

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Tessa Akershoek (11) F						
33.03Y	P # 75A	Female 11-11 50 Free	LY-VA	25	---	-0.82
1:38.12Y	P # 79A	Female 11-11 100 Breast	LY-VA	23	---	-7.26
	45.55	1:38.12				
	(45.55)	(52.57)				
40.84Y	P # 83A	Female 11-11 50 Back	LY-VA	24	---	0.30
33.92Y	F # 91	200 Free Relay Lead Off	LY-VA	---	---	0.07
37.77Y	P # 109A	Female 11-11 50 Fly	LY-VA	20	---	-0.28
1:28.33Y	P # 113A	Female 11-11 100 Back	LY-VA	15	---	1.01
	43.08	1:28.33				
	(43.08)	(45.25)				
1:17.03Y	P # 117A	Female 11-11 100 Free	LY-VA	23	---	1.06
	37.31	1:17.03				
	(37.31)	(39.72)				
Sydney Ayers (13) F						
3:35.69Y	P # 59	Female 13-14 200 Fly	LY-VA	28	---	---
	46.27	1:42.34 2:43.88 3:35.69				
	(46.27)	(56.07) (1:01.54) (51.81)				
1:30.44Y	P # 63	Female 13-14 100 Back	LY-VA	73	---	0.29
	43.27	1:30.44				
	(43.27)	(47.17)				
3:41.07Y	P # 67	Female 13-14 200 Breast	LY-VA	54	---	5.29
	48.85	1:46.45 2:44.43 3:41.07				
	(48.85)	(57.60) (57.98) (56.64)				
3:14.99Y	P # 93	Female 13-14 200 Back	LY-VA	37	---	-0.45
	43.50	1:32.08 --- 3:14.99				
	(43.50)	(48.58) --- (3:14.99)				
1:13.56Y	P # 97	Female 13-14 100 Free	LY-VA	69	---	-0.43
	34.68	1:13.56				
	(34.68)	(38.88)				
3:15.07Y	P # 101	Female 13-14 200 IM	LY-VA	63	---	5.42
	43.38	1:32.87 2:30.80 3:15.07				
	(43.38)	(49.49) (57.93) (44.27)				

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Shirley Barger (13) F											
27.64Y	P # 1	Female	13-14 50 Free			LY-VA		35	---	-1.20	
5:55.27Y	F # 5	Female	13-14 500 Free			LY-VA		27	---	-5.07	
	31.90	1:06.33	1:41.83	2:18.20	2:54.25	3:31.18	4:07.81	4:44.53			
	(31.90)	(34.43)	(35.50)	(36.37)	(36.05)	(36.93)	(36.63)	(36.72)			
	5:20.63	5:55.27									
	(36.10)	(34.64)									
2:12.61Y	P # 17	Female	13-14 200 Free			LY-VA		29	---	-2.83	
	30.26	1:03.48	1:38.35	2:12.61							
	(30.26)	(33.22)	(34.87)	(34.26)							
1:21.75Y	P # 21	Female	13-14 100 Breast			LY-VA		30	---	-1.04	
	37.74	1:21.75									
	(37.74)	(44.01)									
5:29.41Y	F # 29	Female	13-14 400 IM			LY-VA		26	---	-4.10	
	36.63	1:19.19	2:02.02	2:43.38	3:30.40	4:17.96	4:54.72	5:29.41			
	(36.63)	(42.56)	(42.83)	(41.36)	(47.02)	(47.56)	(36.76)	(34.69)			
2:51.58Y	P # 59	Female	13-14 200 Fly			LY-VA		21	---	---	
	36.36	1:20.71	2:05.29	2:51.58							
	(36.36)	(44.35)	(44.58)	(46.29)							
2:52.86Y	F # 59	Female	13-14 200 Fly			LY-VA		16	3	---	
	37.15	1:20.94	2:07.46	2:52.86							
	(37.15)	(43.79)	(46.52)	(45.40)							
1:11.87Y	P # 63	Female	13-14 100 Back			LY-VA		43	---	-2.31	
	34.83	1:11.87									
	(34.83)	(37.04)									
2:56.79Y	P # 67	Female	13-14 200 Breast			LY-VA		34	---	-0.54	
	40.44	1:25.76	2:12.42	2:56.79							
	(40.44)	(45.32)	(46.66)	(44.37)							
2:34.09Y	F # 93	Female	13-14 200 Back			LY-VA		18	1	-8.72	
	35.58	1:13.24	1:53.25	2:34.09							
	(35.58)	(37.66)	(40.01)	(40.84)							
2:36.78Y	P # 93	Female	13-14 200 Back			LY-VA		22	---	-6.03	
	38.22	1:18.15	1:58.02	2:36.78							
	(38.22)	(39.93)	(39.87)	(38.76)							
1:01.45Y	P # 97	Female	13-14 100 Free			LY-VA		37	---	0.09	
	29.43	1:01.45									
	(29.43)	(32.02)									
2:37.40Y DQ	P # 101	Female	13-14 200 IM			LY-VA		---	---	---	
	36.38	1:16.19	2:03.20	2:37.40							
	(36.38)	(39.81)	(47.01)	(34.20)							
George Barksdale (7) M											
51.22Y	P # 74	Male	10 & Under 50 Free			LY-VA		77	---	-2.38	
3:04.41Y DQ	P # 78	Male	10 & Under 100 Breast			LY-VA		---	---	---	
	1:27.58	3:04.41									
	(1:27.58)	(1:36.83)									
1:37.43Y	P # 82	Male	10 & Under 50 Fly			LY-VA		63	---	---	

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Time	F/P/S	Event		Place	Points	Improv
Jackson Barksdale (12) M						
28.95Y	P # 76B	Male 12-12 50 Free	LY-VA	12	---	-0.57
1:30.86Y	P # 80B	Male 12-12 100 Breast	LY-VA	10	---	-1.52
	42.29	1:30.86				
	(42.29)	(48.57)				
37.63Y	P # 84B	Male 12-12 50 Back	LY-VA	18	---	-0.48
Callan Berkley (9) M						
59.99Y DQ	P # 36	Male 10 & Under 50 Back	LY-VA	---	---	---
4:45.01Y	P # 40	Male 10 & Under 200 Free	LY-VA	34	---	---
	1:02.75	2:20.10	---	4:45.01		
	(1:02.75)	(1:17.35)	---	(4:45.01)		
1:10.22Y	P # 48	Male 10 & Under 50 Breast	LY-VA	36	---	-8.37
50.80Y	P # 74	Male 10 & Under 50 Free	LY-VA	76	---	-5.11
2:52.59Y	P # 78	Male 10 & Under 100 Breast	LY-VA	58	---	---
	---	2:52.59				
	---	(2:52.59)				
1:19.62Y	P # 82	Male 10 & Under 50 Fly	LY-VA	62	---	---
2:23.94Y DQ	P # 112	Male 10 & Under 100 Back	LY-VA	---	---	---
	1:08.12	2:23.94				
	(1:08.12)	(1:15.82)				
2:03.70Y	P # 116	Male 10 & Under 100 Free	LY-VA	66	---	---
	---	2:03.70				
	---	(2:03.70)				
2:18.85Y	P # 120	Male 10 & Under 100 IM	LY-VA	47	---	---
	1:05.42	2:18.85				
	(1:05.42)	(1:13.43)				

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Time	F/P/S	Event	Place	Points	Improv	
Jack Berkley (12) M						
3:00.77Y	P # 38B	Male 12-12 200 Free	LY-VA	16	---	-10.90
	39.49	1:27.01 2:16.14 3:00.77				
	(39.49)	(47.52) (49.13) (44.63)				
2:11.36Y DQ	P # 42B	Male 12-12 100 Fly	LY-VA	---	---	---
	56.61	2:11.36				
	(56.61)	(1:14.75)				
53.63Y	P # 46B	Male 12-12 50 Breast	LY-VA	12	---	0.99
33.46Y	P # 76B	Male 12-12 50 Free	LY-VA	25	---	-2.65
1:54.86Y	P # 80B	Male 12-12 100 Breast	LY-VA	18	---	-15.21
	52.60	1:54.86				
	(52.60)	(1:02.26)				
48.41Y	P # 84B	Male 12-12 50 Back	LY-VA	25	---	-3.09
4:11.02Y	F # 108	Male 11-12 200 Breast	LY-VA	10	10	---
	51.88	1:57.64 3:04.69 4:11.02				
	(51.88)	(1:05.76) (1:07.05) (1:06.33)				
1:19.57Y	P # 118B	Male 12-12 100 Free	LY-VA	18	---	-3.68
	37.82	1:19.57				
	(37.82)	(41.75)				
1:37.72Y	P # 122B	Male 12-12 100 IM	LY-VA	13	---	-9.94
	46.71	1:37.72				
	(46.71)	(51.01)				
NS	F # 122B	Male 12-12 100 IM	LY-VA	---	---	---
Adeline Brebner (12) F						
39.84Y	P # 75B	Female 12-12 50 Free	LY-VA	47	---	-2.03
2:04.74Y DQ	P # 79B	Female 12-12 100 Breast	LY-VA	---	---	---
	---	2:04.74				
	---	(2:04.74)				
NS	P # 83B	Female 12-12 50 Back	LY-VA	---	---	---

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Ada Compton (13) F						
32.04Y	P # 1	Female 13-14 50 Free	LY-VA	48	---	-0.08
7:07.14Y	F # 5	Female 13-14 500 Free	LY-VA	36	---	-8.60
	36.49	2:46.97	---	---	---	---
	(36.49)	(2:10.48)	---	---	---	---
	6:28.45	7:07.14				
	(43.52)	(38.69)				
2:39.17Y	P # 17	Female 13-14 200 Free	LY-VA	49	---	-2.26
	34.95	1:15.16	1:58.58	2:39.17		
	(34.95)	(40.21)	(43.42)	(40.59)		
1:39.75Y	P # 21	Female 13-14 100 Breast	LY-VA	44	---	-1.87
	46.74	1:39.75				
	(46.74)	(53.01)				
1:38.54Y	P # 25	Female 13-14 100 Fly	LY-VA	43	---	1.62
	42.94	1:38.54				
	(42.94)	(55.60)				
1:23.27Y	P # 63	Female 13-14 100 Back	LY-VA	70	---	-4.28
	40.52	1:23.27				
	(40.52)	(42.75)				
3:27.49Y	P # 67	Female 13-14 200 Breast	LY-VA	53	---	-9.72
	46.30	1:39.65	2:34.90	3:27.49		
	(46.30)	(53.35)	(55.25)	(52.59)		
3:09.10Y	P # 93	Female 13-14 200 Back	LY-VA	36	---	0.85
	44.01	---	2:22.55	3:09.10		
	(44.01)	---	(2:22.55)	(46.55)		
1:15.67Y	P # 97	Female 13-14 100 Free	LY-VA	71	---	4.86
	36.90	1:15.67				
	(36.90)	(38.77)				
3:08.38Y	P # 101	Female 13-14 200 IM	LY-VA	62	---	1.34
	43.82	1:32.11	2:27.57	3:08.38		
	(43.82)	(48.29)	(55.46)	(40.81)		
Mason Cooper (17) M						
2:24.94Y	F # 62	Male Open 200 Fly	LY-VA	12	7	-0.75
	32.93	1:10.11	1:47.72	2:24.94		
	(32.93)	(37.18)	(37.61)	(37.22)		
2:27.96Y	P # 62	Male Open 200 Fly	LY-VA	14	---	2.27
	28.99	1:05.64	1:47.29	2:27.96		
	(28.99)	(36.65)	(41.65)	(40.67)		
1:03.30Y	P # 66	Male Open 100 Back	LY-VA	29	---	-1.28
	30.47	1:03.30				
	(30.47)	(32.83)				
2:47.27Y	P # 70	Male Open 200 Breast	LY-VA	12	---	-11.01
	37.72	1:20.64	2:04.62	2:47.27		
	(37.72)	(42.92)	(43.98)	(42.65)		
2:47.93Y	F # 70	Male Open 200 Breast	LY-VA	12	7	-10.35
	37.93	1:21.16	2:05.79	2:47.93		
	(37.93)	(43.23)	(44.63)	(42.14)		

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Time	F/P/S	Event		Place	Points	Improv
Clayton Cox (10) M						
45.27Y	P # 36	Male 10 & Under 50 Back	LY-VA	33	---	2.21
2:49.62Y	P # 40	Male 10 & Under 200 Free	LY-VA	22	---	-0.23
	---	1:22.88 2:06.43 2:49.62				
	---	(1:22.88) (43.55) (43.19)				
1:42.35Y	P # 44	Male 10 & Under 100 Fly	LY-VA	19	---	-1.73
	46.11	1:42.35				
	(46.11)	(56.24)				
32.64Y	P # 74	Male 10 & Under 50 Free	LY-VA	20	---	-0.65
1:55.34Y	P # 78	Male 10 & Under 100 Breast	LY-VA	36	---	-7.95
	54.54	1:55.34				
	(54.54)	(1:00.80)				
40.61Y	P # 82	Male 10 & Under 50 Fly	LY-VA	26	---	0.67
33.84Y	F # 90	200 Free Relay Lead Off	LY-VA	---	---	0.55
Avery Duff (13) F						
3:14.46Y	F # 59	Female 13-14 200 Fly	LY-VA	18	1	---
	42.67	1:32.34 2:24.82 3:14.46				
	(42.67)	(49.67) (52.48) (49.64)				
3:18.12Y	P # 59	Female 13-14 200 Fly	LY-VA	25	---	---
	43.63	1:35.49 2:28.42 3:18.12				
	(43.63)	(51.86) (52.93) (49.70)				
1:19.76Y	P # 63	Female 13-14 100 Back	LY-VA	64	---	-2.12
	39.26	1:19.76				
	(39.26)	(40.50)				
3:00.55Y	P # 93	Female 13-14 200 Back	LY-VA	33	---	2.66
	43.56	1:30.19 2:17.55 3:00.55				
	(43.56)	(46.63) (47.36) (43.00)				
1:04.17Y	P # 97	Female 13-14 100 Free	LY-VA	48	---	-1.69
	31.46	1:04.17				
	(31.46)	(32.71)				
2:59.35Y	P # 101	Female 13-14 200 IM	LY-VA	59	---	-0.34
	42.63	1:29.32 2:25.12 2:59.35				
	(42.63)	(46.69) (55.80) (34.23)				
Tammy Eakkhattiyakorn (10) F						
37.24Y	P # 73	Female 10 & Under 50 Free	LY-VA	43	---	-0.40
1:49.27Y	P # 77	Female 10 & Under 100 Breast	LY-VA	26	---	-0.77
	51.94	1:49.27				
	(51.94)	(57.33)				
52.13Y	P # 81	Female 10 & Under 50 Fly	LY-VA	47	---	-2.21

