

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
1:14.64Y	P # 4	Male 13 & Over 100 Breast	LY-VA	74	---	8.48
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
5:46.41Y	P # 22	Male 13 & Over 500 Free	LY-VA	72	---	24.91
54.15Y	P # 30	Male 13 & Over 100 Free	LY-VA	125	---	3.28
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
2:12.90Y	F # 18	Male 13 & Over 200 Breast	LY-VA	6	13	7.58
5:21.61Y	P # 22	Male 13 & Over 500 Free	LY-VA	67	---	15.60
54.70Y	P # 30	Male 13 & Over 100 Free	LY-VA	128	---	3.95
2:07.61Y	P # 32	Male 13 & Over 200 IM	LY-VA	69	---	7.36
J C Gordon (18) M						
1:41.98Y	F # 2	Male 13 & Over 200 Free	LY-VA	2	17	2.29
1:42.13Y	P # 2	Male 13 & Over 200 Free	LY-VA	2	---	2.44
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
53.63Y	F # 20	Male 13 & Over 100 Back	LY-VA	14	3	1.54
4:43.38Y	P # 22	Male 13 & Over 500 Free	LY-VA	5	---	12.94
4:44.37Y	F # 22	Male 13 & Over 500 Free	LY-VA	7	12	13.93
54.06Y	F # 24	400 Medley Relay Lead Off	LY-VA	---	---	1.97
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
1:57.22Y	P # 28	Male 13 & Over 200 Back	LY-VA	10	---	1.42
48.63Y	P # 30	Male 13 & Over 100 Free	LY-VA	17	---	1.24
49.39Y	F # 30	Male 13 & Over 100 Free	LY-VA	15	2	2.00

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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
2:01.08Y	P # 1	Female 13 & Over 200 Free	LY-VA	50	---	0.26
1:01.84Y	F # 5	Female 13 & Over 100 Fly	LY-VA	28	---	-3.76
1:04.26Y	P # 5	Female 13 & Over 100 Fly	LY-VA	62	---	-1.34
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
5:12.71Y	F # 21	Female 13 & Over 500 Free	LY-VA	25	---	-11.07
5:21.61Y	P # 21	Female 13 & Over 500 Free	LY-VA	33	---	-2.17
2:15.62Y	F # 27	Female 13 & Over 200 Back	LY-VA	27	---	-0.77
2:18.52Y	P # 27	Female 13 & Over 200 Back	LY-VA	45	---	2.13
54.91Y	F # 29	Female 13 & Over 100 Free	LY-VA	25	---	-1.28
55.36Y	P # 29	Female 13 & Over 100 Free	LY-VA	40	---	-0.83
18:28.25Y	F # 35	Female 13 & Over 1650 Free	LY-VA	15	2	-18.23
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
4:28.12Y	P # 8	Male 13 & Over 400 IM	LY-VA	24	---	-6.31
4:29.00Y	F # 8	Male 13 & Over 400 IM	LY-VA	21	---	-5.43
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
2:02.49Y	F # 28	Male 13 & Over 200 Back	LY-VA	19	---	1.56
2:04.44Y	P # 28	Male 13 & Over 200 Back	LY-VA	29	---	3.51
52.04Y	P # 30	Male 13 & Over 100 Free	LY-VA	98	---	2.13
2:09.61Y	P # 32	Male 13 & Over 200 IM	LY-VA	89	---	5.87
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	26	---	1.36
1:03.85Y	P # 4	Male 13 & Over 100 Breast	LY-VA	33	---	2.34
4:22.83Y	F # 8	Male 13 & Over 400 IM	LY-VA	14	3	6.97
4:23.38Y	P # 8	Male 13 & Over 400 IM	LY-VA	18	---	7.52
