

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 GCY Sprint and Distance 14-Jun-24 to 16-Jun-24 LC Meters Alt: 897
Location: Greensboro Aquatic Center

Time	F/P/S	Event	Place	Points	Improv					
Sam Edwards (13) M										
5:36.31L	F # 104A	Male 13-14 400 IM	LY-VA	11	---	-10.44				
	35.58	1:16.87	1:59.95	2:41.96	3:30.90	4:21.20	4:59.58	5:36.31		
	(35.58)	(41.29)	(43.08)	(42.01)	(48.94)	(50.30)	(38.38)	(36.73)		
19:12.47L	F # 106A	Male 13-14 1500 Free	LY-VA	6	---	---	---	---	---	---
	34.16	1:12.90	1:51.95	2:30.89	3:10.65	3:50.27	---	5:08.47		
	(34.16)	(38.74)	(39.05)	(38.94)	(39.76)	(39.62)	---	(5:08.47)		
	5:48.17	6:26.99	7:05.89	7:44.24	8:22.90	9:01.67	9:40.38	10:18.35		
	(39.70)	(38.82)	(38.90)	(38.35)	(38.66)	(38.77)	(38.71)	(37.97)		
	10:56.57	11:34.89	12:13.43	12:51.87	13:30.53	14:08.69	14:47.33	15:25.95		
	(38.22)	(38.32)	(38.54)	(38.44)	(38.66)	(38.16)	(38.64)	(38.62)		
	16:04.42	16:42.74	17:21.40	17:59.39	18:37.41	19:12.47				
	(38.47)	(38.32)	(38.66)	(37.99)	(38.02)	(35.06)				
1:13.12L	P # 204A	Male 13-14 100 Back	LY-VA	9	---	---	---	---	---	-0.78
	35.70	1:13.12								
	(35.70)	(37.42)								
1:14.17L	F # 204A	Male 13-14 100 Back	LY-VA	8	---	---	---	---	---	0.27
	35.67	1:14.17								
	(35.67)	(38.50)								
1:06.24L	P # 212A	Male 13-14 100 Free	LY-VA	29	---	---	---	---	---	-0.52
	31.98	1:06.24								
	(31.98)	(34.26)								
5:05.08L	F # 216A	Male 13-14 400 Free	LY-VA	10	---	---	---	---	---	4.67
	33.87	1:12.13	1:51.26	2:30.69	3:10.13	3:49.18	4:27.76	5:05.08		
	(33.87)	(38.26)	(39.13)	(39.43)	(39.44)	(39.05)	(38.58)	(37.32)		
2:35.94L	P # 306A	Male 13-14 200 Back	LY-VA	9	---	---	---	---	---	-2.55
	36.75	1:16.40	1:57.05	2:35.94						
	(36.75)	(39.65)	(40.65)	(38.89)						
2:36.95L	F # 306A	Male 13-14 200 Back	LY-VA	7	---	---	---	---	---	-1.54
	36.56	1:17.09	1:58.24	2:36.95						
	(36.56)	(40.53)	(41.15)	(38.71)						
34.69L	P # 310A	Male 13-14 50 Back	LY-VA	2	---	---	---	---	---	0.90
34.80L	F # 310A	Male 13-14 50 Back	LY-VA	3	---	---	---	---	---	1.01
10:04.07L	F # 314A	Male 13-14 800 Free	LY-VA	4	---	---	---	---	---	-17.29
	33.75	1:11.78	1:50.56	2:28.84	3:07.65	3:45.90	4:24.62	5:03.19		
	(33.75)	(38.03)	(38.78)	(38.28)	(38.81)	(38.25)	(38.72)	(38.57)		
	5:41.91	6:20.04	6:58.48	7:36.10	8:13.92	8:51.05	9:28.20	10:04.07		
	(38.72)	(38.13)	(38.44)	(37.62)	(37.82)	(37.13)	(37.15)	(35.87)		

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Time	F/P/S	Event				Place				Points	Improv
Ann-Margaret Holt (14) F											
1:12.83L	F # 203A	Female	13-14	100 Back		LY-VA		6	---	---	
	35.46	1:12.83									
	(35.46)	(37.37)									
1:14.14L	P # 203A	Female	13-14	100 Back		LY-VA		4	---	1.31	
	35.58	1:14.14									
	(35.58)	(38.56)									
1:02.23L	F # 211A	Female	13-14	100 Free		LY-VA		2	---	1.05	
	29.85	1:02.23									
	(29.85)	(32.38)									
1:02.46L	P # 211A	Female	13-14	100 Free		LY-VA		1	---	1.28	
	30.08	1:02.46									
	(30.08)	(32.38)									
4:41.59L	F # 215A	Female	13-14	400 Free		LY-VA		1	---	-7.97	
	31.91	1:06.30	1:41.51	2:16.89	2:53.03	3:29.39	4:05.76	4:41.59			
	(31.91)	(34.39)	(35.21)	(35.38)	(36.14)	(36.36)	(36.37)	(35.83)			
2:13.60L	F # 301A	Female	13-14	200 Free		LY-VA		2	---	1.44	
	31.10	1:04.54	1:39.64	2:13.60							
	(31.10)	(33.44)	(35.10)	(33.96)							
2:17.87L	P # 301A	Female	13-14	200 Free		LY-VA		2	---	5.71	
	32.51	1:07.75	1:42.42	2:17.87							
	(32.51)	(35.24)	(34.67)	(35.45)							
2:37.71L	P # 305A	Female	13-14	200 Back		LY-VA		3	---	1.36	
	38.57	1:18.17	1:58.61	2:37.71							
	(38.57)	(39.60)	(40.44)	(39.10)							
2:38.07L	F # 305A	Female	13-14	200 Back		LY-VA		7	---	1.72	
	37.89	1:17.32	1:57.84	2:38.07							
	(37.89)	(39.43)	(40.52)	(40.23)							
28.81L	F # 307A	Female	13-14	50 Free		LY-VA		3	---	0.13	
29.78L	P # 307A	Female	13-14	50 Free		LY-VA		5	---	1.10	