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Tyler Eakkhattiyakorn (12) M						
32.65Y	P # 76B	Male 12-12 50 Free	LY-VA	23	---	-0.46
1:17.95Y	F # 80B	Male 12-12 100 Breast	LY-VA	3	18	-4.64
	37.90	1:17.95				
	(37.90)	(40.05)				
1:20.81Y	P # 80B	Male 12-12 100 Breast	LY-VA	3	---	-1.78
	38.64	1:20.81				
	(38.64)	(42.17)				
NS	P # 84B	Male 12-12 50 Back	LY-VA	---	---	---
Evy Edwards (10) F						
35.09Y	P # 73	Female 10 & Under 50 Free	LY-VA	27	---	-0.57
1:59.01Y	P # 77	Female 10 & Under 100 Breast	LY-VA	43	---	4.78
	57.53	1:59.01				
	(57.53)	(1:01.48)				
41.80Y	P # 81	Female 10 & Under 50 Fly	LY-VA	23	---	-3.35
1:46.38Y	P # 111	Female 10 & Under 100 Back	LY-VA	41	---	1.14
	49.51	1:46.38				
	(49.51)	(56.87)				
1:28.14Y	P # 115	Female 10 & Under 100 Free	LY-VA	48	---	4.38
	38.99	1:28.14				
	(38.99)	(49.15)				
1:36.66Y	P # 119	Female 10 & Under 100 IM	LY-VA	30	---	-0.36
	44.00	1:36.66				
	(44.00)	(52.66)				

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Josh Edwards (15) M						
24.35Y	P # 4	Male Open 50 Free	LY-VA	20	---	0.27
24.80Y	F # 4	Male Open 50 Free	LY-VA	21	---	0.72
5:33.67Y	F # 8	Male Open 500 Free	LY-VA	16	3	4.46
	29.11	1:01.85 1:35.34 2:09.41	2:43.45 3:17.52	3:52.15 4:26.44		
	(29.11)	(32.74) (33.49) (34.07)	(34.04) (34.07)	(34.63) (34.29)		
	5:00.48	5:33.67				
	(34.04)	(33.19)				
1:59.24Y	F # 20	Male Open 200 Free	LY-VA	20	---	0.31
	27.35	57.81 1:28.42 1:59.24				
	(27.35)	(30.46) (30.61) (30.82)				
2:00.65Y	P # 20	Male Open 200 Free	LY-VA	25	---	1.72
	27.60	58.31 1:29.78 2:00.65				
	(27.60)	(30.71) (31.47) (30.87)				
1:08.60Y	F # 24	Male Open 100 Breast	LY-VA	11	8	-0.97
	32.28	1:08.60				
	(32.28)	(36.32)				
1:09.29Y	P # 24	Male Open 100 Breast	LY-VA	11	---	-0.28
	32.87	1:09.29				
	(32.87)	(36.42)				
1:04.41Y	P # 28	Male Open 100 Fly	LY-VA	28	---	-0.80
	29.85	1:04.41				
	(29.85)	(34.56)				
1:04.58Y	F # 28	Male Open 100 Fly	LY-VA	27	---	-0.63
	29.98	1:04.58				
	(29.98)	(34.60)				

