	(48.49)				
1:28.33Y	F # 30	Male 11-12 100 Free	LY-VA	21	---	-5.41
	41.72	1:28.33				
	(41.72)	(46.61)				
55.69Y DQ	F # 36	Male 11-12 50 Breast	LY-VA	---	---	---
1:52.95Y	F # 40	Male 11-12 100 Back	LY-VA	19	---	-6.41
	53.04	1:52.95				
	(53.04)	(59.91)				
47.46Y	F # 44	Male 11-12 50 Fly	LY-VA	16	---	-3.72
1:44.41Y	F # 48	Male 11-12 100 IM	LY-VA	19	---	-1.44
	51.18	1:44.41				
	(51.18)	(53.23)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Jacob Kovarik (14) M						
1:11.58Y	F # 12A	Male 13-14 100 Back	LY-VA	12	---	0.90
	35.12	1:11.58				
	(35.12)	(36.46)				
1:02.65Y	F # 16A	Male 13-14 100 Free	LY-VA	12	---	1.90
	30.42	1:02.65				
	(30.42)	(32.23)				
1:21.67Y	F # 18A	Male 13-14 100 Breast	LY-VA	10	---	4.06
	38.55	1:21.67				
	(38.55)	(43.12)				
2:19.96Y	F # 56A	Male 13-14 200 Free	LY-VA	12	---	4.48
	30.93	1:05.60 1:43.34 2:19.96				
	(30.93)	(34.67) (37.74) (36.62)				
2:40.76Y	F # 60A	Male 13-14 200 Back	LY-VA	11	---	11.37
	37.73	1:17.46 1:59.06 2:40.76				
	(37.73)	(39.73) (41.60) (41.70)				
3:01.25Y	F # 62A	Male 13-14 200 Breast	LY-VA	11	---	5.72
	40.17	1:26.76 2:15.57 3:01.25				
	(40.17)	(46.59) (48.81) (45.68)				
27.54Y	F # 64A	Male 13-14 50 Free	LY-VA	12	---	1.22
Lennon Leedy (5) F						
33.49Y	F # 27	Female 8 & Under 25 Fly	LY-VA	7	2	---
42.80Y	F # 33	Female 8 & Under 25 Back	LY-VA	9	---	---
20.71Y	F # 71	Female 8 & Under 25 Free	LY-VA	5	4	---
35.69Y DQ	F # 77	Female 8 & Under 25 Breast	LY-VA	---	---	---
50.68Y	F # 93A	Female 8 & Under 50 Free	LY-VA	5	4	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Benjamin Leger (7) M						
3:43.06Y	F # 4A	Male 8 & Under 200 IM	LY-VA	2	7	-4.82
	57.89	1:50.92 2:58.23 3:43.06				
	(57.89)	(53.03) (1:07.31) (44.83)				
8:26.55Y	F # 6A	Male 8 & Under 500 Free	LY-VA	2	7	-9.21
	46.07	1:37.45 2:29.45 3:22.02	4:14.12 5:05.91 5:59.94 6:49.46			
	(46.07)	(51.38) (52.00) (52.57)	(52.10) (51.79) (54.03) (49.52)			
	---	8:26.55				
	---	(8:26.55)				
38.00Y	F # 22	100 Free Relay Lead Off	LY-VA	---	---	19.58
1:31.57Y	F # 32A	Male 8 & Under 100 Free	LY-VA	3	6	2.93
	44.04	1:31.57				
	(44.04)	(47.53)				
56.96Y	F # 38A	Male 8 & Under 50 Breast	LY-VA	3	6	-6.59
1:45.90Y	F # 42A	Male 8 & Under 100 Back	LY-VA	2	7	-4.27
	51.65	1:45.90				
	(51.65)	(54.25)				
49.03Y	F # 46	Male 10 & Under 50 Fly	LY-VA	9	---	-3.21
1:42.79Y	F # 50A	Male 8 & Under 100 IM	LY-VA	3	6	-5.00
	51.63	1:42.79				
	(51.63)	(51.16)				
3:11.23Y	F # 76A	Male 8 & Under 200 Free	LY-VA	3	6	-5.41
	---	---				
	---	---				
	---	(3:11.23)				
2:08.09Y DQ	F # 82A	Male 8 & Under 100 Breast	LY-VA	---	---	---
	1:00.26	2:08.09				
	(1:00.26)	(1:07.83)				
51.04Y	F # 86A	Male 8 & Under 50 Back	LY-VA	5	4	0.76
1:50.70Y	F # 90A	Male 8 & Under 100 Fly	LY-VA	1	9	-8.61
	---	1:50.70				
	---	(1:50.70)				
42.73Y	F # 94A	Male 8 & Under 50 Free	LY-VA	4	5	1.47

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Jacob Leger (14) M						
2:25.86Y	F # 2A	Male 13-14 200 IM	LY-VA	8	1	-9.23
	30.28	1:07.30	1:53.74	2:25.86		
	(30.28)	(37.02)	(46.44)	(32.12)		
5:46.94Y	F # 6D	Male 13-14 500 Free	LY-VA	7	2	-23.13
	30.78	1:06.41	1:42.98	2:18.92	2:54.58	3:30.23
	(30.78)	(35.63)	(36.57)	(35.94)	(35.66)	(35.65)
	4:06.10	4:41.68			(35.87)	(35.58)
	5:15.68	5:46.94				
	(34.00)	(31.26)				
1:09.20Y	F # 12A	Male 13-14 100 Back	LY-VA	9	---	-1.61
	---	1:09.20				
	---	(1:09.20)				
2:27.95Y	F # 14A	Male 13-14 200 Fly	LY-VA	7	2	-12.83
	32.84	1:12.22	1:51.16	2:27.95		
	(32.84)	(39.38)	(38.94)	(36.79)		
1:00.43Y	F # 16A	Male 13-14 100 Free	LY-VA	10	---	0.56
	29.23	1:00.43				
	(29.23)	(31.20)				
1:24.71Y	F # 18A	Male 13-14 100 Breast	LY-VA	12	---	-6.65
	40.87	1:24.71				
	(40.87)	(43.84)				
5:10.86Y	F # 20A	Male 13-14 400 IM	LY-VA	7	2	-27.73
	33.81	1:14.10	1:54.51	2:32.99	3:19.83	4:04.88
	(33.81)	(40.29)	(40.41)	(38.48)	(46.84)	(45.05)
	4:38.22	5:10.86			(33.34)	(32.64)
32.99Y	F # 52	200 Medley Relay Lead Off	LY-VA	---	---	0.10
2:12.97Y	F # 56A	Male 13-14 200 Free	LY-VA	10	---	-8.92
	31.38	1:07.02	1:40.88	2:12.97		
	(31.38)	(35.64)	(33.86)	(32.09)		
1:04.73Y	F # 58A	Male 13-14 100 Fly	LY-VA	7	2	-4.92
	31.13	1:04.73				
	(31.13)	(33.60)				
2:34.86Y	F # 60A	Male 13-14 200 Back	LY-VA	10	---	-10.16
	37.69	1:17.72	1:57.44	2:34.86		
	(37.69)	(40.03)	(39.72)	(37.42)		
2:59.51Y	F # 62A	Male 13-14 200 Breast	LY-VA	10	---	-8.50
	41.16	1:28.24	2:14.89	2:59.51		
	(41.16)	(47.08)	(46.65)	(44.62)		
26.74Y	F # 64A	Male 13-14 50 Free	LY-VA	8	1	-0.57

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Noah Leger (10) M					
2:51.82Y DQ	F # 4B	Male 9-10 200 IM	LY-VA	---	---
	40.38	1:21.18 --- 2:51.82			
	(40.38)	(40.80) --- (2:51.82)			
6:49.34Y	F # 6B	Male 9-10 500 Free	LY-VA	2	7
	36.55	1:18.92 2:00.58 2:43.12 3:26.64 4:08.61 4:50.65	---		-13.18
	(36.55)	(42.37) (41.66) (42.54) (43.52) (41.97) (42.04)	---		
	6:49.62	6:49.34			
	(6:49.62)	(.28)			
1:10.99Y	F # 32B	Male 9-10 100 Free	LY-VA	3	6
	33.45	1:10.99			-0.53
	(33.45)	(37.54)			
42.27Y	F # 38B	Male 9-10 50 Breast	LY-VA	1	9
1:18.71Y	F # 42B	Male 9-10 100 Back	LY-VA	1	9
	39.46	1:18.71			-2.59
	(39.46)	(39.25)			
36.66Y	F # 46	Male 10 & Under 50 Fly	LY-VA	2	7
1:19.03Y	F # 50B	Male 9-10 100 IM	LY-VA	1	9
	37.15	1:19.03			-1.61
	(37.15)	(41.88)			
2:34.44Y	F # 76B	Male 9-10 200 Free	LY-VA	2	7
	35.51	1:15.85 1:56.56 2:34.44			-2.22
	(35.51)	(40.34) (40.71) (37.88)			
1:33.42Y	F # 82B	Male 9-10 100 Breast	LY-VA	1	9
	44.47	1:33.42			-0.58
	(44.47)	(48.95)			
36.54Y	F # 86B	Male 9-10 50 Back	LY-VA	1	9
1:26.21Y	F # 90B	Male 9-10 100 Fly	LY-VA	1	9
	41.25	1:26.21			-0.96
	(41.25)	(44.96)			
32.36Y	F # 94B	Male 9-10 50 Free	LY-VA	3	6
					-0.69
Tiras Lowe (8) M					
NS	F # 32A	Male 8 & Under 100 Free	LY-VA	---	---
25.74Y	F # 34	Male 8 & Under 25 Back	LY-VA	7	2
1:02.83Y DQ	F # 38A	Male 8 & Under 50 Breast	LY-VA	---	---
NS	F # 42A	Male 8 & Under 100 Back	LY-VA	---	---
23.77Y	F # 72	Male 8 & Under 25 Free	LY-VA	9	---
27.87Y	F # 78	Male 8 & Under 25 Breast	LY-VA	4	5
1:04.43Y	F # 86A	Male 8 & Under 50 Back	LY-VA	9	---
53.13Y	F # 94A	Male 8 & Under 50 Free	LY-VA	11	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Hayden Madigan (12) F						
1:31.18Y	F # 29	Female 11-12 100 Free	LY-VA	23	---	-13.17
	---	1:31.18				
	---	(1:31.18)				
54.23Y	F # 35	Female 11-12 50 Breast	LY-VA	18	---	---
1:51.36Y	F # 39	Female 11-12 100 Back	LY-VA	24	---	-21.20
	53.01	1:51.36				
	(53.01)	(58.35)				
56.68Y	F # 43	Female 11-12 50 Fly	LY-VA	15	---	-9.50
1:50.26Y	F # 47	Female 11-12 100 IM	LY-VA	22	---	---
	55.84	1:50.26				
	(55.84)	(54.42)				
3:21.19Y	F # 73	Female 11-12 200 Free	LY-VA	18	---	---
	---	---				
	---	---				
	---	---				
	---	(3:21.19)				
2:00.49Y	F # 79	Female 11-12 100 Breast	LY-VA	18	---	---
	57.14	2:00.49				
	(57.14)	(1:03.35)				
50.35Y DQ	F # 83	Female 11-12 50 Back	LY-VA	---	---	---
40.27Y	F # 91	Female 11-12 50 Free	LY-VA	19	---	-3.49
Haziq Mahmood (12) M						
2:24.69Y DQ	F # 30	Male 11-12 100 Free	LY-VA	---	---	---
	59.28	2:24.69				
	(59.28)	(1:25.41)				
NS	F # 36	Male 11-12 50 Breast	LY-VA	---	---	---
NS	F # 40	Male 11-12 100 Back	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Grant Manning (12) M						
2:56.92Y	F # 4C	Male 11-12 200 IM	LY-VA	7	2	-2.71
	38.60	1:26.96 2:17.81 2:56.92				
	(38.60)	(48.36) (50.85) (39.11)				
6:43.99Y	F # 6C	Male 11-12 500 Free	LY-VA	5	4	-32.22
	37.02	1:18.60 1:59.92 2:41.49 3:22.38 4:03.77 4:45.63 5:26.71				
	(37.02)	(41.58) (41.32) (41.57) (40.89) (41.39) (41.86) (41.08)				
	6:06.74	6:43.99				
	(40.03)	(37.25)				
31.23Y	F # 26	200 Free Relay Lead Off	LY-VA	---	---	-3.11
1:11.04Y	F # 30	Male 11-12 100 Free	LY-VA	10	---	-1.79
	---	1:11.04				
	---	(1:11.04)				
41.38Y	F # 36	Male 11-12 50 Breast	LY-VA	6	3	-5.07
1:25.30Y	F # 40	Male 11-12 100 Back	LY-VA	10	---	---
	41.34	1:25.30				
	(41.34)	(43.96)				
35.39Y	F # 44	Male 11-12 50 Fly	LY-VA	7	2	-1.88
1:21.83Y	F # 48	Male 11-12 100 IM	LY-VA	8	1	-2.06
	38.73	1:21.83				
	(38.73)	(43.10)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Anna Mills (16) F						
5:46.06Y	F # 5E	Female 15 & Over 500 Free	LY-VA	1	9	1.16
	29.87	1:03.90 1:38.82 2:14.45	2:50.24 3:25.90	4:01.21 4:37.17		
	(29.87)	(34.03) (34.92) (35.63)	(35.79) (35.66)	(35.31) (35.96)		
	5:12.64	5:46.06				
	(35.47)	(33.42)				
27.56Y	F # 9	200 Free Relay Lead Off	LY-VA	---	---	0.27
1:06.01Y	F # 11B	Female 15 & Over 100 Back	LY-VA	1	9	-0.03
	31.82	1:06.01				
	(31.82)	(34.19)				
1:00.58Y	F # 15B	Female 15 & Over 100 Free	LY-VA	2	7	0.78
	29.44	1:00.58				
	(29.44)	(31.14)				
1:27.90Y	F # 17B	Female 15 & Over 100 Breast	LY-VA	2	7	3.52
	---	1:27.90				
	---	(1:27.90)				
30.86Y	F # 53	200 Medley Relay Lead Off	LY-VA	---	---	-1.54
2:10.53Y	F # 55B	Female 15 & Over 200 Free	LY-VA	1	9	2.01
	30.90	1:04.44 1:38.86 2:10.53				
	(30.90)	(33.54) (34.42) (31.67)				
2:26.96Y	F # 59B	Female 15 & Over 200 Back	LY-VA	1	9	-5.41
	34.85	1:12.68 1:51.29 2:26.96				
	(34.85)	(37.83) (38.61) (35.67)				
3:10.58Y	F # 61B	Female 15 & Over 200 Breast	LY-VA	2	7	-2.79
	42.39	1:30.51 2:21.60 3:10.58				
	(42.39)	(48.12) (51.09) (48.98)				
28.03Y	F # 63B	Female 15 & Over 50 Free	LY-VA	1	9	0.74