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Time	F/P/S	Event	Place	Points	Improv	
Davis Hottle (17) M						
5:21.96L	F # 104B	Male 15 & Over 400 IM	LY-VA	13	---	11.79
	31.37	1:09.06 1:50.89 2:31.24	3:19.26 4:07.36 4:45.55	5:21.96		
	(31.37)	(37.69) (41.83) (40.35)	(48.02) (48.10) (38.19)	(36.41)		
2:26.22L	F # 202B	Male 15 & Over 200 IM	LY-VA	19	---	0.03
	29.67	1:06.95 1:52.39 2:26.22				
	(29.67)	(37.28) (45.44) (33.83)				
2:29.25L	P # 202B	Male 15 & Over 200 IM	LY-VA	18	---	3.06
	30.70	1:09.52 1:55.69 2:29.25				
	(30.70)	(38.82) (46.17) (33.56)				
27.83L	F # 208B	Male 15 & Over 50 Fly	LY-VA	7	---	-1.62
28.15L	P # 208B	Male 15 & Over 50 Fly	LY-VA	8	---	-1.30
58.94L	F # 212B	Male 15 & Over 100 Free	LY-VA	18	---	1.47
	28.27	58.94				
	(28.27)	(30.67)				
1:00.17L	P # 212B	Male 15 & Over 100 Free	LY-VA	21	---	2.70
	28.95	1:00.17				
	(28.95)	(31.22)				
1:22.05L	P # 304B	Male 15 & Over 100 Breast	LY-VA	17	---	2.75
	38.43	1:22.05				
	(38.43)	(43.62)				
2:26.54L	F # 306B	Male 15 & Over 200 Back	LY-VA	11	---	5.63
	33.89	1:11.49 1:48.92 2:26.54				
	(33.89)	(37.60) (37.43) (37.62)				
2:27.78L	P # 306B	Male 15 & Over 200 Back	LY-VA	9	---	6.87
	33.33	1:10.23 1:49.25 2:27.78				
	(33.33)	(36.90) (39.02) (38.53)				
1:05.62L	F # 312B	Male 15 & Over 100 Fly	LY-VA	11	---	3.25
	30.21	1:05.62				
	(30.21)	(35.41)				
1:08.42L	P # 312B	Male 15 & Over 100 Fly	LY-VA	19	---	6.05
	30.83	1:08.42				
	(30.83)	(37.59)				

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Time	F/P/S	Event	Place	Points	Improv	
Luke Hottle (15) M						
4:52.83L	F # 104B	Male 15 & Over 400 IM	LY-VA	3	---	-0.60
	30.06	1:05.95 1:46.28 2:25.36	3:05.99 3:46.56 4:20.54	4:52.83		
	(30.06)	(35.89) (40.33) (39.08)	(40.63) (40.57) (33.98)	(32.29)		
2:18.52L	F # 202B	Male 15 & Over 200 IM	LY-VA	5	---	3.03
	30.00	1:07.96 1:47.73 2:18.52				
	(30.00)	(37.96) (39.77) (30.79)				
2:20.35L	P # 202B	Male 15 & Over 200 IM	LY-VA	4	---	4.86
	29.98	1:08.23 1:47.98 2:20.35				
	(29.98)	(38.25) (39.75) (32.37)				
2:37.49L	F # 206B	Male 15 & Over 200 Breast	LY-VA	1	---	4.44
	36.43	1:15.99 1:57.06 2:37.49				
	(36.43)	(39.56) (41.07) (40.43)				
2:38.75L	P # 206B	Male 15 & Over 200 Breast	LY-VA	1	---	5.70
	36.65	1:16.89 1:58.39 2:38.75				
	(36.65)	(40.24) (41.50) (40.36)				
2:21.78L	F # 214B	Male 15 & Over 200 Fly	LY-VA	5	---	-1.00
	31.80	1:08.11 1:45.20 2:21.78				
	(31.80)	(36.31) (37.09) (36.58)				
2:24.67L	P # 214B	Male 15 & Over 200 Fly	LY-VA	6	---	1.89
	31.75	1:09.06 1:47.04 2:24.67				
	(31.75)	(37.31) (37.98) (37.63)				
1:12.16L	F # 304B	Male 15 & Over 100 Breast	LY-VA	2	---	0.54
	33.66	1:12.16				
	(33.66)	(38.50)				
1:14.17L	P # 304B	Male 15 & Over 100 Breast	LY-VA	1	---	2.55
	34.89	1:14.17				
	(34.89)	(39.28)				
26.11L	F # 308B	Male 15 & Over 50 Free	LY-VA	5	---	-0.12
26.44L	P # 308B	Male 15 & Over 50 Free	LY-VA	12	---	0.21
1:03.52L	F # 312B	Male 15 & Over 100 Fly	LY-VA	5	---	0.69
	29.64	1:03.52				
	(29.64)	(33.88)				
1:04.97L	P # 312B	Male 15 & Over 100 Fly	LY-VA	11	---	2.14
	30.40	1:04.97				
	(30.40)	(34.57)				

