

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 The Commonwealth Cup 03-Nov-23 to 05-Nov-23 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Cole Campbell (14) M						
2:01.72Y	P # 2	Male 13 & Over 200 Free	LY-VA	87	---	6.73
	26.80	56.35 1:28.35 2:01.72				
	(26.80)	(29.55) (32.00) (33.37)				
1:14.64Y	P # 4	Male 13 & Over 100 Breast	LY-VA	74	---	8.48
	34.41	1:14.64				
	(34.41)	(40.23)				
23.67Y	F # 16	Male 13 & Over 50 Free	LY-VA	29	---	0.09
24.03Y	P # 16	Male 13 & Over 50 Free	LY-VA	81	---	0.45
2:43.36Y	P # 18	Male 13 & Over 200 Breast	LY-VA	59	---	15.21
	35.12	1:15.97 1:58.80 2:43.36				
	(35.12)	(40.85) (42.83) (44.56)				
5:46.41Y	P # 22	Male 13 & Over 500 Free	LY-VA	72	---	24.91
	28.79	1:01.65 1:36.34 2:11.55 2:47.76 3:23.85 3:59.94 4:35.86				
	(28.79)	(32.86) (34.69) (35.21) (36.21) (36.09) (36.09) (35.92)				
	5:12.01	5:46.41				
	(36.15)	(34.40)				
54.15Y	P # 30	Male 13 & Over 100 Free	LY-VA	125	---	3.28
	24.83	54.15				
	(24.83)	(29.32)				
Thomas Fenton (18) M						
24.38Y	P # 16	Male 13 & Over 50 Free	LY-VA	94	---	0.76
2:12.25Y	P # 18	Male 13 & Over 200 Breast	LY-VA	8	---	6.93
	29.56	1:03.47 1:38.84 2:12.25				
	(29.56)	(33.91) (35.37) (33.41)				
2:12.90Y	F # 18	Male 13 & Over 200 Breast	LY-VA	6	13	7.58
	30.28	1:04.71 1:39.16 2:12.90				
	(30.28)	(34.43) (34.45) (33.74)				
5:21.61Y	P # 22	Male 13 & Over 500 Free	LY-VA	67	---	15.60
	28.50	1:00.38 1:32.96 2:05.59 2:38.51 3:11.93 3:45.17 4:18.42				
	(28.50)	(31.88) (32.58) (32.63) (32.92) (33.42) (33.24) (33.25)				
	4:50.35	5:21.61				
	(31.93)	(31.26)				
54.70Y	P # 30	Male 13 & Over 100 Free	LY-VA	128	---	3.95
	26.08	54.70				
	(26.08)	(28.62)				
2:07.61Y	P # 32	Male 13 & Over 200 IM	LY-VA	69	---	7.36
	27.48	1:02.23 1:37.73 2:07.61				
	(27.48)	(34.75) (35.50) (29.88)				

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Individual Meet Results

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Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
J C Gordon (18) M						
1:41.98Y	F # 2	Male 13 & Over 200 Free	LY-VA	2	17	2.29
	23.78	49.55 1:15.88 1:41.98				
	(23.78)	(25.77) (26.33) (26.10)				
1:42.13Y	P # 2	Male 13 & Over 200 Free	LY-VA	2	---	2.44
	24.04	49.88 1:15.91 1:42.13				
	(24.04)	(25.84) (26.03) (26.22)				
22.27Y	P # 16	Male 13 & Over 50 Free	LY-VA	19	---	0.65
22.34Y	F # 16	Male 13 & Over 50 Free	LY-VA	22	---	0.72
53.52Y	P # 20	Male 13 & Over 100 Back	LY-VA	10	---	1.43
	26.04	53.52				
	(26.04)	(27.48)				
53.63Y	F # 20	Male 13 & Over 100 Back	LY-VA	14	3	1.54
	26.18	53.63				
	(26.18)	(27.45)				
4:43.38Y	P # 22	Male 13 & Over 500 Free	LY-VA	5	---	12.94
	25.78	53.71 1:22.27 1:50.87	2:19.56 2:48.41 3:17.04 3:45.80			
	(25.78)	(27.93) (28.56) (28.60) (28.69) (28.85) (28.63) (28.76)				
	4:14.96	4:43.38				
	(29.16)	(28.42)				
4:44.37Y	F # 22	Male 13 & Over 500 Free	LY-VA	7	12	13.93
	25.27	52.90 1:21.21 1:50.07	2:19.18 2:48.44 3:18.08 3:47.76			
	(25.27)	(27.63) (28.31) (28.86) (29.11) (29.26) (29.64) (29.68)				
	4:16.91	4:44.37				
	(29.15)	(27.46)				
54.06Y	F # 24	400 Medley Relay Lead Off	LY-VA	---	---	1.97
	26.37					
	(26.37)					
25.07Y	F # 26	200 Medley Relay Lead Off	LY-VA	---	---	0.71
1:56.70Y	F # 28	Male 13 & Over 200 Back	LY-VA	6	13	0.90
	26.84	55.86 1:26.45 1:56.70				
	(26.84)	(29.02) (30.59) (30.25)				
1:57.22Y	P # 28	Male 13 & Over 200 Back	LY-VA	10	---	1.42
	26.74	55.81 1:26.71 1:57.22				
	(26.74)	(29.07) (30.90) (30.51)				
48.63Y	P # 30	Male 13 & Over 100 Free	LY-VA	17	---	1.24
	23.58	48.63				
	(23.58)	(25.05)				
49.39Y	F # 30	Male 13 & Over 100 Free	LY-VA	15	2	2.00
	23.78	49.39				
	(23.78)	(25.61)				

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Individual Meet Results