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Sam Edwards (13) M								
26.69Y	P # 2	Male 13-14 50 Free	LY-VA	22	---	-1.08		
5:37.25Y	F # 6	Male 13-14 500 Free	LY-VA	18	1	-5.44		
	29.63	1:02.55	1:36.96	2:11.14	2:45.37	3:19.99	3:54.59	4:29.37
	(29.63)	(32.92)	(34.41)	(34.18)	(34.23)	(34.62)	(34.60)	(34.78)
	5:03.48	5:37.25						
	(34.11)	(33.77)						
2:08.64Y	P # 18	Male 13-14 200 Free	LY-VA	23	---	-3.70		
	28.37	1:00.78	1:35.10	2:08.64				
	(28.37)	(32.41)	(34.32)	(33.54)				
1:11.18Y	P # 26	Male 13-14 100 Fly	LY-VA	21	---	1.06		
	34.00	1:11.18						
	(34.00)	(37.18)						
5:01.67Y	F # 30	Male 13-14 400 IM	LY-VA	10	10	-12.25		
	33.13	1:10.86	1:47.61	2:24.43	3:10.84	3:55.72	4:29.77	5:01.67
	(33.13)	(37.73)	(36.75)	(36.82)	(46.41)	(44.88)	(34.05)	(31.90)
2:33.60Y	F # 60	Male 13-14 200 Fly	LY-VA	11	8	-32.39		
	33.57	1:12.43	1:53.60	2:33.60				
	(33.57)	(38.86)	(41.17)	(40.00)				
2:33.89Y	P # 60	Male 13-14 200 Fly	LY-VA	12	---	-32.10		
	32.99	1:12.59	1:53.38	2:33.89				
	(32.99)	(39.60)	(40.79)	(40.51)				
1:06.89Y	P # 64	Male 13-14 100 Back	LY-VA	21	---	1.26		
	32.26	1:06.89						
	(32.26)	(34.63)						
2:50.65Y	P # 68	Male 13-14 200 Breast	LY-VA	24	---	-10.68		
	38.59	1:22.76	2:07.88	2:50.65				
	(38.59)	(44.17)	(45.12)	(42.77)				
2:19.80Y	P # 94	Male 13-14 200 Back	LY-VA	9	---	-5.52		
	32.69	1:08.87	1:45.01	2:19.80				
	(32.69)	(36.18)	(36.14)	(34.79)				
2:22.03Y	F # 94	Male 13-14 200 Back	LY-VA	8	13	-3.29		
	32.85	1:08.50	1:45.98	2:22.03				
	(32.85)	(35.65)	(37.48)	(36.05)				
1:00.54Y	P # 98	Male 13-14 100 Free	LY-VA	30	---	0.08		
	28.65	1:00.54						
	(28.65)	(31.89)						
2:28.33Y	P # 102	Male 13-14 200 IM	LY-VA	24	---	2.73		
	32.41	1:09.60	1:55.77	2:28.33				
	(32.41)	(37.19)	(46.17)	(32.56)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Emmie Eiban (12) F						
3:04.94Y	F # 9B	Female 12-12 200 IM	LY-VA	17	2	-6.45
	41.58	1:27.74 2:24.42 3:04.94				
	(41.58)	(46.16) (56.68) (40.52)				
7:03.20Y	F # 13	Female 11-12 500 Free	LY-VA	20	---	5.19
	38.12	1:20.89 2:03.89 2:47.40 3:31.21 4:15.55 4:59.79 5:42.99				
	(38.12)	(42.77) (43.00) (43.51) (43.81) (44.34) (44.24) (43.20)				
	6:24.87	7:03.20				
	(41.88)	(38.33)				
2:57.57Y	F # 33	Female 11-12 200 Back	LY-VA	18	1	---
	42.64	1:27.84 2:13.70 2:57.57				
	(42.64)	(45.20) (45.86) (43.87)				
2:42.99Y	P # 37B	Female 12-12 200 Free	LY-VA	23	---	4.69
	37.80	1:20.04 2:02.67 2:42.99				
	(37.80)	(42.24) (42.63) (40.32)				
1:37.20Y	P # 41B	Female 12-12 100 Fly	LY-VA	20	---	2.67
	43.04	1:37.20				
	(43.04)	(54.16)				
30.86Y	P # 75B	Female 12-12 50 Free	LY-VA	27	---	-1.50
1:39.72Y	P # 79B	Female 12-12 100 Breast	LY-VA	32	---	-2.47
	47.37	1:39.72				
	(47.37)	(52.35)				
39.52Y	P # 83B	Female 12-12 50 Back	LY-VA	32	---	-0.90
38.22Y	P # 109B	Female 12-12 50 Fly	LY-VA	22	---	-0.80
1:23.51Y	P # 113B	Female 12-12 100 Back	LY-VA	22	---	-1.31
	40.93	1:23.51				
	(40.93)	(42.58)				
1:09.38Y	P # 117B	Female 12-12 100 Free	LY-VA	20	---	-3.94
	34.08	1:09.38				
	(34.08)	(35.30)				
Eli Fleenor (14) M						
28.49Y	P # 2	Male 13-14 50 Free	LY-VA	28	---	-0.54
3:19.70Y DQ	P # 94	Male 13-14 200 Back	LY-VA	---	---	---
	47.86	1:36.78 --- 3:19.70				
	(47.86)	(48.92) --- (3:19.70)				
1:05.84Y	P # 98	Male 13-14 100 Free	LY-VA	40	---	-3.76
	31.73	1:05.84				
	(31.73)	(34.11)				
3:02.59Y	P # 102	Male 13-14 200 IM	LY-VA	37	---	---
	43.49	1:33.84 2:26.71 3:02.59				
	(43.49)	(50.35) (52.87) (35.88)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Walker Givan (8) M						
39.33Y	P # 74	Male 10 & Under 50 Free	LY-VA	48	---	-1.59
1:58.02Y	P # 78	Male 10 & Under 100 Breast	LY-VA	41	---	---
	54.64	1:58.02				
	(54.64)	(1:03.38)				
57.34Y DQ	P # 82	Male 10 & Under 50 Fly	LY-VA	---	---	---
41.34Y	F # 90	200 Free Relay Lead Off	LY-VA	---	---	0.42
Camille Greenlaw (10) F						
33.39Y	P # 73	Female 10 & Under 50 Free	LY-VA	16	---	-1.88
1:44.59Y	P # 77	Female 10 & Under 100 Breast	LY-VA	20	---	-9.14
	49.70	1:44.59				
	(49.70)	(54.89)				
47.26Y	P # 81	Female 10 & Under 50 Fly	LY-VA	32	---	1.03
37.97Y	F # 89	200 Free Relay Lead Off	LY-VA	---	---	2.70
1:24.78Y	F # 111	Female 10 & Under 100 Back	LY-VA	8	13	-3.16
	---	1:24.78				
	---	(1:24.78)				
1:27.49Y	P # 111	Female 10 & Under 100 Back	LY-VA	13	---	-0.45
	42.02	1:27.49				
	(42.02)	(45.47)				
1:16.30Y	P # 115	Female 10 & Under 100 Free	LY-VA	19	---	0.03
	36.01	1:16.30				
	(36.01)	(40.29)				
1:31.07Y	P # 119	Female 10 & Under 100 IM	LY-VA	21	---	-1.51
	---	1:31.07				
	---	(1:31.07)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv			
Daniel Gustafson (11) M								
1:20.51Y	P # 42A	Male 11-11 100 Fly	LY-VA	9	---	-4.14		
	39.83	1:20.51						
	(39.83)	(40.68)						
1:21.86Y	F # 42A	Male 11-11 100 Fly	LY-VA	9	12	-2.79		
	---	1:21.86						
	---	(1:21.86)						
37.88Y	F # 46A	Male 11-11 50 Breast	LY-VA	4	17	0.27		
38.27Y	P # 46A	Male 11-11 50 Breast	LY-VA	4	---	0.66		
6:15.85Y	F # 50	Male 11-12 400 IM	LY-VA	8	13	---		
	42.92	---	2:23.39	3:14.59	4:03.76	4:54.90	---	6:15.85
	(42.92)	---	(2:23.39)	(51.20)	(49.17)	(51.14)	---	(6:15.85)
30.38Y	P # 76A	Male 11-11 50 Free	LY-VA	15	---	-2.02		
1:23.62Y	F # 80A	Male 11-11 100 Breast	LY-VA	4	17	1.67		
	38.26	1:23.62						
	(38.26)	(45.36)						
1:24.86Y	P # 80A	Male 11-11 100 Breast	LY-VA	4	---	2.91		
	38.88	1:24.86						
	(38.88)	(45.98)						
39.24Y	P # 84A	Male 11-11 50 Back	LY-VA	17	---	-2.94		
31.22Y	F # 92	200 Free Relay Lead Off	LY-VA	---	---	-1.18		
2:56.81Y	F # 108	Male 11-12 200 Breast	LY-VA	3	18	-4.66		
	38.86	1:25.84	2:12.80	2:56.81				
	(38.86)	(46.98)	(46.96)	(44.01)				
35.03Y	F # 110A	Male 11-11 50 Fly	LY-VA	7	14	-2.73		
35.44Y	P # 110A	Male 11-11 50 Fly	LY-VA	11	---	-2.32		
1:17.64Y	F # 122A	Male 11-11 100 IM	LY-VA	7	14	-1.11		
	37.35	1:17.64						
	(37.35)	(40.29)						
1:18.73Y	P # 122A	Male 11-11 100 IM	LY-VA	8	---	-0.02		
	38.94	1:18.73						
	(38.94)	(39.79)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event				Place				Points	Improv
Zelynn Gustafson (14) F											
29.38Y	P # 1	Female	13-14	50 Free		LY-VA		41	---		-0.32
6:25.35Y	F # 5	Female	13-14	500 Free		LY-VA		32	---		2.45
	34.05	---	2:30.59	---	3:09.87	3:49.16	4:28.70	5:08.78			
	(34.05)	---	(2:30.59)	---	(3:09.87)	(39.29)	(39.54)	(40.08)			
	5:47.95	6:25.35									
	(39.17)	(37.40)									
3:24.57Y	P # 59	Female	13-14	200 Fly		LY-VA		27	---		---
	40.38	1:31.52	2:29.37	3:24.57							
	(40.38)	(51.14)	(57.85)	(55.20)							
1:25.51Y DQ	P # 63	Female	13-14	100 Back		LY-VA		---	---		---
	41.41	1:25.51									
	(41.41)	(44.10)									
3:11.02Y	P # 67	Female	13-14	200 Breast		LY-VA		46	---		-3.43
	41.99	1:30.38	2:21.58	3:11.02							
	(41.99)	(48.39)	(51.20)	(49.44)							
1:05.32Y	F # 85	400 Free Relay Lead Off				LY-VA		---	---		1.32
	31.03										
	(31.03)										
2:57.07Y	P # 93	Female	13-14	200 Back		LY-VA		32	---		5.51
	41.66	1:26.79	2:13.37	2:57.07							
	(41.66)	(45.13)	(46.58)	(43.70)							
1:04.10Y	P # 97	Female	13-14	100 Free		LY-VA		47	---		0.10
	30.65	1:04.10									
	(30.65)	(33.45)									
2:50.66Y	P # 101	Female	13-14	200 IM		LY-VA		53	---		3.69
	39.98	1:24.52	2:15.83	2:50.66							
	(39.98)	(44.54)	(51.31)	(34.83)							
Lyle Handy (8) M											
NS	P # 74	Male	10 & Under	50 Free		LY-VA		---	---		---
NS	P # 78	Male	10 & Under	100 Breast		LY-VA		---	---		---
NS	P # 82	Male	10 & Under	50 Fly		LY-VA		---	---		---
NS	P # 112	Male	10 & Under	100 Back		LY-VA		---	---		---
NS	P # 116	Male	10 & Under	100 Free		LY-VA		---	---		---
DQ	P # 120	Male	10 & Under	100 IM		LY-VA		---	---		---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Chandler Henry (15) M					
3:21.77Y	P # 62	Male Open 200 Fly	LY-VA	15	---
	35.19	1:25.06 2:22.78 3:21.77			
	(35.19)	(49.87) (57.72) (58.99)			
3:33.53Y	F # 62	Male Open 200 Fly	LY-VA	13	6
	38.75	1:28.37 2:27.70 3:33.53			
	(38.75)	(49.62) (59.33) (1:05.83)			
1:20.75Y	P # 66	Male Open 100 Back	LY-VA	39	---
	39.56	1:20.75			
	(39.56)	(41.19)			
3:07.04Y DQ	P # 70	Male Open 200 Breast	LY-VA	---	---
	39.30	1:26.57 2:16.12 3:07.04			
	(39.30)	(47.27) (49.55) (50.92)			
Connor Henry (10) M					
39.38Y	P # 74	Male 10 & Under 50 Free	LY-VA	49	---
1:55.42Y	P # 78	Male 10 & Under 100 Breast	LY-VA	37	---
	53.27	1:55.42			
	(53.27)	(1:02.15)			
56.74Y DQ	P # 82	Male 10 & Under 50 Fly	LY-VA	---	---
Ty Henry (8) M					
56.28Y	P # 74	Male 10 & Under 50 Free	LY-VA	86	---
2:57.62Y DQ	P # 78	Male 10 & Under 100 Breast	LY-VA	---	---
	1:26.54	2:57.62			
	(1:26.54)	(1:31.08)			
1:27.21Y DQ	P # 82	Male 10 & Under 50 Fly	LY-VA	---	---
Carson Hill (9) M					
47.57Y	P # 74	Male 10 & Under 50 Free	LY-VA	67	---
2:25.10Y	P # 78	Male 10 & Under 100 Breast	LY-VA	53	---
	1:09.74	2:25.10			
	(1:09.74)	(1:15.36)			
1:05.62Y	P # 82	Male 10 & Under 50 Fly	LY-VA	55	---
Sydney Hill (13) F					
3:48.21Y	P # 59	Female 13-14 200 Fly	LY-VA	29	---
	45.05	1:44.59 2:48.46 3:48.21			
	(45.05)	(59.54) (1:03.87) (59.75)			
1:19.86Y	P # 63	Female 13-14 100 Back	LY-VA	66	---
	38.95	1:19.86			
	(38.95)	(40.91)			
3:23.64Y	P # 67	Female 13-14 200 Breast	LY-VA	50	---
	46.02	1:39.23 2:32.90 3:23.64			
	(46.02)	(53.21) (53.67) (50.74)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv			
Anderson Holt (10) M								
4:28.45Y	F # 12	Male 10 & Under 200 IM	LY-VA	14	5	25.52		
	1:07.48	2:10.09	3:28.07	4:28.45				
	(1:07.48)	(1:02.61)	(1:17.98)	(1:00.38)				
10:04.22Y	F # 16	Male 10 & Under 500 Free	LY-VA	13	6	22.54		
	49.75	1:49.26	2:51.24	3:52.67	4:57.47	6:03.04	7:09.32	8:14.68
	(49.75)	(59.51)	(1:01.98)	(1:01.43)	(1:04.80)	(1:05.57)	(1:06.28)	(1:05.36)
	9:16.38	10:04.22						
	(1:01.70)	(47.84)						
51.08Y	P # 36	Male 10 & Under 50 Back	LY-VA	44	---	-0.05		
3:44.07Y	P # 40	Male 10 & Under 200 Free	LY-VA	33	---	2.59		
	50.04	1:49.25	2:49.70	3:44.07				
	(50.04)	(59.21)	(1:00.45)	(54.37)				
58.01Y	P # 48	Male 10 & Under 50 Breast	LY-VA	29	---	-2.61		
46.81Y	P # 74	Male 10 & Under 50 Free	LY-VA	66	---	1.65		
2:11.05Y	P # 78	Male 10 & Under 100 Breast	LY-VA	50	---	2.53		
	1:01.38	2:11.05						
	(1:01.38)	(1:09.67)						
1:05.80Y	P # 82	Male 10 & Under 50 Fly	LY-VA	56	---	3.63		
1:51.42Y	P # 112	Male 10 & Under 100 Back	LY-VA	45	---	-3.85		
	52.14	1:51.42						
	(52.14)	(59.28)						
1:45.53Y	P # 116	Male 10 & Under 100 Free	LY-VA	54	---	5.73		
	50.10	1:45.53						
	(50.10)	(55.43)						
1:59.70Y	P # 120	Male 10 & Under 100 IM	LY-VA	41	---	6.68		
	55.00	1:59.70						
	(55.00)	(1:04.70)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Kenleigh Holt (12) F						
3:10.34Y	F # 9B	Female 12-12 200 IM	LY-VA	18	1	0.93
	39.55	1:27.29 2:26.77 3:10.34				
	(39.55)	(47.74) (59.48) (43.57)				
7:29.77Y	F # 13	Female 11-12 500 Free	LY-VA	24	---	5.62
	37.47	1:22.68 2:09.37 2:56.46 3:43.62 4:31.75 5:20.68 6:05.96				
	(37.47)	(45.21) (46.69) (47.09) (47.16) (48.13) (48.93) (45.28)				
	6:50.60	7:29.77				
	(44.64)	(39.17)				
3:03.35Y	F # 33	Female 11-12 200 Back	LY-VA	19	---	-3.99
	39.10	1:24.82 --- 3:03.35				
	(39.10)	(45.72) --- (3:03.35)				
2:50.30Y	P # 37B	Female 12-12 200 Free	LY-VA	26	---	9.25
	38.46	1:21.58 2:07.11 2:50.30				
	(38.46)	(43.12) (45.53) (43.19)				
45.90Y	P # 45B	Female 12-12 50 Breast	LY-VA	25	---	---
36.27Y	F # 57	200 Medley Relay Lead Off	LY-VA	---	---	-0.25
33.17Y	P # 75B	Female 12-12 50 Free	LY-VA	36	---	-0.07
1:40.20Y	P # 79B	Female 12-12 100 Breast	LY-VA	33	---	-0.54
	46.54	1:40.20				
	(46.54)	(53.66)				
36.43Y	P # 83B	Female 12-12 50 Back	LY-VA	19	---	-0.09
3:43.35Y	F # 107	Female 11-12 200 Breast	LY-VA	15	4	---
	49.00	1:45.74 2:45.21 3:43.35				
	(49.00)	(56.74) (59.47) (58.14)				
1:25.12Y	P # 113B	Female 12-12 100 Back	LY-VA	23	---	1.90
	39.93	1:25.12				
	(39.93)	(45.19)				
1:25.16Y	P # 121B	Female 12-12 100 IM	LY-VA	18	---	0.62
	38.60	1:25.16				
	(38.60)	(46.56)				
Jaewon Hur (10) M						
42.29Y	P # 74	Male 10 & Under 50 Free	LY-VA	58	---	-8.69
2:16.27Y DQ	P # 78	Male 10 & Under 100 Breast	LY-VA	---	---	---
	1:06.12	2:16.27				
	(1:06.12)	(1:10.15)				
1:02.64Y DQ	P # 82	Male 10 & Under 50 Fly	LY-VA	---	---	---
2:03.04Y	P # 112	Male 10 & Under 100 Back	LY-VA	49	---	-44.25
	55.78	2:03.04				
	(55.78)	(1:07.26)				
1:39.49Y	P # 116	Male 10 & Under 100 Free	LY-VA	52	---	-14.20
	46.15	1:39.49				
	(46.15)	(53.34)				
2:05.54Y DQ	P # 120	Male 10 & Under 100 IM	LY-VA	---	---	---
	58.29	2:05.54				
	(58.29)	(1:07.25)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Caleb Keatts (18) M						
26.56Y	P # 4	Male Open 50 Free	LY-VA	28	---	-1.20
5:42.87Y	F # 8	Male Open 500 Free	LY-VA	18	1	-16.51
	30.68	1:04.75 1:39.36 2:14.52	2:49.28 3:24.16 3:59.36 4:34.59			
	(30.68)	(34.07) (34.61) (35.16)	(34.76) (34.88) (35.20) (35.23)			
	5:09.53	5:42.87				
	(34.94)	(33.34)				
2:08.08Y	P # 20	Male Open 200 Free	LY-VA	29	---	-3.90
	29.86	1:02.47 1:35.43 2:08.08				
	(29.86)	(32.61) (32.96) (32.65)				
2:11.56Y	F # 20	Male Open 200 Free	LY-VA	24	---	-0.42
	31.79	1:04.33 1:38.21 2:11.56				
	(31.79)	(32.54) (33.88) (33.35)				
1:12.20Y	F # 24	Male Open 100 Breast	LY-VA	14	5	-2.35
	34.33	1:12.20				
	(34.33)	(37.87)				
1:12.63Y	P # 24	Male Open 100 Breast	LY-VA	16	---	-1.92
	34.89	1:12.63				
	(34.89)	(37.74)				
1:14.51Y	P # 28	Male Open 100 Fly	LY-VA	34	---	-0.72
	34.31	1:14.51				
	(34.31)	(40.20)				
1:10.98Y	P # 66	Male Open 100 Back	LY-VA	35	---	-2.20
	34.95	1:10.98				
	(34.95)	(36.03)				
2:35.92Y	F # 70	Male Open 200 Breast	LY-VA	9	12	-8.10
	36.25	1:16.01 1:56.60 2:35.92				
	(36.25)	(39.76) (40.59) (39.32)				
2:39.03Y	P # 70	Male Open 200 Breast	LY-VA	9	---	-4.99
	36.04	1:15.87 1:57.40 2:39.03				
	(36.04)	(39.83) (41.53) (41.63)				
2:31.31Y	F # 96	Male Open 200 Back	LY-VA	12	7	-7.19
	36.56	1:15.58 1:53.99 2:31.31				
	(36.56)	(39.02) (38.41) (37.32)				
2:34.77Y	P # 96	Male Open 200 Back	LY-VA	19	---	-3.73
	37.17	1:15.85 1:55.90 2:34.77				
	(37.17)	(38.68) (40.05) (38.87)				
58.78Y	F # 100	Male Open 100 Free	LY-VA	25	---	-1.52
	28.34	58.78				
	(28.34)	(30.44)				
59.86Y	P # 100	Male Open 100 Free	LY-VA	40	---	-0.44
	29.41	59.86				
	(29.41)	(30.45)				
2:30.33Y	P # 104	Male Open 200 IM	LY-VA	27	---	-2.47
	33.90	1:14.75 1:55.89 2:30.33				
	(33.90)	(40.85) (41.14) (34.44)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Caleb Keatts (18) M						
2:26.19Y	F # 104	Male Open 200 IM	LY-VA	14	5	-6.61
	32.16	1:11.50 1:52.40 2:26.19				
	(32.16)	(39.34) (40.90) (33.79)				
Eva Kendall (12) F						
34.83Y	P # 75B	Female 12-12 50 Free	LY-VA	41	---	-0.89
1:47.21Y	P # 79B	Female 12-12 100 Breast	LY-VA	38	---	-1.44
	50.92	1:47.21				
	(50.92)	(56.29)				
43.74Y DQ	P # 83B	Female 12-12 50 Back	LY-VA	---	---	---
1:37.98Y	P # 113B	Female 12-12 100 Back	LY-VA	27	---	-3.79
	---	1:37.98				
	---	(1:37.98)				
1:22.31Y	P # 117B	Female 12-12 100 Free	LY-VA	30	---	-0.45
	39.44	1:22.31				
	(39.44)	(42.87)				
1:34.31Y	P # 121B	Female 12-12 100 IM	LY-VA	24	---	-3.11
	---	1:34.31				
	---	(1:34.31)				
Phillip Kendall (10) M						
1:49.85Y	P # 112	Male 10 & Under 100 Back	LY-VA	43	---	-5.55
	---	1:49.85				
	---	(1:49.85)				
1:47.80Y	P # 116	Male 10 & Under 100 Free	LY-VA	58	---	3.46
	50.54	1:47.80				
	(50.54)	(57.26)				
2:05.11Y	P # 120	Male 10 & Under 100 IM	LY-VA	44	---	-2.66
	59.91	2:05.11				
	(59.91)	(1:05.20)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Kathleen King (13) F					
2:11.72Y	P # 17	Female 13-14 200 Free	26	---	-0.20
	30.42	1:04.19 1:38.01 2:11.72			
	(30.42)	(33.77) (33.82) (33.71)			
1:30.61Y	P # 21	Female 13-14 100 Breast	39	---	-1.47
	42.05	1:30.61			
	(42.05)	(48.56)			
1:13.88Y	P # 25	Female 13-14 100 Fly	33	---	-1.49
	32.97	1:13.88			
	(32.97)	(40.91)			
1:09.61Y	F # 51	400 Medley Relay Lead Off	---	---	0.43
	33.83				
	(33.83)				
2:46.68Y	P # 59	Female 13-14 200 Fly	19	---	---
	33.76	1:14.59 2:01.75 2:46.68			
	(33.76)	(40.83) (47.16) (44.93)			
2:55.81Y	F # 59	Female 13-14 200 Fly	17	2	---
	34.80	1:18.60 2:07.26 2:55.81			
	(34.80)	(43.80) (48.66) (48.55)			
1:05.78Y	P # 63	Female 13-14 100 Back	21	---	-3.40
	31.81	1:05.78			
	(31.81)	(33.97)			
1:08.22Y	F # 63	Female 13-14 100 Back	18	1	-0.96
	32.93	1:08.22			
	(32.93)	(35.29)			
3:10.09Y	P # 67	Female 13-14 200 Breast	44	---	-13.86
	42.30	1:32.76 2:23.53 3:10.09			
	(42.30)	(50.46) (50.77) (46.56)			
1:02.58Y	F # 85	400 Free Relay Lead Off	---	---	0.45
	29.76				
	(29.76)				
2:26.74Y	P # 93	Female 13-14 200 Back	17	---	-3.68
	34.42	1:12.24 1:50.46 2:26.74			
	(34.42)	(37.82) (38.22) (36.28)			
2:29.26Y	F # 93	Female 13-14 200 Back	17	2	-1.16
	34.18	1:12.11 --- 2:29.26			
	(34.18)	(37.93) --- (2:29.26)			
58.70Y	P # 97	Female 13-14 100 Free	25	---	-3.43
	28.20	58.70			
	(28.20)	(30.50)			
2:36.30Y	P # 101	Female 13-14 200 IM	40	---	-1.77
	33.28	1:12.53 2:02.93 2:36.30			
	(33.28)	(39.25) (50.40) (33.37)			
57.45Y	S # 397	Female 13-14 100 Free	2	---	-4.68
	27.93	57.45			
	(27.93)	(29.52)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Ava Kirby (16) F						
1:19.59Y	P # 65	Female Open 100 Back	LY-VA	42	---	2.19
	---	1:19.59				
	---	(1:19.59)				
3:08.75Y	P # 69	Female Open 200 Breast	LY-VA	22	---	1.14
	41.49	1:28.92 2:18.34 3:08.75				
	(41.49)	(47.43) (49.42) (50.41)				
NS	F # 69	Female Open 200 Breast	LY-VA	---	---	---
Colt Kirby (12) M						
2:50.56Y	F # 72	Male 11-12 200 Fly	LY-VA	4	17	---
	37.01	1:20.51 2:06.60 2:50.56				
	(37.01)	(43.50) (46.09) (43.96)				
29.32Y	P # 76B	Male 12-12 50 Free	LY-VA	15	---	-1.24
1:31.20Y	P # 80B	Male 12-12 100 Breast	LY-VA	11	---	-1.22
	43.87	1:31.20				
	(43.87)	(47.33)				
Evangeline Korby (12) F						
2:34.32Y	P # 37B	Female 12-12 200 Free	LY-VA	20	---	-12.14
	34.99	1:14.45 1:55.75 2:34.32				
	(34.99)	(39.46) (41.30) (38.57)				
1:37.02Y	P # 41B	Female 12-12 100 Fly	LY-VA	19	---	-1.42
	44.34	1:37.02				
	(44.34)	(52.68)				
41.77Y	P # 45B	Female 12-12 50 Breast	LY-VA	19	---	-3.09
31.31Y	P # 75B	Female 12-12 50 Free	LY-VA	29	---	-1.17
1:32.75Y	P # 79B	Female 12-12 100 Breast	LY-VA	22	---	-7.04
	43.14	1:32.75				
	(43.14)	(49.61)				
NS	P # 83B	Female 12-12 50 Back	LY-VA	---	---	---
Jon Korby (12) M						
2:54.11Y	F # 34	Male 11-12 200 Back	LY-VA	14	5	---
	40.14	1:24.96 2:10.51 2:54.11				
	(40.14)	(44.82) (45.55) (43.60)				
2:31.84Y	P # 38B	Male 12-12 200 Free	LY-VA	10	---	-4.73
	33.24	1:12.15 1:52.66 2:31.84				
	(33.24)	(38.91) (40.51) (39.18)				
40.78Y	F # 46B	Male 12-12 50 Breast	LY-VA	4	17	-1.30
42.03Y	P # 46B	Male 12-12 50 Breast	LY-VA	4	---	-0.05
30.18Y	P # 76B	Male 12-12 50 Free	LY-VA	18	---	-1.18
1:31.74Y	P # 80B	Male 12-12 100 Breast	LY-VA	12	---	-0.90
	43.85	1:31.74				
	(43.85)	(47.89)				
37.32Y	P # 84B	Male 12-12 50 Back	LY-VA	16	---	-2.29

