

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 YMCA Long Course Championships 30-Jul-24 to 03-Aug-24 LC Meters
Location: Florida Aquatics Swimming & Training (FAST)

Time	F/P/S	Event	Place	Points	Improv	
Ann-Margaret Holt (14) F						
1:01.01L	F # 105	Female Open 100 Free	LY-VA	36	---	-0.17
	29.16	1:01.01				
	(29.16)	(31.85)				
1:02.11L	P # 105	Female Open 100 Free	LY-VA	77	---	0.93
	29.67	1:02.11				
	(29.67)	(32.44)				
9:39.55L	F # 109	Female Open 800 Free	LY-VA	21	---	-8.50
	34.28	1:10.78 1:47.56 2:23.81 3:00.27 3:36.75 4:13.42 4:49.95				
	(34.28)	(36.50) (36.78) (36.25) (36.46) (36.48) (36.67) (36.53)				
	5:26.53	6:03.18 6:39.91 7:16.26 7:52.30 8:28.88 9:04.65 9:39.55				
	(36.58)	(36.65) (36.73) (36.35) (36.04) (36.58) (35.77) (34.90)				
2:11.99L	F # 201	Female Open 200 Free	LY-VA	35	---	-0.03
	31.14	1:04.27 1:38.22 2:11.99				
	(31.14)	(33.13) (33.95) (33.77)				
2:14.72L	P # 201	Female Open 200 Free	LY-VA	67	---	2.70
	30.60	1:03.69 1:39.15 2:14.72				
	(30.60)	(33.09) (35.46) (35.57)				
1:09.74L	T # 351	Female Open 100 Back	LY-VA	3	---	-1.61
	33.81	1:09.74				
	(33.81)	(35.93)				
4:34.97L	F # 401	Female Open 400 Free	LY-VA	31	---	-6.62
	31.40	1:05.26 1:39.63 2:14.18 2:48.89 3:24.29 3:59.81 4:34.97				
	(31.40)	(33.86) (34.37) (34.55) (34.71) (35.40) (35.52) (35.16)				
4:43.28L	P # 401	Female Open 400 Free	LY-VA	38	---	1.69
	32.45	1:06.37 1:41.37 2:17.03 2:53.25 3:29.86 4:06.92 4:43.28				
	(32.45)	(33.92) (35.00) (35.66) (36.22) (36.61) (37.06) (36.36)				
28.72L	P # 503	Female Open 50 Free	LY-VA	66	---	0.33
2:28.80L	T # 563	Female Open 200 Back	LY-VA	1	---	-1.63
	35.49	1:12.72 1:51.06 2:28.80				
	(35.49)	(37.23) (38.34) (37.74)				

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Time	F/P/S	Event		Place	Points	Improv
Davis Hottle (17) M						
29.46L	P # 108	200 Medley Relay Lead Off	LY-VA	---	---	-0.61
56.05L	T # 146	Male Open 100 Free	LY-VA	4	---	-1.24
	27.28	56.05				
	(27.28)	(28.77)				
2:03.92L	P # 202	Male Open 200 Free	LY-VA	76	---	-4.26
	29.23	1:00.53 1:32.47 2:03.92				
	(29.23)	(31.30) (31.94) (31.45)				
2:21.20L	P # 206	Male Open 200 Back	LY-VA	59	---	1.63
	32.43	1:07.91 1:45.08 2:21.20				
	(32.43)	(35.48) (37.17) (36.12)				
29.38L	P # 304	Male Open 50 Back	LY-VA	44	---	-0.69
1:03.29L	T # 446	Male Open 100 Back	LY-VA	1	---	-1.08
	30.79	1:03.29				
	(30.79)	(32.50)				
26.03L	P # 504	Male Open 50 Free	LY-VA	90	---	0.55
1:04.49L	P # 506	400 Medley Relay Lead Off	LY-VA	---	---	0.12
	31.31					
	(31.31)					
1:00.81L	T # 556	Male Open 100 Fly	LY-VA	7	---	-1.02
	28.58	1:00.81				
	(28.58)	(32.23)				