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Jack Mills (18) M						
1:57.97Y	F # 2B	Male 15 & Over 200 IM	LY-VA	1	9	6.69
	25.27	54.98 1:30.77 1:57.97				
	(25.27)	(29.71) (35.79) (27.20)				
NS	F # 6E	Male 15 & Over 500 Free	LY-VA	---	---	---
21.57Y	F # 10	200 Free Relay Lead Off	LY-VA	---	---	0.79
55.17Y	F # 12B	Male 15 & Over 100 Back	LY-VA	2	7	3.59
	27.58	55.17				
	(27.58)	(27.59)				
1:54.49Y	F # 14B	Male 15 & Over 200 Fly	LY-VA	1	9	5.72
	25.63	54.94 1:24.61 1:54.49				
	(25.63)	(29.31) (29.67) (29.88)				
47.17Y	F # 16B	Male 15 & Over 100 Free	LY-VA	1	9	1.67
	23.01	47.17				
	(23.01)	(24.16)				
1:02.91Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	3	6	2.36
	30.34	1:02.91				
	(30.34)	(32.57)				
4:14.28Y	F # 20B	Male 15 & Over 400 IM	LY-VA	1	9	8.81
	26.65	57.23 1:30.38 2:02.42	2:40.57 3:18.39 3:46.96 4:14.28			
	(26.65)	(30.58) (33.15) (32.04)	(38.15) (37.82) (28.57) (27.32)			
1:42.99Y	F # 56B	Male 15 & Over 200 Free	LY-VA	1	9	3.51
	24.42	50.39 1:17.08 1:42.99				
	(24.42)	(25.97) (26.69) (25.91)				
52.61Y	F # 58B	Male 15 & Over 100 Fly	LY-VA	1	9	4.40
	24.86	52.61				
	(24.86)	(27.75)				
2:01.44Y	F # 60B	Male 15 & Over 200 Back	LY-VA	2	7	5.43
	28.95	59.66 1:30.62 2:01.44				
	(28.95)	(30.71) (30.96) (30.82)				
2:14.64Y	F # 62B	Male 15 & Over 200 Breast	LY-VA	1	9	-4.80
	30.96	1:05.29 1:40.32 2:14.64				
	(30.96)	(34.33) (35.03) (34.32)				
21.82Y	F # 64B	Male 15 & Over 50 Free	LY-VA	1	9	1.04

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Dabney Morrison (8) F						
3:30.72Y DQ	F # 3A	Female 8 & Under 200 IM	LY-VA	---	---	---
	44.35	1:38.80 2:40.72 3:30.72				
	(44.35)	(54.45) (1:01.92) (50.00)				
17.67Y	F # 27	Female 8 & Under 25 Fly	LY-VA	1	9	-2.65
21.44Y	F # 33	Female 8 & Under 25 Back	LY-VA	2	7	-0.30
52.28Y	F # 37A	Female 8 & Under 50 Breast	LY-VA	1	9	-3.86
42.85Y	F # 45	Female 10 & Under 50 Fly	LY-VA	4	5	-9.64
1:37.24Y	F # 49A	Female 8 & Under 100 IM	LY-VA	1	9	-12.96
	45.27	1:37.24				
	(45.27)	(51.97)				
16.67Y	F # 71	Female 8 & Under 25 Free	LY-VA	1	9	-1.64
22.02Y	F # 77	Female 8 & Under 25 Breast	LY-VA	1	9	-3.75
1:52.52Y	F # 81A	Female 8 & Under 100 Breast	LY-VA	1	9	-11.89
	52.91	1:52.52				
	(52.91)	(59.61)				
46.83Y	F # 85A	Female 8 & Under 50 Back	LY-VA	1	9	-5.62
38.64Y	F # 93A	Female 8 & Under 50 Free	LY-VA	1	9	-6.58

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Luke Morrison (13) M						
2:29.02Y	F # 2A	Male 13-14 200 IM	LY-VA	9	---	-2.49
	29.70	1:08.07 1:55.10 2:29.02				
	(29.70)	(38.37) (47.03) (33.92)				
5:46.75Y	F # 6D	Male 13-14 500 Free	LY-VA	6	3	-10.75
	31.23	1:05.14 1:40.85 2:16.16 2:52.01 3:27.54 4:03.20 4:39.01				
	(31.23)	(33.91) (35.71) (35.31) (35.85) (35.53) (35.66) (35.81)				
	5:13.72	5:46.75				
	(34.71)	(33.03)				
27.16Y	F # 8	200 Free Relay Lead Off	LY-VA	---	---	-0.42
1:10.64Y	F # 12A	Male 13-14 100 Back	LY-VA	10	---	0.11
	33.96	1:10.64				
	(33.96)	(36.68)				
2:36.03Y	F # 14A	Male 13-14 200 Fly	LY-VA	8	1	2.05
	33.64	1:12.78 1:54.05 2:36.03				
	(33.64)	(39.14) (41.27) (41.98)				
59.64Y	F # 16A	Male 13-14 100 Free	LY-VA	9	---	-0.80
	29.16	59.64				
	(29.16)	(30.48)				
1:25.93Y	F # 18A	Male 13-14 100 Breast	LY-VA	13	---	-0.76
	39.65	1:25.93				
	(39.65)	(46.28)				
5:25.00Y	F # 20A	Male 13-14 400 IM	LY-VA	8	1	-14.68
	32.91	1:11.30 1:52.59 2:34.01 3:22.52 4:12.78 4:48.71 5:25.00				
	(32.91)	(38.39) (41.29) (41.42) (48.51) (50.26) (35.93) (36.29)				
2:08.54Y	F # 56A	Male 13-14 200 Free	LY-VA	7	2	-3.81
	30.07	1:02.61 1:35.90 2:08.54				
	(30.07)	(32.54) (33.29) (32.64)				
1:04.74Y	F # 58A	Male 13-14 100 Fly	LY-VA	8	1	-3.66
	29.90	1:04.74				
	(29.90)	(34.84)				
2:33.70Y	F # 60A	Male 13-14 200 Back	LY-VA	8	1	-0.84
	37.72	1:17.09 1:55.76 2:33.70				
	(37.72)	(39.37) (38.67) (37.94)				
2:56.27Y	F # 62A	Male 13-14 200 Breast	LY-VA	9	---	---
	40.26	1:25.02 2:10.72 2:56.27				
	(40.26)	(44.76) (45.70) (45.55)				
26.98Y	F # 64A	Male 13-14 50 Free	LY-VA	10	---	-0.60

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Mac Morrison (10) M								
3:03.90Y	F # 4B	Male 9-10 200 IM	LY-VA	2	7	-5.70		
	37.64	1:24.10	---	3:03.90				
	(37.64)	(46.46)	---	(3:03.90)				
7:05.41Y	F # 6B	Male 9-10 500 Free	LY-VA	3	6	-46.26		
	36.46	1:18.14	2:03.33	2:44.63	3:28.72	4:11.71	4:56.71	5:41.79
	(36.46)	(41.68)	(45.19)	(41.30)	(44.09)	(42.99)	(45.00)	(45.08)
	6:25.22	7:05.41						
	(43.43)	(40.19)						
31.14Y	F # 24	200 Free Relay Lead Off	LY-VA	---	---	-0.58		
1:10.22Y	F # 32B	Male 9-10 100 Free	LY-VA	2	7	-3.42		
	33.79	1:10.22						
	(33.79)	(36.43)						
51.26Y	F # 38B	Male 9-10 50 Breast	LY-VA	5	4	-0.18		
1:26.78Y	F # 42B	Male 9-10 100 Back	LY-VA	4	5	0.97		
	41.83	1:26.78						
	(41.83)	(44.95)						
35.02Y	F # 46	Male 10 & Under 50 Fly	LY-VA	1	9	-1.85		
1:24.19Y	F # 50B	Male 9-10 100 IM	LY-VA	4	5	-2.06		
	38.64	1:24.19						
	(38.64)	(45.55)						
2:42.84Y	F # 76B	Male 9-10 200 Free	LY-VA	3	6	-9.57		
	37.18	1:19.91	2:02.55	2:42.84				
	(37.18)	(42.73)	(42.64)	(40.29)				
1:54.78Y	F # 82B	Male 9-10 100 Breast	LY-VA	3	6	-11.21		
	---	1:54.78						
	---	(1:54.78)						
38.22Y	F # 86B	Male 9-10 50 Back	LY-VA	3	6	-2.57		
1:26.39Y	F # 90B	Male 9-10 100 Fly	LY-VA	2	7	-8.45		
	41.67	1:26.39						
	(41.67)	(44.72)						
30.84Y	F # 94B	Male 9-10 50 Free	LY-VA	2	7	-0.88		

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Aidan Moss (11) M								
2:45.97Y	F # 4C	Male 11-12 200 IM	LY-VA	3	6	0.15		
	---	---	---	2:45.97				
	---	---	---	(2:45.97)				
6:41.03Y	F # 6C	Male 11-12 500 Free	LY-VA	3	6	9.10		
	34.80	1:14.66	1:55.85	2:36.77	3:17.78	3:59.07	4:40.26	5:21.68
	(34.80)	(39.86)	(41.19)	(40.92)	(41.01)	(41.29)	(41.19)	(41.42)
	6:02.29	6:41.03						
	(40.61)	(38.74)						
1:08.00Y	F # 30	Male 11-12 100 Free	LY-VA	7	2	-2.92		
	32.31	1:08.00						
	(32.31)	(35.69)						
42.07Y	F # 36	Male 11-12 50 Breast	LY-VA	7	2	-2.88		
1:12.68Y	F # 40	Male 11-12 100 Back	LY-VA	4	5	-0.68		
	35.48	1:12.68						
	(35.48)	(37.20)						
33.39Y	F # 44	Male 11-12 50 Fly	LY-VA	5	4	-1.58		
1:17.47Y	F # 48	Male 11-12 100 IM	LY-VA	4	5	-0.12		
	36.25	1:17.47						
	(36.25)	(41.22)						
2:29.81Y	F # 74	Male 11-12 200 Free	LY-VA	5	4	0.02		
	33.54	1:11.95	1:51.12	2:29.81				
	(33.54)	(38.41)	(39.17)	(38.69)				
1:30.98Y	F # 80	Male 11-12 100 Breast	LY-VA	6	3	-7.86		
	---	1:30.98						
	---	(1:30.98)						
34.52Y	F # 84	Male 11-12 50 Back	LY-VA	4	5	0.37		
1:16.81Y	F # 88	Male 11-12 100 Fly	LY-VA	3	6	-4.66		
	35.19	1:16.81						
	(35.19)	(41.62)						
31.92Y	F # 92	Male 11-12 50 Free	LY-VA	6	3	0.58		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
William Moss (8) M						
25.62Y	F # 28	Male 8 & Under 25 Fly	LY-VA	4	5	-15.33
1:44.35Y	F # 32A	Male 8 & Under 100 Free	LY-VA	7	2	-53.77
	48.62	1:44.35				
	(48.62)	(55.73)				
22.18Y	F # 34	Male 8 & Under 25 Back	LY-VA	3	6	-4.67
1:03.34Y	F # 38A	Male 8 & Under 50 Breast	LY-VA	5	4	---
2:00.59Y	F # 50A	Male 8 & Under 100 IM	LY-VA	6	3	-34.97
	57.29	2:00.59				
	(57.29)	(1:03.30)				
19.88Y	F # 72	Male 8 & Under 25 Free	LY-VA	3	6	-12.75
3:46.06Y	F # 76A	Male 8 & Under 200 Free	LY-VA	5	4	---
	46.88	1:45.79 --- 3:46.06				
	(46.88)	(58.91) --- (3:46.06)				
25.79Y	F # 78	Male 8 & Under 25 Breast	LY-VA	3	6	---
48.25Y	F # 86A	Male 8 & Under 50 Back	LY-VA	3	6	-9.15
45.10Y	F # 94A	Male 8 & Under 50 Free	LY-VA	6	3	-5.96

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Broderick Nelson (13) M											
2:11.65Y	F # 2A	Male	13-14 200 IM				LY-VA		3	6	3.57
	28.51	1:03.82	1:41.00	2:11.65							
	(28.51)	(35.31)	(37.18)	(30.65)							
5:15.63Y	F # 6D	Male	13-14 500 Free				LY-VA		3	6	8.21
	27.80	59.36	1:31.19	2:03.50	2:35.23	3:07.63	3:40.03	4:12.28			
	(27.80)	(31.56)	(31.83)	(32.31)	(31.73)	(32.40)	(32.40)	(32.25)			
	4:44.81	5:15.63									
	(32.53)	(30.82)									
1:04.70Y	F # 12A	Male	13-14 100 Back				LY-VA		5	4	-3.89
	31.75	1:04.70									
	(31.75)	(32.95)									
2:17.27Y	F # 14A	Male	13-14 200 Fly				LY-VA		5	4	2.93
	29.15	1:04.48	1:40.70	2:17.27							
	(29.15)	(35.33)	(36.22)	(36.57)							
55.05Y	F # 16A	Male	13-14 100 Free				LY-VA		5	4	1.78
	26.66	55.05									
	(26.66)	(28.39)									
1:08.20Y	F # 18A	Male	13-14 100 Breast				LY-VA		3	6	2.06
	32.49	1:08.20									
	(32.49)	(35.71)									
4:40.48Y	F # 20A	Male	13-14 400 IM				LY-VA		3	6	-2.61
	29.81	1:05.13	1:42.48	2:19.00	2:56.46	3:36.57	4:08.70	4:40.48			
	(29.81)	(35.32)	(37.35)	(36.52)	(37.46)	(40.11)	(32.13)	(31.78)			
2:00.85Y	F # 56A	Male	13-14 200 Free				LY-VA		5	4	3.22
	27.84	58.79	1:30.61	2:00.85							
	(27.84)	(30.95)	(31.82)	(30.24)							
1:01.43Y	F # 58A	Male	13-14 100 Fly				LY-VA		5	4	0.55
	28.66	1:01.43									
	(28.66)	(32.77)									
2:19.33Y	F # 60A	Male	13-14 200 Back				LY-VA		5	4	-5.97
	33.40	1:08.05	1:44.13	2:19.33							
	(33.40)	(34.65)	(36.08)	(35.20)							
2:28.12Y	F # 62A	Male	13-14 200 Breast				LY-VA		3	6	3.61
	32.80	1:10.93	1:50.06	2:28.12							
	(32.80)	(38.13)	(39.13)	(38.06)							
25.36Y	F # 64A	Male	13-14 50 Free				LY-VA		6	3	-0.09