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Time	F/P/S	Event	Place	Points	Improv
Noah Kasper (16) M					
1:11.98L	P # 204B	Male 15 & Over 100 Back	21	---	1.51
	34.87	1:11.98			
	(34.87)	(37.11)			
1:13.53L	F # 204B	Male 15 & Over 100 Back	21	---	3.06
	35.89	1:13.53			
	(35.89)	(37.64)			
59.88L	P # 212B	Male 15 & Over 100 Free	18	---	0.41
	29.25	59.88			
	(29.25)	(30.63)			
1:00.21L	F # 212B	Male 15 & Over 100 Free	16	---	0.74
	29.29	1:00.21			
	(29.29)	(30.92)			
4:52.66L	F # 216B	Male 15 & Over 400 Free	20	---	3.59
	32.97	1:08.25 1:44.84 2:21.70			
	(32.97)	(35.28) (36.59) (36.86)			
		3:00.12 3:37.67 4:15.97 4:52.66			
		(38.42) (37.55) (38.30) (36.69)			
2:14.39L	P # 302B	Male 15 & Over 200 Free	31	---	2.30
	30.87	1:04.54 1:39.43 2:14.39			
	(30.87)	(33.67) (34.89) (34.96)			
2:16.36L	F # 302B	Male 15 & Over 200 Free	23	---	4.27
	31.77	1:06.26 1:42.36 2:16.36			
	(31.77)	(34.49) (36.10) (34.00)			
2:42.11L	F # 306B	Male 15 & Over 200 Back	15	---	8.10
	38.26	1:19.27 2:01.31 2:42.11			
	(38.26)	(41.01) (42.04) (40.80)			
2:43.07L	P # 306B	Male 15 & Over 200 Back	15	---	9.06
	38.08	1:19.31 2:01.80 2:43.07			
	(38.08)	(41.23) (42.49) (41.27)			
1:09.41L	F # 312B	Male 15 & Over 100 Fly	18	---	1.28
	31.73	1:09.41			
	(31.73)	(37.68)			
1:10.23L	P # 312B	Male 15 & Over 100 Fly	24	---	2.10
	32.02	1:10.23			
	(32.02)	(38.21)			
Jacob Kovarik (14) M					
3:23.61L	P # 206A	Male 13-14 200 Breast	21	---	-26.87
	44.25	1:36.34 2:30.15 3:23.61			
	(44.25)	(52.09) (53.81) (53.46)			
37.95L	F # 210A	Male 13-14 50 Breast	5	---	-3.79
38.19L	P # 210A	Male 13-14 50 Breast	6	---	-3.55
1:11.90L	P # 212A	Male 13-14 100 Free	38	---	-6.27
	34.34	1:11.90			
	(34.34)	(37.56)			

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Time	F/P/S	Event	Place	Points	Improv	
Benjamin Leger (8) M						
3:46.44L	F # 102A	Male 10 & Under 200 IM	LY-VA	6	---	-3.67
	56.86	1:52.92 2:59.57 3:46.44				
	(56.86)	(56.06) (1:06.65) (46.87)				
3:09.28L	F # 252A	Male 10 & Under 200 Free	LY-VA	13	---	1.45
	45.01	1:33.94 2:23.89 3:09.28				
	(45.01)	(48.93) (49.95) (45.39)				
49.15L	F # 254A	Male 10 & Under 50 Back	LY-VA	21	---	-1.08
1:33.38L	F # 258A	Male 10 & Under 100 Free	LY-VA	18	---	4.01
	45.29	1:33.38				
	(45.29)	(48.09)				
1:55.21L	F # 260A	Male 10 & Under 100 Fly	LY-VA	12	---	0.89
	56.26	1:55.21				
	(56.26)	(58.95)				
51.32L	F # 354A	Male 10 & Under 50 Fly	LY-VA	18	---	5.95
2:00.83L	F # 356A	Male 10 & Under 100 Breast	LY-VA	16	---	-3.95
	1:00.53	2:00.83				
	(1:00.53)	(1:00.30)				
1:47.07L	F # 358A	Male 10 & Under 100 Back	LY-VA	15	---	-2.61
	53.27	1:47.07				
	(53.27)	(53.80)				
6:36.97L	F # 362A	Male 10 & Under 400 Free	LY-VA	11	---	-2.24
	45.15	1:35.69 2:26.81 3:16.29 4:08.41 4:58.25 5:50.22 6:36.97				
	(45.15)	(50.54) (51.12) (49.48) (52.12) (49.84) (51.97) (46.75)				

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Jacob Leger (15) M									
5:51.49L	F # 104B	Male 15 & Over 400 IM				LY-VA	16	---	-11.28
	36.90	1:22.44	2:12.23	2:57.64	3:48.49	4:38.57	5:15.64	5:51.49	
	(36.90)	(45.54)	(49.79)	(45.41)	(50.85)	(50.08)	(37.07)	(35.85)	
31.70L	P # 208B	Male 15 & Over 50 Fly				LY-VA	18	---	-1.30
32.61L	F # 208B	Male 15 & Over 50 Fly				LY-VA	18	---	-0.39
2:48.60L	F # 214B	Male 15 & Over 200 Fly				LY-VA	9	---	5.51
	35.85	1:19.60	2:04.48	2:48.60					
	(35.85)	(43.75)	(44.88)	(44.12)					
2:57.14L	P # 214B	Male 15 & Over 200 Fly				LY-VA	13	---	14.05
	38.15	1:25.13	2:12.50	2:57.14					
	(38.15)	(46.98)	(47.37)	(44.64)					
5:36.67L	F # 216B	Male 15 & Over 400 Free				LY-VA	25	---	12.21
	37.99	1:22.92	2:07.09	2:52.88	3:37.69	4:18.16	4:59.73	5:36.67	
	(37.99)	(44.93)	(44.17)	(45.79)	(44.81)	(40.47)	(41.57)	(36.94)	
2:37.88L	P # 302B	Male 15 & Over 200 Free				LY-VA	45	---	9.63
	35.33	1:16.13	1:57.07	2:37.88					
	(35.33)	(40.80)	(40.94)	(40.81)					
1:14.54L	P # 312B	Male 15 & Over 100 Fly				LY-VA	31	---	2.51
	33.97	1:14.54							
	(33.97)	(40.57)							
NS	F # 312B	Male 15 & Over 100 Fly				LY-VA	---	---	---
11:35.53L	F # 314B	Male 15 & Over 800 Free				LY-VA	20	---	29.15
	38.18	1:23.41	2:07.25	2:52.96	3:36.23	4:21.62	5:06.19	5:52.03	
	(38.18)	(45.23)	(43.84)	(45.71)	(43.27)	(45.39)	(44.57)	(45.84)	
	6:36.00	7:21.91	8:05.42	8:49.60	9:32.00	10:16.89	10:57.62	11:35.53	
	(43.97)	(45.91)	(43.51)	(44.18)	(42.40)	(44.89)	(40.73)	(37.91)	

