

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

30th Annual YOTA/Arena Capital Classic 30-Nov-23 to 03-Dec-23 Yards

Sanction: NC21199AP Location: Triangle Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Cole Campbell (14) M						
1:58.27Y	P # 20	Male 13 & Over 200 Free	LY-VA	111	---	3.28
	25.56	54.28 1:25.39 1:58.27				
	(25.56)	(28.72) (31.11) (32.88)				
1:03.49Y	F # 24	Male 13 & Over 100 Breast	LY-VA	29	---	-2.67
	29.35	1:03.49				
	(29.35)	(34.14)				
1:06.08Y	P # 24	Male 13 & Over 100 Breast	LY-VA	64	---	-0.08
	30.65	1:06.08				
	(30.65)	(35.43)				
22.77Y	F # 38	Male 13 & Over 50 Free	LY-VA	26	---	-0.81
22.93Y	P # 38	Male 13 & Over 50 Free	LY-VA	49	---	-0.65
2:28.11Y	P # 44	Male 13 & Over 200 Breast	LY-VA	51	---	-0.04
	33.14	1:09.44 1:48.37 2:28.11				
	(33.14)	(36.30) (38.93) (39.74)				
5:33.69Y	P # 52	Male 13 & Over 500 Free	LY-VA	78	---	12.19
	28.52	1:01.62 1:35.52 2:09.44 2:43.02 3:17.32 3:52.14 4:26.70				
	(28.52)	(33.10) (33.90) (33.92) (33.58) (34.30) (34.82) (34.56)				
	5:00.72	5:33.69				
	(34.02)	(32.97)				
50.52Y	P # 66	Male 13 & Over 100 Free	LY-VA	75	---	-0.35
	23.70	50.52				
	(23.70)	(26.82)				
52.02Y	F # 66	Male 13 & Over 100 Free	LY-VA	32	---	1.15
	23.90	52.02				
	(23.90)	(28.12)				
Josh Edwards (15) M						
1:58.93Y	P # 20	Male 13 & Over 200 Free	LY-VA	114	---	-4.24
	26.94	57.04 1:27.84 1:58.93				
	(26.94)	(30.10) (30.80) (31.09)				
1:09.57Y	P # 24	Male 13 & Over 100 Breast	LY-VA	86	---	-2.42
	32.14	1:09.57				
	(32.14)	(37.43)				
1:05.21Y	P # 30	Male 13 & Over 100 Fly	LY-VA	140	---	-1.86
	30.95	1:05.21				
	(30.95)	(34.26)				
24.40Y	P # 38	Male 13 & Over 50 Free	LY-VA	110	---	-0.47
1:03.85Y	P # 48	Male 13 & Over 100 Back	LY-VA	101	---	-2.65
	31.33	1:03.85				
	(31.33)	(32.52)				
53.89Y	P # 66	Male 13 & Over 100 Free	LY-VA	154	---	-0.83
	25.98	53.89				
	(25.98)	(27.91)				
24.08Y	T # 402	Mixed Open 50 Free	LY-VA	7	---	-0.79

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Time	F/P/S	Event		Place	Points	Improv
Frances Fenton (16) F						
56.34Y	P # 65	Female 13 & Over 100 Free	LY-VA	56	---	2.02
	26.80	56.34				
	(26.80)	(29.54)				
2:19.86Y	P # 71	Female 13 & Over 200 Fly	LY-VA	28	---	-9.50
	30.75	1:04.96 1:41.72 2:19.86				
	(30.75)	(34.21) (36.76) (38.14)				

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Time	F/P/S	Event				Place				Points	Improv
Ann-Margaret Holt (14) F											
10:36.58Y	F # 3	Female 13 & Over 1000 Free				LY-VA		5		14	-26.90
	29.25	1:01.07	1:32.74	2:04.86	2:36.57	3:08.92	3:40.49	4:11.79			
	(29.25)	(31.82)	(31.67)	(32.12)	(31.71)	(32.35)	(31.57)	(31.30)			
	4:43.78	5:15.95	5:48.37	6:20.08	6:52.01	7:24.19	7:56.10	8:28.31			
	(31.99)	(32.17)	(32.42)	(31.71)	(31.93)	(32.18)	(31.91)	(32.21)			
	9:00.85	9:33.23	10:05.51	10:36.58							
	(32.54)	(32.38)	(32.28)	(31.07)							
25.00Y	F # 11	200 Free Relay Lead Off				LY-VA		---		---	-0.64
1:55.45Y	F # 19	Female 13 & Over 200 Free				LY-VA		12		5	-2.38
	26.82	55.60	1:25.10	1:55.45							
	(26.82)	(28.78)	(29.50)	(30.35)							
1:55.65Y	P # 19	Female 13 & Over 200 Free				LY-VA		9		---	-2.18
	27.43	56.42	1:26.20	1:55.65							
	(27.43)	(28.99)	(29.78)	(29.45)							
1:01.03Y	F # 29	Female 13 & Over 100 Fly				LY-VA		30		---	-0.81
	29.17	1:01.03									
	(29.17)	(31.86)									
1:01.70Y	P # 29	Female 13 & Over 100 Fly				LY-VA		43		---	-0.14
	28.55	1:01.70									
	(28.55)	(33.15)									
5:07.80Y	F # 51	Female 13 & Over 500 Free				LY-VA		7		12	-4.91
	28.52	59.44	1:30.30	2:01.33	2:32.58	3:04.08	3:35.22	4:06.78			
	(28.52)	(30.92)	(30.86)	(31.03)	(31.25)	(31.50)	(31.14)	(31.56)			
	4:37.79	5:07.80									
	(31.01)	(30.01)									
5:10.50Y	P # 51	Female 13 & Over 500 Free				LY-VA		8		---	-2.21
	29.40	1:01.14	1:33.34	2:04.85	2:36.24	3:07.71	3:39.57	4:10.75			
	(29.40)	(31.74)	(32.20)	(31.51)	(31.39)	(31.47)	(31.86)	(31.18)			
	4:41.22	5:10.50									
	(30.47)	(29.28)									
18:20.97Y	F # 57	Female Open 1650 Free				LY-VA		8		11	-7.28
	32.57	1:07.29	1:41.89	2:16.33	2:50.45	3:24.36	3:58.51	4:32.02			
	(32.57)	(34.72)	(34.60)	(34.44)	(34.12)	(33.91)	(34.15)	(33.51)			
	5:06.03	5:39.99	6:12.89	6:46.60	7:20.05	7:53.47	8:26.95	9:00.83			
	(34.01)	(33.96)	(32.90)	(33.71)	(33.45)	(33.42)	(33.48)	(33.88)			
	9:34.26	10:07.53	10:40.89	11:14.06	11:47.56	12:20.71	12:53.99	13:27.71			
	(33.43)	(33.27)	(33.36)	(33.17)	(33.50)	(33.15)	(33.28)	(33.72)			
	14:00.88	14:33.79	15:06.32	15:39.38	16:12.64	16:45.53	17:18.00	17:49.74			
	(33.17)	(32.91)	(32.53)	(33.06)	(33.26)	(32.89)	(32.47)	(31.74)			
	18:20.97										
	(31.23)										
2:13.10Y	F # 59	Female 13 & Over 200 Back				LY-VA		29		---	-2.52
	31.73	1:05.29	1:39.50	2:13.10							
	(31.73)	(33.56)	(34.21)	(33.60)							
2:15.24Y	P # 59	Female 13 & Over 200 Back				LY-VA		33		---	-0.38
	32.71	1:06.82	1:41.28	2:15.24							
	(32.71)	(34.11)	(34.46)	(33.96)							