2:16.04Y	F # 18	Male 13 & Over 200 Breast	LY-VA	20	---	3.00
2:18.79Y	P # 18	Male 13 & Over 200 Breast	LY-VA	24	---	5.75
4:54.01Y	F # 22	Male 13 & Over 500 Free	LY-VA	20	---	1.89
4:55.63Y	P # 22	Male 13 & Over 500 Free	LY-VA	22	---	3.51
50.57Y	F # 30	Male 13 & Over 100 Free	LY-VA	28	---	0.43
51.23Y	P # 30	Male 13 & Over 100 Free	LY-VA	81	---	1.09
2:00.84Y	F # 32	Male 13 & Over 200 IM	LY-VA	25	---	-1.79
2:04.68Y	P # 32	Male 13 & Over 200 IM	LY-VA	44	---	2.05
16:59.81Y	F # 36	Male 13 & Over 1650 Free	LY-VA	11	6	-16.29
10:19.64Y	F # 136	Male 13 & Over 1000 Free	LY-VA	13	---	13.90

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Time	F/P/S	Event		Place	Points	Improv
Noah Kasper (16) M						
1:55.35Y	P # 2	Male 13 & Over 200 Free	LY-VA	69	---	-1.66
59.34Y	P # 6	Male 13 & Over 100 Fly	LY-VA	81	---	0.17
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	---	---
2:14.29Y	P # 28	Male 13 & Over 200 Back	LY-VA	48	---	-2.97
51.75Y	P # 30	Male 13 & Over 100 Free	LY-VA	91	---	-1.09
Jack Mills (18) M						
1:39.75Y	F # 2	Male 13 & Over 200 Free	LY-VA	1	20	0.27
1:41.94Y	P # 2	Male 13 & Over 200 Free	LY-VA	1	---	2.46
48.81Y	F # 6	Male 13 & Over 100 Fly	LY-VA	1	20	0.60
49.56Y	P # 6	Male 13 & Over 100 Fly	LY-VA	2	---	1.35
1:41.82Y	F # 10	800 Free Relay Lead Off	LY-VA	---	---	2.34
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
1:52.32Y	P # 14	Male 13 & Over 200 Fly	LY-VA	4	---	3.55
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
45.64Y	F # 30	Male 13 & Over 100 Free	LY-VA	3	16	0.14
1:56.20Y	P # 32	Male 13 & Over 200 IM	LY-VA	8	---	4.92
2:01.68Y DQ	F # 32	Male 13 & Over 200 IM	LY-VA	---	---	---
46.45Y	F # 34	400 Free Relay Lead Off	LY-VA	---	---	0.95
Broderick Nelson (13) M						
1:56.40Y	P # 2	Male 13 & Over 200 Free	LY-VA	76	---	-1.23
1:06.07Y	P # 4	Male 13 & Over 100 Breast	LY-VA	55	---	-0.07
1:06.65Y	F # 4	Male 13 & Over 100 Breast	LY-VA	31	---	0.51
4:30.29Y	F # 8	Male 13 & Over 400 IM	LY-VA	26	---	-8.39
4:32.18Y	P # 8	Male 13 & Over 400 IM	LY-VA	28	---	-6.50
2:19.86Y	F # 18	Male 13 & Over 200 Breast	LY-VA	27	---	-4.65
2:21.39Y	P # 18	Male 13 & Over 200 Breast	LY-VA	27	---	-3.12
53.48Y	P # 30	Male 13 & Over 100 Free	LY-VA	120	---	0.21
2:07.74Y	P # 32	Male 13 & Over 200 IM	LY-VA	70	---	-0.34
17:47.16Y	F # 36	Male 13 & Over 1650 Free	LY-VA	25	---	---
10:47.96Y	F # 136	Male 13 & Over 1000 Free	LY-VA	27	---	-67.90

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Hudson Rice (14) M						
1:53.19Y	F # 2	Male 13 & Over 200 Free	LY-VA	29	---	0.94
1:53.46Y	P # 2	Male 13 & Over 200 Free	LY-VA	62	---	1.21
57.01Y	F # 6	Male 13 & Over 100 Fly	LY-VA	30	---	0.96
