

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Tessa Akershoek (12) F						
1:15.78Y	F # 37	Female 11-12 100 Free	LY-VA	16	---	-0.19
	35.21	1:15.78				
	(35.21)	(40.57)				
37.31Y	F # 45	Female 11-12 50 Back	LY-VA	9	---	0.20
36.30Y	F # 53	Female 11-12 50 Fly	LY-VA	10	---	1.94
3:02.86Y DQ	F # 61B	Female 11-12 200 Back	LY-VA	---	---	---
	43.29	1:30.86 2:18.47 3:02.86				
	(43.29)	(47.57) (47.61) (44.39)				
2:51.65Y	F # 89	Female 11-12 200 Free	LY-VA	14	---	3.70
	37.82	1:21.60 2:08.09 2:51.65				
	(37.82)	(43.78) (46.49) (43.56)				
46.36Y	F # 95	Female 11-12 50 Breast	LY-VA	13	---	1.56
33.72Y	F # 103	Female 11-12 50 Free	LY-VA	12	---	0.89
1:25.43Y	F # 107	Female 11-12 100 Back	LY-VA	13	---	3.28
	42.09	1:25.43				
	(42.09)	(43.34)				
Emily Asbury (17) F						
2:47.93Y	F # 15B	Female 15 & Over 200 Free	LY-VA	19	---	13.29
	38.80	1:21.40 2:05.45 2:47.93				
	(38.80)	(42.60) (44.05) (42.48)				
1:55.74Y	F # 19B	Female 15 & Over 100 Breast	LY-VA	23	---	-0.36
	---	1:55.74				
	---	(1:55.74)				
1:27.67Y	F # 21B	Female 15 & Over 100 Back	LY-VA	25	---	1.77
	43.15	1:27.67				
	(43.15)	(44.52)				
1:18.61Y	F # 69B	Female 15 & Over 100 Free	LY-VA	8	---	5.56
	37.42	1:18.61				
	(37.42)	(41.19)				
3:08.67Y	F # 71B	Female 15 & Over 200 Back	LY-VA	6	---	15.71
	44.37	1:31.67 2:20.52 3:08.67				
	(44.37)	(47.30) (48.85) (48.15)				
43.46Y	F # 77B	Female 15 & Over 50 Back	LY-VA	10	---	---

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Time	F/P/S	Event	Place	Points	Improv	
Sydney Ayers (14) F						
33.83Y	F # 5A	Female 13-14 50 Free	LY-VA	20	---	0.50
2:47.23Y	F # 15A	Female 13-14 200 Free	LY-VA	28	---	8.02
	37.64	1:19.97 2:05.20 2:47.23				
	(37.64)	(42.33) (45.23) (42.03)				
39.16Y	F # 17A	Female 13-14 50 Fly	LY-VA	24	---	-3.74
1:38.21Y	F # 19A	Female 13-14 100 Breast	LY-VA	16	---	3.61
	46.72	1:38.21				
	(46.72)	(51.49)				
45.71Y	F # 25A	Female 13-14 50 Breast	LY-VA	25	---	0.04
3:12.38Y	F # 67A	Female 13-14 200 IM	LY-VA	17	---	6.75
	43.12	1:31.85 --- 3:12.38				
	(43.12)	(48.73) --- (3:12.38)				
1:16.35Y	F # 69A	Female 13-14 100 Free	LY-VA	25	---	5.08
	36.68	1:16.35				
	(36.68)	(39.67)				
3:38.36Y	F # 75A	Female 13-14 200 Breast	LY-VA	11	---	2.58
	47.54	1:42.97 2:41.12 3:38.36				
	(47.54)	(55.43) (58.15) (57.24)				
40.41Y	F # 77A	Female 13-14 50 Back	LY-VA	20	---	0.73
Quentin Bailey (10) M						
3:40.27Y	F # 4B	Male 9-10 200 IM	LY-VA	8	---	-2.74
	51.69	1:49.47 2:51.24 3:40.27				
	(51.69)	(57.78) (1:01.77) (49.03)				
9:08.06Y	F # 8B	Male 9-10 500 Free	LY-VA	13	---	-9.79
	46.63	1:41.17 2:38.35 --- 4:33.17 5:32.32 6:29.19 7:25.49				
	(46.63)	(54.54) (57.18) --- (4:33.17) (59.15) (56.87) (56.30)				
	---	9:08.06				
	---	(9:08.06)				
40.19Y	F # 32	200 Free Relay Lead Off	LY-VA	---	---	0.02
1:30.00Y	F # 40B	Male 9-10 100 Free	LY-VA	17	---	-1.93
	42.63	1:30.00				
	(42.63)	(47.37)				
47.46Y	F # 48B	Male 9-10 50 Back	LY-VA	14	---	-1.13
51.20Y	F # 56B	Male 9-10 50 Fly	LY-VA	13	---	-4.97
1:43.23Y	F # 60B	Male 9-10 100 IM	LY-VA	10	---	-9.47
	51.01	1:43.23				
	(51.01)	(52.22)				

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Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Shirley Barger (14) F						
28.19Y	F # 5A	Female 13-14 50 Free	LY-VA	6	---	1.44
12:34.13Y	F # 9B	Female 13-14 1000 Free	LY-VA	4	---	---
	34.51	1:11.72 1:49.21 2:27.08	3:05.30 3:43.39	4:21.91 5:00.15		
	(34.51)	(37.21) (37.49) (37.87)	(38.22) (38.09)	(38.52) (38.24)		
	5:38.79	6:17.37 6:55.15 7:33.66	8:11.86 8:50.74	9:29.41 10:07.70		
	(38.64)	(38.58) (37.78) (38.51)	(38.20) (38.88)	(38.67) (38.29)		
	10:45.66	11:23.22 12:00.37 12:34.13				
	(37.96)	(37.56) (37.15) (33.76)				
2:16.76Y	F # 15A	Female 13-14 200 Free	LY-VA	11	---	11.29
	31.71	1:05.99 1:40.85 2:16.76				
	(31.71)	(34.28) (34.86) (35.91)				
32.41Y	F # 17A	Female 13-14 50 Fly	LY-VA	11	---	-2.61
1:14.74Y	F # 21A	Female 13-14 100 Back	LY-VA	17	---	4.38
	36.59	1:14.74				
	(36.59)	(38.15)				
5:27.89Y	F # 27A	Female 13-14 400 IM	LY-VA	2	---	13.72
	35.00	1:16.07 2:00.11 2:43.10	3:29.00 4:15.21	4:51.88 5:27.89		
	(35.00)	(41.07) (44.04) (42.99)	(45.90) (46.21)	(36.67) (36.01)		
2:35.61Y	F # 67A	Female 13-14 200 IM	LY-VA	4	---	7.17
	33.04	1:15.44 2:00.79 2:35.61				
	(33.04)	(42.40) (45.35) (34.82)				
1:02.51Y	F # 69A	Female 13-14 100 Free	LY-VA	7	---	3.90
	30.24	1:02.51				
	(30.24)	(32.27)				
2:39.89Y	F # 71A	Female 13-14 200 Back	LY-VA	6	---	10.94
	38.79	1:19.97 2:00.13 2:39.89				
	(38.79)	(41.18) (40.16) (39.76)				
5:52.50Y	F # 79A	Female 13-14 500 Free	LY-VA	1	---	14.32
	32.75	1:08.61 1:44.48 2:20.67	2:56.28 3:31.81	4:07.50 4:42.81		
	(32.75)	(35.86) (35.87) (36.19)	(35.61) (35.53)	(35.69) (35.31)		
	5:18.34	5:52.50				
	(35.53)	(34.16)				
George Barksdale (8) M						
28.41Y	F # 44	Male 8 & Under 25 Breast	LY-VA	6	---	-4.37
56.95Y	F # 48A	Male 8 & Under 50 Back	LY-VA	8	---	-1.36
2:14.00Y	F # 60A	Male 8 & Under 100 IM	LY-VA	5	---	-1.64
	1:05.19	2:14.00				
	(1:05.19)	(1:08.81)				