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Jefferson Koscielny (12) M					
NS	P # 38B	Male 12-12 200 Free	LY-VA	---	---
NS	P # 42B	Male 12-12 100 Fly	LY-VA	---	---
NS	P # 46B	Male 12-12 50 Breast	LY-VA	---	---
35.31Y	P # 76B	Male 12-12 50 Free	LY-VA	27	---
1:49.89Y	P # 80B	Male 12-12 100 Breast	LY-VA	17	---
	50.64	1:49.89			-5.19
	(50.64)	(59.25)			
46.38Y	P # 84B	Male 12-12 50 Back	LY-VA	24	---
1:37.09Y DQ	P # 114B	Male 12-12 100 Back	LY-VA	---	---
	46.38	1:37.09			---
	(46.38)	(50.71)			
1:17.85Y	P # 118B	Male 12-12 100 Free	LY-VA	17	---
	37.38	1:17.85			-0.06
	(37.38)	(40.47)			
1:36.39Y	P # 122B	Male 12-12 100 IM	LY-VA	12	---
	47.64	1:36.39			-8.02
	(47.64)	(48.75)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Benjamin Leger (8) M						
3:28.21Y	F # 12	Male 10 & Under 200 IM	LY-VA	12	7	-14.85
	49.45	1:45.14 2:46.13 3:28.21				
	(49.45)	(55.69) (1:00.99) (42.08)				
7:48.97Y	F # 16	Male 10 & Under 500 Free	LY-VA	11	8	-22.12
	41.57	1:28.16 2:15.28 3:05.03 3:52.15 4:39.64 5:28.62 6:18.37				
	(41.57)	(46.59) (47.12) (49.75) (47.12) (47.49) (48.98) (49.75)				
	7:06.35	7:48.97				
	(47.98)	(42.62)				
46.21Y	P # 36	Male 10 & Under 50 Back	LY-VA	36	---	0.97
2:52.46Y	P # 40	Male 10 & Under 200 Free	LY-VA	25	---	-10.51
	40.25	1:26.08 2:11.24 2:52.46				
	(40.25)	(45.83) (45.16) (41.22)				
1:44.59Y	P # 44	Male 10 & Under 100 Fly	LY-VA	20	---	-6.11
	47.51	1:44.59				
	(47.51)	(57.08)				
37.76Y	P # 74	Male 10 & Under 50 Free	LY-VA	42	---	0.67
1:52.93Y	P # 78	Male 10 & Under 100 Breast	LY-VA	33	---	-3.51
	---	1:52.93				
	---	(1:52.93)				
47.91Y	P # 82	Male 10 & Under 50 Fly	LY-VA	40	---	1.00
1:38.34Y	P # 112	Male 10 & Under 100 Back	LY-VA	37	---	-7.56
	49.57	1:38.34				
	(49.57)	(48.77)				
1:20.49Y DQ	P # 116	Male 10 & Under 100 Free	LY-VA	---	---	---
	39.58	1:20.49				
	(39.58)	(40.91)				
1:37.88Y	P # 120	Male 10 & Under 100 IM	LY-VA	31	---	-1.76
	48.56	1:37.88				
	(48.56)	(49.32)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event				Place				Points	Improv
Jacob Leger (14) M											
25.18Y	F # 2	Male	13-14 50 Free				LY-VA		14	5	-1.56
25.44Y	P # 2	Male	13-14 50 Free				LY-VA		15	---	-1.30
5:34.41Y	F # 6	Male	13-14 500 Free				LY-VA		16	3	-12.53
	29.48	1:03.05	1:37.58	2:12.35	2:46.39	3:21.88	3:55.39	4:29.71			
	(29.48)	(33.57)	(34.53)	(34.77)	(34.04)	(35.49)	(33.51)	(34.32)			
	5:03.13	5:34.41									
	(33.42)	(31.28)									
2:09.44Y	P # 18	Male	13-14 200 Free				LY-VA		24	---	-3.53
	29.73	1:03.01	1:37.27	2:09.44							
	(29.73)	(33.28)	(34.26)	(32.17)							
1:01.74Y	F # 26	Male	13-14 100 Fly				LY-VA		11	8	-2.50
	29.30	1:01.74									
	(29.30)	(32.44)									
1:03.43Y	P # 26	Male	13-14 100 Fly				LY-VA		15	---	-0.81
	29.00	1:03.43									
	(29.00)	(34.43)									
5:12.72Y	F # 30	Male	13-14 400 IM				LY-VA		14	5	1.86
	32.02	1:12.34	1:53.48	2:33.10	3:19.09	4:04.72	4:39.80	5:12.72			
	(32.02)	(40.32)	(41.14)	(39.62)	(45.99)	(45.63)	(35.08)	(32.92)			
2:22.83Y DQ	P # 60	Male	13-14 200 Fly				LY-VA		---	---	---
	32.32	1:10.37	1:47.73	2:22.83							
	(32.32)	(38.05)	(37.36)	(35.10)							
1:10.88Y	P # 64	Male	13-14 100 Back				LY-VA		32	---	1.68
	---	1:10.88									
	---	(1:10.88)									
2:53.26Y	P # 68	Male	13-14 200 Breast				LY-VA		26	---	-6.25
	40.54	1:26.02	2:10.95	2:53.26							
	(40.54)	(45.48)	(44.93)	(42.31)							
55.60Y	F # 98	Male	13-14 100 Free				LY-VA		12	7	-3.37
	27.03	55.60									
	(27.03)	(28.57)									
55.79Y	P # 98	Male	13-14 100 Free				LY-VA		15	---	-3.18
	27.72	55.79									
	(27.72)	(28.07)									
2:26.64Y	P # 102	Male	13-14 200 IM				LY-VA		23	---	0.78
	32.60	1:11.47	1:56.25	2:26.64							
	(32.60)	(38.87)	(44.78)	(30.39)							

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Jacob Leger (14) M					
20:23.72Y	F # 106	Male Open 1650 Free	LY-VA	8	13

32.38	1:09.55	1:46.91	2:23.73	3:01.30	3:39.17
					4:15.86
					4:55.00
(32.38)	(37.17)	(37.36)	(36.82)	(37.57)	(37.87)
					(36.69)
					(39.14)
5:31.60	6:09.16	6:47.26	7:24.26	8:01.51	8:40.44
					9:18.56
					9:55.21
(36.60)	(37.56)	(38.10)	(37.00)	(37.25)	(38.93)
					(38.12)
					(36.65)
10:34.16	11:10.45	11:47.47	12:25.97	13:02.75	13:42.94
					14:20.64
					14:57.20
(38.95)	(36.29)	(37.02)	(38.50)	(36.78)	(40.19)
					(37.70)
					(36.56)
15:36.50	16:13.83	16:51.28	17:27.72	18:05.41	18:41.45
					19:16.57
					19:53.09
(39.30)	(37.33)	(37.45)	(36.44)	(37.69)	(36.04)
					(35.12)
					(36.52)
20:23.72					
(30.63)					

