

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters
Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Cole Campbell (15) M						
2:13.03L	P # 6B	Male 15 & Over 200 Free	LY-VA	9	---	-2.52
	29.71	1:03.22 1:38.12 2:13.03				
	(29.71)	(33.51) (34.90) (34.91)				
2:17.10L	F # 6B	Male 15 & Over 200 Free	LY-VA	9	9	1.55
	29.74	1:03.74 1:40.29 2:17.10				
	(29.74)	(34.00) (36.55) (36.81)				
1:05.55L	P # 18B	Male 15 & Over 100 Fly	LY-VA	5	---	-3.72
	29.77	1:05.55				
	(29.77)	(35.78)				
1:08.61L	F # 18B	Male 15 & Over 100 Fly	LY-VA	8	11	-0.66
	30.23	1:08.61				
	(30.23)	(38.38)				
2:27.35L	F # 38B	Male 15 & Over 200 IM	LY-VA	10	7	-14.70
	28.88	1:06.12 1:52.75 2:27.35				
	(28.88)	(37.24) (46.63) (34.60)				
2:32.26L	P # 38B	Male 15 & Over 200 IM	LY-VA	11	---	-9.79
	30.13	1:09.56 1:56.73 2:32.26				
	(30.13)	(39.43) (47.17) (35.53)				
58.60L	P # 78B	Male 15 & Over 100 Free	LY-VA	4	---	-0.35
	28.27	58.60				
	(28.27)	(30.33)				
1:01.19L	F # 78B	Male 15 & Over 100 Free	LY-VA	9	9	2.24
	28.23	1:01.19				
	(28.23)	(32.96)				
2:40.98L	F # 84B	Male 15 & Over 200 Back	LY-VA	7	12	-10.72
	35.77	1:16.32 1:58.73 2:40.98				
	(35.77)	(40.55) (42.41) (42.25)				
2:43.39L	P # 84B	Male 15 & Over 200 Back	LY-VA	9	---	-8.31
	37.23	1:19.51 2:03.58 2:43.39				
	(37.23)	(42.28) (44.07) (39.81)				
4:53.45L	F # 90B	Male 15 & Over 400 Free	LY-VA	12	5	-6.53
	32.86	1:08.92 1:46.16 2:23.49 3:01.70 3:40.16 4:16.99 4:53.45				
	(32.86)	(36.06) (37.24) (37.33) (38.21) (38.46) (36.83) (36.46)				

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Time	F/P/S	Event	Place	Points	Improv	
Benjamin Costa (13) M						
2:17.29L	F # 6A	Male 13-14 200 Free	LY-VA	10	7	-11.14
	32.39	1:07.60 1:43.39 2:17.29				
	(32.39)	(35.21) (35.79) (33.90)				
2:19.31L	P # 6A	Male 13-14 200 Free	LY-VA	14	---	-9.12
	32.18	1:07.80 1:44.50 2:19.31				
	(32.18)	(35.62) (36.70) (34.81)				
1:09.41L	P # 18A	Male 13-14 100 Fly	LY-VA	5	---	-2.37
	31.88	1:09.41				
	(31.88)	(37.53)				
1:09.95L	F # 18A	Male 13-14 100 Fly	LY-VA	7	12	-1.83
	31.60	1:09.95				
	(31.60)	(38.35)				
2:44.35L	P # 38A	Male 13-14 200 IM	LY-VA	24	---	-7.10
	32.29	1:12.98 2:09.62 2:44.35				
	(32.29)	(40.69) (56.64) (34.73)				
1:11.37L	F # 44A	Male 13-14 100 Back	LY-VA	4	15	-3.60
	34.85	1:11.37				
	(34.85)	(36.52)				
1:13.09L	P # 44A	Male 13-14 100 Back	LY-VA	6	---	-1.88
	36.03	1:13.09				
	(36.03)	(37.06)				
28.56L	F # 54A	Male 13-14 50 Free	LY-VA	10	7	-0.59
29.53L	P # 54A	Male 13-14 50 Free	LY-VA	16	---	0.38
1:02.35L	F # 78A	Male 13-14 100 Free	LY-VA	10	7	-4.08
	30.58	1:02.35				
	(30.58)	(31.77)				
1:02.92L	P # 78A	Male 13-14 100 Free	LY-VA	10	---	-3.51
	30.83	1:02.92				
	(30.83)	(32.09)				
2:34.47L	F # 84A	Male 13-14 200 Back	LY-VA	4	15	-5.82
	37.62	1:17.01 1:56.81 2:34.47				
	(37.62)	(39.39) (39.80) (37.66)				
2:37.69L	P # 84A	Male 13-14 200 Back	LY-VA	3	---	-2.60
	39.02	1:19.94 2:00.68 2:37.69				
	(39.02)	(40.92) (40.74) (37.01)				
33.34L	F # 98	200 Medley Relay Lead Off	LY-VA	---	---	-0.67
Meredith Cox (12) F						
3:10.30L	F # 1	Female 11-12 200 Free	LY-VA	42	---	6.72
	42.41	1:32.12 2:23.03 3:10.30				
	(42.41)	(49.71) (50.91) (47.27)				
53.18L	P # 7	Female 11-12 50 Breast	LY-VA	33	---	-1.16
3:35.04L DQ	F # 13	Female 11-12 200 Back	LY-VA	---	---	---
	54.25	1:48.62 2:43.35 3:35.04				
	(54.25)	(54.37) (54.73) (51.69)				

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Time	F/P/S	Event	Place	Points	Improv	
Hannah Curl (14) F						
2:41.10L	P # 5A	Female 13-14 200 Free	LY-VA	24	---	-8.51
	36.39	1:17.39 2:00.56 2:41.10				
	(36.39)	(41.00) (43.17) (40.54)				
1:39.27L	F # 9A	Female 13-14 100 Breast	LY-VA	15	2	---
	46.01	1:39.27				
	(46.01)	(53.26)				
1:44.41L	P # 9A	Female 13-14 100 Breast	LY-VA	18	---	---
	47.84	1:44.41				
	(47.84)	(56.57)				
1:12.20L	F # 29	400 Free Relay Lead Off	LY-VA	---	---	-0.56
	33.67					
	(33.67)					
1:24.32L	P # 43A	Female 13-14 100 Back	LY-VA	19	---	-2.25
	41.16	1:24.32				
	(41.16)	(43.16)				
3:49.10L	P # 49A	Female 13-14 200 Breast	LY-VA	20	---	8.25
	49.41	1:49.05 2:50.56 3:49.10				
	(49.41)	(59.64) (1:01.51) (58.54)				
32.00L	P # 53A	Female 13-14 50 Free	LY-VA	21	---	---
1:10.32L	P # 77A	Female 13-14 100 Free	LY-VA	24	---	-2.44
	32.50	1:10.32				
	(32.50)	(37.82)				
3:10.27L	P # 83A	Female 13-14 200 Back	LY-VA	26	---	-4.30
	44.24	1:32.81 2:23.44 3:10.27				
	(44.24)	(48.57) (50.63) (46.83)				
5:40.09L	F # 89A	Female 13-14 400 Free	LY-VA	22	---	-31.51
	38.25	1:21.29 2:06.87 2:50.80 3:35.46 4:19.20 5:01.65 5:40.09				
	(38.25)	(43.04) (45.58) (43.93) (44.66) (43.74) (42.45) (38.44)				

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Time	F/P/S	Event	Place	Points	Improv	
Avery Duff (13) F						
2:49.59L	P # 5A	Female 13-14 200 Free	LY-VA	32	---	-10.16
	2:07.07	1:21.72 --- 2:49.59				
	(2:07.07)	(45.35) --- (2:49.59)				
1:46.64L	P # 17A	Female 13-14 100 Fly	LY-VA	23	---	-9.30
	48.96	1:46.64				
	(48.96)	(57.68)				
1:37.45L	P # 43A	Female 13-14 100 Back	LY-VA	33	---	-1.79
	47.12	1:37.45				
	(47.12)	(50.33)				
34.04L	P # 53A	Female 13-14 50 Free	LY-VA	40	---	-0.80
1:16.62L	P # 77A	Female 13-14 100 Free	LY-VA	42	---	-4.15
	36.22	1:16.62				
	(36.22)	(40.40)				
3:36.34L	P # 83A	Female 13-14 200 Back	LY-VA	30	---	-1.96
	52.46	1:48.27 --- 3:36.34				
	(52.46)	(55.81) --- (3:36.34)				
6:11.70L	F # 89A	Female 13-14 400 Free	LY-VA	26	---	---
	41.55	1:27.62 --- 3:05.21	---	4:41.64 5:30.26 6:11.70		
	(41.55)	(46.07) --- (3:05.21)	---	(4:41.64) (48.62) (41.44)		
Tammy Eakkhattiyakorn (11) F						
55.56L	P # 7	Female 11-12 50 Breast	LY-VA	35	---	-0.66
50.10L	P # 33	Female 11-12 50 Back	LY-VA	46	---	0.56
1:53.89L	P # 45	Female 11-12 100 Breast	LY-VA	32	---	-4.63
	56.79	1:53.89				
	(56.79)	(57.10)				
40.30L	P # 51	Female 11-12 50 Free	LY-VA	54	---	1.79
Tyler Eakkhattiyakorn (13) M						
2:44.82L	P # 6A	Male 13-14 200 Free	LY-VA	39	---	-6.65
	---	1:19.53 --- 2:44.82				
	---	(1:19.53) --- (2:44.82)				
1:24.98L	F # 10A	Male 13-14 100 Breast	LY-VA	7	12	0.02
	40.76	1:24.98				
	(40.76)	(44.22)				
1:25.39L	P # 10A	Male 13-14 100 Breast	LY-VA	8	---	0.43
	41.05	1:25.39				
	(41.05)	(44.34)				
3:02.87L	F # 50A	Male 13-14 200 Breast	LY-VA	7	12	-2.25
	42.01	1:29.53 2:16.64 3:02.87				
	(42.01)	(47.52) (47.11) (46.23)				
3:07.05L	P # 50A	Male 13-14 200 Breast	LY-VA	6	---	1.93
	42.95	1:31.02 2:19.29 3:07.05				
	(42.95)	(48.07) (48.27) (47.76)				
33.51L	P # 54A	Male 13-14 50 Free	LY-VA	38	---	-1.27