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Time	F/P/S	Event	Place	Points	Improv	
Jackson Barksdale (13) M						
27.31Y	F # 6A	Male 13-14 50 Free	LY-VA	12	---	0.70
12:32.91Y	F # 10B	Male 13-14 1000 Free	LY-VA	10	---	-20.54
	33.37	1:10.72 1:48.38 2:26.44	3:05.01 3:42.88 4:21.52 4:59.52			
	(33.37)	(37.35) (37.66) (38.06)	(38.57) (37.87) (38.64) (38.00)			
	5:37.66	6:16.71 6:55.12 7:33.94	8:12.45 8:49.48 9:27.03 10:04.49			
	(38.14)	(39.05) (38.41) (38.82)	(38.51) (37.03) (37.55) (37.46)			
	10:41.83	11:19.81 11:57.82 12:32.91				
	(37.34)	(37.98) (38.01) (35.09)				
2:18.74Y	F # 16A	Male 13-14 200 Free	LY-VA	16	---	6.50
	31.87	1:07.36 1:43.68 2:18.74				
	(31.87)	(35.49) (36.32) (35.06)				
34.21Y	F # 18A	Male 13-14 50 Fly	LY-VA	20	---	-4.10
1:14.60Y	F # 22A	Male 13-14 100 Back	LY-VA	14	---	3.33
	36.44	1:14.60				
	(36.44)	(38.16)				
40.84Y	F # 26A	Male 13-14 50 Breast	LY-VA	18	---	-0.61
2:35.82Y	F # 68A	Male 13-14 200 IM	LY-VA	10	---	-1.30
	34.25	1:12.66 2:00.58 2:35.82				
	(34.25)	(38.41) (47.92) (35.24)				
1:00.45Y	F # 70A	Male 13-14 100 Free	LY-VA	11	---	0.43
	29.41	1:00.45				
	(29.41)	(31.04)				
1:19.24Y	F # 74A	Male 13-14 100 Fly	LY-VA	8	---	3.98
	36.04	1:19.24				
	(36.04)	(43.20)				
34.93Y	F # 78A	Male 13-14 50 Back	LY-VA	11	---	-0.42
Micah Bauserman (13) F						
2:00.31Y DQ	F # 19A	Female 13-14 100 Breast	LY-VA	---	---	---
	56.04	2:00.31				
	(56.04)	(1:04.27)				
1:58.32Y	F # 21A	Female 13-14 100 Back	LY-VA	37	---	---
	55.43	1:58.32				
	(55.43)	(1:02.89)				
58.14Y DQ	F # 25A	Female 13-14 50 Breast	LY-VA	---	---	---
1:33.61Y	F # 69A	Female 13-14 100 Free	LY-VA	29	---	-12.38
	44.29	1:33.61				
	(44.29)	(49.32)				
54.84Y	F # 77A	Female 13-14 50 Back	LY-VA	23	---	-1.49

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Time	F/P/S	Event	Place	Points	Improv	
Adeline Brebner (13) F						
35.10Y	F # 5A	Female 13-14 50 Free	LY-VA	21	---	-0.72
3:00.74Y	F # 15A	Female 13-14 200 Free	LY-VA	31	---	-6.31
	40.18	1:25.89 2:13.74 3:00.74				
	(40.18)	(45.71) (47.85) (47.00)				
45.76Y	F # 17A	Female 13-14 50 Fly	LY-VA	29	---	-20.13
1:34.68Y	F # 21A	Female 13-14 100 Back	LY-VA	33	---	-0.68
	45.95	1:34.68				
	(45.95)	(48.73)				
49.85Y	F # 25A	Female 13-14 50 Breast	LY-VA	27	---	-3.31
George Burkhardt (7) M						
20.81Y	F # 36	Male 8 & Under 25 Free	LY-VA	6	---	1.60
1:54.87Y	F # 40A	Male 8 & Under 100 Free	LY-VA	10	---	8.68
	---	1:54.87				
	---	(1:54.87)				
59.74Y	F # 48A	Male 8 & Under 50 Back	LY-VA	11	---	1.34
2:10.54Y DQ	F # 60A	Male 8 & Under 100 IM	LY-VA	---	---	---
	1:00.64	2:10.54				
	(1:00.64)	(1:09.90)				
24.26Y	F # 94	Male 8 & Under 25 Fly	LY-VA	5	---	-7.94
47.92Y	F # 106A	Male 8 & Under 50 Free	LY-VA	11	---	0.48
Cole Campbell (15) M						
23.52Y	F # 6B	Male 15 & Over 50 Free	LY-VA	6	---	1.43

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Time	F/P/S	Event	Place	Points	Improv	
Ada Compton (14) F						
31.09Y	F # 5A	Female 13-14 50 Free	LY-VA	16	---	0.57
2:40.74Y	F # 15A	Female 13-14 200 Free	LY-VA	27	---	5.63
	35.45	1:17.17 1:59.36 2:40.74				
	(35.45)	(41.72) (42.19) (41.38)				
38.76Y	F # 17A	Female 13-14 50 Fly	LY-VA	23	---	-5.83
1:43.92Y	F # 19A	Female 13-14 100 Breast	LY-VA	18	---	5.88
	49.17	1:43.92				
	(49.17)	(54.75)				
1:30.91Y	F # 21A	Female 13-14 100 Back	LY-VA	32	---	7.64
	44.23	1:30.91				
	(44.23)	(46.68)				
3:14.63Y	F # 67A	Female 13-14 200 IM	LY-VA	18	---	12.09
	41.22	1:30.78 2:29.50 3:14.63				
	(41.22)	(49.56) (58.72) (45.13)				
1:13.49Y	F # 69A	Female 13-14 100 Free	LY-VA	24	---	4.84
	34.48	1:13.49				
	(34.48)	(39.01)				
40.56Y	F # 77A	Female 13-14 50 Back	LY-VA	21	---	2.37
7:12.98Y	F # 79A	Female 13-14 500 Free	LY-VA	9	---	5.84
	36.75	1:20.07 2:04.99 2:50.23 3:35.08 4:19.68 5:05.32 5:49.46				
	(36.75)	(43.32) (44.92) (45.24) (44.85) (44.60) (45.64) (44.14)				
	6:33.33	7:12.98				
	(43.87)	(39.65)				

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Time	F/P/S	Event	Place	Points	Improv
Bobby Compton (11) M					
3:58.42Y DQ	F # 2	Male 11-12 200 IM	LY-VA	---	---
	56.35	2:01.23 --- 3:58.42			
	(56.35)	(1:04.88) --- (3:58.42)			
9:02.97Y	F # 8C	Male 11-12 500 Free	LY-VA	5	---
	46.74	1:38.73 2:35.32 3:33.80 4:30.38 5:27.23 6:24.59 7:19.10			
	(46.74)	(51.99) (56.59) (58.48) (56.58) (56.85) (57.36) (54.51)			
	8:16.99	9:02.97			
	(57.89)	(45.98)			
1:33.28Y	F # 38	Male 11-12 100 Free	LY-VA	25	---
	---	1:33.28			
	---	(1:33.28)			
55.67Y	F # 46	Male 11-12 50 Back	LY-VA	17	---
57.45Y	F # 54	Male 11-12 50 Fly	LY-VA	18	---
1:52.79Y	F # 58	Male 11-12 100 IM	LY-VA	19	---
	55.24	1:52.79			
	(55.24)	(57.55)			
3:21.64Y	F # 90	Male 11-12 200 Free	LY-VA	15	---
	44.26	1:37.97 2:32.39 3:21.64			
	(44.26)	(53.71) (54.42) (49.25)			
53.00Y	F # 96	Male 11-12 50 Breast	LY-VA	16	---
38.39Y	F # 104	Male 11-12 50 Free	LY-VA	20	---
1:58.27Y	F # 108	Male 11-12 100 Back	LY-VA	17	---
	---	1:58.27			
	---	(1:58.27)			
Ben Cook (7) M					
4:11.90Y	F # 4A	Male 8 & Under 200 IM	LY-VA	2	---
	1:06.33	2:13.60 3:17.83 4:11.90			
	(1:06.33)	(1:07.27) (1:04.23) (54.07)			
18.59Y	F # 36	Male 8 & Under 25 Free	LY-VA	3	---
1:50.61Y	F # 40A	Male 8 & Under 100 Free	LY-VA	7	---
	52.05	1:50.61			
	(52.05)	(58.56)			
29.34Y	F # 44	Male 8 & Under 25 Breast	LY-VA	8	---
2:08.97Y	F # 60A	Male 8 & Under 100 IM	LY-VA	4	---
	1:10.62	2:08.97			
	(1:10.62)	(58.35)			
27.29Y	F # 88	Male 8 & Under 25 Back	LY-VA	11	---
32.67Y	F # 94	Male 8 & Under 25 Fly	LY-VA	12	---
1:06.45Y	F # 98A	Male 8 & Under 50 Breast	LY-VA	6	---
2:04.17Y	F # 110A	Male 8 & Under 100 Back	LY-VA	3	---
	1:02.22	2:04.17			
	(1:02.22)	(1:01.95)			

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Time	F/P/S	Event	Place	Points	Improv	
Daniel Cook (16) M						
29.45Y	F # 6B	Male 15 & Over 50 Free	LY-VA	18	---	-0.56
2:41.50Y	F # 16B	Male 15 & Over 200 Free	LY-VA	35	---	---
	35.98	---	---	2:41.50		
	(35.98)	---	---	(2:41.50)		
33.87Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	20	---	---
1:36.08Y DQ	F # 22B	Male 15 & Over 100 Back	LY-VA	---	---	---
	---	1:36.08				
	---	(1:36.08)				
47.98Y	F # 26B	Male 15 & Over 50 Breast	LY-VA	20	---	---
Isaac Cook (13) M						
25.17Y	F # 6A	Male 13-14 50 Free	LY-VA	5	---	0.43
2:10.01Y	F # 16A	Male 13-14 200 Free	LY-VA	14	---	1.98
	29.38	1:03.08	1:37.30	2:10.01		
	(29.38)	(33.70)	(34.22)	(32.71)		
1:13.39Y	F # 20A	Male 13-14 100 Breast	LY-VA	5	---	3.01
	34.68	1:13.39				
	(34.68)	(38.71)				
33.94Y	F # 26A	Male 13-14 50 Breast	LY-VA	7	---	---
5:07.13Y	F # 28A	Male 13-14 400 IM	LY-VA	7	---	-20.54
	34.94	1:15.11	1:56.66	2:35.73	3:18.70	4:00.21
	(34.94)	(40.17)	(41.55)	(39.07)	(42.97)	(41.51)
					(34.25)	(32.67)
Matthew Cook (11) M						
3:04.33Y	F # 2	Male 11-12 200 IM	LY-VA	4	---	0.05
	44.82	1:30.54	2:23.93	3:04.33		
	(44.82)	(45.72)	(53.39)	(40.40)		
1:15.85Y	F # 38	Male 11-12 100 Free	LY-VA	13	---	0.35
	37.18	1:15.85				
	(37.18)	(38.67)				
39.72Y	F # 46	Male 11-12 50 Back	LY-VA	8	---	0.75
41.02Y	F # 54	Male 11-12 50 Fly	LY-VA	9	---	-7.65
1:25.17Y	F # 58	Male 11-12 100 IM	LY-VA	8	---	-2.48
	40.08	1:25.17				
	(40.08)	(45.09)				
2:42.91Y	F # 90	Male 11-12 200 Free	LY-VA	10	---	7.29
	37.06	1:18.91	2:02.42	2:42.91		
	(37.06)	(41.85)	(43.51)	(40.49)		
35.35Y	F # 104	Male 11-12 50 Free	LY-VA	14	---	1.58
1:25.24Y	F # 108	Male 11-12 100 Back	LY-VA	9	---	-20.05
	42.44	1:25.24				
	(42.44)	(42.80)				
3:41.59Y	F # 112B	Male 11-12 200 Breast	LY-VA	2	---	---
	50.70	1:49.50	2:47.58	3:41.59		
	(50.70)	(58.80)	(58.08)	(54.01)		

