

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results - Standard: USRY

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

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Broderick Nelson (13) M						
10:47.96Y Q	F # 136	Male 13 & Over 1000 Free	LY-VA	27	---	-67.90
Avery Snyder (15) M						
5:15.27Y Q	P # 22	Male 13 & Over 500 Free	LY-VA	59	---	-7.14