

Lynchburg YMCA Swim Team  
Head Coach Ryan Woodruff

Individual Meet Results

2024 VA LC Senior Champs 18-Jul-24 to 21-Jul-24 LC Meters  
Sanction: VS-24-102 Location: Hampton Virginia Aquaplex

| Time                 | F/P/S   | Event                   |         |           |         | Place     |         | Points    | Improv |
|----------------------|---------|-------------------------|---------|-----------|---------|-----------|---------|-----------|--------|
| Kaitlyn Bauer (19) F |         |                         |         |           |         |           |         |           |        |
| 1:00.93L             | P # 3   | Female Open 100 Free    |         |           |         | LY-VA     | 35      | ---       | 0.23   |
|                      | 29.59   | 1:00.93                 |         |           |         |           |         |           |        |
|                      | (29.59) | (31.34)                 |         |           |         |           |         |           |        |
| 9:31.45L             | F # 9   | Female Open 800 Free    |         |           |         | LY-VA     | 21      | ---       | 7.62   |
|                      | ---     | 1:07.09                 | ---     | 2:18.68   | ---     | 3:30.71   | ---     | 4:42.93   |        |
|                      | ---     | (1:07.09)               | ---     | (2:18.68) | ---     | (3:30.71) | ---     | (4:42.93) |        |
|                      | ---     | 5:55.44                 | ---     | 7:08.08   | ---     | 8:20.45   | ---     | 9:31.45   |        |
|                      | ---     | (5:55.44)               | ---     | (7:08.08) | ---     | (8:20.45) | ---     | (9:31.45) |        |
| 2:12.09L             | P # 13  | Female Open 200 Free    |         |           |         | LY-VA     | 33      | ---       | 2.80   |
|                      | 30.44   | 1:03.05                 | 1:37.54 | 2:12.09   |         |           |         |           |        |
|                      | (30.44) | (32.61)                 | (34.49) | (34.55)   |         |           |         |           |        |
| 1:05.93L             | P # 15  | Female Open 100 Fly     |         |           |         | LY-VA     | 26      | ---       | 1.47   |
|                      | 30.91   | 1:05.93                 |         |           |         |           |         |           |        |
|                      | (30.91) | (35.02)                 |         |           |         |           |         |           |        |
| DQ                   | P # 21  | Female Open 200 Fly     |         |           |         | LY-VA     | ---     | ---       | ---    |
| 4:39.92L             | P # 25  | Female Open 400 Free    |         |           |         | LY-VA     | 34      | ---       | 8.64   |
|                      | 31.51   | 1:05.76                 | 1:40.80 | 2:16.43   | 2:52.42 | 3:28.48   | 4:04.65 | 4:39.92   |        |
|                      | (31.51) | (34.25)                 | (35.04) | (35.63)   | (35.99) | (36.06)   | (36.17) | (35.27)   |        |
| Cole Campbell (15) M |         |                         |         |           |         |           |         |           |        |
| 59.97L               | P # 4   | Male Open 100 Free      |         |           |         | LY-VA     | 110     | ---       | 1.37   |
|                      | 27.76   | 59.97                   |         |           |         |           |         |           |        |
|                      | (27.76) | (32.21)                 |         |           |         |           |         |           |        |
| 1:15.37L             | P # 6   | Male Open 100 Breast    |         |           |         | LY-VA     | 73      | ---       | -2.24  |
|                      | 35.08   | 1:15.37                 |         |           |         |           |         |           |        |
|                      | (35.08) | (40.29)                 |         |           |         |           |         |           |        |
| 26.18L               | F # 12  | 200 Free Relay Lead Off |         |           |         | LY-VA     | ---     | ---       | -0.69  |
| 26.78L DQ            | P # 32  | Male Open 50 Free       |         |           |         | LY-VA     | ---     | ---       | ---    |
| 2:54.45L             | P # 34  | Male Open 200 Breast    |         |           |         | LY-VA     | 73      | ---       | -4.02  |
|                      | 37.98   | 1:22.50                 | 2:09.12 | 2:54.45   |         |           |         |           |        |
|                      | (37.98) | (44.52)                 | (46.62) | (45.33)   |         |           |         |           |        |
| 26.07L               | T # 115 | Mixed Open 50 Free      |         |           |         | LY-VA     | 1       | ---       | -0.80  |
| 26.35L               | T # 215 | Mixed Open 50 Free      |         |           |         | LY-VA     | 5       | ---       | -0.52  |