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Ann-Margaret Holt (14) F						
54.00Y	F # 65	Female 13 & Over 100 Free	LY-VA	13	3.5	-0.91
	26.06	54.00				
	(26.06)	(27.94)				
54.51Y	P # 65	Female 13 & Over 100 Free	LY-VA	15	---	-0.40
	26.34	54.51				
	(26.34)	(28.17)				
Davis Hottle (16) M						
4:27.76Y	P # 16	Male 13 & Over 400 IM	LY-VA	40	---	-0.36
	28.07	59.86 1:33.38 2:07.85	2:46.66 3:26.58	3:58.67 4:27.76		
	(28.07)	(31.79) (33.52) (34.47)	(38.81) (39.92)	(32.09) (29.09)		
55.14Y	P # 30	Male 13 & Over 100 Fly	LY-VA	62	---	1.26
	26.26	55.14				
	(26.26)	(28.88)				
2:07.08Y	P # 34	Male 13 & Over 200 IM	LY-VA	67	---	3.34
	26.15	58.21 1:37.45 2:07.08				
	(26.15)	(32.06) (39.24) (29.63)				
56.06Y	P # 48	Male 13 & Over 100 Back	LY-VA	36	---	0.21
	27.00	56.06				
	(27.00)	(29.06)				
2:01.44Y	P # 60	Male 13 & Over 200 Back	LY-VA	27	---	0.51
	28.37	58.97 1:30.25 2:01.44				
	(28.37)	(30.60) (31.28) (31.19)				
50.86Y	P # 66	Male 13 & Over 100 Free	LY-VA	83	---	0.95
	24.29	50.86				
	(24.29)	(26.57)				
54.05Y	T # 204	Mixed Open 100 Fly	LY-VA	1	---	0.17
	25.35	54.05				
	(25.35)	(28.70)				
54.89Y	T # 504	Mixed Open 100 Fly	LY-VA	1	---	1.01
	25.66	54.89				
	(25.66)	(29.23)				

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Time	F/P/S	Event	Place	Points	Improv
Luke Hottle (14) M					
10:03.25Y	F # 4	Male 13 & Over 1000 Free	LY-VA 12	5	-2.49
	26.42	56.01 1:26.15 1:56.30	2:26.94 2:57.30 3:27.33 3:57.69		
	(26.42)	(29.59) (30.14) (30.15)	(30.64) (30.36) (30.03) (30.36)		
	4:28.07	4:58.62 5:28.83 5:59.20	6:30.03 7:00.57 7:31.35 8:01.95		
	(30.38)	(30.55) (30.21) (30.37)	(30.83) (30.54) (30.78) (30.60)		
	8:32.94	9:03.85 9:34.37 10:03.25			
	(30.99)	(30.91) (30.52) (28.88)			
1:47.99Y	F # 8	800 Free Relay Lead Off	LY-VA ---	---	-3.11
	24.32	52.08 1:20.40			
	(24.32)	(27.76) (28.32)			
4:12.02Y	F # 16	Male 13 & Over 400 IM	LY-VA 13	4	-3.84
	26.49	58.42 1:31.50 2:05.19	2:39.68 3:16.29 3:44.73 4:12.02		
	(26.49)	(31.93) (33.08) (33.69)	(34.49) (36.61) (28.44) (27.29)		
4:13.34Y	P # 16	Male 13 & Over 400 IM	LY-VA 14	---	-2.52
	27.10	58.87 1:33.18 2:06.91	2:41.87 3:17.06 3:46.16 4:13.34		
	(27.10)	(31.77) (34.31) (33.73)	(34.96) (35.19) (29.10) (27.18)		
1:00.77Y	F # 24	Male 13 & Over 100 Breast	LY-VA 25	---	-0.74
	28.65	1:00.77			
	(28.65)	(32.12)			
1:01.04Y	P # 24	Male 13 & Over 100 Breast	LY-VA 33	---	-0.47
	28.50	1:01.04			
	(28.50)	(32.54)			
1:58.64Y	F # 34	Male 13 & Over 200 IM	LY-VA 25	---	-2.20
	25.69	57.02 1:31.39 1:58.64			
	(25.69)	(31.33) (34.37) (27.25)			
2:02.27Y	P # 34	Male 13 & Over 200 IM	LY-VA 46	---	1.43
	26.41	58.96 1:33.83 2:02.27			
	(26.41)	(32.55) (34.87) (28.44)			
2:12.56Y	F # 44	Male 13 & Over 200 Breast	LY-VA 25	---	-0.48
	29.68	1:03.45 1:38.25 2:12.56			
	(29.68)	(33.77) (34.80) (34.31)			
2:15.63Y	P # 44	Male 13 & Over 200 Breast	LY-VA 27	---	2.59
	30.23	1:04.73 1:40.37 2:15.63			
	(30.23)	(34.50) (35.64) (35.26)			
50.80Y	F # 56	400 Free Relay Lead Off	LY-VA ---	---	0.66
	24.21				
	(24.21)				