57.36Y	P # 6	Male 13 & Over 100 Fly	LY-VA	64	---	1.31
4:23.17Y	F # 8	Male 13 & Over 400 IM	LY-VA	17	---	3.34
4:26.07Y	P # 8	Male 13 & Over 400 IM	LY-VA	20	---	6.24
2:02.95Y	F # 14	Male 13 & Over 200 Fly	LY-VA	27	---	-0.88
2:05.34Y	P # 14	Male 13 & Over 200 Fly	LY-VA	32	---	1.51
2:23.39Y	F # 18	Male 13 & Over 200 Breast	LY-VA	28	---	3.82
2:24.29Y	P # 18	Male 13 & Over 200 Breast	LY-VA	32	---	4.72
4:58.77Y	F # 22	Male 13 & Over 500 Free	LY-VA	28	---	0.23
4:59.23Y	P # 22	Male 13 & Over 500 Free	LY-VA	31	---	0.69
50.71Y	F # 30	Male 13 & Over 100 Free	LY-VA	30	---	-0.98
51.01Y	P # 30	Male 13 & Over 100 Free	LY-VA	70	---	-0.68
2:04.86Y	F # 32	Male 13 & Over 200 IM	LY-VA	28	---	0.26
2:05.93Y	P # 32	Male 13 & Over 200 IM	LY-VA	56	---	1.33
17:08.61Y	F # 36	Male 13 & Over 1650 Free	LY-VA	15	2	-12.02
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
57.52Y	P # 6	Male 13 & Over 100 Fly	LY-VA	66	---	1.81
2:10.10Y	P # 14	Male 13 & Over 200 Fly	LY-VA	51	---	3.85
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
Max Schonfelder (17) M						
1:00.12Y	F # 4	Male 13 & Over 100 Breast	LY-VA	11	6	1.93
1:00.60Y	P # 4	Male 13 & Over 100 Breast	LY-VA	9	---	2.41
54.68Y	P # 6	Male 13 & Over 100 Fly	LY-VA	29	---	2.50
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
2:17.32Y	P # 18	Male 13 & Over 200 Breast	LY-VA	18	---	7.28
48.23Y	F # 30	Male 13 & Over 100 Free	LY-VA	11	6	1.02
48.91Y	P # 30	Male 13 & Over 100 Free	LY-VA	24	---	1.70
1:58.92Y	F # 32	Male 13 & Over 200 IM	LY-VA	19	---	2.90
2:01.92Y	P # 32	Male 13 & Over 200 IM	LY-VA	20	---	5.90

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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
1:07.98Y	P # 4	Male 13 & Over 100 Breast	LY-VA	64	---	0.84
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
5:15.27Y	P # 22	Male 13 & Over 500 Free	LY-VA	59	---	-7.14
53.62Y	P # 30	Male 13 & Over 100 Free	LY-VA	121	---	-0.55
2:12.60Y	P # 32	Male 13 & Over 200 IM	LY-VA	102	---	-2.91
Declund Stevenson (16) M						
1:52.44Y	P # 2	Male 13 & Over 200 Free	LY-VA	52	---	-2.42
1:03.44Y	P # 4	Male 13 & Over 100 Breast	LY-VA	30	---	-1.70
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
5:10.79Y	P # 22	Male 13 & Over 500 Free	LY-VA	50	---	7.68
50.73Y	P # 30	Male 13 & Over 100 Free	LY-VA	65	---	0.26
2:08.59Y	P # 32	Male 13 & Over 200 IM	LY-VA	76	---	-4.19
50.85Y	F # 34	400 Free Relay Lead Off	LY-VA	---	---	0.38
Joshua Warren (16) M						
1:53.71Y	P # 2	Male 13 & Over 200 Free	LY-VA	63	---	2.34
56.10Y	P # 6	Male 13 & Over 100 Fly	LY-VA	46	---	-0.55
2:08.96Y	P # 14	Male 13 & Over 200 Fly	LY-VA	47	---	0.35
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