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Sanction: VS-24-102 Location: Hampton Virginia Aquaplex

| Time                | F/P/S   | Event                     |       | Place | Points | Improv |
|---------------------|---------|---------------------------|-------|-------|--------|--------|
| Davis Hottle (17) M |         |                           |       |       |        |        |
| 57.29L              | P # 4   | Male Open 100 Free        | LY-VA | 77    | ---    | -0.18  |
|                     | 27.82   | 57.29                     |       |       |        |        |
|                     | (27.82) | (29.47)                   |       |       |        |        |
| 1:01.83L            | P # 16  | Male Open 100 Fly         | LY-VA | 66    | ---    | -0.54  |
|                     | 29.42   | 1:01.83                   |       |       |        |        |
|                     | (29.42) | (32.41)                   |       |       |        |        |
| 1:04.40L            | F # 20  | 400 Medley Relay Lead Off | LY-VA | ---   | ---    | -0.47  |
|                     | 30.98   |                           |       |       |        |        |
|                     | (30.98) |                           |       |       |        |        |
| 1:04.37L            | P # 24  | Male Open 100 Back        | LY-VA | 49    | ---    | -0.50  |
|                     | 31.21   | 1:04.37                   |       |       |        |        |
|                     | (31.21) | (33.16)                   |       |       |        |        |
| 2:19.57L            | P # 30  | Male Open 200 Back        | LY-VA | 25    | ---    | -1.34  |
|                     | 32.10   | 1:07.26 1:43.60 2:19.57   |       |       |        |        |
|                     | (32.10) | (35.16) (36.34) (35.97)   |       |       |        |        |
| 2:21.33L            | F # 30  | Male Open 200 Back        | LY-VA | 23    | ---    | 0.42   |
|                     | 32.29   | 1:08.12 1:45.18 2:21.33   |       |       |        |        |
|                     | (32.29) | (35.83) (37.06) (36.15)   |       |       |        |        |
| 26.23L              | P # 32  | Male Open 50 Free         | LY-VA | 86    | ---    | 0.75   |
| 30.16L              | F # 36  | 200 Medley Relay Lead Off | LY-VA | ---   | ---    | 0.09   |
| 1:02.14L            | T # 208 | Mixed Open 100 Fly        | LY-VA | 2     | ---    | -0.23  |
|                     | 28.99   | 1:02.14                   |       |       |        |        |
|                     | (28.99) | (33.15)                   |       |       |        |        |