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Noah Leger (11) M						
2:51.40Y	F # 10A	Male 11-11 200 IM	LY-VA	7	14	1.65
	39.26	1:23.29 2:14.60 2:51.40				
	(39.26)	(44.03) (51.31) (36.80)				
6:42.03Y	F # 14	Male 11-12 500 Free	LY-VA	12	7	-7.31
	36.88	1:18.93 2:00.94 2:43.58 3:23.91 4:05.25 4:46.47 5:27.59				
	(36.88)	(42.05) (42.01) (42.64) (40.33) (41.34) (41.22) (41.12)				
	6:07.17	6:42.03				
	(39.58)	(34.86)				
2:49.10Y	F # 34	Male 11-12 200 Back	LY-VA	13	6	-1.95
	40.79	1:24.84 2:08.16 2:49.10				
	(40.79)	(44.05) (43.32) (40.94)				
2:32.29Y	P # 38A	Male 11-11 200 Free	LY-VA	11	---	2.94
	35.38	1:14.39 1:55.00 2:32.29				
	(35.38)	(39.01) (40.61) (37.29)				
1:18.71Y	P # 42A	Male 11-11 100 Fly	LY-VA	8	---	-3.25
	37.11	1:18.71				
	(37.11)	(41.60)				
1:20.39Y	F # 42A	Male 11-11 100 Fly	LY-VA	8	13	-1.57
	38.23	1:20.39				
	(38.23)	(42.16)				
36.80Y	F # 58	200 Medley Relay Lead Off	LY-VA	---	---	0.26
3:09.96Y	F # 72	Male 11-12 200 Fly	LY-VA	7	14	---
	41.85	1:32.27 2:23.44 3:09.96				
	(41.85)	(50.42) (51.17) (46.52)				
31.47Y	P # 76A	Male 11-11 50 Free	LY-VA	16	---	-0.26
36.70Y	P # 84A	Male 11-11 50 Back	LY-VA	13	---	0.16
3:10.63Y	F # 108	Male 11-12 200 Breast	LY-VA	6	15	-9.64
	45.76	1:35.17 2:23.17 3:10.63				
	(45.76)	(49.41) (48.00) (47.46)				
1:07.87Y	P # 118A	Male 11-11 100 Free	LY-VA	13	---	0.13
	32.98	1:07.87				
	(32.98)	(34.89)				
1:07.95Y	F # 118A	Male 11-11 100 Free	LY-VA	9	12	0.21
	33.25	1:07.95				
	(33.25)	(34.70)				
1:16.27Y	F # 122A	Male 11-11 100 IM	LY-VA	5	16	-2.76
	35.96	1:16.27				
	(35.96)	(40.31)				
1:17.49Y	P # 122A	Male 11-11 100 IM	LY-VA	6	---	-1.54
	36.37	1:17.49				
	(36.37)	(41.12)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Tiras Lowe (8) M						
46.01Y	P # 74	Male 10 & Under 50 Free	LY-VA	65	---	-1.41
2:17.18Y DQ	P # 78	Male 10 & Under 100 Breast	LY-VA	---	---	---
	1:09.19	2:17.18				
	(1:09.19)	(1:07.99)				
1:07.51Y	P # 82	Male 10 & Under 50 Fly	LY-VA	57	---	---
2:05.11Y	P # 112	Male 10 & Under 100 Back	LY-VA	51	---	---
1:46.88Y	P # 116	Male 10 & Under 100 Free	LY-VA	56	---	1.78
	---	1:46.88				
	---	(1:46.88)				
2:07.74Y	P # 120	Male 10 & Under 100 IM	LY-VA	45	---	---
	1:02.95	2:07.74				
	(1:02.95)	(1:04.79)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event				Place				Points	Improv
Anna Mills (16) F											
26.70Y	P # 3	Female Open 50 Free				LY-VA		18	---	-0.59	
26.92Y	F # 3	Female Open 50 Free				LY-VA		18	1	-0.37	
5:37.94Y	F # 7	Female Open 500 Free				LY-VA		12	7	-5.50	
	30.08	1:04.40	1:38.57	2:13.13	2:47.77	3:22.03	3:56.43	4:30.86			
	(30.08)	(34.32)	(34.17)	(34.56)	(34.64)	(34.26)	(34.40)	(34.43)			
	5:05.06	5:37.94									
	(34.20)	(32.88)									
1:04.62Y	F # 65	Female Open 100 Back				LY-VA		15	4	-1.39	
	31.59	1:04.62									
	(31.59)	(33.03)									
1:05.37Y	P # 65	Female Open 100 Back				LY-VA		17	---	-0.64	
	31.36	1:05.37									
	(31.36)	(34.01)									
2:58.11Y	P # 69	Female Open 200 Breast				LY-VA		18	---	-12.47	
	40.44	1:26.18	2:13.24	2:58.11							
	(40.44)	(45.74)	(47.06)	(44.87)							
3:00.59Y	F # 69	Female Open 200 Breast				LY-VA		18	1	-9.99	
	41.17	1:27.22	2:14.83	3:00.59							
	(41.17)	(46.05)	(47.61)	(45.76)							
2:23.70Y	P # 95	Female Open 200 Back				LY-VA		10	---	-2.83	
	33.79	1:10.64	1:48.26	2:23.70							
	(33.79)	(36.85)	(37.62)	(35.44)							
2:23.74Y	F # 95	Female Open 200 Back				LY-VA		9	12	-2.79	
	32.91	1:09.65	1:47.53	2:23.74							
	(32.91)	(36.74)	(37.88)	(36.21)							
56.98Y	F # 99	Female Open 100 Free				LY-VA		12	7	-2.82	
	27.84	56.98									
	(27.84)	(29.14)									
57.65Y	P # 99	Female Open 100 Free				LY-VA		13	---	-2.15	
	28.05	57.65									
	(28.05)	(29.60)									
2:28.22Y	F # 103	Female Open 200 IM				LY-VA		17	2	-1.98	
	32.90	1:09.05	1:56.48	2:28.22							
	(32.90)	(36.15)	(47.43)	(31.74)							
2:28.72Y	P # 103	Female Open 200 IM				LY-VA		21	---	-1.48	
	32.37	1:08.46	1:58.03	2:28.72							
	(32.37)	(36.09)	(49.57)	(30.69)							

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Dabney Morrison (9) F						
37.64Y	P # 73	Female 10 & Under 50 Free	LY-VA	46	---	-0.69
1:51.07Y	P # 77	Female 10 & Under 100 Breast	LY-VA	29	---	-1.45
	52.62	1:51.07				
	(52.62)	(58.45)				
45.63Y	P # 81	Female 10 & Under 50 Fly	LY-VA	29	---	2.78
1:36.19Y	P # 111	Female 10 & Under 100 Back	LY-VA	31	---	-4.23
	45.14	1:36.19				
	(45.14)	(51.05)				
1:27.85Y	P # 115	Female 10 & Under 100 Free	LY-VA	45	---	-4.14
	40.28	1:27.85				
	(40.28)	(47.57)				
1:36.91Y	P # 119	Female 10 & Under 100 IM	LY-VA	31	---	-0.33
	44.51	1:36.91				
	(44.51)	(52.40)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Luke Morrison (14) M						
2:01.73Y	F # 18	Male 13-14 200 Free	LY-VA	14	5	-4.19
	28.36	59.11 1:30.79 2:01.73				
	(28.36)	(30.75) (31.68) (30.94)				
2:03.23Y	P # 18	Male 13-14 200 Free	LY-VA	15	---	-2.69
	27.44	58.08 1:30.41 2:03.23				
	(27.44)	(30.64) (32.33) (32.82)				
1:02.09Y	P # 26	Male 13-14 100 Fly	LY-VA	13	---	-2.60
	28.54	1:02.09				
	(28.54)	(33.55)				
1:02.19Y	F # 26	Male 13-14 100 Fly	LY-VA	12	7	-2.50
	28.90	1:02.19				
	(28.90)	(33.29)				
2:24.17Y	F # 60	Male 13-14 200 Fly	LY-VA	10	10	-9.81
	31.98	1:08.72 1:46.02 2:24.17				
	(31.98)	(36.74) (37.30) (38.15)				
2:27.75Y	P # 60	Male 13-14 200 Fly	LY-VA	11	---	-6.23
	33.30	1:11.23 1:49.68 2:27.75				
	(33.30)	(37.93) (38.45) (38.07)				
1:07.63Y	P # 64	Male 13-14 100 Back	LY-VA	22	---	-0.93
	32.60	1:07.63				
	(32.60)	(35.03)				
2:53.48Y	P # 68	Male 13-14 200 Breast	LY-VA	27	---	-2.79
	38.52	1:22.87 2:08.67 2:53.48				
	(38.52)	(44.35) (45.80) (44.81)				
56.00Y	F # 86	400 Free Relay Lead Off	LY-VA	---	---	-2.33
	26.55					
	(26.55)					
2:23.80Y	P # 94	Male 13-14 200 Back	LY-VA	13	---	-9.90
	33.64	1:09.94 1:47.26 2:23.80				
	(33.64)	(36.30) (37.32) (36.54)				
56.53Y	F # 98	Male 13-14 100 Free	LY-VA	16	3	-1.80
	26.94	56.53				
	(26.94)	(29.59)				
56.80Y	P # 98	Male 13-14 100 Free	LY-VA	18	---	-1.53
	27.15	56.80				
	(27.15)	(29.65)				
2:19.50Y	F # 102	Male 13-14 200 IM	LY-VA	10	10	-9.52
	29.09	1:04.50 1:48.14 2:19.50				
	(29.09)	(35.41) (43.64) (31.36)				
2:23.11Y	P # 102	Male 13-14 200 IM	LY-VA	16	---	-5.91
	29.90	1:07.05 1:51.90 2:23.11				
	(29.90)	(37.15) (44.85) (31.21)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Mac Morrison (10) M						
30.18Y	P # 74	Male 10 & Under 50 Free	LY-VA	10	---	-0.66
1:45.02Y	P # 78	Male 10 & Under 100 Breast	LY-VA	19	---	-9.76
	48.52	1:45.02				
	(48.52)	(56.50)				
32.42Y	F # 82	Male 10 & Under 50 Fly	LY-VA	3	18	-1.88
32.91Y	P # 82	Male 10 & Under 50 Fly	LY-VA	4	---	-1.39
1:20.26Y	P # 112	Male 10 & Under 100 Back	LY-VA	14	---	-4.79
	38.59	1:20.26				
	(38.59)	(41.67)				
1:05.63Y	F # 116	Male 10 & Under 100 Free	LY-VA	4	17	-2.72
	31.71	1:05.63				
	(31.71)	(33.92)				
1:06.52Y	P # 116	Male 10 & Under 100 Free	LY-VA	5	---	-1.83
	32.30	1:06.52				
	(32.30)	(34.22)				
1:19.83Y	F # 120	Male 10 & Under 100 IM	LY-VA	9	12	-3.41
	35.74	1:19.83				
	(35.74)	(44.09)				
1:21.16Y	P # 120	Male 10 & Under 100 IM	LY-VA	11	---	-2.08
	36.00	1:21.16				
	(36.00)	(45.16)				
Aidan Moss (12) M						
NS	F # 72	Male 11-12 200 Fly	LY-VA	---	---	---
NS	P # 80B	Male 12-12 100 Breast	LY-VA	---	---	---
NS	P # 84B	Male 12-12 50 Back	LY-VA	---	---	---
William Moss (8) M						
45.85Y	P # 74	Male 10 & Under 50 Free	LY-VA	64	---	1.38
2:10.97Y	P # 78	Male 10 & Under 100 Breast	LY-VA	49	---	---
	1:00.19	2:10.97				
	(1:00.19)	(1:10.78)				
1:09.40Y	P # 82	Male 10 & Under 50 Fly	LY-VA	59	---	-8.71