Individual Meet Results

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Caroline Nelson (10) F								
2:53.50Y	F # 3B	Female 9-10 200 IM	LY-VA	2	7	-20.93		
	40.44	1:29.72	2:16.07	2:53.50				
	(40.44)	(49.28)	(46.35)	(37.43)				
7:05.45Y	F # 5B	Female 9-10 500 Free	LY-VA	2	7	-26.90		
	36.40	1:19.94	2:04.62	---	4:21.43	---	5:03.75	---
	(36.40)	(43.54)	(44.68)	---	(4:21.43)	---	(5:03.75)	---
	---	7:05.45						
	---	(7:05.45)						
1:12.46Y	F # 31B	Female 9-10 100 Free	LY-VA	3	6	-10.13		
	36.58	1:12.46						
	(36.58)	(35.88)						
40.02Y	F # 37B	Female 9-10 50 Breast	LY-VA	1	9	0.31		
1:35.73Y	F # 41B	Female 9-10 100 Back	LY-VA	6	3	0.12		
	46.72	1:35.73						
	(46.72)	(49.01)						
39.47Y	F # 45	Female 10 & Under 50 Fly	LY-VA	2	7	-5.24		
1:20.50Y	F # 49B	Female 9-10 100 IM	LY-VA	2	7	-7.33		
	40.70	1:20.50						
	(40.70)	(39.80)						
2:41.12Y	F # 75B	Female 9-10 200 Free	LY-VA	3	6	-18.26		
	---	---	---	2:41.12				
	---	---	---	(2:41.12)				
1:28.83Y	F # 81B	Female 9-10 100 Breast	LY-VA	2	7	-2.93		
	45.12	1:28.83						
	(45.12)	(43.71)						
41.39Y	F # 85B	Female 9-10 50 Back	LY-VA	4	5	-5.29		
1:33.02Y	F # 89B	Female 9-10 100 Fly	LY-VA	3	7	-10.08		
	44.00	1:33.02						
	(44.00)	(49.02)						
31.53Y	F # 93B	Female 9-10 50 Free	LY-VA	2	7	-1.40		

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Aidan Parker (13) M								
3:05.03Y	F # 2A	Male 13-14 200 IM	LY-VA	11	---	-24.69		
	---	---	3:05.03					
	---	---	(3:05.03)					
7:32.27Y	F # 6D	Male 13-14 500 Free	LY-VA	11	---	-49.83		
	37.45	1:21.79	2:07.55	2:55.42	3:42.72	4:28.90	5:14.24	6:01.74
	(37.45)	(44.34)	(45.76)	(47.87)	(47.30)	(46.18)	(45.34)	(47.50)
	6:48.74	7:32.27						
	(47.00)	(43.53)						
1:39.28Y	F # 12A	Male 13-14 100 Back	LY-VA	14	---	-3.16		
	46.20	1:39.28						
	(46.20)	(53.08)						
1:22.48Y	F # 16A	Male 13-14 100 Free	LY-VA	15	---	1.01		
	---	1:22.48						
	---	(1:22.48)						
1:36.15Y	F # 18A	Male 13-14 100 Breast	LY-VA	14	---	-8.46		
	---	1:36.15						
	---	(1:36.15)						
2:47.70Y	F # 56A	Male 13-14 200 Free	LY-VA	14	---	-12.16		
	36.40	1:18.30	2:02.47	2:47.70				
	(36.40)	(41.90)	(44.17)	(45.23)				
1:45.73Y	F # 58A	Male 13-14 100 Fly	LY-VA	11	---	---		
	49.46	1:45.73						
	(49.46)	(56.27)						
3:21.68Y	F # 60A	Male 13-14 200 Back	LY-VA	13	---	---		
	49.34	1:39.64	2:30.39	3:21.68				
	(49.34)	(50.30)	(50.75)	(51.29)				
3:22.34Y	F # 62A	Male 13-14 200 Breast	LY-VA	13	---	-13.73		
	44.49	1:36.26	---	3:22.34				
	(44.49)	(51.77)	---	(3:22.34)				
36.01Y	F # 64A	Male 13-14 50 Free	LY-VA	14	---	-2.80		

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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Addison Pavao (9) M						
1:53.51Y	F # 32B	Male 9-10 100 Free	LY-VA	16	---	-15.55
	51.37	1:53.51				
	(51.37)	(1:02.14)				
1:01.38Y	F # 38B	Male 9-10 50 Breast	LY-VA	11	---	-8.92
2:21.28Y	F # 42B	Male 9-10 100 Back	LY-VA	12	---	---
	---	2:21.28				
	---	(2:21.28)				
2:14.68Y DQ	F # 50B	Male 9-10 100 IM	LY-VA	---	---	---
	---	2:14.68				
	---	(2:14.68)				
3:55.17Y	F # 76B	Male 9-10 200 Free	LY-VA	11	---	---
	55.23	1:55.82 2:57.16 3:55.17				
	(55.23)	(1:00.59) (1:01.34) (58.01)				
2:09.80Y	F # 82B	Male 9-10 100 Breast	LY-VA	7	2	---
	---	2:09.80				
	---	(2:09.80)				
1:06.50Y	F # 86B	Male 9-10 50 Back	LY-VA	16	---	-3.28
51.47Y	F # 94B	Male 9-10 50 Free	LY-VA	16	---	-9.27

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Ella Pennington (13) F						
2:44.63Y	F # 1A	Female 13-14 200 IM	LY-VA	7	2	-11.78
	35.16	1:17.19 2:07.30 2:44.63				
	(35.16)	(42.03) (50.11) (37.33)				
6:14.85Y	F # 5D	Female 13-14 500 Free	LY-VA	7	2	-48.79
	34.70	1:12.64 1:51.08 2:29.20 3:07.37 3:45.64 4:24.05 5:01.36				
	(34.70)	(37.94) (38.44) (38.12) (38.17) (38.27) (38.41) (37.31)				
	5:38.60	6:14.85				
	(37.24)	(36.25)				
1:16.06Y	F # 11A	Female 13-14 100 Back	LY-VA	8	1	-11.35
	37.76	1:16.06				
	(37.76)	(38.30)				
3:00.93Y	F # 13A	Female 13-14 200 Fly	LY-VA	6	3	---
	39.17	1:25.24 2:13.23 3:00.93				
	(39.17)	(46.07) (47.99) (47.70)				
1:05.20Y	F # 15A	Female 13-14 100 Free	LY-VA	7	2	-3.77
	31.71	1:05.20				
	(31.71)	(33.49)				
1:27.83Y	F # 17A	Female 13-14 100 Breast	LY-VA	7	2	-0.70
	41.98	1:27.83				
	(41.98)	(45.85)				
5:42.30Y	F # 19A	Female 13-14 400 IM	LY-VA	6	3	-31.76
	40.81	1:27.76 2:11.73 2:54.84 3:42.14 4:29.73 5:06.49 5:42.30				
	(40.81)	(46.95) (43.97) (43.11) (47.30) (47.59) (36.76) (35.81)				
2:21.52Y	F # 55A	Female 13-14 200 Free	LY-VA	6	3	-7.42
	33.21	1:09.57 1:46.53 2:21.52				
	(33.21)	(36.36) (36.96) (34.99)				
1:21.10Y	F # 57A	Female 13-14 100 Fly	LY-VA	7	2	-13.98
	36.19	1:21.10				
	(36.19)	(44.91)				
2:46.86Y	F # 59A	Female 13-14 200 Back	LY-VA	8	1	-14.94
	40.92	1:23.62 2:06.47 2:46.86				
	(40.92)	(42.70) (42.85) (40.39)				
3:09.32Y	F # 61A	Female 13-14 200 Breast	LY-VA	6	3	0.07
	43.71	1:31.74 2:20.88 3:09.32				
	(43.71)	(48.03) (49.14) (48.44)				
30.94Y	F # 63A	Female 13-14 50 Free	LY-VA	8	1	-1.35

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Lainey Pennington (11) F						
2:50.27Y	F # 3C	Female 11-12 200 IM	LY-VA	2	7	-3.37
	37.51	1:22.53 2:14.82 2:50.27				
	(37.51)	(45.02) (52.29) (35.45)				
6:29.17Y	F # 5C	Female 11-12 500 Free	LY-VA	1	9	-6.20
	35.35	1:14.75 1:54.90 2:35.71 3:15.76 3:55.57 4:34.80 5:14.18				
	(35.35)	(39.40) (40.15) (40.81) (40.05) (39.81) (39.23) (39.38)				
	5:53.32	6:29.17				
	(39.14)	(35.85)				
1:07.13Y	F # 29	Female 11-12 100 Free	LY-VA	2	7	-2.86
	---	1:07.13				
	---	(1:07.13)				
42.78Y	F # 35	Female 11-12 50 Breast	LY-VA	3	6	-4.78
1:24.59Y	F # 39	Female 11-12 100 Back	LY-VA	8	1	-1.15
	41.76	1:24.59				
	(41.76)	(42.83)				
35.13Y	F # 43	Female 11-12 50 Fly	LY-VA	1	9	0.44
1:20.97Y	F # 47	Female 11-12 100 IM	LY-VA	3	6	-0.70
	38.58	1:20.97				
	(38.58)	(42.39)				
2:23.40Y	F # 73	Female 11-12 200 Free	LY-VA	1	9	-6.38
	33.97	1:11.19 1:47.94 2:23.40				
	(33.97)	(37.22) (36.75) (35.46)				
1:35.08Y	F # 79	Female 11-12 100 Breast	LY-VA	3	6	-0.84
	44.38	1:35.08				
	(44.38)	(50.70)				
39.71Y	F # 83	Female 11-12 50 Back	LY-VA	8	1	-0.38
1:26.21Y	F # 87	Female 11-12 100 Fly	LY-VA	1	9	4.53
	39.11	1:26.21				
	(39.11)	(47.10)				
31.66Y	F # 91	Female 11-12 50 Free	LY-VA	6	3	-0.26

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Will Perrow (17) M						
2:34.83Y	F # 2B	Male 15 & Over 200 IM	LY-VA	12	---	-13.89
	31.88	1:14.88 1:59.50 2:34.83				
	(31.88)	(43.00) (44.62) (35.33)				
6:24.66Y	F # 6E	Male 15 & Over 500 Free	LY-VA	12	---	-16.45
	31.11	1:06.71 1:44.39 2:23.12 3:03.08 3:43.98 4:24.38 5:04.92				
	(31.11)	(35.60) (37.68) (38.73) (39.96) (40.90) (40.40) (40.54)				
	5:45.76	6:24.66				
	(40.84)	(38.90)				
1:25.07Y	F # 12B	Male 15 & Over 100 Back	LY-VA	16	---	-0.53
	41.91	1:25.07				
	(41.91)	(43.16)				
1:02.00Y	F # 16B	Male 15 & Over 100 Free	LY-VA	16	---	-2.18
	29.49	1:02.00				
	(29.49)	(32.51)				
1:20.53Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	12	---	0.12
	38.39	1:20.53				
	(38.39)	(42.14)				
39.80Y	F # 54	200 Medley Relay Lead Off	LY-VA	---	---	-9.41
2:17.03Y	F # 56B	Male 15 & Over 200 Free	LY-VA	12	---	-6.47
	31.04	1:06.44 1:42.70 2:17.03				
	(31.04)	(35.40) (36.26) (34.33)				
3:02.50Y	F # 60B	Male 15 & Over 200 Back	LY-VA	14	---	-7.36
	---	1:29.87 2:16.80 3:02.50				
	---	(1:29.87) (46.93) (45.70)				
2:51.40Y	F # 62B	Male 15 & Over 200 Breast	LY-VA	9	---	0.51
	39.09	1:23.03 2:07.83 2:51.40				
	(39.09)	(43.94) (44.80) (43.57)				
28.02Y	F # 64B	Male 15 & Over 50 Free	LY-VA	14	---	0.43

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Charlotte Pickeral (8) F						
3:54.39Y	F # 3A	Female 8 & Under 200 IM	LY-VA	1	9	---
	56.47	1:55.94 --- 3:54.39				
	(56.47)	(59.47) --- (3:54.39)				
22.12Y	F # 27	Female 8 & Under 25 Fly	LY-VA	2	7	-1.88
1:31.33Y	F # 31A	Female 8 & Under 100 Free	LY-VA	1	9	-15.03
	40.79	1:31.33				
	(40.79)	(50.54)				
58.03Y	F # 37A	Female 8 & Under 50 Breast	LY-VA	2	7	-2.62
1:50.01Y	F # 41A	Female 8 & Under 100 Back	LY-VA	1	9	1.02
	---	1:50.01				
	---	(1:50.01)				
1:51.36Y	F # 49A	Female 8 & Under 100 IM	LY-VA	2	7	-9.23
	53.47	1:51.36				
	(53.47)	(57.89)				
16.98Y	F # 71	Female 8 & Under 25 Free	LY-VA	2	7	-3.57
3:20.41Y	F # 75A	Female 8 & Under 200 Free	LY-VA	1	9	---
	42.68	1:34.67 2:28.75 3:20.41				
	(42.68)	(51.99) (54.08) (51.66)				
2:05.29Y	F # 81A	Female 8 & Under 100 Breast	LY-VA	2	7	-13.37
	---	2:05.29				
	---	(2:05.29)				
53.21Y	F # 85A	Female 8 & Under 50 Back	LY-VA	2	7	-1.15
41.67Y	F # 93A	Female 8 & Under 50 Free	LY-VA	2	7	-0.95

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Danna Pineda (12) F						
3:00.70Y	F # 3C	Female 11-12 200 IM	LY-VA	5	4	-8.77
	37.99	1:20.66 2:18.97 3:00.70				
	(37.99)	(42.67) (58.31) (41.73)				
7:24.74Y	F # 5C	Female 11-12 500 Free	LY-VA	4	5	14.71
	38.25	1:21.57 2:06.82 2:52.50	3:39.13 4:24.72 5:12.23 5:57.98			
	(38.25)	(43.32) (45.25) (45.68)	(46.63) (45.59) (47.51) (45.75)			
	6:42.34	7:24.74				
	(44.36)	(42.40)				
1:08.93Y	F # 29	Female 11-12 100 Free	LY-VA	6	3	---
	33.27	1:08.93				
	(33.27)	(35.66)				
44.81Y	F # 35	Female 11-12 50 Breast	LY-VA	6	3	-0.98
1:18.95Y	F # 39	Female 11-12 100 Back	LY-VA	3	6	3.17
	38.53	1:18.95				
	(38.53)	(40.42)				
38.32Y	F # 43	Female 11-12 50 Fly	LY-VA	4	5	0.22
1:22.83Y	F # 47	Female 11-12 100 IM	LY-VA	6	3	-2.37
	39.24	1:22.83				
	(39.24)	(43.59)				
1:17.91Y	F # 69	200 Medley Relay Lead Off	LY-VA		---	42.90
2:34.12Y	F # 73	Female 11-12 200 Free	LY-VA	6	3	0.40
	35.38	1:14.41 1:55.10 2:34.12				
	(35.38)	(39.03) (40.69) (39.02)				
1:37.93Y	F # 79	Female 11-12 100 Breast	LY-VA	7	2	-9.83
	---	1:37.93				
	---	(1:37.93)				
35.95Y	F # 83	Female 11-12 50 Back	LY-VA	2	7	0.94
1:30.04Y	F # 87	Female 11-12 100 Fly	LY-VA	2	7	-1.68
	40.55	1:30.04				
	(40.55)	(49.49)				
30.76Y	F # 91	Female 11-12 50 Free	LY-VA	3	6	1.02