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| Time               | F/P/S   | Event                   |         |            |         | Place      |         |            |  | Points | Improv |
|--------------------|---------|-------------------------|---------|------------|---------|------------|---------|------------|--|--------|--------|
| Luke Hottle (15) M |         |                         |         |            |         |            |         |            |  |        |        |
| 1:08.79L           | P # 6   | Male Open 100 Breast    |         |            |         | LY-VA      |         | 16         |  | ---    | -2.83  |
|                    | 32.76   | 1:08.79                 |         |            |         |            |         |            |  |        |        |
|                    | (32.76) | (36.03)                 |         |            |         |            |         |            |  |        |        |
| 1:09.42L           | F # 6   | Male Open 100 Breast    |         |            |         | LY-VA      |         | 16         |  | 1      | -2.20  |
|                    | 32.85   | 1:09.42                 |         |            |         |            |         |            |  |        |        |
|                    | (32.85) | (36.57)                 |         |            |         |            |         |            |  |        |        |
| 17:30.82L          | F # 10  | Male Open 1500 Free     |         |            |         | LY-VA      |         | 15         |  | 2      | -52.79 |
|                    | ---     | 1:06.00                 | ---     | 2:17.17    | ---     | 3:29.19    | ---     | 4:40.50    |  |        |        |
|                    | ---     | (1:06.00)               | ---     | (2:17.17)  | ---     | (3:29.19)  | ---     | (4:40.50)  |  |        |        |
|                    | ---     | 5:52.39                 | ---     | 7:03.71    | ---     | 8:14.25    | ---     | 9:24.24    |  |        |        |
|                    | ---     | (5:52.39)               | ---     | (7:03.71)  | ---     | (8:14.25)  | ---     | (9:24.24)  |  |        |        |
|                    | ---     | 10:34.24                | ---     | 11:43.96   | ---     | 12:54.15   | ---     | 14:04.20   |  |        |        |
|                    | ---     | (10:34.24)              | ---     | (11:43.96) | ---     | (12:54.15) | ---     | (14:04.20) |  |        |        |
|                    | ---     | 15:14.26                | ---     | 16:23.64   | ---     | 17:30.82   |         |            |  |        |        |
|                    | ---     | (15:14.26)              | ---     | (16:23.64) | ---     | (17:30.82) |         |            |  |        |        |
| 2:04.45L           | P # 14  | Male Open 200 Free      |         |            |         | LY-VA      |         | 65         |  | ---    | -1.03  |
|                    | 28.65   | 59.97                   | 1:32.64 | 2:04.45    |         |            |         |            |  |        |        |
|                    | (28.65) | (31.32)                 | (32.67) | (31.81)    |         |            |         |            |  |        |        |
| 4:48.26L           | F # 18  | Male Open 400 IM        |         |            |         | LY-VA      |         | 22         |  | ---    | -4.57  |
|                    | 29.61   | 1:03.91                 | 1:43.01 | 2:21.49    | 3:01.48 | 3:42.51    | 4:16.35 | 4:48.26    |  |        |        |
|                    | (29.61) | (34.30)                 | (39.10) | (38.48)    | (39.99) | (41.03)    | (33.84) | (31.91)    |  |        |        |
| 4:50.57L           | P # 18  | Male Open 400 IM        |         |            |         | LY-VA      |         | 24         |  | ---    | -2.26  |
|                    | 30.55   | 1:06.61                 | 1:45.68 | 2:24.64    | 3:03.91 | 3:44.39    | 4:18.04 | 4:50.57    |  |        |        |
|                    | (30.55) | (36.06)                 | (39.07) | (38.96)    | (39.27) | (40.48)    | (33.65) | (32.53)    |  |        |        |
| 4:26.59L           | P # 26  | Male Open 400 Free      |         |            |         | LY-VA      |         | 47         |  | ---    | -2.14  |
|                    | 30.03   | 1:02.92                 | 1:36.84 | 2:10.60    | 2:45.55 | 3:18.88    | 3:53.70 | 4:26.59    |  |        |        |
|                    | (30.03) | (32.89)                 | (33.92) | (33.76)    | (34.95) | (33.33)    | (34.82) | (32.89)    |  |        |        |
| 55.89L             | F # 28  | 400 Free Relay Lead Off |         |            |         | LY-VA      |         | ---        |  | ---    | -0.05  |
|                    | 26.73   |                         |         |            |         |            |         |            |  |        |        |
|                    | (26.73) |                         |         |            |         |            |         |            |  |        |        |
| 2:29.96L           | F # 34  | Male Open 200 Breast    |         |            |         | LY-VA      |         | 12         |  | 5      | -3.09  |
|                    | 34.02   | 1:12.19                 | 1:51.12 | 2:29.96    |         |            |         |            |  |        |        |
|                    | (34.02) | (38.17)                 | (38.93) | (38.84)    |         |            |         |            |  |        |        |
| 2:32.25L           | P # 34  | Male Open 200 Breast    |         |            |         | LY-VA      |         | 12         |  | ---    | -0.80  |
|                    | 34.79   | 1:13.57                 | 1:53.16 | 2:32.25    |         |            |         |            |  |        |        |
|                    | (34.79) | (38.78)                 | (39.59) | (39.09)    |         |            |         |            |  |        |        |
| 8:59.04L           | F # 38  | Male Open 800 Free      |         |            |         | LY-VA      |         | 18         |  | ---    | -10.24 |
|                    | 30.42   | 1:04.05                 | 1:38.82 | 2:13.04    | 2:47.25 | 3:21.28    | 3:55.57 | 4:29.87    |  |        |        |
|                    | (30.42) | (33.63)                 | (34.77) | (34.22)    | (34.21) | (34.03)    | (34.29) | (34.30)    |  |        |        |
|                    | 5:04.34 | 5:37.95                 | 6:11.95 | 6:45.63    | 7:19.56 | 7:53.16    | 8:26.52 | 8:59.04    |  |        |        |
|                    | (34.47) | (33.61)                 | (34.00) | (33.68)    | (33.93) | (33.60)    | (33.36) | (32.52)    |  |        |        |

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**Sanction: VS-24-102 Location: Hampton Virginia Aquaplex**