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Sunday Cook (13) F						
35.93Y	F # 5A	Female 13-14 50 Free	LY-VA	22	---	-0.40
43.59Y	F # 17A	Female 13-14 50 Fly	LY-VA	28	---	-1.59
1:44.10Y	F # 19A	Female 13-14 100 Breast	LY-VA	20	---	-2.55
	---	1:44.10				
	---	(1:44.10)				
1:29.08Y	F # 21A	Female 13-14 100 Back	LY-VA	31	---	-1.45
	44.92	1:29.08				
	(44.92)	(44.16)				
47.56Y	F # 25A	Female 13-14 50 Breast	LY-VA	26	---	-3.46
1:19.09Y	F # 69A	Female 13-14 100 Free	LY-VA	26	---	0.77
	---	1:19.09				
	---	(1:19.09)				
3:09.78Y	F # 71A	Female 13-14 200 Back	LY-VA	10	---	---
	46.01	1:34.49 2:24.85 3:09.78				
	(46.01)	(48.48) (50.36) (44.93)				
3:43.23Y	F # 75A	Female 13-14 200 Breast	LY-VA	12	---	---
	49.66	1:46.99 2:45.69 3:43.23				
	(49.66)	(57.33) (58.70) (57.54)				
40.14Y	F # 77A	Female 13-14 50 Back	LY-VA	19	---	0.78
Mason Cooper (18) M						
28.63Y	F # 12	200 Medley Relay Lead Off	LY-VA	---	---	-1.54
2:11.78Y	F # 16B	Male 15 & Over 200 Free	LY-VA	28	---	8.85
	28.67	1:01.51 1:36.66 2:11.78				
	(28.67)	(32.84) (35.15) (35.12)				
27.52Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	13	---	-9.36
1:07.76Y	F # 22B	Male 15 & Over 100 Back	LY-VA	31	---	8.38
	32.05	1:07.76				
	(32.05)	(35.71)				
2:33.79Y	F # 24B	Male 15 & Over 200 Fly	LY-VA	14	---	18.90
	31.65	1:10.83 1:52.27 2:33.79				
	(31.65)	(39.18) (41.44) (41.52)				
55.07Y	F # 70B	Male 15 & Over 100 Free	LY-VA	11	---	0.25
	26.30	55.07				
	(26.30)	(28.77)				
2:26.12Y	F # 72B	Male 15 & Over 200 Back	LY-VA	6	---	8.30
	34.16	1:12.03 1:50.01 2:26.12				
	(34.16)	(37.87) (37.98) (36.11)				
1:01.34Y	F # 74B	Male 15 & Over 100 Fly	LY-VA	11	---	3.47
	28.52	1:01.34				
	(28.52)	(32.82)				
5:55.38Y	F # 80B	Male 15 & Over 500 Free	LY-VA	6	---	15.64
	31.35	1:07.66 1:44.93 2:22.85 3:00.09 3:36.91 4:12.41 4:48.78				
	(31.35)	(36.31) (37.27) (37.92) (37.24) (36.82) (35.50) (36.37)				
	5:24.06	5:55.38				
	(35.28)	(31.32)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Anderson Cox (8) M					
3:52.32Y	F # 4A	Male 8 & Under 200 IM	LY-VA	1	---
	57.71	1:58.04 3:04.87 3:52.32			
	(57.71)	(1:00.33) (1:06.83) (47.45)			
8:32.89Y	F # 8A	Male 8 & Under 500 Free	LY-VA	1	---
	42.95	1:32.93 2:25.40 3:17.80 4:10.87 5:05.31 5:56.62 6:49.53			
	(42.95)	(49.98) (52.47) (52.40) (53.07) (54.44) (51.31) (52.91)			
	7:44.16	8:32.89			
	(54.63)	(48.73)			
37.40Y	F # 30	100 Free Relay Lead Off	LY-VA	---	---
1:26.33Y	F # 40A	Male 8 & Under 100 Free	LY-VA	1	---
	38.56	1:26.33			
	(38.56)	(47.77)			
21.34Y	F # 44	Male 8 & Under 25 Breast	LY-VA	1	---
49.68Y	F # 48A	Male 8 & Under 50 Back	LY-VA	3	---
1:50.90Y	F # 60A	Male 8 & Under 100 IM	LY-VA	2	---
	57.52	1:50.90			
	(57.52)	(53.38)			
21.56Y	F # 94	Male 8 & Under 25 Fly	LY-VA	4	---
50.85Y	F # 98A	Male 8 & Under 50 Breast	LY-VA	1	---
38.80Y	F # 106A	Male 8 & Under 50 Free	LY-VA	1	---
1:55.49Y	F # 110A	Male 8 & Under 100 Back	LY-VA	1	---
	56.87	1:55.49			
	(56.87)	(58.62)			
Clayton Cox (12) M					
31.12Y	F # 34	200 Free Relay Lead Off	LY-VA	---	---
1:08.76Y	F # 38	Male 11-12 100 Free	LY-VA	7	---
	33.18	1:08.76			
	(33.18)	(35.58)			
36.92Y	F # 54	Male 11-12 50 Fly	LY-VA	4	---
1:25.42Y	F # 58	Male 11-12 100 IM	LY-VA	11	---
	40.66	1:25.42			
	(40.66)	(44.76)			
3:14.09Y	F # 62B	Male 11-12 200 Back	LY-VA	5	---
	45.55	1:34.22 2:24.01 3:14.09			
	(45.55)	(48.67) (49.79) (50.08)			
46.07Y DQ	F # 96	Male 11-12 50 Breast	LY-VA	---	---
1:30.17Y	F # 100	Male 11-12 100 Fly	LY-VA	5	---
	41.93	1:30.17			
	(41.93)	(48.24)			
31.47Y	F # 104	Male 11-12 50 Free	LY-VA	7	---
1:31.55Y	F # 108	Male 11-12 100 Back	LY-VA	12	---
	44.81	1:31.55			
	(44.81)	(46.74)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Liam Cox (10) M						
1:17.07Y	F # 40B	Male 9-10 100 Free	LY-VA	9	---	0.13
	36.79	1:17.07				
	(36.79)	(40.28)				
42.04Y	F # 48B	Male 9-10 50 Back	LY-VA	8	---	-1.66
42.55Y	F # 56B	Male 9-10 50 Fly	LY-VA	7	---	-10.96
3:13.87Y	F # 62A	Male 9-10 200 Back	LY-VA	4	---	---
	47.62	1:37.94 2:28.32 3:13.87				
	(47.62)	(50.32) (50.38) (45.55)				
2:40.12Y	F # 92B	Male 9-10 200 Free	LY-VA	3	---	-10.46
	37.23	1:19.83 2:00.89 2:40.12				
	(37.23)	(42.60) (41.06) (39.23)				
54.19Y	F # 98B	Male 9-10 50 Breast	LY-VA	12	---	-1.93
34.04Y	F # 106B	Male 9-10 50 Free	LY-VA	6	---	-0.49
1:31.36Y	F # 110B	Male 9-10 100 Back	LY-VA	10	---	-0.28
	45.53	1:31.36				
	(45.53)	(45.83)				
Meredith Cox (13) F						
32.65Y	F # 5A	Female 13-14 50 Free	LY-VA	19	---	-0.31
2:39.80Y	F # 15A	Female 13-14 200 Free	LY-VA	26	---	3.03
	39.65	1:21.72 2:02.68 2:39.80				
	(39.65)	(42.07) (40.96) (37.12)				
41.32Y	F # 17A	Female 13-14 50 Fly	LY-VA	27	---	-4.92
1:27.07Y	F # 21A	Female 13-14 100 Back	LY-VA	29	---	2.38
	43.47	1:27.07				
	(43.47)	(43.60)				
6:20.65Y	F # 27A	Female 13-14 400 IM	LY-VA	6	---	-19.94
	46.63	1:39.64 2:27.54 3:14.82 4:07.57 5:00.49 5:40.73 6:20.65				
	(46.63)	(53.01) (47.90) (47.28) (52.75) (52.92) (40.24) (39.92)				
2:56.09Y	F # 67A	Female 13-14 200 IM	LY-VA	13	---	-1.24
	40.53	1:26.33 2:19.18 2:56.09				
	(40.53)	(45.80) (52.85) (36.91)				
1:12.48Y	F # 69A	Female 13-14 100 Free	LY-VA	22	---	-1.19
	35.79	1:12.48				
	(35.79)	(36.69)				
1:35.28Y	F # 73A	Female 13-14 100 Fly	LY-VA	10	---	4.29
	---	1:35.28				
	---	(1:35.28)				
3:29.10Y	F # 75A	Female 13-14 200 Breast	LY-VA	10	---	-10.59
	50.94	1:45.65 2:37.59 3:29.10				
	(50.94)	(54.71) (51.94) (51.51)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Grey Dawson (8) M						
1:39.99Y	F # 40A	Male 8 & Under 100 Free	LY-VA	4	---	-2.13
	---	1:39.99				
	---	(1:39.99)				
24.56Y	F # 44	Male 8 & Under 25 Breast	LY-VA	3	---	---
52.76Y	F # 48A	Male 8 & Under 50 Back	LY-VA	5	---	-1.51
2:04.56Y DQ	F # 60A	Male 8 & Under 100 IM	LY-VA	---	---	---
	---	2:04.56				
	---	(2:04.56)				
3:40.96Y	F # 92A	Male 8 & Under 200 Free	LY-VA	2	---	-6.88
	48.01	1:45.02 --- 3:40.96				
	(48.01)	(57.01) --- (3:40.96)				
28.97Y	F # 94	Male 8 & Under 25 Fly	LY-VA	10	---	3.32
56.28Y	F # 98A	Male 8 & Under 50 Breast	LY-VA	2	---	-1.68
46.80Y	F # 106A	Male 8 & Under 50 Free	LY-VA	7	---	3.46
Avery Duff (14) F						
29.54Y	F # 5A	Female 13-14 50 Free	LY-VA	11	---	1.00
13:58.95Y	F # 9B	Female 13-14 1000 Free	LY-VA	9	---	17.02
	36.41	1:16.92 1:58.13 2:39.97 3:23.23 4:05.99 4:48.91 5:32.11				
	(36.41)	(40.51) (41.21) (41.84) (43.26) (42.76) (42.92) (43.20)				
	6:14.97	6:57.27 7:39.94 8:22.83 9:05.59 9:48.29 10:30.76 11:13.04				
	(42.86)	(42.30) (42.67) (42.89) (42.76) (42.70) (42.47) (42.28)				
	11:55.80	12:38.30 13:20.29 13:58.95				
	(42.76)	(42.50) (41.99) (38.66)				
2:30.36Y	F # 15A	Female 13-14 200 Free	LY-VA	21	---	7.54
	33.67	1:11.81 1:51.08 2:30.36				
	(33.67)	(38.14) (39.27) (39.28)				
36.17Y	F # 17A	Female 13-14 50 Fly	LY-VA	20	---	-2.95
1:23.21Y	F # 21A	Female 13-14 100 Back	LY-VA	27	---	4.28
	40.21	1:23.21				
	(40.21)	(43.00)				
6:17.84Y	F # 27A	Female 13-14 400 IM	LY-VA	5	---	-0.72
	40.14	1:29.62 2:17.84 3:06.84 4:02.60 5:00.24 5:39.11 6:17.84				
	(40.14)	(49.48) (48.22) (49.00) (55.76) (57.64) (38.87) (38.73)				
3:02.83Y	F # 67A	Female 13-14 200 IM	LY-VA	16	---	8.15
	39.57	1:27.67 2:24.54 3:02.83				
	(39.57)	(48.10) (56.87) (38.29)				
1:07.76Y	F # 69A	Female 13-14 100 Free	LY-VA	15	---	4.77
	32.56	1:07.76				
	(32.56)	(35.20)				
1:29.10Y	F # 73A	Female 13-14 100 Fly	LY-VA	8	---	4.01
	39.84	1:29.10				
	(39.84)	(49.26)				
38.50Y	F # 77A	Female 13-14 50 Back	LY-VA	15	---	1.11
Ruby Duis (17) F						
26.38Y	F # 5B	Female 15 & Over 50 Free	LY-VA	4	---	1.26

