

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Records Report for 50MREC-L

2024 EZ LC Age Group Championship 07-Aug-24 to 10-Aug-24 LC Meters

Male 13-14 100 Breast

1:09.95	Broderick Nelson at 2024 VA LC Age Group Championships	7/25/2024	LY -VA
1:09.38 **	Broderick Nelson at 2024 EZ LC Age Group Championship	8/7/2024	VA -VA
1:09.88	Broderick Nelson at 2024 EZ LC Age Group Championship	8/7/2024	VA -VA

Male 13-14 200 Breast

2:32.08	Broderick Nelson at 2024 VA LC Age Group Championships	7/25/2024	LY -VA
2:31.93 **	Broderick Nelson at 2024 EZ LC Age Group Championship	8/7/2024	VA -VA

Male 13-14 200 IM

2:16.43	Ethan Navarro at 2012 Eastern Zone Long Course Championship	8/8/2012	VA -VA
2:15.69 **	Broderick Nelson at 2024 EZ LC Age Group Championship	8/7/2024	VA -VA

Male 13-14 400 IM

4:50.48	Broderick Nelson at 2024 VA LC Age Group Championships	7/25/2024	LY -VA
4:45.89 **	Broderick Nelson at 2024 EZ LC Age Group Championship	8/7/2024	VA -VA