| Time              | F/P/S   | Event                   |       | Place | Points | Improv |
|-------------------|---------|-------------------------|-------|-------|--------|--------|
| Jack Mills (18) M |         |                         |       |       |        |        |
| 2:08.01L          | P # 2   | Male Open 200 IM        | LY-VA | 4     | ---    | -2.43  |
|                   | 26.77   | 1:00.48 1:39.65 2:08.01 |       |       |        |        |
|                   | (26.77) | (33.71) (39.17) (28.36) |       |       |        |        |
| 2:08.13L          | F # 2   | Male Open 200 IM        | LY-VA | 4     | 15     | -2.31  |
|                   | 26.69   | 1:00.16 1:39.16 2:08.13 |       |       |        |        |
|                   | (26.69) | (33.47) (39.00) (28.97) |       |       |        |        |
| 51.77L            | F # 4   | Male Open 100 Free      | LY-VA | 2     | 17     | 0.52   |
|                   | 25.15   | 51.77                   |       |       |        |        |
|                   | (25.15) | (26.62)                 |       |       |        |        |
| 51.92L            | P # 4   | Male Open 100 Free      | LY-VA | 1     | ---    | 0.67   |
|                   | 25.23   | 51.92                   |       |       |        |        |
|                   | (25.23) | (26.69)                 |       |       |        |        |
| 1:58.89L          | F # 8   | 800 Free Relay Lead Off | LY-VA | ---   | ---    | 1.95   |
|                   | 29.00   | 1:00.27 1:30.25         |       |       |        |        |
|                   | (29.00) | (31.27) (29.98)         |       |       |        |        |
| 26.17L            | F # 12  | 200 Free Relay Lead Off | LY-VA | ---   | ---    | 2.39   |
| 1:53.66L          | F # 14  | Male Open 200 Free      | LY-VA | 2     | 17     | -3.28  |
|                   | 27.26   | 56.81 1:25.94 1:53.66   |       |       |        |        |
|                   | (27.26) | (29.55) (29.13) (27.72) |       |       |        |        |
| 1:55.05L          | P # 14  | Male Open 200 Free      | LY-VA | 3     | ---    | -1.89  |
|                   | 28.20   | 57.46 1:26.56 1:55.05   |       |       |        |        |
|                   | (28.20) | (29.26) (29.10) (28.49) |       |       |        |        |
| 57.21L            | P # 16  | Male Open 100 Fly       | LY-VA | 8     | ---    | 2.45   |
|                   | 27.24   | 57.21                   |       |       |        |        |
|                   | (27.24) | (29.97)                 |       |       |        |        |
| 2:03.93L          | F # 22  | Male Open 200 Fly       | LY-VA | 1     | 20     | 1.56   |
|                   | 27.38   | 58.98 1:31.33 2:03.93   |       |       |        |        |
|                   | (27.38) | (31.60) (32.35) (32.60) |       |       |        |        |
| 2:06.70L          | P # 22  | Male Open 200 Fly       | LY-VA | 4     | ---    | 4.33   |
|                   | 28.71   | 1:01.77 1:34.48 2:06.70 |       |       |        |        |
|                   | (28.71) | (33.06) (32.71) (32.22) |       |       |        |        |
| 51.19L            | F # 28  | 400 Free Relay Lead Off | LY-VA | ---   | ---    | -0.06  |
|                   | 24.65   |                         |       |       |        |        |
|                   | (24.65) |                         |       |       |        |        |
| 23.54L            | F # 32  | Male Open 50 Free       | LY-VA | 1     | 20     | -0.24  |
| 23.90L            | P # 32  | Male Open 50 Free       | LY-VA | 2     | ---    | 0.12   |

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| Time               | F/P/S   | Event              |         |         |         | Place   |         |         |     | Points | Improv |
|--------------------|---------|--------------------|---------|---------|---------|---------|---------|---------|-----|--------|--------|
| Hudson Rice (15) M |         |                    |         |         |         |         |         |         |     |        |        |
| 2:17.42L           | P # 2   | Male Open 200 IM   |         |         |         | LY-VA   |         | 48      | --- | -2.60  |        |
|                    | 29.33   | 1:06.13            | 1:46.92 | 2:17.42 |         |         |         |         |     |        |        |
|                    | (29.33) | (36.80)            | (40.79) | (30.50) |         |         |         |         |     |        |        |
| 55.83L             | P # 4   | Male Open 100 Free |         |         |         | LY-VA   |         | 50      | --- | -1.10  |        |
|                    | 26.97   | 55.83              |         |         |         |         |         |         |     |        |        |
|                    | (26.97) | (28.86)            |         |         |         |         |         |         |     |        |        |
| 2:02.95L           | P # 14  | Male Open 200 Free |         |         |         | LY-VA   |         | 55      | --- | -3.65  |        |
|                    | 29.97   | 1:00.77            | 1:32.18 | 2:02.95 |         |         |         |         |     |        |        |
|                    | (29.97) | (30.80)            | (31.41) | (30.77) |         |         |         |         |     |        |        |
| 4:45.65L           | F # 18  | Male Open 400 IM   |         |         |         | LY-VA   |         | 18      | --- | -10.48 |        |
|                    | 29.70   | 1:03.68            | 1:41.46 | 2:19.12 | 3:00.20 | 3:41.65 | 4:14.62 | 4:45.65 |     |        |        |
|                    | (29.70) | (33.98)            | (37.78) | (37.66) | (41.08) | (41.45) | (32.97) | (31.03) |     |        |        |
| 4:50.47L           | P # 18  | Male Open 400 IM   |         |         |         | LY-VA   |         | 23      | --- | -5.66  |        |
|                    | 30.21   | 1:04.94            | 1:43.42 | 2:21.44 | 3:03.13 | 3:45.26 | 4:18.40 | 4:50.47 |     |        |        |
|                    | (30.21) | (34.73)            | (38.48) | (38.02) | (41.69) | (42.13) | (33.14) | (32.07) |     |        |        |
| 2:13.64L           | F # 22  | Male Open 200 Fly  |         |         |         | LY-VA   |         | 29      | --- | -4.80  |        |
|                    | 30.31   | 1:04.53            | 1:39.29 | 2:13.64 |         |         |         |         |     |        |        |
|                    | (30.31) | (34.22)            | (34.76) | (34.35) |         |         |         |         |     |        |        |
| 2:14.46L           | P # 22  | Male Open 200 Fly  |         |         |         | LY-VA   |         | 30      | --- | -3.98  |        |
|                    | 31.23   | 1:05.79            | 1:40.51 | 2:14.46 |         |         |         |         |     |        |        |
|                    | (31.23) | (34.56)            | (34.72) | (33.95) |         |         |         |         |     |        |        |
| 4:19.96L           | P # 26  | Male Open 400 Free |         |         |         | LY-VA   |         | 28      | --- | -6.14  |        |
|                    | 30.84   | 1:03.69            | 1:36.87 | 2:09.39 | 2:42.33 | 3:15.49 | 3:48.36 | 4:19.96 |     |        |        |
|                    | (30.84) | (32.85)            | (33.18) | (32.52) | (32.94) | (33.16) | (32.87) | (31.60) |     |        |        |
| 8:57.41L           | F # 38  | Male Open 800 Free |         |         |         | LY-VA   |         | 16      | 1   | -15.27 |        |
|                    | 31.68   | 1:05.34            | 1:39.74 | 2:14.42 | 2:48.41 | 3:22.22 | 3:56.38 | 4:30.45 |     |        |        |
|                    | (31.68) | (33.66)            | (34.40) | (34.68) | (33.99) | (33.81) | (34.16) | (34.07) |     |        |        |
|                    | 5:05.23 | 5:38.67            | 6:12.78 | 6:46.45 | 7:20.18 | 7:53.26 | 8:26.52 | 8:57.41 |     |        |        |
|                    | (34.78) | (33.44)            | (34.11) | (33.67) | (33.73) | (33.08) | (33.26) | (30.89) |     |        |        |
| 25.81L             | T # 215 | Mixed Open 50 Free |         |         |         | LY-VA   |         | 1       | --- | -0.27  |        |