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Time	F/P/S	Event	Place	Points	Improv
Luke Hottle (15) M					
8:51.79L	F # 110	Male Open 800 Free	LY-VA 15	6	-7.25
	29.91	1:02.96 1:35.80 2:09.28 2:42.80 3:16.04 3:49.50 4:23.18			
	(29.91)	(33.05) (32.84) (33.48) (33.52) (33.24) (33.46) (33.68)			
	4:56.72	5:30.40 6:02.62 6:38.34 7:11.65 7:45.85 8:19.09 8:51.79			
	(33.54)	(33.68) (32.22) (35.72) (33.31) (34.20) (33.24) (32.70)			
2:24.54L	F # 204	Male Open 200 Breast	LY-VA 12	9	-5.42
	32.45	1:08.66 1:46.43 2:24.54			
	(32.45)	(36.21) (37.77) (38.11)			
2:26.64L	P # 204	Male Open 200 Breast	LY-VA 14	---	-3.32
	33.12	1:10.36 1:48.75 2:26.64			
	(33.12)	(37.24) (38.39) (37.89)			
4:42.22L	F # 302	Male Open 400 IM	LY-VA 14	7	-6.04
	29.09	1:03.05 1:41.46 2:18.82 2:58.12 3:37.59 4:10.82 4:42.22			
	(29.09)	(33.96) (38.41) (37.36) (39.30) (39.47) (33.23) (31.40)			
4:45.00L	P # 302	Male Open 400 IM	LY-VA 15	---	-3.26
	29.52	1:03.92 1:42.21 2:20.37 3:00.50 3:39.49 4:13.35 4:45.00			
	(29.52)	(34.40) (38.29) (38.16) (40.13) (38.99) (33.86) (31.65)			
1:07.96L	F # 406	Male Open 100 Breast	LY-VA 26	---	-0.83
	32.26	1:07.96			
	(32.26)	(35.70)			
1:08.20L	P # 406	Male Open 100 Breast	LY-VA 26	---	-0.59
	32.72	1:08.20			
	(32.72)	(35.48)			
2:02.28L	F # 410	800 Free Relay Lead Off	LY-VA ---	---	-2.17
	27.81	58.87 1:31.09			
	(27.81)	(31.06) (32.22)			
2:11.29L	F # 502	Male Open 200 IM	LY-VA 12	9	-4.20
	28.11	1:03.40 1:40.89 2:11.29			
	(28.11)	(35.29) (37.49) (30.40)			
2:12.79L	P # 502	Male Open 200 IM	LY-VA 11	---	-2.70
	28.50	1:04.09 1:42.65 2:12.79			
	(28.50)	(35.59) (38.56) (30.14)			