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Tammy Eakkhattiyakorn (11) F											
3:02.07Y	F # 1	Female	11-12	200 IM	LY-VA				8	---	0.43
	44.25	1:29.85	2:22.57	3:02.07							
	(44.25)	(45.60)	(52.72)	(39.50)							
7:07.04Y	F # 7C	Female	11-12	500 Free	LY-VA				5	---	-10.63
	37.36	1:20.76	2:04.04	2:48.22	3:32.48	4:15.24	5:00.52	5:44.08			
	(37.36)	(43.40)	(43.28)	(44.18)	(44.26)	(42.76)	(45.28)	(43.56)			
	6:27.46	7:07.04									
	(43.38)	(39.58)									
1:13.27Y	F # 37	Female	11-12	100 Free	LY-VA				13	---	1.33
	36.03	1:13.27									
	(36.03)	(37.24)									
1:39.48Y	F # 49	Female	11-12	100 Breast	LY-VA				6	---	5.27
	47.51	1:39.48									
	(47.51)	(51.97)									
42.95Y	F # 53	Female	11-12	50 Fly	LY-VA				20	---	2.80
1:25.54Y	F # 57	Female	11-12	100 IM	LY-VA				12	---	3.49
	42.42	1:25.54									
	(42.42)	(43.12)									
2:33.21Y	F # 89	Female	11-12	200 Free	LY-VA				6	---	2.38
	34.53	1:13.89	1:54.95	2:33.21							
	(34.53)	(39.36)	(41.06)	(38.26)							
44.63Y DQ	F # 95	Female	11-12	50 Breast	LY-VA				---	---	---
33.26Y	F # 103	Female	11-12	50 Free	LY-VA				10	---	0.66
1:25.53Y	F # 107	Female	11-12	100 Back	LY-VA				14	---	-6.52
	41.83	1:25.53									
	(41.83)	(43.70)									

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Tyler Eakkhattiyakorn (13) M						
28.91Y	F # 6A	Male 13-14 50 Free	LY-VA	17	---	-0.04
12:54.86Y	F # 10B	Male 13-14 1000 Free	LY-VA	11	---	---
	34.01	1:11.69 1:49.62 2:29.30 3:08.00 3:47.63 4:28.23 5:07.67				
	(34.01)	(37.68) (37.93) (39.68) (38.70) (39.63) (40.60) (39.44)				
	5:47.37	6:26.88 7:06.58 7:46.00 8:25.43 9:05.09 9:44.26 10:23.83				
	(39.70)	(39.51) (39.70) (39.42) (39.43) (39.66) (39.17) (39.57)				
	11:04.06	11:42.07 12:20.30 12:54.86				
	(40.23)	(38.01) (38.23) (34.56)				
1:16.45Y	F # 20A	Male 13-14 100 Breast	LY-VA	7	---	4.93
	36.94	1:16.45				
	(36.94)	(39.51)				
1:13.49Y	F # 22A	Male 13-14 100 Back	LY-VA	12	---	-0.77
	37.13	1:13.49				
	(37.13)	(36.36)				
34.53Y	F # 26A	Male 13-14 50 Breast	LY-VA	9	---	-0.34
5:43.63Y	F # 28A	Male 13-14 400 IM	LY-VA	10	---	0.56
	39.87	1:27.72 2:10.45 2:54.87 3:39.04 4:24.36 5:05.86 5:43.63				
	(39.87)	(47.85) (42.73) (44.42) (44.17) (45.32) (41.50) (37.77)				
2:35.87Y	F # 68A	Male 13-14 200 IM	LY-VA	11	---	1.38
	37.99	1:19.68 2:00.96 2:35.87				
	(37.99)	(41.69) (41.28) (34.91)				
1:04.37Y	F # 70A	Male 13-14 100 Free	LY-VA	17	---	1.53
	31.52	1:04.37				
	(31.52)	(32.85)				
2:45.15Y	F # 76A	Male 13-14 200 Breast	LY-VA	4	---	9.18
	37.72	1:20.88 2:04.16 2:45.15				
	(37.72)	(43.16) (43.28) (40.99)				
6:26.38Y	F # 80A	Male 13-14 500 Free	LY-VA	8	---	3.10
	35.09	1:12.25 1:52.17 2:31.95 3:12.27 3:51.37 4:31.48 5:11.62				
	(35.09)	(37.16) (39.92) (39.78) (40.32) (39.10) (40.11) (40.14)				
	5:49.82	6:26.38				
	(38.20)	(36.56)				
Jacob Eaton (7) M						
30.22Y	F # 36	Male 8 & Under 25 Free	LY-VA	14	---	-3.71
48.87Y	F # 44	Male 8 & Under 25 Breast	LY-VA	14	---	---
1:34.84Y	F # 48A	Male 8 & Under 50 Back	LY-VA	19	---	---
42.29Y	F # 88	Male 8 & Under 25 Back	LY-VA	18	---	6.13
1:14.76Y	F # 106A	Male 8 & Under 50 Free	LY-VA	16	---	-5.21