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Time	F/P/S	Event	Place	Points	Improv	
Josh Edwards (15) M						
2:17.65L	P # 6B	Male 15 & Over 200 Free	LY-VA	14	---	1.33
	31.41	1:06.12 1:42.00 2:17.65				
	(31.41)	(34.71) (35.88) (35.65)				
2:18.72L	F # 6B	Male 15 & Over 200 Free	LY-VA	13	4	2.40
	31.03	1:06.46 1:42.96 2:18.72				
	(31.03)	(35.43) (36.50) (35.76)				
1:22.44L	P # 10B	Male 15 & Over 100 Breast	LY-VA	9	---	-0.50
	---	1:22.44				
	---	(1:22.44)				
1:23.11L	F # 10B	Male 15 & Over 100 Breast	LY-VA	9	9	0.17
	38.47	1:23.11				
	(38.47)	(44.64)				
1:15.72L	F # 18B	Male 15 & Over 100 Fly	LY-VA	13	4	-2.43
	34.32	1:15.72				
	(34.32)	(41.40)				
1:18.46L	P # 18B	Male 15 & Over 100 Fly	LY-VA	14	---	0.31
	37.19	1:18.46				
	(37.19)	(41.27)				
1:15.16L	F # 44B	Male 15 & Over 100 Back	LY-VA	14	3	-0.52
	---	1:15.16				
	---	(1:15.16)				
1:16.82L	P # 44B	Male 15 & Over 100 Back	LY-VA	16	---	1.14
	37.29	1:16.82				
	(37.29)	(39.53)				
27.57L	P # 54B	Male 15 & Over 50 Free	LY-VA	12	---	-0.58
27.91L	F # 54B	Male 15 & Over 50 Free	LY-VA	15	2	-0.24
1:01.36L	P # 78B	Male 15 & Over 100 Free	LY-VA	14	---	0.33
	29.29	1:01.36				
	(29.29)	(32.07)				
1:01.39L	F # 78B	Male 15 & Over 100 Free	LY-VA	13	4	0.36
	29.39	1:01.39				
	(29.39)	(32.00)				
2:44.93L	F # 84B	Male 15 & Over 200 Back	LY-VA	10	7	-3.22
	39.09	1:20.37 2:03.59 2:44.93				
	(39.09)	(41.28) (43.22) (41.34)				
2:50.26L	P # 84B	Male 15 & Over 200 Back	LY-VA	12	---	2.11
	40.39	1:24.40 2:07.72 2:50.26				
	(40.39)	(44.01) (43.32) (42.54)				
5:05.92L	F # 90B	Male 15 & Over 400 Free	LY-VA	19	---	-3.45
	34.09	1:11.24 1:50.02 2:29.53 3:09.27 3:48.94 4:28.17 5:05.92				
	(34.09)	(37.15) (38.78) (39.51) (39.74) (39.67) (39.23) (37.75)				

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Time	F/P/S	Event	Place	Points	Improv	
Sam Edwards (13) M						
2:17.95L	F # 6A	Male 13-14 200 Free	LY-VA	13	4	-3.66
	31.53	1:06.77 1:43.35 2:17.95				
	(31.53)	(35.24) (36.58) (34.60)				
2:18.32L	P # 6A	Male 13-14 200 Free	LY-VA	10	---	-3.29
	32.01	1:07.13 1:43.87 2:18.32				
	(32.01)	(35.12) (36.74) (34.45)				
5:29.32L	F # 26A	Male 13-14 400 IM	LY-VA	4	15	-6.99
	35.19	1:16.27 1:58.60 2:38.95 3:27.93 4:16.10 4:53.87 5:29.32				
	(35.19)	(41.08) (42.33) (40.35) (48.98) (48.17) (37.77) (35.45)				
2:35.66L	P # 38A	Male 13-14 200 IM	LY-VA	8	---	-11.67
	34.13	1:13.42 2:01.05 2:35.66				
	(34.13)	(39.29) (47.63) (34.61)				
2:35.97L	F # 38A	Male 13-14 200 IM	LY-VA	9	9	-11.36
	33.29	1:12.79 1:59.95 2:35.97				
	(33.29)	(39.50) (47.16) (36.02)				
1:11.76L	P # 44A	Male 13-14 100 Back	LY-VA	5	---	-1.36
	34.53	1:11.76				
	(34.53)	(37.23)				
1:11.97L	F # 44A	Male 13-14 100 Back	LY-VA	7	12	-1.15
	34.89	1:11.97				
	(34.89)	(37.08)				
1:13.18L	F # 60	400 Medley Relay Lead Off	LY-VA	---	---	0.06
	35.13					
	(35.13)					
9:58.53L	F # 66A	Male 13-14 800 Free	LY-VA	1	20	-5.54
	33.40	1:11.31 1:49.15 2:28.08 3:06.14 3:44.70 4:22.58 5:01.35				
	(33.40)	(37.91) (37.84) (38.93) (38.06) (38.56) (37.88) (38.77)				
	5:39.11	6:17.68 6:55.39 7:33.14 8:10.05 8:47.40 9:24.36 9:58.53				
	(37.76)	(38.57) (37.71) (37.75) (36.91) (37.35) (36.96) (34.17)				
1:04.99L	P # 78A	Male 13-14 100 Free	LY-VA	14	---	-1.25
	30.73	1:04.99				
	(30.73)	(34.26)				
1:05.53L	F # 78A	Male 13-14 100 Free	LY-VA	13	4	-0.71
	31.34	1:05.53				
	(31.34)	(34.19)				
2:33.05L	F # 84A	Male 13-14 200 Back	LY-VA	2	17	-2.89
	35.73	1:14.46 1:55.22 2:33.05				
	(35.73)	(38.73) (40.76) (37.83)				
2:34.48L	P # 84A	Male 13-14 200 Back	LY-VA	1	---	-1.46
	36.10	1:15.24 1:55.59 2:34.48				
	(36.10)	(39.14) (40.35) (38.89)				
4:53.46L	F # 90A	Male 13-14 400 Free	LY-VA	6	13	-6.95
	33.01	1:10.03 1:48.40 2:25.56 3:03.70 3:40.99 4:18.61 4:53.46				
	(33.01)	(37.02) (38.37) (37.16) (38.14) (37.29) (37.62) (34.85)				
35.59L	F # 98	200 Medley Relay Lead Off	LY-VA	---	---	1.80

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Thomas Fenton (18) M						
2:16.11L	P # 6B	Male 15 & Over 200 Free	LY-VA	11	---	0.45
	30.38	1:05.50 1:42.42 2:16.11				
	(30.38)	(35.12) (36.92) (33.69)				
1:04.68L	P # 18B	Male 15 & Over 100 Fly	LY-VA	2	---	-19.07
	29.48	1:04.68				
	(29.48)	(35.20)				
1:14.54L	P # 44B	Male 15 & Over 100 Back	LY-VA	12	---	-0.53
	36.35	1:14.54				
	(36.35)	(38.19)				
27.73L	P # 54B	Male 15 & Over 50 Free	LY-VA	15	---	0.73
1:00.80L	P # 78B	Male 15 & Over 100 Free	LY-VA	12	---	0.41
	29.38	1:00.80				
	(29.38)	(31.42)				
Camille Greenlaw (11) F						
NS	P # 19	Female 11-12 100 Fly	LY-VA	---	---	---
44.70L	P # 33	Female 11-12 50 Back	LY-VA	42	---	-1.94
1:54.23L	P # 45	Female 11-12 100 Breast	LY-VA	33	---	-6.01
	55.46	1:54.23				
	(55.46)	(58.77)				
37.47L	P # 51	Female 11-12 50 Free	LY-VA	49	---	0.75
45.12L	F # 57	200 Medley Relay Lead Off	LY-VA	---	---	-1.52
1:20.35L	P # 73	Female 11-12 100 Free	LY-VA	39	---	-5.75
	37.92	1:20.35				
	(37.92)	(42.43)				
4:04.38L	F # 79	Female 11-12 200 Breast	LY-VA	16	1	---
	54.67	2:00.58 3:04.25 4:04.38				
	(54.67)	(1:05.91) (1:03.67) (1:00.13)				
3:38.66L	F # 91	Female 11-12 200 IM	LY-VA	22	---	---
	56.40	1:48.75 2:54.36 3:38.66				
	(56.40)	(52.35) (1:05.61) (44.30)				
Daniel Gustafson (12) M						
1:21.74L	P # 74	Male 11-12 100 Free	LY-VA	25	---	1.11
	39.13	1:21.74				
	(39.13)	(42.61)				
3:09.61L	F # 80	Male 11-12 200 Breast	LY-VA	2	17	-2.97
	44.05	1:31.63 2:22.83 3:09.61				
	(44.05)	(47.58) (51.20) (46.78)				
3:12.76L	F # 92	Male 11-12 200 IM	LY-VA	11	6	5.34
	43.54	1:36.06 2:31.90 3:12.76				
	(43.54)	(52.52) (55.84) (40.86)				

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Zelynn Gustafson (15) F						
2:44.79L	P # 5B	Female 15 & Over 200 Free	LY-VA	26	---	2.34
	36.54	1:17.56 2:01.35 2:44.79				
	(36.54)	(41.02) (43.79) (43.44)				
1:44.58L	P # 9B	Female 15 & Over 100 Breast	LY-VA	14	---	1.30
	49.64	1:44.58				
	(49.64)	(54.94)				
1:45.90L	F # 9B	Female 15 & Over 100 Breast	LY-VA	14	3	2.62
	48.80	1:45.90				
	(48.80)	(57.10)				
NS	P # 37B	Female 15 & Over 200 IM	LY-VA	---	---	---
NS	P # 43B	Female 15 & Over 100 Back	LY-VA	---	---	---
NS	P # 53B	Female 15 & Over 50 Free	LY-VA	---	---	---
NS	P # 77B	Female 15 & Over 100 Free	LY-VA	---	---	---
NS	P # 83B	Female 15 & Over 200 Back	LY-VA	---	---	---