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Noah Leger (11) M											
3:17.07L	F # 102B	Male	11-12	200 IM		LY-VA		21	---		9.77
	45.25	1:35.98	2:33.28	3:17.07							
	(45.25)	(50.73)	(57.30)	(43.79)							
2:47.36L	F # 252B	Male	11-12	200 Free		LY-VA		25	---		4.53
	38.39	1:22.73	2:05.57	2:47.36							
	(38.39)	(44.34)	(42.84)	(41.79)							
42.94L	F # 254B	Male	11-12	50 Back		LY-VA		34	---		0.89
48.10L	F # 256B	Male	11-12	50 Breast		LY-VA		17	---		0.97
1:47.41L	F # 260B	Male	11-12	100 Fly		LY-VA		23	---		11.71
	48.98	1:47.41									
	(48.98)	(58.43)									
35.24L	F # 352B	Male	11-12	50 Free		LY-VA		27	---		0.72
42.39L	F # 354B	Male	11-12	50 Fly		LY-VA		25	---		0.47
1:50.41L	F # 356B	Male	11-12	100 Breast		LY-VA		18	---		5.23
	51.80	1:50.41									
	(51.80)	(58.61)									
1:33.09L	F # 358B	Male	11-12	100 Back		LY-VA		25	---		4.48
	46.00	1:33.09									
	(46.00)	(47.09)									
Lainey Pennington (11) F											
2:34.51L	F # 251B	Female	11-12	200 Free		LY-VA		7	---		3.25
	34.89	1:14.49	1:54.71	2:34.51							
	(34.89)	(39.60)	(40.22)	(39.80)							
46.19L	F # 255B	Female	11-12	50 Breast		LY-VA		24	---		-1.63
1:11.45L	F # 257B	Female	11-12	100 Free		LY-VA		11	---		1.17
	33.68	1:11.45									
	(33.68)	(37.77)									
1:25.23L	F # 259B	Female	11-12	100 Fly		LY-VA		12	---		2.46
	40.28	1:25.23									
	(40.28)	(44.95)									
32.29L	F # 351B	Female	11-12	50 Free		LY-VA		13	---		0.19
35.90L	F # 353B	Female	11-12	50 Fly		LY-VA		9	---		-1.30
1:29.67L	F # 357B	Female	11-12	100 Back		LY-VA		20	---		-9.14
	44.16	1:29.67									
	(44.16)	(45.51)									
5:25.96L	F # 361B	Female	11-12	400 Free		LY-VA		6	---		7.55
	35.94	1:16.76	1:58.59	2:41.19	3:22.03	4:04.09	4:46.11	5:25.96			
	(35.94)	(40.82)	(41.83)	(42.60)	(40.84)	(42.06)	(42.02)	(39.85)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 GCY Sprint and Distance 14-Jun-24 to 16-Jun-24 LC Meters Alt: 897
Location: Greensboro Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Owen Porter (14) M					
6:10.53L	F # 104A	Male 13-14 400 IM	LY-VA	14	---
	37.88	1:24.97 2:14.51 3:04.89	3:54.44 4:46.35 5:29.34	6:10.53	---
	(37.88)	(47.09) (49.54) (50.38)	(49.55) (51.91) (42.99)	(41.19)	
3:08.20L	P # 206A	Male 13-14 200 Breast	LY-VA	15	---
	41.85	1:29.47 2:19.67 3:08.20			-12.65
	(41.85)	(47.62) (50.20) (48.53)			
36.66L	P # 210A	Male 13-14 50 Breast	LY-VA	4	---
1:08.71L	P # 212A	Male 13-14 100 Free	LY-VA	35	---
	32.97	1:08.71			-4.37
	(32.97)	(35.74)			
Hudson Rice (15) M					
17:26.39L	F # 106B	Male 15 & Over 1500 Free	LY-VA	7	---
	31.20	1:05.55 1:40.22 2:15.75	2:50.45 3:25.66 4:00.35	4:35.66	-37.47
	(31.20)	(34.35) (34.67) (35.53)	(34.70) (35.21) (34.69)	(35.31)	
	---	5:45.56 --- 6:55.69	7:30.55 8:05.05 8:40.38	9:15.52	
	---	(5:45.56) --- (6:55.69)	(34.86) (34.50) (35.33)	(35.14)	
	9:50.23	10:25.37 11:00.84 11:36.17	12:11.57 12:46.81 13:22.37	13:58.20	
	(34.71)	(35.14) (35.47) (35.33)	(35.40) (35.24) (35.56)	(35.83)	
	14:27.95	15:08.72 15:42.11 16:18.03	---	17:26.39	
	(29.75)	(40.77) (33.39) (35.92)	---	(17:26.39)	
2:20.02L	F # 202B	Male 15 & Over 200 IM	LY-VA	6	---
	30.33	1:06.66 1:48.95 2:20.02			-2.15
	(30.33)	(36.33) (42.29) (31.07)			
2:23.37L	P # 202B	Male 15 & Over 200 IM	LY-VA	8	---
	30.96	1:09.02 1:50.92 2:23.37			1.20
	(30.96)	(38.06) (41.90) (32.45)			
2:43.71L	F # 206B	Male 15 & Over 200 Breast	LY-VA	5	---
	37.37	1:19.75 2:02.08 2:43.71			-3.46
	(37.37)	(42.38) (42.33) (41.63)			
2:46.16L	P # 206B	Male 15 & Over 200 Breast	LY-VA	4	---
	38.56	1:21.01 2:04.32 2:46.16			-1.01
	(38.56)	(42.45) (43.31) (41.84)			
2:18.68L	F # 214B	Male 15 & Over 200 Fly	LY-VA	3	---
	30.75	1:06.11 1:42.31 2:18.68			0.24
	(30.75)	(35.36) (36.20) (36.37)			
2:21.96L	P # 214B	Male 15 & Over 200 Fly	LY-VA	3	---
	31.93	1:08.26 1:45.49 2:21.96			3.52
	(31.93)	(36.33) (37.23) (36.47)			
2:06.60L	P # 302B	Male 15 & Over 200 Free	LY-VA	13	---
	29.81	1:02.08 1:34.62 2:06.60			-0.38
	(29.81)	(32.27) (32.54) (31.98)			
26.15L	P # 308B	Male 15 & Over 50 Free	LY-VA	6	---
1:04.74L	P # 312B	Male 15 & Over 100 Fly	LY-VA	10	---
	30.28	1:04.74			2.40
	(30.28)	(34.46)			

