

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place	Points	Improv
Tessa Akershoek (11) F								
1:26.48Y	F # 22C	Female	11-12	100 Fly	LY-VA	7	---	-4.71
	38.81	1:26.48						
	(38.81)	(47.67)						
40.54Y	F # 24C	Female	11-12	50 Back	LY-VA	14	---	-1.44
3:13.16Y	F # 28B	Female	11-12	200 Back	LY-VA	7	---	---
	45.08	1:36.47	2:29.48	3:13.16				
	(45.08)	(51.39)	(53.01)	(43.68)				
1:15.97Y	F # 32C	Female	11-12	100 Free	LY-VA	17	---	-0.65
	36.71	1:15.97						
	(36.71)	(39.26)						
1:26.53Y	F # 53C	Female	11-12	100 IM	LY-VA	13	4	-2.15
	---	1:26.53						
	---	(1:26.53)						
34.86Y	F # 59C	Female	11-12	50 Free	LY-VA	19	---	1.01
2:48.56Y	F # 69C	Female	11-12	200 Free	LY-VA	15	2	-7.67
	37.11	1:21.90	---	2:48.56				
	(37.11)	(44.79)	---	(2:48.56)				
38.17Y	F # 71C	Female	11-12	50 Fly	LY-VA	10	7	0.12
Emily Asbury (16) F								
1:16.35Y	F # 3B	Female	15 & Over	100 Free	LY-VA	22	---	3.30
	36.83	1:16.35						
	(36.83)	(39.52)						
2:01.11Y	F # 5B	Female	15 & Over	100 Breast	LY-VA	18	---	2.59
	57.29	2:01.11						
	(57.29)	(1:03.82)						
3:11.02Y	F # 7B	Female	15 & Over	200 Back	LY-VA	10	---	18.06
	44.91	1:32.81	2:22.15	3:11.02				
	(44.91)	(47.90)	(49.34)	(48.87)				
3:23.81Y	F # 11B	Female	15 & Over	200 IM	LY-VA	17	---	19.63
	45.56	1:35.30	2:41.11	3:23.81				
	(45.56)	(49.74)	(1:05.81)	(42.70)				
35.48Y	F # 40B	Female	15 & Over	50 Free	LY-VA	9	9	1.42
4:09.88Y	F # 42B	Female	15 & Over	200 Breast	LY-VA	5	14	-2.65
	56.02	1:59.83	---	4:09.88				
	(56.02)	(1:03.81)	---	(4:09.88)				
1:30.46Y	F # 44B	Female	15 & Over	100 Back	LY-VA	7	12	4.56
	44.80	1:30.46						
	(44.80)	(45.66)						
2:50.71Y	F # 46B	Female	15 & Over	200 Free	LY-VA	8	11	9.19
	38.62	1:22.36	2:06.60	2:50.71				
	(38.62)	(43.74)	(44.24)	(44.11)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Sydney Ayers (13) F						
1:16.22Y	F # 3A	Female 13-14 100 Free	LY-VA	25	---	-0.08
	36.77	1:16.22				
	(36.77)	(39.45)				
1:38.48Y	F # 5A	Female 13-14 100 Breast	LY-VA	9	---	3.88
	44.84	1:38.48				
	(44.84)	(53.64)				
3:15.44Y	F # 7A	Female 13-14 200 Back	LY-VA	19	---	-20.57
	43.76	1:33.07 2:24.48 3:15.44				
	(43.76)	(49.31) (51.41) (50.96)				
1:43.75Y	F # 9A	Female 13-14 100 Fly	LY-VA	13	---	9.17
	47.00	1:43.75				
	(47.00)	(56.75)				
36.14Y	F # 40A	Female 13-14 50 Free	LY-VA	19	---	1.63
3:35.78Y	F # 42A	Female 13-14 200 Breast	LY-VA	9	9	-2.48
	46.79	1:40.71 2:38.59 3:35.78				
	(46.79)	(53.92) (57.88) (57.19)				
1:35.92Y	F # 44A	Female 13-14 100 Back	LY-VA	23	---	3.42
	46.59	1:35.92				
	(46.59)	(49.33)				
2:52.47Y	F # 46A	Female 13-14 200 Free	LY-VA	22	---	7.03
	38.51	1:21.90 --- 2:52.47				
	(38.51)	(43.39) --- (2:52.47)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Shirley Barger (13) F						
1:02.40Y	F # 3A	Female 13-14 100 Free	LY-VA	13	---	-0.33
	30.35	1:02.40				
	(30.35)	(32.05)				
2:42.81Y	F # 7A	Female 13-14 200 Back	LY-VA	13	---	-0.58
	39.14	1:20.86 2:03.30 2:42.81				
	(39.14)	(41.72) (42.44) (39.51)				
2:38.99Y	F # 11A	Female 13-14 200 IM	LY-VA	11	---	-2.31
	35.61	1:16.90 2:05.60 2:38.99				
	(35.61)	(41.29) (48.70) (33.39)				
6:00.34Y	F # 13A	Female 13-14 500 Free	LY-VA	12	---	-5.65
	32.36	1:07.74 1:44.92 2:22.07 2:59.10 3:36.19 4:14.07 4:49.53				
	(32.36)	(35.38) (37.18) (37.15) (37.03) (37.09) (37.88) (35.46)				
	5:26.49	6:00.34				
	(36.96)	(33.85)				
28.99Y	F # 40A	Female 13-14 50 Free	LY-VA	8	11	0.11
1:14.18Y	F # 44A	Female 13-14 100 Back	LY-VA	12	5	-0.26
	35.80	1:14.18				
	(35.80)	(38.38)				
2:16.23Y	F # 46A	Female 13-14 200 Free	LY-VA	9	9	-1.86
	31.48	1:05.93 1:41.75 2:16.23				
	(31.48)	(34.45) (35.82) (34.48)				
5:33.51Y	F # 48A	Female 13-14 400 IM	LY-VA	9	9	-6.43
	37.43	1:20.78 2:03.80 2:46.13 3:35.16 4:22.54 4:58.10 5:33.51				
	(37.43)	(43.35) (43.02) (42.33) (49.03) (47.38) (35.56) (35.41)				
George Barksdale (7) M						
35.35Y DQ	F # 21	Male 8 & Under 25 Breast	LY-VA	---	---	---
59.33Y DQ	F # 25A	Male 8 & Under 50 Back	LY-VA	---	---	---
24.69Y	F # 27	Male 8 & Under 25 Free	LY-VA	13	---	2.49
2:01.12Y	F # 33A	Male 8 & Under 100 Free	LY-VA	9	---	2.73
	---	2:01.12				
	---	(2:01.12)				
2:32.32Y DQ	F # 54A	Male 8 & Under 100 IM	LY-VA	---	---	---
	1:07.33	2:32.32				
	(1:07.33)	(1:24.99)				
26.62Y	F # 58	Male 8 & Under 25 Back	LY-VA	13	4	-0.31
53.60Y	F # 60A	Male 8 & Under 50 Free	LY-VA	14	3	-2.46
40.11Y DQ	F # 64	Male 8 & Under 25 Fly	LY-VA	---	---	---
Micah Bauserman (11) F						
56.33Y	F # 24C	Female 11-12 50 Back	LY-VA	23	---	-5.69
2:15.20Y	F # 30C	Female 11-12 100 Breast	LY-VA	22	---	---
	1:03.87	2:15.20				
	(1:03.87)	(1:11.33)				
1:45.99Y	F # 32C	Female 11-12 100 Free	LY-VA	28	---	-0.63
	---	1:45.99				
	---	(1:45.99)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Callan Berkley (8) M						
27.74Y	F # 58	Male 8 & Under 25 Back	LY-VA	14	3	---
55.91Y	F # 60A	Male 8 & Under 50 Free	LY-VA	15	2	-0.62
31.56Y	F # 64	Male 8 & Under 25 Fly	LY-VA	11	6	---
1:18.59Y	F # 68A	Male 8 & Under 50 Breast	LY-VA	8	11	---
Jack Berkley (12) M						
1:48.34Y	F # 54C	Male 11-12 100 IM	LY-VA	17	---	0.68
	53.88	1:48.34				
	(53.88)	(54.46)				
36.84Y	F # 60C	Male 11-12 50 Free	LY-VA	17	---	0.73
56.98Y DQ	F # 68C	Male 11-12 50 Breast	LY-VA	---	---	---
3:13.34Y	F # 70C	Male 11-12 200 Free	LY-VA	14	3	1.67
	42.72	1:35.33 2:28.11 3:13.34				
	(42.72)	(52.61) (52.78) (45.23)				
Adeline Brebner (12) F						
52.23Y	F # 24C	Female 11-12 50 Back	LY-VA	22	---	-10.55
2:04.25Y DQ	F # 30C	Female 11-12 100 Breast	LY-VA	---	---	---
	---	2:04.25				
	---	(2:04.25)				
1:37.17Y	F # 32C	Female 11-12 100 Free	LY-VA	27	---	-1.41
	---	1:37.17				
	---	(1:37.17)				
1:54.00Y	F # 53C	Female 11-12 100 IM	LY-VA	18	---	-11.88
	---	1:54.00				
	---	(1:54.00)				
41.87Y	F # 59C	Female 11-12 50 Free	LY-VA	24	---	-0.85
2:02.71Y	F # 65C	Female 11-12 100 Back	LY-VA	11	6	-25.57
	---	--- 2:02.71				
	---	--- (2:02.71)				
1:00.90Y	F # 67C	Female 11-12 50 Breast	LY-VA	15	2	-10.14

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Cole Campbell (14) M						
56.26Y	F # 4A	Male 13-14 100 Free	LY-VA	7	---	5.39
	26.09	56.26				
	(26.09)	(30.17)				
1:15.71Y	F # 6A	Male 13-14 100 Breast	LY-VA	6	---	9.55
	34.82	1:15.71				
	(34.82)	(40.89)				
2:29.44Y	F # 8A	Male 13-14 200 Back	LY-VA	10	---	-4.42
	34.26	1:11.81 1:51.25 2:29.44				
	(34.26)	(37.55) (39.44) (38.19)				
5:49.12Y	F # 14A	Male 13-14 500 Free	LY-VA	16	---	27.62
	28.83	1:02.02 1:36.75 2:12.49 2:48.72 3:24.87 4:00.72 4:36.90				
	(28.83)	(33.19) (34.73) (35.74) (36.23) (36.15) (35.85) (36.18)				
	---	5:49.12				
	---	(5:49.12)				
24.22Y	F # 41A	Male 13-14 50 Free	LY-VA	3	16	0.64
2:44.27Y	F # 43A	Male 13-14 200 Breast	LY-VA	8	11	16.12
	36.78	1:19.13 --- 2:44.27				
	(36.78)	(42.35) --- (2:44.27)				
1:07.19Y	F # 45A	Male 13-14 100 Back	LY-VA	10	7	4.04
	31.24	1:07.19				
	(31.24)	(35.95)				
2:08.34Y	F # 47A	Male 13-14 200 Free	LY-VA	13	4	13.35
	27.83	1:00.22 1:34.64 2:08.34				
	(27.83)	(32.39) (34.42) (33.70)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Ada Compton (13) F					
38.19Y	F # 2	200 Medley Relay Lead Off	LY-VA	---	-3.12
1:10.81Y	F # 3A	Female 13-14 100 Free	LY-VA	22	-3.60
	34.95	1:10.81			
	(34.95)	(35.86)			
1:36.92Y	F # 9A	Female 13-14 100 Fly	LY-VA	12	---
	---	1:36.92			
	---	(1:36.92)			
3:09.08Y	F # 11A	Female 13-14 200 IM	LY-VA	15	-0.62
	41.93	1:28.83 2:26.96 3:09.08			
	(41.93)	(46.90) (58.13) (42.12)			
7:15.74Y	F # 13A	Female 13-14 500 Free	LY-VA	19	-7.82
32.12Y	F # 40A	Female 13-14 50 Free	LY-VA	17	-0.42
3:37.21Y	F # 42A	Female 13-14 200 Breast	LY-VA	10	7
	47.17	1:43.11 2:41.36 3:37.21			
	(47.17)	(55.94) (58.25) (55.85)			
1:30.57Y	F # 44A	Female 13-14 100 Back	LY-VA	21	---
	44.29	1:30.57			
	(44.29)	(46.28)			
2:42.95Y	F # 46A	Female 13-14 200 Free	LY-VA	21	---
	37.03	1:18.75 2:02.84 2:42.95			
	(37.03)	(41.72) (44.09) (40.11)			
Mason Cooper (17) M					
57.91Y	F # 4B	Male 15 & Over 100 Free	LY-VA	29	---
	27.03	57.91			
	(27.03)	(30.88)			
2:23.81Y	F # 8B	Male 15 & Over 200 Back	LY-VA	9	---
	33.28	1:10.72 1:48.30 2:23.81			
	(33.28)	(37.44) (37.58) (35.51)			
1:03.64Y	F # 10B	Male 15 & Over 100 Fly	LY-VA	19	---
	29.37	1:03.64			
	(29.37)	(34.27)			
5:56.20Y	F # 14B	Male 15 & Over 500 Free	LY-VA	19	---
	29.55	1:04.74 1:41.10 2:17.96 2:54.22 3:31.35 4:08.84 4:46.21			
	(29.55)	(35.19) (36.36) (36.86) (36.26) (37.13) (37.49) (37.37)			
	5:22.76	5:56.20			
	(36.55)	(33.44)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Anderson Cox (7) M						
28.52Y	F # 21	Male 8 & Under 25 Breast	LY-VA	4	15	-11.76
20.12Y	F # 27	Male 8 & Under 25 Free	LY-VA	6	---	-0.48
2:15.20Y	F # 31A	Male 8 & Under 100 Breast	LY-VA	4	---	---
	1:03.73	2:15.20				
	(1:03.73)	(1:11.47)				
1:46.48Y	F # 33A	Male 8 & Under 100 Free	LY-VA	5	---	2.42
	46.82	1:46.48				
	(46.82)	(59.66)				
44.08Y	F # 60A	Male 8 & Under 50 Free	LY-VA	5	14	-1.58
31.38Y	F # 64	Male 8 & Under 25 Fly	LY-VA	10	7	0.74
1:02.17Y	F # 68A	Male 8 & Under 50 Breast	LY-VA	5	14	3.07
3:47.95Y	F # 70A	Male 8 & Under 200 Free	LY-VA	2	17	---
	47.43	1:44.51	2:46.89	3:47.95		
	(47.43)	(57.08)	(1:02.38)	(1:01.06)		
Clayton Cox (10) M						
3:23.99Y	F # 19B	Male 9-10 200 IM	LY-VA	4	---	---
	47.42	1:37.73	2:45.96	3:23.99		
	(47.42)	(50.31)	(1:08.23)	(38.03)		
45.25Y	F # 25B	Male 9-10 50 Back	LY-VA	6	---	-0.80
2:03.29Y	F # 31B	Male 9-10 100 Breast	LY-VA	8	---	---
	56.26	2:03.29				
	(56.26)	(1:07.03)				
1:19.32Y	F # 33B	Male 9-10 100 Free	LY-VA	6	---	1.81
	38.26	1:19.32				
	(38.26)	(41.06)				
33.29Y	F # 51	200 Free Relay Lead Off	LY-VA	---	---	-2.00
3:42.47Y	F # 56A	Male 9-10 200 Fly	LY-VA	2	17	---
	47.03	1:46.92	2:45.99	3:42.47		
	(47.03)	(59.89)	(59.07)	(56.48)		
35.39Y	F # 60B	Male 9-10 50 Free	LY-VA	5	14	0.10
2:49.85Y	F # 70B	Male 9-10 200 Free	LY-VA	5	14	-3.02
	39.60	1:25.48	2:10.11	2:49.85		
	(39.60)	(45.88)	(44.63)	(39.74)		
45.98Y	F # 72B	Male 9-10 50 Fly	LY-VA	6	13	6.04
Liam Cox (9) M						
55.57Y DQ	F # 25B	Male 9-10 50 Back	LY-VA	---	---	---
1:39.11Y	F # 33B	Male 9-10 100 Free	LY-VA	12	---	-3.68
	47.46	1:39.11				
	(47.46)	(51.65)				
48.34Y	F # 60B	Male 9-10 50 Free	LY-VA	11	6	3.40
1:13.35Y	F # 68B	Male 9-10 50 Breast	LY-VA	8	11	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Lucas Cox (13) M						
1:32.13Y	F # 4A	Male 13-14 100 Free	LY-VA	34	---	-11.70
	---	1:32.13				
	---	(1:32.13)				
1:54.26Y	F # 6A	Male 13-14 100 Breast	LY-VA	23	---	---
	54.94	1:54.26				
	(54.94)	(59.32)				
40.07Y	F # 41A	Male 13-14 50 Free	LY-VA	25	---	-2.19
1:50.02Y	F # 45A	Male 13-14 100 Back	LY-VA	26	---	---
	52.62	1:50.02				
	(52.62)	(57.40)				
Meredith Cox (12) F						
44.31Y	F # 24C	Female 11-12 50 Back	LY-VA	19	---	-0.15
3:23.16Y	F # 28B	Female 11-12 200 Back	LY-VA	8	---	-20.18
	51.68	1:45.56 2:36.12 3:23.16				
	(51.68)	(53.88) (50.56) (47.04)				
1:48.93Y	F # 30C	Female 11-12 100 Breast	LY-VA	16	---	-1.70
	51.96	1:48.93				
	(51.96)	(56.97)				
7:25.34Y	F # 34C	Female 11-12 500 Free	LY-VA	9	---	-21.61
	39.88	1:24.52 2:11.26 2:57.69 3:45.00 4:31.22 5:18.18 6:01.51				
	(39.88)	(44.64) (46.74) (46.43) (47.31) (46.22) (46.96) (43.33)				
	6:44.26	7:25.34				
	(42.75)	(41.08)				
1:35.75Y	F # 53C	Female 11-12 100 IM	LY-VA	16	1	-1.25
	45.13	1:35.75				
	(45.13)	(50.62)				
35.58Y	F # 59C	Female 11-12 50 Free	LY-VA	21	---	-2.50
3:54.31Y	F # 61B	Female 11-12 200 Breast	LY-VA	3	16	---
	55.48	1:55.47 2:57.75 3:54.31				
	(55.48)	(59.99) (1:02.28) (56.56)				
52.39Y	F # 71C	Female 11-12 50 Fly	LY-VA	21	---	6.15
Leah Dalton (12) F						
3:50.25Y	F # 18C	Female 11-12 200 IM	LY-VA	16	---	---
	56.50	1:57.64 3:04.27 3:50.25				
	(56.50)	(1:01.14) (1:06.63) (45.98)				
48.41Y	F # 24C	Female 11-12 50 Back	LY-VA	21	---	-2.30
2:07.54Y	F # 30C	Female 11-12 100 Breast	LY-VA	20	---	---
	58.52	2:07.54				
	(58.52)	(1:09.02)				