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Time	F/P/S	Event		Place	Points	Improv
Chandler Henry (16) M						
2:23.83L	F # 6B	Male 15 & Over 200 Free	LY-VA	18	---	-7.72
	33.06	1:10.41 1:47.53 2:23.83				
	(33.06)	(37.35) (37.12) (36.30)				
2:25.70L	P # 6B	Male 15 & Over 200 Free	LY-VA	19	---	-5.85
	32.36	1:09.55 1:48.35 2:25.70				
	(32.36)	(37.19) (38.80) (37.35)				
1:21.18L	F # 10B	Male 15 & Over 100 Breast	LY-VA	12	5	-5.34
	38.65	1:21.18				
	(38.65)	(42.53)				
1:23.12L	P # 10B	Male 15 & Over 100 Breast	LY-VA	10	---	-3.40
	38.61	1:23.12				
	(38.61)	(44.51)				
2:43.78L	P # 38B	Male 15 & Over 200 IM	LY-VA	19	---	-5.86
	32.94	1:19.21 2:05.26 2:43.78				
	(32.94)	(46.27) (46.05) (38.52)				
3:00.89L	F # 50B	Male 15 & Over 200 Breast	LY-VA	6	13	-7.49
	40.37	1:27.90 2:14.39 3:00.89				
	(40.37)	(47.53) (46.49) (46.50)				
3:06.32L	P # 50B	Male 15 & Over 200 Breast	LY-VA	6	---	-2.06
	42.88	1:30.61 2:18.07 3:06.32				
	(42.88)	(47.73) (47.46) (48.25)				
29.62L	P # 54B	Male 15 & Over 50 Free	LY-VA	24	---	-0.84
1:06.82L	P # 78B	Male 15 & Over 100 Free	LY-VA	25	---	-1.60
	32.25	1:06.82				
	(32.25)	(34.57)				
2:58.97L	F # 84B	Male 15 & Over 200 Back	LY-VA	11	6	---
	40.57	1:26.13 2:13.60 2:58.97				
	(40.57)	(45.56) (47.47) (45.37)				
3:05.37L	P # 84B	Male 15 & Over 200 Back	LY-VA	13	---	---
	44.15	1:30.81 2:19.53 3:05.37				
	(44.15)	(46.66) (48.72) (45.84)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters
Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv
Ellington Hermosa (12) F					
2:59.54L	F # 1	Female 11-12 200 Free	LY-VA	36	---
	39.80	1:26.59 2:15.19 2:59.54			
	(39.80)	(46.79) (48.60) (44.35)			
52.99L	P # 7	Female 11-12 50 Breast	LY-VA	32	---
1:40.84L	P # 19	Female 11-12 100 Fly	LY-VA	28	---
	43.01	1:40.84			
	(43.01)	(57.83)			
44.41L	P # 33	Female 11-12 50 Back	LY-VA	40	---
35.19L	P # 51	Female 11-12 50 Free	LY-VA	42	---
38.64L	P # 67	Female 11-12 50 Fly	LY-VA	25	---
1:17.44L	P # 73	Female 11-12 100 Free	LY-VA	30	---
	---	1:17.44			
	---	(1:17.44)			
3:34.23L DQ	F # 91	Female 11-12 200 IM	LY-VA	---	---
	44.97	1:42.25 2:50.13 3:34.23			
	(44.97)	(57.28) (1:07.88) (44.10)			

Lynchburg YMCA Swim Team
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Individual Meet Results

2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters
Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Noah Kasper (16) M						
2:10.26L	F # 6B	Male 15 & Over 200 Free	LY-VA	5	14	-1.83
	30.82	1:04.04 1:37.67 2:10.26				
	(30.82)	(33.22) (33.63) (32.59)				
2:10.44L	P # 6B	Male 15 & Over 200 Free	LY-VA	3	---	-1.65
	30.86	1:04.19 1:37.52 2:10.44				
	(30.86)	(33.33) (33.33) (32.92)				
1:05.99L	F # 18B	Male 15 & Over 100 Fly	LY-VA	5	14	-2.14
	31.06	1:05.99				
	(31.06)	(34.93)				
1:06.26L	P # 18B	Male 15 & Over 100 Fly	LY-VA	6	---	-1.87
	31.14	1:06.26				
	(31.14)	(35.12)				
1:11.87L	P # 44B	Male 15 & Over 100 Back	LY-VA	8	---	1.40
	34.97	1:11.87				
	(34.97)	(36.90)				
1:13.53L	F # 44B	Male 15 & Over 100 Back	LY-VA	9	9	3.06
	36.01	1:13.53				
	(36.01)	(37.52)				
27.21L	P # 54B	Male 15 & Over 50 Free	LY-VA	8	---	-0.18
27.30L	F # 54B	Male 15 & Over 50 Free	LY-VA	8	11	-0.09
9:38.98L	F # 66B	Male 15 & Over 800 Free	LY-VA	2	17	-24.69
	32.24	1:07.24 1:43.46 2:20.12 2:57.22 3:34.43 4:12.08 4:49.17				
	(32.24)	(35.00) (36.22) (36.66) (37.10) (37.21) (37.65) (37.09)				
	5:26.02	6:02.92 6:39.54 7:16.37 7:52.92 8:29.22 9:05.23 9:38.98				
	(36.85)	(36.90) (36.62) (36.83) (36.55) (36.30) (36.01) (33.75)				
1:00.00L	F # 78B	Male 15 & Over 100 Free	LY-VA	7	12	0.53
	28.76	1:00.00				
	(28.76)	(31.24)				
1:00.42L	P # 78B	Male 15 & Over 100 Free	LY-VA	9	---	0.95
	29.35	1:00.42				
	(29.35)	(31.07)				
2:42.68L	F # 84B	Male 15 & Over 200 Back	LY-VA	8	11	8.67
	37.75	1:19.20 2:01.63 2:42.68				
	(37.75)	(41.45) (42.43) (41.05)				
2:42.75L	P # 84B	Male 15 & Over 200 Back	LY-VA	8	---	8.74
	38.79	1:20.01 2:02.68 2:42.75				
	(38.79)	(41.22) (42.67) (40.07)				
4:40.34L	F # 90B	Male 15 & Over 400 Free	LY-VA	4	15	-8.73
	31.70	1:06.53 1:41.84 2:17.70 2:53.92 3:30.26 4:06.00 4:40.34				
	(31.70)	(34.83) (35.31) (35.86) (36.22) (36.34) (35.74) (34.34)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters
Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Caleb Keatts (18) M						
2:28.33L	P # 6B	Male 15 & Over 200 Free	LY-VA	21	---	-8.11
	34.90	1:12.26 1:51.37 2:28.33				
	(34.90)	(37.36) (39.11) (36.96)				
1:24.00L	F # 10B	Male 15 & Over 100 Breast	LY-VA	14	3	-0.71
	39.74	1:24.00				
	(39.74)	(44.26)				
1:25.27L	P # 10B	Male 15 & Over 100 Breast	LY-VA	13	---	0.56
	---	1:25.27				
	---	(1:25.27)				
2:53.59L	P # 38B	Male 15 & Over 200 IM	LY-VA	21	---	-3.98
	38.99	1:23.88 2:12.96 2:53.59				
	(38.99)	(44.89) (49.08) (40.63)				
3:05.45L	F # 50B	Male 15 & Over 200 Breast	LY-VA	8	11	-1.44
	40.82	1:27.75 2:17.15 3:05.45				
	(40.82)	(46.93) (49.40) (48.30)				
3:14.22L	P # 50B	Male 15 & Over 200 Breast	LY-VA	9	---	7.33
	43.63	1:33.18 2:24.39 3:14.22				
	(43.63)	(49.55) (51.21) (49.83)				
31.06L	P # 54B	Male 15 & Over 50 Free	LY-VA	27	---	-0.22
1:07.03L	P # 78B	Male 15 & Over 100 Free	LY-VA	26	---	-2.66
	32.35	1:07.03				
	(32.35)	(34.68)				
5:11.50L	F # 90B	Male 15 & Over 400 Free	LY-VA	22	---	-17.84
	34.97	1:12.96 1:53.23 2:32.81 3:13.60 3:53.20 4:34.12 5:11.50				
	(34.97)	(37.99) (40.27) (39.58) (40.79) (39.60) (40.92) (37.38)				

Lynchburg YMCA Swim Team

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2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters
Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Kathleen King (14) F						
2:26.11L	F # 5A	Female 13-14 200 Free	LY-VA	8	11	-6.41
	33.60	1:11.78 1:50.03 2:26.11				
	(33.60)	(38.18) (38.25) (36.08)				
2:26.91L	P # 5A	Female 13-14 200 Free	LY-VA	8	---	-5.61
	34.04	1:11.56 1:50.25 2:26.91				
	(34.04)	(37.52) (38.69) (36.66)				
1:24.39L	P # 17A	Female 13-14 100 Fly	LY-VA	16	---	4.28
	38.40	1:24.39				
	(38.40)	(45.99)				
1:26.53L	F # 17A	Female 13-14 100 Fly	LY-VA	18	---	6.42
	39.35	1:26.53				
	(39.35)	(47.18)				
1:14.94L	P # 43A	Female 13-14 100 Back	LY-VA	4	---	-5.21
	35.59	1:14.94				
	(35.59)	(39.35)				
1:15.23L	F # 43A	Female 13-14 100 Back	LY-VA	6	13	-4.92
	35.92	1:15.23				
	(35.92)	(39.31)				
30.58L	F # 53A	Female 13-14 50 Free	LY-VA	9	9	-1.73
30.58L	P # 53A	Female 13-14 50 Free	LY-VA	9	---	-1.73
1:07.20L	F # 77A	Female 13-14 100 Free	LY-VA	16	1	-1.79
	32.03	1:07.20				
	(32.03)	(35.17)				
1:08.04L	P # 77A	Female 13-14 100 Free	LY-VA	18	---	-0.95
	32.58	1:08.04				
	(32.58)	(35.46)				
2:44.57L	F # 83A	Female 13-14 200 Back	LY-VA	10	7	-7.67
	40.35	1:22.24 2:04.46 2:44.57				
	(40.35)	(41.89) (42.22) (40.11)				
2:53.05L	P # 83A	Female 13-14 200 Back	LY-VA	11	---	0.81
	39.45	1:23.91 2:09.66 2:53.05				
	(39.45)	(44.46) (45.75) (43.39)				
5:24.23L	F # 89A	Female 13-14 400 Free	LY-VA	13	4	-2.05
	37.18	1:17.31 1:59.35 2:40.81 3:22.16 4:03.34 4:45.14 5:24.23				
	(37.18)	(40.13) (42.04) (41.46) (41.35) (41.18) (41.80) (39.09)				