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Time	F/P/S	Event	Place	Points	Improv
Luke Hottle (14) M					
17:03.12Y	F # 58	Male Open 1650 Free	LY-VA	9	3.31
	27.42	57.53 1:29.00 2:00.60	2:32.07 3:03.65 3:34.94 4:06.90		
	(27.42)	(30.11) (31.47) (31.60)	(31.47) (31.58) (31.29) (31.96)		
	4:38.21	5:09.71 5:41.14 ---	6:43.91 7:15.56 7:46.72 8:17.95		
	(31.31)	(31.50) (31.43) ---	(6:43.91) (31.65) (31.16) (31.23)		
	8:49.60	9:21.07 9:52.04 10:23.05	10:54.30 11:25.51 11:56.58 12:27.91		
	(31.65)	(31.47) (30.97) (31.01)	(31.25) (31.21) (31.07) (31.33)		
	12:59.07	13:30.18 14:01.35 14:32.12	15:02.65 15:33.44 16:04.34 16:34.76		
	(31.16)	(31.11) (31.17) (30.77)	(30.53) (30.79) (30.90) (30.42)		
	17:03.12				
	(28.36)				
2:01.77Y	F # 72	Male 13 & Over 200 Fly	LY-VA	25	-4.15
	26.92	58.09 1:30.43 2:01.77			
	(26.92)	(31.17) (32.34) (31.34)			
2:05.28Y	P # 72	Male 13 & Over 200 Fly	LY-VA	39	-0.64
	27.51	59.80 1:32.96 2:05.28			
	(27.51)	(32.29) (33.16) (32.32)			
Emily Judy (16) F					
2:16.24Y	P # 33	Female 13 & Over 200 IM	LY-VA	25	5.65
	28.61	1:02.78 1:42.88 2:16.24			
	(28.61)	(34.17) (40.10) (33.36)			
59.77Y	P # 47	Female 13 & Over 100 Back	LY-VA	11	1.50
	28.96	59.77			
	(28.96)	(30.81)			
1:00.49Y	F # 47	Female 13 & Over 100 Back	LY-VA	16	2.22
	28.69	1:00.49			
	(28.69)	(31.80)			
2:10.55Y	F # 59	Female 13 & Over 200 Back	LY-VA	15	5.93
	30.32	1:02.95 1:36.61 2:10.55			
	(30.32)	(32.63) (33.66) (33.94)			
2:10.75Y	P # 59	Female 13 & Over 200 Back	LY-VA	14	6.13
	30.87	1:03.62 1:37.16 2:10.75			
	(30.87)	(32.75) (33.54) (33.59)			
57.23Y	P # 65	Female 13 & Over 100 Free	LY-VA	81	2.65
	27.57	57.23			
	(27.57)	(29.66)			

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Noah Kasper (16) M					
24.46Y	F # 12	200 Free Relay Lead Off	LY-VA	---	0.46
1:54.77Y	P # 20	Male 13 & Over 200 Free	LY-VA	91	-0.58
	27.14	56.37 1:25.62 1:54.77			
	(27.14)	(29.23) (29.25) (29.15)			
59.43Y	P # 30	Male 13 & Over 100 Fly	LY-VA	114	0.26
	27.95	59.43			
	(27.95)	(31.48)			
1:00.61Y	P # 48	Male 13 & Over 100 Back	LY-VA	76	-0.81
	29.25	1:00.61			
	(29.25)	(31.36)			
5:13.86Y	P # 52	Male 13 & Over 500 Free	LY-VA	67	-11.93
	28.78	1:00.16 1:32.10 2:04.19 2:36.56 3:08.84 3:40.46 4:12.37			
	(28.78)	(31.38) (31.94) (32.09) (32.37) (32.28) (31.62) (31.91)			
	4:43.56	5:13.86			
	(31.19)	(30.30)			
2:15.02Y	P # 60	Male 13 & Over 200 Back	LY-VA	78	0.73
	31.80	1:05.75 1:40.92 2:15.02			
	(31.80)	(33.95) (35.17) (34.10)			
51.68Y	P # 66	Male 13 & Over 100 Free	LY-VA	106	-0.07
	25.04	51.68			
	(25.04)	(26.64)			
1:02.44Y	F # 76	400 Medley Relay Lead Off	LY-VA	---	1.02
	30.28				
	(30.28)				
57.88Y	T # 204	Mixed Open 100 Fly	LY-VA	4	-1.29
	27.22	57.88			
	(27.22)	(30.66)			

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Aidan Moss (12) M					
6:34.72Y	F # 6	Male 12 & Under 500 Free	LY-VA 15	2	2.79
	33.04	1:11.09 1:49.58 2:29.18 3:09.56 3:50.68 4:32.36 5:13.51			
	(33.04)	(38.05) (38.49) (39.60) (40.38) (41.12) (41.68) (41.15)			
	5:54.97	6:34.72			
	(41.46)	(39.75)			
33.47Y	P # 26	Male 12 & Under 50 Back	LY-VA 11	---	-0.68
1:16.30Y	P # 28	Male 12 & Under 100 Fly	LY-VA 18	---	-0.51
	34.79	1:16.30			
	(34.79)	(41.51)			
2:42.50Y	P # 36	Male 12 & Under 200 IM	LY-VA 11	---	-2.46
	35.20	1:15.37 2:03.89 2:42.50			
	(35.20)	(40.17) (48.52) (38.61)			
32.22Y	P # 42	Male 12 & Under 50 Fly	LY-VA 19	---	-1.17
1:13.17Y	P # 50	Male 12 & Under 100 Back	LY-VA 17	---	0.49
	35.01	1:13.17			
	(35.01)	(38.16)			
2:32.78Y	F # 62	Male 12 & Under 200 Back	LY-VA 8	11	-5.05
	35.50	1:14.45 --- 2:32.78			
	(35.50)	(38.95) --- (2:32.78)			

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Broderick Nelson (13) M					
4:19.89Y	F # 16	Male 13 & Over 400 IM	LY-VA 25	---	-10.40
	27.24	59.51 1:33.77 2:07.38	2:43.48 3:19.89 3:50.45	4:19.89	
	(27.24)	(32.27) (34.26) (33.61)	(36.10) (36.41) (30.56)	(29.44)	
4:24.38Y	P # 16	Male 13 & Over 400 IM	LY-VA 35	---	-5.91
	27.56	1:00.62 1:36.08 2:10.71	2:46.55 3:23.47 3:54.61	4:24.38	
	(27.56)	(33.06) (35.46) (34.63)	(35.84) (36.92) (31.14)	(29.77)	
1:03.11Y	P # 24	Male 13 & Over 100 Breast	LY-VA 52	---	-2.96
	29.85	1:03.11			
	(29.85)	(33.26)			
1:03.20Y	F # 24	Male 13 & Over 100 Breast	LY-VA 28	---	-2.87
	29.62	1:03.20			
	(29.62)	(33.58)			
2:05.38Y	F # 34	Male 13 & Over 200 IM	LY-VA 29	---	-2.36
	27.23	1:00.20 1:36.22 2:05.38			
	(27.23)	(32.97) (36.02) (29.16)			
2:05.60Y	P # 34	Male 13 & Over 200 IM	LY-VA 61	---	-2.14
	27.29	1:00.07 1:35.26 2:05.60			
	(27.29)	(32.78) (35.19) (30.34)			
2:17.79Y	P # 44	Male 13 & Over 200 Breast	LY-VA 35	---	-2.07
	30.36	1:05.59 1:41.65 2:17.79			
	(30.36)	(35.23) (36.06) (36.14)			
2:19.64Y	F # 44	Male 13 & Over 200 Breast	LY-VA 28	---	-0.22
	30.99	1:06.34 1:42.93 2:19.64			
	(30.99)	(35.35) (36.59) (36.71)			
4:57.63Y	F # 52	Male 13 & Over 500 Free	LY-VA 28	---	-9.79
	---	---	---	---	
	---	---	---	---	
	---	---	---	4:57.63	
	---	---	---	(4:57.63)	
5:00.80Y	P # 52	Male 13 & Over 500 Free	LY-VA 48	---	-6.62
	27.04	56.76 1:27.00 1:57.41	2:28.21 2:59.40 3:30.68	4:01.33	
	(27.04)	(29.72) (30.24) (30.41)	(30.80) (31.19) (31.28)	(30.65)	
	4:31.78	5:00.80			
	(30.45)	(29.02)			
17:38.53Y	F # 58	Male Open 1650 Free	LY-VA 16	1	-8.63
	28.83	1:00.89 1:33.15 2:05.44	2:38.21 3:11.04 3:43.27	4:16.11	
	(28.83)	(32.06) (32.26) (32.29)	(32.77) (32.83) (32.23)	(32.84)	
	4:49.01	5:21.57 5:54.79	---	---	
	(32.90)	(32.56) (33.22)	---	---	
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	17:38.53				
	(17:38.53)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