1:31.20Y	F # 32C	Female 11-12 100 Free	LY-VA	24	---	0.38
	43.37	1:31.20				
	(43.37)	(47.83)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Charity Delozier (17) F					
1:34.41Y	F # 3B	Female 15 & Over 100 Free	LY-VA	23	---
	44.87	1:34.41			
	(44.87)	(49.54)			
2:13.92Y DQ	F # 5B	Female 15 & Over 100 Breast	LY-VA	---	---
	1:03.48	2:13.92			
	(1:03.48)	(1:10.44)			
4:28.26Y	F # 7B	Female 15 & Over 200 Back	LY-VA	11	---
	---	---			
	---	---			
		4:28.26			
		(4:28.26)			
Chloe Delozier (13) F					
1:27.89Y	F # 3A	Female 13-14 100 Free	LY-VA	28	---
	40.57	1:27.89			
	(40.57)	(47.32)			
2:24.09Y DQ	F # 5A	Female 13-14 100 Breast	LY-VA	---	---
	1:07.78	2:24.09			
	(1:07.78)	(1:16.31)			
4:37.41Y	F # 7A	Female 13-14 200 Back	LY-VA	20	---
	---	2:14.13			
	---	3:27.60			
		4:37.41			
		(2:14.13)			
		(1:13.47)			
		(1:09.81)			
Avery Duff (13) F					
30.13Y	F # 40A	Female 13-14 50 Free	LY-VA	13	4
1:24.24Y	F # 44A	Female 13-14 100 Back	LY-VA	18	---
	41.57	1:24.24			
	(41.57)	(42.67)			
2:31.13Y	F # 46A	Female 13-14 200 Free	LY-VA	17	---
	34.94	1:14.53			
		1:54.32			
		2:31.13			
	(34.94)	(39.59)			
		(39.79)			
		(36.81)			
Tammy Eakhattiyakorn (10) F					
NS	F # 18B	Female 9-10 200 IM	LY-VA	---	---
NS	F # 24B	Female 9-10 50 Back	LY-VA	---	---
NS	F # 32B	Female 9-10 100 Free	LY-VA	---	---
NS	F # 59B	Female 9-10 50 Free	LY-VA	---	---
NS	F # 65B	Female 9-10 100 Back	LY-VA	---	---
NS	F # 67B	Female 9-10 50 Breast	LY-VA	---	---
NS	F # 69B	Female 9-10 200 Free	LY-VA	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place			Points	Improv
Tyler Eakkhattiyakorn (12) M										
2:54.87Y	F # 19C	Male	11-12	200 IM	LY-VA	5		---		0.33
	45.32	1:28.59	2:14.24	2:54.87						
	(45.32)	(43.27)	(45.65)	(40.63)						
40.22Y	F # 25C	Male	11-12	50 Back	LY-VA	8		---		-0.28
1:23.07Y	F # 31C	Male	11-12	100 Breast	LY-VA	2		---		0.48
	40.41	1:23.07								
	(40.41)	(42.66)								
1:13.29Y	F # 33C	Male	11-12	100 Free	LY-VA	8		---		0.71
	36.69	1:13.29								
	(36.69)	(36.60)								
33.88Y	F # 50	200 Free Relay Lead Off			LY-VA	---		---		-0.07
1:20.32Y	F # 54C	Male	11-12	100 IM	LY-VA	7		12		-1.58
	40.51	1:20.32								
	(40.51)	(39.81)								
33.11Y	F # 60C	Male	11-12	50 Free	LY-VA	10		7		-0.84
2:59.14Y	F # 62B	Male	11-12	200 Breast	LY-VA	1		20		---
	41.01	1:26.77	2:13.80	2:59.14						
	(41.01)	(45.76)	(47.03)	(45.34)						
37.58Y	F # 68C	Male	11-12	50 Breast	LY-VA	2		17		-1.27
Sam Edwards (12) M										
31.80Y	F # 15	200 Medley Relay Lead Off			LY-VA	---		---		0.72
2:30.76Y	F # 19C	Male	11-12	200 IM	LY-VA	1		---		5.16
	33.13	1:10.67	1:55.96	2:30.76						
	(33.13)	(37.54)	(45.29)	(34.80)						
32.11Y	F # 25C	Male	11-12	50 Back	LY-VA	1		---		1.03
2:26.49Y	F # 29B	Male	11-12	200 Back	LY-VA	1		---		1.17
	---	---	---	2:26.49						
	---	---	---	(2:26.49)						
1:01.58Y	F # 33C	Male	11-12	100 Free	LY-VA	1		---		0.18
	29.16	1:01.58								
	(29.16)	(32.42)								
27.80Y	F # 60C	Male	11-12	50 Free	LY-VA	1		20		0.03
1:08.43Y	F # 66C	Male	11-12	100 Back	LY-VA	2		17		1.54
	33.10	1:08.43								
	(33.10)	(35.33)								
2:12.34Y	F # 70C	Male	11-12	200 Free	LY-VA	3		16		-1.51
	29.80	1:04.22	1:39.43	2:12.34						
	(29.80)	(34.42)	(35.21)	(32.91)						
5:13.92Y	F # 74C	Male	11-12	400 IM	LY-VA	1		20		-22.20
	36.15	1:16.56	1:56.69	2:35.57	3:20.34	4:05.74	4:40.87	5:13.92		
	(36.15)	(40.41)	(40.13)	(38.88)	(44.77)	(45.40)	(35.13)	(33.05)		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Emmie Eiban (11) F											
41.34Y	F # 24C	Female	11-12	50 Back	LY-VA				15	---	0.92
1:42.19Y	F # 30C	Female	11-12	100 Breast	LY-VA				15	---	-1.64
	47.24	1:42.19									
	(47.24)	(54.95)									
1:13.32Y	F # 32C	Female	11-12	100 Free	LY-VA				11	---	-1.97
	35.43	1:13.32									
	(35.43)	(37.89)									
7:03.99Y	F # 34C	Female	11-12	500 Free	LY-VA				7	---	-25.08
	38.47	1:20.46	2:04.02	2:47.42	3:31.24	4:15.74	4:59.94	5:43.21			
	(38.47)	(41.99)	(43.56)	(43.40)	(43.82)	(44.50)	(44.20)	(43.27)			
	6:25.54	7:03.99									
	(42.33)	(38.45)									
1:25.64Y	F # 53C	Female	11-12	100 IM	LY-VA				12	5	-2.62
	39.85	1:25.64									
	(39.85)	(45.79)									
32.36Y	F # 59C	Female	11-12	50 Free	LY-VA				9	9	-0.79
2:38.30Y	F # 69C	Female	11-12	200 Free	LY-VA				10	7	-8.29
	36.79	1:17.72	1:59.83	2:38.30							
	(36.79)	(40.93)	(42.11)	(38.47)							
39.02Y	F # 71C	Female	11-12	50 Fly	LY-VA				11	6	-1.22
Ismail Elakkad (12) M											
1:00.68Y DQ	F # 25C	Male	11-12	50 Back	LY-VA				---	---	---
2:19.28Y DQ	F # 31C	Male	11-12	100 Breast	LY-VA				---	---	---
	---	2:19.28									
	---	(2:19.28)									
1:40.36Y	F # 33C	Male	11-12	100 Free	LY-VA				25	---	-0.13
	48.90	1:40.36									
	(48.90)	(51.46)									
NS	F # 54C	Male	11-12	100 IM	LY-VA				---	---	---
41.19Y	F # 60C	Male	11-12	50 Free	LY-VA				22	---	-8.31
59.70Y DQ	F # 68C	Male	11-12	50 Breast	LY-VA				---	---	---
58.93Y DQ	F # 72C	Male	11-12	50 Fly	LY-VA				---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Simon Emery (17) M						
55.83Y	F # 4B	Male 15 & Over 100 Free	LY-VA	26	---	0.76
	26.33	55.83				
	(26.33)	(29.50)				
1:05.60Y	F # 6B	Male 15 & Over 100 Breast	LY-VA	9	---	4.51
	31.61	1:05.60				
	(31.61)	(33.99)				
2:22.72Y	F # 12B	Male 15 & Over 200 IM	LY-VA	16	---	9.90
	28.77	1:07.63 1:46.99 2:22.72				
	(28.77)	(38.86) (39.36) (35.73)				
25.06Y	F # 41B	Male 15 & Over 50 Free	LY-VA	11	6	0.49
2:31.97Y	F # 43B	Male 15 & Over 200 Breast	LY-VA	7	12	12.31
	33.22	1:12.50 1:52.61 2:31.97				
	(33.22)	(39.28) (40.11) (39.36)				
2:06.19Y	F # 47B	Male 15 & Over 200 Free	LY-VA	16	1	9.33
	28.80	1:00.27 1:33.64 2:06.19				
	(28.80)	(31.47) (33.37) (32.55)				
Frances Fenton (16) F						
57.56Y	F # 3B	Female 15 & Over 100 Free	LY-VA	8	---	3.24
	28.14	57.56				
	(28.14)	(29.42)				
1:12.05Y	F # 5B	Female 15 & Over 100 Breast	LY-VA	7	---	4.35
	34.23	1:12.05				
	(34.23)	(37.82)				
2:26.45Y	F # 11B	Female 15 & Over 200 IM	LY-VA	9	---	10.17
	32.01	1:13.94 1:54.02 2:26.45				
	(32.01)	(41.93) (40.08) (32.43)				
5:43.94Y	F # 13B	Female 15 & Over 500 Free	LY-VA	10	---	16.14
	31.04	1:05.32 1:40.43 2:15.66 2:50.93 3:24.96 3:59.04 4:34.33				
	(31.04)	(34.28) (35.11) (35.23) (35.27) (34.03) (34.08) (35.29)				
	5:09.77	5:43.94				
	(35.44)	(34.17)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Thomas Fenton (18) M						
55.64Y	F # 4B	Male 15 & Over 100 Free	LY-VA	25	---	4.89
	26.71	55.64				
	(26.71)	(28.93)				
1:01.76Y	F # 6B	Male 15 & Over 100 Breast	LY-VA	3	---	3.98
	29.40	1:01.76				
	(29.40)	(32.36)				
2:07.90Y	F # 12B	Male 15 & Over 200 IM	LY-VA	9	---	7.65
	27.36	1:02.39	1:38.64	2:07.90		
	(27.36)	(35.03)	(36.25)	(29.26)		
5:15.44Y	F # 14B	Male 15 & Over 500 Free	LY-VA	14	---	9.43
	28.98	1:01.03	1:33.86	2:06.20	2:38.32	3:10.55
	(28.98)	(32.05)	(32.83)	(32.34)	(32.12)	(32.23)
	4:46.83	5:15.44			(32.63)	(31.52)
	(32.13)	(28.61)				
24.84Y	F # 41B	Male 15 & Over 50 Free	LY-VA	9	9	1.22
2:14.55Y	F # 43B	Male 15 & Over 200 Breast	LY-VA	1	20	9.23
	31.53	1:06.62	1:41.36	2:14.55		
	(31.53)	(35.09)	(34.74)	(33.19)		
2:00.64Y	F # 47B	Male 15 & Over 200 Free	LY-VA	11	6	4.76
	27.78	58.74	1:30.20	2:00.64		
	(27.78)	(30.96)	(31.46)	(30.44)		
4:38.23Y	F # 49B	Male 15 & Over 400 IM	LY-VA	3	16	16.88
	29.18	1:04.90	1:42.69	2:19.14	2:57.03	3:35.43
	(29.18)	(35.72)	(37.79)	(36.45)	(37.89)	(38.40)
					(33.03)	(29.77)
Eli Fleenor (14) M						
1:09.60Y	F # 4A	Male 13-14 100 Free	LY-VA	28	---	-4.11
	33.89	1:09.60				
	(33.89)	(35.71)				
1:42.77Y	F # 6A	Male 13-14 100 Breast	LY-VA	20	---	---
	51.95	1:42.77				
	(51.95)	(50.82)				
31.13Y	F # 37	200 Free Relay Lead Off	LY-VA	---	---	2.10
32.00Y	F # 41A	Male 13-14 50 Free	LY-VA	23	---	2.97
3:38.90Y	F # 43A	Male 13-14 200 Breast	LY-VA	17	---	---
	51.10	1:46.78	2:41.37	3:38.90		
	(51.10)	(55.68)	(54.59)	(57.53)		
1:41.97Y	F # 45A	Male 13-14 100 Back	LY-VA	25	---	-35.15
	52.08	1:41.97				
	(52.08)	(49.89)				
2:43.44Y	F # 47A	Male 13-14 200 Free	LY-VA	25	---	6.25
	39.71	1:21.07	2:04.31	2:43.44		
	(39.71)	(41.36)	(43.24)	(39.13)		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Walker Givan (8) M						
23.89Y	F # 21	Male 8 & Under 25 Breast	LY-VA	1	20	-6.89
55.03Y	F # 25A	Male 8 & Under 50 Back	LY-VA	8	---	-0.45
19.58Y	F # 27	Male 8 & Under 25 Free	LY-VA	3	---	-0.71
1:41.01Y	F # 33A	Male 8 & Under 100 Free	LY-VA	3	---	-18.43
	43.62	1:41.01				
	(43.62)	(57.39)				
1:53.15Y	F # 54A	Male 8 & Under 100 IM	LY-VA	7	12	-9.79
	54.80	1:53.15				
	(54.80)	(58.35)				
42.45Y	F # 60A	Male 8 & Under 50 Free	LY-VA	4	15	-7.72
55.86Y	F # 68A	Male 8 & Under 50 Breast	LY-VA	2	17	-8.19
NS	F # 72A	Male 8 & Under 50 Fly	LY-VA	---	---	---
J C Gordon (18) M						
25.57Y	F # 1	200 Medley Relay Lead Off	LY-VA	---	---	1.21
49.20Y	F # 4B	Male 15 & Over 100 Free	LY-VA	6	---	1.81
	24.02	49.20				
	(24.02)	(25.18)				
1:55.80Y	F # 8B	Male 15 & Over 200 Back	LY-VA	1	---	-0.31
	27.45	56.31 1:26.02 1:55.80				
	(27.45)	(28.86) (29.71) (29.78)				
4:41.66Y	F # 14B	Male 15 & Over 500 Free	LY-VA	2	---	11.22
	25.32	53.00 1:20.98 1:49.13 2:17.49 2:46.08 3:15.07 3:44.00				
	(25.32)	(27.68) (27.98) (28.15) (28.36) (28.59) (28.99) (28.93)				
	4:12.96	4:41.66				
	(28.96)	(28.70)				
23.06Y	F # 36	200 Free Relay Lead Off	LY-VA	---	---	1.44
22.55Y DQ	F # 41B	Male 15 & Over 50 Free	LY-VA	---	---	---
54.94Y	F # 45B	Male 15 & Over 100 Back	LY-VA	1	20	2.85
	27.01	54.94				
	(27.01)	(27.93)				
1:47.10Y	F # 47B	Male 15 & Over 200 Free	LY-VA	2	17	7.41
	25.29	52.26 1:19.53 1:47.10				
	(25.29)	(26.97) (27.27) (27.57)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Camille Greenlaw (10) F					
41.62Y	F # 16	200 Medley Relay Lead Off	LY-VA	---	0.65
40.84Y	F # 24B	Female 9-10 50 Back	LY-VA	---	-0.13
3:20.64Y	F # 28A	Female 9-10 200 Back	LY-VA	---	---
	48.11	1:40.28 2:32.57 3:20.64			
	(48.11)	(52.17) (52.29) (48.07)			
1:19.24Y	F # 32B	Female 9-10 100 Free	LY-VA	---	1.89
	---	1:19.24			
	---	(1:19.24)			
7:07.00Y	F # 34B	Female 9-10 500 Free	LY-VA	---	-33.64
	41.17	1:29.14 2:16.78 3:05.71 3:54.57	---	6:19.60	---
	(41.17)	(47.97) (47.64) (48.93) (48.86)	---	(6:19.60)	---
	---	7:07.00			
	---	(7:07.00)			
35.27Y	F # 59B	Female 9-10 50 Free	LY-VA	11	-0.09
3:49.42Y	F # 61A	Female 9-10 200 Breast	LY-VA	17	---
	52.95	1:52.50 2:52.06 3:49.42			
	(52.95)	(59.55) (59.56) (57.36)			
1:28.95Y	F # 65B	Female 9-10 100 Back	LY-VA	17	1.01
	42.94	1:28.95			
	(42.94)	(46.01)			
46.23Y	F # 71B	Female 9-10 50 Fly	LY-VA	14	-4.97
Natan Guardia (8) M					
29.01Y	F # 21	Male 8 & Under 25 Breast	LY-VA	13	---
1:04.43Y	F # 25A	Male 8 & Under 50 Back	LY-VA	---	---
22.30Y	F # 27	Male 8 & Under 25 Free	LY-VA	---	---
1:57.32Y	F # 33A	Male 8 & Under 100 Free	LY-VA	---	-9.76
	---	1:57.32			
	---	(1:57.32)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Daniel Gustafson (11) M						
2:56.05Y	F # 19C	Male 11-12 200 IM	LY-VA	6	---	5.98
	40.48	1:28.38 2:16.32 2:56.05				
	(40.48)	(47.90) (47.94) (39.73)				
1:31.07Y	F # 23C	Male 11-12 100 Fly	LY-VA	5	---	5.05
	44.22	1:31.07				
	(44.22)	(46.85)				
42.18Y	F # 25C	Male 11-12 50 Back	LY-VA	12	---	-0.09
1:22.43Y	F # 31C	Male 11-12 100 Breast	LY-VA	1	---	0.48
	39.44	1:22.43				
	(39.44)	(42.99)				
1:18.75Y	F # 54C	Male 11-12 100 IM	LY-VA	5	14	-1.13
	39.39	1:18.75				
	(39.39)	(39.36)				
33.40Y	F # 60C	Male 11-12 50 Free	LY-VA	11	6	1.00
3:01.47Y	F # 62B	Male 11-12 200 Breast	LY-VA	2	17	-14.98
	41.72	1:28.12 2:16.03 3:01.47				
	(41.72)	(46.40) (47.91) (45.44)				
2:51.44Y	F # 70C	Male 11-12 200 Free	LY-VA	11	6	2.76
	41.29	1:28.32 2:14.04 2:51.44				
	(41.29)	(47.03) (45.72) (37.40)				
Zelynn Gustafson (14) F						
1:04.48Y	F # 3A	Female 13-14 100 Free	LY-VA	16	---	-1.12
	31.32	1:04.48				
	(31.32)	(33.16)				
2:51.56Y	F # 7A	Female 13-14 200 Back	LY-VA	16	---	-12.39
	40.16	1:24.39 2:08.82 2:51.56				