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Individual Meet Results

2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters
Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Ava Kirby (17) F						
2:39.99L	P # 5B	Female 15 & Over 200 Free	LY-VA	21	---	-4.65
	36.08	1:16.48 1:58.50 2:39.99				
	(36.08)	(40.40) (42.02) (41.49)				
1:34.60L	F # 9B	Female 15 & Over 100 Breast	LY-VA	11	6	-1.64
	44.31	1:34.60				
	(44.31)	(50.29)				
1:35.63L	P # 9B	Female 15 & Over 100 Breast	LY-VA	10	---	-0.61
	44.88	1:35.63				
	(44.88)	(50.75)				
33.88L	F # 31	200 Free Relay Lead Off	LY-VA	---	---	-1.01
3:25.31L	F # 49B	Female 15 & Over 200 Breast	LY-VA	8	11	---
	45.51	1:37.01 2:31.74 3:25.31				
	(45.51)	(51.50) (54.73) (53.57)				
3:28.01L	P # 49B	Female 15 & Over 200 Breast	LY-VA	9	---	---
	46.31	1:38.79 2:33.12 3:28.01				
	(46.31)	(52.48) (54.33) (54.89)				
33.97L	P # 53B	Female 15 & Over 50 Free	LY-VA	26	---	-0.92
11:46.68L	F # 65B	Female 15 & Over 800 Free	LY-VA	6	13	---
	38.64	1:21.25 2:06.12 2:50.60 3:36.11 4:20.73 5:06.44 5:51.12				
	(38.64)	(42.61) (44.87) (44.48) (45.51) (44.62) (45.71) (44.68)				
	6:36.19	7:20.87 8:05.77 8:50.15 9:35.19 10:19.21 11:04.02 11:46.68				
	(45.07)	(44.68) (44.90) (44.38) (45.04) (44.02) (44.81) (42.66)				
1:13.50L	P # 77B	Female 15 & Over 100 Free	LY-VA	23	---	---
	35.16	1:13.50				
	(35.16)	(38.34)				
5:40.57L	F # 89B	Female 15 & Over 400 Free	LY-VA	15	2	---
	37.54	1:19.71 2:02.68 2:46.24 3:29.92 4:14.03 4:57.91 5:40.57				
	(37.54)	(42.17) (42.97) (43.56) (43.68) (44.11) (43.88) (42.66)				

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Individual Meet Results

2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters
Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Colt Kirby (13) M						
2:39.81L	P # 6A	Male 13-14 200 Free	LY-VA	36	---	-9.48
	35.89	1:17.42 1:59.75 2:39.81				
	(35.89)	(41.53) (42.33) (40.06)				
1:40.41L	F # 10A	Male 13-14 100 Breast	LY-VA	18	---	-1.56
	48.04	1:40.41				
	(48.04)	(52.37)				
1:41.89L	P # 10A	Male 13-14 100 Breast	LY-VA	18	---	-0.08
	49.95	1:41.89				
	(49.95)	(51.94)				
1:25.40L	P # 18A	Male 13-14 100 Fly	LY-VA	27	---	---
	40.36	1:25.40				
	(40.36)	(45.04)				
2:58.88L DQ	P # 38A	Male 13-14 200 IM	LY-VA	---	---	---
	38.72	1:25.90 2:20.36 2:58.88				
	(38.72)	(47.18) (54.46) (38.52)				
31.96L	P # 54A	Male 13-14 50 Free	LY-VA	31	---	-0.16
1:10.69L	P # 78A	Male 13-14 100 Free	LY-VA	32	---	---
	33.75	1:10.69				
	(33.75)	(36.94)				
3:05.29L	F # 84A	Male 13-14 200 Back	LY-VA	18	---	---
	43.97	1:31.40 2:20.33 3:05.29				
	(43.97)	(47.43) (48.93) (44.96)				
3:13.88L	P # 84A	Male 13-14 200 Back	LY-VA	25	---	---
	47.05	1:38.28 2:29.08 3:13.88				
	(47.05)	(51.23) (50.80) (44.80)				
5:30.14L	F # 90A	Male 13-14 400 Free	LY-VA	23	---	---
	36.41	1:17.75 2:00.60 2:43.49 3:26.08 4:08.70 4:50.39 5:30.14				
	(36.41)	(41.34) (42.85) (42.89) (42.59) (42.62) (41.69) (39.75)				
Jefferson Koscielny (12) M						
3:05.17L	F # 2	Male 11-12 200 Free	LY-VA	22	---	-17.27
	---	1:26.99 --- 3:05.17				
	---	(1:26.99) --- (3:05.17)				
51.41L	P # 8	Male 11-12 50 Breast	LY-VA	15	2	-5.54
1:44.45L	P # 20	Male 11-12 100 Fly	LY-VA	13	4	---
	---	1:44.45				
	---	(1:44.45)				
54.05L	P # 34	Male 11-12 50 Back	LY-VA	34	---	-14.91
1:54.25L	P # 46	Male 11-12 100 Breast	LY-VA	16	1	-4.06
	55.10	1:54.25				
	(55.10)	(59.15)				
37.79L	P # 52	Male 11-12 50 Free	LY-VA	25	---	0.14

Lynchburg YMCA Swim Team

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Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Jacob Kovarik (14) M						
2:28.41L	P # 6A	Male 13-14 200 Free	LY-VA	29	---	-13.75
	1:53.46	1:12.53	---	2:28.41		
	(1:53.46)	(40.93)	---	(2:28.41)		
1:24.09L	F # 10A	Male 13-14 100 Breast	LY-VA	10	7	-7.46
	39.89	1:24.09				
	(39.89)	(44.20)				
1:26.64L	P # 10A	Male 13-14 100 Breast	LY-VA	10	---	-4.91
	41.03	1:26.64				
	(41.03)	(45.61)				
1:32.41L	P # 18A	Male 13-14 100 Fly	LY-VA	32	---	---
	41.50	1:32.41				
	(41.50)	(50.91)				
2:50.60L	P # 38A	Male 13-14 200 IM	LY-VA	29	---	-8.12
	38.90	1:24.06	2:11.70	2:50.60		
	(38.90)	(45.16)	(47.64)	(38.90)		
3:09.42L	F # 50A	Male 13-14 200 Breast	LY-VA	8	11	-14.19
	42.23	1:32.25	2:23.45	3:09.42		
	(42.23)	(50.02)	(51.20)	(45.97)		
3:20.69L	P # 50A	Male 13-14 200 Breast	LY-VA	9	---	-2.92
	43.81	1:34.98	2:29.58	3:20.69		
	(43.81)	(51.17)	(54.60)	(51.11)		
27.99L	F # 54A	Male 13-14 50 Free	LY-VA	4	15	-2.89
28.31L	P # 54A	Male 13-14 50 Free	LY-VA	4	---	-2.57
Benjamin Leger (8) M						
3:13.25L	F # 4A	Male 8 & Under 200 Free	LY-VA	3	16	5.42
	45.26	1:35.47	2:25.35	3:13.25		
	(45.26)	(50.21)	(49.88)	(47.90)		
56.05L	F # 12A	Male 8 & Under 50 Breast	LY-VA	3	16	-0.32
1:47.75L	F # 16A	Male 8 & Under 100 Fly	LY-VA	2	17	-6.57
	51.22	1:47.75				
	(51.22)	(56.53)				
2:02.96L	F # 42A	Male 8 & Under 100 Breast	LY-VA	3	16	2.13
	1:02.03	2:02.96				
	(1:02.03)	(1:00.93)				
6:40.49L	F # 62A	Male 8 & Under 400 Free	LY-VA	1	20	3.52
	44.94	1:35.59	2:27.12	3:20.16	4:11.48	5:02.96
	(44.94)	(50.65)	(51.53)	(53.04)	(51.32)	(51.48)
					(50.88)	(46.65)
52.36L DQ	F # 70A	Male 8 & Under 50 Fly	LY-VA	---	---	---
1:29.15L	F # 76A	Male 8 & Under 100 Free	LY-VA	4	15	-0.22
	41.79	1:29.15				
	(41.79)	(47.36)				
3:46.87L	F # 88A	Male 8 & Under 200 IM	LY-VA	3	16	0.43
	56.17	1:54.58	3:01.86	3:46.87		
	(56.17)	(58.41)	(1:07.28)	(45.01)		
41.68L	F # 94	200 Free Relay Lead Off	LY-VA	---	---	-1.45

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Time	F/P/S	Event	Place	Points	Improv	
Jacob Leger (15) M						
2:22.43L	F # 6B	Male 15 & Over 200 Free	LY-VA	17	---	-5.82
	33.16	1:10.26 1:47.42 2:22.43				
	(33.16)	(37.10) (37.16) (35.01)				
2:25.04L	P # 6B	Male 15 & Over 200 Free	LY-VA	17	---	-3.21
	33.27	1:11.54 1:50.26 2:25.04				
	(33.27)	(38.27) (38.72) (34.78)				
1:10.62L	F # 18B	Male 15 & Over 100 Fly	LY-VA	11	6	-1.41
	32.97	1:10.62				
	(32.97)	(37.65)				
1:10.71L	P # 18B	Male 15 & Over 100 Fly	LY-VA	12	---	-1.32
	---	1:10.71				
	---	(1:10.71)				
6:01.12L	F # 26B	Male 15 & Over 400 IM	LY-VA	9	9	9.63
	36.83	1:21.46 2:11.17 2:58.67 3:50.68 4:44.34 5:22.57 6:01.12				
	(36.83)	(44.63) (49.71) (47.50) (52.01) (53.66) (38.23) (38.55)				
1:14.45L	F # 44B	Male 15 & Over 100 Back	LY-VA	13	4	-5.87
	35.55	1:14.45				
	(35.55)	(38.90)				
1:19.01L	P # 44B	Male 15 & Over 100 Back	LY-VA	18	---	-1.31
	38.38	1:19.01				
	(38.38)	(40.63)				
29.28L	P # 54B	Male 15 & Over 50 Free	LY-VA	22	---	-0.11
2:38.56L	F # 72B	Male 15 & Over 200 Fly	LY-VA	3	17	-4.53
	34.56	1:15.78 1:58.94 2:38.56				
	(34.56)	(41.22) (43.16) (39.62)				
2:39.79L	P # 72B	Male 15 & Over 200 Fly	LY-VA	3	---	-3.30
	35.05	1:16.86 2:00.16 2:39.79				
	(35.05)	(41.81) (43.30) (39.63)				
1:05.39L	P # 78B	Male 15 & Over 100 Free	LY-VA	23	---	-1.83
	32.43	1:05.39				
	(32.43)	(32.96)				
5:14.35L	F # 90B	Male 15 & Over 400 Free	LY-VA	23	---	-10.11
	35.66	1:16.40 1:57.25 2:39.75 3:20.73 4:00.51 4:37.78 5:14.35				
	(35.66)	(40.74) (40.85) (42.50) (40.98) (39.78) (37.27) (36.57)				