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 GCY Sprint and Distance 14-Jun-24 to 16-Jun-24 LC Meters Alt: 897

Location: Greensboro Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Mitchell Rogers (13) M					
19:34.57L	F # 106A	Male 13-14 1500 Free	LY-VA	8	---
	34.12	1:12.02 1:52.05 2:31.66	3:11.04 3:50.04	4:29.55 5:08.88	
	(34.12)	(37.90) (40.03) (39.61)	(39.38) (39.00)	(39.51) (39.33)	
	5:48.78	6:28.65 7:08.96 7:48.29	8:28.49 9:08.10	9:47.57 10:26.75	
	(39.90)	(39.87) (40.31) (39.33)	(40.20) (39.61)	(39.47) (39.18)	
	11:06.03	11:45.32 12:24.86 13:03.58	13:42.78 14:21.77	15:00.70 15:39.94	
	(39.28)	(39.29) (39.54) (38.72)	(39.20) (38.99)	(38.93) (39.24)	
	16:19.58	16:59.14 17:38.24 18:17.49	18:56.78 19:34.57		
	(39.64)	(39.56) (39.10) (39.25)	(39.29) (37.79)		
2:32.33L	F # 202A	Male 13-14 200 IM	LY-VA	5	---
	30.94	1:11.53 1:56.26 2:32.33			-7.66
	(30.94)	(40.59) (44.73) (36.07)			
2:33.89L	P # 202A	Male 13-14 200 IM	LY-VA	7	---
	31.45	1:12.13 1:57.62 2:33.89			-6.10
	(31.45)	(40.68) (45.49) (36.27)			
3:02.97L	P # 206A	Male 13-14 200 Breast	LY-VA	11	---
	39.80	1:27.20 2:15.04 3:02.97			3.08
	(39.80)	(47.40) (47.84) (47.93)			
3:05.83L	F # 206A	Male 13-14 200 Breast	LY-VA	12	---
	40.83	1:28.90 2:17.52 3:05.83			5.94
	(40.83)	(48.07) (48.62) (48.31)			
2:30.70L	F # 214A	Male 13-14 200 Fly	LY-VA	3	---
	32.13	1:09.93 1:49.70 2:30.70			-8.20
	(32.13)	(37.80) (39.77) (41.00)			
2:33.74L	P # 214A	Male 13-14 200 Fly	LY-VA	3	---
	33.20	1:12.55 1:53.38 2:33.74			-5.16
	(33.20)	(39.35) (40.83) (40.36)			
1:21.78L	P # 304A	Male 13-14 100 Breast	LY-VA	9	---
	37.70	1:21.78			-0.12
	(37.70)	(44.08)			
1:08.88L	P # 312A	Male 13-14 100 Fly	LY-VA	8	---
	31.58	1:08.88			-2.19
	(31.58)	(37.30)			

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 GCY Sprint and Distance 14-Jun-24 to 16-Jun-24 LC Meters Alt: 897

Location: Greensboro Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Ava Shopbell (15) F						
5:20.86L	F # 103B	Female 15 & Over 400 IM	LY-VA	3	---	0.85
	32.63	1:09.50 1:51.64 2:32.37	3:19.17 4:06.75 4:44.51	5:20.86		
	(32.63)	(36.87) (42.14) (40.73)	(46.80) (47.58) (37.76)	(36.35)		
2:35.53L	P # 201B	Female 15 & Over 200 IM	LY-VA	5	---	-0.49
	32.18	1:13.05 1:59.67 2:35.53				
	(32.18)	(40.87) (46.62) (35.86)				
2:36.41L	F # 201B	Female 15 & Over 200 IM	LY-VA	5	---	0.39
	32.68	1:13.81 2:00.47 2:36.41				
	(32.68)	(41.13) (46.66) (35.94)				
3:01.79L	P # 205B	Female 15 & Over 200 Breast	LY-VA	5	---	-1.36
	41.71	1:27.63 2:15.03 3:01.79				
	(41.71)	(45.92) (47.40) (46.76)				
3:02.05L	F # 205B	Female 15 & Over 200 Breast	LY-VA	6	---	-1.10
	41.84	1:28.34 2:15.70 3:02.05				
	(41.84)	(46.50) (47.36) (46.35)				
2:24.48L	P # 213B	Female 15 & Over 200 Fly	LY-VA	1	---	3.15
	32.12	1:08.43 1:46.25 2:24.48				
	(32.12)	(36.31) (37.82) (38.23)				
2:24.89L	F # 213B	Female 15 & Over 200 Fly	LY-VA	1	---	3.56
	32.35	1:09.02 1:46.75 2:24.89				
	(32.35)	(36.67) (37.73) (38.14)				
1:24.39L	F # 303B	Female 15 & Over 100 Breast	LY-VA	3	---	-1.04
	40.24	1:24.39				
	(40.24)	(44.15)				
1:25.79L	P # 303B	Female 15 & Over 100 Breast	LY-VA	2	---	0.36
	40.84	1:25.79				
	(40.84)	(44.95)				
2:38.14L	P # 305B	Female 15 & Over 200 Back	LY-VA	5	---	3.43
	37.40	1:17.75 1:58.49 2:38.14				
	(37.40)	(40.35) (40.74) (39.65)				
2:40.89L	F # 305B	Female 15 & Over 200 Back	LY-VA	7	---	6.18
	37.97	1:18.81 2:00.35 2:40.89				
	(37.97)	(40.84) (41.54) (40.54)				
1:06.67L	F # 311B	Female 15 & Over 100 Fly	LY-VA	2	---	-0.18
	31.43	1:06.67				
	(31.43)	(35.24)				
1:08.92L	P # 311B	Female 15 & Over 100 Fly	LY-VA	2	---	2.07
	32.65	1:08.92				
	(32.65)	(36.27)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 GCY Sprint and Distance 14-Jun-24 to 16-Jun-24 LC Meters Alt: 897