	(40.16)	(44.23) (44.43) (42.74)				
2:49.49Y	F # 11A	Female 13-14 200 IM	LY-VA	14	---	-5.41
	37.44	1:21.18 2:13.05 2:49.49				
	(37.44)	(43.74) (51.87) (36.44)				
6:22.90Y	F # 13A	Female 13-14 500 Free	LY-VA	15	---	-35.24
	35.28	1:14.90 1:54.67 2:32.94	3:11.35 3:49.74 4:28.74 5:08.28			
	(35.28)	(39.62) (39.77) (38.27)	(38.41) (38.39) (39.00) (39.54)			
	5:47.67	6:22.90				
	(39.39)	(35.23)				
29.70Y	F # 40A	Female 13-14 50 Free	LY-VA	11	6	-0.42
3:14.45Y	F # 42A	Female 13-14 200 Breast	LY-VA	7	12	-6.02
	44.55	1:33.88 2:24.24 3:14.45				
	(44.55)	(49.33) (50.36) (50.21)				
1:24.73Y	F # 44A	Female 13-14 100 Back	LY-VA	19	---	0.27
	42.18	1:24.73				
	(42.18)	(42.55)				
2:30.81Y	F # 46A	Female 13-14 200 Free	LY-VA	16	1	2.58
	33.86	1:12.19 1:51.89 2:30.81				
	(33.86)	(38.33) (39.70) (38.92)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Lyle Handy (8) M						
38.13Y	F # 21	Male 8 & Under 25 Breast	LY-VA	10	7	---
1:18.89Y	F # 25A	Male 8 & Under 50 Back	LY-VA	13	---	-10.37
30.47Y	F # 27	Male 8 & Under 25 Free	LY-VA	15	---	0.20
2:44.21Y	F # 33A	Male 8 & Under 100 Free	LY-VA	12	---	13.03
	---	2:44.21				
	---	(2:44.21)				
33.69Y	F # 58	Male 8 & Under 25 Back	LY-VA	16	1	-3.86
1:10.70Y	F # 60A	Male 8 & Under 50 Free	LY-VA	16	1	-1.32
48.16Y	DQ F # 64	Male 8 & Under 25 Fly	LY-VA	---	---	---
1:27.14Y	F # 68A	Male 8 & Under 50 Breast	LY-VA	9	9	---
Cheyanne Henderson (11) F						
45.80Y	F # 15	200 Medley Relay Lead Off	LY-VA	---	---	-1.16
3:16.36Y	F # 18C	Female 11-12 200 IM	LY-VA	15	---	---
	43.09	1:30.83 2:32.25 3:16.36				
	(43.09)	(47.74) (1:01.42) (44.11)				
42.78Y	F # 24C	Female 11-12 50 Back	LY-VA	17	---	-4.18
1:15.68Y	F # 32C	Female 11-12 100 Free	LY-VA	16	---	-9.75
	36.51	1:15.68				
	(36.51)	(39.17)				
7:35.96Y	F # 34C	Female 11-12 500 Free	LY-VA	10	---	-56.73
	41.52	1:27.38 2:16.28 3:02.19	3:50.87 4:37.58 5:23.89 6:10.75			
	(41.52)	(45.86) (48.90) (45.91)	(48.68) (46.71) (46.31) (46.86)			
	6:57.54	7:35.96				
	(46.79)	(38.42)				
33.58Y	F # 59C	Female 11-12 50 Free	LY-VA	15	2	-3.66
48.01Y	F # 67C	Female 11-12 50 Breast	LY-VA	10	7	-5.69
2:54.42Y	F # 69C	Female 11-12 200 Free	LY-VA	18	---	-14.94
	39.46	1:25.72 2:12.27 2:54.42				
	(39.46)	(46.26) (46.55) (42.15)				
43.53Y	F # 71C	Female 11-12 50 Fly	LY-VA	16	1	-6.41
Connor Henry (10) M						
51.61Y	F # 25B	Male 9-10 50 Back	LY-VA	10	---	-6.07
2:01.98Y	F # 31B	Male 9-10 100 Breast	LY-VA	7	---	-3.20
	56.47	2:01.98				
	(56.47)	(1:05.51)				
1:43.33Y	F # 33B	Male 9-10 100 Free	LY-VA	14	---	---
	47.61	1:43.33				
	(47.61)	(55.72)				
Ty Henry (8) M						
42.56Y	F # 21	Male 8 & Under 25 Breast	LY-VA	11	6	---
25.63Y	F # 27	Male 8 & Under 25 Free	LY-VA	14	---	0.95
2:14.41Y	F # 33A	Male 8 & Under 100 Free	LY-VA	11	---	---
	1:05.39	2:14.41				
	(1:05.39)	(1:09.02)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
MacGyver Hermosa (6) M						
44.48Y DQ	F # 21	Male 8 & Under 25 Breast	LY-VA	---	---	---
1:00.61Y	F # 25A	Male 8 & Under 50 Back	LY-VA	10	---	---
23.78Y	F # 27	Male 8 & Under 25 Free	LY-VA	12	---	1.61
2:05.90Y	F # 33A	Male 8 & Under 100 Free	LY-VA	10	---	---
	1:05.00	2:05.90				
	(1:05.00)	(1:00.90)				
Carson Hill (9) M						
57.73Y	F # 25B	Male 9-10 50 Back	LY-VA	13	---	-3.13
2:32.95Y	F # 31B	Male 9-10 100 Breast	LY-VA	12	---	2.23
	---	2:32.95				
	---	(2:32.95)				
1:50.94Y DQ	F # 33B	Male 9-10 100 Free	LY-VA	---	---	---
	---	1:50.94				
	---	(1:50.94)				
2:08.94Y	F # 54B	Male 9-10 100 IM	LY-VA	12	5	---
	1:03.78	2:08.94				
	(1:03.78)	(1:05.16)				
49.67Y	F # 60B	Male 9-10 50 Free	LY-VA	12	5	2.33
2:13.04Y	F # 66B	Male 9-10 100 Back	LY-VA	7	12	2.83
	1:03.31	2:13.04				
	(1:03.31)	(1:09.73)				
1:12.87Y	F # 68B	Male 9-10 50 Breast	LY-VA	7	12	5.94

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Sydney Hill (13) F					
35.04Y	F # 2	200 Medley Relay Lead Off	LY-VA	---	-0.99
1:13.02Y	F # 3A	Female 13-14 100 Free	LY-VA	---	4.29
	35.49	1:13.02			
	(35.49)	(37.53)			
1:37.65Y	F # 5A	Female 13-14 100 Breast	LY-VA	---	2.25
	46.29	1:37.65			
	(46.29)	(51.36)			
2:53.10Y	F # 7A	Female 13-14 200 Back	LY-VA	---	-7.83
	40.85	1:25.43 2:11.01 2:53.10			
	(40.85)	(44.58) (45.58) (42.09)			
6:55.29Y	F # 13A	Female 13-14 500 Free	LY-VA	---	1.85
	36.73	1:17.50 1:59.59 2:42.82 3:24.59 4:07.57 4:51.28 5:34.39			
	(36.73)	(40.77) (42.09) (43.23) (41.77) (42.98) (43.71) (43.11)			
	6:17.26	6:55.29			
	(42.87)	(38.03)			
31.54Y	F # 40A	Female 13-14 50 Free	LY-VA	1	0.90
3:23.08Y	F # 42A	Female 13-14 200 Breast	LY-VA	11	-33.90
	46.30	1:38.47 2:32.88 3:23.08			
	(46.30)	(52.17) (54.41) (50.20)			
1:19.77Y	F # 44A	Female 13-14 100 Back	LY-VA	---	1.83
	38.99	1:19.77			
	(38.99)	(40.78)			
2:38.27Y	F # 46A	Female 13-14 200 Free	LY-VA	---	6.16
	36.52	1:17.26 1:59.64 2:38.27			
	(36.52)	(40.74) (42.38) (38.63)			
Anderson Holt (10) M					
53.18Y	F # 25B	Male 9-10 50 Back	LY-VA	---	2.05
4:04.39Y	F # 29A	Male 9-10 200 Back	LY-VA	---	---
	55.58	1:58.49 3:02.80 4:04.39			
	(55.58)	(1:02.91) (1:04.31) (1:01.59)			
2:21.17Y	F # 31B	Male 9-10 100 Breast	LY-VA	---	12.65
	1:06.31	2:21.17			
	(1:06.31)	(1:14.86)			
1:48.93Y	F # 33B	Male 9-10 100 Free	LY-VA	---	9.13
	51.07	1:48.93			
	(51.07)	(57.86)			
1:55.44Y	F # 54B	Male 9-10 100 IM	LY-VA	6	-4.57
	53.47	1:55.44			
	(53.47)	(1:01.97)			
46.21Y	F # 60B	Male 9-10 50 Free	LY-VA	7	1.05
1:01.13Y	F # 68B	Male 9-10 50 Breast	LY-VA	14	0.36
1:04.46Y	F # 72B	Male 9-10 50 Fly	LY-VA	11	-3.80

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Ann-Margaret Holt (14) F					
31.12Y	F # 2	200 Medley Relay Lead Off	LY-VA	---	0.36
58.02Y	F # 3A	Female 13-14 100 Free	LY-VA	6	1.83
	27.70	58.02			
	(27.70)	(30.32)			
2:16.39Y	F # 7A	Female 13-14 200 Back	LY-VA	3	-1.17
	32.83	1:07.59 1:42.29 2:16.39			
	(32.83)	(34.76) (34.70) (34.10)			
1:07.30Y	F # 9A	Female 13-14 100 Fly	LY-VA	5	1.70
	31.90	1:07.30			
	(31.90)	(35.40)			
5:24.55Y	F # 13A	Female 13-14 500 Free	LY-VA	3	0.77
	30.45	1:03.27 1:36.57 2:10.30 2:43.49 3:16.49 3:49.63 4:22.59			
	(30.45)	(32.82) (33.30) (33.73) (33.19) (33.00) (33.14) (32.96)			
	4:54.18	5:24.55			
	(31.59)	(30.37)			
26.39Y	F # 40A	Female 13-14 50 Free	LY-VA	2	0.75
1:04.38Y	F # 44A	Female 13-14 100 Back	LY-VA	3	-0.52
	31.41	1:04.38			
	(31.41)	(32.97)			
2:02.63Y	F # 46A	Female 13-14 200 Free	LY-VA	3	1.81
	29.15	1:00.86 1:32.42 2:02.63			
	(29.15)	(31.71) (31.56) (30.21)			
5:02.89Y	F # 48A	Female 13-14 400 IM	LY-VA	7	-7.18
	32.88	1:10.23 1:49.35 2:26.62 3:13.28 4:00.40 4:31.99 5:02.89			
	(32.88)	(37.35) (39.12) (37.27) (46.66) (47.12) (31.59) (30.90)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Kenleigh Holt (12) F					
36.52Y	F # 15	200 Medley Relay Lead Off	LY-VA	---	-1.36
3:09.41Y	F # 18C	Female 11-12 200 IM	LY-VA	---	---
	41.12	1:27.72 2:28.40 3:09.41			
	(41.12)	(46.60) (1:00.68) (41.01)			
3:07.34Y	F # 28B	Female 11-12 200 Back	LY-VA	---	---
	41.87	1:29.79 2:20.07 3:07.34			
	(41.87)	(47.92) (50.28) (47.27)			
1:40.74Y	F # 30C	Female 11-12 100 Breast	LY-VA	---	-11.12
	45.89	1:40.74			
	(45.89)	(54.85)			
1:14.78Y	F # 32C	Female 11-12 100 Free	LY-VA	---	-3.02
	36.03	1:14.78			
	(36.03)	(38.75)			
1:25.54Y	F # 53C	Female 11-12 100 IM	LY-VA	6	-5.58
	38.75	1:25.54			
	(38.75)	(46.79)			
33.24Y	F # 59C	Female 11-12 50 Free	LY-VA	3	-2.41
45.90Y	F # 67C	Female 11-12 50 Breast	LY-VA	12	-2.86
2:41.05Y	F # 69C	Female 11-12 200 Free	LY-VA	6	-16.22
	36.79	1:18.57 2:01.62 2:41.05			
	(36.79)	(41.78) (43.05) (39.43)			
Davis Hottle (16) M					
52.85Y	F # 4B	Male 15 & Over 100 Free	LY-VA	---	2.94
	25.34	52.85			
	(25.34)	(27.51)			
2:07.35Y	F # 8B	Male 15 & Over 200 Back	LY-VA	---	6.42
	29.55	1:01.30 1:34.55 2:07.35			
	(29.55)	(31.75) (33.25) (32.80)			
57.70Y	F # 10B	Male 15 & Over 100 Fly	LY-VA	---	3.82
	---	57.70			
	---	(57.70)			
2:12.60Y	F # 12B	Male 15 & Over 200 IM	LY-VA	---	8.86
	27.61	1:02.14 1:40.69 2:12.60			
	(27.61)	(34.53) (38.55) (31.91)			
23.96Y	F # 41B	Male 15 & Over 50 Free	LY-VA	14	0.91
58.78Y	F # 45B	Male 15 & Over 100 Back	LY-VA	15	2.93
	28.48	58.78			
	(28.48)	(30.30)			
1:58.86Y	F # 47B	Male 15 & Over 200 Free	LY-VA	7	5.18
	27.70	58.15 1:29.05 1:58.86			
	(27.70)	(30.45) (30.90) (29.81)			
4:34.43Y	F # 49B	Male 15 & Over 400 IM	LY-VA	17	-5.66
	28.70	1:01.58 1:37.29 2:12.31 2:51.72 3:30.89 4:03.39 4:34.43			
	(28.70)	(32.88) (35.71) (35.02) (39.41) (39.17) (32.50) (31.04)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Luke Hottle (14) M						
1:05.25Y	F # 6A	Male 13-14 100 Breast	LY-VA	1	---	3.74
	31.04	1:05.25				
	(31.04)	(34.21)				
57.33Y	F # 10A	Male 13-14 100 Fly	LY-VA	2	---	0.80
	---	57.33				
	---	(57.33)				
2:05.21Y	F # 12A	Male 13-14 200 IM	LY-VA	1	---	2.58
	27.65	1:00.82 1:36.53 2:05.21				
	(27.65)	(33.17) (35.71) (28.68)				
4:57.00Y	F # 14A	Male 13-14 500 Free	LY-VA	2	---	4.88
	26.85	56.19 1:26.40 1:56.81 2:27.18 2:57.15 3:27.66 3:58.14				
	(26.85)	(29.34) (30.21) (30.41) (30.37) (29.97) (30.51) (30.48)				
	4:28.50	4:57.00				
	(30.36)	(28.50)				
23.73Y	F # 37	200 Free Relay Lead Off	LY-VA	---	---	0.73
23.81Y	F # 41A	Male 13-14 50 Free	LY-VA	2	17	0.81
2:21.89Y	F # 43A	Male 13-14 200 Breast	LY-VA	1	20	8.85
	32.75	1:09.82 1:46.18 2:21.89				
	(32.75)	(37.07) (36.36) (35.71)				
1:53.57Y	F # 47A	Male 13-14 200 Free	LY-VA	1	20	0.44
	26.38	55.66 1:25.41 1:53.57				
	(26.38)	(29.28) (29.75) (28.16)				
4:23.59Y	F # 49A	Male 13-14 400 IM	LY-VA	1	20	7.73
	28.53	1:01.21 1:37.15 2:11.69 2:48.10 3:24.94 3:55.33 4:23.59				
	(28.53)	(32.68) (35.94) (34.54) (36.41) (36.84) (30.39) (28.26)				
Jaewon Hur (10) M						
1:04.46Y	F # 25B	Male 9-10 50 Back	LY-VA	15	---	---
2:27.64Y DQ	F # 31B	Male 9-10 100 Breast	LY-VA	---	---	---
	1:06.22	2:27.64				
	(1:06.22)	(1:21.42)				
1:53.69Y	F # 33B	Male 9-10 100 Free	LY-VA	17	---	-2.34
	---	1:53.69				
	---	(1:53.69)				
2:20.08Y DQ	F # 54B	Male 9-10 100 IM	LY-VA	---	---	---
	---	2:20.08				
	---	(2:20.08)				
50.98Y	F # 60B	Male 9-10 50 Free	LY-VA	14	3	-5.00
2:47.29Y	F # 66B	Male 9-10 100 Back	LY-VA	9	9	---
	1:12.32	2:47.29				
	(1:12.32)	(1:34.97)				
1:01.09Y DQ	F # 68B	Male 9-10 50 Breast	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Emily Judy (16) F					
28.86Y	F # 1	200 Medley Relay Lead Off	LY-VA	---	0.72
57.93Y	F # 3B	Female 15 & Over 100 Free	LY-VA	11	3.35
	28.12	57.93			
	(28.12)	(29.81)			
1:15.03Y	F # 5B	Female 15 & Over 100 Breast	LY-VA	12	4.71
	35.69	1:15.03			
	(35.69)	(39.34)			
NS	F # 7B	Female 15 & Over 200 Back	LY-VA	---	---
NS	F # 11B	Female 15 & Over 200 IM	LY-VA	---	---
NS	F # 40B	Female 15 & Over 50 Free	LY-VA	---	---
NS	F # 44B	Female 15 & Over 100 Back	LY-VA	---	---
Noah Kasper (16) M					
53.13Y	F # 4B	Male 15 & Over 100 Free	LY-VA	19	0.29
	25.80	53.13			
	(25.80)	(27.33)			
2:18.35Y	F # 8B	Male 15 & Over 200 Back	LY-VA	8	1.09
	33.53	1:08.64 1:43.83 2:18.35			
	(33.53)	(35.11) (35.19) (34.52)			
1:00.46Y	F # 10B	Male 15 & Over 100 Fly	LY-VA	15	1.29
	28.13	1:00.46			
	(28.13)	(32.33)			
5:25.79Y	F # 14B	Male 15 & Over 500 Free	LY-VA	16	-3.45
	30.14	1:03.33 1:36.92 2:11.05 2:45.00 3:18.24 3:51.33 4:24.36			
	(30.14)	(33.19) (33.59) (34.13) (33.95) (33.24) (33.09) (33.03)			
	4:55.99	5:25.79			
	(31.63)	(29.80)			
24.06Y	F # 41B	Male 15 & Over 50 Free	LY-VA	6	13
1:01.68Y	F # 45B	Male 15 & Over 100 Back	LY-VA	6	13
	30.92	1:01.68			
	(30.92)	(30.76)			
2:03.03Y	F # 47B	Male 15 & Over 200 Free	LY-VA	13	4
	28.91	1:01.22 1:33.48 2:03.03			
	(28.91)	(32.31) (32.26) (29.55)			
4:51.35Y	F # 49B	Male 15 & Over 400 IM	LY-VA	6	13
	30.63	1:06.16 1:46.03 2:24.37 3:06.02 3:47.60 4:20.71 4:51.35			
	(30.63)	(35.53) (39.87) (38.34) (41.65) (41.58) (33.11) (30.64)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Caleb Keatts (18) M						
1:00.30Y	F # 4B	Male 15 & Over 100 Free	LY-VA	30	---	-0.39
	29.75	1:00.30				