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Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Ann-Margaret Holt (14) F						
1:57.83Y	F # 1	Female 13 & Over 200 Free	LY-VA	26	---	-2.99
	28.17	58.07 1:28.35 1:57.83				
	(28.17)	(29.90) (30.28) (29.48)				
2:01.08Y	P # 1	Female 13 & Over 200 Free	LY-VA	50	---	0.26
	28.56	58.97 1:29.93 2:01.08				
	(28.56)	(30.41) (30.96) (31.15)				
1:01.84Y	F # 5	Female 13 & Over 100 Fly	LY-VA	28	---	-3.76
	29.11	1:01.84				
	(29.11)	(32.73)				
1:04.26Y	P # 5	Female 13 & Over 100 Fly	LY-VA	62	---	-1.34
	30.13	1:04.26				
	(30.13)	(34.13)				
25.87Y	P # 15	Female 13 & Over 50 Free	LY-VA	57	---	0.23
25.96Y	F # 15	Female 13 & Over 50 Free	LY-VA	31	---	0.32
1:05.32Y	P # 19	Female 13 & Over 100 Back	LY-VA	68	---	0.94
	31.80	1:05.32				
	(31.80)	(33.52)				
5:12.71Y	F # 21	Female 13 & Over 500 Free	LY-VA	25	---	-11.07
	29.02	1:00.88 1:32.47 2:03.58	2:34.90 3:06.45 3:38.48 4:10.38			
	(29.02)	(31.86) (31.59) (31.11)	(31.32) (31.55) (32.03) (31.90)			
	4:42.25	5:12.71				
	(31.87)	(30.46)				
5:21.61Y	P # 21	Female 13 & Over 500 Free	LY-VA	33	---	-2.17
	29.85	1:02.48 1:35.79 2:08.17	2:40.42 3:12.85 3:45.30 4:18.26			
	(29.85)	(32.63) (33.31) (32.38)	(32.25) (32.43) (32.45) (32.96)			
	4:50.79	5:21.61				
	(32.53)	(30.82)				
2:15.62Y	F # 27	Female 13 & Over 200 Back	LY-VA	27	---	-0.77
	32.64	1:06.74 1:41.53 2:15.62				
	(32.64)	(34.10) (34.79) (34.09)				
2:18.52Y	P # 27	Female 13 & Over 200 Back	LY-VA	45	---	2.13
	32.95	1:08.01 1:43.49 2:18.52				
	(32.95)	(35.06) (35.48) (35.03)				
54.91Y	F # 29	Female 13 & Over 100 Free	LY-VA	25	---	-1.28
	26.67	54.91				
	(26.67)	(28.24)				
55.36Y	P # 29	Female 13 & Over 100 Free	LY-VA	40	---	-0.83
	26.72	55.36				
	(26.72)	(28.64)				

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Time	F/P/S	Event				Place				Points	Improv	
Ann-Margaret Holt (14) F												
18:28.25Y	F # 35	Female 13 & Over 1650 Free				LY-VA				15	2	-18.23
	32.40	1:07.53	1:42.13	2:16.63	2:50.92	3:24.71	3:58.62	4:31.84				
	(32.40)	(35.13)	(34.60)	(34.50)	(34.29)	(33.79)	(33.91)	(33.22)				
	5:05.89	5:39.94	6:13.88	6:47.60	7:21.46	7:55.49	8:29.73	9:03.46				
	(34.05)	(34.05)	(33.94)	(33.72)	(33.86)	(34.03)	(34.24)	(33.73)				
	9:37.17	10:11.16	10:44.96	11:18.79	11:52.58	12:25.98	13:00.10	13:33.57				
	(33.71)	(33.99)	(33.80)	(33.83)	(33.79)	(33.40)	(34.12)	(33.47)				
	14:07.13	14:40.40	15:13.50	15:46.93	16:20.00	16:53.23	17:25.79	17:57.71				
	(33.56)	(33.27)	(33.10)	(33.43)	(33.07)	(33.23)	(32.56)	(31.92)				
	18:28.25											
	(30.54)											
11:18.79Y	F # 135	Female 13 & Over 1000 Free				LY-VA				16	---	15.31
Davis Hottle (16) M												
56.49Y	P # 6	Male 13 & Over 100 Fly				LY-VA				50	---	2.61
	26.36	56.49										
	(26.36)	(30.13)										
4:28.12Y	P # 8	Male 13 & Over 400 IM				LY-VA				24	---	-6.31
	27.41	59.45	1:33.28	2:07.59	2:46.93	3:27.03	3:58.79	4:28.12				
	(27.41)	(32.04)	(33.83)	(34.31)	(39.34)	(40.10)	(31.76)	(29.33)				
4:29.00Y	F # 8	Male 13 & Over 400 IM				LY-VA				21	---	-5.43
	27.36	59.35	1:33.73	2:07.34	2:47.17	3:26.79	3:58.47	4:29.00				
	(27.36)	(31.99)	(34.38)	(33.61)	(39.83)	(39.62)	(31.68)	(30.53)				
23.80Y	P # 16	Male 13 & Over 50 Free				LY-VA				70	---	0.75
57.67Y	P # 20	Male 13 & Over 100 Back				LY-VA				43	---	1.82
	27.87	57.67										
	(27.87)	(29.80)										
2:02.49Y	F # 28	Male 13 & Over 200 Back				LY-VA				19	---	1.56
	28.51	59.16	1:31.11	2:02.49								
	(28.51)	(30.65)	(31.95)	(31.38)								
2:04.44Y	P # 28	Male 13 & Over 200 Back				LY-VA				29	---	3.51
	28.68	1:00.04	1:32.55	2:04.44								
	(28.68)	(31.36)	(32.51)	(31.89)								
52.04Y	P # 30	Male 13 & Over 100 Free				LY-VA				98	---	2.13
	24.98	52.04										
	(24.98)	(27.06)										
2:09.61Y	P # 32	Male 13 & Over 200 IM				LY-VA				89	---	5.87