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Evy Edwards (11) F						
3:26.95Y	F # 1	Female 11-12 200 IM	LY-VA	12	---	-5.78
	42.72	1:37.62 2:40.39 3:26.95				
	(42.72)	(54.90) (1:02.77) (46.56)				
8:32.35Y	F # 7C	Female 11-12 500 Free	LY-VA	11	---	-31.63
	41.04	1:30.32 2:23.12 3:17.89 4:11.94 5:04.72 6:00.51 6:51.05				
	(41.04)	(49.28) (52.80) (54.77) (54.05) (52.78) (55.79) (50.54)				
	7:42.20	8:32.35				
	(51.15)	(50.15)				
1:20.18Y	F # 37	Female 11-12 100 Free	LY-VA	23	---	-3.51
	36.60	1:20.18				
	(36.60)	(43.58)				
1:46.16Y	F # 49	Female 11-12 100 Breast	LY-VA	9	---	0.94
	50.05	1:46.16				
	(50.05)	(56.11)				
40.65Y	F # 53	Female 11-12 50 Fly	LY-VA	16	---	-0.48
1:38.71Y	F # 57	Female 11-12 100 IM	LY-VA	22	---	4.44
	46.05	1:38.71				
	(46.05)	(52.66)				
48.32Y	F # 95	Female 11-12 50 Breast	LY-VA	16	---	-0.36
37.95Y	F # 103	Female 11-12 50 Free	LY-VA	24	---	3.01
3:48.90Y	F # 111B	Female 11-12 200 Breast	LY-VA	2	---	---
	51.75	1:53.01 2:51.63 3:48.90				
	(51.75)	(1:01.26) (58.62) (57.27)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place			Points	Improv
Josh Edwards (16) M										
25.33Y	F # 6B	Male 15 & Over 50 Free				LY-VA		14	---	1.74
11:49.94Y	F # 10C	Male 15 & Over 1000 Free				LY-VA		10	---	-19.24
	30.42	1:04.53	1:39.94	2:15.52	2:51.03	3:27.33	4:04.03	4:40.48		
	(30.42)	(34.11)	(35.41)	(35.58)	(35.51)	(36.30)	(36.70)	(36.45)		
	5:16.13	5:52.62	6:29.39	7:05.82	7:40.85	8:15.81	8:51.94	9:28.46		
	(35.65)	(36.49)	(36.77)	(36.43)	(35.03)	(34.96)	(36.13)	(36.52)		
	10:04.90	10:41.10	11:16.76	11:49.94						
	(36.44)	(36.20)	(35.66)	(33.18)						
27.27Y	F # 18B	Male 15 & Over 50 Fly				LY-VA		12	---	-6.57
1:12.45Y	F # 20B	Male 15 & Over 100 Breast				LY-VA		26	---	5.19
	33.69	1:12.45								
	(33.69)	(38.76)								
1:09.90Y	F # 22B	Male 15 & Over 100 Back				LY-VA		33	---	8.45
	33.95	1:09.90								
	(33.95)	(35.95)								
32.97Y	F # 26B	Male 15 & Over 50 Breast				LY-VA		12	---	-7.30
2:22.63Y	F # 68B	Male 15 & Over 200 IM				LY-VA		9	---	4.24
	28.42	1:06.76	1:49.02	2:22.63						
	(28.42)	(38.34)	(42.26)	(33.61)						
57.38Y	F # 70B	Male 15 & Over 100 Free				LY-VA		14	---	4.57
	27.30	57.38								
	(27.30)	(30.08)								
1:03.57Y	F # 74B	Male 15 & Over 100 Fly				LY-VA		12	---	4.27
	29.07	1:03.57								
	(29.07)	(34.50)								
31.33Y	F # 78B	Male 15 & Over 50 Back				LY-VA		8	---	-8.50

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Sam Edwards (14) M						
26.59Y	F # 6A	Male 13-14 50 Free	LY-VA	10	---	0.91
11:16.24Y	F # 10B	Male 13-14 1000 Free	LY-VA	3	---	26.36
	29.11	1:01.73 1:35.10 2:08.90	2:42.51 3:16.24	3:50.51 4:25.04		
	(29.11)	(32.62) (33.37) (33.80)	(33.61) (33.73)	(34.27) (34.53)		
	4:59.32	5:34.06 6:08.90 6:44.17	7:19.11 7:53.66	8:28.03 9:02.52		
	(34.28)	(34.74) (34.84) (35.27)	(34.94) (34.55)	(34.37) (34.49)		
	9:36.94	10:10.56 10:44.43 11:16.24				
	(34.42)	(33.62) (33.87) (31.81)				
29.37Y	F # 14	200 Medley Relay Lead Off	LY-VA	---	---	-0.02
2:07.90Y	F # 16A	Male 13-14 200 Free	LY-VA	10	---	10.67
	28.32	1:00.51 1:34.62 2:07.90				
	(28.32)	(32.19) (34.11) (33.28)				
30.06Y	F # 18A	Male 13-14 50 Fly	LY-VA	12	---	-2.90
1:05.13Y	F # 22A	Male 13-14 100 Back	LY-VA	4	---	4.22
	31.18	1:05.13				
	(31.18)	(33.95)				
2:26.45Y	F # 24A	Male 13-14 200 Fly	LY-VA	5	---	-1.74
	32.97	1:08.76 1:47.91 2:26.45				
	(32.97)	(35.79) (39.15) (38.54)				
57.81Y	F # 70A	Male 13-14 100 Free	LY-VA	7	---	1.79
	27.60	57.81				
	(27.60)	(30.21)				
2:17.74Y	F # 72A	Male 13-14 200 Back	LY-VA	3	---	6.38
	31.63	1:06.70 1:42.31 2:17.74				
	(31.63)	(35.07) (35.61) (35.43)				
29.95Y	F # 78A	Male 13-14 50 Back	LY-VA	6	---	0.56
5:27.76Y	F # 80A	Male 13-14 500 Free	LY-VA	5	---	9.56
	29.05	1:01.43 1:34.31 2:07.93	2:41.49 3:15.30	3:49.04 4:22.96		
	(29.05)	(32.38) (32.88) (33.62)	(33.56) (33.81)	(33.74) (33.92)		
	4:56.62	5:27.76				
	(33.66)	(31.14)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Frances Fenton (17) F						
26.06Y	F # 5B	Female 15 & Over 50 Free	LY-VA	2	---	1.67
2:07.06Y	F # 15B	Female 15 & Over 200 Free	LY-VA	6	---	9.05
	28.12	59.70 1:32.86 2:07.06				
	(28.12)	(31.58) (33.16) (34.20)				
1:11.58Y	F # 19B	Female 15 & Over 100 Breast	LY-VA	4	---	5.29
	33.92	1:11.58				
	(33.92)	(37.66)				
33.31Y	F # 25B	Female 15 & Over 50 Breast	LY-VA	1	---	-1.07
2:25.59Y	F # 67B	Female 15 & Over 200 IM	LY-VA	2	---	9.31
	30.81	1:10.57 1:50.92 2:25.59				
	(30.81)	(39.76) (40.35) (34.67)				
56.72Y	F # 69B	Female 15 & Over 100 Free	LY-VA	1	---	3.57
	27.29	56.72				
	(27.29)	(29.43)				
2:43.14Y	F # 75B	Female 15 & Over 200 Breast	LY-VA	2	---	17.43
	36.34	1:17.76 2:00.42 2:43.14				
	(36.34)	(41.42) (42.66) (42.72)				
Eli Fleenor (15) M						
25.72Y	F # 6B	Male 15 & Over 50 Free	LY-VA	15	---	-1.15
2:20.24Y	F # 16B	Male 15 & Over 200 Free	LY-VA	31	---	1.79
	31.49	1:07.92 1:46.07 2:20.24				
	(31.49)	(36.43) (38.15) (34.17)				
1:31.21Y	F # 20B	Male 15 & Over 100 Breast	LY-VA	31	---	4.59
	42.55	1:31.21				
	(42.55)	(48.66)				
37.39Y	F # 26B	Male 15 & Over 50 Breast	LY-VA	17	---	---
1:00.40Y	F # 70B	Male 15 & Over 100 Free	LY-VA	19	---	---
	28.24	1:00.40				
	(28.24)	(32.16)				
3:16.73Y	F # 76B	Male 15 & Over 200 Breast	LY-VA	6	---	9.50
	43.56	1:34.31 2:24.82 3:16.73				
	(43.56)	(50.75) (50.51) (51.91)				
37.95Y	F # 78B	Male 15 & Over 50 Back	LY-VA	11	---	-25.34