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Time	F/P/S	Event				Place				Points	Improv
Hudson Rice (15) M											
2:11.89L	P # 102	Male Open 200 Fly				LY-VA		21	---	-1.75	
	30.02	1:03.26	1:37.55	2:11.89							
	(30.02)	(33.24)	(34.29)	(34.34)							
2:12.20L	F # 102	Male Open 200 Fly				LY-VA		23	---	-1.44	
	29.73	1:03.37	1:37.63	2:12.20							
	(29.73)	(33.64)	(34.26)	(34.57)							
2:01.48L	P # 202	Male Open 200 Free				LY-VA		49	---	-1.47	
	29.22	59.96	1:30.94	2:01.48							
	(29.22)	(30.74)	(30.98)	(30.54)							
2:01.51L	F # 202	Male Open 200 Free				LY-VA		36	---	-1.44	
	28.81	59.99	1:31.21	2:01.51							
	(28.81)	(31.18)	(31.22)	(30.30)							
1:00.91L	T # 250	Male Open 100 Fly				LY-VA		3	---	-1.43	
	28.90	1:00.91									
	(28.90)	(32.01)									
4:43.16L	F # 302	Male Open 400 IM				LY-VA		9	14	-2.49	
	29.53	1:03.02	1:40.74	2:17.06	2:58.45	3:39.83	4:12.30	4:43.16			
	(29.53)	(33.49)	(37.72)	(36.32)	(41.39)	(41.38)	(32.47)	(30.86)			
4:44.11L	P # 302	Male Open 400 IM				LY-VA		9	---	-1.54	
	29.60	1:03.05	1:40.79	2:18.41	2:58.41	3:40.21	4:13.84	4:44.11			
	(29.60)	(33.45)	(37.74)	(37.62)	(40.00)	(41.80)	(33.63)	(30.27)			
4:14.31L	F # 402	Male Open 400 Free				LY-VA		23	---	-5.65	
	29.02	1:00.83	1:32.98	2:05.07	2:37.80	3:10.75	3:43.43	4:14.31			
	(29.02)	(31.81)	(32.15)	(32.09)	(32.73)	(32.95)	(32.68)	(30.88)			
4:17.14L	P # 402	Male Open 400 Free				LY-VA		24	---	-2.82	
	30.26	1:02.85	1:35.84	2:08.43	2:40.37	3:12.86	3:45.27	4:17.14			
	(30.26)	(32.59)	(32.99)	(32.59)	(31.94)	(32.49)	(32.41)	(31.87)			
16:40.51L	F # 508	Male Open 1500 Free				LY-VA		7	16	-45.88	
	30.19	1:04.27	1:38.61	2:13.02	2:46.97	3:20.46	3:54.29	4:28.00			
	(30.19)	(34.08)	(34.34)	(34.41)	(33.95)	(33.49)	(33.83)	(33.71)			
	5:01.90	5:35.06	6:08.99	6:42.27	7:16.07	7:49.40	8:22.93	8:56.12			
	(33.90)	(33.16)	(33.93)	(33.28)	(33.80)	(33.33)	(33.53)	(33.19)			
	9:29.67	10:03.25	10:36.38	11:09.46	11:42.98	12:16.58	12:50.05	13:23.49			
	(33.55)	(33.58)	(33.13)	(33.08)	(33.52)	(33.60)	(33.47)	(33.44)			
	13:56.69	14:30.13	15:03.44	15:36.94	16:10.55	16:40.51					
	(33.20)	(33.44)	(33.31)	(33.50)	(33.61)	(29.96)					

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Time	F/P/S	Event		Place	Points	Improv
Max Schonfelder (17) M						
54.12L	P # 106	Male Open 100 Free	LY-VA	31	---	-0.40
	26.05	54.12				
	(26.05)	(28.07)				
54.12L	F # 106	Male Open 100 Free	LY-VA	26	---	-0.40
	26.00	54.12				
	(26.00)	(28.12)				
2:31.00L	P # 204	Male Open 200 Breast	LY-VA	32	---	2.05
	33.45	1:11.45 1:50.94 2:31.00				
	(33.45)	(38.00) (39.49) (40.06)				
24.98L	P # 208	200 Free Relay Lead Off	LY-VA	---	---	0.08
58.18L	P # 306	Male Open 100 Fly	LY-VA	30	---	-0.35
	27.12	58.18				
	(27.12)	(31.06)				
1:07.73L	P # 406	Male Open 100 Breast	LY-VA	21	---	0.03
	31.93	1:07.73				
	(31.93)	(35.80)				
1:07.86L	F # 406	Male Open 100 Breast	LY-VA	25	---	0.16
	32.12	1:07.86				
	(32.12)	(35.74)				
2:13.39L	F # 502	Male Open 200 IM	LY-VA	22	---	0.52
	28.33	1:03.65 1:43.26 2:13.39				
	(28.33)	(35.32) (39.61) (30.13)				
2:14.79L	P # 502	Male Open 200 IM	LY-VA	26	---	1.92
	27.74	1:02.93 1:42.01 2:14.79				
	(27.74)	(35.19) (39.08) (32.78)				
58.00L	S # 706	Male Open 100 Fly	LY-VA	2	---	-0.53
	26.78	58.00				
	(26.78)	(31.22)				