Location: Greensboro Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Max Smith (7) M					
3:56.58L	F # 252A	Male 10 & Under 200 Free	18	---	3.35
	52.69	--- 2:59.50 3:56.58			
	(52.69)	--- (2:59.50) (57.08)			
53.85L	F # 254A	Male 10 & Under 50 Back	31	---	-0.68
1:11.18L	F # 256A	Male 10 & Under 50 Breast	28	---	-7.32
1:47.68L	F # 258A	Male 10 & Under 100 Free	25	---	-0.77
	52.53	1:47.68			
	(52.53)	(55.15)			
Brody Wall (14) M					
1:17.36L	F # 204A	Male 13-14 100 Back	15	---	---
	37.82	1:17.36			
	(37.82)	(39.54)			
1:18.29L	P # 204A	Male 13-14 100 Back	16	---	---
	37.59	1:18.29			
	(37.59)	(40.70)			
1:01.67L	F # 212A	Male 13-14 100 Free	9	---	---
	29.87	1:01.67			
	(29.87)	(31.80)			
1:02.69L	P # 212A	Male 13-14 100 Free	12	---	---
	30.13	1:02.69			
	(30.13)	(32.56)			
5:14.05L	F # 216A	Male 13-14 400 Free	11	---	---
	34.31	1:13.25 1:53.56 2:34.30 3:15.31 3:55.65 4:36.00 5:14.05			
	(34.31)	(38.94) (40.31) (40.74) (41.01) (40.34) (40.35) (38.05)			
2:23.17L	P # 302A	Male 13-14 200 Free	18	---	---
	32.67	1:10.05 1:47.90 2:23.17			
	(32.67)	(37.38) (37.85) (35.27)			
28.42L	P # 308A	Male 13-14 50 Free	6	---	---
1:14.37L	P # 312A	Male 13-14 100 Fly	18	---	---
	34.58	1:14.37			
	(34.58)	(39.79)			

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 GCY Sprint and Distance 14-Jun-24 to 16-Jun-24 LC Meters Alt: 897

Location: Greensboro Aquatic Center

Time	F/P/S	Event				Place			Points	Improv
Broughton Webb (14) F										
5:18.01L	F # 103A	Female	13-14	400 IM		LY-VA	1	---		7.65
	34.86	1:15.33	1:56.40	2:36.43	3:21.50	4:06.01	4:42.22	5:18.01		
	(34.86)	(40.47)	(41.07)	(40.03)	(45.07)	(44.51)	(36.21)	(35.79)		
2:35.22L	F # 201A	Female	13-14	200 IM		LY-VA	5	---		4.09
	34.59	1:13.92	1:59.52	2:35.22						
	(34.59)	(39.33)	(45.60)	(35.70)						
2:35.29L	P # 201A	Female	13-14	200 IM		LY-VA	2	---		4.16
	35.48	1:15.76	2:00.78	2:35.29						
	(35.48)	(40.28)	(45.02)	(34.51)						
2:55.10L	F # 205A	Female	13-14	200 Breast		LY-VA	3	---		5.49
	39.40	1:24.26	2:09.13	2:55.10						
	(39.40)	(44.86)	(44.87)	(45.97)						
2:55.24L	P # 205A	Female	13-14	200 Breast		LY-VA	2	---		5.63
	40.52	1:25.70	2:09.98	2:55.24						
	(40.52)	(45.18)	(44.28)	(45.26)						
4:44.11L	F # 215A	Female	13-14	400 Free		LY-VA	2	---		8.99
	32.04	1:07.26	1:43.26	2:19.40	2:55.77	3:32.07	4:08.59	4:44.11		
	(32.04)	(35.22)	(36.00)	(36.14)	(36.37)	(36.30)	(36.52)	(35.52)		
1:22.74L	F # 303A	Female	13-14	100 Breast		LY-VA	2	---		2.33
	38.49	1:22.74								
	(38.49)	(44.25)								
1:23.78L	P # 303A	Female	13-14	100 Breast		LY-VA	2	---		3.37
	39.41	1:23.78								
	(39.41)	(44.37)								
30.60L	F # 307A	Female	13-14	50 Free		LY-VA	10	---		-0.27
30.98L	P # 307A	Female	13-14	50 Free		LY-VA	12	---		0.11
9:31.68L	F # 313A	Female	13-14	800 Free		LY-VA	1	---		-1.73
	32.48	1:08.11	1:44.67	2:20.99	2:57.03	3:33.00	4:09.33	4:45.11		
	(32.48)	(35.63)	(36.56)	(36.32)	(36.04)	(35.97)	(36.33)	(35.78)		
	5:21.30	5:57.05	6:33.20	7:09.19	7:45.01	8:20.95	8:57.05	9:31.68		
	(36.19)	(35.75)	(36.15)	(35.99)	(35.82)	(35.94)	(36.10)	(34.63)		

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 GCY Sprint and Distance 14-Jun-24 to 16-Jun-24 LC Meters Alt: 897