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Evan Fong (15) M						
24.48Y	F # 6B	Male 15 & Over 50 Free	LY-VA	9	---	-0.52
11:27.47Y	F # 10C	Male 15 & Over 1000 Free	LY-VA	9	---	-65.49
	30.99	1:05.13 1:40.34 2:14.54	2:49.42	3:24.51	3:58.58	4:33.19
	(30.99)	(34.14) (35.21) (34.20)	(34.88)	(35.09)	(34.07)	(34.61)
	5:07.70	5:42.55 6:17.77 6:52.72	7:28.02	8:03.19	8:37.63	9:12.11
	(34.51)	(34.85) (35.22) (34.95)	(35.30)	(35.17)	(34.44)	(34.48)
	9:46.78	10:21.43 10:55.29 11:27.47				
	(34.67)	(34.65) (33.86) (32.18)				
28.07Y	F # 12	200 Medley Relay Lead Off	LY-VA	---	---	0.14
2:02.42Y	F # 16B	Male 15 & Over 200 Free	LY-VA	23	---	5.57
	27.37	58.13 1:30.19 2:02.42				
	(27.37)	(30.76) (32.06) (32.23)				
1:08.89Y	F # 20B	Male 15 & Over 100 Breast	LY-VA	19	---	2.37
	32.65	1:08.89				
	(32.65)	(36.24)				
1:00.77Y	F # 22B	Male 15 & Over 100 Back	LY-VA	22	---	2.23
	29.50	1:00.77				
	(29.50)	(31.27)				
31.12Y	F # 26B	Male 15 & Over 50 Breast	LY-VA	6	---	---
2:14.57Y	F # 68B	Male 15 & Over 200 IM	LY-VA	6	---	1.89
	27.45	1:01.40 1:41.73 2:14.57				
	(27.45)	(33.95) (40.33) (32.84)				
54.89Y	F # 70B	Male 15 & Over 100 Free	LY-VA	10	---	-0.51
	26.50	54.89				
	(26.50)	(28.39)				
1:00.38Y	F # 74B	Male 15 & Over 100 Fly	LY-VA	10	---	1.36
	28.24	1:00.38				
	(28.24)	(32.14)				
2:34.86Y	F # 76B	Male 15 & Over 200 Breast	LY-VA	4	---	8.97
	33.70	1:13.29 1:54.22 2:34.86				
	(33.70)	(39.59) (40.93) (40.64)				
Zachary Fong (10) M						
NS	F # 4B	Male 9-10 200 IM	LY-VA	---	---	---
NS	F # 8B	Male 9-10 500 Free	LY-VA	---	---	---
Millie Fowler (9) F						
3:16.64Y	F # 91B	Female 9-10 200 Free	LY-VA	11	---	-18.14
	40.70	1:31.93 2:27.46 3:16.64				
	(40.70)	(51.23) (55.53) (49.18)				
1:00.85Y	F # 97B	Female 9-10 50 Breast	LY-VA	13	---	-1.06
39.26Y	F # 105B	Female 9-10 50 Free	LY-VA	15	---	-2.43
1:47.28Y	F # 109B	Female 9-10 100 Back	LY-VA	16	---	---
	50.56	1:47.28				
	(50.56)	(56.72)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Jocelyn French (14) F						
2:39.05Y	F # 15A	Female 13-14 200 Free	LY-VA	25	---	-27.94
	35.97	1:16.54 1:59.77 2:39.05				
	(35.97)	(40.57) (43.23) (39.28)				
1:28.55Y	F # 19A	Female 13-14 100 Breast	LY-VA	11	---	2.56
	41.89	1:28.55				
	(41.89)	(46.66)				
1:28.77Y	F # 21A	Female 13-14 100 Back	LY-VA	30	---	2.88
	---	1:28.77				
	---	(1:28.77)				
39.93Y	F # 25A	Female 13-14 50 Breast	LY-VA	16	---	---
2:58.28Y	F # 67A	Female 13-14 200 IM	LY-VA	15	---	5.58
	38.87	1:27.72 2:18.03 2:58.28				
	(38.87)	(48.85) (50.31) (40.25)				
1:12.95Y	F # 69A	Female 13-14 100 Free	LY-VA	23	---	2.73
	35.82	1:12.95				
	(35.82)	(37.13)				
3:13.07Y	F # 75A	Female 13-14 200 Breast	LY-VA	8	---	3.31
	43.01	1:31.57 2:22.49 3:13.07				
	(43.01)	(48.56) (50.92) (50.58)				
39.48Y	F # 77A	Female 13-14 50 Back	LY-VA	18	---	---
Kensley Gigliotti (10) F						
1:47.80Y	F # 39B	Female 9-10 100 Free	LY-VA	18	---	---
	---	1:47.80				
	---	(1:47.80)				
52.79Y	F # 47B	Female 9-10 50 Back	LY-VA	16	---	2.62
Emma Graterol Quijada (8) F						
25.40Y	F # 35	Female 8 & Under 25 Free	LY-VA	18	---	-1.29
2:09.41Y	F # 39A	Female 8 & Under 100 Free	LY-VA	10	---	---
	58.63	2:09.41				
	(58.63)	(1:10.78)				
37.00Y DQ	F # 43	Female 8 & Under 25 Breast	LY-VA	---	---	---
1:02.04Y	F # 47A	Female 8 & Under 50 Back	LY-VA	14	---	0.79
28.38Y DQ	F # 87	Female 8 & Under 25 Back	LY-VA	---	---	---
32.92Y DQ	F # 93	Female 8 & Under 25 Fly	LY-VA	---	---	---
1:20.00Y DQ	F # 97A	Female 8 & Under 50 Breast	LY-VA	---	---	---
56.83Y	F # 105A	Female 8 & Under 50 Free	LY-VA	13	---	-10.14

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Camille Greenlaw (11) F						
2:59.88Y	F # 1	Female 11-12 200 IM	LY-VA	7	---	-3.61
	42.46	1:26.60 2:20.88 2:59.88				
	(42.46)	(44.14) (54.28) (39.00)				
14:02.76Y	F # 9A	Female 11-12 1000 Free	LY-VA	2	---	---
	36.56	1:18.73 2:01.96 2:44.47 3:28.45 4:11.84 4:54.11 5:34.75				
	(36.56)	(42.17) (43.23) (42.51) (43.98) (43.39) (42.27) (40.64)				
	6:17.78	7:00.61 7:43.31 8:25.08 9:08.68 9:52.16 10:34.95 11:18.03				
	(43.03)	(42.83) (42.70) (41.77) (43.60) (43.48) (42.79) (43.08)				
	12:01.44	12:43.56 13:25.62 14:02.76				
	(43.41)	(42.12) (42.06) (37.14)				
31.08Y	F # 33	200 Free Relay Lead Off	LY-VA	---	---	-0.44
1:08.79Y	F # 37	Female 11-12 100 Free	LY-VA	7	---	0.18
	33.47	1:08.79				
	(33.47)	(35.32)				
36.87Y	F # 45	Female 11-12 50 Back	LY-VA	6	---	0.23
40.12Y	F # 53	Female 11-12 50 Fly	LY-VA	15	---	-2.90
2:52.61Y	F # 61B	Female 11-12 200 Back	LY-VA	4	---	-9.75
	40.61	1:24.86 2:10.10 2:52.61				
	(40.61)	(44.25) (45.24) (42.51)				
2:33.53Y	F # 89	Female 11-12 200 Free	LY-VA	7	---	-7.80
	34.73	1:14.07 1:55.64 2:33.53				
	(34.73)	(39.34) (41.57) (37.89)				
42.42Y	F # 95	Female 11-12 50 Breast	LY-VA	5	---	-2.11
31.13Y	F # 103	Female 11-12 50 Free	LY-VA	6	---	-0.39
1:21.10Y	F # 107	Female 11-12 100 Back	LY-VA	7	---	3.06
	39.85	1:21.10				
	(39.85)	(41.25)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Daniel Gustafson (12) M								
2:35.30Y	F # 2	Male 11-12 200 IM	LY-VA	1	---	-4.72		
	---	---	---	2:35.30				
	---	---	---	(2:35.30)				
6:58.58Y	F # 8C	Male 11-12 500 Free	LY-VA	1	---	-34.82		
	36.09	1:18.30	2:02.02	2:46.40	4:15.72	---	4:58.39	5:41.65
	(36.09)	(42.21)	(43.72)	(44.38)	(1:29.32)	---	(4:58.39)	(43.26)
	6:23.94	6:58.58						
	(42.29)	(34.64)						
35.92Y	F # 46	Male 11-12 50 Back	LY-VA	3	---	-1.11		
1:20.66Y	F # 50	Male 11-12 100 Breast	LY-VA	1	---	5.47		
	37.43	1:20.66						
	(37.43)	(43.23)						
1:10.88Y	F # 58	Male 11-12 100 IM	LY-VA	2	---	-2.21		
	34.42	1:10.88						
	(34.42)	(36.46)						
3:09.47Y	F # 62B	Male 11-12 200 Back	LY-VA	4	---	-10.99		
	46.87	1:36.50	2:26.00	3:09.47				
	(46.87)	(49.63)	(49.50)	(43.47)				
2:30.99Y	F # 90	Male 11-12 200 Free	LY-VA	5	---	-6.37		
	35.64	1:17.08	1:57.11	2:30.99				
	(35.64)	(41.44)	(40.03)	(33.88)				
1:11.85Y	F # 100	Male 11-12 100 Fly	LY-VA	2	---	-4.18		
	34.44	1:11.85						
	(34.44)	(37.41)						
29.07Y	F # 104	Male 11-12 50 Free	LY-VA	3	---	-1.19		
1:30.31Y	F # 108	Male 11-12 100 Back	LY-VA	11	---	7.40		
	44.88	1:30.31						
	(44.88)	(45.43)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Zelynn Gustafson (15) F						
29.60Y	F # 5B	Female 15 & Over 50 Free	LY-VA	10	---	0.23
13:05.63Y	F # 9C	Female 15 & Over 1000 Free	LY-VA	5	---	-102.47
	35.83	1:14.11 1:53.46 2:32.87	3:11.47 3:50.54 4:30.12 5:10.11			
	(35.83)	(38.28) (39.35) (39.41)	(38.60) (39.07) (39.58) (39.99)			
	5:49.78	6:29.90 7:08.58 7:48.61	8:29.28 9:10.18 9:50.22 10:30.34			
	(39.67)	(40.12) (38.68) (40.03)	(40.67) (40.90) (40.04) (40.12)			
	11:11.54	11:50.18 12:29.08 13:05.63				
	(41.20)	(38.64) (38.90) (36.55)				
37.82Y	F # 11	200 Medley Relay Lead Off	LY-VA	---	---	-3.80
2:19.87Y	F # 15B	Female 15 & Over 200 Free	LY-VA	14	---	-0.82
	33.39	1:09.49 1:45.89 2:19.87				
	(33.39)	(36.10) (36.40) (33.98)				
1:31.21Y	F # 19B	Female 15 & Over 100 Breast	LY-VA	18	---	4.19
	43.50	1:31.21				
	(43.50)	(47.71)				
1:21.91Y	F # 21B	Female 15 & Over 100 Back	LY-VA	23	---	2.56
	40.39	1:21.91				
	(40.39)	(41.52)				
41.98Y	F # 25B	Female 15 & Over 50 Breast	LY-VA	7	---	-1.97
2:46.88Y	F # 67B	Female 15 & Over 200 IM	LY-VA	5	---	3.71
	38.03	1:21.34 2:11.77 2:46.88				
	(38.03)	(43.31) (50.43) (35.11)				
1:05.87Y	F # 69B	Female 15 & Over 100 Free	LY-VA	5	---	2.97
	32.22	1:05.87				
	(32.22)	(33.65)				
3:16.32Y	F # 75B	Female 15 & Over 200 Breast	LY-VA	4	---	6.49
	45.76	1:36.51 2:27.12 3:16.32				
	(45.76)	(50.75) (50.61) (49.20)				
39.43Y	F # 77B	Female 15 & Over 50 Back	LY-VA	9	---	-2.19