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| Time                   | F/P/S   | Event                   |       | Place | Points | Improv |
|------------------------|---------|-------------------------|-------|-------|--------|--------|
| Max Schonfelder (17) M |         |                         |       |       |        |        |
| 2:12.87L               | F # 2   | Male Open 200 IM        | LY-VA | 26    | ---    | -2.91  |
|                        | 28.18   | 1:03.90 1:41.74 2:12.87 |       |       |        |        |
|                        | (28.18) | (35.72) (37.84) (31.13) |       |       |        |        |
| 2:14.06L               | P # 2   | Male Open 200 IM        | LY-VA | 29    | ---    | -1.72  |
|                        | 29.04   | 1:04.66 1:42.96 2:14.06 |       |       |        |        |
|                        | (29.04) | (35.62) (38.30) (31.10) |       |       |        |        |
| 54.52L                 | P # 4   | Male Open 100 Free      | LY-VA | 29    | ---    | -0.30  |
|                        | 26.60   | 54.52                   |       |       |        |        |
|                        | (26.60) | (27.92)                 |       |       |        |        |
| 1:07.70L               | F # 6   | Male Open 100 Breast    | LY-VA | 11    | 6      | -0.54  |
|                        | 32.14   | 1:07.70                 |       |       |        |        |
|                        | (32.14) | (35.56)                 |       |       |        |        |
| 1:08.47L               | P # 6   | Male Open 100 Breast    | LY-VA | 13    | ---    | 0.23   |
|                        | 32.11   | 1:08.47                 |       |       |        |        |
|                        | (32.11) | (36.36)                 |       |       |        |        |
| 2:02.01L               | P # 14  | Male Open 200 Free      | LY-VA | 46    | ---    | -2.04  |
|                        | 28.92   | 59.56 1:31.45 2:02.01   |       |       |        |        |
|                        | (28.92) | (30.64) (31.89) (30.56) |       |       |        |        |
| 59.71L                 | P # 16  | Male Open 100 Fly       | LY-VA | 38    | ---    | 1.18   |
|                        | 28.10   | 59.71                   |       |       |        |        |
|                        | (28.10) | (31.61)                 |       |       |        |        |
| 25.07L                 | P # 32  | Male Open 50 Free       | LY-VA | 30    | ---    | 0.17   |
| 2:28.95L               | F # 34  | Male Open 200 Breast    | LY-VA | 10    | 7      | -4.23  |
|                        | 33.32   | 1:11.04 1:49.63 2:28.95 |       |       |        |        |
|                        | (33.32) | (37.72) (38.59) (39.32) |       |       |        |        |
| 2:32.82L               | P # 34  | Male Open 200 Breast    | LY-VA | 13    | ---    | -0.36  |
|                        | 34.39   | 1:13.69 1:53.23 2:32.82 |       |       |        |        |
|                        | (34.39) | (39.30) (39.54) (39.59) |       |       |        |        |