Location: Greensboro Aquatic Center

Time	F/P/S	Event				Place		Points	Improv
Austin Woodruff (11) M									
2:36.77L	F # 252B	Male	11-12	200 Free	LY-VA	15	---	-0.44	
	36.67	1:17.43	1:58.39	2:36.77					
	(36.67)	(40.76)	(40.96)	(38.38)					
47.17L	F # 256B	Male	11-12	50 Breast	LY-VA	14	---	-1.08	
1:16.59L	F # 258B	Male	11-12	100 Free	LY-VA	26	---	2.42	
	36.86	1:16.59							
	(36.86)	(39.73)							
1:34.49L	F # 260B	Male	11-12	100 Fly	LY-VA	20	---	-5.04	
	43.36	1:34.49							
	(43.36)	(51.13)							
33.85L	F # 352B	Male	11-12	50 Free	LY-VA	19	---	0.29	
39.75L	F # 354B	Male	11-12	50 Fly	LY-VA	19	---	-2.62	
1:45.53L	F # 356B	Male	11-12	100 Breast	LY-VA	16	---	0.63	
	51.51	1:45.53							
	(51.51)	(54.02)							
5:27.36L	F # 362B	Male	11-12	400 Free	LY-VA	10	---	-2.99	
	37.97	1:19.59	2:01.58	2:43.66	3:25.85	4:07.34	4:48.14	5:27.36	
	(37.97)	(41.62)	(41.99)	(42.08)	(42.19)	(41.49)	(40.80)	(39.22)	

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 GCY Sprint and Distance 14-Jun-24 to 16-Jun-24 LC Meters Alt: 897

Location: Greensboro Aquatic Center

Time	F/P/S	Event				Place		Points	Improv
Graham Woodruff (15) M									
17:44.63L	F # 106B	Male 15 & Over 1500 Free				LY-VA	10	---	-63.84
	31.09	1:05.64	1:41.12	2:16.75	2:52.77	3:28.64	4:04.77	4:40.41	
	(31.09)	(34.55)	(35.48)	(35.63)	(36.02)	(35.87)	(36.13)	(35.64)	
	5:16.54	5:52.21	6:27.97	7:04.23	7:40.49	8:16.01	8:51.69	9:27.50	
	(36.13)	(35.67)	(35.76)	(36.26)	(36.26)	(35.52)	(35.68)	(35.81)	
	10:03.51	10:39.46	11:15.04	11:50.84	12:27.23	13:02.88	13:38.53	14:14.31	
	(36.01)	(35.95)	(35.58)	(35.80)	(36.39)	(35.65)	(35.65)	(35.78)	
	14:50.20	15:25.92	16:01.44	16:37.01	17:11.67	17:44.63			
	(35.89)	(35.72)	(35.52)	(35.57)	(34.66)	(32.96)			
9:27.50L	F # 106S	Male 13 & Over 800 Free				LY-VA	1	---	-3.44
1:09.93L	F # 204B	Male 15 & Over 100 Back				LY-VA	14	---	2.91
	34.31	1:09.93							
	(34.31)	(35.62)							
1:10.45L	P # 204B	Male 15 & Over 100 Back				LY-VA	17	---	3.43
	34.15	1:10.45							
	(34.15)	(36.30)							
57.95L	P # 212B	Male 15 & Over 100 Free				LY-VA	8	---	1.71
	27.78	57.95							
	(27.78)	(30.17)							
58.56L	F # 212B	Male 15 & Over 100 Free				LY-VA	8	---	2.32
	27.76	58.56							
	(27.76)	(30.80)							
4:35.97L	F # 216B	Male 15 & Over 400 Free				LY-VA	12	---	8.73
	31.41	1:05.54	1:40.89	2:16.33	2:52.49	3:27.93	4:03.29	4:35.97	
	(31.41)	(34.13)	(35.35)	(35.44)	(36.16)	(35.44)	(35.36)	(32.68)	
2:15.50L	P # 302B	Male 15 & Over 200 Free				LY-VA	32	---	10.59
	31.67	1:06.02	1:40.55	2:15.50					
	(31.67)	(34.35)	(34.53)	(34.95)					
26.87L	P # 308B	Male 15 & Over 50 Free				LY-VA	19	---	1.80
NS	F # 308B	Male 15 & Over 50 Free				LY-VA	---	---	---
1:12.70L	P # 312B	Male 15 & Over 100 Fly				LY-VA	28	---	8.86
	32.90	1:12.70							
	(32.90)	(39.80)							
NS	F # 312B	Male 15 & Over 100 Fly				LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 GCY Sprint and Distance 14-Jun-24 to 16-Jun-24 LC Meters Alt: 897
Location: Greensboro Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Taylor Woodruff (13) F						
1:12.33L	F # 203A	Female 13-14 100 Back	LY-VA	4	---	-2.37
	35.44	1:12.33				
	(35.44)	(36.89)				
1:14.63L	P # 203A	Female 13-14 100 Back	LY-VA	6	---	-0.07
	35.94	1:14.63				
	(35.94)	(38.69)				
1:06.88L	P # 211A	Female 13-14 100 Free	LY-VA	9	---	0.33
	31.71	1:06.88				
	(31.71)	(35.17)				
1:07.06L	F # 211A	Female 13-14 100 Free	LY-VA	7	---	0.51
	31.68	1:07.06				
	(31.68)	(35.38)				
2:32.94L	F # 213A	Female 13-14 200 Fly	LY-VA	3	---	4.58
	33.36	1:11.66 1:52.19 2:32.94				
	(33.36)	(38.30) (40.53) (40.75)				
2:33.88L	P # 213A	Female 13-14 200 Fly	LY-VA	2	---	5.52
	33.89	1:13.25 1:53.42 2:33.88				
	(33.89)	(39.36) (40.17) (40.46)				
2:24.27L	F # 301A	Female 13-14 200 Free	LY-VA	7	---	1.15
	32.63	1:09.43 1:47.00 2:24.27				
	(32.63)	(36.80) (37.57) (37.27)				
2:24.87L	P # 301A	Female 13-14 200 Free	LY-VA	7	---	1.75
	33.95	1:12.20 1:50.19 2:24.87				
	(33.95)	(38.25) (37.99) (34.68)				
29.64L	P # 307A	Female 13-14 50 Free	LY-VA	4	---	0.14
30.09L	F # 307A	Female 13-14 50 Free	LY-VA	8	---	0.59
1:12.50L	F # 311A	Female 13-14 100 Fly	LY-VA	6	---	1.26
	33.95	1:12.50				
	(33.95)	(38.55)				
1:12.68L	P # 311A	Female 13-14 100 Fly	LY-VA	6	---	1.44
	33.88	1:12.68				
	(33.88)	(38.80)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 GCY Sprint and Distance 14-Jun-24 to 16-Jun-24 LC Meters Alt: 897