	(29.75)	(30.55)				
2:38.50Y	F # 8B	Male 15 & Over 200 Back	LY-VA	11	---	-6.42
	37.97	1:18.36 1:59.14 2:38.50				
	(37.97)	(40.39) (40.78) (39.36)				
2:33.48Y	F # 12B	Male 15 & Over 200 IM	LY-VA	17	---	0.68
	34.91	1:17.18 1:59.51 2:33.48				
	(34.91)	(42.27) (42.33) (33.97)				
5:59.38Y	F # 14B	Male 15 & Over 500 Free	LY-VA	20	---	-6.32
	32.50	1:08.70 1:45.49 2:22.35 2:58.93 3:35.69 4:12.46 4:48.73				
	(32.50)	(36.20) (36.79) (36.86) (36.58) (36.76) (36.77) (36.27)				
	5:25.25	5:59.38				
	(36.52)	(34.13)				
28.17Y	F # 41B	Male 15 & Over 50 Free	LY-VA	16	1	0.41
2:44.02Y	F # 43B	Male 15 & Over 200 Breast	LY-VA	9	9	-9.68
	37.89	1:20.31 2:03.89 2:44.02				
	(37.89)	(42.42) (43.58) (40.13)				
1:13.18Y	F # 45B	Male 15 & Over 100 Back	LY-VA	10	7	-1.56
	37.41	1:13.18				
	(37.41)	(35.77)				
2:11.98Y	F # 47B	Male 15 & Over 200 Free	LY-VA	17	---	-5.93
	31.13	1:04.86 1:38.99 2:11.98				
	(31.13)	(33.73) (34.13) (32.99)				
Hannah Kim (15) F						
1:00.38Y	F # 3B	Female 15 & Over 100 Free	LY-VA	16	---	-2.51
	29.39	1:00.38				
	(29.39)	(30.99)				
27.04Y	F # 40B	Female 15 & Over 50 Free	LY-VA	3	16	-1.41

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Kathleen King (13) F						
32.81Y	F # 2	200 Medley Relay Lead Off	LY-VA	---	1.43	
1:02.39Y	F # 3A	Female 13-14 100 Free	LY-VA	12	---	0.26
	30.64	1:02.39				
	(30.64)	(31.75)				
2:34.48Y	F # 7A	Female 13-14 200 Back	LY-VA	11	---	-1.26
	36.87	1:15.94 1:55.88 2:34.48				
	(36.87)	(39.07) (39.94) (38.60)				
1:15.37Y	F # 9A	Female 13-14 100 Fly	LY-VA	11	---	-7.06
	34.56	1:15.37				
	(34.56)	(40.81)				
6:09.70Y	F # 13A	Female 13-14 500 Free	LY-VA	14	---	10.06
	32.88	1:09.33 1:46.44 2:23.62 3:01.53 3:39.34 4:17.86 4:56.62				
	(32.88)	(36.45) (37.11) (37.18) (37.91) (37.81) (38.52) (38.76)				
	5:34.30	6:09.70				
	(37.68)	(35.40)				
28.16Y	F # 40A	Female 13-14 50 Free	LY-VA	5	14	0.22
1:13.52Y	F # 44A	Female 13-14 100 Back	LY-VA	11	6	4.34
	35.30	1:13.52				
	(35.30)	(38.22)				
NS	F # 46A	Female 13-14 200 Free	LY-VA	---	---	---
NS	F # 48A	Female 13-14 400 IM	LY-VA	---	---	---
Ava Kirby (16) F						
1:06.59Y	F # 3B	Female 15 & Over 100 Free	LY-VA	19	---	-0.63
	32.21	1:06.59				
	(32.21)	(34.38)				
1:26.08Y	F # 5B	Female 15 & Over 100 Breast	LY-VA	16	---	0.85
	---	1:26.08				
	---	(1:26.08)				
2:43.04Y	F # 11B	Female 15 & Over 200 IM	LY-VA	14	---	0.78
	36.21	1:18.68 2:06.80 2:43.04				
	(36.21)	(42.47) (48.12) (36.24)				
6:26.07Y	F # 13B	Female 15 & Over 500 Free	LY-VA	13	---	4.52
	34.87	1:13.41 1:52.36 2:31.73 3:10.91 3:50.11 4:29.25 5:08.85				
	(34.87)	(38.54) (38.95) (39.37) (39.18) (39.20) (39.14) (39.60)				
	5:48.32	6:26.07				
	(39.47)	(37.75)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Colt Kirby (12) M						
2:46.67Y	F # 19C	Male 11-12 200 IM	LY-VA	3	---	-0.30
	37.94	1:19.29 2:10.37 2:46.67				
	(37.94)	(41.35) (51.08) (36.30)				
1:17.11Y	F # 23C	Male 11-12 100 Fly	LY-VA	2	---	-1.82
	37.12	1:17.11				
	(37.12)	(39.99)				
1:06.16Y	F # 33C	Male 11-12 100 Free	LY-VA	3	---	-1.23
	31.76	1:06.16				
	(31.76)	(34.40)				
6:37.95Y	F # 35C	Male 11-12 500 Free	LY-VA	2	---	-3.44
	36.50	1:16.36 1:57.24 2:38.66 3:20.11 4:01.72 4:42.69 5:22.97				
	(36.50)	(39.86) (40.88) (41.42) (41.45) (41.61) (40.97) (40.28)				
	6:02.47	6:37.95				
	(39.50)	(35.48)				
Evangeline Korby (12) F						
1:29.24Y	F # 53C	Female 11-12 100 IM	LY-VA	14	3	---
	42.38	1:29.24				
	(42.38)	(46.86)				
32.48Y	F # 59C	Female 11-12 50 Free	LY-VA	11	6	---
44.86Y	F # 67C	Female 11-12 50 Breast	LY-VA	6	13	---
44.02Y	F # 71C	Female 11-12 50 Fly	LY-VA	17	---	---
Jon Korby (12) M						
31.36Y	F # 50	200 Free Relay Lead Off	LY-VA	---	---	-1.75
1:22.55Y	F # 54C	Male 11-12 100 IM	LY-VA	11	6	0.99
	38.32	1:22.55				
	(38.32)	(44.23)				
31.46Y	F # 60C	Male 11-12 50 Free	LY-VA	7	12	-1.65
1:23.55Y	F # 66C	Male 11-12 100 Back	LY-VA	8	11	1.90
	41.10	1:23.55				
	(41.10)	(42.45)				
2:36.57Y	F # 70C	Male 11-12 200 Free	LY-VA	8	11	-16.93
	34.34	1:14.45 --- 2:36.57				
	(34.34)	(40.11) --- (2:36.57)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Jefferson Koscielny (11) M						
1:54.03Y	F # 23C	Male 11-12 100 Fly	LY-VA	11	---	-1.52
	53.35	1:54.03				
	(53.35)	(1:00.68)				
50.27Y	F # 25C	Male 11-12 50 Back	LY-VA	19	---	-1.06
2:00.06Y DQ	F # 31C	Male 11-12 100 Breast	LY-VA	---	---	---
	55.59	2:00.06				
	(55.59)	(1:04.47)				
1:33.78Y	F # 33C	Male 11-12 100 Free	LY-VA	23	---	5.45
	---	1:33.78				
	---	(1:33.78)				
38.69Y	F # 60C	Male 11-12 50 Free	LY-VA	19	---	0.69
4:08.12Y	F # 62B	Male 11-12 200 Breast	LY-VA	4	15	4.19
	58.03	2:02.95 3:07.65 4:08.12				
	(58.03)	(1:04.92) (1:04.70) (1:00.47)				
49.66Y	F # 68C	Male 11-12 50 Breast	LY-VA	12	5	-7.43
3:14.83Y	F # 70C	Male 11-12 200 Free	LY-VA	15	2	-9.65
	46.43	1:38.63 2:29.20 3:14.83				
	(46.43)	(52.20) (50.57) (45.63)				
Jacob Kovarik (14) M						
27.85Y	F # 41A	Male 13-14 50 Free	LY-VA	17	---	1.53
1:12.46Y	F # 45A	Male 13-14 100 Back	LY-VA	17	---	1.78
	35.84	1:12.46				
	(35.84)	(36.62)				
Benjamin Leger (7) M						
45.24Y	F # 25A	Male 8 & Under 50 Back	LY-VA	3	---	-5.04
1:56.44Y	F # 31A	Male 8 & Under 100 Breast	LY-VA	3	---	-18.49
	56.77	1:56.44				
	(56.77)	(59.67)				
1:25.84Y	F # 33A	Male 8 & Under 100 Free	LY-VA	1	---	-2.80
	41.72	1:25.84				
	(41.72)	(44.12)				
8:11.09Y	F # 35A	Male 8 & Under 500 Free	LY-VA	1	---	-15.46
	43.15	1:32.69 2:23.60 3:14.14 4:04.46 4:55.51 5:47.79 6:38.63				
	(43.15)	(49.54) (50.91) (50.54) (50.32) (51.05) (52.28) (50.84)				
	7:27.43	8:11.09				
	(48.80)	(43.66)				
1:39.64Y	F # 54A	Male 8 & Under 100 IM	LY-VA	3	16	-3.15
	49.55	1:39.64				
	(49.55)	(50.09)				
22.17Y	F # 58	Male 8 & Under 25 Back	LY-VA	6	13	-0.55
38.99Y	F # 60A	Male 8 & Under 50 Free	LY-VA	1	20	-2.27
46.91Y	F # 72A	Male 8 & Under 50 Fly	LY-VA	3	16	-2.12

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Jacob Leger (14) M						
59.73Y	F # 4A	Male 13-14 100 Free	LY-VA	17	---	-0.14
	28.65	59.73				
	(28.65)	(31.08)				
2:37.38Y	F # 8A	Male 13-14 200 Back	LY-VA	13	---	2.52
	36.87	1:17.42 1:59.04 2:37.38				
	(36.87)	(40.55) (41.62) (38.34)				
1:04.77Y	F # 10A	Male 13-14 100 Fly	LY-VA	11	---	0.04
	30.47	1:04.77				
	(30.47)	(34.30)				
6:01.23Y	F # 14A	Male 13-14 500 Free	LY-VA	19	---	14.29
	31.67	1:06.99 1:44.26 2:23.04 2:59.23 3:37.47 4:14.85 4:51.15				
	(31.67)	(35.32) (37.27) (38.78) (36.19) (38.24) (37.38) (36.30)				
	5:26.61	6:01.23				
	(35.46)	(34.62)				
2:24.58Y	F # 39A	Male 13-14 200 Fly	LY-VA	5	14	-3.37
	32.73	1:09.73 1:47.57 2:24.58				
	(32.73)	(37.00) (37.84) (37.01)				
3:05.08Y	F # 43A	Male 13-14 200 Breast	LY-VA	12	5	5.57
	42.53	1:30.51 2:18.51 3:05.08				
	(42.53)	(47.98) (48.00) (46.57)				
2:13.69Y	F # 47A	Male 13-14 200 Free	LY-VA	17	---	0.72
	30.61	1:04.70 1:41.29 2:13.69				
	(30.61)	(34.09) (36.59) (32.40)				
5:20.35Y	F # 49A	Male 13-14 400 IM	LY-VA	15	2	9.49
	34.45	1:15.13 1:58.37 2:39.52 3:26.47 4:13.71 4:47.47 5:20.35				
	(34.45)	(40.68) (43.24) (41.15) (46.95) (47.24) (33.76) (32.88)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Noah Leger (11) M						
2:53.48Y	F # 19C	Male 11-12 200 IM	LY-VA	4	---	3.73
	39.64	1:22.64 2:15.70 2:53.48				
	(39.64)	(43.00) (53.06) (37.78)				
1:21.96Y	F # 23C	Male 11-12 100 Fly	LY-VA	3	---	-4.25
	40.06	1:21.96				
	(40.06)	(41.90)				
2:51.05Y	F # 29B	Male 11-12 200 Back	LY-VA	3	---	-8.18
	41.43	1:26.39 2:11.15 2:51.05				
	(41.43)	(44.96) (44.76) (39.90)				
1:37.60Y	F # 31C	Male 11-12 100 Breast	LY-VA	11	---	4.18
	45.97	1:37.60				
	(45.97)	(51.63)				
31.73Y	F # 50	200 Free Relay Lead Off	LY-VA	---	---	-0.63
1:22.34Y	F # 54C	Male 11-12 100 IM	LY-VA	10	7	3.31
	37.89	1:22.34				
	(37.89)	(44.45)				
31.74Y	F # 60C	Male 11-12 50 Free	LY-VA	8	11	-0.62
3:20.27Y	F # 62B	Male 11-12 200 Breast	LY-VA	3	16	-16.48
	46.59	1:38.73 2:31.65 3:20.27				
	(46.59)	(52.14) (52.92) (48.62)				
6:13.91Y	F # 74C	Male 11-12 400 IM	LY-VA	2	17	---
	43.86	1:35.44 2:21.11 3:07.23 3:59.78 4:53.86 5:35.57 6:13.91				
	(43.86)	(51.58) (45.67) (46.12) (52.55) (54.08) (41.71) (38.34)				
Hannah Lewis (11) F						
57.79Y	F # 24C	Female 11-12 50 Back	LY-VA	24	---	-1.51
2:08.79Y	F # 30C	Female 11-12 100 Breast	LY-VA	21	---	---
	---	2:08.79				
	---	(2:08.79)				
1:36.50Y	F # 32C	Female 11-12 100 Free	LY-VA	26	---	---
	45.86	1:36.50				
	(45.86)	(50.64)				
1:46.15Y DQ	F # 53C	Female 11-12 100 IM	LY-VA	---	---	---
	52.07	1:46.15				
	(52.07)	(54.08)				
42.50Y	F # 59C	Female 11-12 50 Free	LY-VA	26	---	-6.05
1:01.17Y	F # 67C	Female 11-12 50 Breast	LY-VA	16	1	---
50.36Y	F # 71C	Female 11-12 50 Fly	LY-VA	19	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Zoey Lewis (13) F					
1:25.36Y	F # 3A	Female 13-14 100 Free	LY-VA	26	---
	41.02	1:25.36			
	(41.02)	(44.34)			
1:51.07Y	F # 5A	Female 13-14 100 Breast	LY-VA	11	---
	52.00	1:51.07			
	(52.00)	(59.07)			
3:40.53Y DQ	F # 11A	Female 13-14 200 IM	LY-VA	---	---
	53.01	1:49.94 2:53.89 3:40.53			
	(53.01)	(56.93) (1:03.95) (46.64)			
36.57Y	F # 40A	Female 13-14 50 Free	LY-VA	20	---
1:42.13Y	F # 44A	Female 13-14 100 Back	LY-VA	24	---
	48.71	1:42.13			
	(48.71)	(53.42)			
3:13.47Y	F # 46A	Female 13-14 200 Free	LY-VA	24	---
	42.14	1:30.74 2:22.58 3:13.47			
	(42.14)	(48.60) (51.84) (50.89)			
Tiras Lowe (8) M					
29.06Y	F # 21	Male 8 & Under 25 Breast	LY-VA	7	12
1:04.36Y	F # 25A	Male 8 & Under 50 Back	LY-VA	11	---
20.76Y	F # 27	Male 8 & Under 25 Free	LY-VA	7	---
1:53.94Y	F # 33A	Male 8 & Under 100 Free	LY-VA	6	---
	---	1:53.94			
	---	(1:53.94)			
27.81Y	F # 58	Male 8 & Under 25 Back	LY-VA	15	2
50.24Y	F # 60A	Male 8 & Under 50 Free	LY-VA	13	4
27.00Y DQ	F # 64	Male 8 & Under 25 Fly	LY-VA	---	---
1:06.99Y	F # 68A	Male 8 & Under 50 Breast	LY-VA	6	13
Haziq Mahmood (12) M					
1:04.31Y	F # 25C	Male 11-12 50 Back	LY-VA	21	---
NS	F # 31C	Male 11-12 100 Breast	LY-VA	---	---
2:03.65Y	F # 33C	Male 11-12 100 Free	LY-VA	27	---
	---	2:03.65			
	---	(2:03.65)			
52.93Y	F # 60C	Male 11-12 50 Free	LY-VA	25	---
2:17.71Y	F # 66C	Male 11-12 100 Back	LY-VA	15	2
	1:07.49	2:17.71			
	(1:07.49)	(1:10.22)			
NS	F # 68C	Male 11-12 50 Breast	LY-VA	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Blythe Miller (15) F						
1:05.02Y	F # 3B	Female 15 & Over 100 Free	LY-VA	18	---	-0.76
	31.37	1:05.02				
	(31.37)	(33.65)				
1:22.57Y	F # 5B	Female 15 & Over 100 Breast	LY-VA	15	---	-2.35
	40.30	1:22.57				
	(40.30)	(42.27)				
1:24.10Y	F # 9B	Female 15 & Over 100 Fly	LY-VA	7	---	-7.32
	39.15	1:24.10				
	(39.15)	(44.95)				
2:47.58Y	F # 11B	Female 15 & Over 200 IM	LY-VA	15	---	3.25
	38.17	1:21.70 2:10.76 2:47.58				
	(38.17)	(43.53) (49.06) (36.82)				
Anna Mills (16) F						
1:00.21Y	F # 3B	Female 15 & Over 100 Free	LY-VA	15	---	0.41
	29.21	1:00.21				
	(29.21)	(31.00)				
2:28.24Y	F # 7B	Female 15 & Over 200 Back	LY-VA	7	---	1.28
	35.32	1:13.58 --- 2:28.24				
	(35.32)	(38.26) --- (2:28.24)				
5:54.06Y	F # 13B	Female 15 & Over 500 Free	LY-VA	12	---	9.16
	30.57	1:05.28 1:41.45 2:18.01 2:54.79 3:31.62 4:08.14 4:44.05				
	(30.57)	(34.71) (36.17) (36.56) (36.78) (36.83) (36.52) (35.91)				
	5:20.31	5:54.06				
	(36.26)	(33.75)				
28.12Y	F # 40B	Female 15 & Over 50 Free	LY-VA	7	12	0.83
1:07.58Y	F # 44B	Female 15 & Over 100 Back	LY-VA	4	15	1.57
	32.97	1:07.58				
	(32.97)	(34.61)				
2:11.21Y	F # 46B	Female 15 & Over 200 Free	LY-VA	3	16	2.69
	30.84	1:04.80 1:39.20 2:11.21				
	(30.84)	(33.96) (34.40) (32.01)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Jack Mills (18) M						
45.91Y	F # 4B	Male 15 & Over 100 Free	LY-VA	1	---	0.41
	22.06	45.91				
	(22.06)	(23.85)				
1:02.74Y	F # 6B	Male 15 & Over 100 Breast	LY-VA	5	---	2.19
	30.75	1:02.74				
	(30.75)	(31.99)				
49.38Y	F # 10B	Male 15 & Over 100 Fly	LY-VA	1	---	1.17
	23.00	49.38				
	(23.00)	(26.38)				
