

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results - Standard: AGC

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

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Ann-Margaret Holt (14) F						
1:01.84Y QT21	F # 5	Female 13 & Over 100 Fly	LY-VA	28	---	-3.76
54.91Y QT21	F # 29	Female 13 & Over 100 Free	LY-VA	25	---	-1.28
55.36Y QT21	P # 29	Female 13 & Over 100 Free	LY-VA	40	---	-0.83
Broderick Nelson (13) M						
10:47.96Y QT21	F # 136	Male 13 & Over 1000 Free	LY-VA	27	---	-67.90
Broughton Webb (13) F						
4:49.50Y QT21	F # 7	Female 13 & Over 400 IM	LY-VA	26	---	-10.16
4:50.90Y QT21	P # 7	Female 13 & Over 400 IM	LY-VA	31	---	-8.76
5:22.98Y QT21	F # 21	Female 13 & Over 500 Free	LY-VA	27	---	-8.38
5:25.36Y QT21	P # 21	Female 13 & Over 500 Free	LY-VA	40	---	-6.00
Taylor Woodruff (13) F						
2:15.59Y QT21	F # 13	Female 13 & Over 200 Fly	LY-VA	25	---	-6.64
2:19.31Y QT21	P # 13	Female 13 & Over 200 Fly	LY-VA	34	---	-2.92