	27.50	1:00.89	1:39.88	2:09.61								
	(27.50)	(33.39)	(38.99)	(29.73)								

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Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv
Luke Hottle (14) M					
1:51.10Y	F # 2	Male 13 & Over 200 Free	LY-VA	---	-2.03
1:02.87Y	F # 4	Male 13 & Over 100 Breast	LY-VA	---	1.36
	30.06	1:02.87			
	(30.06)	(32.81)			
1:03.85Y	P # 4	Male 13 & Over 100 Breast	LY-VA	---	2.34
	30.13	1:03.85			
	(30.13)	(33.72)			
4:22.83Y	F # 8	Male 13 & Over 400 IM	LY-VA	3	6.97
	28.26	1:00.65 1:35.97 2:10.51	2:47.82 3:24.95 3:54.85	4:22.83	
	(28.26)	(32.39) (35.32) (34.54)	(37.31) (37.13) (29.90)	(27.98)	
4:23.38Y	P # 8	Male 13 & Over 400 IM	LY-VA	---	7.52
	28.19	1:00.93 1:35.20 2:09.09	2:46.32 3:24.41 3:54.94	4:23.38	
	(28.19)	(32.74) (34.27) (33.89)	(37.23) (38.09) (30.53)	(28.44)	
2:16.04Y	F # 18	Male 13 & Over 200 Breast	LY-VA	---	3.00
	30.70	1:05.84 1:41.14 2:16.04			
	(30.70)	(35.14) (35.30) (34.90)			
2:18.79Y	P # 18	Male 13 & Over 200 Breast	LY-VA	---	5.75
	30.82	1:05.77 1:42.36 2:18.79			
	(30.82)	(34.95) (36.59) (36.43)			
4:54.01Y	F # 22	Male 13 & Over 500 Free	LY-VA	---	1.89
	25.72	54.24 1:23.83 1:53.86	2:23.94 2:54.05 3:24.52	3:54.97	
	(25.72)	(28.52) (29.59) (30.03)	(30.08) (30.11) (30.47)	(30.45)	
	4:25.26	4:54.01			
	(30.29)	(28.75)			
4:55.63Y	P # 22	Male 13 & Over 500 Free	LY-VA	---	3.51
	26.47	55.69 1:25.64 1:56.01	2:26.63 2:56.88 3:27.28	3:57.35	
	(26.47)	(29.22) (29.95) (30.37)	(30.62) (30.25) (30.40)	(30.07)	
	4:27.23	4:55.63			
	(29.88)	(28.40)			
50.57Y	F # 30	Male 13 & Over 100 Free	LY-VA	---	0.43
	24.44	50.57			
	(24.44)	(26.13)			
51.23Y	P # 30	Male 13 & Over 100 Free	LY-VA	---	1.09
	24.74	51.23			
	(24.74)	(26.49)			
2:00.84Y	F # 32	Male 13 & Over 200 IM	LY-VA	---	-1.79
	26.55	58.77 1:33.07 2:00.84			
	(26.55)	(32.22) (34.30) (27.77)			
2:04.68Y	P # 32	Male 13 & Over 200 IM	LY-VA	---	2.05
	27.51	1:01.08 1:36.82 2:04.68			
	(27.51)	(33.57) (35.74) (27.86)			

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Time	F/P/S	Event	Place	Points	Improv	
Luke Hottle (14) M						
16:59.81Y	F # 36	Male 13 & Over 1650 Free	LY-VA	11	6	-16.29
	27.56	57.94 1:28.98 2:00.18	2:31.14 3:02.91	3:33.74 4:05.15		
	(27.56)	(30.38) (31.04) (31.20)	(30.96) (31.77)	(30.83) (31.41)		
	4:36.41	5:07.53 5:38.11 6:09.40	6:40.41 7:11.78	7:43.02 8:14.50		
	(31.26)	(31.12) (30.58) (31.29)	(31.01) (31.37)	(31.24) (31.48)		
	8:45.63	9:16.75 9:47.99 10:19.64	10:50.54 11:21.58	11:53.05 12:24.08		
	(31.13)	(31.12) (31.24) (31.65)	(30.90) (31.04)	(31.47) (31.03)		
	12:55.23	13:26.46 13:57.25 14:28.23	14:59.25 15:30.06	16:00.48 16:31.02		
	(31.15)	(31.23) (30.79) (30.98)	(31.02) (30.81)	(30.42) (30.54)		
	16:59.81					
	(28.79)					
10:19.64Y	F # 136	Male 13 & Over 1000 Free	LY-VA	13	---	13.90
Noah Kasper (16) M						
1:55.35Y	P # 2	Male 13 & Over 200 Free	LY-VA	69	---	-1.66
	26.75	55.75 1:25.79 1:55.35				
	(26.75)	(29.00) (30.04) (29.56)				
59.34Y	P # 6	Male 13 & Over 100 Fly	LY-VA	81	---	0.17
	28.32	59.34				
	(28.32)	(31.02)				
24.00Y	P # 16	Male 13 & Over 50 Free	LY-VA	80	---	-0.06
1:01.42Y	P # 20	Male 13 & Over 100 Back	LY-VA	69	---	---
	29.76	1:01.42				
	(29.76)	(31.66)				
2:14.29Y	P # 28	Male 13 & Over 200 Back	LY-VA	48	---	-2.97
	31.46	1:05.15 1:39.69 2:14.29				
	(31.46)	(33.69) (34.54) (34.60)				
51.75Y	P # 30	Male 13 & Over 100 Free	LY-VA	91	---	-1.09
	25.14	51.75				
	(25.14)	(26.61)				

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Time	F/P/S	Event		Place	Points	Improv
Jack Mills (18) M						
1:39.75Y	F # 2	Male 13 & Over 200 Free	LY-VA	1	20	0.27
	22.73	48.45 1:14.38 1:39.75				
	(22.73)	(25.72) (25.93) (25.37)				
1:41.94Y	P # 2	Male 13 & Over 200 Free	LY-VA	1	---	2.46
	24.03	50.36 1:16.58 1:41.94				
	(24.03)	(26.33) (26.22) (25.36)				