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Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Noah Leger (11) M						
48.62L	P # 8	Male 11-12 50 Breast	LY-VA	12	5	1.49
3:12.90L	F # 14	Male 11-12 200 Back	LY-VA	10	7	4.00
	46.28	1:35.86 2:26.86 3:12.90				
	(46.28)	(49.58) (51.00) (46.04)				
35.75L	F # 24	200 Free Relay Lead Off	LY-VA	---	---	1.23
6:35.30L	F # 28	Male 11-12 400 IM	LY-VA	2	17	-18.38
	46.37	1:41.65 2:32.23 3:22.88 4:17.36 5:14.36 5:56.84 6:35.30				
	(46.37)	(55.28) (50.58) (50.65) (54.48) (57.00) (42.48) (38.46)				
1:44.96L	P # 46	Male 11-12 100 Breast	LY-VA	11	6	-0.22
	50.80	1:44.96				
	(50.80)	(54.16)				
36.33L	P # 52	Male 11-12 50 Free	LY-VA	22	---	1.81
3:41.94L	F # 80	Male 11-12 200 Breast	LY-VA	5	14	1.65
	50.52	1:48.27 2:45.47 3:41.94				
	(50.52)	(57.75) (57.20) (56.47)				
1:29.28L	P # 86	Male 11-12 100 Back	LY-VA	11	6	0.67
	---	1:29.28				
	---	(1:29.28)				
3:09.44L	F # 92	Male 11-12 200 IM	LY-VA	10	7	2.14
	44.97	1:34.51 2:29.75 3:09.44				
	(44.97)	(49.54) (55.24) (39.69)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Anna Mills (17) F						
2:25.25L	F # 5B	Female 15 & Over 200 Free	LY-VA	8	11	-1.56
	33.32	1:10.57 1:48.64 2:25.25				
	(33.32)	(37.25) (38.07) (36.61)				
2:25.68L	P # 5B	Female 15 & Over 200 Free	LY-VA	6	---	-1.13
	32.48	1:09.34 1:48.06 2:25.68				
	(32.48)	(36.86) (38.72) (37.62)				
1:14.17L	P # 43B	Female 15 & Over 100 Back	LY-VA	4	---	-3.04
	35.36	1:14.17				
	(35.36)	(38.81)				
1:14.72L	F # 43B	Female 15 & Over 100 Back	LY-VA	5	14	-2.49
	36.25	1:14.72				
	(36.25)	(38.47)				
31.00L	F # 53B	Female 15 & Over 50 Free	LY-VA	14	3	-0.35
31.76L	P # 53B	Female 15 & Over 50 Free	LY-VA	17	---	0.41
1:18.44L	F # 59	400 Medley Relay Lead Off	LY-VA	---	---	1.23
	38.56					
	(38.56)					
1:05.12L	F # 77B	Female 15 & Over 100 Free	LY-VA	3	16	-1.68
	31.53	1:05.12				
	(31.53)	(33.59)				
1:05.66L	P # 77B	Female 15 & Over 100 Free	LY-VA	2	---	-1.14
	31.93	1:05.66				
	(31.93)	(33.73)				
2:43.63L	F # 83B	Female 15 & Over 200 Back	LY-VA	4	15	1.58
	38.18	1:19.75 2:03.05 2:43.63				
	(38.18)	(41.57) (43.30) (40.58)				
2:44.48L	P # 83B	Female 15 & Over 200 Back	LY-VA	4	---	2.43
	38.72	1:20.20 2:03.80 2:44.48				
	(38.72)	(41.48) (43.60) (40.68)				
5:04.31L	F # 89B	Female 15 & Over 400 Free	LY-VA	2	17	-5.34
	34.06	1:11.72 1:51.18 2:30.39 3:10.50 3:49.83 4:28.89 5:04.31				
	(34.06)	(37.66) (39.46) (39.21) (40.11) (39.33) (39.06) (35.42)				
34.74L	F # 97	200 Medley Relay Lead Off	LY-VA	---	---	-0.97

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

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2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters
Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Luke Morrison (14) M						
2:12.88L	F # 6A	Male 13-14 200 Free	LY-VA	4	15	-6.10
	29.77	1:03.07 1:37.74 2:12.88				
	(29.77)	(33.30) (34.67) (35.14)				
2:13.92L	P # 6A	Male 13-14 200 Free	LY-VA	2	---	-5.06
	29.68	1:03.10 1:38.16 2:13.92				
	(29.68)	(33.42) (35.06) (35.76)				
1:09.35L	F # 18A	Male 13-14 100 Fly	LY-VA	5	14	-2.28
	31.31	1:09.35				
	(31.31)	(38.04)				
1:08.41L	P # 18A	Male 13-14 100 Fly	LY-VA	3	---	-3.22
	30.92	1:08.41				
	(30.92)	(37.49)				
2:34.60L	F # 38A	Male 13-14 200 IM	LY-VA	7	12	-84.48
	31.67	1:10.72 2:00.01 2:34.60				
	(31.67)	(39.05) (49.29) (34.59)				
2:35.73L	P # 38A	Male 13-14 200 IM	LY-VA	9	---	-83.35
	32.66	1:12.39 2:01.73 2:35.73				
	(32.66)	(39.73) (49.34) (34.00)				
27.94L	F # 54A	Male 13-14 50 Free	LY-VA	3	16	-2.26
28.77L	P # 54A	Male 13-14 50 Free	LY-VA	6	---	-1.43
2:44.28L	P # 72A	Male 13-14 200 Fly	LY-VA	4	---	-3.09
	35.50	1:16.72 2:00.10 2:44.28				
	(35.50)	(41.22) (43.38) (44.18)				
1:01.22L	F # 78A	Male 13-14 100 Free	LY-VA	7	12	-1.85
	28.82	1:01.22				
	(28.82)	(32.40)				
1:01.55L	P # 78A	Male 13-14 100 Free	LY-VA	7	---	-1.52
	29.45	1:01.55				
	(29.45)	(32.10)				
4:48.53L	F # 90A	Male 13-14 400 Free	LY-VA	4	15	-13.69
	33.40	1:10.03 1:47.45 2:24.68 3:00.68 3:36.95 4:12.79 4:48.53				
	(33.40)	(36.63) (37.42) (37.23) (36.00) (36.27) (35.84) (35.74)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

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2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters
Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Aidan Moss (12) M						
1:24.91L	P # 20	Male 11-12 100 Fly	LY-VA	9	---	-2.00
	40.58	1:24.91				
	(40.58)	(44.33)				
1:25.26L	F # 20	Male 11-12 100 Fly	LY-VA	8	11	-1.65
	38.50	1:25.26				
	(38.50)	(46.76)				
6:26.02L DQ	F # 28	Male 11-12 400 IM	LY-VA	---	---	---
	41.10	1:28.46 4:00.48 3:06.18	---	4:57.04 5:41.89 6:26.02		
	(41.10)	(47.36) (2:32.02) (54.30)	---	(4:57.04) (44.85) (44.13)		
38.45L	P # 34	Male 11-12 50 Back	LY-VA	9	---	1.07
38.47L	F # 34	Male 11-12 50 Back	LY-VA	6	13	1.09
34.07L	P # 52	Male 11-12 50 Free	LY-VA	11	6	-0.02
5:44.40L	F # 64	Male 11-12 400 Free	LY-VA	10	7	-11.73
	36.97	1:20.28 2:04.17 2:48.31	3:32.26 4:16.98 5:01.41 5:44.40			
	(36.97)	(43.31) (43.89) (44.14)	(43.95) (44.72) (44.43) (42.99)			
1:14.34L	P # 74	Male 11-12 100 Free	LY-VA	14	3	-0.89
	35.50	1:14.34				
	(35.50)	(38.84)				
1:20.07L DQ	P # 86	Male 11-12 100 Back	LY-VA	---	---	---
	39.67	1:20.07				
	(39.67)	(40.40)				
3:00.40L	F # 92	Male 11-12 200 IM	LY-VA	7	12	0.98
	37.93	1:23.54 2:19.39 3:00.40				
	(37.93)	(45.61) (55.85) (41.01)				
1:15.18L	F # 96	400 Free Relay Lead Off	LY-VA	---	---	-0.05
	35.74					
	(35.74)					

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Location: Liberty University Natatorium

Time	F/P/S	Event				Place	Points	Improv
Caroline Nelson (11) F								
1:28.95L	P # 19	Female	11-12	100 Fly	LY-VA	16	1	3.10
	41.18	1:28.95						
	(41.18)	(47.77)						
43.12L	F # 23	200 Free Relay Lead Off			LY-VA	---	---	10.56
1:28.21L	F # 45	Female	11-12	100 Breast	LY-VA	3	16	-3.23
	40.81	1:28.21						
	(40.81)	(47.40)						
1:31.65L	P # 45	Female	11-12	100 Breast	LY-VA	6	---	0.21
	44.71	1:31.65						
	(44.71)	(46.94)						
32.09L	P # 51	Female	11-12	50 Free	LY-VA	10	7	-0.47
5:53.45L	F # 63	Female	11-12	400 Free	LY-VA	18	---	2.80
	39.85	1:24.97	2:11.88	2:57.56	3:43.70	4:29.86	5:14.73	5:53.45
	(39.85)	(45.12)	(46.91)	(45.68)	(46.14)	(46.16)	(44.87)	(38.72)
1:11.41L	P # 73	Female	11-12	100 Free	LY-VA	11	6	-1.39
	34.53	1:11.41						
	(34.53)	(36.88)						
3:11.48L	F # 79	Female	11-12	200 Breast	LY-VA	6	13	-6.94
	44.82	1:33.58	2:23.52	3:11.48				
	(44.82)	(48.76)	(49.94)	(47.96)				
2:55.34L	F # 91	Female	11-12	200 IM	LY-VA	7	12	-0.31
	39.04	1:25.86	2:17.57	2:55.34				
	(39.04)	(46.82)	(51.71)	(37.77)				
1:13.52L	F # 95	400 Free Relay Lead Off			LY-VA	---	---	0.72
	35.49							
	(35.49)							

