

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 VA LC Age Group Championships 25-Jul-24 to 28-Jul-24 LC Meters
Sanction: VS-24-105 Location: CAC

Time	F/P/S	Event	Place	Points	Improv	
Benjamin Costa (14) M						
1:10.98L	P # 26	Male 13-14 100 Fly	LY-VA	42	---	1.57
	---	1:10.98				
	---	(1:10.98)				
1:11.49L	F # 38	400 Medley Relay Lead Off	LY-VA	---	---	0.12
	34.53					
	(34.53)					
Sam Edwards (13) M						
18:35.06L	F # 2	Male 11-14 1500 Free	LY-VA	16	1	-37.41
	32.17	1:08.65 1:45.56 2:22.95	3:00.31 3:37.95	4:15.57	4:53.01	
	(32.17)	(36.48) (36.91) (37.39)	(37.36) (37.64)	(37.62)	(37.44)	
	5:30.67	6:08.74 6:46.53 7:24.46	8:01.67 8:38.80	9:16.23	9:53.82	
	(37.66)	(38.07) (37.79) (37.93)	(37.21) (37.13)	(37.43)	(37.59)	
	10:30.88	11:08.68 11:46.01 12:23.67	13:01.24 13:38.98	14:16.58	14:54.00	
	(37.06)	(37.80) (37.33) (37.66)	(37.57) (37.74)	(37.60)	(37.42)	
	15:31.13	16:08.81 16:46.17 17:23.54	18:00.30 18:35.06			
	(37.13)	(37.68) (37.36) (37.37)	(36.76) (34.76)			
2:16.84L	F # 8	800 Free Relay Lead Off	LY-VA	---	---	-1.11
	30.35	1:04.61 1:41.28				
	(30.35)	(34.26) (36.67)				
1:11.37L	F # 38	400 Medley Relay Lead Off	LY-VA	---	---	-0.39
	34.83					
	(34.83)					
9:55.43L	F # 106	Male 11-14 800 Free	LY-VA	38	---	-3.10
	32.09	1:09.07 1:36.17 2:23.57	3:00.82 3:38.85	4:16.74	4:55.04	
	(32.09)	(36.98) (27.10) (47.40)	(37.25) (38.03)	(37.89)	(38.30)	
	5:33.35	6:11.24 6:48.82 7:26.86	8:04.16 8:42.65	9:19.60	9:55.43	
	(38.31)	(37.89) (37.58) (38.04)	(37.30) (38.49)	(36.95)	(35.83)	
Daniel Gustafson (12) M						
3:14.27L	P # 80	Male 11-12 200 Breast	LY-VA	17	---	4.66
	---	1:35.88 --- 3:14.27				
	---	(1:35.88) --- (3:14.27)				

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Time	F/P/S	Event	Place	Points	Improv
Ann-Margaret Holt (14) F					
2:12.02L	F # 7	800 Free Relay Lead Off	LY-VA	---	-0.14
	31.03	1:03.95 1:37.86			
	(31.03)	(32.92) (33.91)			
2:12.82L	F # 19	Female 13-14 200 Free	LY-VA	7	12
	30.79	1:04.02 1:38.44 2:12.82			
	(30.79)	(33.23) (34.42) (34.38)			
2:12.92L	P # 19	Female 13-14 200 Free	LY-VA	7	---
	---	1:04.12 --- 2:12.92			
	---	(1:04.12) --- (2:12.92)			
28.39L	P # 55	Female 13-14 50 Free	LY-VA	6	---
28.57L	F # 55	Female 13-14 50 Free	LY-VA	8	11
1:11.35L	F # 67	Female 13-14 100 Back	LY-VA	14	3
	---	1:11.35			
	---	(1:11.35)			
1:11.56L	P # 67	Female 13-14 100 Back	LY-VA	15	---
	1:11.56				
	(1:11.56)				
4:43.27L	P # 71	Female 13-14 400 Free	LY-VA	5	---
	1:07.82	2:18.88 3:31.32 4:43.27			
	(1:07.82)	(1:11.06) (1:12.44) (1:11.95)			
4:48.04L	F # 71	Female 13-14 400 Free	LY-VA	7	12
	32.10	1:07.00 1:42.93 2:19.20	2:56.59 3:33.52 4:11.11	4:48.04	
	(32.10)	(34.90) (35.93) (36.27)	(37.39) (36.93) (37.59)	(36.93)	
2:30.43L	F # 81	Female 13-14 200 Back	LY-VA	11	6
	35.76	1:13.15 1:52.43 2:30.43			
	(35.76)	(37.39) (39.28) (38.00)			
2:33.23L	P # 81	Female 13-14 200 Back	LY-VA	10	---
	---	1:15.49 --- 2:33.23			
	---	(1:15.49) --- (2:33.23)			
1:01.21L	F # 87	Female 13-14 100 Free	LY-VA	6	13
	29.32	1:01.21			
	(29.32)	(31.89)			
1:02.56L	P # 87	Female 13-14 100 Free	LY-VA	7	---
	1:02.56				
	(1:02.56)				
9:48.05L	F # 105	Female 11-14 800 Free	LY-VA	5	14
	33.94	1:10.49 1:47.45 2:24.71	3:01.46 3:38.26 4:15.39	4:52.35	
	(33.94)	(36.55) (36.96) (37.26)	(36.75) (36.80) (37.13)	(36.96)	
	5:29.32	6:06.13 6:43.23 7:20.41	7:57.16 8:34.13 9:11.50	9:48.05	
	(36.97)	(36.81) (37.10) (37.18)	(36.75) (36.97) (37.37)	(36.55)	
Jacob Kovarik (14) M					
28.18L	P # 56	Male 13-14 50 Free	LY-VA	46	---
Luke Morrison (14) M					
28.42L	P # 56	Male 13-14 50 Free	LY-VA	49	---