48.81Y	F # 6	Male 13 & Over 100 Fly	LY-VA	1	20	0.60
	23.04	48.81				
	(23.04)	(25.77)				
49.56Y	P # 6	Male 13 & Over 100 Fly	LY-VA	2	---	1.35
	23.11	49.56				
	(23.11)	(26.45)				
1:41.82Y	F # 10	800 Free Relay Lead Off	LY-VA	---	---	2.34
	23.71	49.47 1:16.20				
	(23.71)	(25.76) (26.73)				
21.35Y	F # 12	200 Free Relay Lead Off	LY-VA	---	---	0.57
1:50.05Y	F # 14	Male 13 & Over 200 Fly	LY-VA	4	15	1.28
	23.91	51.83 1:21.21 1:50.05				
	(23.91)	(27.92) (29.38) (28.84)				
1:52.32Y	P # 14	Male 13 & Over 200 Fly	LY-VA	4	---	3.55
	25.41	54.64 1:23.77 1:52.32				
	(25.41)	(29.23) (29.13) (28.55)				
20.98Y	F # 16	Male 13 & Over 50 Free	LY-VA	3	16	0.20
21.27Y	P # 16	Male 13 & Over 50 Free	LY-VA	4	---	0.49
NS	P # 18	Male 13 & Over 200 Breast	LY-VA	---	---	---
45.35Y	P # 30	Male 13 & Over 100 Free	LY-VA	2	---	-0.15
	22.01	45.35				
	(22.01)	(23.34)				
45.64Y	F # 30	Male 13 & Over 100 Free	LY-VA	3	16	0.14
	21.83	45.64				
	(21.83)	(23.81)				
1:56.20Y	P # 32	Male 13 & Over 200 IM	LY-VA	8	---	4.92
	24.17	54.21 1:29.06 1:56.20				
	(24.17)	(30.04) (34.85) (27.14)				
2:01.68Y DQ	F # 32	Male 13 & Over 200 IM	LY-VA	---	---	---
	25.44	57.06 1:33.60 2:01.68				
	(25.44)	(31.62) (36.54) (28.08)				
46.45Y	F # 34	400 Free Relay Lead Off	LY-VA	---	---	0.95
	22.68					
	(22.68)					

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Time	F/P/S	Event	Place	Points	Improv	
Broderick Nelson (13) M						
1:56.40Y	P # 2	Male 13 & Over 200 Free	LY-VA	76	---	-1.23
	26.92	56.07 1:26.47 1:56.40				
	(26.92)	(29.15) (30.40) (29.93)				
1:06.07Y	P # 4	Male 13 & Over 100 Breast	LY-VA	55	---	-0.07
	31.15	1:06.07				
	(31.15)	(34.92)				
1:06.65Y	F # 4	Male 13 & Over 100 Breast	LY-VA	31	---	0.51
	31.56	1:06.65				
	(31.56)	(35.09)				
4:30.29Y	F # 8	Male 13 & Over 400 IM	LY-VA	26	---	-8.39
	28.39	1:01.99 1:38.06 2:13.37	2:50.62 3:29.22 4:00.62 4:30.29			
	(28.39)	(33.60) (36.07) (35.31)	(37.25) (38.60) (31.40) (29.67)			
4:32.18Y	P # 8	Male 13 & Over 400 IM	LY-VA	28	---	-6.50
	28.48	1:02.17 1:38.18 2:14.22	2:51.62 3:30.15 4:01.89 4:32.18			
	(28.48)	(33.69) (36.01) (36.04)	(37.40) (38.53) (31.74) (30.29)			
2:19.86Y	F # 18	Male 13 & Over 200 Breast	LY-VA	27	---	-4.65
	31.06	1:06.78 1:43.75 2:19.86				
	(31.06)	(35.72) (36.97) (36.11)				
2:21.39Y	P # 18	Male 13 & Over 200 Breast	LY-VA	27	---	-3.12
	31.09	1:07.03 1:43.58 2:21.39				
	(31.09)	(35.94) (36.55) (37.81)				
53.48Y	P # 30	Male 13 & Over 100 Free	LY-VA	120	---	0.21
	25.69	53.48				
	(25.69)	(27.79)				
2:07.74Y	P # 32	Male 13 & Over 200 IM	LY-VA	70	---	-0.34
	27.48	1:02.28 1:38.31 2:07.74				
	(27.48)	(34.80) (36.03) (29.43)				
17:47.16Y	F # 36	Male 13 & Over 1650 Free	LY-VA	25	---	---
	28.90	1:01.03 1:33.39 2:05.23	2:37.54 3:10.24 3:43.20 4:15.24			
	(28.90)	(32.13) (32.36) (31.84)	(32.31) (32.70) (32.96) (32.04)			
	4:48.13	5:21.15 5:53.48 6:26.36	6:58.79 7:31.55 8:04.36 8:37.15			
	(32.89)	(33.02) (32.33) (32.88)	(32.43) (32.76) (32.81) (32.79)			
	9:09.62	9:42.34 10:14.99 10:47.96	11:20.54 11:53.29 12:25.81 12:58.14			
	(32.47)	(32.72) (32.65) (32.97)	(32.58) (32.75) (32.52) (32.33)			
	13:30.97	14:03.34 14:35.98 15:08.28	15:40.70 16:12.85 16:44.73 17:16.46			
	(32.83)	(32.37) (32.64) (32.30)	(32.42) (32.15) (31.88) (31.73)			
	17:47.16					
	(30.70)					
10:47.96Y	F # 136	Male 13 & Over 1000 Free	LY-VA	27	---	-67.90

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 The Commonwealth Cup 03-Nov-23 to 05-Nov-23 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Hudson Rice (14) M						
1:53.19Y	F # 2	Male 13 & Over 200 Free	LY-VA	29	---	0.94
	26.41	55.77 1:25.25 1:53.19				
	(26.41)	(29.36) (29.48) (27.94)				
1:53.46Y	P # 2	Male 13 & Over 200 Free	LY-VA	62	---	1.21
	26.53	55.72 1:25.31 1:53.46				
	(26.53)	(29.19) (29.59) (28.15)				