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Chandler Henry (16) M											
25.09Y	F # 6B	Male 15 & Over 50 Free				LY-VA		12	---	0.54	
11:15.19Y	F # 10C	Male 15 & Over 1000 Free				LY-VA		8	---	---	
	29.96	1:03.55	1:38.56	2:14.04	2:48.87	3:23.86	3:58.60	4:32.99			
	(29.96)	(33.59)	(35.01)	(35.48)	(34.83)	(34.99)	(34.74)	(34.39)			
	5:07.31	5:41.37	6:15.40	6:48.96	7:22.28	7:55.81	8:29.62	9:03.20			
	(34.32)	(34.06)	(34.03)	(33.56)	(33.32)	(33.53)	(33.81)	(33.58)			
	9:37.07	10:10.26	10:43.41	11:15.19							
	(33.87)	(33.19)	(33.15)	(31.78)							
2:03.89Y	F # 16B	Male 15 & Over 200 Free				LY-VA		25	---	5.11	
	27.85	59.49	1:32.37	2:03.89							
	(27.85)	(31.64)	(32.88)	(31.52)							
1:10.81Y	F # 20B	Male 15 & Over 100 Breast				LY-VA		24	---	3.43	
	33.17	1:10.81									
	(33.17)	(37.64)									
32.88Y	F # 26B	Male 15 & Over 50 Breast				LY-VA		11	---	---	
5:01.57Y	F # 28B	Male 15 & Over 400 IM				LY-VA		4	---	10.50	
	31.30	1:10.84	1:49.91	2:29.80	3:11.57	3:52.87	4:28.53	5:01.57			
	(31.30)	(39.54)	(39.07)	(39.89)	(41.77)	(41.30)	(35.66)	(33.04)			
2:16.12Y	F # 68B	Male 15 & Over 200 IM				LY-VA		7	---	-9.78	
	28.47	1:05.16	1:43.94	2:16.12							
	(28.47)	(36.69)	(38.78)	(32.18)							
55.52Y	F # 70B	Male 15 & Over 100 Free				LY-VA		12	---	-0.63	
	26.95	55.52									
	(26.95)	(28.57)									
2:34.01Y	F # 76B	Male 15 & Over 200 Breast				LY-VA		3	---	9.04	
	34.81	1:14.40	1:54.48	2:34.01							
	(34.81)	(39.59)	(40.08)	(39.53)							

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Connor Henry (11) M						
3:16.25Y	F # 2	Male 11-12 200 IM	LY-VA	6	---	0.41
	44.71	1:37.63 2:33.37 3:16.25				
	(44.71)	(52.92) (55.74) (42.88)				
7:35.04Y	F # 8C	Male 11-12 500 Free	LY-VA	3	---	-1.29
	38.83	1:24.78 2:11.28 2:57.74	---	---	5:20.41	---
	(38.83)	(45.95) (46.50) (46.46)	---	---	(5:20.41)	---
	6:52.94	7:35.04				
	(6:52.94)	(42.10)				
1:22.36Y	F # 38	Male 11-12 100 Free	LY-VA	16	---	2.68
	38.27	1:22.36				
	(38.27)	(44.09)				
1:41.91Y	F # 50	Male 11-12 100 Breast	LY-VA	9	---	2.58
	46.79	1:41.91				
	(46.79)	(55.12)				
44.98Y	F # 54	Male 11-12 50 Fly	LY-VA	12	---	-3.15
1:37.55Y	F # 58	Male 11-12 100 IM	LY-VA	16	---	7.88
	48.57	1:37.55				
	(48.57)	(48.98)				
44.56Y	F # 96	Male 11-12 50 Breast	LY-VA	7	---	-1.23
35.25Y	F # 104	Male 11-12 50 Free	LY-VA	13	---	1.86
1:46.62Y	F # 108	Male 11-12 100 Back	LY-VA	16	---	5.49
	52.26	1:46.62				
	(52.26)	(54.36)				
3:27.19Y	F # 112B	Male 11-12 200 Breast	LY-VA	1	---	-1.68
	47.29	1:39.27 2:34.71 3:27.19				
	(47.29)	(51.98) (55.44) (52.48)				
Myer Henry (7) M						
35.28Y	F # 36	Male 8 & Under 25 Free	LY-VA	16	---	0.06
3:41.53Y	F # 40A	Male 8 & Under 100 Free	LY-VA	14	---	33.48
	---	3:41.53				
	---	(3:41.53)				
44.16Y	F # 44	Male 8 & Under 25 Breast	LY-VA	13	---	-12.63
1:27.67Y	F # 48A	Male 8 & Under 50 Back	LY-VA	18	---	---
34.87Y	F # 88	Male 8 & Under 25 Back	LY-VA	16	---	-6.71
38.92Y DQ	F # 94	Male 8 & Under 25 Fly	LY-VA	---	---	---
1:39.83Y DQ	F # 98A	Male 8 & Under 50 Breast	LY-VA	---	---	---
1:23.92Y	F # 106A	Male 8 & Under 50 Free	LY-VA	18	---	8.16

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Trevor Henry (14) M								
29.95Y	F # 6A	Male 13-14 50 Free	LY-VA	18	---	-1.42		
13:19.80Y	F # 10B	Male 13-14 1000 Free	LY-VA	12	---	---		
	35.72	1:16.50	1:57.14	2:37.56	3:17.86	3:58.63	4:39.42	5:19.43
	(35.72)	(40.78)	(40.64)	(40.42)	(40.30)	(40.77)	(40.79)	(40.01)
	6:00.74	6:41.04	7:21.73	8:02.70	8:43.21	9:23.31	10:03.58	10:44.28
	(41.31)	(40.30)	(40.69)	(40.97)	(40.51)	(40.10)	(40.27)	(40.70)
	11:23.43	12:03.14	12:42.92	13:19.80				
	(39.15)	(39.71)	(39.78)	(36.88)				
37.03Y	F # 14	200 Medley Relay Lead Off	LY-VA	---	---	---		
2:28.23Y	F # 16A	Male 13-14 200 Free	LY-VA	21	---	-3.42		
	33.02	1:11.87	1:51.45	2:28.23				
	(33.02)	(38.85)	(39.58)	(36.78)				
1:23.11Y	F # 22A	Male 13-14 100 Back	LY-VA	26	---	-0.11		
	40.15	1:23.11						
	(40.15)	(42.96)						
42.51Y	F # 26A	Male 13-14 50 Breast	LY-VA	20	---	---		
2:50.16Y	F # 68A	Male 13-14 200 IM	LY-VA	13	---	-38.61		
	36.32	1:19.66	2:13.26	2:50.16				
	(36.32)	(43.34)	(53.60)	(36.90)				
1:06.56Y	F # 70A	Male 13-14 100 Free	LY-VA	19	---	-4.84		
	32.02	1:06.56						
	(32.02)	(34.54)						
1:27.15Y	F # 74A	Male 13-14 100 Fly	LY-VA	10	---	3.97		
	40.55	1:27.15						
	(40.55)	(46.60)						
6:29.04Y	F # 80A	Male 13-14 500 Free	LY-VA	9	---	-12.57		
	34.13	1:13.23	1:53.18	2:32.83	3:12.93	3:52.84	4:32.74	5:12.25
	(34.13)	(39.10)	(39.95)	(39.65)	(40.10)	(39.91)	(39.90)	(39.51)
	5:51.87	6:29.04						
	(39.62)	(37.17)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Ty Henry (9) M					
8:46.80Y	F # 8B	Male 9-10 500 Free	LY-VA 12	---	---
	44.60	1:34.98 2:30.32 3:25.88 4:20.45 5:14.69 6:09.26 7:03.16			
	(44.60)	(50.38) (55.34) (55.56) (54.57) (54.24) (54.57) (53.90)			
	7:57.73	8:46.80			
	(54.57)	(49.07)			
1:29.86Y	F # 40B	Male 9-10 100 Free	LY-VA 16	---	-6.56
	40.88	1:29.86			
	(40.88)	(48.98)			
1:56.97Y	F # 52B	Male 9-10 100 Breast	LY-VA 7	---	-5.80
	55.40	1:56.97			
	(55.40)	(1:01.57)			
53.54Y	F # 56B	Male 9-10 50 Fly	LY-VA 15	---	-3.55
1:45.70Y	F # 60B	Male 9-10 100 IM	LY-VA 12	---	-6.73
	52.91	1:45.70			
	(52.91)	(52.79)			
3:19.64Y	F # 92B	Male 9-10 200 Free	LY-VA 12	---	0.48
	42.97	1:36.89 2:29.91 3:19.64			
	(42.97)	(53.92) (53.02) (49.73)			
54.65Y	F # 98B	Male 9-10 50 Breast	LY-VA 13	---	-1.26
39.49Y	F # 106B	Male 9-10 50 Free	LY-VA 17	---	-0.38
1:46.62Y	F # 110B	Male 9-10 100 Back	LY-VA 16	---	-19.66
	52.04	1:46.62			
	(52.04)	(54.58)			
Margaret Herman (7) F					
25.32Y	F # 35	Female 8 & Under 25 Free	LY-VA 17	---	---
2:21.69Y	F # 39A	Female 8 & Under 100 Free	LY-VA 11	---	6.69
	---	2:21.69			
	---	(2:21.69)			
35.38Y	F # 43	Female 8 & Under 25 Breast	LY-VA 12	---	---
1:21.04Y	F # 47A	Female 8 & Under 50 Back	LY-VA 19	---	---
36.76Y	F # 87	Female 8 & Under 25 Back	LY-VA 14	---	---
31.86Y	F # 93	Female 8 & Under 25 Fly	LY-VA 8	---	---
1:20.66Y	F # 97A	Female 8 & Under 50 Breast	LY-VA 7	---	---
1:00.44Y	F # 105A	Female 8 & Under 50 Free	LY-VA 16	---	-5.79