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Hudson Rice (14) M						
2:06.02Y	F # 2A	Male 13-14 200 IM	LY-VA	1	9	1.42
	27.27	1:00.11 1:37.34 2:06.02				
	(27.27)	(32.84) (37.23) (28.68)				
5:02.80Y	F # 6D	Male 13-14 500 Free	LY-VA	2	7	1.38
	27.57	58.01 1:28.63 1:59.42 2:30.01 3:01.05 3:32.14 4:03.10				
	(27.57)	(30.44) (30.62) (30.79) (30.59) (31.04) (31.09) (30.96)				
	4:33.92	5:02.80				
	(30.82)	(28.88)				
59.83Y	F # 12A	Male 13-14 100 Back	LY-VA	3	6	0.39
	29.73	59.83				
	(29.73)	(30.10)				
2:08.06Y	F # 14A	Male 13-14 200 Fly	LY-VA	1	9	4.23
	28.45	1:01.44 1:34.67 2:08.06				
	(28.45)	(32.99) (33.23) (33.39)				
53.10Y	F # 16A	Male 13-14 100 Free	LY-VA	3	6	0.81
	25.89	53.10				
	(25.89)	(27.21)				
1:08.27Y	F # 18A	Male 13-14 100 Breast	LY-VA	4	5	3.38
	32.92	1:08.27				
	(32.92)	(35.35)				
4:27.91Y	F # 20A	Male 13-14 400 IM	LY-VA	2	7	8.08
	28.92	1:01.91 1:36.89 2:11.50 2:49.66 3:28.16 3:58.96 4:27.91				
	(28.92)	(32.99) (34.98) (34.61) (38.16) (38.50) (30.80) (28.95)				
29.39Y	F # 52	200 Medley Relay Lead Off	LY-VA	---	---	-1.74
1:53.51Y	F # 56A	Male 13-14 200 Free	LY-VA	1	9	1.26
	26.58	55.74 1:25.31 1:53.51				
	(26.58)	(29.16) (29.57) (28.20)				
58.03Y	F # 58A	Male 13-14 100 Fly	LY-VA	3	6	1.98
	27.70	58.03				
	(27.70)	(30.33)				
2:07.24Y	F # 60A	Male 13-14 200 Back	LY-VA	1	9	-0.27
	31.02	1:03.84 1:36.57 2:07.24				
	(31.02)	(32.82) (32.73) (30.67)				
2:26.01Y	F # 62A	Male 13-14 200 Breast	LY-VA	2	7	6.44
	33.82	1:11.71 1:49.78 2:26.01				
	(33.82)	(37.89) (38.07) (36.23)				
24.30Y	F # 64A	Male 13-14 50 Free	LY-VA	4	5	0.61

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Andrew Rogers (17) M						
2:18.98Y	F # 2B	Male 15 & Over 200 IM	LY-VA	9	---	6.78
	27.46	1:02.86 1:45.97 2:18.98				
	(27.46)	(35.40) (43.11) (33.01)				
5:30.41Y	F # 6E	Male 15 & Over 500 Free	LY-VA	8	1	10.81
	29.20	1:02.15 1:35.79 2:09.31 2:43.07 3:16.89 3:50.91 4:24.63				
	(29.20)	(32.95) (33.64) (33.52) (33.76) (33.82) (34.02) (33.72)				
	4:57.90	5:30.41				
	(33.27)	(32.51)				
1:06.08Y	F # 12B	Male 15 & Over 100 Back	LY-VA	12	---	0.95
	32.29	1:06.08				
	(32.29)	(33.79)				
2:14.55Y	F # 14B	Male 15 & Over 200 Fly	LY-VA	4	5	8.30
	29.17	1:02.47 --- 2:14.55				
	(29.17)	(33.30) --- (2:14.55)				
53.92Y	F # 16B	Male 15 & Over 100 Free	LY-VA	9	---	2.77
	26.47	53.92				
	(26.47)	(27.45)				
1:14.13Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	9	---	-3.11
	34.19	1:14.13				
	(34.19)	(39.94)				
NS	F # 20B	Male 15 & Over 400 IM	LY-VA	---	---	---
NS	F # 56B	Male 15 & Over 200 Free	LY-VA	---	---	---
NS	F # 58B	Male 15 & Over 100 Fly	LY-VA	---	---	---
NS	F # 60B	Male 15 & Over 200 Back	LY-VA	---	---	---
NS	F # 62B	Male 15 & Over 200 Breast	LY-VA	---	---	---
NS	F # 64B	Male 15 & Over 50 Free	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Mitchell Rogers (13) M						
2:19.44Y	F # 2A	Male 13-14 200 IM	LY-VA	5	4	-2.72
	29.10	1:05.25 1:46.73 2:19.44				
	(29.10)	(36.15) (41.48) (32.71)				
5:27.05Y	F # 6D	Male 13-14 500 Free	LY-VA	4	5	-14.81
	29.17	1:01.67 1:34.73 2:08.36 2:41.88 3:15.22 3:48.50 4:21.88				
	(29.17)	(32.50) (33.06) (33.63) (33.52) (33.34) (33.28) (33.38)				
	4:54.76	5:27.05				
	(32.88)	(32.29)				
1:05.81Y	F # 12A	Male 13-14 100 Back	LY-VA	6	3	-3.81
	32.29	1:05.81				
	(32.29)	(33.52)				
2:16.73Y	F # 14A	Male 13-14 200 Fly	LY-VA	4	5	-5.56
	29.85	1:04.48 1:40.58 2:16.73				
	(29.85)	(34.63) (36.10) (36.15)				
58.81Y	F # 16A	Male 13-14 100 Free	LY-VA	8	1	-0.90
	29.09	58.81				
	(29.09)	(29.72)				
1:14.70Y	F # 18A	Male 13-14 100 Breast	LY-VA	6	3	-2.90
	---	1:14.70				
	---	(1:14.70)				
5:01.14Y	F # 20A	Male 13-14 400 IM	LY-VA	5	4	0.09
	31.16	1:06.81 1:46.84 2:25.67 3:10.21 3:54.88 4:28.63 5:01.14				
	(31.16)	(35.65) (40.03) (38.83) (44.54) (44.67) (33.75) (32.51)				
2:04.07Y	F # 56A	Male 13-14 200 Free	LY-VA	6	3	-4.62
	28.99	1:00.48 1:32.49 2:04.07				
	(28.99)	(31.49) (32.01) (31.58)				
1:01.55Y	F # 58A	Male 13-14 100 Fly	LY-VA	6	3	-2.97
	29.12	1:01.55				
	(29.12)	(32.43)				
2:21.93Y	F # 60A	Male 13-14 200 Back	LY-VA	6	3	-5.01
	33.80	1:09.36 1:45.83 2:21.93				
	(33.80)	(35.56) (36.47) (36.10)				
2:45.50Y	F # 62A	Male 13-14 200 Breast	LY-VA	6	3	-9.98
	36.22	1:18.30 2:02.46 2:45.50				
	(36.22)	(42.08) (44.16) (43.04)				
26.83Y	F # 64A	Male 13-14 50 Free	LY-VA	9	---	-1.15

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Hadley Saechao (7) F						
31.44Y	F # 27	Female 8 & Under 25 Fly	LY-VA	6	3	---
1:54.94Y	F # 31A	Female 8 & Under 100 Free	LY-VA	3	6	---
	49.92	1:54.94				
	(49.92)	(1:05.02)				
26.53Y	F # 33	Female 8 & Under 25 Back	LY-VA	6	3	---
1:02.86Y	F # 37A	Female 8 & Under 50 Breast	LY-VA	5	4	---
2:24.50Y	F # 49A	Female 8 & Under 100 IM	LY-VA	7	2	---
	---	2:24.50				
	---	(2:24.50)				
Landon Saechao (9) M						
1:37.08Y	F # 32B	Male 9-10 100 Free	LY-VA	10	---	---
	46.45	1:37.08				
	(46.45)	(50.63)				
55.08Y DQ	F # 38B	Male 9-10 50 Breast	LY-VA	---	---	---
1:42.09Y DQ	F # 42B	Male 9-10 100 Back	LY-VA	---	---	---
	50.28	1:42.09				
	(50.28)	(51.81)				
55.08Y	F # 46	Male 10 & Under 50 Fly	LY-VA	12	---	---
1:43.04Y	F # 50B	Male 9-10 100 IM	LY-VA	7	2	---
	49.60	1:43.04				
	(49.60)	(53.44)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Max Schonfelder (16) M						
2:03.80Y	F # 2B	Male 15 & Over 200 IM	LY-VA	2	7	7.78
	26.68	59.06 1:35.08 2:03.80				
	(26.68)	(32.38) (36.02) (28.72)				
5:06.80Y	F # 6E	Male 15 & Over 500 Free	LY-VA	3	6	0.42
	27.17	57.10 1:27.71 1:58.90 2:29.84 3:01.27 3:32.69 4:04.45				
	(27.17)	(29.93) (30.61) (31.19) (30.94) (31.43) (31.42) (31.76)				
	4:36.54	5:06.80				
	(32.09)	(30.26)				
58.08Y	F # 12B	Male 15 & Over 100 Back	LY-VA	6	3	-0.60
	28.33	58.08				
	(28.33)	(29.75)				
2:06.37Y	F # 14B	Male 15 & Over 200 Fly	LY-VA	3	6	8.72
	28.36	1:00.71 1:33.75 2:06.37				
	(28.36)	(32.35) (33.04) (32.62)				
50.13Y	F # 16B	Male 15 & Over 100 Free	LY-VA	3	6	2.92
	24.47	50.13				
	(24.47)	(25.66)				
1:02.47Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	1	9	4.28
	29.94	1:02.47				
	(29.94)	(32.53)				
4:30.67Y	F # 20B	Male 15 & Over 400 IM	LY-VA	3	6	-2.75
	29.41	1:03.92 1:39.61 2:15.70 2:52.88 3:31.13 4:01.54 4:30.67				
	(29.41)	(34.51) (35.69) (36.09) (37.18) (38.25) (30.41) (29.13)				
1:49.84Y	F # 56B	Male 15 & Over 200 Free	LY-VA	3	6	2.88
	25.39	53.01 1:21.41 1:49.84				
	(25.39)	(27.62) (28.40) (28.43)				
53.88Y	F # 58B	Male 15 & Over 100 Fly	LY-VA	2	7	1.70
	25.64	53.88				
	(25.64)	(28.24)				
2:08.52Y	F # 60B	Male 15 & Over 200 Back	LY-VA	5	4	-0.18
	30.44	1:02.79 1:35.89 2:08.52				
	(30.44)	(32.35) (33.10) (32.63)				
2:16.41Y	F # 62B	Male 15 & Over 200 Breast	LY-VA	3	6	6.37
	31.65	1:07.71 1:42.49 2:16.41				
	(31.65)	(36.06) (34.78) (33.92)				
22.38Y	F # 64B	Male 15 & Over 50 Free	LY-VA	2	7	0.87
Ky'Mani Shaw (8) M						
33.64Y	F # 72	Male 8 & Under 25 Free	LY-VA	13	---	---
1:25.47Y	F # 94A	Male 8 & Under 50 Free	LY-VA	16	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Ella Shinkle (11) F						
3:18.94Y	F # 3C	Female 11-12 200 IM	LY-VA	13	---	-36.32
	45.59	1:34.87 2:35.56 3:18.94				
	(45.59)	(49.28) (1:00.69) (43.38)				
7:28.68Y	F # 5C	Female 11-12 500 Free	LY-VA	5	4	-26.15
	39.74	1:25.18 --- 2:57.58 4:29.58 --- 5:16.46 6:02.30				
	(39.74)	(45.44) --- (2:57.58) (1:32.00) --- (5:16.46) (45.84)				
	---	7:28.68				
	---	(7:28.68)				
1:16.26Y	F # 29	Female 11-12 100 Free	LY-VA	11	---	-3.47
	36.74	1:16.26				
	(36.74)	(39.52)				
48.32Y	F # 35	Female 11-12 50 Breast	LY-VA	13	---	-8.48
1:32.03Y	F # 39	Female 11-12 100 Back	LY-VA	15	---	-4.75
	---	1:32.03				
	---	(1:32.03)				
45.77Y	F # 43	Female 11-12 50 Fly	LY-VA	9	---	-12.34
1:31.82Y	F # 47	Female 11-12 100 IM	LY-VA	16	---	-12.53
	43.40	1:31.82				
	(43.40)	(48.42)				
2:46.72Y	F # 73	Female 11-12 200 Free	LY-VA	9	---	-11.04
	39.63	1:22.83 2:07.00 2:46.72				
	(39.63)	(43.20) (44.17) (39.72)				
1:50.55Y	F # 79	Female 11-12 100 Breast	LY-VA	14	---	-11.95
	51.34	1:50.55				
	(51.34)	(59.21)				
41.42Y DQ	F # 83	Female 11-12 50 Back	LY-VA	---	---	---
1:49.15Y	F # 87	Female 11-12 100 Fly	LY-VA	7	2	-36.83
	50.81	1:49.15				
	(50.81)	(58.34)				
34.43Y	F # 91	Female 11-12 50 Free	LY-VA	10	---	-1.27
Langston Shinkle (8) M						
28.64Y	F # 28	Male 8 & Under 25 Fly	LY-VA	6	3	---
1:46.08Y	F # 32A	Male 8 & Under 100 Free	LY-VA	8	1	---
	49.37	1:46.08				
	(49.37)	(56.71)				
24.00Y	F # 34	Male 8 & Under 25 Back	LY-VA	4	5	---
1:16.80Y	F # 38A	Male 8 & Under 50 Breast	LY-VA	6	3	---
53.07Y	F # 66	100 Medley Relay Lead Off	LY-VA	---	---	---
21.71Y	F # 72	Male 8 & Under 25 Free	LY-VA	6	3	---
27.88Y DQ	F # 78	Male 8 & Under 25 Breast	LY-VA	---	---	---
52.15Y	F # 86A	Male 8 & Under 50 Back	LY-VA	6	3	---
47.48Y	F # 94A	Male 8 & Under 50 Free	LY-VA	8	1	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Ava Shopbell (14) F						
2:16.72Y	F # 1A	Female 13-14 200 IM	LY-VA	1	9	1.76
	28.92	1:03.56 1:44.08 2:16.72				
	(28.92)	(34.64) (40.52) (32.64)				
5:28.69Y	F # 5D	Female 13-14 500 Free	LY-VA	2	7	-8.10
	30.36	1:03.43 1:36.65 2:09.76 2:42.94 3:16.71 3:50.00 4:23.11				
	(30.36)	(33.07) (33.22) (33.11) (33.18) (33.77) (33.29) (33.11)				
	4:56.35	5:28.69				
	(33.24)	(32.34)				
27.41Y	F # 7	200 Free Relay Lead Off	LY-VA	---	---	0.76
1:06.59Y	F # 11A	Female 13-14 100 Back	LY-VA	4	5	-2.65
	32.42	1:06.59				
	(32.42)	(34.17)				
2:11.25Y	F # 13A	Female 13-14 200 Fly	LY-VA	1	9	1.66
	29.22	1:02.77 1:37.30 2:11.25				
	(29.22)	(33.55) (34.53) (33.95)				
1:16.47Y	F # 17A	Female 13-14 100 Breast	LY-VA	2	7	3.85
	36.31	1:16.47				
	(36.31)	(40.16)				
4:50.01Y	F # 19A	Female 13-14 400 IM	LY-VA	1	9	9.14
	30.15	1:04.37 1:42.32 2:19.23 3:00.24 3:43.07 4:17.31 4:50.01				
	(30.15)	(34.22) (37.95) (36.91) (41.01) (42.83) (34.24) (32.70)				
2:07.81Y DQ	F # 55A	Female 13-14 200 Free	LY-VA	---	---	---
	29.38	1:02.21 1:35.23 2:07.81				
	(29.38)	(32.83) (33.02) (32.58)				
1:01.48Y	F # 57A	Female 13-14 100 Fly	LY-VA	1	9	1.33
	28.92	1:01.48				
	(28.92)	(32.56)				
2:21.77Y	F # 59A	Female 13-14 200 Back	LY-VA	2	7	0.22
	33.82	1:10.14 1:46.53 2:21.77				
	(33.82)	(36.32) (36.39) (35.24)				
2:40.37Y	F # 61A	Female 13-14 200 Breast	LY-VA	2	7	6.51
	36.66	1:17.81 1:59.29 2:40.37				
	(36.66)	(41.15) (41.48) (41.08)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Mason Sloan (10) M						
3:43.58Y	F # 4B	Male 9-10 200 IM	LY-VA	3	6	---
	51.98	1:47.79 2:56.99 3:43.58				
	(51.98)	(55.81) (1:09.20) (46.59)				
7:59.52Y	F # 6B	Male 9-10 500 Free	LY-VA	5	4	---
	39.74	1:25.43 2:14.42 3:03.65 3:54.88 4:44.61 5:35.23 6:24.30				
	(39.74)	(45.69) (48.99) (49.23) (51.23) (49.73) (50.62) (49.07)				
	7:14.15	7:59.52				
	(49.85)	(45.37)				
34.49Y	F # 24	200 Free Relay Lead Off	LY-VA		---	-2.73
1:16.99Y	F # 32B	Male 9-10 100 Free	LY-VA	6	3	-9.05
	36.17	1:16.99				
	(36.17)	(40.82)				
53.38Y	F # 38B	Male 9-10 50 Breast	LY-VA	6	3	-9.03
1:40.55Y	F # 42B	Male 9-10 100 Back	LY-VA	7	2	1.40
	---	1:40.55				
	---	(1:40.55)				
53.62Y	F # 46	Male 10 & Under 50 Fly	LY-VA	11	---	-11.14
1:45.24Y	F # 50B	Male 9-10 100 IM	LY-VA	8	1	---
	48.12	1:45.24				
	(48.12)	(57.12)				
2:58.52Y	F # 76B	Male 9-10 200 Free	LY-VA	6	3	-20.31
	38.03	--- --- 2:58.52				
	(38.03)	--- --- (2:58.52)				
2:04.86Y	F # 82B	Male 9-10 100 Breast	LY-VA	4	5	---
	57.87	2:04.86				
	(57.87)	(1:06.99)				
44.25Y	F # 86B	Male 9-10 50 Back	LY-VA	4	5	-4.02
35.36Y	F # 94B	Male 9-10 50 Free	LY-VA	6	3	-1.86
Addy Smith (12) F						
1:21.65Y	F # 29	Female 11-12 100 Free	LY-VA	18	---	---
	---	1:21.65				
	---	(1:21.65)				
57.86Y DQ	F # 35	Female 11-12 50 Breast	LY-VA	---	---	---
1:38.89Y DQ	F # 47	Female 11-12 100 IM	LY-VA	---	---	---
	46.20	1:38.89				
	(46.20)	(52.69)				
2:02.80Y DQ	F # 79	Female 11-12 100 Breast	LY-VA	---	---	---
	---	2:02.80				
	---	(2:02.80)				
39.64Y DQ	F # 83	Female 11-12 50 Back	LY-VA	---	---	---
39.58Y	F # 91	Female 11-12 50 Free	LY-VA	18	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Max Smith (6) M						
4:02.33Y	F # 76A	Male 8 & Under 200 Free	LY-VA	6	3	---
	53.54	1:56.50	---	4:02.33		
	(53.54)	(1:02.96)	---	(4:02.33)		
34.82Y	F # 78	Male 8 & Under 25 Breast	LY-VA	6	3	---
54.72Y	F # 86A	Male 8 & Under 50 Back	LY-VA	7	2	---
52.44Y	F # 94A	Male 8 & Under 50 Free	LY-VA	10	---	---
Avery Snyder (14) M						
2:15.51Y	F # 2A	Male 13-14 200 IM	LY-VA	4	5	-9.27
	27.81	1:03.35	1:42.96	2:15.51		
	(27.81)	(35.54)	(39.61)	(32.55)		
5:27.11Y	F # 6D	Male 13-14 500 Free	LY-VA	5	4	0.18
	28.66	1:00.62	1:32.68	2:05.50	2:38.99	3:12.89
	(28.66)	(31.96)	(32.06)	(32.82)	(33.49)	(33.90)
	4:53.53	5:27.11				
	(32.88)	(33.58)				
25.12Y	F # 8	200 Free Relay Lead Off	LY-VA	---	---	0.31
1:03.85Y	F # 12A	Male 13-14 100 Back	LY-VA	4	5	-4.59
	31.08	1:03.85				
	(31.08)	(32.77)				
2:17.69Y	F # 14A	Male 13-14 200 Fly	LY-VA	6	3	---
	29.78	1:04.79	1:41.08	2:17.69		
	(29.78)	(35.01)	(36.29)	(36.61)		
55.37Y	F # 16A	Male 13-14 100 Free	LY-VA	6	3	-0.35
	26.56	55.37				
	(26.56)	(28.81)				
1:08.06Y	F # 18A	Male 13-14 100 Breast	LY-VA	2	7	0.92
	32.38	1:08.06				
	(32.38)	(35.68)				
NS	F # 20A	Male 13-14 400 IM	LY-VA	---	---	---
2:00.74Y	F # 56A	Male 13-14 200 Free	LY-VA	4	5	3.08
	27.55	58.46	1:29.72	2:00.74		
	(27.55)	(30.91)	(31.26)	(31.02)		
1:01.28Y	F # 58A	Male 13-14 100 Fly	LY-VA	4	5	-4.02
	29.16	1:01.28				
	(29.16)	(32.12)				
2:19.09Y	F # 60A	Male 13-14 200 Back	LY-VA	4	5	---
	33.08	1:07.95	1:43.63	2:19.09		
	(33.08)	(34.87)	(35.68)	(35.46)		
2:33.82Y	F # 62A	Male 13-14 200 Breast	LY-VA	5	4	0.29
	33.47	1:11.82	1:52.21	2:33.82		
	(33.47)	(38.35)	(40.39)	(41.61)		
25.59Y	F # 64A	Male 13-14 50 Free	LY-VA	7	2	0.78