57.01Y	F # 6	Male 13 & Over 100 Fly	LY-VA	30	---	0.96
	27.00	57.01				
	(27.00)	(30.01)				
57.36Y	P # 6	Male 13 & Over 100 Fly	LY-VA	64	---	1.31
	27.20	57.36				
	(27.20)	(30.16)				
4:23.17Y	F # 8	Male 13 & Over 400 IM	LY-VA	17	---	3.34
	27.99	59.87 1:34.24 2:07.72	2:46.37 3:24.49 3:54.67 4:23.17			
	(27.99)	(31.88) (34.37) (33.48)	(38.65) (38.12) (30.18) (28.50)			
4:26.07Y	P # 8	Male 13 & Over 400 IM	LY-VA	20	---	6.24
	28.78	1:01.77 1:37.10 2:10.99	2:49.72 3:27.58 3:57.78 4:26.07			
	(28.78)	(32.99) (35.33) (33.89)	(38.73) (37.86) (30.20) (28.29)			
2:02.95Y	F # 14	Male 13 & Over 200 Fly	LY-VA	27	---	-0.88
	27.58	58.75 1:31.09 2:02.95				
	(27.58)	(31.17) (32.34) (31.86)				
2:05.34Y	P # 14	Male 13 & Over 200 Fly	LY-VA	32	---	1.51
	27.97	1:00.14 1:33.10 2:05.34				
	(27.97)	(32.17) (32.96) (32.24)				
2:23.39Y	F # 18	Male 13 & Over 200 Breast	LY-VA	28	---	3.82
	32.87	1:09.20 1:46.59 2:23.39				
	(32.87)	(36.33) (37.39) (36.80)				
2:24.29Y	P # 18	Male 13 & Over 200 Breast	LY-VA	32	---	4.72
	32.93	1:09.88 1:47.29 2:24.29				
	(32.93)	(36.95) (37.41) (37.00)				
4:58.77Y	F # 22	Male 13 & Over 500 Free	LY-VA	28	---	0.23
	27.12	56.59 1:27.05 1:57.90	2:28.58 2:59.07 3:29.49 3:59.99			
	(27.12)	(29.47) (30.46) (30.85)	(30.68) (30.49) (30.42) (30.50)			
	4:30.21	4:58.77				
	(30.22)	(28.56)				
4:59.23Y	P # 22	Male 13 & Over 500 Free	LY-VA	31	---	0.69
	27.96	58.14 1:28.84 1:58.95	2:29.66 3:00.12 3:30.65 4:00.91			
	(27.96)	(30.18) (30.70) (30.11)	(30.71) (30.46) (30.53) (30.26)			
	4:31.03	4:59.23				
	(30.12)	(28.20)				
50.71Y	F # 30	Male 13 & Over 100 Free	LY-VA	30	---	-0.98
	24.66	50.71				
	(24.66)	(26.05)				
51.01Y	P # 30	Male 13 & Over 100 Free	LY-VA	70	---	-0.68
	24.81	51.01				
	(24.81)	(26.20)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 The Commonwealth Cup 03-Nov-23 to 05-Nov-23 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Hudson Rice (14) M						
2:04.86Y	F # 32	Male 13 & Over 200 IM	LY-VA	28	---	0.26
	26.90	59.77 1:36.71 2:04.86				
	(26.90)	(32.87) (36.94) (28.15)				
2:05.93Y	P # 32	Male 13 & Over 200 IM	LY-VA	56	---	1.33
	27.08	1:00.03 1:37.75 2:05.93				
	(27.08)	(32.95) (37.72) (28.18)				
17:08.61Y	F # 36	Male 13 & Over 1650 Free	LY-VA	15	2	-12.02
	28.43	59.13 1:30.35 2:02.17 2:33.61 3:05.00 3:36.35 4:07.90				
	(28.43)	(30.70) (31.22) (31.82) (31.44) (31.39) (31.35) (31.55)				
	4:39.14	5:10.65 5:41.98 6:13.68 6:45.03 7:16.58 7:47.76 8:18.96				
	(31.24)	(31.51) (31.33) (31.70) (31.35) (31.55) (31.18) (31.20)				
	8:50.47	9:22.06 9:53.61 10:24.48 10:56.01 11:27.29 11:58.77 12:30.16				
	(31.51)	(31.59) (31.55) (30.87) (31.53) (31.28) (31.48) (31.39)				
	13:01.33	13:32.62 14:04.22 14:35.70 15:07.11 15:38.48 16:08.93 16:39.47				
	(31.17)	(31.29) (31.60) (31.48) (31.41) (31.37) (30.45) (30.54)				
	17:08.61					
	(29.14)					
10:24.48Y	F # 136	Male 13 & Over 1000 Free	LY-VA	15	---	0.31
Andrew Rogers (18) M						
1:55.82Y	P # 2	Male 13 & Over 200 Free	LY-VA	72	---	2.68
	26.46	55.74 1:25.45 1:55.82				
	(26.46)	(29.28) (29.71) (30.37)				
57.52Y	P # 6	Male 13 & Over 100 Fly	LY-VA	66	---	1.81
	26.98	57.52				
	(26.98)	(30.54)				
2:10.10Y	P # 14	Male 13 & Over 200 Fly	LY-VA	51	---	3.85
	28.27	1:00.86 1:34.81 2:10.10				
	(28.27)	(32.59) (33.95) (35.29)				
23.72Y	P # 16	Male 13 & Over 50 Free	LY-VA	66	---	0.08
51.96Y	P # 30	Male 13 & Over 100 Free	LY-VA	97	---	0.81
	24.99	51.96				
	(24.99)	(26.97)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 The Commonwealth Cup 03-Nov-23 to 05-Nov-23 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event		Place	Points	Improv
Max Schonfelder (17) M						
1:00.12Y	F # 4	Male 13 & Over 100 Breast	LY-VA	11	6	1.93
	28.67	1:00.12				
	(28.67)	(31.45)				
1:00.60Y	P # 4	Male 13 & Over 100 Breast	LY-VA	9	---	2.41