30th Annual YOTA/Arena Capital Classic 30-Nov-23 to 03-Dec-23 Yards

Sanction: NC21199AP Location: Triangle Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Hudson Rice (14) M					
10:04.87Y	F # 4	Male 13 & Over 1000 Free	LY-VA 14	3	-11.56
	27.62	58.27 1:29.44 1:59.64	2:30.20 3:00.84 3:31.01 4:01.61		
	(27.62)	(30.65) (31.17) (30.20)	(30.56) (30.64) (30.17) (30.60)		
	4:32.33	5:02.23 5:32.85 6:03.56	6:34.06 7:04.66 7:34.96 8:05.38		
	(30.72)	(29.90) (30.62) (30.71)	(30.50) (30.60) (30.30) (30.42)		
	8:35.74	9:06.11 9:36.01 10:04.87			
	(30.36)	(30.37) (29.90) (28.86)			
4:11.63Y	F # 16	Male 13 & Over 400 IM	LY-VA 12	5	-8.20
	26.09	56.12 1:28.84 2:01.36	2:38.31 3:15.16 3:44.09 4:11.63		
	(26.09)	(30.03) (32.72) (32.52)	(36.95) (36.85) (28.93) (27.54)		
4:11.86Y	P # 16	Male 13 & Over 400 IM	LY-VA 9	---	-7.97
	26.49	56.72 1:29.54 2:01.64	2:38.09 3:14.69 3:44.27 4:11.86		
	(26.49)	(30.23) (32.82) (32.10)	(36.45) (36.60) (29.58) (27.59)		
53.85Y	F # 30	Male 13 & Over 100 Fly	LY-VA 26	---	-2.20
	25.57	53.85			
	(25.57)	(28.28)			
54.64Y	P # 30	Male 13 & Over 100 Fly	LY-VA 51	---	-1.41
	25.86	54.64			
	(25.86)	(28.78)			
2:00.43Y	F # 34	Male 13 & Over 200 IM	LY-VA 26	---	-4.17
	25.68	57.04 1:33.06 2:00.43			
	(25.68)	(31.36) (36.02) (27.37)			
2:01.39Y	P # 34	Male 13 & Over 200 IM	LY-VA 38	---	-3.21
	26.08	57.76 1:33.63 2:01.39			
	(26.08)	(31.68) (35.87) (27.76)			
2:18.05Y	P # 44	Male 13 & Over 200 Breast	LY-VA 36	---	-1.52
	31.18	1:06.20 1:42.42 2:18.05			
	(31.18)	(35.02) (36.22) (35.63)			
2:18.87Y	F # 44	Male 13 & Over 200 Breast	LY-VA 27	---	-0.70
	31.35	1:07.03 1:43.47 2:18.87			
	(31.35)	(35.68) (36.44) (35.40)			
49.76Y	P # 66	Male 13 & Over 100 Free	LY-VA 57	---	-0.95
	24.03	49.76			
	(24.03)	(25.73)			
49.81Y	F # 66	Male 13 & Over 100 Free	LY-VA 28	---	-0.90
	24.12	49.81			
	(24.12)	(25.69)			
1:58.91Y	F # 72	Male 13 & Over 200 Fly	LY-VA 21	---	-4.04
	26.32	56.59 1:27.88 1:58.91			
	(26.32)	(30.27) (31.29) (31.03)			
2:00.33Y	P # 72	Male 13 & Over 200 Fly	LY-VA 26	---	-2.62
	26.86	57.19 1:28.78 2:00.33			
	(26.86)	(30.33) (31.59) (31.55)			
22.62Y	T # 402	Mixed Open 50 Free	LY-VA 3	---	-1.07

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

30th Annual YOTA/Arena Capital Classic 30-Nov-23 to 03-Dec-23 Yards

Sanction: NC21199AP Location: Triangle Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Andrew Rogers (18) M						
1:52.10Y	P # 20	Male 13 & Over 200 Free	LY-VA	73	---	-1.04
	26.00	54.81 1:23.49 1:52.10				
	(26.00)	(28.81) (28.68) (28.61)				
55.85Y	P # 30	Male 13 & Over 100 Fly	LY-VA	72	---	0.14
	25.97	55.85				
	(25.97)	(29.88)				
2:10.49Y	P # 34	Male 13 & Over 200 IM	LY-VA	83	---	-1.71
	26.09	1:00.17 1:39.47 2:10.49				
	(26.09)	(34.08) (39.30) (31.02)				
23.20Y	P # 38	Male 13 & Over 50 Free	LY-VA	62	---	-0.44
51.22Y	P # 66	Male 13 & Over 100 Free	LY-VA	95	---	0.07
	24.54	51.22				
	(24.54)	(26.68)				
2:06.71Y	P # 72	Male 13 & Over 200 Fly	LY-VA	44	---	0.46
	27.52	59.54 1:32.72 2:06.71				
	(27.52)	(32.02) (33.18) (33.99)				
55.64Y	T # 204	Mixed Open 100 Fly	LY-VA	2	---	-0.07
	25.80	55.64				
	(25.80)	(29.84)				
Mitchell Rogers (13) M						
1:09.70Y	P # 24	Male 13 & Over 100 Breast	LY-VA	87	---	-3.59
	32.75	1:09.70				
	(32.75)	(36.95)				
1:00.01Y	P # 30	Male 13 & Over 100 Fly	LY-VA	119	---	-1.54
	28.05	1:00.01				
	(28.05)	(31.96)				
2:11.28Y	P # 34	Male 13 & Over 200 IM	LY-VA	86	---	-8.16
	28.39	1:02.14 1:40.41 2:11.28				
	(28.39)	(33.75) (38.27) (30.87)				
5:13.80Y	P # 52	Male 13 & Over 500 Free	LY-VA	66	---	-9.65
	28.05	59.55 1:31.94 2:04.14	2:36.61 3:08.76 3:40.73 4:12.30			
	(28.05)	(31.50) (32.39) (32.20)	(32.47) (32.15) (31.97) (31.57)			
	4:43.36	5:13.80				
	(31.06)	(30.44)				
54.76Y	P # 66	Male 13 & Over 100 Free	LY-VA	166	---	-2.96
	26.47	54.76				
	(26.47)	(28.29)				
2:12.65Y	P # 72	Male 13 & Over 200 Fly	LY-VA	67	---	-2.16
	29.42	1:02.71 1:37.19 2:12.65				
	(29.42)	(33.29) (34.48) (35.46)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