1:58.82Y	F # 12B	Male 15 & Over 200 IM	LY-VA	2	---	7.54
	25.05	56.51 1:32.47 1:58.82				
	(25.05)	(31.46) (35.96) (26.35)				
21.63Y	F # 36	200 Free Relay Lead Off	LY-VA	---	---	0.85
1:53.53Y	F # 39B	Male 15 & Over 200 Fly	LY-VA	1	20	4.76
	25.68	54.65 1:24.17 1:53.53				
	(25.68)	(28.97) (29.52) (29.36)				
21.73Y	F # 41B	Male 15 & Over 50 Free	LY-VA	1	20	0.95
2:14.90Y	F # 43B	Male 15 & Over 200 Breast	LY-VA	2	17	0.26
	32.04	1:06.43 1:41.48 2:14.90				
	(32.04)	(34.39) (35.05) (33.42)				
1:43.55Y	F # 47B	Male 15 & Over 200 Free	LY-VA	1	20	4.07
	24.70	51.04 1:17.65 1:43.55				
	(24.70)	(26.34) (26.61) (25.90)				
Dabney Morrison (9) F						
44.21Y	F # 24B	Female 9-10 50 Back	LY-VA	9	---	-2.62
1:55.46Y	F # 30B	Female 9-10 100 Breast	LY-VA	9	---	2.94
	53.21	1:55.46				
	(53.21)	(1:02.25)				
1:31.99Y	F # 32B	Female 9-10 100 Free	LY-VA	13	---	-15.53
	42.22	1:31.99				
	(42.22)	(49.77)				
8:44.66Y	F # 34B	Female 9-10 500 Free	LY-VA	3	---	---
	42.90	1:35.26 2:28.91 3:22.58 4:16.78 5:11.13 6:05.89 6:58.43				
	(42.90)	(52.36) (53.65) (53.67) (54.20) (54.35) (54.76) (52.54)				
	7:53.61	8:44.66				
	(55.18)	(51.05)				
38.33Y	F # 59B	Female 9-10 50 Free	LY-VA	13	4	-0.31
1:40.42Y	F # 65B	Female 9-10 100 Back	LY-VA	5	14	-9.48
	---	1:40.42				
	---	(1:40.42)				
3:16.00Y	F # 69B	Female 9-10 200 Free	LY-VA	5	14	---
	41.51	1:32.97 2:25.26 3:16.00				
	(41.51)	(51.46) (52.29) (50.74)				
49.96Y	F # 71B	Female 9-10 50 Fly	LY-VA	7	12	7.11

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Luke Morrison (13) M						
2:34.96Y	F # 8A	Male 13-14 200 Back	LY-VA	12	---	1.26
	38.02	1:16.98 1:56.56 2:34.96				
	(38.02)	(38.96) (39.58) (38.40)				
1:07.01Y	F # 10A	Male 13-14 100 Fly	LY-VA	14	---	2.27
	30.20	1:07.01				
	(30.20)	(36.81)				
2:32.03Y	F # 12A	Male 13-14 200 IM	LY-VA	16	---	3.01
	33.19	1:12.71 1:59.16 2:32.03				
	(33.19)	(39.52) (46.45) (32.87)				
5:55.49Y	F # 14A	Male 13-14 500 Free	LY-VA	17	---	8.74
	32.31	1:07.92 1:44.23 2:21.42 2:57.90 3:34.31 4:10.62 4:46.47				
	(32.31)	(35.61) (36.31) (37.19) (36.48) (36.41) (36.31) (35.85)				
	5:21.42	5:55.49				
	(34.95)	(34.07)				
Mac Morrison (10) M						
38.33Y	F # 25B	Male 9-10 50 Back	LY-VA	3	---	0.11
3:05.44Y	F # 29A	Male 9-10 200 Back	LY-VA	2	---	---
	41.85	1:30.12 --- 3:05.44				
	(41.85)	(48.27) --- (3:05.44)				
1:08.35Y	F # 33B	Male 9-10 100 Free	LY-VA	2	---	-1.87
	32.20	1:08.35				
	(32.20)	(36.15)				
7:03.04Y	F # 35B	Male 9-10 500 Free	LY-VA	2	---	-2.37
	36.92	1:17.20 2:01.70 2:45.43 3:29.76 4:12.08 4:57.11 5:40.73				
	(36.92)	(40.28) (44.50) (43.73) (44.33) (42.32) (45.03) (43.62)				
	6:25.30	7:03.04				
	(44.57)	(37.74)				
30.90Y	F # 51	200 Free Relay Lead Off	LY-VA	---	---	0.06
1:24.96Y	F # 54B	Male 9-10 100 IM	LY-VA	5	14	0.77
	38.87	1:24.96				
	(38.87)	(46.09)				
1:25.05Y	F # 66B	Male 9-10 100 Back	LY-VA	4	15	-0.76
	42.09	1:25.05				
	(42.09)	(42.96)				
49.69Y	F # 68B	Male 9-10 50 Breast	LY-VA	3	16	-1.57
34.30Y	F # 72B	Male 9-10 50 Fly	LY-VA	1	20	-0.72

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Aidan Moss (12) M						
2:44.96Y	F # 19C	Male 11-12 200 IM	LY-VA	2	---	-0.86
	35.43	1:16.19 2:06.47 2:44.96				
	(35.43)	(40.76) (50.28) (38.49)				
34.30Y	F # 25C	Male 11-12 50 Back	LY-VA	3	---	0.15
2:37.83Y	F # 29B	Male 11-12 200 Back	LY-VA	2	---	-1.78
	37.53	1:17.76 1:58.50 2:37.83				
	(37.53)	(40.23) (40.74) (39.33)				
1:32.33Y	F # 31C	Male 11-12 100 Breast	LY-VA	6	---	1.35
	44.64	1:32.33				
	(44.64)	(47.69)				
3:00.74Y	F # 56B	Male 11-12 200 Fly	LY-VA	1	20	-5.99
	38.55	1:24.00 2:12.87 3:00.74				
	(38.55)	(45.45) (48.87) (47.87)				
31.07Y	F # 60C	Male 11-12 50 Free	LY-VA	6	13	-0.27
1:14.06Y	F # 66C	Male 11-12 100 Back	LY-VA	3	16	1.38
	36.18	1:14.06				
	(36.18)	(37.88)				
34.99Y	F # 72C	Male 11-12 50 Fly	LY-VA	5	14	1.60
William Moss (8) M						
44.83Y	F # 60A	Male 8 & Under 50 Free	LY-VA	7	12	-0.27
1:47.01Y	F # 66A	Male 8 & Under 100 Back	LY-VA	2	17	---
	---	1:47.01				
	---	(1:47.01)				
1:01.97Y	F # 68A	Male 8 & Under 50 Breast	LY-VA	4	15	-1.37
1:18.11Y	F # 72A	Male 8 & Under 50 Fly	LY-VA	4	15	---
Broderick Nelson (13) M						
2:23.12Y	F # 39A	Male 13-14 200 Fly	LY-VA	4	15	8.78
	29.75	1:06.06 1:44.84 2:23.12				
	(29.75)	(36.31) (38.78) (38.28)				
2:30.65Y	F # 43A	Male 13-14 200 Breast	LY-VA	5	14	6.14
	33.26	1:12.06 1:52.06 2:30.65				
	(33.26)	(38.80) (40.00) (38.59)				
2:02.38Y	F # 47A	Male 13-14 200 Free	LY-VA	8	11	4.75
	27.94	1:00.38 1:31.88 2:02.38				
	(27.94)	(32.44) (31.50) (30.50)				
4:38.68Y	F # 49A	Male 13-14 400 IM	LY-VA	4	15	-1.80
	29.33	1:05.02 1:41.64 2:18.14 2:55.87 3:35.16 4:07.49 4:38.68				
	(29.33)	(35.69) (36.62) (36.50) (37.73) (39.29) (32.33) (31.19)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Caroline Nelson (10) F						
1:34.13Y	F # 22B	Female 9-10 100 Fly	LY-VA	2	---	1.11
	42.69	1:34.13				
	(42.69)	(51.44)				
41.22Y	F # 24B	Female 9-10 50 Back	LY-VA	5	---	-0.17
1:24.94Y	F # 30B	Female 9-10 100 Breast	LY-VA	1	---	-3.89
	39.30	1:24.94				
	(39.30)	(45.64)				
1:13.70Y	F # 32B	Female 9-10 100 Free	LY-VA	1	---	1.24
	35.76	1:13.70				
	(35.76)	(37.94)				
30.39Y	F # 59B	Female 9-10 50 Free	LY-VA	1	20	-1.14
3:11.38Y	F # 61A	Female 9-10 200 Breast	LY-VA	1	20	-20.85
	43.17	---	2:23.76	3:11.38		
	(43.17)	---	(2:23.76)	(47.62)		
39.80Y	F # 71B	Female 9-10 50 Fly	LY-VA	2	17	0.33
6:21.74Y	F # 73B	Female 9-10 400 IM	LY-VA	1	20	---
	44.56	1:33.95	2:25.54	3:14.34	4:05.60	4:56.16
	(44.56)	(49.39)	(51.59)	(48.80)	(51.26)	(50.56)
				(44.72)	(40.86)	
Aidan Parker (13) M						
1:17.04Y	F # 4A	Male 13-14 100 Free	LY-VA	31	---	-4.43
	---	1:17.04				
	---	(1:17.04)				
1:38.10Y	F # 6A	Male 13-14 100 Breast	LY-VA	19	---	1.95
	45.20	1:38.10				
	(45.20)	(52.90)				
3:14.92Y	F # 12A	Male 13-14 200 IM	LY-VA	26	---	9.89
	47.69	1:39.90	2:31.36	3:14.92		
	(47.69)	(52.21)	(51.46)	(43.56)		
7:32.00Y	F # 14A	Male 13-14 500 Free	LY-VA	21	---	-0.27
	40.26	1:25.62	2:11.73	2:56.71	3:41.78	4:28.52
	(40.26)	(45.36)	(46.11)	(44.98)	(45.07)	(46.74)
	---	7:32.00			---	6:02.19
	---	(7:32.00)			---	(6:02.19)
34.58Y	F # 41A	Male 13-14 50 Free	LY-VA	24	---	-1.43
3:31.62Y	F # 43A	Male 13-14 200 Breast	LY-VA	16	1	9.28
	48.96	1:43.95	---	3:31.62		
	(48.96)	(54.99)	---	(3:31.62)		
1:34.67Y	F # 45A	Male 13-14 100 Back	LY-VA	24	---	-4.61
	45.07	1:34.67				
	(45.07)	(49.60)				
2:48.89Y	F # 47A	Male 13-14 200 Free	LY-VA	26	---	1.19
	39.30	1:22.35	2:05.50	2:48.89		
	(39.30)	(43.05)	(43.15)	(43.39)		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Addison Pavao (9) M						
1:08.08Y	F # 25B	Male 9-10 50 Back	LY-VA	16	---	1.58
2:18.50Y	F # 31B	Male 9-10 100 Breast	LY-VA	10	---	8.70
	1:05.46	2:18.50				
	(1:05.46)	(1:13.04)				
1:53.23Y	F # 33B	Male 9-10 100 Free	LY-VA	16	---	-0.28
	54.08	1:53.23				
	(54.08)	(59.15)				
2:11.59Y	F # 54B	Male 9-10 100 IM	LY-VA	13	4	---
	1:06.59	2:11.59				
	(1:06.59)	(1:05.00)				
49.95Y	F # 60B	Male 9-10 50 Free	LY-VA	13	4	-1.52
1:01.90Y	F # 68B	Male 9-10 50 Breast	LY-VA	6	13	0.52
1:16.74Y	F # 72B	Male 9-10 50 Fly	LY-VA	9	9	---
Ella Pennington (13) F						
1:06.87Y	F # 3A	Female 13-14 100 Free	LY-VA	19	---	1.67
	32.36	1:06.87				
	(32.36)	(34.51)				
2:47.69Y	F # 7A	Female 13-14 200 Back	LY-VA	15	---	0.83
	41.28	1:23.56	2:07.06	2:47.69		
	(41.28)	(42.28)	(43.50)	(40.63)		
2:39.38Y	F # 11A	Female 13-14 200 IM	LY-VA	12	---	-5.25
	34.58	1:15.78	2:04.56	2:39.38		
	(34.58)	(41.20)	(48.78)	(34.82)		
5:59.96Y	F # 13A	Female 13-14 500 Free	LY-VA	11	---	-14.89
	34.00	1:11.23	1:48.73	2:26.12	3:03.22	3:39.33
	(34.00)	(37.23)	(37.50)	(37.39)	(37.10)	(36.11)
	5:25.91	5:59.96			4:14.96	4:50.29
	(35.62)	(34.05)			(35.63)	(35.33)
2:54.25Y	F # 38A	Female 13-14 200 Fly	LY-VA	5	14	-6.68
	37.73	1:22.91	2:09.91	2:54.25		
	(37.73)	(45.18)	(47.00)	(44.34)		
1:17.13Y	F # 44A	Female 13-14 100 Back	LY-VA	14	3	1.07
	37.85	1:17.13				
	(37.85)	(39.28)				
2:20.97Y	F # 46A	Female 13-14 200 Free	LY-VA	13	4	-0.55
	32.91	1:08.95	1:45.34	2:20.97		
	(32.91)	(36.04)	(36.39)	(35.63)		
5:41.49Y	F # 48A	Female 13-14 400 IM	LY-VA	10	7	-0.81
	37.25	1:22.39	2:06.11	2:50.13	3:38.81	4:28.74
	(37.25)	(45.14)	(43.72)	(44.02)	(48.68)	(49.93)
					5:05.88	5:41.49
					(37.14)	(35.61)

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Lainey Pennington (11) F											
2:47.25Y	F # 18C	Female	11-12	200 IM	LY-VA		9		---	-3.02	
	37.82	1:20.24	2:11.76	2:47.25							
	(37.82)	(42.42)	(51.52)	(35.49)							
2:56.04Y DQ	F # 28B	Female	11-12	200 Back	LY-VA		---		---	---	
	42.80	1:27.16	2:11.73	2:56.04							
	(42.80)	(44.36)	(44.57)	(44.31)							
1:07.22Y	F # 32C	Female	11-12	100 Free	LY-VA		9		---	0.09	
	33.09	1:07.22									
	(33.09)	(34.13)									
6:17.97Y	F # 34C	Female	11-12	500 Free	LY-VA		3		---	-11.20	
	34.67	1:13.04	1:51.98	2:31.51	3:09.65	3:47.93	4:26.55	5:04.70			
	(34.67)	(38.37)	(38.94)	(39.53)	(38.14)	(38.28)	(38.62)	(38.15)			
	5:42.28	6:17.97									
	(37.58)	(35.69)									
31.24Y	F # 59C	Female	11-12	50 Free	LY-VA		7		12	-0.42	
3:22.72Y	F # 61B	Female	11-12	200 Breast	LY-VA		2		17	---	
	46.19	1:36.92	2:30.99	3:22.72							
	(46.19)	(50.73)	(54.07)	(51.73)							
2:22.95Y	F # 69C	Female	11-12	200 Free	LY-VA		5		14	-0.45	
	33.39	1:09.81	1:46.97	2:22.95							
	(33.39)	(36.42)	(37.16)	(35.98)							
5:55.23Y	F # 73C	Female	11-12	400 IM	LY-VA		1		20	---	
	38.41	1:26.74	2:12.30	2:57.01	3:48.87	4:41.08	5:18.57	5:55.23			
	(38.41)	(48.33)	(45.56)	(44.71)	(51.86)	(52.21)	(37.49)	(36.66)			
Will Perrow (17) M											
1:04.26Y	F # 4B	Male 15 & Over	100	Free	LY-VA		32		---	2.26	
	30.54	1:04.26									
	(30.54)	(33.72)									
1:20.90Y	F # 6B	Male 15 & Over	100	Breast	LY-VA		18		---	0.49	
	---	1:20.90									
	---	(1:20.90)									
3:05.23Y	F # 8B	Male 15 & Over	200	Back	LY-VA		12		---	2.73	
	44.37	1:31.11	2:18.98	3:05.23							
	(44.37)	(46.74)	(47.87)	(46.25)							
NS	F # 14B	Male 15 & Over	500	Free	LY-VA		---		---	---	
28.74Y	F # 41B	Male 15 & Over	50	Free	LY-VA		17		---	1.15	
1:22.48Y	F # 45B	Male 15 & Over	100	Back	LY-VA		11		6	-2.59	
	40.92	1:22.48									
	(40.92)	(41.56)									
2:23.32Y	F # 47B	Male 15 & Over	200	Free	LY-VA		19		---	6.29	
	31.58	1:06.70	1:45.06	2:23.32							
	(31.58)	(35.12)	(38.36)	(38.26)							
5:55.76Y	F # 49B	Male 15 & Over	400	IM	LY-VA		9		9	---	
	34.71	1:17.82	2:06.85	2:56.25	3:44.19	4:32.28	5:14.56	5:55.76			
	(34.71)	(43.11)	(49.03)	(49.40)	(47.94)	(48.09)	(42.28)	(41.20)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Charlotte Pickeral (8) F						
24.71Y	F # 20	Female 8 & Under 25 Breast	LY-VA	1	---	-2.81
50.19Y	F # 24A	Female 8 & Under 50 Back	LY-VA	1	---	-3.02
1:37.02Y	F # 32A	Female 8 & Under 100 Free	LY-VA	1	---	5.69
	---	1:37.02				
	---	(1:37.02)				
8:32.53Y	F # 34A	Female 8 & Under 500 Free	LY-VA	1	---	---
	46.61	1:37.34 2:30.06 3:22.54	4:15.24 5:06.79 6:00.20 6:52.17			
	(46.61)	(50.73) (52.72) (52.48)	(52.70) (51.55) (53.41) (51.97)			
	7:44.94	8:32.53				
	(52.77)	(47.59)				
34.51Y	F # 52	100 Free Relay Lead Off	LY-VA	---	---	17.53
23.11Y	F # 57	Female 8 & Under 25 Back	LY-VA	2	17	-0.97
39.79Y	F # 59A	Female 8 & Under 50 Free	LY-VA	1	20	-1.88
1:50.63Y	F # 65A	Female 8 & Under 100 Back	LY-VA	1	20	1.64
	54.20	1:50.63				
	(54.20)	(56.43)				
58.35Y	F # 71A	Female 8 & Under 50 Fly	LY-VA	1	20	-6.31
Danna Pineda (12) F						
1:27.41Y	F # 22C	Female 11-12 100 Fly	LY-VA	8	---	-2.63
	---	1:27.41				
	---	(1:27.41)				
35.05Y	F # 24C	Female 11-12 50 Back	LY-VA	6	---	0.04
2:50.42Y	F # 28B	Female 11-12 200 Back	LY-VA	2	---	-21.68
	39.67	1:23.58 2:08.47 2:50.42				
	(39.67)	(43.91) (44.89) (41.95)				
7:02.54Y	F # 34C	Female 11-12 500 Free	LY-VA	6	---	-7.49
	34.86	1:15.42 1:59.36 2:43.08	3:27.40 4:11.67 4:56.24 5:39.33			
	(34.86)	(40.56) (43.94) (43.72)	(44.32) (44.27) (44.57) (43.09)			