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Time	F/P/S	Event	Place	Points	Improv	
Aidan Moss (12) M						
2:48.98L	P # 30	Male 11-12 200 Back	LY-VA	19	---	3.41
	---	1:22.82	---	2:48.98		
	---	(1:22.82)	---	(2:48.98)		
Broderick Nelson (14) M						
1:09.95L	F # 14	Male 13-14 100 Breast	LY-VA	2	17	-1.18
	32.93	1:09.95				
	(32.93)	(37.02)				
1:10.95L	P # 14	Male 13-14 100 Breast	LY-VA	2	---	-0.18
	---	1:10.95				
	---	(1:10.95)				
4:50.48L	P # 32	Male 13-14 400 IM	LY-VA	2	---	-6.25
	1:04.10	2:20.85	3:43.05	4:50.48		
	(1:04.10)	(1:16.75)	(1:22.20)	(1:07.43)		
4:50.57L	F # 32	Male 13-14 400 IM	LY-VA	3	16	-6.16
	29.74	1:04.12	1:43.17	2:21.65	3:02.50	3:44.27
	(29.74)	(34.38)	(39.05)	(38.48)	(40.85)	(41.77)
					(33.06)	(33.24)
27.13L	P # 56	Male 13-14 50 Free	LY-VA	22	---	-0.53
2:32.08L	F # 62	Male 13-14 200 Breast	LY-VA	2	17	-7.15
	34.09	1:13.21	1:52.49	2:32.08		
	(34.09)	(39.12)	(39.28)	(39.59)		
2:40.39L	P # 62	Male 13-14 200 Breast	LY-VA	8	---	1.16
	1:16.66	2:40.39				
	(1:16.66)	(1:23.73)				
4:33.70L	P # 72	Male 13-14 400 Free	LY-VA	15	---	-5.24
	---	1:05.33	---	2:16.12	---	3:25.50
	---	(1:05.33)	---	(2:16.12)	---	(3:25.50)
					---	(4:33.70)
4:36.07L	F # 72	Male 13-14 400 Free	LY-VA	15	2	-2.87
	---	1:04.76	---	2:15.63	---	3:26.84
	---	(1:04.76)	---	(2:15.63)	---	(3:26.84)
					(35.26)	(33.97)
2:32.71L	P # 82	Male 13-14 200 Back	LY-VA	30	---	1.34
	1:14.15	2:32.71				
	(1:14.15)	(1:18.56)				
58.23L	F # 88	Male 13-14 100 Free	LY-VA	13	4	-1.73
	27.85	58.23				
	(27.85)	(30.38)				
58.89L	P # 88	Male 13-14 100 Free	LY-VA	15	---	-1.07
	58.89					
	(58.89)					
2:19.86L	F # 94	Male 13-14 200 IM	LY-VA	6	13	-2.29
	29.63	1:07.28	1:47.22	2:19.86		
	(29.63)	(37.65)	(39.94)	(32.64)		
2:21.94L	P # 94	Male 13-14 200 IM	LY-VA	8	---	-0.21
	1:08.99	2:21.94				
	(1:08.99)	(1:12.95)				