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Time	F/P/S	Event	Place	Points	Improv	
Ella Pennington (14) F						
2:32.47L	F # 5A	Female 13-14 200 Free	LY-VA	18	---	-9.88
	35.18	1:14.54 1:54.35 2:32.47				
	(35.18)	(39.36) (39.81) (38.12)				
2:34.99L	P # 5A	Female 13-14 200 Free	LY-VA	18	---	-7.36
	36.06	1:14.84 1:56.15 2:34.99				
	(36.06)	(38.78) (41.31) (38.84)				
1:32.25L	F # 9A	Female 13-14 100 Breast	LY-VA	11	6	-1.08
	44.46	1:32.25				
	(44.46)	(47.79)				
1:33.75L	P # 9A	Female 13-14 100 Breast	LY-VA	11	---	0.42
	44.44	1:33.75				
	(44.44)	(49.31)				
1:21.44L	F # 17A	Female 13-14 100 Fly	LY-VA	15	2	0.92
	37.12	1:21.44				
	(37.12)	(44.32)				
1:24.01L	P # 17A	Female 13-14 100 Fly	LY-VA	15	---	3.49
	39.06	1:24.01				
	(39.06)	(44.95)				
2:49.94L	F # 37A	Female 13-14 200 IM	LY-VA	13	4	-3.89
	36.05	1:20.00 2:10.52 2:49.94				
	(36.05)	(43.95) (50.52) (39.42)				
2:55.41L	P # 37A	Female 13-14 200 IM	LY-VA	18	---	1.58
	36.91	1:23.26 2:14.76 2:55.41				
	(36.91)	(46.35) (51.50) (40.65)				
3:13.35L	F # 49A	Female 13-14 200 Breast	LY-VA	11	6	-6.50
	44.72	1:35.05 2:25.43 3:13.35				
	(44.72)	(50.33) (50.38) (47.92)				
3:20.44L	P # 49A	Female 13-14 200 Breast	LY-VA	12	---	0.59
	45.78	1:37.99 2:28.93 3:20.44				
	(45.78)	(52.21) (50.94) (51.51)				
33.21L	P # 53A	Female 13-14 50 Free	LY-VA	34	---	-0.69
1:13.53L	P # 77A	Female 13-14 100 Free	LY-VA	35	---	1.26
	34.84	1:13.53				
	(34.84)	(38.69)				
5:25.98L	F # 89A	Female 13-14 400 Free	LY-VA	15	2	-23.72
	37.76	1:19.74 2:01.83 2:42.94 3:24.99 4:05.99 4:47.48 5:25.98				
	(37.76)	(41.98) (42.09) (41.11) (42.05) (41.00) (41.49) (38.50)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

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2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Lainey Pennington (12) F						
2:31.18L	F # 1	Female 11-12 200 Free	LY-VA	6	13	-0.08
	33.69	1:11.70 1:51.89 2:31.18				
	(33.69)	(38.01) (40.19) (39.29)				
1:22.20L	F # 19	Female 11-12 100 Fly	LY-VA	7	12	-0.57
	37.13	1:22.20				
	(37.13)	(45.07)				
1:23.09L	P # 19	Female 11-12 100 Fly	LY-VA	8	---	0.32
	38.77	1:23.09				
	(38.77)	(44.32)				
3:10.53L	F # 39	Female 11-12 200 Fly	LY-VA	2	17	6.60
	39.44	1:28.56 2:18.98 3:10.53				
	(39.44)	(49.12) (50.42) (51.55)				
32.72L	P # 51	Female 11-12 50 Free	LY-VA	24	---	0.62
5:22.17L	F # 63	Female 11-12 400 Free	LY-VA	5	14	3.76
	---	1:16.34 1:58.34 2:39.29	---	---	---	5:22.17
	---	(1:16.34) (42.00) (40.95)	---	---	---	(5:22.17)
36.75L	P # 67	Female 11-12 50 Fly	LY-VA	14	3	0.85
1:12.17L	P # 73	Female 11-12 100 Free	LY-VA	14	3	1.89
	34.80	1:12.17				
	(34.80)	(37.37)				
2:55.91L	F # 91	Female 11-12 200 IM	LY-VA	8	11	-2.11
	37.24	1:23.42 2:17.89 2:55.91				
	(37.24)	(46.18) (54.47) (38.02)				
Charlotte Pickeral (9) F						
3:28.30L	F # 3B	Female 9-10 200 Free	LY-VA	12	5	9.10
	45.08	1:40.36 2:36.75 3:28.30				
	(45.08)	(55.28) (56.39) (51.55)				
57.46L	F # 11B	Female 9-10 50 Breast	LY-VA	16	1	-1.07
2:07.42L	F # 15B	Female 9-10 100 Fly	LY-VA	11	6	---
	56.70	2:07.42				
	(56.70)	(1:10.72)				
1:29.64L	F # 75B	Female 9-10 100 Free	LY-VA	15	2	-1.32
	42.65	1:29.64				
	(42.65)	(46.99)				
1:53.79L	F # 81B	Female 9-10 100 Back	LY-VA	17	---	5.77
	55.16	1:53.79				
	(55.16)	(58.63)				
4:03.01L	F # 87B	Female 9-10 200 IM	LY-VA	11	6	---
	58.42	2:03.30 3:14.36 4:03.01				
	(58.42)	(1:04.88) (1:11.06) (48.65)				

Lynchburg YMCA Swim Team
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Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Owen Porter (14) M						
2:20.88L	F # 6A	Male 13-14 200 Free	LY-VA	18	---	-18.18
	32.37	1:08.13 1:44.70 2:20.88				
	(32.37)	(35.76) (36.57) (36.18)				
2:21.35L	P # 6A	Male 13-14 200 Free	LY-VA	18	---	-17.71
	32.95	1:08.20 1:44.80 2:21.35				
	(32.95)	(35.25) (36.60) (36.55)				
1:28.03L	P # 18A	Male 13-14 100 Fly	LY-VA	29	---	2.02
	36.36	1:28.03				
	(36.36)	(51.67)				
5:59.24L	F # 26A	Male 13-14 400 IM	LY-VA	15	2	-11.29
	41.26	1:30.81 3:53.69 3:05.75	---	4:42.58	5:21.31 5:59.24	
	(41.26)	(49.55) (2:22.88) (47.94)	---	(4:42.58)	(38.73) (37.93)	
2:40.49L	P # 38A	Male 13-14 200 IM	LY-VA	16	---	-63.71
	37.18	1:18.96 2:04.33 2:40.49				
	(37.18)	(41.78) (45.37) (36.16)				
2:49.35L	F # 50A	Male 13-14 200 Breast	LY-VA	1	20	-18.85
	37.29	1:19.26 2:04.42 2:49.35				
	(37.29)	(41.97) (45.16) (44.93)				
2:52.90L	P # 50A	Male 13-14 200 Breast	LY-VA	1	---	-15.30
	37.74	1:21.56 2:07.45 2:52.90				
	(37.74)	(43.82) (45.89) (45.45)				
29.74L	P # 54A	Male 13-14 50 Free	LY-VA	19	---	-2.72

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Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Mitchell Rogers (13) M						
1:04.76L	P # 18A	Male 13-14 100 Fly	LY-VA	1	---	-4.12
	30.26	1:04.76				
	(30.26)	(34.50)				
1:05.35L	F # 18A	Male 13-14 100 Fly	LY-VA	1	20	-3.53
	30.38	1:05.35				
	(30.38)	(34.97)				
5:14.37L	F # 26A	Male 13-14 400 IM	LY-VA	1	20	-25.44
	31.51	1:08.23 1:50.37 2:31.74 3:17.34 4:03.71	---	5:14.37		
	(31.51)	(36.72) (42.14) (41.37) (45.60) (46.37)	---	(5:14.37)		
1:01.72L	F # 30	400 Free Relay Lead Off	LY-VA	---	---	-4.00
	29.40					
	(29.40)					
28.85L	F # 32	200 Free Relay Lead Off	LY-VA	---	---	-0.16
1:11.57L	F # 44A	Male 13-14 100 Back	LY-VA	10	7	-8.80
	34.95	1:11.57				
	(34.95)	(36.62)				
1:15.14L	P # 44A	Male 13-14 100 Back	LY-VA	10	---	-5.23
	36.39	1:15.14				
	(36.39)	(38.75)				
28.17L	F # 54A	Male 13-14 50 Free	LY-VA	5	14	-0.84
28.89L	P # 54A	Male 13-14 50 Free	LY-VA	7	---	-0.12
1:02.23L	P # 78A	Male 13-14 100 Free	LY-VA	8	---	-3.49
	29.70	1:02.23				
	(29.70)	(32.53)				
1:02.38L	F # 78A	Male 13-14 100 Free	LY-VA	8	11	-3.34
	29.71	1:02.38				
	(29.71)	(32.67)				
2:33.65L	F # 84A	Male 13-14 200 Back	LY-VA	3	16	-8.71
	36.46	1:15.09 1:55.00 2:33.65				
	(36.46)	(38.63) (39.91) (38.65)				
2:38.18L	P # 84A	Male 13-14 200 Back	LY-VA	5	---	-4.18
	38.08	1:18.88 1:58.85 2:38.18				
	(38.08)	(40.80) (39.97) (39.33)				
Ava Shopbell (15) F						
2:35.90L	F # 83B	Female 15 & Over 200 Back	LY-VA	1	20	1.19
	36.10	1:14.79 1:55.70 2:35.90				
	(36.10)	(38.69) (40.91) (40.20)				
2:38.29L	P # 83B	Female 15 & Over 200 Back	LY-VA	2	---	3.58
	37.38	1:16.59 1:58.51 2:38.29				
	(37.38)	(39.21) (41.92) (39.78)				