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Time	F/P/S	Event	Place	Points	Improv	
Ava Shopbell (15) F						
2:18.41L	F # 101	Female Open 200 Fly	LY-VA	5	18	-0.35
	30.92	1:06.48 1:41.70 2:18.41				
	(30.92)	(35.56) (35.22) (36.71)				
2:20.66L	P # 101	Female Open 200 Fly	LY-VA	5	---	1.90
	30.93	1:06.46 1:43.42 2:20.66				
	(30.93)	(35.53) (36.96) (37.24)				
2:34.57L	T # 245	Female Open 200 Back	LY-VA	8	---	-0.14
	36.83	1:16.04 1:56.00 2:34.57				
	(36.83)	(39.21) (39.96) (38.57)				
5:11.90L	F # 301	Female Open 400 IM	LY-VA	15	6	1.09
	31.78	1:07.61 1:48.23 2:28.42 3:14.02 3:59.97 4:36.78 5:11.90				
	(31.78)	(35.83) (40.62) (40.19) (45.60) (45.95) (36.81) (35.12)				
5:13.79L	P # 301	Female Open 400 IM	LY-VA	16	---	2.98
	31.80	1:07.51 1:48.65 2:29.27 3:15.60 4:02.14 4:39.07 5:13.79				
	(31.80)	(35.71) (41.14) (40.62) (46.33) (46.54) (36.93) (34.72)				
1:05.05L	F # 305	Female Open 100 Fly	LY-VA	31	---	-0.69
	30.89	1:05.05				
	(30.89)	(34.16)				
1:05.95L	P # 305	Female Open 100 Fly	LY-VA	35	---	0.21
	31.09	1:05.95				
	(31.09)	(34.86)				
30.71L	F # 403	Female Open 50 Fly	LY-VA	37	---	-0.66
30.93L	P # 403	Female Open 50 Fly	LY-VA	54	---	-0.44
2:31.49L	F # 501	Female Open 200 IM	LY-VA	37	---	0.61
	32.14	1:10.28 1:56.75 2:31.49				
	(32.14)	(38.14) (46.47) (34.74)				
2:33.33L	P # 501	Female Open 200 IM	LY-VA	52	---	2.45
	31.90	1:11.48 1:57.52 2:33.33				
	(31.90)	(39.58) (46.04) (35.81)				
NS	T # 565	Female Open 200 Fly	LY-VA	---	---	---

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Declund Stevenson (17) M						
55.55L	P # 106	Male Open 100 Free	LY-VA	69	---	-1.12
	26.69	55.55				
	(26.69)	(28.86)				
2:05.64L	P # 202	Male Open 200 Free	LY-VA	85	---	-1.47
	28.89	1:00.56 1:32.70 2:05.64				
	(28.89)	(31.67) (32.14) (32.94)				
2:38.18L	P # 204	Male Open 200 Breast	LY-VA	74	---	-0.16
	35.49	1:15.58 1:56.95 2:38.18				
	(35.49)	(40.09) (41.37) (41.23)				
55.61L	P # 308	400 Free Relay Lead Off	LY-VA	---	---	-1.06
	26.87					
	(26.87)					
1:10.72L	P # 406	Male Open 100 Breast	LY-VA	64	---	-0.51
	32.52	1:10.72				
	(32.52)	(38.20)				
25.92L	P # 504	Male Open 50 Free	LY-VA	86	---	0.74
2:21.54L	T # 550	Male Open 200 IM	LY-VA	8	---	-7.03
	29.58	1:07.93 1:48.22 2:21.54				
	(29.58)	(38.35) (40.29) (33.32)				
1:03.02L	T # 556	Male Open 100 Fly	LY-VA	12	---	-1.98
	29.32	1:03.02				
	(29.32)	(33.70)				
Sarah Warren (15) F						
2:26.95L	F # 101	Female Open 200 Fly	LY-VA	32	---	-0.54
	33.18	1:10.42 1:49.39 2:26.95				
	(33.18)	(37.24) (38.97) (37.56)				
2:29.19L	P # 101	Female Open 200 Fly	LY-VA	32	---	1.70
	33.80	1:10.96 1:50.08 2:29.19				
	(33.80)	(37.16) (39.12) (39.11)				
2:38.20L	T # 245	Female Open 200 Back	LY-VA	14	---	2.22
	37.46	1:16.95 1:58.12 2:38.20				
	(37.46)	(39.49) (41.17) (40.08)				
1:08.64L	P # 305	Female Open 100 Fly	LY-VA	67	---	1.47
	32.30	1:08.64				
	(32.30)	(36.34)				
31.58L	F # 403	Female Open 50 Fly	LY-VA	40	---	-0.82
31.63L	P # 403	Female Open 50 Fly	LY-VA	67	---	-0.77