30th Annual YOTA/Arena Capital Classic 30-Nov-23 to 03-Dec-23 Yards

Sanction: NC21199AP Location: Triangle Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Max Schonfelder (17) M						
21.59Y	F # 12	200 Free Relay Lead Off	LY-VA	---	---	0.08
57.67Y	P # 24	Male 13 & Over 100 Breast	LY-VA	6	---	-0.52
	27.13	57.67				
	(27.13)	(30.54)				
57.88Y	F # 24	Male 13 & Over 100 Breast	LY-VA	6	13	-0.31
	27.32	57.88				
	(27.32)	(30.56)				
51.59Y	F # 30	Male 13 & Over 100 Fly	LY-VA	17	---	-0.59
	24.22	51.59				
	(24.22)	(27.37)				
52.04Y	P # 30	Male 13 & Over 100 Fly	LY-VA	19	---	-0.14
	25.27	52.04				
	(25.27)	(26.77)				
1:55.35Y	F # 34	Male 13 & Over 200 IM	LY-VA	11	6	-0.67
	25.04	54.84 1:27.93 1:55.35				
	(25.04)	(29.80) (33.09) (27.42)				
1:56.39Y	P # 34	Male 13 & Over 200 IM	LY-VA	12	---	0.37
	24.89	55.05 1:28.59 1:56.39				
	(24.89)	(30.16) (33.54) (27.80)				
2:08.91Y	F # 44	Male 13 & Over 200 Breast	LY-VA	6	13	-1.13
	28.99	1:01.62 1:35.11 2:08.91				
	(28.99)	(32.63) (33.49) (33.80)				
2:09.51Y	P # 44	Male 13 & Over 200 Breast	LY-VA	6	---	-0.53
	28.86	1:01.63 1:35.32 2:09.51				
	(28.86)	(32.77) (33.69) (34.19)				
47.09Y	F # 66	Male 13 & Over 100 Free	LY-VA	17	---	-0.12
	22.69	47.09				
	(22.69)	(24.40)				
48.17Y	P # 66	Male 13 & Over 100 Free	LY-VA	23	---	0.96
	22.94	48.17				
	(22.94)	(25.23)				
2:02.02Y	P # 72	Male 13 & Over 200 Fly	LY-VA	32	---	4.37
	26.54	57.47 1:30.50 2:02.02				
	(26.54)	(30.93) (33.03) (31.52)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

30th Annual YOTA/Arena Capital Classic 30-Nov-23 to 03-Dec-23 Yards

Sanction: NC21199AP Location: Triangle Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Ava Shopbell (14) F					
11:04.61Y	F # 3	Female 13 & Over 1000 Free	LY-VA 11	6	-6.05
	29.50	1:02.11 1:35.30 2:08.32	2:41.65 3:15.24 3:49.07 4:22.89		
	(29.50)	(32.61) (33.19) (33.02)	(33.33) (33.59) (33.83) (33.82)		
	4:56.37	5:29.92 6:03.39 6:37.34	7:10.89 7:44.63 8:18.38 8:52.32		
	(33.48)	(33.55) (33.47) (33.95)	(33.55) (33.74) (33.75) (33.94)		
	9:26.26	9:59.93 10:32.71 11:04.61			
	(33.94)	(33.67) (32.78) (31.90)			
4:40.00Y	F # 15	Female 13 & Over 400 IM	LY-VA 15	2	-0.87
	28.59	1:01.28 1:37.76 2:14.47	2:54.00 3:34.89 4:08.32 4:40.00		
	(28.59)	(32.69) (36.48) (36.71)	(39.53) (40.89) (33.43) (31.68)		
4:43.58Y	P # 15	Female 13 & Over 400 IM	LY-VA 16	---	2.71
	29.23	1:02.41 1:39.55 ---	2:57.10 3:38.22 4:11.39 4:43.58		
	(29.23)	(33.18) (37.14) ---	(2:57.10) (41.12) (33.17) (32.19)		
59.05Y	F # 29	Female 13 & Over 100 Fly	LY-VA 25	---	-1.10
	27.54	59.05			
	(27.54)	(31.51)			
1:00.45Y	P # 29	Female 13 & Over 100 Fly	LY-VA 31	---	0.30
	28.36	1:00.45			
	(28.36)	(32.09)			
2:15.21Y	F # 33	Female 13 & Over 200 IM	LY-VA 28	---	0.25
	28.45	1:03.17 1:43.49 2:15.21			
	(28.45)	(34.72) (40.32) (31.72)			
2:17.15Y	P # 33	Female 13 & Over 200 IM	LY-VA 32	---	2.19
	28.72	1:05.17 1:45.18 2:17.15			
	(28.72)	(36.45) (40.01) (31.97)			
26.81Y	P # 37	Female 13 & Over 50 Free	LY-VA 108	---	0.16
5:23.89Y	P # 51	Female 13 & Over 500 Free	LY-VA 22	---	-4.80
	29.39	1:01.93 1:35.05 2:08.17	2:41.58 3:14.86 3:48.16 4:20.58		
	(29.39)	(32.54) (33.12) (33.12)	(33.41) (33.28) (33.30) (32.42)		
	4:52.74	5:23.89			
	(32.16)	(31.15)			
5:24.18Y	F # 51	Female 13 & Over 500 Free	LY-VA 24	---	-4.51
	29.28	1:01.89 1:34.76 2:08.02	2:41.12 3:14.24 3:47.34 4:20.51		
	(29.28)	(32.61) (32.87) (33.26)	(33.10) (33.12) (33.10) (33.17)		
	4:53.30	5:24.18			
	(32.79)	(30.88)			
2:08.13Y	F # 71	Female 13 & Over 200 Fly	LY-VA 6	13	-1.46
	28.40	1:00.74 1:34.37 2:08.13			
	(28.40)	(32.34) (33.63) (33.76)			
2:10.33Y	P # 71	Female 13 & Over 200 Fly	LY-VA 7	---	0.74
	28.92	1:02.21 1:36.32 2:10.33			
	(28.92)	(33.29) (34.11) (34.01)			
59.93Y	T # 504	Mixed Open 100 Fly	LY-VA 3	---	-0.22
	28.07	59.93			
	(28.07)	(31.86)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