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Caroline Nelson (11) F						
2:30.43Y	P # 37A	Female 11-11 200 Free	LY-VA	11	---	-10.69
	34.05	1:13.27 1:54.07 2:30.43				
	(34.05)	(39.22) (40.80) (36.36)				
1:31.71Y	P # 41A	Female 11-11 100 Fly	LY-VA	15	---	-1.31
	---	1:31.71				
	---	(1:31.71)				
36.63Y	F # 45A	Female 11-11 50 Breast	LY-VA	3	18	-3.08
38.15Y	P # 45A	Female 11-11 50 Breast	LY-VA	4	---	-1.56
28.81Y	F # 75A	Female 11-11 50 Free	LY-VA	3	18	-1.58
29.67Y	P # 75A	Female 11-11 50 Free	LY-VA	7	---	-0.72
1:25.83Y	F # 79A	Female 11-11 100 Breast	LY-VA	7	14	0.89
	40.85	1:25.83				
	(40.85)	(44.98)				
1:26.24Y	P # 79A	Female 11-11 100 Breast	LY-VA	6	---	1.30
	40.34	1:26.24				
	(40.34)	(45.90)				
38.97Y	P # 83A	Female 11-11 50 Back	LY-VA	21	---	-2.25
3:08.60Y	F # 107	Female 11-12 200 Breast	LY-VA	10	10	-2.78
	42.82	1:32.60 2:22.18 3:08.60				
	(42.82)	(49.78) (49.58) (46.42)				
1:07.37Y	P # 117A	Female 11-11 100 Free	LY-VA	13	---	-1.69
	32.93	1:07.37				
	(32.93)	(34.44)				
1:24.14Y	P # 121A	Female 11-11 100 IM	LY-VA	13	---	3.73
	---	1:24.14				
	---	(1:24.14)				
1:03.78Y	S # 417	Female 11-12 100 Free	LY-VA	1	---	-5.28
	31.37	1:03.78				
	(31.37)	(32.41)				
Selah Parish (10) F						
31.38Y	F # 73	Female 10 & Under 50 Free	LY-VA	5	16	0.17
31.55Y	P # 73	Female 10 & Under 50 Free	LY-VA	7	---	0.34
1:40.21Y	P # 77	Female 10 & Under 100 Breast	LY-VA	15	---	-11.14
	46.81	1:40.21				
	(46.81)	(53.40)				
35.37Y	F # 81	Female 10 & Under 50 Fly	LY-VA	5	16	0.26
36.35Y	P # 81	Female 10 & Under 50 Fly	LY-VA	5	---	1.24
NS	P # 111	Female 10 & Under 100 Back	LY-VA	---	---	---
NS	P # 115	Female 10 & Under 100 Free	LY-VA	---	---	---
NS	P # 119	Female 10 & Under 100 IM	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Aidan Parker (14) M						
1:32.01Y	P # 64	Male 13-14 100 Back	LY-VA	46	---	-2.66
	42.65	1:32.01				
	(42.65)	(49.36)				
3:21.34Y	P # 68	Male 13-14 200 Breast	LY-VA	35	---	-1.00
	44.22	1:36.40 2:29.40 3:21.34				
	(44.22)	(52.18) (53.00) (51.94)				
3:15.69Y DQ	P # 94	Male 13-14 200 Back	LY-VA	---	---	---
	44.17	1:34.43 2:24.88 3:15.69				
	(44.17)	(50.26) (50.45) (50.81)				
1:15.10Y	P # 98	Male 13-14 100 Free	LY-VA	45	---	-1.94
	---	1:15.10				
	---	(1:15.10)				
3:07.46Y	P # 102	Male 13-14 200 IM	LY-VA	38	---	2.43
	45.38	1:36.36 --- 3:07.46				
	(45.38)	(50.98) --- (3:07.46)				
Addison Pavao (9) M						
53.48Y	P # 74	Male 10 & Under 50 Free	LY-VA	81	---	3.53
NS	P # 78	Male 10 & Under 100 Breast	LY-VA	---	---	---
NS	P # 82	Male 10 & Under 50 Fly	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Ella Pennington (13) F						
29.97Y	P # 1	Female 13-14 50 Free	LY-VA	43	---	-0.97
6:12.33Y	F # 5	Female 13-14 500 Free	LY-VA	30	---	12.37
	34.16	1:12.61 1:50.96 2:29.66 3:08.14 3:46.37	---	4:23.92		
	(34.16)	(38.45) (38.35) (38.70) (38.48) (38.23)	---	(4:23.92)		
	5:36.81	6:12.33				
	(1:12.89)	(35.52)				
2:19.54Y	P # 17	Female 13-14 200 Free	LY-VA	35	---	-1.43
	32.34	1:07.95 1:44.47 2:19.54				
	(32.34)	(35.61) (36.52) (35.07)				
1:26.38Y	P # 21	Female 13-14 100 Breast	LY-VA	36	---	0.91
	40.74	1:26.38				
	(40.74)	(45.64)				
5:42.50Y	F # 29	Female 13-14 400 IM	LY-VA	28	---	7.13
	38.86	1:24.40 2:08.38 2:52.00 3:40.12 4:28.90 5:06.07 5:42.50				
	(38.86)	(45.54) (43.98) (43.62) (48.12) (48.78) (37.17) (36.43)				
2:40.74Y	F # 59	Female 13-14 200 Fly	LY-VA	14	5	-13.51
	36.58	1:18.51 2:01.25 2:40.74				
	(36.58)	(41.93) (42.74) (39.49)				
2:49.37Y	P # 59	Female 13-14 200 Fly	LY-VA	20	---	-4.88
	38.08	1:23.73 2:08.16 2:49.37				
	(38.08)	(45.65) (44.43) (41.21)				
1:13.68Y	P # 63	Female 13-14 100 Back	LY-VA	50	---	-2.38
	36.32	1:13.68				
	(36.32)	(37.36)				
2:59.85Y	P # 67	Female 13-14 200 Breast	LY-VA	38	---	-2.23
	42.40	1:29.11 2:14.74 2:59.85				
	(42.40)	(46.71) (45.63) (45.11)				
1:03.90Y	P # 97	Female 13-14 100 Free	LY-VA	45	---	-1.30
	31.33	1:03.90				
	(31.33)	(32.57)				
NS	P # 101	Female 13-14 200 IM	LY-VA	---	---	---
NS	F # 105	Female Open 1650 Free	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Lainey Pennington (11) F						
2:42.86Y	F # 9A	Female 11-11 200 IM	LY-VA	4	17	-4.39
	34.98	1:16.97 2:08.01 2:42.86				
	(34.98)	(41.99) (51.04) (34.85)				
6:11.80Y	F # 13	Female 11-12 500 Free	LY-VA	8	13	-6.17
	33.47	1:11.08 1:49.30 2:26.91 3:04.86 3:42.93 4:20.33 4:58.22				
	(33.47)	(37.61) (38.22) (37.61) (37.95) (38.07) (37.40) (37.89)				
	5:35.34	6:11.80				
	(37.12)	(36.46)				
2:16.65Y	F # 37A	Female 11-11 200 Free	LY-VA	3	18	-3.70
	31.25	1:05.95 1:41.31 2:16.65				
	(31.25)	(34.70) (35.36) (35.34)				
2:19.59Y	P # 37A	Female 11-11 200 Free	LY-VA	3	---	-0.76
	31.88	1:06.95 1:44.06 2:19.59				
	(31.88)	(35.07) (37.11) (35.53)				
1:21.95Y	P # 41A	Female 11-11 100 Fly	LY-VA	11	---	2.46
	37.26	1:21.95				
	(37.26)	(44.69)				
5:55.83Y	F # 49	Female 11-12 400 IM	LY-VA	7	14	0.60
	39.12	1:26.92 2:11.49 2:56.25 3:48.09 4:41.14 5:19.25 5:55.83				
	(39.12)	(47.80) (44.57) (44.76) (51.84) (53.05) (38.11) (36.58)				
3:02.00Y	F # 71	Female 11-12 200 Fly	LY-VA	3	18	---
	37.54	1:24.72 2:14.31 3:02.00				
	(37.54)	(47.18) (49.59) (47.69)				
29.58Y	F # 75A	Female 11-11 50 Free	LY-VA	6	15	-1.66
29.60Y	P # 75A	Female 11-11 50 Free	LY-VA	6	---	-1.64
1:33.92Y	P # 79A	Female 11-11 100 Breast	LY-VA	19	---	0.04
	44.34	1:33.92				
	(44.34)	(49.58)				
30.53Y	F # 91	200 Free Relay Lead Off	LY-VA	---	---	-0.71
33.23Y	F # 109A	Female 11-11 50 Fly	LY-VA	6	15	-1.46
33.77Y	P # 109A	Female 11-11 50 Fly	LY-VA	8	---	-0.92
1:03.20Y	P # 117A	Female 11-11 100 Free	LY-VA	3	---	-2.84
	30.19	1:03.20				
	(30.19)	(33.01)				
1:04.24Y	F # 117A	Female 11-11 100 Free	LY-VA	3	18	-1.80
	30.53	1:04.24				
	(30.53)	(33.71)				
1:16.92Y	F # 121A	Female 11-11 100 IM	LY-VA	3	18	0.04
	35.98	1:16.92				
	(35.98)	(40.94)				
1:17.09Y	P # 121A	Female 11-11 100 IM	LY-VA	5	---	0.21
	35.72	1:17.09				
	(35.72)	(41.37)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Charlotte Pickeral (8) F						
3:42.56Y	F # 11	Female 10 & Under 200 IM	LY-VA	9	12	-11.83
	52.47	1:49.01 2:54.26 3:42.56				
	(52.47)	(56.54) (1:05.25) (48.30)				
7:54.26Y	F # 15	Female 10 & Under 500 Free	LY-VA	12	7	-38.27
	40.87	1:29.61 2:18.16 3:06.02	3:55.81 4:43.01 5:32.41 6:22.12			
	(40.87)	(48.74) (48.55) (47.86)	(49.79) (47.20) (49.40) (49.71)			
	---	7:54.26				
	---	(7:54.26)				
47.39Y	P # 35	Female 10 & Under 50 Back	LY-VA	31	---	-1.81
3:07.08Y	P # 39	Female 10 & Under 200 Free	LY-VA	20	---	-12.42
	41.50	1:30.15 2:20.10 3:07.08				
	(41.50)	(48.65) (49.95) (46.98)				
54.31Y	P # 47	Female 10 & Under 50 Breast	LY-VA	23	---	0.17
Danna Pineda (12) F						
NS	P # 75B	Female 12-12 50 Free	LY-VA	---	---	---
NS	P # 79B	Female 12-12 100 Breast	LY-VA	---	---	---
NS	P # 83B	Female 12-12 50 Back	LY-VA	---	---	---
NS	P # 109B	Female 12-12 50 Fly	LY-VA	---	---	---
NS	P # 113B	Female 12-12 100 Back	LY-VA	---	---	---
NS	P # 117B	Female 12-12 100 Free	LY-VA	---	---	---
Owen Porter (13) M						
2:53.54Y	F # 60	Male 13-14 200 Fly	LY-VA	15	4	---
	37.87	1:22.13 2:07.73 2:53.54				
	(37.87)	(44.26) (45.60) (45.81)				
2:58.01Y	P # 60	Male 13-14 200 Fly	LY-VA	18	---	---
	36.37	1:18.53 2:07.11 2:58.01				
	(36.37)	(42.16) (48.58) (50.90)				
1:11.58Y	P # 64	Male 13-14 100 Back	LY-VA	33	---	-8.80
	35.02	1:11.58				
	(35.02)	(36.56)				
2:48.65Y	P # 68	Male 13-14 200 Breast	LY-VA	21	---	-0.92
	37.44	1:19.65 2:04.05 2:48.65				
	(37.44)	(42.21) (44.40) (44.60)				
2:40.45Y	P # 94	Male 13-14 200 Back	LY-VA	21	---	---
	39.20	1:19.73 2:00.30 2:40.45				
	(39.20)	(40.53) (40.57) (40.15)				
NS	F # 94	Male 13-14 200 Back	LY-VA	---	---	---
1:01.28Y	P # 98	Male 13-14 100 Free	LY-VA	34	---	-1.64
	28.91	1:01.28				
	(28.91)	(32.37)				
2:34.78Y	P # 102	Male 13-14 200 IM	LY-VA	32	---	-1.95
	34.82	1:15.62 1:59.39 2:34.78				
	(34.82)	(40.80) (43.77) (35.39)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event				Place		Points	Improv
Addie Ruhl (14) F									
27.90Y	P # 1	Female	13-14	50 Free	LY-VA		38	---	-0.10
8:00.31Y	F # 5	Female	13-14	500 Free	LY-VA		37	---	60.26
	34.98	1:18.99	---	2:55.81	---	---	5:28.52	6:21.84	
	(34.98)	(44.01)	---	(2:55.81)	---	---	(5:28.52)	(53.32)	
	7:13.59	8:00.31							
	(51.75)	(46.72)							
2:32.31Y	P # 17	Female	13-14	200 Free	LY-VA		46	---	4.55
	34.24	1:15.20	1:56.34	2:32.31					
	(34.24)	(40.96)	(41.14)	(35.97)					
1:17.68Y	P # 25	Female	13-14	100 Fly	LY-VA		35	---	---
	35.73	1:17.68							
	(35.73)	(41.95)							
1:16.99Y	P # 63	Female	13-14	100 Back	LY-VA		57	---	0.73
	36.90	1:16.99							
	(36.90)	(40.09)							
3:02.79Y	P # 93	Female	13-14	200 Back	LY-VA		34	---	-9.39
	40.94	1:28.94	2:16.99	3:02.79					
	(40.94)	(48.00)	(48.05)	(45.80)					
1:05.07Y	P # 97	Female	13-14	100 Free	LY-VA		52	---	-0.37
	31.46	1:05.07							
	(31.46)	(33.61)							
Ella Shinkle (11) F									
33.97Y	P # 75A	Female	11-11	50 Free	LY-VA		29	---	1.08
NS	P # 79A	Female	11-11	100 Breast	LY-VA		---	---	---
39.96Y	P # 83A	Female	11-11	50 Back	LY-VA		23	---	-2.73
NS	P # 113A	Female	11-11	100 Back	LY-VA		---	---	---
NS	P # 117A	Female	11-11	100 Free	LY-VA		---	---	---
NS	P # 121A	Female	11-11	100 IM	LY-VA		---	---	---
Langston Shinkle (8) M									
45.39Y	P # 74	Male	10 & Under	50 Free	LY-VA		63	---	0.24
2:25.40Y	P # 78	Male	10 & Under	100 Breast	LY-VA		54	---	---
	1:07.25	2:25.40							
	(1:07.25)	(1:18.15)							
1:27.28Y DQ	P # 82	Male	10 & Under	50 Fly	LY-VA		---	---	---
NS	P # 112	Male	10 & Under	100 Back	LY-VA		---	---	---
NS	P # 116	Male	10 & Under	100 Free	LY-VA		---	---	---
NS	P # 120	Male	10 & Under	100 IM	LY-VA		---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Addy Smith (12) F						
2:54.56Y	F # 33	Female 11-12 200 Back	LY-VA	16	3	---
	38.73	1:21.89				2:54.56
	(38.73)	(43.16)				(2:54.56)
2:50.25Y	P # 37B	Female 12-12 200 Free	LY-VA	25	---	-4.02
	37.11	1:21.40				2:50.25
	(37.11)	(44.29)				(46.83) (42.02)
53.27Y	P # 45B	Female 12-12 50 Breast	LY-VA	30	---	---
34.38Y	P # 75B	Female 12-12 50 Free	LY-VA	40	---	-0.25
1:46.89Y DQ	P # 79B	Female 12-12 100 Breast	LY-VA	---	---	---
	---	1:46.89				
	---	(1:46.89)				
36.86Y	P # 83B	Female 12-12 50 Back	LY-VA	22	---	-2.07
43.16Y	P # 109B	Female 12-12 50 Fly	LY-VA	27	---	-8.91
1:21.79Y	P # 113B	Female 12-12 100 Back	LY-VA	19	---	---
	37.92	1:21.79				
	(37.92)	(43.87)				
1:18.56Y	P # 117B	Female 12-12 100 Free	LY-VA	29	---	2.16
	36.20	1:18.56				
	(36.20)	(42.36)				
Max Smith (6) M						
52.76Y	P # 74	Male 10 & Under 50 Free	LY-VA	80	---	0.32
2:31.81Y	P # 78	Male 10 & Under 100 Breast	LY-VA	55	---	---
	1:13.74	2:31.81				
	(1:13.74)	(1:18.07)				
NS	P # 82	Male 10 & Under 50 Fly	LY-VA	---	---	---
1:46.18Y	P # 112	Male 10 & Under 100 Back	LY-VA	42	---	-8.42
	51.03	1:46.18				
	(51.03)	(55.15)				
1:47.01Y	P # 116	Male 10 & Under 100 Free	LY-VA	57	---	-6.94
	51.78	1:47.01				
	(51.78)	(55.23)				
2:05.08Y	P # 120	Male 10 & Under 100 IM	LY-VA	43	---	---
	59.60	2:05.08				
	(59.60)	(1:05.48)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Seth Snyder (7) M						
45.99Y	P # 36	Male 10 & Under 50 Back	LY-VA	35	---	-1.61
3:31.49Y	P # 40	Male 10 & Under 200 Free	LY-VA	30	---	8.50
	44.72	1:38.90 2:36.39 3:31.49				
	(44.72)	(54.18) (57.49) (55.10)				
1:12.74Y DQ	P # 48	Male 10 & Under 50 Breast	LY-VA	---	---	---
41.26Y	P # 74	Male 10 & Under 50 Free	LY-VA	54	---	-0.96
2:49.02Y	P # 78	Male 10 & Under 100 Breast	LY-VA	57	---	---
	1:21.32	2:49.02				
	(1:21.32)	(1:27.70)				
55.35Y	P # 82	Male 10 & Under 50 Fly	LY-VA	50	---	-1.99
1:45.01Y	P # 112	Male 10 & Under 100 Back	LY-VA	41	---	2.64
	51.08	1:45.01				
	(51.08)	(53.93)				
1:37.37Y	P # 116	Male 10 & Under 100 Free	LY-VA	49	---	2.46
	45.38	1:37.37				
	(45.38)	(51.99)				
1:56.99Y DQ	P # 120	Male 10 & Under 100 IM	LY-VA	---	---	---
	52.58	1:56.99				
	(52.58)	(1:04.41)				
Emerson Stauder (7) F						
40.94Y	P # 73	Female 10 & Under 50 Free	LY-VA	60	---	-6.14
2:07.98Y	P # 77	Female 10 & Under 100 Breast	LY-VA	56	---	---
	58.75	2:07.98				
	(58.75)	(1:09.23)				
1:03.03Y	P # 81	Female 10 & Under 50 Fly	LY-VA	61	---	---
Britlyn Sullivan (7) F						
1:17.18Y	P # 35	Female 10 & Under 50 Back	LY-VA	51	---	4.97
1:19.15Y	P # 47	Female 10 & Under 50 Breast	LY-VA	41	---	-1.47
1:02.20Y	P # 73	Female 10 & Under 50 Free	LY-VA	95	---	-9.63
2:45.83Y	P # 77	Female 10 & Under 100 Breast	LY-VA	66	---	---
	1:17.67	2:45.83				
	(1:17.67)	(1:28.16)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Alaina Thomas (9) F						
51.37Y	P # 73	Female 10 & Under 50 Free	LY-VA	82	---	-4.03
3:27.67Y DQ	P # 77	Female 10 & Under 100 Breast	LY-VA	---	---	---
	1:35.58	3:27.67				
	(1:35.58)	(1:52.09)				
1:21.93Y DQ	P # 81	Female 10 & Under 50 Fly	LY-VA	---	---	---
2:17.33Y	P # 111	Female 10 & Under 100 Back	LY-VA	63	---	3.82
	1:03.32	2:17.33				
	(1:03.32)	(1:14.01)				
2:07.72Y	P # 115	Female 10 & Under 100 Free	LY-VA	77	---	-2.28
	54.71	2:07.72				
	(54.71)	(1:13.01)				
2:35.14Y DQ	P # 119	Female 10 & Under 100 IM	LY-VA	---	---	---
	1:05.65	2:35.14				
	(1:05.65)	(1:29.49)				
Brandon Thomas (11) M						
33.01Y	P # 76A	Male 11-11 50 Free	LY-VA	21	---	-0.71
1:53.57Y	P # 80A	Male 11-11 100 Breast	LY-VA	24	---	7.58
	52.54	1:53.57				
	(52.54)	(1:01.03)				
45.82Y	P # 84A	Male 11-11 50 Back	LY-VA	25	---	4.10
1:29.22Y	P # 114A	Male 11-11 100 Back	LY-VA	12	---	-6.91
	---	1:29.22				
	---	(1:29.22)				
1:26.99Y DQ	F # 114A	Male 11-11 100 Back	LY-VA	---	---	---
	---	1:26.99				
	---	(1:26.99)				
1:14.62Y	P # 118A	Male 11-11 100 Free	LY-VA	18	---	1.76
	35.63	1:14.62				
	(35.63)	(38.99)				
1:30.32Y	P # 122A	Male 11-11 100 IM	LY-VA	14	---	0.77
	43.05	1:30.32				
	(43.05)	(47.27)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Bri Torrence (9) F						
38.98Y	P # 73	Female 10 & Under 50 Free	LY-VA	53	---	0.81
2:57.86Y DQ	P # 77	Female 10 & Under 100 Breast	LY-VA	---	---	---
	1:24.22	2:57.86				
	(1:24.22)	(1:33.64)				
49.06Y	P # 81	Female 10 & Under 50 Fly	LY-VA	37	---	-1.29
1:40.74Y	P # 111	Female 10 & Under 100 Back	LY-VA	34	---	-1.48
	---	1:40.74				
	---	(1:40.74)				
1:25.37Y	P # 115	Female 10 & Under 100 Free	LY-VA	38	---	-9.65
	40.49	1:25.37				
	(40.49)	(44.88)				
1:58.88Y DQ	P # 119	Female 10 & Under 100 IM	LY-VA	---	---	---
	48.54	1:58.88				
	(48.54)	(1:10.34)				
Kinley Tuck (12) F						
33.13Y	P # 75B	Female 12-12 50 Free	LY-VA	35	---	-1.46
1:33.52Y	P # 79B	Female 12-12 100 Breast	LY-VA	25	---	-7.88
	44.30	1:33.52				
	(44.30)	(49.22)				
37.83Y	P # 83B	Female 12-12 50 Back	LY-VA	26	---	0.28