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Seth Snyder (7) M						
21.73Y	F # 28	Male 8 & Under 25 Fly	LY-VA	2	7	-3.37
1:35.63Y	F # 32A	Male 8 & Under 100 Free	LY-VA	5	4	-20.56
	44.57	1:35.63				
	(44.57)	(51.06)				
21.86Y	F # 34	Male 8 & Under 25 Back	LY-VA	2	7	-4.72
1:42.37Y	F # 42A	Male 8 & Under 100 Back	LY-VA	1	9	-22.00
	50.43	1:42.37				
	(50.43)	(51.94)				
1:55.13Y	F # 50A	Male 8 & Under 100 IM	LY-VA	5	4	---
	---	1:55.13				
	---	(1:55.13)				
47.04Y	F # 66	100 Medley Relay Lead Off	LY-VA	---	---	20.46
18.41Y	F # 72	Male 8 & Under 25 Free	LY-VA	2	7	-4.20
3:22.99Y	F # 76A	Male 8 & Under 200 Free	LY-VA	4	5	---
	42.95	1:34.80 2:29.87 3:22.99				
	(42.95)	(51.85) (55.07) (53.12)				
31.92Y	F # 78	Male 8 & Under 25 Breast	LY-VA	5	4	-11.53
47.60Y	F # 86A	Male 8 & Under 50 Back	LY-VA	2	7	-12.67
43.31Y	F # 94A	Male 8 & Under 50 Free	LY-VA	5	4	-8.48

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Shelton Speakes (11) F								
3:29.36Y	F # 3C	Female 11-12 200 IM	LY-VA	14	---	-3.24		
	49.01	1:42.71	---	3:29.36				
	(49.01)	(53.70)	---	(3:29.36)				
8:20.37Y	F # 5C	Female 11-12 500 Free	LY-VA	11	---	-26.86		
	41.38	1:32.03	2:24.10	3:16.57	4:09.40	5:01.69	5:54.83	6:46.09
	(41.38)	(50.65)	(52.07)	(52.47)	(52.83)	(52.29)	(53.14)	(51.26)
	7:33.55	8:20.37						
	(47.46)	(46.82)						
1:27.57Y	F # 29	Female 11-12 100 Free	LY-VA	20	---	0.66		
	40.21	1:27.57						
	(40.21)	(47.36)						
45.80Y	F # 35	Female 11-12 50 Breast	LY-VA	8	1	-4.33		
1:40.80Y	F # 39	Female 11-12 100 Back	LY-VA	21	---	-0.78		
	---	1:40.80						
	---	(1:40.80)						
47.27Y	F # 43	Female 11-12 50 Fly	LY-VA	12	---	2.68		
1:33.52Y	F # 47	Female 11-12 100 IM	LY-VA	17	---	-4.58		
	---	1:33.52						
	---	(1:33.52)						
3:06.72Y	F # 73	Female 11-12 200 Free	LY-VA	16	---	-3.72		
	42.28	1:31.59	---	3:06.72				
	(42.28)	(49.31)	---	(3:06.72)				
1:47.22Y	F # 79	Female 11-12 100 Breast	LY-VA	12	---	-6.32		
	---	1:47.22						
	---	(1:47.22)						
42.96Y DQ	F # 83	Female 11-12 50 Back	LY-VA	---	---	---		
1:58.40Y	F # 87	Female 11-12 100 Fly	LY-VA	10	---	12.17		
	---	1:58.40						
	---	(1:58.40)						
37.05Y	F # 91	Female 11-12 50 Free	LY-VA	14	---	-1.08		
Audrey Spivey (6) F								
2:31.58Y	F # 31A	Female 8 & Under 100 Free	LY-VA	5	4	---		
	1:08.93	2:31.58						
	(1:08.93)	(1:22.65)						
27.96Y	F # 33	Female 8 & Under 25 Back	LY-VA	7	2	---		
Jude Spivey (8) M								
1:56.05Y	F # 32A	Male 8 & Under 100 Free	LY-VA	10	---	---		
	49.47	1:56.05						
	(49.47)	(1:06.58)						
25.40Y	F # 34	Male 8 & Under 25 Back	LY-VA	6	3	---		
NS	F # 38A	Male 8 & Under 50 Breast	LY-VA	---	---	---		
2:14.97Y	F # 42A	Male 8 & Under 100 Back	LY-VA	3	6	---		
	---	2:14.97						
	---	(2:14.97)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Emerson Stauder (7) F						
24.29Y	F # 27	Female 8 & Under 25 Fly	LY-VA	4	5	---
1:43.06Y	F # 31A	Female 8 & Under 100 Free	LY-VA	2	7	---
	47.29	1:43.06				
	(47.29)	(55.77)				
25.60Y	F # 33	Female 8 & Under 25 Back	LY-VA	4	5	---
1:02.10Y	F # 37A	Female 8 & Under 50 Breast	LY-VA	3	6	---
2:02.00Y	F # 49A	Female 8 & Under 100 IM	LY-VA	5	4	---
	56.61	2:02.00				
	(56.61)	(1:05.39)				
20.23Y	F # 71	Female 8 & Under 25 Free	LY-VA	4	5	---
27.07Y	F # 77	Female 8 & Under 25 Breast	LY-VA	2	7	---
56.91Y	F # 85A	Female 8 & Under 50 Back	LY-VA	4	5	---
47.08Y	F # 93A	Female 8 & Under 50 Free	LY-VA	3	6	---
Aidan Stawasz (8) M						
18.24Y	F # 72	Male 8 & Under 25 Free	LY-VA	1	9	---
30.25Y DQ	F # 78	Male 8 & Under 25 Breast	LY-VA	---	---	---
50.51Y	F # 86A	Male 8 & Under 50 Back	LY-VA	4	5	---
42.06Y	F # 94A	Male 8 & Under 50 Free	LY-VA	3	6	---
Paige Stawasz (8) F						
20.20Y	F # 71	Female 8 & Under 25 Free	LY-VA	3	6	---
32.37Y DQ	F # 77	Female 8 & Under 25 Breast	LY-VA	---	---	---
55.80Y	F # 85A	Female 8 & Under 50 Back	LY-VA	3	6	---
47.81Y	F # 93A	Female 8 & Under 50 Free	LY-VA	4	5	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Declund Stevenson (16) M						
2:12.78Y	F # 2B	Male 15 & Over 200 IM	LY-VA	6	3	-5.41
	27.80	1:03.60 1:42.50 2:12.78				
	(27.80)	(35.80) (38.90) (30.28)				
5:20.88Y	F # 6E	Male 15 & Over 500 Free	LY-VA	4	5	17.77
	27.97	59.07 1:31.21 2:03.07 2:35.45 3:07.81 3:41.51 4:15.02				
	(27.97)	(31.10) (32.14) (31.86) (32.38) (32.36) (33.70) (33.51)				
	4:48.34	5:20.88				
	(33.32)	(32.54)				
1:01.27Y	F # 12B	Male 15 & Over 100 Back	LY-VA	7	2	2.51
	29.76	1:01.27				
	(29.76)	(31.51)				
2:26.83Y	F # 14B	Male 15 & Over 200 Fly	LY-VA	10	---	---
	30.12	1:06.26 1:45.65 2:26.83				
	(30.12)	(36.14) (39.39) (41.18)				
52.00Y	F # 16B	Male 15 & Over 100 Free	LY-VA	6	3	-1.42
	25.36	52.00				
	(25.36)	(26.64)				
1:07.13Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	4	5	1.89
	31.32	1:07.13				
	(31.32)	(35.81)				
4:58.28Y	F # 20B	Male 15 & Over 400 IM	LY-VA	9	---	---
	30.32	1:07.22 1:49.10 2:30.99 3:09.97 3:52.07 4:27.03 4:58.28				
	(30.32)	(36.90) (41.88) (41.89) (38.98) (42.10) (34.96) (31.25)				
NS	F # 56B	Male 15 & Over 200 Free	LY-VA	---	---	---
NS	F # 58B	Male 15 & Over 100 Fly	LY-VA	---	---	---
NS	F # 60B	Male 15 & Over 200 Back	LY-VA	---	---	---
NS	F # 62B	Male 15 & Over 200 Breast	LY-VA	---	---	---
NS	F # 64B	Male 15 & Over 50 Free	LY-VA	---	---	---
Britlyn Sullivan (7) F						
37.20Y DQ	F # 27	Female 8 & Under 25 Fly	LY-VA	---	---	---
2:37.38Y	F # 31A	Female 8 & Under 100 Free	LY-VA	6	3	---
	---	2:37.38				
	---	(2:37.38)				
33.48Y	F # 33	Female 8 & Under 25 Back	LY-VA	8	1	---
1:27.04Y DQ	F # 37A	Female 8 & Under 50 Breast	LY-VA	---	---	---
33.07Y	F # 71	Female 8 & Under 25 Free	LY-VA	8	1	---
37.63Y	F # 77	Female 8 & Under 25 Breast	LY-VA	4	5	---
1:14.34Y	F # 85A	Female 8 & Under 50 Back	LY-VA	8	1	---
1:18.03Y	F # 93A	Female 8 & Under 50 Free	LY-VA	8	1	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Keaton Tanner (7) M					
29.24Y DQ	F # 28	Male 8 & Under 25 Fly	LY-VA	---	---
1:52.62Y	F # 32A	Male 8 & Under 100 Free	LY-VA	---	-34.51
	51.09	1:52.62			
	(51.09)	(1:01.53)			
24.89Y	F # 34	Male 8 & Under 25 Back	LY-VA	4	-2.64
1:27.97Y DQ	F # 38A	Male 8 & Under 50 Breast	LY-VA	---	---
21.54Y	F # 72	Male 8 & Under 25 Free	LY-VA	4	-8.82
36.36Y DQ	F # 78	Male 8 & Under 25 Breast	LY-VA	---	---
57.85Y	F # 86A	Male 8 & Under 50 Back	LY-VA	1	-7.05
51.41Y	F # 94A	Male 8 & Under 50 Free	LY-VA	---	-18.82
Talon Tanner (17) M					
1:13.89Y	F # 12B	Male 15 & Over 100 Back	LY-VA	---	4.31
	37.47	1:13.89			
	(37.47)	(36.42)			
59.49Y	F # 16B	Male 15 & Over 100 Free	LY-VA	---	0.09
	28.99	59.49			
	(28.99)	(30.50)			
1:33.04Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	---	-0.89
	---	1:33.04			
	---	(1:33.04)			
2:21.68Y	F # 56B	Male 15 & Over 200 Free	LY-VA	---	4.37
	33.14	1:08.56 1:45.17 2:21.68			
	(33.14)	(35.42) (36.61) (36.51)			
1:23.74Y	F # 58B	Male 15 & Over 100 Fly	LY-VA	---	---
	37.90	1:23.74			
	(37.90)	(45.84)			
2:56.49Y	F # 60B	Male 15 & Over 200 Back	LY-VA	---	6.73
	41.10	1:25.15 2:11.84 2:56.49			
	(41.10)	(44.05) (46.69) (44.65)			
3:16.99Y	F # 62B	Male 15 & Over 200 Breast	LY-VA	---	-7.45
	43.00	1:33.48 2:24.30 3:16.99			
	(43.00)	(50.48) (50.82) (52.69)			
26.27Y	F # 64B	Male 15 & Over 50 Free	LY-VA	---	0.28

