

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
1:11.49L	F # 38	400 Medley Relay Lead Off	LY-VA	---	---	0.12
Sam Edwards (13) M						
18:35.06L	F # 2	Male 11-14 1500 Free	LY-VA	16	1	-37.41
2:16.84L	F # 8	800 Free Relay Lead Off	LY-VA	---	---	-1.11
1:11.37L	F # 38	400 Medley Relay Lead Off	LY-VA	---	---	-0.39
9:55.43L	F # 106	Male 11-14 800 Free	LY-VA	38	---	-3.10
Daniel Gustafson (12) M						
3:14.27L	P # 80	Male 11-12 200 Breast	LY-VA	17	---	4.66
Ann-Margaret Holt (14) F						
2:12.02L	F # 7	800 Free Relay Lead Off	LY-VA	---	---	-0.14
2:12.82L	F # 19	Female 13-14 200 Free	LY-VA	7	12	0.66
2:12.92L	P # 19	Female 13-14 200 Free	LY-VA	7	---	0.76
28.39L	P # 55	Female 13-14 50 Free	LY-VA	6	---	-0.29
28.57L	F # 55	Female 13-14 50 Free	LY-VA	8	11	-0.11
1:11.35L	F # 67	Female 13-14 100 Back	LY-VA	14	3	-1.48
1:11.56L	P # 67	Female 13-14 100 Back	LY-VA	15	---	-1.27
4:43.27L	P # 71	Female 13-14 400 Free	LY-VA	5	---	1.68
4:48.04L	F # 71	Female 13-14 400 Free	LY-VA	7	12	6.45
2:30.43L	F # 81	Female 13-14 200 Back	LY-VA	11	6	-5.92
2:33.23L	P # 81	Female 13-14 200 Back	LY-VA	10	---	-3.12
1:01.21L	F # 87	Female 13-14 100 Free	LY-VA	6	13	0.03
1:02.56L	P # 87	Female 13-14 100 Free	LY-VA	7	---	1.38
9:48.05L	F # 105	Female 11-14 800 Free	LY-VA	5	14	-18.10
Jacob Kovarik (14) M						
28.18L	P # 56	Male 13-14 50 Free	LY-VA	46	---	0.19
Luke Morrison (14) M						
28.42L	P # 56	Male 13-14 50 Free	LY-VA	49	---	0.48
Aidan Moss (12) M						
2:48.98L	P # 30	Male 11-12 200 Back	LY-VA	19	---	3.41

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Broderick Nelson (14) M						
1:09.95L	F # 14	Male 13-14 100 Breast	LY-VA	2	17	-1.18
1:10.95L	P # 14	Male 13-14 100 Breast	LY-VA	2	---	-0.18
4:50.48L	P # 32	Male 13-14 400 IM	LY-VA	2	---	-6.25
4:50.57L	F # 32	Male 13-14 400 IM	LY-VA	3	16	-6.16
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
2:40.39L	P # 62	Male 13-14 200 Breast	LY-VA	8	---	1.16
4:33.70L	P # 72	Male 13-14 400 Free	LY-VA	15	---	-5.24
4:36.07L	F # 72	Male 13-14 400 Free	LY-VA	15	2	-2.87
2:32.71L	P # 82	Male 13-14 200 Back	LY-VA	30	---	1.34
58.23L	F # 88	Male 13-14 100 Free	LY-VA	13	4	-1.73
58.89L	P # 88	Male 13-14 100 Free	LY-VA	15	---	-1.07
2:19.86L	F # 94	Male 13-14 200 IM	LY-VA	6	13	-2.29
2:21.94L	P # 94	Male 13-14 200 IM	LY-VA	8	---	-0.21
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
2:54.46L	P # 62	Male 13-14 200 Breast	LY-VA	38	---	5.11
Mitchell Rogers (13) M						
1:18.99L	P # 14	Male 13-14 100 Breast	LY-VA	36	---	-2.79
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
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
2:25.14L	F # 50	Male 13-14 200 Fly	LY-VA	15	2	-5.56
3:04.81L	P # 62	Male 13-14 200 Breast	LY-VA	44	---	4.92
4:38.86L	P # 72	Male 13-14 400 Free	LY-VA	26	---	-14.08
2:28.41L	P # 94	Male 13-14 200 IM	LY-VA	26	---	-3.92
1:01.62L	F # 104	400 Free Relay Lead Off	LY-VA	---	---	-0.10
9:29.37L	F # 106	Male 11-14 800 Free	LY-VA	15	2	-39.53
Brody Wall (14) M						
2:10.07L	P # 20	Male 13-14 200 Free	LY-VA	23	---	-1.26
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

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Broughton Webb (14) F					
1:19.04L	F # 13	Female 13-14 100 Breast	9	9	-1.37
1:21.20L	P # 13	Female 13-14 100 Breast	15	---	0.79
2:13.89L	F # 19	Female 13-14 200 Free	13	4	-3.61
2:15.56L	P # 19	Female 13-14 200 Free	13	---	-1.94
5:13.09L	F # 31	Female 13-14 400 IM	4	15	2.73
5:16.14L	P # 31	Female 13-14 400 IM	5	---	5.78
2:48.10L	F # 61	Female 13-14 200 Breast	6	13	-1.51
2:51.78L	P # 61	Female 13-14 200 Breast	8	---	2.17
4:37.25L	F # 71	Female 13-14 400 Free	3	16	2.13
4:42.91L	P # 71	Female 13-14 400 Free	4	---	7.79
2:33.25L	F # 93	Female 13-14 200 IM	14	3	2.12
2:34.02L	P # 93	Female 13-14 200 IM	12	---	2.89
9:27.33L	F # 105	Female 11-14 800 Free	3	16	-4.35
Adam Wells (14) M					
1:06.16L	P # 26	Male 13-14 100 Fly	30	---	0.50
26.69L	P # 56	Male 13-14 50 Free	10	---	-0.90
26.82L	F # 56	Male 13-14 50 Free	14	2.5	-0.77
26.82L	F # 78	200 Free Relay Lead Off	---	---	-0.77
1:00.87L	P # 88	Male 13-14 100 Free	37	---	-0.63
1:01.31L	F # 104	400 Free Relay Lead Off	---	---	-0.19
Austin Woodruff (11) M					
1:31.21L	F # 40	400 Medley Relay Lead Off	---	---	4.79
Taylor Woodruff (14) F					
2:19.99L	P # 19	Female 13-14 200 Free	28	---	-3.13
1:09.94L	P # 25	Female 13-14 100 Fly	17	---	-1.30
2:28.50L	F # 49	Female 13-14 200 Fly	5	14	0.14
2:31.89L	P # 49	Female 13-14 200 Fly	6	---	3.53
29.95L	P # 55	Female 13-14 50 Free	42	---	0.45
1:15.09L	P # 67	Female 13-14 100 Back	30	---	2.76
2:41.41L	P # 81	Female 13-14 200 Back	24	---	4.97
1:04.48L	P # 87	Female 13-14 100 Free	25	---	-2.07
Caleb Wu (13) M					
1:15.22L	P # 14	Male 13-14 100 Breast	20	---	-1.94
2:47.53L	P # 62	Male 13-14 200 Breast	23	---	-5.61