Lynchburg YMCA Swim Team  
Head Coach Ryan Woodruff

Individual Meet Results

2024 VA LC Senior Champs 18-Jul-24 to 21-Jul-24 LC Meters  
Sanction: VS-24-102 Location: Hampton Virginia Aquaplex

| Time                | F/P/S     | Event                   | Place                   | Points  | Improv |       |
|---------------------|-----------|-------------------------|-------------------------|---------|--------|-------|
| Ava Shopbell (15) F |           |                         |                         |         |        |       |
| 2:30.88L            | F # 1     | Female Open 200 IM      | LY-VA                   | 29      | ---    | -4.65 |
|                     | 31.34     | 1:11.19 1:56.12 2:30.88 |                         |         |        |       |
|                     | (31.34)   | (39.85) (44.93) (34.76) |                         |         |        |       |
| 2:31.95L            | P # 1     | Female Open 200 IM      | LY-VA                   | 33      | ---    | -3.58 |
|                     | 1:11.08   | 2:31.95                 |                         |         |        |       |
|                     | (1:11.08) | (1:20.87)               |                         |         |        |       |
| 1:05.74L            | P # 15    | Female Open 100 Fly     | LY-VA                   | 21      | ---    | -0.93 |
|                     | 31.15     | 1:05.74                 |                         |         |        |       |
|                     | (31.15)   | (34.59)                 |                         |         |        |       |
| 1:05.83L            | F # 15    | Female Open 100 Fly     | LY-VA                   | 21      | ---    | -0.84 |
|                     | 30.81     | 1:05.83                 |                         |         |        |       |
|                     | (30.81)   | (35.02)                 |                         |         |        |       |
| 5:10.81L            | F # 17    | Female Open 400 IM      | LY-VA                   | 10      | 7      | -9.20 |
|                     | 31.58     | 1:07.54 1:48.81 2:29.90 | 3:14.12 3:59.99 4:36.29 | 5:10.81 |        |       |
|                     | (31.58)   | (35.96) (41.27) (41.09) | (44.22) (45.87) (36.30) | (34.52) |        |       |
| 5:13.79L            | P # 17    | Female Open 400 IM      | LY-VA                   | 10      | ---    | -6.22 |
|                     | 32.02     | 1:08.73 1:50.53 2:31.53 | 3:16.37 4:02.22 4:38.76 | 5:13.79 |        |       |
|                     | (32.02)   | (36.71) (41.80) (41.00) | (44.84) (45.85) (36.54) | (35.03) |        |       |
| 2:18.76L            | F # 21    | Female Open 200 Fly     | LY-VA                   | 2       | 17     | -2.57 |
|                     | 30.69     | 1:05.90 1:41.89 2:18.76 |                         |         |        |       |
|                     | (30.69)   | (35.21) (35.99) (36.87) |                         |         |        |       |
| 2:21.30L            | P # 21    | Female Open 200 Fly     | LY-VA                   | 2       | ---    | -0.03 |
|                     | 31.54     | 1:07.44 1:44.40 2:21.30 |                         |         |        |       |
|                     | (31.54)   | (35.90) (36.96) (36.90) |                         |         |        |       |
| 2:39.15L            | P # 29    | Female Open 200 Back    | LY-VA                   | 73      | ---    | 4.44  |
|                     | 36.99     | 1:16.82 1:58.13 2:39.15 |                         |         |        |       |
|                     | (36.99)   | (39.83) (41.31) (41.02) |                         |         |        |       |
| 2:58.13L            | P # 33    | Female Open 200 Breast  | LY-VA                   | 33      | ---    | -3.66 |
|                     | 40.38     | 1:26.09 2:11.95 2:58.13 |                         |         |        |       |
|                     | (40.38)   | (45.71) (45.86) (46.18) |                         |         |        |       |
| 2:58.13L            | F # 33    | Female Open 200 Breast  | LY-VA                   | 32      | ---    | -3.66 |
|                     | 39.81     | 1:24.66 2:11.31 2:58.13 |                         |         |        |       |
|                     | (39.81)   | (44.85) (46.65) (46.82) |                         |         |        |       |