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Alaina Thomas (9) F					
2:10.00Y	F # 31B	Female 9-10 100 Free	LY-VA	16	---
	58.05	2:10.00			
	(58.05)	(1:11.95)			
1:20.89Y DQ	F # 37B	Female 9-10 50 Breast	LY-VA	---	---
2:13.51Y	F # 41B	Female 9-10 100 Back	LY-VA	16	---
	---	2:13.51			
	---	(2:13.51)			
2:36.12Y DQ	F # 49B	Female 9-10 100 IM	LY-VA	---	---
	---	2:36.12			
	---	(2:36.12)			
1:05.62Y	F # 85B	Female 9-10 50 Back	LY-VA	13	---
1:07.89Y	F # 93B	Female 9-10 50 Free	LY-VA	14	---
Bailey Thomas (15) F					
2:56.30Y	F # 1B	Female 15 & Over 200 IM	LY-VA	3	6
	35.77	1:22.98 2:17.83 2:56.30			
	(35.77)	(47.21) (54.85) (38.47)			
6:58.78Y	F # 5E	Female 15 & Over 500 Free	LY-VA	4	5
	37.15	1:18.51 2:00.58 2:43.47 3:26.67 4:09.12 4:52.53 5:36.53			
	(37.15)	(41.36) (42.07) (42.89) (43.20) (42.45) (43.41) (44.00)			
	6:18.92	6:58.78			
	(42.39)	(39.86)			
1:22.67Y	F # 11B	Female 15 & Over 100 Back	LY-VA	4	5
	41.65	1:22.67			
	(41.65)	(41.02)			
1:12.48Y	F # 15B	Female 15 & Over 100 Free	LY-VA	4	5
	35.53	1:12.48			
	(35.53)	(36.95)			
1:45.64Y	F # 17B	Female 15 & Over 100 Breast	LY-VA	4	5
	49.91	1:45.64			
	(49.91)	(55.73)			
2:43.92Y	F # 55B	Female 15 & Over 200 Free	LY-VA	3	6
	37.68	1:20.65 2:03.74 2:43.92			
	(37.68)	(42.97) (43.09) (40.18)			
1:24.94Y	F # 57B	Female 15 & Over 100 Fly	LY-VA	2	7
	---	1:24.94			
	---	(1:24.94)			
3:00.13Y	F # 59B	Female 15 & Over 200 Back	LY-VA	3	6
	---	---			
	---	2:16.63 3:00.13			
	---	(2:16.63) (43.50)			
3:39.85Y	F # 61B	Female 15 & Over 200 Breast	LY-VA	3	6
	51.08	1:47.69 2:44.02 3:39.85			
	(51.08)	(56.61) (56.33) (55.83)			
32.51Y	F # 63B	Female 15 & Over 50 Free	LY-VA	3	6

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Brandon Thomas (11) M					
3:08.11Y	F # 4C	Male 11-12 200 IM	LY-VA	10	---
	43.33	1:33.32 2:29.51 3:08.11			
	(43.33)	(49.99) (56.19) (38.60)			
7:31.47Y	F # 6C	Male 11-12 500 Free	LY-VA	9	---
	37.24	1:21.52 2:55.05 --- 4:28.27	---	6:02.84	-45.04
	(37.24)	(44.28) (1:33.53) --- (4:28.27)	---	(6:02.84)	
	7:31.71	7:31.47			
	(1:28.87)	(.24)			
1:16.14Y	F # 30	Male 11-12 100 Free	LY-VA	16	---
	35.45	1:16.14			-9.70
	(35.45)	(40.69)			
47.69Y	F # 36	Male 11-12 50 Breast	LY-VA	12	---
1:36.13Y	F # 40	Male 11-12 100 Back	LY-VA	16	---
	45.76	1:36.13			-11.44
	(45.76)	(50.37)			
45.05Y	F # 44	Male 11-12 50 Fly	LY-VA	15	---
1:37.33Y	F # 48	Male 11-12 100 IM	LY-VA	18	---
	44.58	1:37.33			-6.85
	(44.58)	(52.75)			
2:45.56Y	F # 74	Male 11-12 200 Free	LY-VA	10	---
	---	1:18.46 2:45.71 2:45.56			-27.18
	---	(1:18.46) (1:27.25) (.15)			
1:49.48Y	F # 80	Male 11-12 100 Breast	LY-VA	11	---
	---	1:49.48			-6.65
	---	(1:49.48)			
46.61Y	F # 84	Male 11-12 50 Back	LY-VA	15	---
1:46.71Y DQ	F # 88	Male 11-12 100 Fly	LY-VA	---	---
	---	1:46.71			
	---	(1:46.71)			
33.72Y	F # 92	Male 11-12 50 Free	LY-VA	9	---
					-3.92

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Brodie Thomas (11) M					
3:59.37Y	F # 4C	Male 11-12 200 IM	LY-VA	14	---
	54.27	1:58.19 --- 3:59.37			
	(54.27)	(1:03.92) --- (3:59.37)			
1:42.25Y	F # 30	Male 11-12 100 Free	LY-VA	24	---
	---	1:42.25			-6.31
	---	(1:42.25)			
58.83Y	F # 36	Male 11-12 50 Breast	LY-VA	18	---
1:56.78Y	F # 40	Male 11-12 100 Back	LY-VA	20	---
	56.98	1:56.78			-22.84
	(56.98)	(59.80)			
56.76Y	F # 44	Male 11-12 50 Fly	LY-VA	18	---
1:56.51Y	F # 48	Male 11-12 100 IM	LY-VA	21	---
	1:00.35	1:56.51			-18.92
	(1:00.35)	(56.16)			-29.09
3:31.01Y	F # 74	Male 11-12 200 Free	LY-VA	16	---
	46.80	1:41.13 2:41.55 3:31.01			
	(46.80)	(54.33) (1:00.42) (49.46)			
2:05.11Y	F # 80	Male 11-12 100 Breast	LY-VA	14	---
	57.77	2:05.11			
	(57.77)	(1:07.34)			
53.73Y DQ	F # 84	Male 11-12 50 Back	LY-VA	---	---
43.47Y	F # 92	Male 11-12 50 Free	LY-VA	17	---
					-4.45
Wave Thomasey (10) F					
1:24.91Y	F # 31B	Female 9-10 100 Free	LY-VA	12	---
	37.78	1:24.91			-17.22
	(37.78)	(47.13)			
55.21Y DQ	F # 37B	Female 9-10 50 Breast	LY-VA	---	---
1:34.03Y DQ	F # 41B	Female 9-10 100 Back	LY-VA	---	---
	45.20	1:34.03			
	(45.20)	(48.83)			
46.16Y	F # 45	Female 10 & Under 50 Fly	LY-VA	7	2
1:39.79Y	F # 49B	Female 9-10 100 IM	LY-VA	10	---
	45.52	1:39.79			
	(45.52)	(54.27)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Bri Torrence (9) F					
4:03.65Y DQ	F # 3B	Female 9-10 200 IM	LY-VA	---	---
	55.20	1:52.30 3:18.83 4:03.65			
	(55.20)	(57.10) (1:26.53) (44.82)			
1:35.02Y	F # 31B	Female 9-10 100 Free	LY-VA	---	-1.16
	43.17	1:35.02			
	(43.17)	(51.85)			
1:23.76Y DQ	F # 37B	Female 9-10 50 Breast	LY-VA	---	---
1:42.22Y	F # 41B	Female 9-10 100 Back	LY-VA	---	-15.13
	50.71	1:42.22			
	(50.71)	(51.51)			
50.35Y	F # 45	Female 10 & Under 50 Fly	LY-VA	---	-8.84
1:56.32Y	F # 49B	Female 9-10 100 IM	LY-VA	---	-20.59
	50.85	1:56.32			
	(50.85)	(1:05.47)			
3:12.67Y	F # 75B	Female 9-10 200 Free	LY-VA	---	-18.58
	41.02	1:30.83 2:21.64 3:12.67			
	(41.02)	(49.81) (50.81) (51.03)			
46.13Y	F # 85B	Female 9-10 50 Back	LY-VA	2	-6.32
39.15Y	F # 93B	Female 9-10 50 Free	LY-VA	---	-2.29
Eli Trosper (11) M					
1:49.63Y	F # 30	Male 11-12 100 Free	LY-VA	---	---
	51.73	1:49.63			
	(51.73)	(57.90)			
53.18Y DQ	F # 36	Male 11-12 50 Breast	LY-VA	---	---
2:00.64Y	F # 48	Male 11-12 100 IM	LY-VA	---	---
	58.58	2:00.64			
	(58.58)	(1:02.06)			
55.53Y	F # 70	200 Medley Relay Lead Off	LY-VA	---	---
2:12.68Y	F # 80	Male 11-12 100 Breast	LY-VA	---	---
	---	2:12.68			
	---	(2:12.68)			
1:01.22Y	F # 84	Male 11-12 50 Back	LY-VA	---	---
47.97Y	F # 92	Male 11-12 50 Free	LY-VA	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Joshua Warren (16) M						
1:02.23Y	F # 12B	Male 15 & Over 100 Back	LY-VA	9	---	-1.38
	29.78	1:02.23				
	(29.78)	(32.45)				
2:17.03Y	F # 14B	Male 15 & Over 200 Fly	LY-VA	5	4	8.42
	28.33	1:01.72 1:38.70 2:17.03				
	(28.33)	(33.39) (36.98) (38.33)				
54.57Y	F # 16B	Male 15 & Over 100 Free	LY-VA	11	---	2.91
	26.38	54.57				
	(26.38)	(28.19)				
1:13.70Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	8	1	1.27
	34.57	1:13.70				
	(34.57)	(39.13)				
4:58.14Y	F # 20B	Male 15 & Over 400 IM	LY-VA	8	1	2.91
	29.19	1:03.89 1:42.82 2:22.14 3:06.26 3:51.33 4:24.88 4:58.14				
	(29.19)	(34.70) (38.93) (39.32) (44.12) (45.07) (33.55) (33.26)				
1:59.68Y	F # 56B	Male 15 & Over 200 Free	LY-VA	9	---	8.31
	26.80	56.69 1:28.18 1:59.68				
	(26.80)	(29.89) (31.49) (31.50)				
59.16Y	F # 58B	Male 15 & Over 100 Fly	LY-VA	7	2	2.51
	27.40	59.16				
	(27.40)	(31.76)				
2:17.70Y	F # 60B	Male 15 & Over 200 Back	LY-VA	9	---	-0.97
	32.28	1:07.91 1:43.62 2:17.70				
	(32.28)	(35.63) (35.71) (34.08)				
2:45.48Y	F # 62B	Male 15 & Over 200 Breast	LY-VA	8	1	-2.55
	36.73	1:19.61 2:02.44 2:45.48				
	(36.73)	(42.88) (42.83) (43.04)				
23.86Y	F # 64B	Male 15 & Over 50 Free	LY-VA	7	2	0.47