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Time	F/P/S	Event	Place	Points	Improv	
Addy Smith (13) F						
2:50.66L	P # 5A	Female 13-14 200 Free	LY-VA	33	---	-5.47
	38.32	1:20.63 2:05.66 2:50.66				
	(38.32)	(42.31) (45.03) (45.00)				
1:49.94L	P # 9A	Female 13-14 100 Breast	LY-VA	20	---	-1.57
	53.11	1:49.94				
	(53.11)	(56.83)				
1:21.77L	F # 43A	Female 13-14 100 Back	LY-VA	17	---	-1.89
	38.89	1:21.77				
	(38.89)	(42.88)				
1:22.67L	P # 43A	Female 13-14 100 Back	LY-VA	16	---	-0.99
	39.15	1:22.67				
	(39.15)	(43.52)				
34.55L	P # 53A	Female 13-14 50 Free	LY-VA	43	---	-1.32
1:22.57L	F # 59	400 Medley Relay Lead Off	LY-VA	---	---	-1.09
	39.77					
	(39.77)					
1:17.66L	P # 77A	Female 13-14 100 Free	LY-VA	44	---	-2.69
	36.71	1:17.66				
	(36.71)	(40.95)				
3:04.90L	P # 83A	Female 13-14 200 Back	LY-VA	25	---	2.86
	44.02	1:33.06 2:20.30 3:04.90				
	(44.02)	(49.04) (47.24) (44.60)				
37.76L	F # 97	200 Medley Relay Lead Off	LY-VA	---	---	-1.56
Max Smith (7) M						
3:41.57L	F # 4A	Male 8 & Under 200 Free	LY-VA	4	15	-11.66
	50.70	1:48.08 2:47.26 3:41.57				
	(50.70)	(57.38) (59.18) (54.31)				
1:04.21L	F # 12A	Male 8 & Under 50 Breast	LY-VA	6	13	-6.97
48.88L	F # 36A	Male 8 & Under 50 Back	LY-VA	4	15	-4.97
42.51L	F # 48A	Male 8 & Under 50 Free	LY-VA	3	16	-4.65
50.78L	F # 56	200 Medley Relay Lead Off	LY-VA	---	---	-3.07
52.99L	F # 70A	Male 8 & Under 50 Fly	LY-VA	3	16	-11.03
1:39.05L	F # 76A	Male 8 & Under 100 Free	LY-VA	6	13	-8.63
	47.62	1:39.05				
	(47.62)	(51.43)				
1:45.68L	F # 82A	Male 8 & Under 100 Back	LY-VA	5	14	-11.66
	51.59	1:45.68				
	(51.59)	(54.09)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Avery Snyder (15) M						
2:07.71L	F # 6B	Male 15 & Over 200 Free	LY-VA	3	16	-2.20
	29.84	1:01.84 1:34.49 2:07.71				
	(29.84)	(32.00) (32.65) (33.22)				
2:08.14L	P # 6B	Male 15 & Over 200 Free	LY-VA	2	---	-1.77
	29.18	1:00.99 1:34.57 2:08.14				
	(29.18)	(31.81) (33.58) (33.57)				
5:11.23L	F # 26B	Male 15 & Over 400 IM	LY-VA	1	20	-13.41
	31.67	1:09.35 1:50.39 2:30.95 3:15.52 4:00.87 4:35.95 5:11.23				
	(31.67)	(37.68) (41.04) (40.56) (44.57) (45.35) (35.08) (35.28)				
2:25.10L	P # 38B	Male 15 & Over 200 IM	LY-VA	1	---	-2.42
	31.00	1:08.83 1:51.68 2:25.10				
	(31.00)	(37.83) (42.85) (33.42)				
2:24.97L	F # 38B	Male 15 & Over 200 IM	LY-VA	4	15	-2.55
	30.64	1:08.11 1:51.19 2:24.97				
	(30.64)	(37.47) (43.08) (33.78)				
27.48L	P # 54B	Male 15 & Over 50 Free	LY-VA	10	---	0.22
27.64L	F # 54B	Male 15 & Over 50 Free	LY-VA	12	5	0.38
9:23.06L	F # 66B	Male 15 & Over 800 Free	LY-VA	1	20	-9.41
	31.61	1:05.70 1:41.34 2:16.52 2:52.05 3:27.09 4:03.03 4:38.31				
	(31.61)	(34.09) (35.64) (35.18) (35.53) (35.04) (35.94) (35.28)				
	5:14.44	5:49.10 6:26.00 7:00.97 7:37.82 8:12.82 8:49.73 9:23.06				
	(36.13)	(34.66) (36.90) (34.97) (36.85) (35.00) (36.91) (33.33)				
1:00.30L DQ	P # 78B	Male 15 & Over 100 Free	LY-VA	---	---	---
	28.60	1:00.30				
	(28.60)	(31.70)				
4:32.92L	F # 90B	Male 15 & Over 400 Free	LY-VA	2	17	-6.00
	30.22	1:02.89 1:36.47 2:11.08 2:46.10 3:21.68 3:58.58 4:32.92				
	(30.22)	(32.67) (33.58) (34.61) (35.02) (35.58) (36.90) (34.34)				
Seth Snyder (8) M						
54.70L	F # 70A	Male 8 & Under 50 Fly	LY-VA	5	14	1.63
1:34.22L	F # 76A	Male 8 & Under 100 Free	LY-VA	5	14	-0.53
	42.93	1:34.22				
	(42.93)	(51.29)				
1:48.82L	F # 82A	Male 8 & Under 100 Back	LY-VA	6	13	-5.13
	53.05	1:48.82				
	(53.05)	(55.77)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Wave Thomasey (10) F						
50.28L	F # 11B	Female 9-10 50 Breast	LY-VA	6	13	---
44.51L	F # 35B	Female 9-10 50 Back	LY-VA	10	7	---
36.70L	F # 47B	Female 9-10 50 Free	LY-VA	7	12	---
41.87L	F # 69B	Female 9-10 50 Fly	LY-VA	4	15	---
1:23.09L	F # 75B	Female 9-10 100 Free	LY-VA	8	11	---
	40.14	1:23.09				
	(40.14)	(42.95)				
1:42.31L DQ	F # 81B	Female 9-10 100 Back	LY-VA	---	---	---
	---	1:42.31				
	---	(1:42.31)				
Brody Wall (14) M						
2:11.33L	F # 6A	Male 13-14 200 Free	LY-VA	2	17	-11.84
	29.68	1:02.70 1:37.43 2:11.33				
	(29.68)	(33.02) (34.73) (33.90)				
2:14.44L	P # 6A	Male 13-14 200 Free	LY-VA	4	---	-8.73
	---	1:05.70 --- 2:14.44				
	---	(1:05.70) --- (2:14.44)				
1:26.76L	P # 10A	Male 13-14 100 Breast	LY-VA	11	---	---
	40.66	1:26.76				
	(40.66)	(46.10)				
1:27.02L	F # 10A	Male 13-14 100 Breast	LY-VA	13	4	---
	41.69	1:27.02				
	(41.69)	(45.33)				
2:32.07L	F # 38A	Male 13-14 200 IM	LY-VA	10	7	---
	32.12	1:10.97 1:59.06 2:32.07				
	(32.12)	(38.85) (48.09) (33.01)				
2:36.93L	P # 38A	Male 13-14 200 IM	LY-VA	10	---	---
	31.49	1:12.21 2:03.33 2:36.93				
	(31.49)	(40.72) (51.12) (33.60)				
1:15.54L	F # 44A	Male 13-14 100 Back	LY-VA	13	4	-1.82
	37.27	1:15.54				
	(37.27)	(38.27)				
1:16.46L	P # 44A	Male 13-14 100 Back	LY-VA	12	---	-0.90
	37.31	1:16.46				
	(37.31)	(39.15)				
2:42.03L	F # 84A	Male 13-14 200 Back	LY-VA	12	5	---
	38.07	1:19.86 2:01.78 2:42.03				
	(38.07)	(41.79) (41.92) (40.25)				
2:46.92L	P # 84A	Male 13-14 200 Back	LY-VA	15	---	---
	39.26	1:21.04 2:04.99 2:46.92				
	(39.26)	(41.78) (43.95) (41.93)				
4:59.74L	F # 90A	Male 13-14 400 Free	LY-VA	8	11	-14.31
	34.63	1:12.84 1:52.98 2:31.54 3:10.83 3:48.01 4:24.97 4:59.74				
	(34.63)	(38.21) (40.14) (38.56) (39.29) (37.18) (36.96) (34.77)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Sarah Warren (15) F						
1:07.17L	F # 17B	Female 15 & Over 100 Fly	LY-VA	1	20	-3.41
	31.48	1:07.17				
	(31.48)	(35.69)				
1:07.71L	P # 17B	Female 15 & Over 100 Fly	LY-VA	1	---	-2.87
	32.08	1:07.71				
	(32.08)	(35.63)				
5:28.09L	F # 25B	Female 15 & Over 400 IM	LY-VA	1	20	-7.77
	34.02	1:13.06 1:55.51 2:37.23	3:26.58 4:15.31 4:52.14	5:28.09		
	(34.02)	(39.04) (42.45) (41.72)	(49.35) (48.73) (36.83)	(35.95)		
30.77L	F # 31	200 Free Relay Lead Off	LY-VA	---	---	-0.50
2:35.06L	F # 37B	Female 15 & Over 200 IM	LY-VA	1	20	-5.57
	32.41	1:10.34 1:59.29 2:35.06				
	(32.41)	(37.93) (48.95) (35.77)				
2:36.36L	P # 37B	Female 15 & Over 200 IM	LY-VA	1	---	-4.27
	32.87	1:11.43 2:00.70 2:36.36				
	(32.87)	(38.56) (49.27) (35.66)				
1:12.39L	P # 43B	Female 15 & Over 100 Back	LY-VA	2	---	-2.57
	35.85	1:12.39				
	(35.85)	(36.54)				
1:12.74L	F # 43B	Female 15 & Over 100 Back	LY-VA	1	20	-2.22
	35.97	1:12.74				
	(35.97)	(36.77)				
30.75L	P # 53B	Female 15 & Over 50 Free	LY-VA	11	---	-0.52
30.88L	F # 53B	Female 15 & Over 50 Free	LY-VA	13	4	-0.39
1:05.67L	F # 77B	Female 15 & Over 100 Free	LY-VA	4	14.5	-1.51
	31.91	1:05.67				
	(31.91)	(33.76)				
1:06.35L	P # 77B	Female 15 & Over 100 Free	LY-VA	4	---	-0.83
	31.72	1:06.35				
	(31.72)	(34.63)				
2:35.98L	F # 83B	Female 15 & Over 200 Back	LY-VA	2	17	-4.31
	37.29	1:16.56 1:57.33 2:35.98				
	(37.29)	(39.27) (40.77) (38.65)				
2:38.49L	P # 83B	Female 15 & Over 200 Back	LY-VA	3	---	-1.80
	38.01	1:18.01 1:59.62 2:38.49				
	(38.01)	(40.00) (41.61) (38.87)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event				Place		Points	Improv
Broughton Webb (14) F									
1:12.64L	F # 17A	Female	13-14	100 Fly	LY-VA	4	15	-11.95	
	33.23	1:12.64							
	(33.23)	(39.41)							
1:14.26L	P # 17A	Female	13-14	100 Fly	LY-VA	4	---	-10.33	
	34.80	1:14.26							
	(34.80)	(39.46)							
1:13.68L	F # 43A	Female	13-14	100 Back	LY-VA	3	16	-1.92	
	35.66	1:13.68							
	(35.66)	(38.02)							
1:16.95L	P # 43A	Female	13-14	100 Back	LY-VA	7	---	1.35	
	37.44	1:16.95							
	(37.44)	(39.51)							
29.78L	F # 53A	Female	13-14	50 Free	LY-VA	10	7	-0.82	
31.11L	P # 53A	Female	13-14	50 Free	LY-VA	15	---	0.51	
1:03.75L	F # 77A	Female	13-14	100 Free	LY-VA	2	16.5	-1.46	
	30.79	1:03.75							
	(30.79)	(32.96)							
1:05.58L	P # 77A	Female	13-14	100 Free	LY-VA	6	---	0.37	
	31.52	1:05.58							
	(31.52)	(34.06)							
2:31.30L	F # 83A	Female	13-14	200 Back	LY-VA	1	20	-25.89	
	36.45	1:14.24	1:52.92	2:31.30					
	(36.45)	(37.79)	(38.68)	(38.38)					
2:38.42L	P # 83A	Female	13-14	200 Back	LY-VA	1	---	-18.77	
	37.61	1:17.65	1:58.60	2:38.42					
	(37.61)	(40.04)	(40.95)	(39.82)					
Adam Wells (14) M									
2:23.55L	P # 6A	Male	13-14	200 Free	LY-VA	20	---	-2.65	
	32.05	1:09.86	1:48.54	2:23.55					
	(32.05)	(37.81)	(38.68)	(35.01)					
1:05.66L	F # 18A	Male	13-14	100 Fly	LY-VA	2	17	-4.12	
	30.78	1:05.66							
	(30.78)	(34.88)							
1:05.97L	P # 18A	Male	13-14	100 Fly	LY-VA	2	---	-3.81	
	30.67	1:05.97							
	(30.67)	(35.30)							
5:19.48L	F # 90A	Male	13-14	400 Free	LY-VA	20	---	-9.27	
	33.54	1:14.84	1:57.62	2:38.82	3:20.12	4:00.56	4:41.82	5:19.48	
	(33.54)	(41.30)	(42.78)	(41.20)	(41.30)	(40.44)	(41.26)	(37.66)	