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Brody Wall (13) M					
NS	P # 2	Male 13-14 50 Free	LY-VA	---	---
2:03.38Y	F # 18	Male 13-14 200 Free	LY-VA	15	4
	28.23	59.59 1:32.75 2:03.38			
	(28.23)	(31.36) (33.16) (30.63)			
2:04.65Y	P # 18	Male 13-14 200 Free	LY-VA	17	---
	28.38	1:00.16 1:32.64 2:04.65			
	(28.38)	(31.78) (32.48) (32.01)			
1:21.08Y DQ	P # 22	Male 13-14 100 Breast	LY-VA	---	---
	38.35	1:21.08			
	(38.35)	(42.73)			
1:03.83Y	F # 26	Male 13-14 100 Fly	LY-VA	14	5
	30.67	1:03.83			
	(30.67)	(33.16)			
1:05.30Y	P # 26	Male 13-14 100 Fly	LY-VA	16	---
	29.98	1:05.30			
	(29.98)	(35.32)			
1:12.40Y	P # 64	Male 13-14 100 Back	LY-VA	38	---
	34.75	1:12.40			
	(34.75)	(37.65)			
3:00.93Y	P # 68	Male 13-14 200 Breast	LY-VA	31	---
	40.49	1:26.71 2:15.13 3:00.93			
	(40.49)	(46.22) (48.42) (45.80)			
NS	P # 94	Male 13-14 200 Back	LY-VA	---	---
55.01Y	P # 98	Male 13-14 100 Free	LY-VA	13	---
	26.56	55.01			
	(26.56)	(28.45)			
55.03Y	F # 98	Male 13-14 100 Free	LY-VA	11	8
	26.73	55.03			
	(26.73)	(28.30)			
2:31.88Y	P # 102	Male 13-14 200 IM	LY-VA	27	---
	31.61	1:12.24 1:59.42 2:31.88			
	(31.61)	(40.63) (47.18) (32.46)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Adam Wells (13) M					
2:35.25Y	P # 60	Male 13-14 200 Fly	LY-VA	13	---
	31.74	1:09.34 --- 2:35.25			
	(31.74)	(37.60) --- (2:35.25)			
2:40.70Y	F # 60	Male 13-14 200 Fly	LY-VA	14	5
	32.43	1:14.82 --- 2:40.70			
	(32.43)	(42.39) --- (2:40.70)			
1:07.88Y	P # 64	Male 13-14 100 Back	LY-VA	23	---
	32.52	1:07.88			-3.22
	(32.52)	(35.36)			
2:49.30Y	P # 68	Male 13-14 200 Breast	LY-VA	23	---
	37.91	1:21.06 2:05.25 2:49.30			-7.06
	(37.91)	(43.15) (44.19) (44.05)			
2:27.24Y	P # 94	Male 13-14 200 Back	LY-VA	16	---
	33.41	1:11.33 1:49.89 2:27.24			-16.23
	(33.41)	(37.92) (38.56) (37.35)			
2:32.52Y	F # 94	Male 13-14 200 Back	LY-VA	13	6
	33.60	1:14.09 1:54.81 2:32.52			-10.95
	(33.60)	(40.49) (40.72) (37.71)			
52.88Y	P # 98	Male 13-14 100 Free	LY-VA	8	---
	25.20	52.88			-2.00
	(25.20)	(27.68)			
53.48Y	F # 98	Male 13-14 100 Free	LY-VA	8	13
	25.25	53.48			-1.40
	(25.25)	(28.23)			
2:22.78Y	P # 102	Male 13-14 200 IM	LY-VA	14	---
	29.48	1:06.52 1:52.28 2:22.78			0.42
	(29.48)	(37.04) (45.76) (30.50)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Noah Wells (16) M						
2:25.93Y	P # 62	Male Open 200 Fly	LY-VA	13	---	-14.58
	29.41	1:05.58 1:45.42 2:25.93				
	(29.41)	(36.17) (39.84) (40.51)				
58.27Y	F # 66	Male Open 100 Back	LY-VA	14	5	-2.17
	28.34	58.27				
	(28.34)	(29.93)				
58.75Y	P # 66	Male Open 100 Back	LY-VA	15	---	-1.69
	28.50	58.75				
	(28.50)	(30.25)				
2:27.09Y	F # 70	Male Open 200 Breast	LY-VA	4	17	-11.58
	32.98	1:10.83 1:48.23 2:27.09				
	(32.98)	(37.85) (37.40) (38.86)				
2:28.69Y	P # 70	Male Open 200 Breast	LY-VA	5	---	-9.98
	33.59	1:09.70 1:49.82 2:28.69				
	(33.59)	(36.11) (40.12) (38.87)				
51.43Y	F # 88	400 Free Relay Lead Off	LY-VA	---	---	-0.55
	24.64					
	(24.64)					
2:09.62Y	F # 96	Male Open 200 Back	LY-VA	7	14	-8.69
	30.37	1:03.41 1:36.68 2:09.62				
	(30.37)	(33.04) (33.27) (32.94)				
2:09.64Y	P # 96	Male Open 200 Back	LY-VA	10	---	-8.67
	29.87	1:02.81 1:36.22 2:09.64				
	(29.87)	(32.94) (33.41) (33.42)				
51.66Y	P # 100	Male Open 100 Free	LY-VA	20	---	-0.32
	24.92	51.66				
	(24.92)	(26.74)				
52.17Y	F # 100	Male Open 100 Free	LY-VA	17	2	0.19
	25.23	52.17				
	(25.23)	(26.94)				
2:12.18Y	P # 104	Male Open 200 IM	LY-VA	13	---	-4.53
	27.87	1:01.93 1:42.64 2:12.18				
	(27.87)	(34.06) (40.71) (29.54)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Sammy Wells (9) M						
35.28Y	P # 74	Male 10 & Under 50 Free	LY-VA	36	---	0.52
2:09.47Y	P # 78	Male 10 & Under 100 Breast	LY-VA	47	---	---
	1:01.55	2:09.47				
	(1:01.55)	(1:07.92)				
39.18Y	P # 82	Male 10 & Under 50 Fly	LY-VA	23	---	-2.26
1:36.33Y	P # 112	Male 10 & Under 100 Back	LY-VA	35	---	-13.87
	48.73	1:36.33				
	(48.73)	(47.60)				
1:18.98Y	P # 116	Male 10 & Under 100 Free	LY-VA	32	---	1.49
	36.41	1:18.98				
	(36.41)	(42.57)				
1:37.92Y	P # 120	Male 10 & Under 100 IM	LY-VA	32	---	-2.86
	46.43	1:37.92				
	(46.43)	(51.49)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Austin Woodruff (11) M					
2:45.12Y DQ	F # 10A	Male 11-11 200 IM	LY-VA	---	---
	38.11	1:20.70 2:10.46 2:45.12			
	(38.11)	(42.59) (49.76) (34.66)			
6:06.84Y	F # 14	Male 11-12 500 Free	LY-VA	6	15
	33.12	--- 1:48.15 --- 3:02.78 3:40.19 4:17.88 4:54.60			
	(33.12)	--- (1:48.15) --- (3:02.78) (37.41) (37.69) (36.72)			
	5:31.24	6:06.84			
	(36.64)	(35.60)			
2:38.76Y	F # 34	Male 11-12 200 Back	LY-VA	10	10
	37.18	1:18.69 2:00.77 2:38.76			
	(37.18)	(41.51) (42.08) (37.99)			
2:19.44Y	P # 38A	Male 11-11 200 Free	LY-VA	6	---
	32.35	1:08.83 1:45.14 2:19.44			
	(32.35)	(36.48) (36.31) (34.30)			
2:20.14Y	F # 38A	Male 11-11 200 Free	LY-VA	7	14
	32.05	1:08.44 1:44.93 2:20.14			
	(32.05)	(36.39) (36.49) (35.21)			
1:22.25Y	P # 42A	Male 11-11 100 Fly	LY-VA	11	---
	37.26	1:22.25			
	(37.26)	(44.99)			
30.04Y	P # 76A	Male 11-11 50 Free	LY-VA	12	---
1:31.18Y	P # 80A	Male 11-11 100 Breast	LY-VA	13	---
	44.72	1:31.18			
	(44.72)	(46.46)			
36.39Y	P # 84A	Male 11-11 50 Back	LY-VA	12	---
30.65Y	F # 92	200 Free Relay Lead Off	LY-VA	---	---
3:16.25Y	F # 108	Male 11-12 200 Breast	LY-VA	7	14
	43.65	1:34.64 2:25.43 3:16.25			
	(43.65)	(50.99) (50.79) (50.82)			
1:14.98Y	P # 114A	Male 11-11 100 Back	LY-VA	7	---
	36.47	1:14.98			
	(36.47)	(38.51)			
1:19.81Y	F # 114A	Male 11-11 100 Back	LY-VA	5	16
	39.20	1:19.81			
	(39.20)	(40.61)			
1:05.76Y	P # 118A	Male 11-11 100 Free	LY-VA	12	---
	31.67	1:05.76			
	(31.67)	(34.09)			
1:07.88Y	F # 118A	Male 11-11 100 Free	LY-VA	8	13
	32.41	1:07.88			
	(32.41)	(35.47)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event				Place				Points	Improv
Graham Woodruff (14) M											
22.01Y	P # 2	Male	13-14 50 Free		LY-VA		1		---	0.54	
22.04Y	F # 2	Male	13-14 50 Free		LY-VA		1		22	0.57	
4:53.10Y	F # 6	Male	13-14 500 Free		LY-VA		1		22	1.47	
	26.31	55.10	1:25.20	1:54.77	2:24.57	2:54.71	3:24.95	3:54.85			
	(26.31)	(28.79)	(30.10)	(29.57)	(29.80)	(30.14)	(30.24)	(29.90)			
	4:24.74	4:53.10									
	(29.89)	(28.36)									
1:47.55Y	F # 18	Male	13-14 200 Free		LY-VA		1		22	1.32	
	24.88	52.13	1:20.27	1:47.55							
	(24.88)	(27.25)	(28.14)	(27.28)							
1:49.47Y	P # 18	Male	13-14 200 Free		LY-VA		1		---	3.24	
	24.95	52.76	1:21.62	1:49.47							
	(24.95)	(27.81)	(28.86)	(27.85)							
1:07.72Y	P # 22	Male	13-14 100 Breast		LY-VA		3		---	1.20	
	32.44	1:07.72									
	(32.44)	(35.28)									
1:07.90Y	F # 22	Male	13-14 100 Breast		LY-VA		5		16	1.38	
	32.28	1:07.90									
	(32.28)	(35.62)									
54.33Y	F # 26	Male	13-14 100 Fly		LY-VA		2		19	0.64	
	25.44	54.33									
	(25.44)	(28.89)									
55.13Y	P # 26	Male	13-14 100 Fly		LY-VA		3		---	1.44	
	25.12	55.13									
	(25.12)	(30.01)									
57.10Y	F # 52	400 Medley Relay Lead Off			LY-VA		---		---	1.44	
	27.74										
	(27.74)										
2:02.97Y	F # 60	Male	13-14 200 Fly		LY-VA		3		18	-7.01	
	27.64	59.36	1:32.09	2:02.97							
	(27.64)	(31.72)	(32.73)	(30.88)							
2:11.79Y	P # 60	Male	13-14 200 Fly		LY-VA		5		---	1.81	
	28.17	1:01.13	1:36.37	2:11.79							
	(28.17)	(32.96)	(35.24)	(35.42)							
55.33Y	F # 64	Male	13-14 100 Back		LY-VA		1		22	-0.33	
	26.97	55.33									
	(26.97)	(28.36)									
56.21Y	P # 64	Male	13-14 100 Back		LY-VA		1		---	0.55	
	27.71	56.21									
	(27.71)	(28.50)									
2:26.52Y	F # 68	Male	13-14 200 Breast		LY-VA		3		18	-0.05	
	33.40	1:11.59	1:49.90	2:26.52							
	(33.40)	(38.19)	(38.31)	(36.62)							
2:30.01Y	P # 68	Male	13-14 200 Breast		LY-VA		4		---	3.44	
	33.96	1:13.38	1:53.13	2:30.01							
	(33.96)	(39.42)	(39.75)	(36.88)							