	6:21.47	7:02.54				
	(42.14)	(41.07)				
30.47Y	F # 50	200 Free Relay Lead Off	LY-VA	---	---	0.73
30.31Y	F # 59C	Female 11-12 50 Free	LY-VA	5	14	0.57
1:14.97Y	F # 65C	Female 11-12 100 Back	LY-VA	3	16	-0.81
	35.57	1:14.97				
	(35.57)	(39.40)				
2:37.44Y	F # 69C	Female 11-12 200 Free	LY-VA	9	9	3.72
	35.50	1:15.52 1:56.88 2:37.44				
	(35.50)	(40.02) (41.36) (40.56)				
37.84Y	F # 71C	Female 11-12 50 Fly	LY-VA	8	11	-0.26

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Owen Porter (13) M						
1:02.92Y	F # 4A	Male 13-14 100 Free	LY-VA	23	---	-2.57
	30.31	1:02.92				
	(30.31)	(32.61)				
1:17.58Y	F # 6A	Male 13-14 100 Breast	LY-VA	8	---	0.22
	37.16	1:17.58				
	(37.16)	(40.42)				
2:36.73Y	F # 12A	Male 13-14 200 IM	LY-VA	18	---	-3.52
	35.10	1:17.95 2:01.10 2:36.73				
	(35.10)	(42.85) (43.15) (35.63)				
6:26.10Y	F # 14A	Male 13-14 500 Free	LY-VA	20	---	-20.88
	34.21	1:11.52 1:50.48 2:30.21 3:10.69 3:51.52 4:31.96 5:11.00				
	(34.21)	(37.31) (38.96) (39.73) (40.48) (40.83) (40.44) (39.04)				
	5:49.65	6:26.10				
	(38.65)	(36.45)				
27.97Y	F # 41A	Male 13-14 50 Free	LY-VA	18	---	-1.25
2:52.95Y	F # 43A	Male 13-14 200 Breast	LY-VA	11	6	-6.34
	39.51	1:23.71 2:09.20 2:52.95				
	(39.51)	(44.20) (45.49) (43.75)				
2:19.62Y	F # 47A	Male 13-14 200 Free	LY-VA	23	---	-1.62
	32.19	1:07.34 1:43.79 2:19.62				
	(32.19)	(35.15) (36.45) (35.83)				
5:45.35Y	F # 49A	Male 13-14 400 IM	LY-VA	18	---	-21.97
	38.30	1:25.97 2:10.94 2:56.29 3:42.61 4:30.18 5:07.77 5:45.35				
	(38.30)	(47.67) (44.97) (45.35) (46.32) (47.57) (37.59) (37.58)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Hudson Rice (14) M						
51.69Y	F # 4A	Male 13-14 100 Free	LY-VA	2	---	-0.60
	25.23	51.69				
	(25.23)	(26.46)				
56.57Y	F # 10A	Male 13-14 100 Fly	LY-VA	1	---	0.52
	27.01	56.57				
	(27.01)	(29.56)				
2:07.09Y	F # 12A	Male 13-14 200 IM	LY-VA	2	---	2.49
	27.67	1:00.50 1:38.26 2:07.09				
	(27.67)	(32.83) (37.76) (28.83)				
4:58.54Y	F # 14A	Male 13-14 500 Free	LY-VA	3	---	-2.88
	27.10	56.70 1:27.34 1:57.95 2:28.21 2:58.53 3:29.11 3:59.26				
	(27.10)	(29.60) (30.64) (30.61) (30.26) (30.32) (30.58) (30.15)				
	4:29.82	4:58.54				
	(30.56)	(28.72)				
23.84Y	F # 37	200 Free Relay Lead Off	LY-VA	---	---	0.15
2:05.76Y	F # 39A	Male 13-14 200 Fly	LY-VA	1	20	1.93
	28.60	1:00.19 1:33.20 2:05.76				
	(28.60)	(31.59) (33.01) (32.56)				
2:24.71Y	F # 43A	Male 13-14 200 Breast	LY-VA	2	17	5.14
	33.50	1:10.51 1:48.17 2:24.71				
	(33.50)	(37.01) (37.66) (36.54)				
1:53.63Y	F # 47A	Male 13-14 200 Free	LY-VA	2	17	1.38
	26.85	55.99 1:25.68 1:53.63				
	(26.85)	(29.14) (29.69) (27.95)				
4:23.97Y	F # 49A	Male 13-14 400 IM	LY-VA	2	17	4.14
	28.79	1:01.55 1:36.48 2:10.31 2:47.89 3:25.24 3:55.65 4:23.97				
	(28.79)	(32.76) (34.93) (33.83) (37.58) (37.35) (30.41) (28.32)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Andrew Rogers (18) M						
53.34Y	F # 4B	Male 15 & Over 100 Free	LY-VA	22	---	2.19
	26.03	53.34				
	(26.03)	(27.31)				
58.46Y	F # 10B	Male 15 & Over 100 Fly	LY-VA	14	---	2.75
	27.37	58.46				
	(27.37)	(31.09)				
NS	F # 12B	Male 15 & Over 200 IM	LY-VA	---	---	---
5:33.15Y	F # 14B	Male 15 & Over 500 Free	LY-VA	17	---	13.55
	29.34	1:02.13 1:35.54 2:09.37	2:43.14 3:17.35 3:51.78	4:26.00		
	(29.34)	(32.79) (33.41) (33.83)	(33.77) (34.21) (34.43)	(34.22)		
	5:00.01	5:33.15				
	(34.01)	(33.14)				
2:09.97Y	F # 39B	Male 15 & Over 200 Fly	LY-VA	4	15	3.72
	29.05	1:02.09 1:35.14 2:09.97				
	(29.05)	(33.04) (33.05) (34.83)				
24.63Y DQ	F # 41B	Male 15 & Over 50 Free	LY-VA	---	---	---
1:57.87Y	F # 47B	Male 15 & Over 200 Free	LY-VA	7	12	4.73
	27.77	58.04 1:28.19 1:57.87				
	(27.77)	(30.27) (30.15) (29.68)				
NS	F # 49B	Male 15 & Over 400 IM	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Mitchell Rogers (13) M						
58.12Y	F # 4A	Male 13-14 100 Free	LY-VA	13	---	-0.69
	28.17	58.12				
	(28.17)	(29.95)				
1:02.66Y	F # 10A	Male 13-14 100 Fly	LY-VA	7	---	1.11
	29.24	1:02.66				
	(29.24)	(33.42)				
2:21.42Y	F # 12A	Male 13-14 200 IM	LY-VA	9	---	1.98
	30.30	1:06.95	1:48.69	2:21.42		
	(30.30)	(36.65)	(41.74)	(32.73)		
5:26.90Y	F # 14A	Male 13-14 500 Free	LY-VA	9	---	-0.15
	30.18	1:03.19	1:36.86	2:10.23	2:43.39	3:16.54
	(30.18)	(33.01)	(33.67)	(33.37)	(33.16)	(33.15)
	4:55.50	5:26.90				
	(32.66)	(31.40)				
27.17Y	F # 37	200 Free Relay Lead Off	LY-VA	---	---	0.34
2:18.15Y	F # 39A	Male 13-14 200 Fly	LY-VA	3	16	1.42
	31.11	1:06.80	1:43.18	2:18.15		
	(31.11)	(35.69)	(36.38)	(34.97)		
1:06.47Y	F # 45A	Male 13-14 100 Back	LY-VA	8	11	0.66
	32.39	1:06.47				
	(32.39)	(34.08)				
2:02.34Y	F # 47A	Male 13-14 200 Free	LY-VA	7	12	-1.73
	28.83	59.83	1:31.44	2:02.34		
	(28.83)	(31.00)	(31.61)	(30.90)		
4:53.83Y	F # 49A	Male 13-14 400 IM	LY-VA	9	9	-7.22
	30.62	1:06.60	1:45.10	2:22.67	3:05.81	3:48.74
	(30.62)	(35.98)	(38.50)	(37.57)	(43.14)	(42.93)
					(33.51)	(31.58)
Addie Ruhl (14) F						
1:13.00Y	F # 3A	Female 13-14 100 Free	LY-VA	23	---	---
	34.04	1:13.00				
	(34.04)	(38.96)				
3:12.18Y	F # 7A	Female 13-14 200 Back	LY-VA	18	---	---
	43.13	1:32.55	2:24.13	3:12.18		
	(43.13)	(49.42)	(51.58)	(48.05)		
7:31.87Y	F # 13A	Female 13-14 500 Free	LY-VA	20	---	---
30.81Y	F # 40A	Female 13-14 50 Free	LY-VA	15	2	---
1:27.70Y	F # 44A	Female 13-14 100 Back	LY-VA	20	---	---
	42.51	1:27.70				
	(42.51)	(45.19)				
2:41.80Y	F # 46A	Female 13-14 200 Free	LY-VA	20	---	---
	36.11	1:19.28	2:03.69	2:41.80		
	(36.11)	(43.17)	(44.41)	(38.11)		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Hadley Saechao (7) F						
29.20Y	F # 20	Female 8 & Under 25 Breast	LY-VA	4	---	---
1:00.10Y	F # 24A	Female 8 & Under 50 Back	LY-VA	4	---	---
20.74Y	F # 26	Female 8 & Under 25 Free	LY-VA	3	---	---
2:13.87Y	F # 30A	Female 8 & Under 100 Breast	LY-VA	1	---	---
	1:07.69	2:13.87				
	(1:07.69)	(1:06.18)				
Landon Saechao (9) M						
46.78Y	F # 25B	Male 9-10 50 Back	LY-VA	9	---	---
3:51.08Y DQ	F # 29A	Male 9-10 200 Back	LY-VA	---	---	---
	---	1:52.64 2:55.25 3:51.08				
	---	(1:52.64) (1:02.61) (55.83)				
2:14.92Y	F # 31B	Male 9-10 100 Breast	LY-VA	9	---	---
	1:07.08	2:14.92				
	(1:07.08)	(1:07.84)				
1:40.49Y	F # 33B	Male 9-10 100 Free	LY-VA	13	---	3.41
	49.25	1:40.49				
	(49.25)	(51.24)				
Max Schonfelder (17) M						
49.04Y	F # 4B	Male 15 & Over 100 Free	LY-VA	5	---	1.83
	23.82	49.04				
	(23.82)	(25.22)				
1:01.28Y	F # 6B	Male 15 & Over 100 Breast	LY-VA	2	---	3.09
	29.12	1:01.28				
	(29.12)	(32.16)				
54.56Y	F # 10B	Male 15 & Over 100 Fly	LY-VA	3	---	2.38
	25.88	54.56				
	(25.88)	(28.68)				
2:02.58Y	F # 12B	Male 15 & Over 200 IM	LY-VA	5	---	6.56
	26.67	58.76 1:33.80 2:02.58				
	(26.67)	(32.09) (35.04) (28.78)				
2:02.88Y	F # 39B	Male 15 & Over 200 Fly	LY-VA	2	17	5.23
	27.70	58.21 1:30.19 2:02.88				
	(27.70)	(30.51) (31.98) (32.69)				
22.42Y	F # 41B	Male 15 & Over 50 Free	LY-VA	2	17	0.91
2:17.30Y	F # 43B	Male 15 & Over 200 Breast	LY-VA	3	16	7.26
	31.76	1:07.38 1:42.89 2:17.30				
	(31.76)	(35.62) (35.51) (34.41)				
1:51.57Y	F # 47B	Male 15 & Over 200 Free	LY-VA	4	15	4.61
	26.21	54.50 1:23.11 1:51.57				
	(26.21)	(28.29) (28.61) (28.46)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Ky'Mani Shaw (9) M						
1:01.13Y	F # 25B	Male 9-10 50 Back	LY-VA	14	---	---
2:06.26Y	F # 33B	Male 9-10 100 Free	LY-VA	18	---	---
	57.61	2:06.26				
	(57.61)	(1:08.65)				
59.31Y DQ	F # 60B	Male 9-10 50 Free	LY-VA	---	---	---
2:14.85Y	F # 66B	Male 9-10 100 Back	LY-VA	8	11	---
	---	2:14.85				
	---	(2:14.85)				
1:26.19Y DQ	F # 68B	Male 9-10 50 Breast	LY-VA	---	---	---
Ella Shinkle (11) F						
42.69Y	F # 24C	Female 11-12 50 Back	LY-VA	16	---	-2.63
3:11.23Y	F # 28B	Female 11-12 200 Back	LY-VA	6	---	---
	46.36	--- 2:24.06 3:11.23				
	(46.36)	--- (2:24.06) (47.17)				
1:52.57Y	F # 30C	Female 11-12 100 Breast	LY-VA	18	---	2.02
	52.38	1:52.57				
	(52.38)	(1:00.19)				
1:15.67Y	F # 32C	Female 11-12 100 Free	LY-VA	15	---	-0.59
	36.88	1:15.67				
	(36.88)	(38.79)				
32.89Y	F # 59C	Female 11-12 50 Free	LY-VA	12	5	-1.54
4:00.66Y	F # 61B	Female 11-12 200 Breast	LY-VA	4	15	---
	53.51	1:57.43 2:59.49 4:00.66				
	(53.51)	(1:03.92) (1:02.06) (1:01.17)				
2:49.19Y	F # 69C	Female 11-12 200 Free	LY-VA	16	1	2.47
	38.57	1:23.47 2:08.20 2:49.19				
	(38.57)	(44.90) (44.73) (40.99)				
56.41Y	F # 71C	Female 11-12 50 Fly	LY-VA	22	---	10.64
Langston Shinkle (8) M						
28.70Y	F # 21	Male 8 & Under 25 Breast	LY-VA	5	14	---
55.97Y	F # 25A	Male 8 & Under 50 Back	LY-VA	9	---	3.82
21.08Y	F # 27	Male 8 & Under 25 Free	LY-VA	9	---	-0.63
1:37.23Y	F # 33A	Male 8 & Under 100 Free	LY-VA	2	---	-8.85
	44.09	1:37.23				
	(44.09)	(53.14)				
1:54.89Y	F # 54A	Male 8 & Under 100 IM	LY-VA	8	11	---
	55.01	1:54.89				
	(55.01)	(59.88)				
24.18Y	F # 58	Male 8 & Under 25 Back	LY-VA	12	5	0.18
45.15Y	F # 60A	Male 8 & Under 50 Free	LY-VA	8	11	-2.33
1:56.39Y	F # 66A	Male 8 & Under 100 Back	LY-VA	5	14	---
	---	1:56.39				
	---	(1:56.39)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Ava Shopbell (14) F											
59.43Y	F # 3A	Female	13-14	100 Free		LY-VA		9	---		-0.28
	28.30		59.43								
	(28.30)		(31.13)								
1:01.76Y	F # 9A	Female	13-14	100 Fly		LY-VA		2	---		1.61
	29.29		1:01.76								
	(29.29)		(32.47)								
2:19.46Y	F # 11A	Female	13-14	200 IM		LY-VA		4	---		4.50
	29.61		1:06.12	1:47.60	2:19.46						
	(29.61)		(36.51)	(41.48)	(31.86)						
5:35.29Y	F # 13A	Female	13-14	500 Free		LY-VA		5	---		6.60
	30.07		1:03.59	1:37.46	2:11.84	2:46.39	3:20.37	3:54.94	4:29.00		
	(30.07)		(33.52)	(33.87)	(34.38)	(34.55)	(33.98)	(34.57)	(34.06)		
	5:02.87		5:35.29								
	(33.87)		(32.42)								
2:11.75Y	F # 38A	Female	13-14	200 Fly		LY-VA		1	20		2.16
	29.51		1:03.40	1:37.84	2:11.75						
	(29.51)		(33.89)	(34.44)	(33.91)						
1:07.15Y	F # 44A	Female	13-14	100 Back		LY-VA		7	12		0.56
	32.82		1:07.15								
	(32.82)		(34.33)								
2:06.91Y	F # 46A	Female	13-14	200 Free		LY-VA		6	13		-3.29
	29.62		1:02.31	1:35.22	2:06.91						
	(29.62)		(32.69)	(32.91)	(31.69)						
4:49.91Y	F # 48A	Female	13-14	400 IM		LY-VA		3	16		9.04
	30.27		1:04.46	1:42.43	2:18.84	3:00.43	3:42.81	4:17.04	4:49.91		
	(30.27)		(34.19)	(37.97)	(36.41)	(41.59)	(42.38)	(34.23)	(32.87)		
Mason Sloan (11) M											
42.83Y	F # 25C	Male	11-12	50 Back		LY-VA		14	---		-1.42
3:30.88Y DQ	F # 29B	Male	11-12	200 Back		LY-VA		---	---		---
	---		---	2:37.68	3:30.88						
	---		---	(2:37.68)	(53.20)						
1:21.85Y	F # 33C	Male	11-12	100 Free		LY-VA		17	---		4.86
	37.95		1:21.85								
	(37.95)		(43.90)								
6:02.05Y DNF	F # 35C	Male	11-12	500 Free		LY-VA		---	---		---
	40.39		1:26.49	2:15.41	---	3:05.91	3:55.75	4:47.27	5:41.20		
	(40.39)		(46.10)	(48.92)	---	(3:05.91)	(49.84)	(51.52)	(53.93)		
	---		6:02.05								
	---		(6:02.05)								

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Addy Smith (12) F						
38.97Y	F # 15	200 Medley Relay Lead Off	LY-VA	---	---	---
38.93Y	F # 24C	Female 11-12 50 Back	LY-VA	10	---	---
2:02.81Y	F # 30C	Female 11-12 100 Breast	LY-VA	19	---	---
	57.54	2:02.81				
	(57.54)	(1:05.27)				
1:22.43Y	F # 32C	Female 11-12 100 Free	LY-VA	21	---	0.78
	40.89	1:22.43				
	(40.89)	(41.54)				
34.78Y	F # 50	200 Free Relay Lead Off	LY-VA	---	---	-4.80
34.63Y	F # 59C	Female 11-12 50 Free	LY-VA	18	---	-4.95
51.64Y DQ	F # 67C	Female 11-12 50 Breast	LY-VA	---	---	---
2:54.27Y	F # 69C	Female 11-12 200 Free	LY-VA	17	---	---
	39.15	1:22.15 --- 2:54.27				
	(39.15)	(43.00) --- (2:54.27)				
52.07Y	F # 71C	Female 11-12 50 Fly	LY-VA	20	---	---
Max Smith (6) M						
30.44Y	F # 21	Male 8 & Under 25 Breast	LY-VA	9	9	-4.38
52.84Y	F # 25A	Male 8 & Under 50 Back	LY-VA	5	---	-1.88
21.75Y	F # 27	Male 8 & Under 25 Free	LY-VA	10	---	---
1:53.95Y	F # 33A	Male 8 & Under 100 Free	LY-VA	7	---	---
	50.54	1:53.95				
	(50.54)	(1:03.41)				