	28.40	1:00.60				
	(28.40)	(32.20)				
54.68Y	P # 6	Male 13 & Over 100 Fly	LY-VA	29	---	2.50
	25.51	54.68				
	(25.51)	(29.17)				
22.06Y	F # 16	Male 13 & Over 50 Free	LY-VA	19	---	0.55
22.40Y	P # 16	Male 13 & Over 50 Free	LY-VA	24	---	0.89
2:12.75Y	F # 18	Male 13 & Over 200 Breast	LY-VA	17	---	2.71
	30.26	1:03.70 1:38.49 2:12.75				
	(30.26)	(33.44) (34.79) (34.26)				
2:17.32Y	P # 18	Male 13 & Over 200 Breast	LY-VA	18	---	7.28
	30.79	1:05.57 1:41.51 2:17.32				
	(30.79)	(34.78) (35.94) (35.81)				
48.23Y	F # 30	Male 13 & Over 100 Free	LY-VA	11	6	1.02
	23.00	48.23				
	(23.00)	(25.23)				
48.91Y	P # 30	Male 13 & Over 100 Free	LY-VA	24	---	1.70
	23.54	48.91				
	(23.54)	(25.37)				
1:58.92Y	F # 32	Male 13 & Over 200 IM	LY-VA	19	---	2.90
	25.78	57.11 1:31.36 1:58.92				
	(25.78)	(31.33) (34.25) (27.56)				
2:01.92Y	P # 32	Male 13 & Over 200 IM	LY-VA	20	---	5.90
	26.08	58.20 1:33.66 2:01.92				
	(26.08)	(32.12) (35.46) (28.26)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 The Commonwealth Cup 03-Nov-23 to 05-Nov-23 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Avery Snyder (15) M						
1:57.17Y	P # 2	Male 13 & Over 200 Free	LY-VA	82	---	-0.49
	26.02	55.55 1:26.35 1:57.17				
	(26.02)	(29.53) (30.80) (30.82)				
1:07.98Y	P # 4	Male 13 & Over 100 Breast	LY-VA	64	---	0.84
	32.17	1:07.98				
	(32.17)	(35.81)				
24.55Y	P # 16	Male 13 & Over 50 Free	LY-VA	96	---	-0.26
2:29.82Y	P # 18	Male 13 & Over 200 Breast	LY-VA	49	---	3.18
	33.67	1:11.86 1:51.09 2:29.82				
	(33.67)	(38.19) (39.23) (38.73)				
5:15.27Y	P # 22	Male 13 & Over 500 Free	LY-VA	59	---	-7.14
	27.37	58.10 1:29.64 2:01.61 2:33.31 3:06.09 3:38.39 4:11.21				
	(27.37)	(30.73) (31.54) (31.97) (31.70) (32.78) (32.30) (32.82)				
	4:44.18	5:15.27				
	(32.97)	(31.09)				
53.62Y	P # 30	Male 13 & Over 100 Free	LY-VA	121	---	-0.55
	25.63	53.62				
	(25.63)	(27.99)				
2:12.60Y	P # 32	Male 13 & Over 200 IM	LY-VA	102	---	-2.91
	27.85	1:02.47 1:41.72 2:12.60				
	(27.85)	(34.62) (39.25) (30.88)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 The Commonwealth Cup 03-Nov-23 to 05-Nov-23 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Declund Stevenson (16) M						
1:52.44Y	P # 2	Male 13 & Over 200 Free	LY-VA	52	---	-2.42
	25.43	55.18 1:25.12 1:52.44				
	(25.43)	(29.75) (29.94) (27.32)				
1:03.44Y	P # 4	Male 13 & Over 100 Breast	LY-VA	30	---	-1.70
	29.60	1:03.44				
	(29.60)	(33.84)				
23.33Y	F # 12	200 Free Relay Lead Off	LY-VA	---	---	0.61
23.15Y	P # 16	Male 13 & Over 50 Free	LY-VA	47	---	0.43
2:20.68Y	P # 18	Male 13 & Over 200 Breast	LY-VA	25	---	-3.73
	30.73	1:06.63 1:43.61 2:20.68				
	(30.73)	(35.90) (36.98) (37.07)				
5:10.79Y	P # 22	Male 13 & Over 500 Free	LY-VA	50	---	7.68
	27.14	58.72 1:30.42 2:01.99	2:33.63 3:05.95 3:37.67 4:09.20			
	(27.14)	(31.58) (31.70) (31.57)	(31.64) (32.32) (31.72) (31.53)			
	4:40.85	5:10.79				
	(31.65)	(29.94)				
50.73Y	P # 30	Male 13 & Over 100 Free	LY-VA	65	---	0.26
	24.25	50.73				
	(24.25)	(26.48)				
2:08.59Y	P # 32	Male 13 & Over 200 IM	LY-VA	76	---	-4.19
	27.96	1:03.31 1:39.47 2:08.59				
	(27.96)	(35.35) (36.16) (29.12)				
50.85Y	F # 34	400 Free Relay Lead Off	LY-VA	---	---	0.38
	24.26					
	(24.26)					
Joshua Warren (16) M						
1:53.71Y	P # 2	Male 13 & Over 200 Free	LY-VA	63	---	2.34
	26.26	55.12 1:24.62 1:53.71				
	(26.26)	(28.86) (29.50) (29.09)				
56.10Y	P # 6	Male 13 & Over 100 Fly	LY-VA	46	---	-0.55
	26.32	56.10				
	(26.32)	(29.78)				
2:08.96Y	P # 14	Male 13 & Over 200 Fly	LY-VA	47	---	0.35
	28.43	1:00.29 1:33.82 2:08.96				
	(28.43)	(31.86) (33.53) (35.14)				
23.79Y	P # 16	Male 13 & Over 50 Free	LY-VA	69	---	0.40
5:18.55Y	P # 22	Male 13 & Over 500 Free	LY-VA	63	---	19.39
	29.09	1:00.69 1:33.16 2:05.62	2:38.46 3:11.00 3:43.69 4:16.50			