Lynchburg YMCA Swim Team  
Head Coach Ryan Woodruff

Individual Meet Results

2024 VA LC Senior Champs 18-Jul-24 to 21-Jul-24 LC Meters  
Sanction: VS-24-102 Location: Hampton Virginia Aquaplex

| Time                     | F/P/S   | Event                                                   | Place | Points | Improv |       |
|--------------------------|---------|---------------------------------------------------------|-------|--------|--------|-------|
| Avery Snyder (15) M      |         |                                                         |       |        |        |       |
| 1:00.27L                 | P # 4   | Male Open 100 Free                                      | LY-VA | 113    | ---    | 0.05  |
|                          | 28.74   | 1:00.27                                                 |       |        |        |       |
|                          | (28.74) | (31.53)                                                 |       |        |        |       |
| 1:12.66L                 | P # 6   | Male Open 100 Breast                                    | LY-VA | 44     | ---    | -0.52 |
|                          | 33.79   | 1:12.66                                                 |       |        |        |       |
|                          | (33.79) | (38.87)                                                 |       |        |        |       |
| 2:09.21L                 | P # 14  | Male Open 200 Free                                      | LY-VA | 92     | ---    | 1.50  |
|                          | 30.37   | 1:03.31 1:36.54 2:09.21                                 |       |        |        |       |
|                          | (30.37) | (32.94) (33.23) (32.67)                                 |       |        |        |       |
| 2:42.18L                 | P # 34  | Male Open 200 Breast                                    | LY-VA | 42     | ---    | -1.83 |
|                          | 36.32   | 1:17.92 2:00.00 2:42.18                                 |       |        |        |       |
|                          | (36.32) | (41.60) (42.08) (42.18)                                 |       |        |        |       |
| 9:24.80L                 | F # 38  | Male Open 800 Free                                      | LY-VA | 38     | ---    | 1.74  |
|                          | 31.24   | 1:06.21 1:41.64 2:16.79 2:42.75 3:27.24 4:02.09 4:37.33 |       |        |        |       |
|                          | (31.24) | (34.97) (35.43) (35.15) (25.96) (44.49) (34.85) (35.24) |       |        |        |       |
|                          | 5:13.30 | 5:49.36 6:25.57 7:01.29 7:37.17 8:13.75 8:49.79 9:24.80 |       |        |        |       |
|                          | (35.97) | (36.06) (36.21) (35.72) (35.88) (36.58) (36.04) (35.01) |       |        |        |       |
| 1:13.30L                 | T # 103 | Mixed Open 100 Breast                                   | LY-VA | 4      | ---    | 0.12  |
|                          | ---     | 1:13.30                                                 |       |        |        |       |
|                          | ---     | (1:13.30)                                               |       |        |        |       |
| 1:13.70L                 | T # 203 | Mixed Open 100 Breast                                   | LY-VA | 6      | ---    | 0.52  |
|                          | 34.66   | 1:13.70                                                 |       |        |        |       |
|                          | (34.66) | (39.04)                                                 |       |        |        |       |
| Declund Stevenson (17) M |         |                                                         |       |        |        |       |
| 56.88L                   | P # 4   | Male Open 100 Free                                      | LY-VA | 72     | ---    | 0.21  |
|                          | 27.04   | 56.88                                                   |       |        |        |       |
|                          | (27.04) | (29.84)                                                 |       |        |        |       |
| 1:12.33L                 | P # 6   | Male Open 100 Breast                                    | LY-VA | 42     | ---    | 1.10  |
|                          | 33.19   | 1:12.33                                                 |       |        |        |       |
|                          | (33.19) | (39.14)                                                 |       |        |        |       |
| 2:10.05L                 | P # 14  | Male Open 200 Free                                      | LY-VA | 98     | ---    | 2.94  |
|                          | 29.82   | 1:02.27 1:35.71 2:10.05                                 |       |        |        |       |
|                          | (29.82) | (32.45) (33.44) (34.34)                                 |       |        |        |       |
| 26.00L                   | P # 32  | Male Open 50 Free                                       | LY-VA | 74     | ---    | 0.82  |
| 2:38.34L                 | P # 34  | Male Open 200 Breast                                    | LY-VA | 28     | ---    | -2.86 |
|                          | 35.18   | 1:14.95 1:55.75 2:38.34                                 |       |        |        |       |
|                          | (35.18) | (39.77) (40.80) (42.59)                                 |       |        |        |       |
| 2:41.98L                 | F # 34  | Male Open 200 Breast                                    | LY-VA | 32     | ---    | 0.78  |
|                          | 35.41   | 1:16.96 1:59.89 2:41.98                                 |       |        |        |       |
|                          | (35.41) | (41.55) (42.93) (42.09)                                 |       |        |        |       |
| 1:12.15L                 | T # 103 | Mixed Open 100 Breast                                   | LY-VA | 1      | ---    | 0.92  |
|                          | ---     | 1:12.15                                                 |       |        |        |       |
|                          | ---     | (1:12.15)                                               |       |        |        |       |
| 2:40.09L                 | T # 216 | Mixed Open 200 Breast                                   | LY-VA | 1      | ---    | -1.11 |
|                          | 35.02   | 1:15.63 1:57.93 2:40.09                                 |       |        |        |       |
|                          | (35.02) | (40.61) (42.30) (42.16)                                 |       |        |        |       |