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Time	F/P/S	Event	Place	Points	Improv			
Caroline Nelson (11) F								
41.35L	F # 11	Female 11-12 50 Breast	LY-VA	15	2	0.72		
43.34L	P # 11	Female 11-12 50 Breast	LY-VA	16	---	2.71		
Owen Porter (14) M								
1:17.06L	P # 14	Male 13-14 100 Breast	LY-VA	29	---	-13.38		
	---	1:17.06						
	---	(1:17.06)						
2:54.46L	P # 62	Male 13-14 200 Breast	LY-VA	38	---	5.11		
	1:22.17	2:54.46						
	(1:22.17)	(1:32.29)						
Mitchell Rogers (13) M								
1:18.99L	P # 14	Male 13-14 100 Breast	LY-VA	36	---	-2.79		
	---	1:18.99						
	---	(1:18.99)						
1:04.60L	P # 26	Male 13-14 100 Fly	LY-VA	20	---	-0.16		
5:17.18L	P # 32	Male 13-14 400 IM	LY-VA	19	---	2.81		
	---	1:08.41	---	2:33.50	---	4:05.04	---	5:17.18
	---	(1:08.41)	---	(2:33.50)	---	(4:05.04)	---	(5:17.18)
34.06L	F # 42	200 Medley Relay Lead Off	LY-VA	---	---	-6.03		
2:23.57L	P # 50	Male 13-14 200 Fly	LY-VA	10	---	-7.13		
	1:07.74	2:23.57						
	(1:07.74)	(1:15.83)						
2:25.14L	F # 50	Male 13-14 200 Fly	LY-VA	15	2	-5.56		
	31.08	1:08.22	1:45.75	2:25.14				
	(31.08)	(37.14)	(37.53)	(39.39)				
3:04.81L	P # 62	Male 13-14 200 Breast	LY-VA	44	---	4.92		
	---	1:26.83	---	3:04.81				
	---	(1:26.83)	---	(3:04.81)				
4:38.86L	P # 72	Male 13-14 400 Free	LY-VA	26	---	-14.08		
	---	1:06.04	---	2:18.14	---	3:30.58	---	4:38.86
	---	(1:06.04)	---	(2:18.14)	---	(3:30.58)	---	(4:38.86)
2:28.41L	P # 94	Male 13-14 200 IM	LY-VA	26	---	-3.92		
	1:10.20	2:28.41						
	(1:10.20)	(1:18.21)						
1:01.62L	F # 104	400 Free Relay Lead Off	LY-VA	---	---	-0.10		
	29.64							
	(29.64)							
9:29.37L	F # 106	Male 11-14 800 Free	LY-VA	15	2	-39.53		
	32.06	1:07.44	1:43.19	2:19.37	2:55.51	3:32.21	4:08.57	4:45.06
	(32.06)	(35.38)	(35.75)	(36.18)	(36.14)	(36.70)	(36.36)	(36.49)
	5:20.93	5:57.36	6:33.19	7:09.23	7:44.63	8:19.99	8:54.53	9:29.37
	(35.87)	(36.43)	(35.83)	(36.04)	(35.40)	(35.36)	(34.54)	(34.84)

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Time	F/P/S	Event	Place	Points	Improv	
Brody Wall (14) M						
2:10.07L	P # 20	Male 13-14 200 Free	LY-VA	23	---	-1.26
	1:03.60	2:10.07				
	(1:03.60)	(1:06.47)				
1:08.16L	P # 26	Male 13-14 100 Fly	LY-VA	39	---	-6.21
34.65L	F # 42	200 Medley Relay Lead Off	LY-VA	---	---	---
27.30L	P # 56	Male 13-14 50 Free	LY-VA	27	---	-1.12
59.35L	P # 88	Male 13-14 100 Free	LY-VA	21	---	-2.32
2:33.81L	P # 94	Male 13-14 200 IM	LY-VA	55	---	1.74
	1:13.93	2:33.81				
	(1:13.93)	(1:19.88)				