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Broughton Webb (14) F											
2:44.70L	F # 203	Female Open 200 Breast				LY-VA		31	---	-3.40	
	37.22	1:18.41	2:00.74	2:44.70							
	(37.22)	(41.19)	(42.33)	(43.96)							
2:51.59L	P # 203	Female Open 200 Breast				LY-VA		39	---	3.49	
	38.97	1:23.10	2:07.00	2:51.59							
	(38.97)	(44.13)	(43.90)	(44.59)							
5:10.16L	F # 301	Female Open 400 IM				LY-VA		21	---	-0.20	
	33.53	1:12.20	1:52.93	2:32.21	3:16.23	4:00.29	4:36.12	5:10.16			
	(33.53)	(38.67)	(40.73)	(39.28)	(44.02)	(44.06)	(35.83)	(34.04)			
5:18.00L	P # 301	Female Open 400 IM				LY-VA		25	---	7.64	
	34.42	1:13.89	1:55.25	2:35.65	3:21.78	4:07.97	4:44.06	5:18.00			
	(34.42)	(39.47)	(41.36)	(40.40)	(46.13)	(46.19)	(36.09)	(33.94)			
1:20.32L	T # 349	Female Open 100 Breast				LY-VA		5	---	1.28	
	37.60	1:20.32									
	(37.60)	(42.72)									
4:36.64L	F # 401	Female Open 400 Free				LY-VA		32	---	1.52	
	31.06	1:04.88	1:39.60	2:14.98	2:50.26	3:25.77	4:01.00	4:36.64			
	(31.06)	(33.82)	(34.72)	(35.38)	(35.28)	(35.51)	(35.23)	(35.64)			
4:43.78L	P # 401	Female Open 400 Free				LY-VA		40	---	8.66	
	32.06	1:06.98	1:42.58	2:18.57	2:54.93	3:31.69	4:08.37	4:43.78			
	(32.06)	(34.92)	(35.60)	(35.99)	(36.36)	(36.76)	(36.68)	(35.41)			
2:15.80L	F # 409	800 Free Relay Lead Off				LY-VA		---	---	1.91	
	31.25	1:05.31	1:40.75								
	(31.25)	(34.06)	(35.44)								
2:33.19L	F # 501	Female Open 200 IM				LY-VA		40	---	2.06	
	34.25	1:14.93	1:58.19	2:33.19							
	(34.25)	(40.68)	(43.26)	(35.00)							
2:33.55L	P # 501	Female Open 200 IM				LY-VA		54	---	2.42	
	33.70	1:12.26	1:58.22	2:33.55							
	(33.70)	(38.56)	(45.96)	(35.33)							
17:43.16L	F # 507	Female Open 1500 Free				LY-VA		7	16	-20.60	
	32.89	1:08.03	1:44.18	2:19.69	2:55.59	3:31.35	4:07.38	4:43.11			
	(32.89)	(35.14)	(36.15)	(35.51)	(35.90)	(35.76)	(36.03)	(35.73)			
	5:19.22	5:54.92	6:30.87	7:06.37	7:42.16	8:17.57	8:53.32	9:28.98			
	(36.11)	(35.70)	(35.95)	(35.50)	(35.79)	(35.41)	(35.75)	(35.66)			
	10:03.47	10:40.41	11:14.62	11:51.41	12:26.97	13:02.30	13:37.77	14:13.00			
	(34.49)	(36.94)	(34.21)	(36.79)	(35.56)	(35.33)	(35.47)	(35.23)			
	14:48.61	15:23.21	15:58.48	16:33.30	17:08.51	17:43.16					
	(35.61)	(34.60)	(35.27)	(34.82)	(35.21)	(34.65)					
1:18.41L	T # 607	Mixed Open 100 Breast				LY-VA		1	---	-0.63	