Lynchburg YMCA Swim Team
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Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Graham Woodruff (14) M						
49.22Y	F # 98	Male 13-14 100 Free	LY-VA	1	22	1.19
	23.36	49.22				
	(23.36)	(25.86)				
51.18Y	P # 98	Male 13-14 100 Free	LY-VA	1	---	3.15
	24.26	51.18				
	(24.26)	(26.92)				
2:02.32Y	F # 102	Male 13-14 200 IM	LY-VA	2	19	-3.37
	25.45	56.96 1:35.32 2:02.32				
	(25.45)	(31.51) (38.36) (27.00)				
2:08.66Y	P # 102	Male 13-14 200 IM	LY-VA	5	---	2.97
	28.01	1:01.16 1:41.50 2:08.66				
	(28.01)	(33.15) (40.34) (27.16)				
17:13.79Y	F # 106	Male Open 1650 Free	LY-VA	3	18	-3.29
	29.27	1:00.96 1:33.44 2:06.45 2:38.74 3:11.01 3:43.25 4:15.10				
	(29.27)	(31.69) (32.48) (33.01) (32.29) (32.27) (32.24) (31.85)				
	4:47.01	5:18.65 5:49.87 6:21.28 6:53.10 7:24.35 7:56.49 8:27.84				
	(31.91)	(31.64) (31.22) (31.41) (31.82) (31.25) (32.14) (31.35)				
	8:59.23	9:30.78 10:02.67 10:33.92 11:05.10 11:36.76 12:07.97 12:39.07				
	(31.39)	(31.55) (31.89) (31.25) (31.18) (31.66) (31.21) (31.10)				
	13:10.89	13:42.13 14:13.68 14:43.80 15:14.28 15:45.58 16:16.27 16:46.64				
	(31.82)	(31.24) (31.55) (30.12) (30.48) (31.30) (30.69) (30.37)				
	17:13.79					
	(27.15)					

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Taylor Woodruff (13) F						
26.10Y	P # 1	Female 13-14 50 Free	LY-VA	13	---	0.01
26.48Y	F # 1	Female 13-14 50 Free	LY-VA	14	5	0.39
5:29.45Y	F # 5	Female 13-14 500 Free	LY-VA	8	13	-8.50
	30.01	1:02.84 1:35.35 2:08.94	2:41.82 3:15.37 3:48.71 4:22.59			
	(30.01)	(32.83) (32.51) (33.59)	(32.88) (33.55) (33.34) (33.88)			
	4:56.55	5:29.45				
	(33.96)	(32.90)				
2:02.99Y	F # 17	Female 13-14 200 Free	LY-VA	7	14	0.28
	28.69	59.82 1:31.98 2:02.99				
	(28.69)	(31.13) (32.16) (31.01)				
2:03.84Y	P # 17	Female 13-14 200 Free	LY-VA	7	---	1.13
	28.59	1:00.96 1:33.58 2:03.84				
	(28.59)	(32.37) (32.62) (30.26)				
1:02.71Y	F # 25	Female 13-14 100 Fly	LY-VA	11	8	-0.95
	29.64	1:02.71				
	(29.64)	(33.07)				
1:04.41Y	P # 25	Female 13-14 100 Fly	LY-VA	17	---	0.75
	30.16	1:04.41				
	(30.16)	(34.25)				
2:12.73Y	F # 59	Female 13-14 200 Fly	LY-VA	1	22	-1.88
	30.41	1:04.18 1:38.39 2:12.73				
	(30.41)	(33.77) (34.21) (34.34)				
2:14.53Y	P # 59	Female 13-14 200 Fly	LY-VA	1	---	-0.08
	30.14	1:04.15 1:39.21 2:14.53				
	(30.14)	(34.01) (35.06) (35.32)				
1:03.72Y	F # 63	Female 13-14 100 Back	LY-VA	11	8	2.36
	30.95	1:03.72				
	(30.95)	(32.77)				
1:05.17Y	P # 63	Female 13-14 100 Back	LY-VA	18	---	3.81
	31.20	1:05.17				
	(31.20)	(33.97)				
2:17.48Y	F # 93	Female 13-14 200 Back	LY-VA	6	15	1.49
	32.53	1:08.03 1:43.80 2:17.48				
	(32.53)	(35.50) (35.77) (33.68)				
2:19.26Y	P # 93	Female 13-14 200 Back	LY-VA	6	---	3.27
	33.44	1:10.07 1:46.29 2:19.26				
	(33.44)	(36.63) (36.22) (32.97)				
56.70Y	F # 97	Female 13-14 100 Free	LY-VA	11	8	-1.00
	27.43	56.70				
	(27.43)	(29.27)				
58.59Y	P # 97	Female 13-14 100 Free	LY-VA	19	---	0.89
	27.65	58.59				
	(27.65)	(30.94)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Taylor Woodruff (13) F					
19:22.84Y	F # 105	Female Open 1650 Free	LY-VA	9	12
33.13	1:08.76	1:45.25	2:21.44	2:57.36	3:33.16
(33.13)	(35.63)	(36.49)	(36.19)	(35.92)	(35.80)
5:20.07	5:54.40	6:30.62	7:05.80	7:41.29	8:17.07
(35.63)	(34.33)	(36.22)	(35.18)	(35.49)	(35.78)
10:02.13	10:37.85	11:13.84	11:49.91	12:25.03	13:00.69
(35.17)	(35.72)	(35.99)	(36.07)	(35.12)	(35.66)
14:46.79	15:21.43	15:56.36	16:31.79	17:07.37	17:41.70
(35.20)	(34.64)	(34.93)	(35.43)	(35.58)	(34.33)
19:22.84					
(31.66)					

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Caleb Wu (13) M						
2:07.04Y	P # 18	Male 13-14 200 Free	LY-VA	20	---	-1.84
	29.12	1:01.51 1:34.81 2:07.04				
	(29.12)	(32.39) (33.30) (32.23)				
1:07.01Y	F # 22	Male 13-14 100 Breast	LY-VA	3	18	-2.84
	31.97	1:07.01				
	(31.97)	(35.04)				
1:09.37Y	P # 22	Male 13-14 100 Breast	LY-VA	7	---	-0.48
	32.98	1:09.37				
	(32.98)	(36.39)				
5:01.99Y	F # 30	Male 13-14 400 IM	LY-VA	11	8	-16.80
	32.77	1:13.62 1:52.38 2:31.86 3:13.71 3:55.93 4:30.58 5:01.99				
	(32.77)	(40.85) (38.76) (39.48) (41.85) (42.22) (34.65) (31.41)				
2:46.04Y	P # 60	Male 13-14 200 Fly	LY-VA	16	---	---
	34.62	1:16.68 2:02.13 2:46.04				
	(34.62)	(42.06) (45.45) (43.91)				
1:06.57Y	P # 64	Male 13-14 100 Back	LY-VA	20	---	-0.88
	32.99	1:06.57				
	(32.99)	(33.58)				
2:28.39Y	F # 68	Male 13-14 200 Breast	LY-VA	4	17	-4.32
	34.55	1:12.13 1:51.45 2:28.39				
	(34.55)	(37.58) (39.32) (36.94)				
2:31.81Y	P # 68	Male 13-14 200 Breast	LY-VA	7	---	-0.90
	34.25	1:14.21 1:54.40 2:31.81				
	(34.25)	(39.96) (40.19) (37.41)				
2:24.51Y	P # 94	Male 13-14 200 Back	LY-VA	14	---	-7.61
	35.31	1:11.59 1:48.94 2:24.51				
	(35.31)	(36.28) (37.35) (35.57)				
57.64Y	P # 98	Male 13-14 100 Free	LY-VA	22	---	-0.78
	28.01	57.64				
	(28.01)	(29.63)				
2:21.71Y	F # 102	Male 13-14 200 IM	LY-VA	16	3	-1.51
	32.67	1:09.81 1:50.11 2:21.71				
	(32.67)	(37.14) (40.30) (31.60)				
2:24.77Y	P # 102	Male 13-14 200 IM	LY-VA	21	---	1.55
	33.59	1:11.85 1:52.45 2:24.77				
	(33.59)	(38.26) (40.60) (32.32)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Karis Wu (10) F						
45.17Y	P # 35	Female 10 & Under 50 Back	LY-VA	26	---	-2.97
3:05.50Y	P # 39	Female 10 & Under 200 Free	LY-VA	19	---	0.86
	41.64	1:29.03 2:18.31 3:05.50				
	(41.64)	(47.39) (49.28) (47.19)				
49.99Y	P # 47	Female 10 & Under 50 Breast	LY-VA	15	---	0.48
36.23Y	P # 73	Female 10 & Under 50 Free	LY-VA	34	---	-1.46
1:49.98Y	P # 77	Female 10 & Under 100 Breast	LY-VA	28	---	-1.34
	---	1:49.98				
	---	(1:49.98)				
47.67Y	P # 81	Female 10 & Under 50 Fly	LY-VA	34	---	-3.67
1:41.41Y DQ	P # 111	Female 10 & Under 100 Back	LY-VA	---	---	---
	48.90	1:41.41				
	(48.90)	(52.51)				
1:23.55Y	P # 115	Female 10 & Under 100 Free	LY-VA	35	---	-1.05
	38.77	1:23.55				
	(38.77)	(44.78)				
1:39.33Y	P # 119	Female 10 & Under 100 IM	LY-VA	37	---	1.67
	49.51	1:39.33				
	(49.51)	(49.82)				
Titus Wu (8) M						
2:50.53Y	P # 40	Male 10 & Under 200 Free	LY-VA	23	---	-0.25
	39.46	1:23.36 2:08.43 2:50.53				
	(39.46)	(43.90) (45.07) (42.10)				
1:38.48Y	P # 44	Male 10 & Under 100 Fly	LY-VA	17	---	-2.63
	46.66	1:38.48				
	(46.66)	(51.82)				
47.62Y	P # 48	Male 10 & Under 50 Breast	LY-VA	13	---	-0.16
34.17Y	P # 74	Male 10 & Under 50 Free	LY-VA	31	---	-1.31
1:38.90Y DQ	P # 78	Male 10 & Under 100 Breast	LY-VA	---	---	---
	48.50	1:38.90				
	(48.50)	(50.40)				
41.41Y	P # 82	Male 10 & Under 50 Fly	LY-VA	29	---	0.70
1:28.05Y	P # 112	Male 10 & Under 100 Back	LY-VA	25	---	-2.73
	43.41	1:28.05				
	(43.41)	(44.64)				
1:14.85Y	P # 116	Male 10 & Under 100 Free	LY-VA	25	---	-4.17
	37.14	1:14.85				
	(37.14)	(37.71)				
1:28.84Y	P # 120	Male 10 & Under 100 IM	LY-VA	22	---	-1.17
	43.68	1:28.84				
	(43.68)	(45.16)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2023 12th Speedo Swim and Tri Winter Champs 07-Dec-23 to 10-Dec-23 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Spence Young (8) M						
37.64Y	P # 74	Male 10 & Under 50 Free	LY-VA	41	---	-4.37
1:58.94Y DQ	P # 78	Male 10 & Under 100 Breast	LY-VA	---	---	---
	55.68	1:58.94				
	(55.68)	(1:03.26)				
51.61Y	P # 82	Male 10 & Under 50 Fly	LY-VA	44	---	-3.50