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Time	F/P/S	Event	Place	Points	Improv
Broughton Webb (14) F					
1:19.04L	F # 13	Female 13-14 100 Breast	LY-VA	9	-1.37
	37.31	1:19.04			
	(37.31)	(41.73)			
1:21.20L	P # 13	Female 13-14 100 Breast	LY-VA	15	0.79
	1:21.20				
	(1:21.20)				
2:13.89L	F # 19	Female 13-14 200 Free	LY-VA	13	-3.61
	31.29	1:05.25 1:39.69 2:13.89		4	
	(31.29)	(33.96) (34.44) (34.20)			
2:15.56L	P # 19	Female 13-14 200 Free	LY-VA	13	-1.94
	1:05.83	2:15.56			
	(1:05.83)	(1:09.73)			
5:13.09L	F # 31	Female 13-14 400 IM	LY-VA	4	15
	33.74	1:12.72 1:54.73 2:34.86	3:19.62 4:03.43 4:39.22 5:13.09		2.73
	(33.74)	(38.98) (42.01) (40.13)	(44.76) (43.81) (35.79) (33.87)		
5:16.14L	P # 31	Female 13-14 400 IM	LY-VA	5	---
	---	1:13.52 --- 2:35.38	---	---	5.78
	---	(1:13.52) --- (2:35.38)	---	---	(5:16.14)
2:48.10L	F # 61	Female 13-14 200 Breast	LY-VA	6	13
	37.66	1:20.33 2:03.51 2:48.10			-1.51
	(37.66)	(42.67) (43.18) (44.59)			
2:51.78L	P # 61	Female 13-14 200 Breast	LY-VA	8	---
	1:24.47	2:51.78			2.17
	(1:24.47)	(1:27.31)			
4:37.25L	F # 71	Female 13-14 400 Free	LY-VA	3	16
	31.10	1:04.97 1:40.42 2:15.94	2:51.52 3:27.28 4:02.53 4:37.25		2.13
	(31.10)	(33.87) (35.45) (35.52)	(35.58) (35.76) (35.25) (34.72)		
4:42.91L	P # 71	Female 13-14 400 Free	LY-VA	4	---
	1:08.03	2:20.09 3:31.59 4:42.91			7.79
	(1:08.03)	(1:12.06) (1:11.50) (1:11.32)			
2:33.25L	F # 93	Female 13-14 200 IM	LY-VA	14	3
	33.92	1:13.74 1:59.25 2:33.25			2.12
	(33.92)	(39.82) (45.51) (34.00)			
2:34.02L	P # 93	Female 13-14 200 IM	LY-VA	12	---
	---	1:13.97 --- 2:34.02			2.89
	---	(1:13.97) --- (2:34.02)			
9:27.33L	F # 105	Female 11-14 800 Free	LY-VA	3	16
	---	1:07.05 1:43.28 2:18.82	---	---	-4.35
	---	(1:07.05) (36.23) (35.54)	---	---	(4:42.08)
	5:18.09	5:53.72 6:29.72 7:05.13	7:41.25 8:16.77 --- 9:27.33		
	(36.01)	(35.63) (36.00) (35.41)	(36.12) (35.52) --- (9:27.33)		

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Adam Wells (14) M						
1:06.16L	P # 26	Male 13-14 100 Fly	LY-VA	30	---	0.50
26.69L	P # 56	Male 13-14 50 Free	LY-VA	10	---	-0.90
26.82L	F # 56	Male 13-14 50 Free	LY-VA	14	2.5	-0.77
26.82L	F # 78	200 Free Relay Lead Off	LY-VA	---	---	-0.77
1:00.87L	P # 88	Male 13-14 100 Free	LY-VA	37	---	-0.63
	---	1:00.87				
	---	(1:00.87)				
1:01.31L	F # 104	400 Free Relay Lead Off	LY-VA	---	---	-0.19
	28.52					
	(28.52)					
Austin Woodruff (11) M						
1:31.21L	F # 40	400 Medley Relay Lead Off	LY-VA	---	---	4.79
	43.94					
	(43.94)					
Taylor Woodruff (14) F						
2:19.99L	P # 19	Female 13-14 200 Free	LY-VA	28	---	-3.13
	1:08.80	2:19.99				
	(1:08.80)	(1:11.19)				
1:09.94L	P # 25	Female 13-14 100 Fly	LY-VA	17	---	-1.30
2:28.50L	F # 49	Female 13-14 200 Fly	LY-VA	5	14	0.14
	33.09	1:10.73 1:49.79 2:28.50				
	(33.09)	(37.64) (39.06) (38.71)				
2:31.89L	P # 49	Female 13-14 200 Fly	LY-VA	6	---	3.53
	---	1:12.09 --- 2:31.89				
	---	(1:12.09) --- (2:31.89)				
29.95L	P # 55	Female 13-14 50 Free	LY-VA	42	---	0.45
1:15.09L	P # 67	Female 13-14 100 Back	LY-VA	30	---	2.76
2:41.41L	P # 81	Female 13-14 200 Back	LY-VA	24	---	4.97
	---	1:20.14 --- 2:41.41				
	---	(1:20.14) --- (2:41.41)				
1:04.48L	P # 87	Female 13-14 100 Free	LY-VA	25	---	-2.07
	---	1:04.48				
	---	(1:04.48)				
Caleb Wu (13) M						
1:15.22L	P # 14	Male 13-14 100 Breast	LY-VA	20	---	-1.94
2:47.53L	P # 62	Male 13-14 200 Breast	LY-VA	23	---	-5.61
	1:19.82	2:47.53				
	(1:19.82)	(1:27.71)				