	(29.09)	(31.60) (32.47) (32.46)	(32.84) (32.54) (32.69) (32.81)			
	4:48.84	5:18.55				
	(32.34)	(29.71)				
52.42Y	P # 30	Male 13 & Over 100 Free	LY-VA	107	---	0.76
	25.24	52.42				
	(25.24)	(27.18)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 The Commonwealth Cup 03-Nov-23 to 05-Nov-23 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Broughton Webb (13) F						
2:05.05Y	P # 1	Female 13 & Over 200 Free	LY-VA	75	---	-0.11
	28.66	1:00.56 1:32.92 2:05.05				
	(28.66)	(31.90) (32.36) (32.13)				
1:12.32Y	F # 3	Female 13 & Over 100 Breast	LY-VA	27	---	-1.01
	34.14	1:12.32				
	(34.14)	(38.18)				
1:13.97Y	P # 3	Female 13 & Over 100 Breast	LY-VA	42	---	0.64
	34.49	1:13.97				
	(34.49)	(39.48)				
4:49.50Y	F # 7	Female 13 & Over 400 IM	LY-VA	26	---	-10.16
	31.23	1:09.23 1:45.79 2:22.80 3:03.93 3:46.77 4:18.25 4:49.50				
	(31.23)	(38.00) (36.56) (37.01) (41.13) (42.84) (31.48) (31.25)				
4:50.90Y	P # 7	Female 13 & Over 400 IM	LY-VA	31	---	-8.76
	31.99	1:09.28 1:46.73 2:22.59 3:04.43 3:46.47 4:19.43 4:50.90				
	(31.99)	(37.29) (37.45) (35.86) (41.84) (42.04) (32.96) (31.47)				
2:34.94Y	F # 17	Female 13 & Over 200 Breast	LY-VA	27	---	-1.77
	35.65	1:15.35 1:55.18 2:34.94				
	(35.65)	(39.70) (39.83) (39.76)				
2:39.93Y	P # 17	Female 13 & Over 200 Breast	LY-VA	44	---	3.22
	35.71	1:17.37 2:00.07 2:39.93				
	(35.71)	(41.66) (42.70) (39.86)				
5:22.98Y	F # 21	Female 13 & Over 500 Free	LY-VA	27	---	-8.38
	29.44	1:01.81 1:34.69 2:07.36 2:40.24 3:13.33 3:46.43 4:19.20				
	(29.44)	(32.37) (32.88) (32.67) (32.88) (33.09) (33.10) (32.77)				
	4:51.84	5:22.98				
	(32.64)	(31.14)				
5:25.36Y	P # 21	Female 13 & Over 500 Free	LY-VA	40	---	-6.00
	29.69	1:02.33 1:35.66 2:08.81 2:41.98 3:15.20 3:48.35 4:21.65				
	(29.69)	(32.64) (33.33) (33.15) (33.17) (33.22) (33.15) (33.30)				
	4:54.79	5:25.36				
	(33.14)	(30.57)				
59.08Y	P # 29	Female 13 & Over 100 Free	LY-VA	124	---	-0.31
	28.34	59.08				
	(28.34)	(30.74)				
2:23.64Y	P # 31	Female 13 & Over 200 IM	LY-VA	78	---	-0.47
	32.43	1:09.67 1:51.31 2:23.64				
	(32.43)	(37.24) (41.64) (32.33)				
Owen Widzisz (17) M						
NS	P # 2	Male 13 & Over 200 Free	LY-VA	---	---	---
NS	P # 6	Male 13 & Over 100 Fly	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 The Commonwealth Cup 03-Nov-23 to 05-Nov-23 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Graham Woodruff (14) M						
1:48.50Y	F # 2	Male 13 & Over 200 Free	LY-VA	25	---	-1.05
	26.07	54.79 1:22.41 1:48.50				
	(26.07)	(28.72) (27.62) (26.09)				
1:50.20Y	P # 2	Male 13 & Over 200 Free	LY-VA	36	---	0.65
	26.10	54.28 1:22.72 1:50.20				
	(26.10)	(28.18) (28.44) (27.48)				
56.24Y	F # 6	Male 13 & Over 100 Fly	LY-VA	28	---	-0.10
	26.19	56.24				
	(26.19)	(30.05)				
58.17Y	P # 6	Male 13 & Over 100 Fly	LY-VA	72	---	1.83
	26.94	58.17				
	(26.94)	(31.23)				
22.54Y	F # 16	Male 13 & Over 50 Free	LY-VA	25	---	0.21
22.78Y	P # 16	Male 13 & Over 50 Free	LY-VA	38	---	0.45
57.58Y	F # 20	Male 13 & Over 100 Back	LY-VA	26	---	0.10
	---	57.58				
	---	(57.58)				
58.23Y	P # 20	Male 13 & Over 100 Back	LY-VA	51	---	0.75
	28.24	58.23				
	(28.24)	(29.99)				
4:51.63Y	F # 22	Male 13 & Over 500 Free	LY-VA	25	---	-3.21
	25.86	55.20 1:24.63 1:54.63 2:24.51 2:54.82 3:24.47 3:54.42				
	(25.86)	(29.34) (29.43) (30.00) (29.88) (30.31) (29.65) (29.95)				
	4:24.06	4:51.63				
	(29.64)	(27.57)				
5:02.37Y	P # 22	Male 13 & Over 500 Free	LY-VA	39	---	7.53
	27.62	58.22 1:29.07 2:00.25 2:31.38 3:02.06 3:32.30 4:03.05				
	(27.62)	(30.60) (30.85) (31.18) (31.13) (30.68) (30.24) (30.75)				
	4:33.64	5:02.37				
	(30.59)	(28.73)				
48.81Y	F # 30	Male 13 & Over 100 Free	LY-VA	25	---	-0.44
	23.56	48.81				
	(23.56)	(25.25)				
50.54Y	P # 30	Male 13 & Over 100 Free	LY-VA	60	---	1.29