52.42Y	P # 30	Male 13 & Over 100 Free	LY-VA	107	---	0.76
Broughton Webb (13) F						
2:05.05Y	P # 1	Female 13 & Over 200 Free	LY-VA	75	---	-0.11
1:12.32Y	F # 3	Female 13 & Over 100 Breast	LY-VA	27	---	-1.01
1:13.97Y	P # 3	Female 13 & Over 100 Breast	LY-VA	42	---	0.64
4:49.50Y	F # 7	Female 13 & Over 400 IM	LY-VA	26	---	-10.16
4:50.90Y	P # 7	Female 13 & Over 400 IM	LY-VA	31	---	-8.76
2:34.94Y	F # 17	Female 13 & Over 200 Breast	LY-VA	27	---	-1.77
2:39.93Y	P # 17	Female 13 & Over 200 Breast	LY-VA	44	---	3.22
5:22.98Y	F # 21	Female 13 & Over 500 Free	LY-VA	27	---	-8.38
5:25.36Y	P # 21	Female 13 & Over 500 Free	LY-VA	40	---	-6.00
59.08Y	P # 29	Female 13 & Over 100 Free	LY-VA	124	---	-0.31
2:23.64Y	P # 31	Female 13 & Over 200 IM	LY-VA	78	---	-0.47
Owen Widzisz (17) M						
NS	P # 2	Male 13 & Over 200 Free	LY-VA	---	---	---
NS	P # 6	Male 13 & Over 100 Fly	LY-VA	---	---	---

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Graham Woodruff (14) M						
1:48.50Y	F # 2	Male 13 & Over 200 Free	LY-VA	25	---	-1.05
1:50.20Y	P # 2	Male 13 & Over 200 Free	LY-VA	36	---	0.65
56.24Y	F # 6	Male 13 & Over 100 Fly	LY-VA	28	---	-0.10
58.17Y	P # 6	Male 13 & Over 100 Fly	LY-VA	72	---	1.83
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
58.23Y	P # 20	Male 13 & Over 100 Back	LY-VA	51	---	0.75
4:51.63Y	F # 22	Male 13 & Over 500 Free	LY-VA	25	---	-3.21
5:02.37Y	P # 22	Male 13 & Over 500 Free	LY-VA	39	---	7.53
48.81Y	F # 30	Male 13 & Over 100 Free	LY-VA	25	---	-0.44
50.54Y	P # 30	Male 13 & Over 100 Free	LY-VA	60	---	1.29
2:05.69Y	P # 32	Male 13 & Over 200 IM	LY-VA	55	---	-0.92
2:05.18Y DQ	F # 32	Male 13 & Over 200 IM	LY-VA	---	---	---
17:17.08Y	F # 36	Male 13 & Over 1650 Free	LY-VA	17	---	-39.90
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
1:05.68Y	P # 5	Female 13 & Over 100 Fly	LY-VA	71	---	-1.53
2:15.59Y	F # 13	Female 13 & Over 200 Fly	LY-VA	25	---	-6.64
2:19.31Y	P # 13	Female 13 & Over 200 Fly	LY-VA	34	---	-2.92
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
2:17.05Y	F # 27	Female 13 & Over 200 Back	LY-VA	30	---	-3.68
59.61Y	P # 29	Female 13 & Over 100 Free	LY-VA	126	---	1.91
George Xu (16) M						
2:01.32Y	P # 14	Male 13 & Over 200 Fly	LY-VA	17	---	-0.46
2:01.38Y	F # 14	Male 13 & Over 200 Fly	LY-VA	21	---	-0.40
56.46Y	P # 20	Male 13 & Over 100 Back	LY-VA	33	---	1.22
4:52.29Y	F # 22	Male 13 & Over 500 Free	LY-VA	19	---	1.14
4:55.89Y	P # 22	Male 13 & Over 500 Free	LY-VA	24	---	4.74
55.78Y	F # 24	400 Medley Relay Lead Off	LY-VA	---	---	0.54
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
49.64Y	P # 30	Male 13 & Over 100 Free	LY-VA	38	---	0.49
2:03.36Y	P # 32	Male 13 & Over 200 IM	LY-VA	32	---	3.89