1:59.80Y DQ	F # 54A	Male 8 & Under 100 IM	LY-VA	---	---	---
	53.98	1:59.80				
	(53.98)	(1:05.82)				
23.20Y	F # 58	Male 8 & Under 25 Back	LY-VA	8	11	---
26.09Y	F # 64	Male 8 & Under 25 Fly	LY-VA	8	11	---
1:54.60Y	F # 66A	Male 8 & Under 100 Back	LY-VA	3	16	---
	---	1:54.60				
	---	(1:54.60)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Avery Snyder (15) M								
54.17Y	F # 4B	Male 15 & Over 100 Free	LY-VA	24	---	-1.20		
	26.11	54.17						
	(26.11)	(28.06)						
1:07.71Y	F # 6B	Male 15 & Over 100 Breast	LY-VA	11	---	0.57		
	31.88	1:07.71						
	(31.88)	(35.83)						
2:16.13Y	F # 12B	Male 15 & Over 200 IM	LY-VA	14	---	0.62		
	28.22	1:04.02	1:42.61	2:16.13				
	(28.22)	(35.80)	(38.59)	(33.52)				
5:22.41Y	F # 14B	Male 15 & Over 500 Free	LY-VA	15	---	-4.52		
	27.72	1:00.01	1:32.34	2:05.61	2:38.72	3:11.80	3:45.07	4:17.99
	(27.72)	(32.29)	(32.33)	(33.27)	(33.11)	(33.08)	(33.27)	(32.92)
	4:51.01	5:22.41						
	(33.02)	(31.40)						
25.00Y	F # 41B	Male 15 & Over 50 Free	LY-VA	10	7	0.19		
2:26.64Y	F # 43B	Male 15 & Over 200 Breast	LY-VA	5	14	-6.89		
	33.11	1:10.78	1:48.71	2:26.64				
	(33.11)	(37.67)	(37.93)	(37.93)				
1:58.47Y	F # 47B	Male 15 & Over 200 Free	LY-VA	9	9	0.81		
	27.32	57.68	1:29.15	1:58.47				
	(27.32)	(30.36)	(31.47)	(29.32)				
4:44.94Y	F # 49B	Male 15 & Over 400 IM	LY-VA	5	14	-10.21		
	28.70	1:01.66	1:38.77	2:15.68	2:56.73	3:38.73	4:12.11	4:44.94
	(28.70)	(32.96)	(37.11)	(36.91)	(41.05)	(42.00)	(33.38)	(32.83)
Shelton Speakes (11) F								
1:47.60Y	F # 22C	Female 11-12 100 Fly	LY-VA	11	---	1.37		
	47.18	1:47.60						
	(47.18)	(1:00.42)						
43.82Y	F # 24C	Female 11-12 50 Back	LY-VA	18	---	-1.83		
1:25.63Y	F # 32C	Female 11-12 100 Free	LY-VA	23	---	-1.28		
	39.46	1:25.63						
	(39.46)	(46.17)						
8:28.13Y	F # 34C	Female 11-12 500 Free	LY-VA	11	---	7.76		
	42.47	1:32.82	2:25.53	3:17.44	4:09.65	5:01.78	5:53.51	6:42.98
	(42.47)	(50.35)	(52.71)	(51.91)	(52.21)	(52.13)	(51.73)	(49.47)
	7:38.39	8:28.13						
	(55.41)	(49.74)						
Audrey Spivey (7) F								
35.41Y DQ	F # 20	Female 8 & Under 25 Breast	LY-VA	---	---	---		
1:06.58Y	F # 24A	Female 8 & Under 50 Back	LY-VA	6	---	---		
30.76Y	F # 26	Female 8 & Under 25 Free	LY-VA	7	---	---		
2:34.72Y DQ	F # 32A	Female 8 & Under 100 Free	LY-VA	---	---	---		
	1:14.07	2:34.72						
	(1:14.07)	(1:20.65)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Jude Spivey (8) M						
26.46Y	F # 21	Male 8 & Under 25 Breast	LY-VA	3	16	---
54.84Y	F # 25A	Male 8 & Under 50 Back	LY-VA	7	---	---
20.00Y	F # 27	Male 8 & Under 25 Free	LY-VA	5	---	---
2:19.75Y DQ	F # 31A	Male 8 & Under 100 Breast	LY-VA	---	---	---
	1:03.97	2:19.75				
	(1:03.97)	(1:15.78)				
Emerson Stauder (7) F						
25.76Y	F # 20	Female 8 & Under 25 Breast	LY-VA	2	---	-1.31
58.40Y	F # 24A	Female 8 & Under 50 Back	LY-VA	3	---	1.49
20.55Y	F # 26	Female 8 & Under 25 Free	LY-VA	2	---	0.32
1:49.24Y	F # 32A	Female 8 & Under 100 Free	LY-VA	2	---	6.18
	49.44	1:49.24				
	(49.44)	(59.80)				
NS	F # 53A	Female 8 & Under 100 IM	LY-VA	---	---	---
NS	F # 59A	Female 8 & Under 50 Free	LY-VA	---	---	---
NS	F # 63	Female 8 & Under 25 Fly	LY-VA	---	---	---
NS	F # 71A	Female 8 & Under 50 Fly	LY-VA	---	---	---
Aidan Stawasz (9) M						
46.00Y	F # 25B	Male 9-10 50 Back	LY-VA	8	---	-4.51
2:13.11Y DQ	F # 31B	Male 9-10 100 Breast	LY-VA	---	---	---
	---	2:13.11				
	---	(2:13.11)				
1:35.32Y	F # 33B	Male 9-10 100 Free	LY-VA	11	---	---
	42.81	1:35.32				
	(42.81)	(52.51)				
Paige Stawasz (9) F						
53.07Y	F # 24B	Female 9-10 50 Back	LY-VA	21	---	-2.73
2:32.39Y DQ	F # 30B	Female 9-10 100 Breast	LY-VA	---	---	---
	1:09.66	2:32.39				
	(1:09.66)	(1:22.73)				
1:57.45Y	F # 32B	Female 9-10 100 Free	LY-VA	28	---	---
	52.95	1:57.45				
	(52.95)	(1:04.50)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Declund Stevenson (16) M						
50.47Y	F # 4B	Male 15 & Over 100 Free	LY-VA	10	---	-1.53
	24.18	50.47				
	(24.18)	(26.29)				
1:05.14Y	F # 6B	Male 15 & Over 100 Breast	LY-VA	7	---	-0.10
	30.36	1:05.14				
	(30.36)	(34.78)				
1:00.90Y	F # 10B	Male 15 & Over 100 Fly	LY-VA	16	---	1.49
	28.68	1:00.90				
	(28.68)	(32.22)				
2:16.51Y	F # 12B	Male 15 & Over 200 IM	LY-VA	15	---	3.73
	29.81	1:07.76 1:46.12 2:16.51				
	(29.81)	(37.95) (38.36) (30.39)				
23.16Y	F # 41B	Male 15 & Over 50 Free	LY-VA	3	16	0.44
2:26.38Y	F # 43B	Male 15 & Over 200 Breast	LY-VA	4	15	1.97
	31.19	1:08.57 1:47.55 2:26.38				
	(31.19)	(37.38) (38.98) (38.83)				
1:56.63Y	F # 47B	Male 15 & Over 200 Free	LY-VA	6	13	1.77
	27.44	58.10 1:28.56 1:56.63				
	(27.44)	(30.66) (30.46) (28.07)				
4:56.16Y	F # 49B	Male 15 & Over 400 IM	LY-VA	7	12	-2.12
	30.30	1:08.45 1:50.27 2:31.02 3:10.29 3:51.49 4:25.51 4:56.16				
	(30.30)	(38.15) (41.82) (40.75) (39.27) (41.20) (34.02) (30.65)				
Britlyn Sullivan (7) F						
34.41Y	F # 20	Female 8 & Under 25 Breast	LY-VA	5	---	-3.22
1:12.21Y	F # 24A	Female 8 & Under 50 Back	LY-VA	9	---	-2.13
32.94Y	F # 26	Female 8 & Under 25 Free	LY-VA	8	---	-0.13
2:41.86Y	F # 32A	Female 8 & Under 100 Free	LY-VA	3	---	4.48
	1:14.71	2:41.86				
	(1:14.71)	(1:27.15)				
31.48Y	F # 57	Female 8 & Under 25 Back	LY-VA	6	13	-2.00
1:11.83Y	F # 59A	Female 8 & Under 50 Free	LY-VA	7	12	-6.20
39.05Y DQ	F # 63	Female 8 & Under 25 Fly	LY-VA	---	---	---
1:20.62Y	F # 67A	Female 8 & Under 50 Breast	LY-VA	3	16	---
Alaina Thomas (9) F						
1:00.83Y	F # 24B	Female 9-10 50 Back	LY-VA	28	---	-4.79
2:56.52Y DQ	F # 30B	Female 9-10 100 Breast	LY-VA	---	---	---
	1:23.53	2:56.52				
	(1:23.53)	(1:32.99)				
2:19.14Y	F # 32B	Female 9-10 100 Free	LY-VA	29	---	9.14
	---	2:19.14				
	---	(2:19.14)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Bailey Thomas (15) F					
40.03Y	F # 1	200 Medley Relay Lead Off	LY-VA	---	-9.23
1:13.14Y	F # 3B	Female 15 & Over 100 Free	LY-VA	---	0.66
	36.12	1:13.14			
	(36.12)	(37.02)			
3:00.09Y	F # 7B	Female 15 & Over 200 Back	LY-VA	---	-0.04
	---	---			
	---	---			
3:08.38Y	F # 11B	Female 15 & Over 200 IM	LY-VA	---	12.08
	39.91	1:29.10 2:26.76 3:08.38			
	(39.91)	(49.19) (57.66) (41.62)			
7:09.12Y	F # 13B	Female 15 & Over 500 Free	LY-VA	---	10.34
	37.85	1:19.55 2:02.35 2:45.60 3:29.33 4:13.59 4:57.98 5:42.58			
	(37.85)	(41.70) (42.80) (43.25) (43.73) (44.26) (44.39) (44.60)			
	6:26.94	7:09.12			
	(44.36)	(42.18)			
32.84Y	F # 40B	Female 15 & Over 50 Free	LY-VA	11	0.33
3:42.95Y	F # 42B	Female 15 & Over 200 Breast	LY-VA	15	3.10
	50.63	1:46.67 2:46.02 3:42.95			
	(50.63)	(56.04) (59.35) (56.93)			
1:24.32Y	F # 44B	Female 15 & Over 100 Back	LY-VA	13	1.65
	---	1:24.32			
	---	(1:24.32)			
2:41.41Y	F # 46B	Female 15 & Over 200 Free	LY-VA	12	-2.51
	37.82	1:19.05 2:01.60 2:41.41			
	(37.82)	(41.23) (42.55) (39.81)			
Brandon Thomas (11) M					
1:41.60Y	F # 23C	Male 11-12 100 Fly	LY-VA	---	---
	44.65	1:41.60			
	(44.65)	(56.95)			
41.72Y	F # 25C	Male 11-12 50 Back	LY-VA	---	-4.89
3:20.02Y	F # 29B	Male 11-12 200 Back	LY-VA	---	---
	47.82	---			
	(47.82)	---			
		2:31.27 3:20.02			
		(2:31.27) (48.75)			
1:13.95Y	F # 33C	Male 11-12 100 Free	LY-VA	---	-2.19
	34.89	1:13.95			
	(34.89)	(39.06)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Brodie Thomas (11) M											
51.15Y	F # 25C	Male	11-12 50 Back			LY-VA			20	---	-11.57
2:02.17Y DQ	F # 31C	Male	11-12 100 Breast			LY-VA			---	---	---
	56.52		2:02.17								
	(56.52)		(1:05.65)								
1:32.88Y	F # 33C	Male	11-12 100 Free			LY-VA			22	---	-9.37
	44.77		1:32.88								
	(44.77)		(48.11)								
9:18.35Y	F # 35C	Male	11-12 500 Free			LY-VA			6	---	---
	47.30		---	1:42.14	2:38.19	3:35.83	4:32.77	5:31.76	6:31.14		
	(47.30)		---	(1:42.14)	(56.05)	(57.64)	(56.94)	(58.99)	(59.38)		
	7:30.54		9:18.35								
	(59.40)		(1:47.81)								
1:46.17Y	F # 54C	Male	11-12 100 IM			LY-VA			15	2	-10.34
	50.37		1:46.17								
	(50.37)		(55.80)								
43.56Y	F # 60C	Male	11-12 50 Free			LY-VA			23	---	0.09
3:30.46Y	F # 70C	Male	11-12 200 Free			LY-VA			16	1	-0.55
	48.81		1:43.16	---	3:30.46						
	(48.81)		(54.35)	---	(3:30.46)						
50.03Y	F # 72C	Male	11-12 50 Fly			LY-VA			11	6	-6.73
Wave Thomasey (10) F											
34.82Y	F # 59B	Female	9-10 50 Free			LY-VA			6	13	-7.73
1:34.14Y	F # 65B	Female	9-10 100 Back			LY-VA			4	15	---
	44.58		---		1:34.14						
	(44.58)		---		(1:34.14)						
49.47Y	F # 67B	Female	9-10 50 Breast			LY-VA			6	13	---
3:09.81Y	F # 69B	Female	9-10 200 Free			LY-VA			4	15	---
	40.90		1:30.82	2:23.12	3:09.81						
	(40.90)		(49.92)	(52.30)	(46.69)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Kinley Tuck (12) F						
37.55Y	F # 15	200 Medley Relay Lead Off	LY-VA	---	---	-1.02
1:30.98Y	F # 22C	Female 11-12 100 Fly	LY-VA	9	---	-11.21
	---	1:30.98				
	---	(1:30.98)				
39.30Y	F # 24C	Female 11-12 50 Back	LY-VA	13	---	0.73
3:05.64Y	F # 28B	Female 11-12 200 Back	LY-VA	4	---	1.87
	46.63	1:33.50 --- 3:05.64				
	(46.63)	(46.87) --- (3:05.64)				
1:19.84Y	F # 32C	Female 11-12 100 Free	LY-VA	19	---	-1.47
	---	1:19.84				
	---	(1:19.84)				
34.59Y	F # 59C	Female 11-12 50 Free	LY-VA	17	---	-0.51
1:25.11Y	F # 65C	Female 11-12 100 Back	LY-VA	8	11	-0.05
	41.09	1:25.11				
	(41.09)	(44.02)				
2:45.45Y	F # 69C	Female 11-12 200 Free	LY-VA	14	3	-13.58
	---	--- --- 2:45.45				
	---	--- --- (2:45.45)				
39.72Y	F # 71C	Female 11-12 50 Fly	LY-VA	14	3	-5.13
Brody Wall (13) M						
58.69Y	F # 4A	Male 13-14 100 Free	LY-VA	15	---	-17.73
	28.78	58.69				
	(28.78)	(29.91)				
1:24.46Y	F # 6A	Male 13-14 100 Breast	LY-VA	14	---	-42.14
	39.43	1:24.46				
	(39.43)	(45.03)				
2:56.58Y DQ	F # 8A	Male 13-14 200 Back	LY-VA	---	---	---
	40.98	1:24.18 2:09.60 2:56.58				
	(40.98)	(43.20) (45.42) (46.98)				
1:09.71Y	F # 10A	Male 13-14 100 Fly	LY-VA	15	---	---
	32.07	1:09.71				
	(32.07)	(37.64)				
26.05Y	F # 37	200 Free Relay Lead Off	LY-VA	---	---	-6.66
25.96Y	F # 41A	Male 13-14 50 Free	LY-VA	9	9	-6.75
1:20.60Y	F # 45A	Male 13-14 100 Back	LY-VA	20	---	---
	39.48	1:20.60				
	(39.48)	(41.12)				
2:16.08Y	F # 47A	Male 13-14 200 Free	LY-VA	19	---	---
	32.95	1:07.39 1:42.98 2:16.08				
	(32.95)	(34.44) (35.59) (33.10)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Joshua Warren (16) M						
53.15Y	F # 4B	Male 15 & Over 100 Free	LY-VA	20	---	1.49
	25.88	53.15				
	(25.88)	(27.27)				
1:12.66Y	F # 6B	Male 15 & Over 100 Breast	LY-VA	16	---	0.23
	33.81	1:12.66				
	(33.81)	(38.85)				
57.61Y	F # 10B	Male 15 & Over 100 Fly	LY-VA	8	---	0.96
	27.45	57.61				
	(27.45)	(30.16)				
5:08.75Y	F # 14B	Male 15 & Over 500 Free	LY-VA	13	---	9.59
	27.60	58.01 1:29.11 2:00.29	2:31.77 3:03.37 3:35.12 4:06.98			
	(27.60)	(30.41) (31.10) (31.18)	(31.48) (31.60) (31.75) (31.86)			
	4:38.55	5:08.75				
	(31.57)	(30.20)				
2:10.49Y	F # 39B	Male 15 & Over 200 Fly	LY-VA	5	14	1.88
	28.41	1:01.40 1:34.72 2:10.49				
	(28.41)	(32.99) (33.32) (35.77)				
24.15Y	F # 41B	Male 15 & Over 50 Free	LY-VA	8	11	0.76
1:00.33Y	F # 45B	Male 15 & Over 100 Back	LY-VA	5	14	-1.90
	29.52	1:00.33				
	(29.52)	(30.81)				
1:56.03Y	F # 47B	Male 15 & Over 200 Free	LY-VA	5	14	4.66
	26.75	55.99 1:26.52 1:56.03				
	(26.75)	(29.24) (30.53) (29.51)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Sarah Warren (14) F						
58.96Y	F # 3A	Female 13-14 100 Free	LY-VA	7	---	-0.11
	28.53	58.96				
	(28.53)	(30.43)				
2:24.37Y	F # 7A	Female 13-14 200 Back	LY-VA	8	---	2.00
	34.55	1:11.72 1:48.28 2:24.37				
	(34.55)	(37.17) (36.56) (36.09)				
1:03.37Y	F # 9A	Female 13-14 100 Fly	LY-VA	3	---	2.49
	29.91	1:03.37				
	(29.91)	(33.46)				
5:36.51Y	F # 13A	Female 13-14 500 Free	LY-VA	6	---	1.62
	31.19	1:05.07 1:39.56 2:13.49 2:47.70 3:21.99 3:56.15 4:30.65				
	(31.19)	(33.88) (34.49) (33.93) (34.21) (34.29) (34.16) (34.50)				
	5:04.26	5:36.51				
	(33.61)	(32.25)				
2:16.89Y	F # 38A	Female 13-14 200 Fly	LY-VA	2	17	3.54
	31.59	1:06.55 1:42.34 2:16.89				