30th Annual YOTA/Arena Capital Classic 30-Nov-23 to 03-Dec-23 Yards

Sanction: NC21199AP Location: Triangle Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Avery Snyder (15) M						
1:53.76Y	P # 20	Male 13 & Over 200 Free	LY-VA	87	---	-3.41
	25.23	53.71 1:23.50 1:53.76				
	(25.23)	(28.48) (29.79) (30.26)				
1:04.22Y	P # 24	Male 13 & Over 100 Breast	LY-VA	56	---	-2.92
	30.64	1:04.22				
	(30.64)	(33.58)				
2:07.43Y	P # 34	Male 13 & Over 200 IM	LY-VA	69	---	-5.17
	27.28	59.51 1:36.81 2:07.43				
	(27.28)	(32.23) (37.30) (30.62)				
2:22.12Y	P # 44	Male 13 & Over 200 Breast	LY-VA	41	---	-4.52
	31.45	1:06.90 1:44.56 2:22.12				
	(31.45)	(35.45) (37.66) (37.56)				
5:03.84Y	P # 52	Male 13 & Over 500 Free	LY-VA	53	---	-11.43
	26.35	55.96 1:26.48 1:57.19 2:28.00 2:59.19 3:30.40 4:02.14				
	(26.35)	(29.61) (30.52) (30.71) (30.81) (31.19) (31.21) (31.74)				
	4:33.61	5:03.84				
	(31.47)	(30.23)				
52.33Y	P # 66	Male 13 & Over 100 Free	LY-VA	123	---	-1.29
	24.74	52.33				
	(24.74)	(27.59)				
1:04.14Y	T # 103	Mixed Open 100 Breast	LY-VA	1	---	-3.00
	30.48	1:04.14				
	(30.48)	(33.66)				
NS	T # 504	Mixed Open 100 Fly	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

30th Annual YOTA/Arena Capital Classic 30-Nov-23 to 03-Dec-23 Yards

Sanction: NC21199AP Location: Triangle Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Declund Stevenson (16) M						
1:47.79Y	F # 8	800 Free Relay Lead Off	LY-VA	---	---	-4.65
	24.32	51.51 1:19.68				
	(24.32)	(27.19) (28.17)				
1:48.02Y	P # 20	Male 13 & Over 200 Free	LY-VA	38	---	-4.42
	24.45	51.38 1:19.23 1:48.02				
	(24.45)	(26.93) (27.85) (28.79)				
1:00.30Y	P # 24	Male 13 & Over 100 Breast	LY-VA	24	---	-3.14
	28.45	1:00.30				
	(28.45)	(31.85)				
1:01.32Y	F # 24	Male 13 & Over 100 Breast	LY-VA	24	---	-2.12
	29.12	1:01.32				
	(29.12)	(32.20)				
55.80Y	P # 30	Male 13 & Over 100 Fly	LY-VA	70	---	-3.61
	26.41	55.80				
	(26.41)	(29.39)				
22.48Y	P # 38	Male 13 & Over 50 Free	LY-VA	39	---	-0.24
2:14.73Y	P # 44	Male 13 & Over 200 Breast	LY-VA	25	---	-5.95
	29.26	1:03.27 1:38.89 2:14.73				
	(29.26)	(34.01) (35.62) (35.84)				
48.44Y	P # 66	Male 13 & Over 100 Free	LY-VA	28	---	-2.03
	23.67	48.44				
	(23.67)	(24.77)				
NS	T # 501	Mixed Open 50 Free	LY-VA	---	---	---
1:46.47Y	T # 507	Mixed Open 200 Free	LY-VA	1	---	-5.97
	24.34	51.18 1:18.93 1:46.47				
	(24.34)	(26.84) (27.75) (27.54)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

30th Annual YOTA/Arena Capital Classic 30-Nov-23 to 03-Dec-23 Yards

Sanction: NC21199AP Location: Triangle Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Joshua Warren (16) M					
27.28Y	F # 2	200 Medley Relay Lead Off	LY-VA	---	-3.90
1:51.63Y	P # 20	Male 13 & Over 200 Free	LY-VA	69	0.26
	25.75	54.01 1:22.76 1:51.63			
	(25.75)	(28.26) (28.75) (28.87)			
54.67Y	P # 30	Male 13 & Over 100 Fly	LY-VA	53	-1.43
	25.07	54.67			
	(25.07)	(29.60)			
23.35Y	P # 38	Male 13 & Over 50 Free	LY-VA	71	-0.04
5:17.47Y	P # 52	Male 13 & Over 500 Free	LY-VA	72	18.31
	27.51	57.69 1:29.19 2:01.82 2:34.75 3:07.72 3:40.60 4:13.38			
	(27.51)	(30.18) (31.50) (32.63) (32.93) (32.97) (32.88) (32.78)			
	4:45.79	5:17.47			
	(32.41)	(31.68)			
51.58Y	F # 56	400 Free Relay Lead Off	LY-VA	---	-0.08
	25.15				
	(25.15)				
52.00Y	P # 66	Male 13 & Over 100 Free	LY-VA	116	0.34
	24.92	52.00			
	(24.92)	(27.08)			
2:07.91Y	P # 72	Male 13 & Over 200 Fly	LY-VA	50	-0.70
	27.01	58.20 1:32.17 2:07.91			
	(27.01)	(31.19) (33.97) (35.74)			
23.02Y	T # 402	Mixed Open 50 Free	LY-VA	5	-0.37

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

30th Annual YOTA/Arena Capital Classic 30-Nov-23 to 03-Dec-23 Yards

Sanction: NC21199AP Location: Triangle Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Sarah Warren (14) F					
4:50.64Y	F # 15	Female 13 & Over 400 IM	LY-VA 23	---	-4.72
	29.57	1:02.69 1:39.96 --- 3:00.17 3:44.90 4:18.84 4:50.64			
	(29.57)	(33.12) (37.27) --- (3:00.17) (44.73) (33.94) (31.80)			
4:51.08Y	P # 15	Female 13 & Over 400 IM	LY-VA 25	---	-4.28
	30.76	1:05.90 1:44.28 2:21.78 3:03.98 3:45.76 4:18.48 4:51.08			
	(30.76)	(35.14) (38.38) (37.50) (42.20) (41.78) (32.72) (32.60)			
1:00.71Y	F # 29	Female 13 & Over 100 Fly	LY-VA 29	---	-0.17
	28.71	1:00.71			
	(28.71)	(32.00)			
1:01.48Y	P # 29	Female 13 & Over 100 Fly	LY-VA 42	---	0.60
	28.68	1:01.48			
	(28.68)	(32.80)			
2:18.47Y	F # 33	Female 13 & Over 200 IM	LY-VA 31	---	-1.84
	28.89	1:03.29 1:46.99 2:18.47			
	(28.89)	(34.40) (43.70) (31.48)			
2:19.13Y	P # 33	Female 13 & Over 200 IM	LY-VA 45	---	-1.18
	29.31	1:05.91 1:47.92 2:19.13			
	(29.31)	(36.60) (42.01) (31.21)			
1:03.48Y	P # 47	Female 13 & Over 100 Back	LY-VA 58	---	-0.19
	30.72	1:03.48			
	(30.72)	(32.76)			
2:17.50Y	P # 59	Female 13 & Over 200 Back	LY-VA 54	---	-4.87
	32.96	1:07.65 1:43.30 2:17.50			
	(32.96)	(34.69) (35.65) (34.20)			
2:12.71Y	F # 71	Female 13 & Over 200 Fly	LY-VA 14	3	-0.64
	29.10	1:02.36 1:37.10 2:12.71			
	(29.10)	(33.26) (34.74) (35.61)			
2:14.25Y	P # 71	Female 13 & Over 200 Fly	LY-VA 15	---	0.90
	29.83	1:03.58 1:38.70 2:14.25			
	(29.83)	(33.75) (35.12) (35.55)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