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
Noah Wells (16) M						
2:15.93L	F # 6B	Male 15 & Over 200 Free	LY-VA	11	6	-3.96
	31.47	1:06.39 1:42.63 2:15.93				
	(31.47)	(34.92) (36.24) (33.30)				
2:16.66L	P # 6B	Male 15 & Over 200 Free	LY-VA	12	---	-3.23
	31.98	1:07.73 1:43.37 2:16.66				
	(31.98)	(35.75) (35.64) (33.29)				
1:07.55L	P # 18B	Male 15 & Over 100 Fly	LY-VA	9	---	-4.84
	31.55	1:07.55				
	(31.55)	(36.00)				
1:09.33L	F # 18B	Male 15 & Over 100 Fly	LY-VA	9	9	-3.06
	31.67	1:09.33				
	(31.67)	(37.66)				
58.60L	F # 30	400 Free Relay Lead Off	LY-VA	---	---	-0.71
	28.25					
	(28.25)					
25.87L	F # 32	200 Free Relay Lead Off	LY-VA	---	---	-0.81
2:32.94L	P # 38B	Male 15 & Over 200 IM	LY-VA	13	---	-1.31
	32.02	1:12.54 1:58.42 2:32.94				
	(32.02)	(40.52) (45.88) (34.52)				
2:36.76L	F # 38B	Male 15 & Over 200 IM	LY-VA	14	3	2.51
	32.82	1:15.24 2:00.41 2:36.76				
	(32.82)	(42.42) (45.17) (36.35)				
1:11.16L	F # 44B	Male 15 & Over 100 Back	LY-VA	8	11	-1.13
	34.52	1:11.16				
	(34.52)	(36.64)				
1:12.22L	P # 44B	Male 15 & Over 100 Back	LY-VA	9	---	-0.07
	35.17	1:12.22				
	(35.17)	(37.05)				
25.91L	F # 54B	Male 15 & Over 50 Free	LY-VA	4	15	-0.77
26.38L	P # 54B	Male 15 & Over 50 Free	LY-VA	3	---	-0.30
1:11.02L	F # 60	400 Medley Relay Lead Off	LY-VA	---	---	-1.27
	35.06					
	(35.06)					
57.41L	F # 78B	Male 15 & Over 100 Free	LY-VA	3	16	-1.90
	27.80	57.41				
	(27.80)	(29.61)				
57.79L	P # 78B	Male 15 & Over 100 Free	LY-VA	2	---	-1.52
	27.98	57.79				
	(27.98)	(29.81)				
2:34.30L	P # 84B	Male 15 & Over 200 Back	LY-VA	6	---	-3.75
	36.72	1:16.65 1:56.36 2:34.30				
	(36.72)	(39.93) (39.71) (37.94)				
2:34.89L DQ	F # 84B	Male 15 & Over 200 Back	LY-VA	---	---	---
	37.24	1:16.48 1:56.19 2:34.89				
	(37.24)	(39.24) (39.71) (38.70)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters
Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Noah Wells (16) M						
5:09.77L	F # 90B	Male 15 & Over 400 Free	LY-VA	20	---	-4.87
	33.84	1:12.53 1:52.71 2:31.73	3:12.35 3:51.69 4:32.70	5:09.77		
	(33.84)	(38.69) (40.18) (39.02)	(40.62) (39.34) (41.01)	(37.07)		
Sammy Wells (9) M						
49.96L	F # 36B	Male 9-10 50 Back	LY-VA	19	---	-0.06
2:21.94L	F # 42B	Male 9-10 100 Breast	LY-VA	25	---	---
	1:07.17	2:21.94				
	(1:07.17)	(1:14.77)				
37.71L	F # 48B	Male 9-10 50 Free	LY-VA	12	5	-0.68
45.48L	F # 70B	Male 9-10 50 Fly	LY-VA	10	7	5.30
Austin Woodruff (11) M						
2:37.18L	F # 2	Male 11-12 200 Free	LY-VA	7	12	0.41
	---	1:16.16 1:57.22 2:37.18				
	---	(1:16.16) (41.06) (39.96)				
3:06.85L DQ	F # 14	Male 11-12 200 Back	LY-VA	---	---	---
	44.02	1:31.97 2:20.69 3:06.85				
	(44.02)	(47.95) (48.72) (46.16)				
6:49.35L	F # 28	Male 11-12 400 IM	LY-VA	3	16	10.35
	45.68	1:41.85 2:33.30 3:23.66	4:23.55 5:24.38 6:06.76	6:49.35		
	(45.68)	(56.17) (51.45) (50.36)	(59.89) (1:00.83) (42.38)	(42.59)		
38.34L	P # 34	Male 11-12 50 Back	LY-VA	8	---	-1.25
39.47L	F # 34	Male 11-12 50 Back	LY-VA	9	9	-0.12
34.67L	P # 52	Male 11-12 50 Free	LY-VA	12	5	1.11
41.44L	F # 58	200 Medley Relay Lead Off	LY-VA	---	---	1.85
5:33.33L	F # 64	Male 11-12 400 Free	LY-VA	8	11	5.97
	37.28	1:19.13 2:01.81 2:44.25	3:27.05 4:09.56 4:52.43	5:33.33		
	(37.28)	(41.85) (42.68) (42.44)	(42.80) (42.51) (42.87)	(40.90)		
1:15.73L	P # 74	Male 11-12 100 Free	LY-VA	17	---	1.56
	35.55	1:15.73				
	(35.55)	(40.18)				
1:29.90L	P # 86	Male 11-12 100 Back	LY-VA	12	5	3.48
	43.14	1:29.90				
	(43.14)	(46.76)				
Caleb Wu (13) M						
2:21.87L	P # 6A	Male 13-14 200 Free	LY-VA	19	---	-3.75
	33.08	1:09.32 1:46.48 2:21.87				
	(33.08)	(36.24) (37.16) (35.39)				
1:19.68L	P # 18A	Male 13-14 100 Fly	LY-VA	23	---	-5.33
	37.02	1:19.68				
	(37.02)	(42.66)				
5:47.01L	F # 26A	Male 13-14 400 IM	LY-VA	11	6	-10.40
	39.31	1:25.73 2:11.31 2:54.21	3:42.51 4:29.22 5:10.19	5:47.01		
	(39.31)	(46.42) (45.58) (42.90)	(48.30) (46.71) (40.97)	(36.82)		

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

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2024 CCA Summer Awards 12-Jul-24 to 14-Jul-24 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Karis Wu (11) F						
3:24.83L	F # 1	Female 11-12 200 Free	LY-VA	44	---	1.89
	44.56	1:36.82 2:31.80 3:24.83				
	(44.56)	(52.26) (54.98) (53.03)				
55.46L	P # 7	Female 11-12 50 Breast	LY-VA	34	---	-0.70
51.94L	P # 33	Female 11-12 50 Back	LY-VA	50	---	-0.27
2:01.36L	P # 45	Female 11-12 100 Breast	LY-VA	35	---	-0.24
	58.65	2:01.36				
	(58.65)	(1:02.71)				
42.48L	P # 51	Female 11-12 50 Free	LY-VA	57	---	1.99
55.62L	P # 67	Female 11-12 50 Fly	LY-VA	40	---	5.70
1:33.70L	P # 73	Female 11-12 100 Free	LY-VA	48	---	-1.02
	43.90	1:33.70				
	(43.90)	(49.80)				
3:56.35L	F # 91	Female 11-12 200 IM	LY-VA	26	---	10.78
	58.84	1:58.34 3:04.69 3:56.35				
	(58.84)	(59.50) (1:06.35) (51.66)				
Titus Wu (8) M						
3:01.76L	F # 4A	Male 8 & Under 200 Free	LY-VA	1	20	-5.79
	41.62	1:28.12 2:17.48 3:01.76				
	(41.62)	(46.50) (49.36) (44.28)				
52.78L	F # 12A	Male 8 & Under 50 Breast	LY-VA	1	20	-1.97
45.05L	F # 36A	Male 8 & Under 50 Back	LY-VA	2	17	0.21
1:50.20L	F # 42A	Male 8 & Under 100 Breast	LY-VA	1	20	-2.19
	53.23	1:50.20				
	(53.23)	(56.97)				
37.39L	F # 48A	Male 8 & Under 50 Free	LY-VA	1	20	0.22
1:23.89L	F # 76A	Male 8 & Under 100 Free	LY-VA	2	17	-3.45
	40.83	1:23.89				
	(40.83)	(43.06)				
1:39.14L	F # 82A	Male 8 & Under 100 Back	LY-VA	3	16	2.26
	49.00	1:39.14				
	(49.00)	(50.14)				
3:29.14L	F # 88A	Male 8 & Under 200 IM	LY-VA	1	20	-2.55
	50.82	1:42.27 2:43.42 3:29.14				
	(50.82)	(51.45) (1:01.15) (45.72)				
Spence Young (9) M						
56.57L	F # 70B	Male 9-10 50 Fly	LY-VA	14	3	---
1:36.04L	F # 76B	Male 9-10 100 Free	LY-VA	21	---	---
	44.56	1:36.04				
	(44.56)	(51.48)				
1:56.85L	F # 82B	Male 9-10 100 Back	LY-VA	18	---	---
	56.74	1:56.85				
	(56.74)	(1:00.11)				