Location: Greensboro Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Caleb Wu (13) M						
5:57.41L	F # 104A	Male 13-14 400 IM	LY-VA	13	---	-3.20
	38.95	1:27.95 2:15.71 3:02.71	3:49.65 4:38.30 5:19.42	5:57.41		
	(38.95)	(49.00) (47.76) (47.00)	(46.94) (48.65) (41.12)	(37.99)		
2:53.14L	F # 206A	Male 13-14 200 Breast	LY-VA	3	---	-6.84
	38.72	1:22.79 2:08.97 2:53.14				
	(38.72)	(44.07) (46.18) (44.17)				
2:56.07L	P # 206A	Male 13-14 200 Breast	LY-VA	3	---	-3.91
	38.53	1:24.54 2:11.45 2:56.07				
	(38.53)	(46.01) (46.91) (44.62)				
35.18L	F # 210A	Male 13-14 50 Breast	LY-VA	2	---	-2.70
35.23L	P # 210A	Male 13-14 50 Breast	LY-VA	2	---	-2.65
5:15.16L	F # 216A	Male 13-14 400 Free	LY-VA	13	---	4.21
	34.50	1:13.46 1:54.39 2:35.56	3:16.98 3:58.00 4:38.15	5:15.16		
	(34.50)	(38.96) (40.93) (41.17)	(41.42) (41.02) (40.15)	(37.01)		
2:25.62L	P # 302A	Male 13-14 200 Free	LY-VA	22	---	-0.05
	33.10	1:10.94 1:49.75 2:25.62				
	(33.10)	(37.84) (38.81) (35.87)				
1:17.16L	F # 304A	Male 13-14 100 Breast	LY-VA	2	---	-3.50
	36.64	1:17.16				
	(36.64)	(40.52)				
1:18.58L	P # 304A	Male 13-14 100 Breast	LY-VA	2	---	-2.08
	36.36	1:18.58				
	(36.36)	(42.22)				
29.05L	F # 308A	Male 13-14 50 Free	LY-VA	7	---	0.38
29.09L	P # 308A	Male 13-14 50 Free	LY-VA	8	---	0.42
Karis Wu (11) F						
3:53.96L	F # 101B	Female 11-12 200 IM	LY-VA	23	---	8.39
	56.60	1:54.43 3:02.23 3:53.96				
	(56.60)	(57.83) (1:07.80) (51.73)				
3:27.94L	F # 251B	Female 11-12 200 Free	LY-VA	42	---	5.00
	45.78	1:40.39 2:35.08 3:27.94				
	(45.78)	(54.61) (54.69) (52.86)				
53.44L	F # 253B	Female 11-12 50 Back	LY-VA	57	---	1.23
56.16L	F # 255B	Female 11-12 50 Breast	LY-VA	46	---	-3.93
1:34.72L	F # 257B	Female 11-12 100 Free	LY-VA	54	---	-7.49
	45.43	1:34.72				
	(45.43)	(49.29)				
40.49L	F # 351B	Female 11-12 50 Free	LY-VA	45	---	-3.33
53.41L	F # 353B	Female 11-12 50 Fly	LY-VA	29	---	3.49
2:02.08L	F # 355B	Female 11-12 100 Breast	LY-VA	34	---	0.48
	56.98	2:02.08				
	(56.98)	(1:05.10)				
7:17.30L	F # 361B	Female 11-12 400 Free	LY-VA	23	---	---
	45.10	1:38.21 2:34.91 3:29.67	4:28.46 5:24.94 6:23.23	7:17.30		
	(45.10)	(53.11) (56.70) (54.76)	(58.79) (56.48) (58.29)	(54.07)		

Lynchburg YMCA Swim Team

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Individual Meet Results

2024 GCY Sprint and Distance 14-Jun-24 to 16-Jun-24 LC Meters Alt: 897

Location: Greensboro Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Titus Wu (8) M						
3:31.69L	F # 102A	Male 10 & Under 200 IM	LY-VA	5	---	-6.25
	52.23	1:45.27 2:48.17 3:31.69				
	(52.23)	(53.04) (1:02.90) (43.52)				
3:07.55L	F # 252A	Male 10 & Under 200 Free	LY-VA	12	---	-1.06
	42.74	1:33.21 2:22.15 3:07.55				
	(42.74)	(50.47) (48.94) (45.40)				
44.84L	F # 254A	Male 10 & Under 50 Back	LY-VA	12	---	-6.89
54.75L	F # 256A	Male 10 & Under 50 Breast	LY-VA	11	---	-1.31
1:52.85L	F # 260A	Male 10 & Under 100 Fly	LY-VA	11	---	-19.85
	52.90	1:52.85				
	(52.90)	(59.95)				
37.17L	F # 352A	Male 10 & Under 50 Free	LY-VA	13	---	-4.47
1:52.39L	F # 356A	Male 10 & Under 100 Breast	LY-VA	10	---	-4.64
	54.31	1:52.39				
	(54.31)	(58.08)				
1:36.88L	F # 358A	Male 10 & Under 100 Back	LY-VA	10	---	-7.90
	47.79	1:36.88				
	(47.79)	(49.09)				
6:19.87L	F # 362A	Male 10 & Under 400 Free	LY-VA	7	---	-21.81
	43.10	1:32.05 2:21.76 3:12.01 4:00.99 4:50.58 5:37.84 6:19.87				
	(43.10)	(48.95) (49.71) (50.25) (48.98) (49.59) (47.26) (42.03)				