30th Annual YOTA/Arena Capital Classic 30-Nov-23 to 03-Dec-23 Yards

Sanction: NC21199AP Location: Triangle Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Broughton Webb (13) F					
10:53.82Y	F # 3	Female 13 & Over 1000 Free	LY-VA 10	7	-19.94
	29.43	1:02.09 1:34.85 2:07.97	2:41.22 3:14.45 3:47.45 4:20.49		
	(29.43)	(32.66) (32.76) (33.12)	(33.25) (33.23) (33.00) (33.04)		
	4:53.86	5:27.19 6:00.06 6:33.38	7:06.36 7:38.80 8:11.46 8:44.31		
	(33.37)	(33.33) (32.87) (33.32)	(32.98) (32.44) (32.66) (32.85)		
	9:17.10	9:49.67 10:22.09 10:53.82			
	(32.79)	(32.57) (32.42) (31.73)			
4:46.94Y	F # 15	Female 13 & Over 400 IM	LY-VA 25	---	-2.56
	30.46	1:06.10 1:43.53 2:20.06	3:01.43 3:43.11 4:15.43 4:46.94		
	(30.46)	(35.64) (37.43) (36.53)	(41.37) (41.68) (32.32) (31.51)		
4:51.09Y	P # 15	Female 13 & Over 400 IM	LY-VA 26	---	1.59
	31.82	1:09.15 1:47.10 2:24.93	3:05.68 3:47.42 4:20.18 4:51.09		
	(31.82)	(37.33) (37.95) (37.83)	(40.75) (41.74) (32.76) (30.91)		
1:11.92Y	P # 23	Female 13 & Over 100 Breast	LY-VA 33	---	-0.40
	33.32	1:11.92			
	(33.32)	(38.60)			
1:12.00Y	F # 23	Female 13 & Over 100 Breast	LY-VA 31	---	-0.32
	33.90	1:12.00			
	(33.90)	(38.10)			
2:31.17Y	F # 43	Female 13 & Over 200 Breast	LY-VA 21	---	-3.77
	34.17	1:13.26 1:52.11 2:31.17			
	(34.17)	(39.09) (38.85) (39.06)			
2:35.74Y	P # 43	Female 13 & Over 200 Breast	LY-VA 23	---	0.80
	34.69	1:14.33 1:54.87 2:35.74			
	(34.69)	(39.64) (40.54) (40.87)			
5:16.53Y	P # 51	Female 13 & Over 500 Free	LY-VA 15	---	-6.45
	29.61	1:01.77 1:34.37 2:06.58	2:39.06 3:11.12 3:42.87 4:14.79		
	(29.61)	(32.16) (32.60) (32.21)	(32.48) (32.06) (31.75) (31.92)		
	4:46.30	5:16.53			
	(31.51)	(30.23)			
5:18.69Y	F # 51	Female 13 & Over 500 Free	LY-VA 15	2	-4.29
	29.06	1:00.94 --- 2:05.78	2:37.47 3:09.99 3:42.56 4:14.79		
	(29.06)	(31.88) --- (2:05.78)	(31.69) (32.52) (32.57) (32.23)		
	4:47.03	5:18.69			
	(32.24)	(31.66)			
18:28.31Y	F # 57	Female Open 1650 Free	LY-VA 9	9	---
	30.97	1:05.95 1:40.97 2:15.68	2:50.06 3:24.19 3:58.90 4:32.94		
	(30.97)	(34.98) (35.02) (34.71)	(34.38) (34.13) (34.71) (34.04)		
	5:07.00	5:40.60 6:14.06 6:47.76	7:21.65 7:55.60 8:29.19 9:03.28		
	(34.06)	(33.60) (33.46) (33.70)	(33.89) (33.95) (33.59) (34.09)		
	9:36.20	10:09.64 10:43.39 11:17.18	11:50.92 12:24.86 12:58.90 13:32.19		
	(32.92)	(33.44) (33.75) (33.79)	(33.74) (33.94) (34.04) (33.29)		
	14:05.65	14:39.27 15:12.44 15:45.68	16:18.94 16:51.69 17:24.17 17:56.77		
	(33.46)	(33.62) (33.17) (33.24)	(33.26) (32.75) (32.48) (32.60)		
	18:28.31				
	(31.54)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

30th Annual YOTA/Arena Capital Classic 30-Nov-23 to 03-Dec-23 Yards
Sanction: NC21199AP Location: Triangle Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Broughton Webb (13) F						
58.22Y	P # 65	Female 13 & Over 100 Free	LY-VA	111	---	-0.86
	28.36	58.22				
	(28.36)	(29.86)				