Lynchburg YMCA Swim Team  
Head Coach Ryan Woodruff

Individual Meet Results

2024 VA LC Senior Champs 18-Jul-24 to 21-Jul-24 LC Meters  
Sanction: VS-24-102 Location: Hampton Virginia Aquaplex

| Time                | F/P/S     | Event                   | Place | Points | Improv |       |
|---------------------|-----------|-------------------------|-------|--------|--------|-------|
| Sarah Warren (15) F |           |                         |       |        |        |       |
| 2:37.10L            | P # 1     | Female Open 200 IM      | LY-VA | 69     | ---    | 2.04  |
|                     | 1:12.07   | 2:37.10                 |       |        |        |       |
|                     | (1:12.07) | (1:25.03)               |       |        |        |       |
| 1:08.58L            | P # 15    | Female Open 100 Fly     | LY-VA | 54     | ---    | 1.41  |
|                     | 32.11     | 1:08.58                 |       |        |        |       |
|                     | (32.11)   | (36.47)                 |       |        |        |       |
| 2:27.49L            | F # 21    | Female Open 200 Fly     | LY-VA | 18     | ---    | -5.90 |
|                     | 33.51     | 1:11.38 1:49.63 2:27.49 |       |        |        |       |
|                     | (33.51)   | (37.87) (38.25) (37.86) |       |        |        |       |
| 2:30.81L            | P # 21    | Female Open 200 Fly     | LY-VA | 17     | ---    | -2.58 |
|                     | 34.30     | 1:12.95 1:52.15 2:30.81 |       |        |        |       |
|                     | (34.30)   | (38.65) (39.20) (38.66) |       |        |        |       |
| 1:14.14L            | P # 23    | Female Open 100 Back    | LY-VA | 95     | ---    | 1.75  |
|                     | 36.01     | 1:14.14                 |       |        |        |       |
|                     | (36.01)   | (38.13)                 |       |        |        |       |
| Noah Wells (16) M   |           |                         |       |        |        |       |
| 1:10.39L            | P # 24    | Male Open 100 Back      | LY-VA | 94     | ---    | -0.63 |
|                     | 34.07     | 1:10.39                 |       |        |        |       |
|                     | (34.07)   | (36.32)                 |       |        |        |       |
| 25.79L              | P # 32    | Male Open 50 Free       | LY-VA | 65     | ---    | -0.08 |
| 26.12L              | T # 215   | Mixed Open 50 Free      | LY-VA | 3      | ---    | 0.25  |

Lynchburg YMCA Swim Team  
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Individual Meet Results

2024 VA LC Senior Champs 18-Jul-24 to 21-Jul-24 LC Meters  
Sanction: VS-24-102 Location: Hampton Virginia Aquaplex

| Time                   | F/P/S   | Event                                                   | Place | Points | Improv |       |
|------------------------|---------|---------------------------------------------------------|-------|--------|--------|-------|
| Graham Woodruff (15) M |         |                                                         |       |        |        |       |
| 55.83L                 | P # 4   | Male Open 100 Free                                      | LY-VA | 50     | ---    | -0.41 |
|                        | 26.53   | 55.83                                                   |       |        |        |       |
|                        | (26.53) | (29.30)                                                 |       |        |        |       |
| 2:10.54L               | P # 14  | Male Open 200 Free                                      | LY-VA | 101    | ---    | 5.63  |
|                        | 29.73   | 1:02.73 1:37.04 2:10.54                                 |       |        |        |       |
|                        | (29.73) | (33.00) (34.31) (33.50)                                 |       |        |        |       |
| 1:04.86L               | P # 16  | Male Open 100 Fly                                       | LY-VA | 104    | ---    | 1.02  |
|                        | 29.64   | 1:04.86                                                 |       |        |        |       |
|                        | (29.64) | (35.22)                                                 |       |        |        |       |
| 1:07.57L               | P # 24  | Male Open 100 Back                                      | LY-VA | 83     | ---    | 0.55  |
|                        | 32.43   | 1:07.57                                                 |       |        |        |       |
|                        | (32.43) | (35.14)                                                 |       |        |        |       |
| 4:29.98L               | P # 26  | Male Open 400 Free                                      | LY-VA | 53     | ---    | 2.74  |
|                        | 29.62   | 1:02.43 1:36.43 2:10.81 2:45.79 3:20.76 3:56.22 4:29.98 |       |        |        |       |
|                        | (29.62) | (32.81) (34.00) (34.38) (34.98) (34.97) (35.46) (33.76) |       |        |        |       |
| 25.73L                 | P # 32  | Male Open 50 Free                                       | LY-VA | 61     | ---    | 0.66  |
| 30.45L                 | F # 36  | 200 Medley Relay Lead Off                               | LY-VA | ---    | ---    | -0.93 |
| 9:18.57L               | F # 38  | Male Open 800 Free                                      | LY-VA | 36     | ---    | -8.93 |
|                        | 31.80   | 1:07.33 1:42.96 2:18.33 2:54.37 3:28.62 4:03.55 4:38.89 |       |        |        |       |
|                        | (31.80) | (35.53) (35.63) (35.37) (36.04) (34.25) (34.93) (35.34) |       |        |        |       |
|                        | 5:13.88 | 5:49.46 6:25.14 7:00.84 7:36.11 8:11.74 8:46.13 9:18.57 |       |        |        |       |
|                        | (34.99) | (35.58) (35.68) (35.70) (35.27) (35.63) (34.39) (32.44) |       |        |        |       |
| 2:25.81L               | T # 217 | Mixed Open 200 Back                                     | LY-VA | 1      | ---    | -1.16 |
|                        | 33.41   | 1:10.82 1:48.88 2:25.81                                 |       |        |        |       |
|                        | (33.41) | (37.41) (38.06) (36.93)                                 |       |        |        |       |