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Sarah Warren (14) F						
2:22.04Y	F # 1A	Female 13-14 200 IM	LY-VA	2	7	1.73
	29.71	1:04.81 1:48.75 2:22.04				
	(29.71)	(35.10) (43.94) (33.29)				
5:41.93Y	F # 5D	Female 13-14 500 Free	LY-VA	4	5	7.04
	31.39	1:05.42 1:39.89 2:13.80 2:48.15 3:23.37 3:57.85 4:33.40				
	(31.39)	(34.03) (34.47) (33.91) (34.35) (35.22) (34.48) (35.55)				
	5:08.19	5:41.93				
	(34.79)	(33.74)				
1:06.53Y	F # 11A	Female 13-14 100 Back	LY-VA	3	6	2.86
	31.99	1:06.53				
	(31.99)	(34.54)				
2:26.56Y	F # 13A	Female 13-14 200 Fly	LY-VA	2	7	13.21
	34.00	1:13.15 1:50.00 2:26.56				
	(34.00)	(39.15) (36.85) (36.56)				
1:01.87Y	F # 15A	Female 13-14 100 Free	LY-VA	4	5	2.80
	29.52	1:01.87				
	(29.52)	(32.35)				
1:22.09Y	F # 17A	Female 13-14 100 Breast	LY-VA	3	6	2.69
	38.88	1:22.09				
	(38.88)	(43.21)				
5:09.73Y	F # 19A	Female 13-14 400 IM	LY-VA	3	6	14.37
	31.76	1:08.57 1:48.39 2:27.30 3:12.99 4:01.06 4:37.51 5:09.73				
	(31.76)	(36.81) (39.82) (38.91) (45.69) (48.07) (36.45) (32.22)				
2:10.49Y	F # 55A	Female 13-14 200 Free	LY-VA	3	6	5.19
	30.76	1:03.66 1:37.63 2:10.49				
	(30.76)	(32.90) (33.97) (32.86)				
1:03.19Y	F # 57A	Female 13-14 100 Fly	LY-VA	2	7	2.31
	29.78	1:03.19				
	(29.78)	(33.41)				
2:24.12Y	F # 59A	Female 13-14 200 Back	LY-VA	3	6	1.75
	34.88	1:11.90 1:48.87 2:24.12				
	(34.88)	(37.02) (36.97) (35.25)				
2:55.67Y	F # 61A	Female 13-14 200 Breast	LY-VA	3	6	5.55
	40.66	1:25.91 2:11.68 2:55.67				
	(40.66)	(45.25) (45.77) (43.99)				
28.02Y	F # 63A	Female 13-14 50 Free	LY-VA	3	6	0.56

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Broughton Webb (13) F						
2:24.11Y	F # 1A	Female 13-14 200 IM	LY-VA	3	6	-2.48
	31.47	1:08.87 1:51.10 2:24.11				
	(31.47)	(37.40) (42.23) (33.01)				
5:31.36Y	F # 5D	Female 13-14 500 Free	LY-VA	3	6	-4.23
	1:38.05	--- --- 2:10.91	2:44.57 3:18.32 3:51.78 4:25.37			
	(1:38.05)	--- (2:10.91)	(33.66) (33.75) (33.46) (33.59)			
	4:58.49	5:31.36				
	(33.12)	(32.87)				
1:10.21Y	F # 11A	Female 13-14 100 Back	LY-VA	5	4	-0.07
	35.08	1:10.21				
	(35.08)	(35.13)				
2:37.51Y	F # 13A	Female 13-14 200 Fly	LY-VA	5	4	---
	35.15	1:16.15 1:57.45 2:37.51				
	(35.15)	(41.00) (41.30) (40.06)				
59.50Y	F # 15A	Female 13-14 100 Free	LY-VA	2	7	-0.71
	29.10	59.50				
	(29.10)	(30.40)				
1:13.33Y	F # 17A	Female 13-14 100 Breast	LY-VA	1	9	-0.52
	35.21	1:13.33				
	(35.21)	(38.12)				
5:00.72Y	F # 19A	Female 13-14 400 IM	LY-VA	2	7	-1.06
	34.31	1:11.72 1:51.33 2:30.45	3:12.37 3:55.54 4:28.34 5:00.72			
	(34.31)	(37.41) (39.61) (39.12)	(41.92) (43.17) (32.80) (32.38)			
2:05.16Y	F # 55A	Female 13-14 200 Free	LY-VA	2	7	-3.08
	29.70	1:01.56 1:33.64 2:05.16				
	(29.70)	(31.86) (32.08) (31.52)				
1:09.23Y	F # 57A	Female 13-14 100 Fly	LY-VA	5	4	-2.72
	32.82	1:09.23				
	(32.82)	(36.41)				
2:28.32Y	F # 59A	Female 13-14 200 Back	LY-VA	5	4	0.38
	35.86	1:13.84 1:51.81 2:28.32				
	(35.86)	(37.98) (37.97) (36.51)				
2:36.71Y	F # 61A	Female 13-14 200 Breast	LY-VA	1	9	-2.58
	35.90	1:16.10 1:56.68 2:36.71				
	(35.90)	(40.20) (40.58) (40.03)				
28.11Y	F # 63A	Female 13-14 50 Free	LY-VA	4	5	-0.17

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Adam Wells (13) M								
2:22.36Y	F # 2A	Male 13-14 200 IM	LY-VA	6	3	-4.65		
	---	---		2:22.36				
	---	---		(2:22.36)				
5:55.96Y	F # 6D	Male 13-14 500 Free	LY-VA	8	1	-7.67		
	30.14	1:06.30	1:43.06	2:19.70	2:55.82	3:31.63	4:08.48	4:44.94
	(30.14)	(36.16)	(36.76)	(36.64)	(36.12)	(35.81)	(36.85)	(36.46)
	5:22.07	5:55.96						
	(37.13)	(33.89)						
1:11.10Y	F # 12A	Male 13-14 100 Back	LY-VA	11	---	-5.83		
	34.14	1:11.10						
	(34.14)	(36.96)						
54.88Y	F # 16A	Male 13-14 100 Free	LY-VA	4	5	-0.27		
	26.21	54.88						
	(26.21)	(28.67)						
1:21.06Y	F # 18A	Male 13-14 100 Breast	LY-VA	9	---	0.87		
	---	1:21.06						
	---	(1:21.06)						
5:38.36Y	F # 20A	Male 13-14 400 IM	LY-VA	9	---	---		
	34.71	1:19.12	2:03.61	2:50.31	3:38.45	4:27.60	5:01.84	5:38.36
	(34.71)	(44.41)	(44.49)	(46.70)	(48.14)	(49.15)	(34.24)	(36.52)
2:12.25Y	F # 56A	Male 13-14 200 Free	LY-VA	9	---	4.24		
	29.34	1:04.30	1:38.91	2:12.25				
	(29.34)	(34.96)	(34.61)	(33.34)				
1:09.92Y	F # 58A	Male 13-14 100 Fly	LY-VA	10	---	-2.66		
	32.14	1:09.92						
	(32.14)	(37.78)						
2:43.47Y	F # 60A	Male 13-14 200 Back	LY-VA	12	---	---		
	36.59	1:19.31	2:02.76	2:43.47				
	(36.59)	(42.72)	(43.45)	(40.71)				
3:03.08Y	F # 62A	Male 13-14 200 Breast	LY-VA	12	---	6.72		
	40.33	1:27.45	2:16.45	3:03.08				
	(40.33)	(47.12)	(49.00)	(46.63)				
24.28Y	F # 64A	Male 13-14 50 Free	LY-VA	3	6	-0.09		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Noah Wells (15) M						
2:16.71Y	F # 2B	Male 15 & Over 200 IM	LY-VA	8	1	-12.78
	29.25	1:01.67 1:44.52 2:16.71				
	(29.25)	(32.42) (42.85) (32.19)				
5:37.30Y	F # 6E	Male 15 & Over 500 Free	LY-VA	10	---	9.18
	28.67	1:01.52 1:35.21 2:09.61 2:43.52 3:18.38 3:52.95 4:29.17				
	(28.67)	(32.85) (33.69) (34.40) (33.91) (34.86) (34.57) (36.22)				
	5:03.57	5:37.30				
	(34.40)	(33.73)				
1:03.07Y	F # 12B	Male 15 & Over 100 Back	LY-VA	11	---	-2.60
	30.87	1:03.07				
	(30.87)	(32.20)				
2:40.51Y	F # 14B	Male 15 & Over 200 Fly	LY-VA	11	---	---
	31.14	1:10.09 1:53.52 2:40.51				
	(31.14)	(38.95) (43.43) (46.99)				
55.25Y	F # 16B	Male 15 & Over 100 Free	LY-VA	12	---	0.45
	26.37	55.25				
	(26.37)	(28.88)				
1:15.01Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	10	---	0.68
	34.80	1:15.01				
	(34.80)	(40.21)				
5:03.48Y	F # 20B	Male 15 & Over 400 IM	LY-VA	10	---	-1.49
	30.99	1:08.34 1:47.13 2:25.67 3:10.67 3:56.03 4:30.80 5:03.48				
	(30.99)	(37.35) (38.79) (38.54) (45.00) (45.36) (34.77) (32.68)				
28.96Y	F # 54	200 Medley Relay Lead Off	LY-VA		---	-3.34
2:01.41Y	F # 56B	Male 15 & Over 200 Free	LY-VA	10	---	3.43
	26.90	56.80 1:28.33 2:01.41				
	(26.90)	(29.90) (31.53) (33.08)				
1:06.63Y	F # 58B	Male 15 & Over 100 Fly	LY-VA	9	---	1.16
	29.84	1:06.63				
	(29.84)	(36.79)				
2:22.01Y	F # 60B	Male 15 & Over 200 Back	LY-VA	10	---	2.15
	32.71	1:08.58 1:46.04 2:22.01				
	(32.71)	(35.87) (37.46) (35.97)				
2:41.96Y	F # 62B	Male 15 & Over 200 Breast	LY-VA	7	2	-6.51
	35.66	1:17.86 1:59.53 2:41.96				
	(35.66)	(42.20) (41.67) (42.43)				
24.24Y	F # 64B	Male 15 & Over 50 Free	LY-VA	9	---	-0.61

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Sammy Wells (9) M					
7:28.19Y DQ	F # 6B	Male 9-10 500 Free	LY-VA	---	---
	37.74	1:21.71 2:07.56 2:54.37 3:40.57 4:26.69 5:13.38 5:59.63			
	(37.74)	(43.97) (45.85) (46.81) (46.20) (46.12) (46.69) (46.25)			
	6:43.60	7:28.19			
	(43.97)	(44.59)			
1:17.49Y	F # 32B	Male 9-10 100 Free	LY-VA	7	2
	36.64	1:17.49			
	(36.64)	(40.85)			
1:01.44Y DQ	F # 38B	Male 9-10 50 Breast	LY-VA	---	---
1:36.05Y DQ	F # 42B	Male 9-10 100 Back	LY-VA	---	---
	46.28	1:36.05			
	(46.28)	(49.77)			
41.44Y	F # 46	Male 10 & Under 50 Fly	LY-VA	6	3
1:43.98Y DQ	F # 50B	Male 9-10 100 IM	LY-VA	---	---
	43.05	1:43.98			
	(43.05)	(1:00.93)			
48.99Y	F # 68	200 Medley Relay Lead Off	LY-VA	---	---
2:47.81Y	F # 76B	Male 9-10 200 Free	LY-VA	4	5
	37.58	1:21.42 2:06.01 2:47.81			
	(37.58)	(43.84) (44.59) (41.80)			
45.04Y	F # 86B	Male 9-10 50 Back	LY-VA	5	4
1:37.88Y	F # 90B	Male 9-10 100 Fly	LY-VA	4	5
	---	1:37.88			
	---	(1:37.88)			
34.76Y	F # 94B	Male 9-10 50 Free	LY-VA	4	5

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Owen Widzisz (17) M						
2:08.47Y	F # 2B	Male 15 & Over 200 IM	LY-VA	4	5	1.69
	24.93	58.05 1:38.14 2:08.47				
	(24.93)	(33.12) (40.09) (30.33)				
5:22.80Y	F # 6E	Male 15 & Over 500 Free	LY-VA	6	3	1.53
	28.53	1:01.78 1:35.66 2:10.00 2:42.90 3:16.94 3:49.51 4:21.68				
	(28.53)	(33.25) (33.88) (34.34) (32.90) (34.04) (32.57) (32.17)				
	4:52.70	5:22.80				
	(31.02)	(30.10)				
22.60Y	F # 10	200 Free Relay Lead Off	LY-VA	---	---	1.05
57.69Y	F # 12B	Male 15 & Over 100 Back	LY-VA	5	4	3.64
	28.35	57.69				
	(28.35)	(29.34)				
2:22.14Y	F # 14B	Male 15 & Over 200 Fly	LY-VA	8	1	7.71
	31.09	1:07.38 1:45.33 2:22.14				
	(31.09)	(36.29) (37.95) (36.81)				
50.31Y	F # 16B	Male 15 & Over 100 Free	LY-VA	4	5	2.78
	24.68	50.31				
	(24.68)	(25.63)				
4:49.93Y	F # 20B	Male 15 & Over 400 IM	LY-VA	5	4	-0.42
	29.46	1:04.39 1:42.05 2:20.59 3:02.69 3:45.10 4:17.45 4:49.93				
	(29.46)	(34.93) (37.66) (38.54) (42.10) (42.41) (32.35) (32.48)				
1:52.11Y	F # 56B	Male 15 & Over 200 Free	LY-VA	5	4	5.33
	25.60	53.99 1:23.06 1:52.11				
	(25.60)	(28.39) (29.07) (29.05)				
55.18Y	F # 58B	Male 15 & Over 100 Fly	LY-VA	4	5	3.66
	26.02	55.18				
	(26.02)	(29.16)				
2:10.94Y	F # 60B	Male 15 & Over 200 Back	LY-VA	6	3	6.81
	31.08	1:04.42 1:38.76 2:10.94				
	(31.08)	(33.34) (34.34) (32.18)				
22.77Y	F # 64B	Male 15 & Over 50 Free	LY-VA	4	5	1.22

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Austin Woodruff (10) M						
2:57.05Y	F # 4B	Male 9-10 200 IM	LY-VA	1	9	8.03
	40.12	1:25.75 2:19.18 2:57.05				
	(40.12)	(45.63) (53.43) (37.87)				
6:31.03Y	F # 6B	Male 9-10 500 Free	LY-VA	1	9	5.45
	33.67	1:13.19 1:52.74 2:32.56 3:54.32 --- 4:34.86 5:15.00				
	(33.67)	(39.52) (39.55) (39.82) (1:21.76) --- (4:34.86) (40.14)				
	5:53.95	6:31.03				
	(38.95)	(37.08)				
1:06.89Y	F # 32B	Male 9-10 100 Free	LY-VA	1	9	-0.39
	32.10	1:06.89				
	(32.10)	(34.79)				
43.01Y	F # 38B	Male 9-10 50 Breast	LY-VA	2	7	-2.95
1:19.24Y	F # 42B	Male 9-10 100 Back	LY-VA	2	7	0.12
	38.94	1:19.24				
	(38.94)	(40.30)				
40.43Y	F # 46	Male 10 & Under 50 Fly	LY-VA	5	4	3.32
1:22.69Y	F # 50B	Male 9-10 100 IM	LY-VA	2	7	-0.06
	39.02	1:22.69				
	(39.02)	(43.67)				
36.13Y	F # 68	200 Medley Relay Lead Off	LY-VA	---	---	0.38
2:26.47Y	F # 76B	Male 9-10 200 Free	LY-VA	1	9	0.65
	33.83	1:11.66 1:49.91 2:26.47				
	(33.83)	(37.83) (38.25) (36.56)				
1:33.95Y	F # 82B	Male 9-10 100 Breast	LY-VA	2	7	1.87
	45.96	1:33.95				
	(45.96)	(47.99)				
37.66Y	F # 86B	Male 9-10 50 Back	LY-VA	2	7	1.91
1:29.55Y	F # 90B	Male 9-10 100 Fly	LY-VA	3	6	6.15
	43.61	1:29.55				
	(43.61)	(45.94)				
30.62Y	F # 94B	Male 9-10 50 Free	LY-VA	1	9	-0.13