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Time	F/P/S	Event	Place	Points	Improv	
Noah Wells (16) M						
57.68L	T # 146	Male Open 100 Free	LY-VA	22	---	0.27
	27.83	57.68				
	(27.83)	(29.85)				
1:07.42L	T # 446	Male Open 100 Back	LY-VA	14	---	-2.97
	33.00	1:07.42				
	(33.00)	(34.42)				
25.84L	P # 504	Male Open 50 Free	LY-VA	81	---	0.05
1:05.59L	T # 556	Male Open 100 Fly	LY-VA	15	---	-1.96
	31.55	1:05.59				
	(31.55)	(34.04)				
Graham Woodruff (15) M						
55.01L	P # 106	Male Open 100 Free	LY-VA	54	---	-0.82
	26.31	55.01				
	(26.31)	(28.70)				
55.11L	F # 106	Male Open 100 Free	LY-VA	35	---	-0.72
	26.80	55.11				
	(26.80)	(28.31)				
2:07.56L	P # 202	Male Open 200 Free	LY-VA	90	---	2.65
	28.93	1:00.95 1:34.52 2:07.56				
	(28.93)	(32.02) (33.57) (33.04)				
55.08L	F # 308	400 Free Relay Lead Off	LY-VA	---	---	-0.75
	26.50					
	(26.50)					
1:05.35L	T # 352	Male Open 100 Back	LY-VA	8	---	-1.67
	31.40	1:05.35				
	(31.40)	(33.95)				
4:21.28L	F # 402	Male Open 400 Free	LY-VA	32	---	-5.96
	29.12	1:01.35 1:34.43 2:07.66 2:40.84 3:14.81 3:48.98 4:21.28				
	(29.12)	(32.23) (33.08) (33.23) (33.18) (33.97) (34.17) (32.30)				
4:30.23L	P # 402	Male Open 400 Free	LY-VA	47	---	2.99
	29.49	1:02.43 1:36.94 2:11.05 2:46.30 3:21.60 3:57.62 4:30.23				
	(29.49)	(32.94) (34.51) (34.11) (35.25) (35.30) (36.02) (32.61)				
2:21.63L	T # 452	Male Open 200 IM	LY-VA	6	---	-5.78
	29.29	1:06.90 1:50.35 2:21.63				
	(29.29)	(37.61) (43.45) (31.28)				
25.15L	F # 504	Male Open 50 Free	LY-VA	37	---	0.08
25.18L	P # 504	Male Open 50 Free	LY-VA	45	---	0.11
2:21.48L	T # 550	Male Open 200 IM	LY-VA	7	---	-5.93
	28.47	1:04.86 1:50.14 2:21.48				
	(28.47)	(36.39) (45.28) (31.34)				
1:02.15L	T # 556	Male Open 100 Fly	LY-VA	11	---	-1.69
	29.52	1:02.15				
	(29.52)	(32.63)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 YMCA Long Course Championships 30-Jul-24 to 03-Aug-24 LC Meters

Location: Florida Aquatics Swimming & Training (FAST)

Time	F/P/S	Event		Place	Points	Improv
Taylor Woodruff (14) F						
2:26.71L	F # 101	Female Open 200 Fly	LY-VA	31	---	-1.65
	33.40	1:11.37 1:49.01 2:26.71				
	(33.40)	(37.97) (37.64) (37.70)				
2:29.85L	P # 101	Female Open 200 Fly	LY-VA	35	---	1.49
	33.64	1:11.99 1:51.25 2:29.85				
	(33.64)	(38.35) (39.26) (38.60)				
33.27L	P # 107	200 Medley Relay Lead Off	LY-VA	---	---	-1.00
1:11.06L	T # 249	Female Open 100 Fly	LY-VA	17	---	1.12
	33.18	1:11.06				
	(33.18)	(37.88)				
1:11.42L	T # 351	Female Open 100 Back	LY-VA	9	---	-0.91
	34.57	1:11.42				
	(34.57)	(36.85)				
31.80L	P # 403	Female Open 50 Fly	LY-VA	70	---	-1.56
1:22.28L	P # 505	400 Medley Relay Lead Off	LY-VA	---	---	9.95
	34.45					
	(34.45)					
1:04.14L	T # 551	Female Open 100 Free	LY-VA	23	---	-0.34
	30.54	1:04.14				
	(30.54)	(33.60)				