	(31.59)	(34.96) (35.79) (34.55)				
1:06.57Y	F # 44A	Female 13-14 100 Back	LY-VA	6	13	2.90
	32.90	1:06.57				
	(32.90)	(33.67)				
2:07.03Y	F # 46A	Female 13-14 200 Free	LY-VA	8	11	1.73
	29.79	1:01.97 1:34.87 2:07.03				
	(29.79)	(32.18) (32.90) (32.16)				
5:01.11Y	F # 48A	Female 13-14 400 IM	LY-VA	6	13	5.75
	31.29	1:07.62 1:47.02 2:24.89 3:09.36 3:54.27 4:28.71 5:01.11				
	(31.29)	(36.33) (39.40) (37.87) (44.47) (44.91) (34.44) (32.40)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Broughton Webb (13) F											
59.39Y	F # 3A	Female	13-14	100 Free	LY-VA		8		---	-0.11	
	28.79	59.39									
	(28.79)	(30.60)									
1:13.94Y	F # 5A	Female	13-14	100 Breast	LY-VA		2		---	0.61	
	35.10	1:13.94									
	(35.10)	(38.84)									
2:24.18Y	F # 11A	Female	13-14	200 IM	LY-VA		6		---	0.07	
	31.99	1:08.80	1:51.46	2:24.18							
	(31.99)	(36.81)	(42.66)	(32.72)							
5:37.34Y	F # 13A	Female	13-14	500 Free	LY-VA		7		---	5.98	
	30.43	1:05.25	1:39.82	2:14.83	2:48.66	3:23.05	3:57.03	4:31.01			
	(30.43)	(34.82)	(34.57)	(35.01)	(33.83)	(34.39)	(33.98)	(33.98)			
	5:04.21	5:37.34									
	(33.20)	(33.13)									
27.87Y	F # 40A	Female	13-14	50 Free	LY-VA		4		15	-0.24	
2:38.75Y	F # 42A	Female	13-14	200 Breast	LY-VA		2		17	2.04	
	36.81	1:18.09	1:58.92	2:38.75							
	(36.81)	(41.28)	(40.83)	(39.83)							
2:06.29Y	F # 46A	Female	13-14	200 Free	LY-VA		5		14	1.13	
	29.61	1:02.08	1:34.46	2:06.29							
	(29.61)	(32.47)	(32.38)	(31.83)							
4:59.66Y	F # 48A	Female	13-14	400 IM	LY-VA		5		14	-1.06	
	33.25	1:11.18	1:49.72	2:27.61	3:10.74	3:53.56	4:27.08	4:59.66			
	(33.25)	(37.93)	(38.54)	(37.89)	(43.13)	(42.82)	(33.52)	(32.58)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Adam Wells (13) M						
55.77Y	F # 4A	Male 13-14 100 Free	LY-VA	6	---	0.89
	26.23	55.77				
	(26.23)	(29.54)				
2:43.71Y	F # 8A	Male 13-14 200 Back	LY-VA	15	---	0.24
	36.86	1:18.89 2:02.24 2:43.71				
	(36.86)	(42.03) (43.35) (41.47)				
1:12.66Y	F # 10A	Male 13-14 100 Fly	LY-VA	19	---	2.74
	---	1:12.66				
	---	(1:12.66)				
5:45.79Y	F # 14A	Male 13-14 500 Free	LY-VA	15	---	-10.17
	31.49	1:06.21 1:42.28 2:18.16 2:53.58 3:28.26 4:03.59 4:39.09				
	(31.49)	(34.72) (36.07) (35.88) (35.42) (34.68) (35.33) (35.50)				
	5:14.28	5:45.79				
	(35.19)	(31.51)				
25.03Y	F # 37	200 Free Relay Lead Off	LY-VA	---	---	0.75
24.82Y	F # 41A	Male 13-14 50 Free	LY-VA	5	14	0.54
1:11.13Y	F # 45A	Male 13-14 100 Back	LY-VA	15	2	0.03
	34.52	1:11.13				
	(34.52)	(36.61)				
2:06.50Y	F # 47A	Male 13-14 200 Free	LY-VA	11	6	-1.51
	27.82	1:01.29 1:34.54 2:06.50				
	(27.82)	(33.47) (33.25) (31.96)				
5:28.73Y	F # 49A	Male 13-14 400 IM	LY-VA	17	---	-9.63
	35.16	1:18.16 2:01.94 2:47.09 3:33.73 4:21.34 4:53.83 5:28.73				
	(35.16)	(43.00) (43.78) (45.15) (46.64) (47.61) (32.49) (34.90)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Noah Wells (15) M						
53.73Y	F # 4B	Male 15 & Over 100 Free	LY-VA	23	---	-1.07
	25.94	53.73				
	(25.94)	(27.79)				
2:18.31Y	F # 8B	Male 15 & Over 200 Back	LY-VA	7	---	-1.55
	32.05	1:07.28 1:43.20 2:18.31				
	(32.05)	(35.23) (35.92) (35.11)				
1:03.29Y	F # 10B	Male 15 & Over 100 Fly	LY-VA	18	---	-2.18
	30.16	1:03.29				
	(30.16)	(33.13)				
5:45.02Y	F # 14B	Male 15 & Over 500 Free	LY-VA	18	---	16.90
	29.90	1:03.19 1:38.18 2:13.64 2:48.96 3:23.77 3:59.23 4:35.61				
	(29.90)	(33.29) (34.99) (35.46) (35.32) (34.81) (35.46) (36.38)				
	5:11.34	5:45.02				
	(35.73)	(33.68)				
24.12Y	F # 41B	Male 15 & Over 50 Free	LY-VA	7	12	-0.12
2:38.67Y	F # 43B	Male 15 & Over 200 Breast	LY-VA	8	11	-3.29
	36.06	1:15.94 1:57.04 2:38.67				
	(36.06)	(39.88) (41.10) (41.63)				
1:04.96Y	F # 45B	Male 15 & Over 100 Back	LY-VA	7	12	1.89
	31.77	1:04.96				
	(31.77)	(33.19)				
2:00.98Y	F # 47B	Male 15 & Over 200 Free	LY-VA	12	5	3.00
	27.07	57.74 1:29.02 2:00.98				
	(27.07)	(30.67) (31.28) (31.96)				
Sammy Wells (9) M						
45.90Y	F # 25B	Male 9-10 50 Back	LY-VA	7	---	0.86
3:27.42Y	F # 29A	Male 9-10 200 Back	LY-VA	3	---	---
	49.15	1:41.50 2:31.30 3:27.42				
	(49.15)	(52.35) (49.80) (56.12)				
1:19.20Y	F # 33B	Male 9-10 100 Free	LY-VA	5	---	1.71
	37.51	1:19.20				
	(37.51)	(41.69)				
7:36.89Y	F # 35B	Male 9-10 500 Free	LY-VA	3	---	---
	41.32	1:26.97 2:14.43 3:01.39 3:47.22 4:34.65 5:21.76 6:05.79				
	(41.32)	(45.65) (47.46) (46.96) (45.83) (47.43) (47.11) (44.03)				
	6:51.49	7:36.89				
	(45.70)	(45.40)				
1:40.78Y	F # 54B	Male 9-10 100 IM	LY-VA	8	11	---
	46.77	1:40.78				
	(46.77)	(54.01)				
35.47Y	F # 60B	Male 9-10 50 Free	LY-VA	6	13	0.71
2:47.22Y	F # 70B	Male 9-10 200 Free	LY-VA	4	15	-0.59
	36.97	1:20.30 2:03.89 2:47.22				
	(36.97)	(43.33) (43.59) (43.33)				
44.39Y	F # 72B	Male 9-10 50 Fly	LY-VA	5	14	2.95

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Owen Widzisz (17) M					
NS	F # 4B	Male 15 & Over 100 Free	LY-VA	---	---
NS	F # 8B	Male 15 & Over 200 Back	LY-VA	---	---
NS	F # 10B	Male 15 & Over 100 Fly	LY-VA	---	---
NS	F # 14B	Male 15 & Over 500 Free	LY-VA	---	---
NS	F # 41B	Male 15 & Over 50 Free	LY-VA	---	---
NS	F # 45B	Male 15 & Over 100 Back	LY-VA	---	---
Austin Woodruff (10) M					
2:50.40Y	F # 29A	Male 9-10 200 Back	LY-VA	1	---
	---	1:24.77 2:09.08 2:50.40			-13.60
	---	(1:24.77) (44.31) (41.32)			
1:33.34Y	F # 31B	Male 9-10 100 Breast	LY-VA	1	---
	44.38	1:33.34			1.26
	(44.38)	(48.96)			
1:08.01Y	F # 33B	Male 9-10 100 Free	LY-VA	1	---
	32.74	1:08.01			1.12
	(32.74)	(35.27)			
6:17.88Y	F # 35B	Male 9-10 500 Free	LY-VA	1	---
	35.32	1:14.17 1:52.35 2:30.94			-7.70
	(35.32)	(38.85) (38.18) (38.59)			
	5:41.94	6:17.88			
	(37.65)	(35.94)			
3:00.02Y	F # 56A	Male 9-10 200 Fly	LY-VA	1	20
	40.40	1:28.73 2:17.67 3:00.02			---
	(40.40)	(48.33) (48.94) (42.35)			
29.97Y	F # 60B	Male 9-10 50 Free	LY-VA	2	17
3:18.83Y	F # 62A	Male 9-10 200 Breast	LY-VA	1	20
	46.34	1:37.95 2:29.97 3:18.83			---
	(46.34)	(51.61) (52.02) (48.86)			
5:52.76Y	F # 74B	Male 9-10 400 IM	LY-VA	1	20
	40.91	1:29.30 2:15.86 2:59.47			---
	(40.91)	(48.39) (46.56) (43.61)			
		3:49.83 4:40.85 5:17.21			
		(50.36) (51.02) (36.36)			
		5:52.76			
		(35.55)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Graham Woodruff (14) M											
50.67Y	F # 4A	Male	13-14	100 Free		LY-VA		1	---	1.42	
	24.86	50.67									
	(24.86)	(25.81)									
57.42Y	F # 10A	Male	13-14	100 Fly		LY-VA		3	---	1.08	
	26.77	57.42									
	(26.77)	(30.65)									
2:07.99Y	F # 12A	Male	13-14	200 IM		LY-VA		3	---	1.38	
	26.91	1:00.03	1:39.46	2:07.99							
	(26.91)	(33.12)	(39.43)	(28.53)							
4:56.74Y	F # 14A	Male	13-14	500 Free		LY-VA		1	---	1.90	
	27.63	57.15	1:27.61	1:57.81	2:27.68	2:57.98	3:28.59	3:58.95			
	(27.63)	(29.52)	(30.46)	(30.20)	(29.87)	(30.30)	(30.61)	(30.36)			
	4:29.09	4:56.74									
	(30.14)	(27.65)									
22.80Y	F # 41A	Male	13-14	50 Free		LY-VA		1	20	0.47	
2:26.57Y	F # 43A	Male	13-14	200 Breast		LY-VA		3	16	-2.86	
	34.55	1:11.59	1:50.33	2:26.57							
	(34.55)	(37.04)	(38.74)	(36.24)							
1:56.78Y	F # 47A	Male	13-14	200 Free		LY-VA		4	15	7.23	
	27.19	56.94	1:27.61	1:56.78							
	(27.19)	(29.75)	(30.67)	(29.17)							
4:27.69Y	F # 49A	Male	13-14	400 IM		LY-VA		3	16	-12.75	
	27.55	1:00.09	1:35.14	2:09.35	2:49.02	3:29.46	3:59.72	4:27.69			
	(27.55)	(32.54)	(35.05)	(34.21)	(39.67)	(40.44)	(30.26)	(27.97)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Taylor Woodruff (13) F					
29.51Y	F # 2	200 Medley Relay Lead Off	LY-VA	---	-0.45
57.70Y	F # 3A	Female 13-14 100 Free	LY-VA	3	-0.60
	28.19	57.70			
	(28.19)	(29.51)			
2:20.80Y	F # 7A	Female 13-14 200 Back	LY-VA	5	0.07
	34.44	1:11.34 1:46.56 2:20.80			
	(34.44)	(36.90) (35.22) (34.24)			
1:07.71Y	F # 9A	Female 13-14 100 Fly	LY-VA	6	0.50
	31.87	1:07.71			
	(31.87)	(35.84)			
5:37.95Y	F # 13A	Female 13-14 500 Free	LY-VA	8	-8.64
	31.33	1:06.50 1:41.57 2:16.02 2:49.81 3:24.43 3:57.67 4:31.71			
	(31.33)	(35.17) (35.07) (34.45) (33.79) (34.62) (33.24) (34.04)			
	5:05.94	5:37.95			
	(34.23)	(32.01)			
2:22.23Y	F # 38A	Female 13-14 200 Fly	LY-VA	4	15
	31.45	1:07.45 1:45.47 2:22.23			
	(31.45)	(36.00) (38.02) (36.76)			
27.13Y	F # 40A	Female 13-14 50 Free	LY-VA	3	16
1:05.09Y	F # 44A	Female 13-14 100 Back	LY-VA	4	15
	32.58	1:05.09			
	(32.58)	(32.51)			
2:06.92Y	F # 46A	Female 13-14 200 Free	LY-VA	7	12
	30.24	1:03.66 1:35.83 2:06.92			
	(30.24)	(33.42) (32.17) (31.09)			
Caleb Wu (13) M					
27.42Y	F # 37	200 Free Relay Lead Off	LY-VA	---	1.05
27.09Y	F # 41A	Male 13-14 50 Free	LY-VA	14	3
2:36.80Y	F # 43A	Male 13-14 200 Breast	LY-VA	7	12
	36.10	1:16.49 1:57.41 2:36.80			
	(36.10)	(40.39) (40.92) (39.39)			
2:14.38Y	F # 47A	Male 13-14 200 Free	LY-VA	18	---
	31.00	1:06.08 1:41.68 2:14.38			
	(31.00)	(35.08) (35.60) (32.70)			
5:18.79Y	F # 49A	Male 13-14 400 IM	LY-VA	14	3
	35.54	1:20.38 2:01.30 2:41.60 3:25.16 4:08.55 4:45.38 5:18.79			
	(35.54)	(44.84) (40.92) (40.30) (43.56) (43.39) (36.83) (33.41)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Karis Wu (10) F						
1:37.66Y	F # 53B	Female 9-10 100 IM	LY-VA	7	12	-7.75
	49.13	1:37.66				
	(49.13)	(48.53)				
37.69Y	F # 59B	Female 9-10 50 Free	LY-VA	12	5	-0.15
3:53.59Y	F # 61A	Female 9-10 200 Breast	LY-VA	3	16	---
	54.31	1:54.12 --- 3:53.59				
	(54.31)	(59.81) --- (3:53.59)				
49.51Y	F # 67B	Female 9-10 50 Breast	LY-VA	7	12	-2.00
Titus Wu (8) M						
56.08Y	F # 17	100 Medley Relay Lead Off	LY-VA	---	---	35.84
1:41.11Y	F # 23A	Male 8 & Under 100 Fly	LY-VA	1	---	-24.66
	---	1:41.11				
	---	(1:41.11)				
41.82Y	F # 25A	Male 8 & Under 50 Back	LY-VA	1	---	-1.63
16.42Y	F # 27	Male 8 & Under 25 Free	LY-VA	1	---	-1.72
1:44.02Y	F # 31A	Male 8 & Under 100 Breast	LY-VA	1	---	1.02
	---	1:44.02				
	---	(1:44.02)				
1:30.78Y	F # 66A	Male 8 & Under 100 Back	LY-VA	1	20	-13.47
	45.98	1:30.78				
	(45.98)	(44.80)				
47.78Y	F # 68A	Male 8 & Under 50 Breast	LY-VA	1	20	-1.82
2:52.44Y	F # 70A	Male 8 & Under 200 Free	LY-VA	1	20	1.66
	39.81	1:24.72 2:10.00 2:52.44				
	(39.81)	(44.91) (45.28) (42.44)				
44.84Y	F # 72A	Male 8 & Under 50 Fly	LY-VA	2	17	1.25
Zander Wyman (13) M						
1:18.47Y	F # 4A	Male 13-14 100 Free	LY-VA	32	---	-14.95
	36.28	1:18.47				
	(36.28)	(42.19)				
1:48.04Y DQ	F # 6A	Male 13-14 100 Breast	LY-VA	---	---	---
	48.94	1:48.04				
	(48.94)	(59.10)				
4:03.11Y	F # 8A	Male 13-14 200 Back	LY-VA	16	---	---
	52.88	1:57.44 3:02.42 4:03.11				
	(52.88)	(1:04.56) (1:04.98) (1:00.69)				
1:44.14Y DQ	F # 10A	Male 13-14 100 Fly	LY-VA	---	---	---
	44.98	1:44.14				
	(44.98)	(59.16)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

LY 2023 YMCA October Meet 21-Oct-23 to 22-Oct-23 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
George Xu (16) M						
50.46Y	F # 4B	Male 15 & Over 100 Free	LY-VA	9	---	1.31
	24.72	50.46				
	(24.72)	(25.74)				
2:01.38Y	F # 8B	Male 15 & Over 200 Back	LY-VA	3	---	1.44
	28.45	58.83 1:30.23 2:01.38				
	(28.45)	(30.38) (31.40) (31.15)				
2:04.11Y	F # 12B	Male 15 & Over 200 IM	LY-VA	6	---	4.64
	26.70	58.26 1:35.77 2:04.11				
	(26.70)	(31.56) (37.51) (28.34)				
4:53.50Y	F # 14B	Male 15 & Over 500 Free	LY-VA	5	---	2.35
	26.23	54.95 1:24.31 1:54.16 2:24.64 2:54.94 3:25.06 3:55.74				
	(26.23)	(28.72) (29.36) (29.85) (30.48) (30.30) (30.12) (30.68)				
	4:25.74	4:53.50				
	(30.00)	(27.76)				
2:07.44Y	F # 39B	Male 15 & Over 200 Fly	LY-VA	3	16	5.66
	27.90	1:00.07 1:33.38 2:07.44				
	(27.90)	(32.17) (33.31) (34.06)				
56.50Y	F # 45B	Male 15 & Over 100 Back	LY-VA	2	17	1.26
	27.82	56.50				
	(27.82)	(28.68)				
1:48.87Y	F # 47B	Male 15 & Over 200 Free	LY-VA	3	16	0.48
	25.50	53.00 1:20.91 1:48.87				
	(25.50)	(27.50) (27.91) (27.96)				
4:21.49Y	F # 49B	Male 15 & Over 400 IM	LY-VA	1	20	-6.11
	28.29	1:01.00 1:34.44 2:07.39 2:45.76 3:24.86 3:54.10 4:21.49				
	(28.29)	(32.71) (33.44) (32.95) (38.37) (39.10) (29.24) (27.39)				