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Individual Meet Results

30th Annual YOTA/Arena Capital Classic 30-Nov-23 to 03-Dec-23 Yards

Sanction: NC21199AP Location: Triangle Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Graham Woodruff (14) M					
25.69Y	F # 2	200 Medley Relay Lead Off	LY-VA	---	-1.11
10:00.62Y	F # 4	Male 13 & Over 1000 Free	LY-VA	9	-19.97
	27.02	57.10 1:27.60 1:58.04	2:28.05	2:58.15	3:28.57 3:58.97
	(27.02)	(30.08) (30.50) (30.44)	(30.01)	(30.10)	(30.42) (30.40)
	4:29.29	4:59.37 5:29.71 5:59.96	6:30.13	7:00.44	7:30.54 8:01.00
	(30.32)	(30.08) (30.34) (30.25)	(30.17)	(30.31)	(30.10) (30.46)
	8:31.53	9:02.01 9:32.15 10:00.62			
	(30.53)	(30.48) (30.14) (28.47)			
22.02Y	F # 12	200 Free Relay Lead Off	LY-VA	---	-0.31
1:46.23Y	F # 20	Male 13 & Over 200 Free	LY-VA	25	-2.27
	24.57	51.76 1:19.69 1:46.23			
	(24.57)	(27.19) (27.93) (26.54)			
1:49.41Y	P # 20	Male 13 & Over 200 Free	LY-VA	50	0.91
	25.16	52.81 1:21.40 1:49.41			
	(25.16)	(27.65) (28.59) (28.01)			
53.69Y	F # 30	Male 13 & Over 100 Fly	LY-VA	25	-2.55
	25.18	53.69			
	(25.18)	(28.51)			
55.69Y	P # 30	Male 13 & Over 100 Fly	LY-VA	68	-0.55
	26.59	55.69			
	(26.59)	(29.10)			
22.10Y	F # 38	Male 13 & Over 50 Free	LY-VA	22	-0.23
22.15Y	P # 38	Male 13 & Over 50 Free	LY-VA	24	-0.18
21.47Y	S # 38S	Male 13 & Over 50 Free	LY-VA	1	-0.86
4:54.36Y	F # 52	Male 13 & Over 500 Free	LY-VA	26	2.73
	---	---	---	---	---
	---	---	---	---	---
	---	---	---	---	4:54.36
	---	---	---	---	(4:54.36)
5:01.41Y	P # 52	Male 13 & Over 500 Free	LY-VA	49	9.78
	27.46	57.67 1:28.78 1:59.78	2:30.66	3:01.06	3:31.38 4:01.24
	(27.46)	(30.21) (31.11) (31.00)	(30.88)	(30.40)	(30.32) (29.86)
	4:31.88	5:01.41			
	(30.64)	(29.53)			
2:00.24Y	F # 60	Male 13 & Over 200 Back	LY-VA	25	-3.60
	28.18	58.73 1:30.02 2:00.24			
	(28.18)	(30.55) (31.29) (30.22)			
2:07.75Y	P # 60	Male 13 & Over 200 Back	LY-VA	57	3.91
	29.94	1:02.83 1:35.94 2:07.75			
	(29.94)	(32.89) (33.11) (31.81)			
48.03Y	F # 66	Male 13 & Over 100 Free	LY-VA	25	-0.78
	23.03	48.03			
	(23.03)	(25.00)			
49.90Y	P # 66	Male 13 & Over 100 Free	LY-VA	60	1.09
	23.57	49.90			
	(23.57)	(26.33)			

Lynchburg YMCA Swim Team
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Individual Meet Results

30th Annual YOTA/Arena Capital Classic 30-Nov-23 to 03-Dec-23 Yards

Sanction: NC21199AP Location: Triangle Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Graham Woodruff (14) M						
55.66Y	F # 76	400 Medley Relay Lead Off	LY-VA	---	---	-1.82
	26.68					
	(26.68)					
25.18Y	F # 508	Male 13-14 50 Fly	LY-VA	---	---	-2.48
Taylor Woodruff (13) F						
28.89Y	F # 1	200 Medley Relay Lead Off	LY-VA	---	---	-0.34
2:03.35Y	F # 7	800 Free Relay Lead Off	LY-VA	---	---	-2.99
	28.62	1:00.79 1:33.42				
	(28.62)	(32.17) (32.63)				
2:02.71Y	P # 19	Female 13 & Over 200 Free	LY-VA	69	---	-3.63
	29.15	1:00.85 1:32.58 2:02.71				
	(29.15)	(31.70) (31.73) (30.13)				
1:03.66Y	P # 29	Female 13 & Over 100 Fly	LY-VA	63	---	-2.02
	29.79	1:03.66				
	(29.79)	(33.87)				
26.09Y	P # 37	Female 13 & Over 50 Free	LY-VA	59	---	-0.64
1:01.36Y	F # 47	Female 13 & Over 100 Back	LY-VA	26	---	-3.29
	29.64	1:01.36				
	(29.64)	(31.72)				
1:02.09Y	P # 47	Female 13 & Over 100 Back	LY-VA	35	---	-2.56
	30.29	1:02.09				
	(30.29)	(31.80)				
57.95Y	F # 55	400 Free Relay Lead Off	LY-VA	---	---	0.25
	28.08					
	(28.08)					
2:19.26Y	P # 59	Female 13 & Over 200 Back	LY-VA	69	---	3.27
	32.78	1:08.01 1:44.54 2:19.26				
	(32.78)	(35.23) (36.53) (34.72)				
2:14.61Y	F # 71	Female 13 & Over 200 Fly	LY-VA	25	---	-0.98
	30.43	1:04.90 1:40.08 2:14.61				
	(30.43)	(34.47) (35.18) (34.53)				
2:19.92Y	P # 71	Female 13 & Over 200 Fly	LY-VA	29	---	4.33
	31.31	1:06.89 1:42.98 2:19.92				
	(31.31)	(35.58) (36.09) (36.94)				
1:04.36Y	F # 75	400 Medley Relay Lead Off	LY-VA	---	---	-0.29
	30.49					
	(30.49)					

Lynchburg YMCA Swim Team
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Individual Meet Results

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Sanction: NC21199AP Location: Triangle Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
George Xu (16) M						
2:00.33Y	P # 34	Male 13 & Over 200 IM	LY-VA	30	---	0.86
	26.11	56.06 1:32.82 2:00.33				
	(26.11)	(29.95) (36.76) (27.51)				
54.93Y	P # 48	Male 13 & Over 100 Back	LY-VA	26	---	-0.31
	26.88	54.93				
	(26.88)	(28.05)				
4:48.95Y	F # 52	Male 13 & Over 500 Free	LY-VA	20	---	-2.20
	25.59	53.77 1:22.79 1:52.01	2:21.40 2:50.93 3:20.49 3:50.55			
	(25.59)	(28.18) (29.02) (29.22)	(29.39) (29.53) (29.56) (30.06)			
	4:20.36	4:48.95				
	(29.81)	(28.59)				
4:50.93Y	P # 52	Male 13 & Over 500 Free	LY-VA	19	---	-0.22
	25.75	53.75 1:22.42 1:51.38	2:20.56 2:50.05 3:20.50 3:51.29			
	(25.75)	(28.00) (28.67) (28.96)	(29.18) (29.49) (30.45) (30.79)			
	4:21.75	4:50.93				
	(30.46)	(29.18)				
48.77Y	F # 56	400 Free Relay Lead Off	LY-VA	---	---	-0.38
	23.64					
	(23.64)					
1:57.87Y	F # 60	Male 13 & Over 200 Back	LY-VA	18	---	-2.07
	27.89	57.74 1:27.74 1:57.87				
	(27.89)	(29.85) (30.00) (30.13)				
1:59.72Y	P # 60	Male 13 & Over 200 Back	LY-VA	20	---	-0.22
	28.15	58.29 1:28.91 1:59.72				
	(28.15)	(30.14) (30.62) (30.81)				
48.98Y	P # 66	Male 13 & Over 100 Free	LY-VA	38	---	-0.17
	23.73	48.98				
	(23.73)	(25.25)				
2:00.53Y	P # 72	Male 13 & Over 200 Fly	LY-VA	27	---	-0.79
	27.00	57.58 1:29.27 2:00.53				
	(27.00)	(30.58) (31.69) (31.26)				
56.36Y	F # 76	400 Medley Relay Lead Off	LY-VA	---	---	1.12
	27.37					
	(27.37)					