	24.28	50.54				
	(24.28)	(26.26)				
2:05.69Y	P # 32	Male 13 & Over 200 IM	LY-VA	55	---	-0.92
	26.44	58.54 1:37.44 2:05.69				
	(26.44)	(32.10) (38.90) (28.25)				
2:05.18Y DQ	F # 32	Male 13 & Over 200 IM	LY-VA	---	---	---
	26.66	58.51 1:37.55 2:05.18				
	(26.66)	(31.85) (39.04) (27.63)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 The Commonwealth Cup 03-Nov-23 to 05-Nov-23 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event				Place			Points	Improv
Graham Woodruff (14) M										
17:17.08Y	F # 36	Male 13 & Over 1650 Free				LY-VA		17	---	-39.90
	29.15	1:00.54	1:32.19	2:04.63	2:37.02	3:08.76	3:40.68	4:12.56		
	(29.15)	(31.39)	(31.65)	(32.44)	(32.39)	(31.74)	(31.92)	(31.88)		
	4:44.59	5:16.85	5:48.59	6:20.10	6:51.83	7:23.92	7:55.77	8:27.56		
	(32.03)	(32.26)	(31.74)	(31.51)	(31.73)	(32.09)	(31.85)	(31.79)		
	8:59.03	9:30.71	10:02.27	10:33.62	11:05.02	11:36.94	12:08.29	12:39.84		
	(31.47)	(31.68)	(31.56)	(31.35)	(31.40)	(31.92)	(31.35)	(31.55)		
	13:11.51	13:42.62	14:13.88	14:44.88	15:16.17	15:47.57	16:18.43	16:48.59		
	(31.67)	(31.11)	(31.26)	(31.00)	(31.29)	(31.40)	(30.86)	(30.16)		
	17:17.08									
	(28.49)									
10:33.62Y	F # 136	Male 13 & Over 1000 Free				LY-VA		20	---	10.66
Taylor Woodruff (13) F										
2:06.34Y	P # 1	Female 13 & Over 200 Free				LY-VA		84	---	-0.58
	29.44	1:02.64	1:35.27	2:06.34						
	(29.44)	(33.20)	(32.63)	(31.07)						
1:05.68Y	P # 5	Female 13 & Over 100 Fly				LY-VA		71	---	-1.53
	30.82	1:05.68								
	(30.82)	(34.86)								
2:15.59Y	F # 13	Female 13 & Over 200 Fly				LY-VA		25	---	-6.64
	31.80	1:05.72	1:40.34	2:15.59						
	(31.80)	(33.92)	(34.62)	(35.25)						
2:19.31Y	P # 13	Female 13 & Over 200 Fly				LY-VA		34	---	-2.92
	31.28	1:08.56	1:43.23	2:19.31						
	(31.28)	(37.28)	(34.67)	(36.08)						
26.99Y	P # 15	Female 13 & Over 50 Free				LY-VA		113	---	0.26
2:15.99Y	P # 27	Female 13 & Over 200 Back				LY-VA		38	---	-4.74
	32.39	1:07.01	1:42.05	2:15.99						
	(32.39)	(34.62)	(35.04)	(33.94)						
2:17.05Y	F # 27	Female 13 & Over 200 Back				LY-VA		30	---	-3.68
	31.88	1:07.89	1:43.18	2:17.05						
	(31.88)	(36.01)	(35.29)	(33.87)						
59.61Y	P # 29	Female 13 & Over 100 Free				LY-VA		126	---	1.91
	28.10	59.61								
	(28.10)	(31.51)								

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 The Commonwealth Cup 03-Nov-23 to 05-Nov-23 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
George Xu (16) M						
2:01.32Y	P # 14	Male 13 & Over 200 Fly	LY-VA	17	---	-0.46
	27.54	58.63 1:29.90 2:01.32				
	(27.54)	(31.09) (31.27) (31.42)				
2:01.38Y	F # 14	Male 13 & Over 200 Fly	LY-VA	21	---	-0.40
	26.59	57.00 1:28.89 2:01.38				
	(26.59)	(30.41) (31.89) (32.49)				
56.46Y	P # 20	Male 13 & Over 100 Back	LY-VA	33	---	1.22
	27.59	56.46				
	(27.59)	(28.87)				
4:52.29Y	F # 22	Male 13 & Over 500 Free	LY-VA	19	---	1.14
	26.39	55.03 1:24.78 1:54.51	2:24.04 2:54.02 3:24.10 3:54.28			
	(26.39)	(28.64) (29.75) (29.73)	(29.53) (29.98) (30.08) (30.18)			
	4:23.60	4:52.29				
	(29.32)	(28.69)				
4:55.89Y	P # 22	Male 13 & Over 500 Free	LY-VA	24	---	4.74
	26.64	55.72 1:25.46 1:55.19	2:25.30 2:55.65 3:26.47 3:56.73			
	(26.64)	(29.08) (29.74) (29.73)	(30.11) (30.35) (30.82) (30.26)			
	4:26.40	4:55.89				
	(29.67)	(29.49)				
55.78Y	F # 24	400 Medley Relay Lead Off	LY-VA	---	---	0.54
	27.11					
	(27.11)					
26.61Y	F # 26	200 Medley Relay Lead Off	LY-VA	---	---	0.04
2:01.36Y	P # 28	Male 13 & Over 200 Back	LY-VA	18	---	1.42
	28.79	59.08 1:30.15 2:01.36				
	(28.79)	(30.29) (31.07) (31.21)				
49.64Y	P # 30	Male 13 & Over 100 Free	LY-VA	38	---	0.49
	24.06	49.64				
	(24.06)	(25.58)				
2:03.36Y	P # 32	Male 13 & Over 200 IM	LY-VA	32	---	3.89
	27.02	57.35 1:35.26 2:03.36				
	(27.02)	(30.33) (37.91) (28.10)				