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Graham Woodruff (14) M						
2:06.61Y	F # 2A	Male 13-14 200 IM	LY-VA	2	7	-1.93
	25.76	57.65 1:37.62 2:06.61				
	(25.76)	(31.89) (39.97) (28.99)				
5:00.42Y	F # 6D	Male 13-14 500 Free	LY-VA	1	9	5.58
	27.00	56.60 1:27.34 1:57.51 2:28.31 2:59.06 3:30.11 4:00.79				
	(27.00)	(29.60) (30.74) (30.17) (30.80) (30.75) (31.05) (30.68)				
	4:31.05	5:00.42				
	(30.26)	(29.37)				
22.90Y	F # 8	200 Free Relay Lead Off	LY-VA	---	---	0.57
59.66Y	F # 12A	Male 13-14 100 Back	LY-VA	2	7	2.18
	28.88	59.66				
	(28.88)	(30.78)				
2:09.98Y	F # 14A	Male 13-14 200 Fly	LY-VA	3	6	-4.24
	28.27	1:01.77 1:37.03 2:09.98				
	(28.27)	(33.50) (35.26) (32.95)				
51.12Y	F # 16A	Male 13-14 100 Free	LY-VA	1	9	1.87
	24.66	51.12				
	(24.66)	(26.46)				
1:08.52Y	F # 18A	Male 13-14 100 Breast	LY-VA	5	4	2.00
	33.14	1:08.52				
	(33.14)	(35.38)				
4:41.84Y	F # 20A	Male 13-14 400 IM	LY-VA	4	5	1.40
	29.05	1:04.69 1:41.11 2:15.88 2:58.12 3:40.63 4:12.30 4:41.84				
	(29.05)	(35.64) (36.42) (34.77) (42.24) (42.51) (31.67) (29.54)				
1:53.61Y	F # 56A	Male 13-14 200 Free	LY-VA	2	7	4.06
	26.56	56.24 1:26.24 1:53.61				
	(26.56)	(29.68) (30.00) (27.37)				
57.39Y	F # 58A	Male 13-14 100 Fly	LY-VA	1	9	1.05
	26.16	57.39				
	(26.16)	(31.23)				
2:10.85Y	F # 60A	Male 13-14 200 Back	LY-VA	3	6	7.01
	31.43	1:04.79 1:38.37 2:10.85				
	(31.43)	(33.36) (33.58) (32.48)				
2:31.79Y	F # 62A	Male 13-14 200 Breast	LY-VA	4	5	2.36
	34.89	1:14.71 1:54.41 2:31.79				
	(34.89)	(39.82) (39.70) (37.38)				
23.00Y	F # 64A	Male 13-14 50 Free	LY-VA	1	9	0.67

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Taylor Woodruff (13) F						
5:46.93Y	F # 5D	Female 13-14 500 Free	LY-VA	5	4	0.34
	31.02	1:05.92 1:41.10 2:16.12	2:51.76 3:26.90 4:02.22 4:37.95			
	(31.02)	(34.90) (35.18) (35.02)	(35.64) (35.14) (35.32) (35.73)			
	5:13.74	5:46.93				
	(35.79)	(33.19)				
1:05.06Y	F # 11A	Female 13-14 100 Back	LY-VA	1	9	0.41
	32.42	1:05.06				
	(32.42)	(32.64)				
2:31.49Y	F # 13A	Female 13-14 200 Fly	LY-VA	3	6	4.54
	34.66	1:13.83 1:52.91 2:31.49				
	(34.66)	(39.17) (39.08) (38.58)				
1:00.62Y	F # 15A	Female 13-14 100 Free	LY-VA	3	6	2.32
	29.34	1:00.62				
	(29.34)	(31.28)				
30.12Y	F # 51	200 Medley Relay Lead Off	LY-VA	---	---	0.16
2:13.79Y	F # 55A	Female 13-14 200 Free	LY-VA	4	5	4.93
	30.52	1:04.67 1:39.47 2:13.79				
	(30.52)	(34.15) (34.80) (34.32)				
1:08.10Y	F # 57A	Female 13-14 100 Fly	LY-VA	3	6	0.89
	32.59	1:08.10				
	(32.59)	(35.51)				
2:25.51Y	F # 59A	Female 13-14 200 Back	LY-VA	4	5	4.78
	35.57	1:13.62 1:50.42 2:25.51				
	(35.57)	(38.05) (36.80) (35.09)				
27.30Y	F # 63A	Female 13-14 50 Free	LY-VA	2	7	0.57

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Caleb Wu (12) M						
2:23.22Y	F # 4C	Male 11-12 200 IM	LY-VA	1	9	-9.24
	31.72	1:09.10 1:50.80 2:23.22				
	(31.72)	(37.38) (41.70) (32.42)				
5:45.37Y	F # 6C	Male 11-12 500 Free	LY-VA	1	9	-17.60
	32.10	1:07.29 1:42.93 2:18.19 2:53.52 3:28.88 4:04.40 4:39.29				
	(32.10)	(35.19) (35.64) (35.26) (35.33) (35.36) (35.52) (34.89)				
	5:14.03	5:45.37				
	(34.74)	(31.34)				
58.42Y	F # 30	Male 11-12 100 Free	LY-VA	1	9	-0.70
	28.35	58.42				
	(28.35)	(30.07)				
33.18Y	F # 36	Male 11-12 50 Breast	LY-VA	1	9	-0.37
1:08.64Y	F # 40	Male 11-12 100 Back	LY-VA	2	7	-0.69
	34.42	1:08.64				
	(34.42)	(34.22)				
30.99Y	F # 44	Male 11-12 50 Fly	LY-VA	2	7	-1.97
1:05.45Y	F # 48	Male 11-12 100 IM	LY-VA	1	9	-1.56
	31.29	1:05.45				
	(31.29)	(34.16)				
2:08.88Y	F # 74	Male 11-12 200 Free	LY-VA	1	9	-4.46
	29.15	1:02.18 1:36.63 2:08.88				
	(29.15)	(33.03) (34.45) (32.25)				
1:10.91Y	F # 80	Male 11-12 100 Breast	LY-VA	1	9	-1.57
	34.24	1:10.91				
	(34.24)	(36.67)				
31.51Y	F # 84	Male 11-12 50 Back	LY-VA	2	7	-0.56
1:10.23Y	F # 88	Male 11-12 100 Fly	LY-VA	1	9	-9.67
	33.50	1:10.23				
	(33.50)	(36.73)				
26.37Y	F # 92	Male 11-12 50 Free	LY-VA	1	9	-0.58

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Karis Wu (10) F						
3:38.72Y	F # 3B	Female 9-10 200 IM	LY-VA	6	3	-18.59
	53.34	1:48.24 2:50.74 3:38.72				
	(53.34)	(54.90) (1:02.50) (47.98)				
8:40.10Y	F # 5B	Female 9-10 500 Free	LY-VA	5	4	-19.82
	44.51	1:36.93 2:30.45 3:23.95 4:18.46 5:11.71 6:04.60 6:58.29				
	(44.51)	(52.42) (53.52) (53.50) (54.51) (53.25) (52.89) (53.69)				
	7:51.32	8:40.10				
	(53.03)	(48.78)				
1:24.60Y	F # 31B	Female 9-10 100 Free	LY-VA	11	---	-10.42
	39.60	1:24.60				
	(39.60)	(45.00)				
51.51Y	F # 37B	Female 9-10 50 Breast	LY-VA	8	1	-2.57
1:46.02Y	F # 41B	Female 9-10 100 Back	LY-VA	13	---	-7.53
	51.93	1:46.02				
	(51.93)	(54.09)				
51.34Y	F # 45	Female 10 & Under 50 Fly	LY-VA	12	---	-10.17
1:45.41Y	F # 49B	Female 9-10 100 IM	LY-VA	13	---	-2.48
	51.07	1:45.41				
	(51.07)	(54.34)				
3:10.19Y	F # 75B	Female 9-10 200 Free	LY-VA	9	---	-20.82
	42.24	1:31.85 2:22.44 3:10.19				
	(42.24)	(49.61) (50.59) (47.75)				
1:51.32Y	F # 81B	Female 9-10 100 Breast	LY-VA	7	2	-7.65
	---	1:51.32				
	---	(1:51.32)				
49.09Y	F # 85B	Female 9-10 50 Back	LY-VA	10	---	-1.96
1:57.77Y	F # 89B	Female 9-10 100 Fly	LY-VA	9	---	-2.05
	---	1:57.77				
	---	(1:57.77)				
37.84Y	F # 93B	Female 9-10 50 Free	LY-VA	9	---	-3.69

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Titus Wu (8) M								
3:20.14Y	F # 4A	Male 8 & Under 200 IM	LY-VA	1	9	-20.34		
	---	---			3:20.14			
	---	---			(3:20.14)			
7:53.48Y	F # 6A	Male 8 & Under 500 Free	LY-VA	1	9	-60.23		
	40.79	1:29.77	2:18.43	3:08.85	3:57.50	4:44.87	5:34.14	6:21.49
	(40.79)	(48.98)	(48.66)	(50.42)	(48.65)	(47.37)	(49.27)	(47.35)
	7:09.01	7:53.48						
	(47.52)	(44.47)						
1:19.02Y	F # 32A	Male 8 & Under 100 Free	LY-VA	1	9	-10.30		
	38.74	1:19.02						
	(38.74)	(40.28)						
20.24Y	F # 34	Male 8 & Under 25 Back	LY-VA	1	9	-2.14		
49.60Y	F # 38A	Male 8 & Under 50 Breast	LY-VA	1	9	-4.35		
43.59Y	F # 46	Male 10 & Under 50 Fly	LY-VA	8	1	-8.58		
1:30.01Y	F # 50A	Male 8 & Under 100 IM	LY-VA	1	9	-12.25		
	44.35	1:30.01						
	(44.35)	(45.66)						
2:50.78Y	F # 76A	Male 8 & Under 200 Free	LY-VA	1	9	-23.00		
	---	---			2:50.78			
	---	---			(2:50.78)			
21.79Y	F # 78	Male 8 & Under 25 Breast	LY-VA	1	9	-2.01		
1:43.00Y	F # 82A	Male 8 & Under 100 Breast	LY-VA	1	9	-8.32		
	49.48	1:43.00						
	(49.48)	(53.52)						
43.45Y	F # 86A	Male 8 & Under 50 Back	LY-VA	1	9	-2.65		
35.48Y	F # 94A	Male 8 & Under 50 Free	LY-VA	1	9	-4.35		
Zander Wyman (13) M								
1:49.24Y DQ	F # 12A	Male 13-14 100 Back	LY-VA	---	---	---		
	47.08	1:49.24						
	(47.08)	(1:02.16)						
1:33.42Y	F # 16A	Male 13-14 100 Free	LY-VA	16	---	---		
	41.67	1:33.42						
	(41.67)	(51.75)						
1:56.77Y DQ	F # 18A	Male 13-14 100 Breast	LY-VA	---	---	---		
	55.12	1:56.77						
	(55.12)	(1:01.65)						

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Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
George Xu (16) M						
2:05.58Y	F # 2B	Male 15 & Over 200 IM	LY-VA	3	6	6.11
	27.04	58.24 1:37.00 2:05.58				
	(27.04)	(31.20) (38.76) (28.58)				
5:01.80Y	F # 6E	Male 15 & Over 500 Free	LY-VA	2	7	10.65
	27.40	57.08 1:27.66 1:58.72 2:30.14 3:01.19 3:31.42 4:01.97				
	(27.40)	(29.68) (30.58) (31.06) (31.42) (31.05) (30.23) (30.55)				
	4:32.55	5:01.80				
	(30.58)	(29.25)				
57.57Y	F # 12B	Male 15 & Over 100 Back	LY-VA	4	5	2.33
	28.37	57.57				
	(28.37)	(29.20)				
2:03.92Y	F # 14B	Male 15 & Over 200 Fly	LY-VA	2	7	2.14
	27.73	58.78 1:31.24 2:03.92				
	(27.73)	(31.05) (32.46) (32.68)				
50.90Y	F # 16B	Male 15 & Over 100 Free	LY-VA	5	4	1.75
	24.82	50.90				
	(24.82)	(26.08)				
1:08.30Y	F # 18B	Male 15 & Over 100 Breast	LY-VA	5	4	---
	32.71	1:08.30				
	(32.71)	(35.59)				
4:29.54Y	F # 20B	Male 15 & Over 400 IM	LY-VA	2	7	1.94
	28.82	1:02.14 1:35.96 2:09.91 2:49.43 3:29.45 4:00.09 4:29.54				
	(28.82)	(33.32) (33.82) (33.95) (39.52) (40.02) (30.64) (29.45)				
26.78Y	F # 54	200 Medley Relay Lead Off	LY-VA	---	---	0.21
1:50.35Y	F # 56B	Male 15 & Over 200 Free	LY-VA	4	5	1.96
	25.47	53.57 1:22.08 1:50.35				
	(25.47)	(28.10) (28.51) (28.27)				
55.14Y	F # 58B	Male 15 & Over 100 Fly	LY-VA	3	6	0.76
	25.89	55.14				
	(25.89)	(29.25)				
2:05.41Y	F # 60B	Male 15 & Over 200 Back	LY-VA	3	6	5.47
	29.65	1:01.49 1:33.74 2:05.41				
	(29.65)	(31.84) (32.25) (31.67)				
2:31.05Y	F # 62B	Male 15 & Over 200 Breast	LY-VA	5	4	7.56
	34.39	1:12.98 1:52.63 2:31.05				
	(34.39)	(38.59) (39.65) (38.42)				
23.52Y	F # 64B	Male 15 & Over 50 Free	LY-VA	5	4	0.29

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 LY Season Opener 22-Sep-23 to 24-Sep-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Spence Young (8) M						
22.58Y	F # 28	Male 8 & Under 25 Fly	LY-VA	3	6	---
1:34.23Y	F # 32A	Male 8 & Under 100 Free	LY-VA	4	5	-19.88
	44.25	1:34.23				
	(44.25)	(49.98)				
56.35Y DQ	F # 38A	Male 8 & Under 50 Breast	LY-VA	---	---	---
55.11Y	F # 46	Male 10 & Under 50 Fly	LY-VA	13	---	---
1:50.15Y	F # 50A	Male 8 & Under 100 IM	LY-VA	4	5	-24.74
	---	1:50.15				
	---	(1:50.15)				