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Nathaniel Herman (8) M					
43.74Y	F # 30	100 Free Relay Lead Off	LY-VA	---	---
20.13Y	F # 36	Male 8 & Under 25 Free	LY-VA	---	---
37.37Y	F # 44	Male 8 & Under 25 Breast	LY-VA	---	---
57.14Y	F # 48A	Male 8 & Under 50 Back	LY-VA	---	-4.00
2:04.70Y	F # 60A	Male 8 & Under 100 IM	LY-VA	---	---
	55.73 2:04.70				
	(55.73) (1:08.97)				
23.56Y	F # 88	Male 8 & Under 25 Back	LY-VA	---	---
26.46Y	F # 94	Male 8 & Under 25 Fly	LY-VA	---	---
44.69Y	F # 106A	Male 8 & Under 50 Free	LY-VA	---	-5.17
2:03.87Y	F # 110A	Male 8 & Under 100 Back	LY-VA	---	---
	58.90 2:03.87				
	(58.90) (1:04.97)				
Ellington Hermosa (13) F					
29.82Y	F # 5A	Female 13-14 50 Free	LY-VA	---	-1.39
13:54.77Y	F # 9B	Female 13-14 1000 Free	LY-VA	---	---
	34.19 1:13.84 1:55.38 2:37.29 3:20.32 4:03.17 4:46.30 5:29.30				
	(34.19) (39.65) (41.54) (41.91) (43.03) (42.85) (43.13) (43.00)				
	6:11.73 6:55.05 7:37.67 8:20.33 9:03.06 9:45.48 10:27.78 11:10.54				
	(42.43) (43.32) (42.62) (42.66) (42.73) (42.42) (42.30) (42.76)				
	11:52.80 12:34.63 13:16.72 13:54.77				
	(42.26) (41.83) (42.09) (38.05)				
Sebastian Hermosa (14) M					
26.23Y	F # 6A	Male 13-14 50 Free	LY-VA	---	---
14:01.63Y	F # 10B	Male 13-14 1000 Free	LY-VA	---	---
	30.93 1:07.24 1:45.77 2:25.03 3:06.17 3:48.30 4:31.89 5:15.28				
	(30.93) (36.31) (38.53) (39.26) (41.14) (42.13) (43.59) (43.39)				
	5:59.01 6:42.69 7:26.69 8:11.39 8:55.87 9:40.67 10:25.73 11:10.67				
	(43.73) (43.68) (44.00) (44.70) (44.48) (44.80) (45.06) (44.94)				
	11:54.71 12:39.29 13:21.47 14:01.63				
	(44.04) (44.58) (42.18) (40.16)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Carson Hill (10) M						
4:06.41Y	F # 4B	Male 9-10 200 IM	LY-VA	10	---	---
	1:01.45	2:02.84 3:14.97 4:06.41				
	(1:01.45)	(1:01.39) (1:12.13) (51.44)				
1:45.47Y	F # 40B	Male 9-10 100 Free	LY-VA	27	---	12.65
	46.57	1:45.47				
	(46.57)	(58.90)				
53.86Y	F # 48B	Male 9-10 50 Back	LY-VA	23	---	-0.96
2:06.79Y	F # 52B	Male 9-10 100 Breast	LY-VA	8	---	-10.46
	59.96	2:06.79				
	(59.96)	(1:06.83)				
1:59.32Y	F # 60B	Male 9-10 100 IM	LY-VA	17	---	11.71
	53.88	1:59.32				
	(53.88)	(1:05.44)				
3:39.62Y	F # 92B	Male 9-10 200 Free	LY-VA	17	---	-6.25
	46.33	1:41.80 2:44.79 3:39.62				
	(46.33)	(55.47) (1:02.99) (54.83)				
1:00.48Y	F # 98B	Male 9-10 50 Breast	LY-VA	19	---	1.63
41.25Y	F # 106B	Male 9-10 50 Free	LY-VA	18	---	2.13
1:53.32Y	F # 110B	Male 9-10 100 Back	LY-VA	17	---	4.77
	54.05	1:53.32				
	(54.05)	(59.27)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards
Location: lamerson YMCA

Time	F/P/S	Event				Place		Points	Improv	
Sydney Hill (14) F										
28.33Y	F # 5A	Female 13-14 50 Free				LY-VA		7	---	-0.72
13:33.86Y	F # 9B	Female 13-14 1000 Free				LY-VA		6	---	8.17
	37.36	1:17.89	1:58.63	2:39.93	3:21.02	4:02.10	4:43.33	5:24.93		
	(37.36)	(40.53)	(40.74)	(41.30)	(41.09)	(41.08)	(41.23)	(41.60)		
	6:06.92	6:48.88	7:30.98	8:12.35	8:54.08	9:35.58	10:17.39	10:58.51		
	(41.99)	(41.96)	(42.10)	(41.37)	(41.73)	(41.50)	(41.81)	(41.12)		
	11:39.43	12:19.69	12:58.42	13:33.86						
	(40.92)	(40.26)	(38.73)	(35.44)						
34.69Y	F # 13	200 Medley Relay Lead Off				LY-VA		---	---	1.20
2:25.13Y	F # 15A	Female 13-14 200 Free				LY-VA		17	---	5.92
	33.82	1:11.81	1:50.85	2:25.13						
	(33.82)	(37.99)	(39.04)	(34.28)						
1:13.50Y	F # 21A	Female 13-14 100 Back				LY-VA		15	---	1.90
	37.26	1:13.50								
	(37.26)	(36.24)								
39.86Y	F # 25A	Female 13-14 50 Breast				LY-VA		15	---	-3.41
6:02.23Y	F # 27A	Female 13-14 400 IM				LY-VA		4	---	5.84
	39.21	1:26.70	2:11.16	2:53.57	3:47.40	4:41.68	5:24.43	6:02.23		
	(39.21)	(47.49)	(44.46)	(42.41)	(53.83)	(54.28)	(42.75)	(37.80)		
2:44.28Y	F # 67A	Female 13-14 200 IM				LY-VA		8	---	3.45
	36.78	1:17.34	2:08.39	2:44.28						
	(36.78)	(40.56)	(51.05)	(35.89)						
1:02.95Y	F # 69A	Female 13-14 100 Free				LY-VA		8	---	2.22
	31.26	1:02.95								
	(31.26)	(31.69)								
33.93Y	F # 77A	Female 13-14 50 Back				LY-VA		6	---	0.44
6:34.36Y	F # 79A	Female 13-14 500 Free				LY-VA		5	---	11.50
	36.07	1:15.57	1:55.95	2:36.13	3:15.87	3:56.00	4:36.24	5:17.68		
	(36.07)	(39.50)	(40.38)	(40.18)	(39.74)	(40.13)	(40.24)	(41.44)		
	5:57.58	6:34.36								
	(39.90)	(36.78)								

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place			Points	Improv
Davis Hottle (17) M										
23.55Y	F # 6B	Male 15 & Over 50 Free				LY-VA		7	---	0.97
10:37.08Y	F # 10C	Male 15 & Over 1000 Free				LY-VA		4	---	-3.30
	27.80	59.23	1:30.90	2:03.16	2:35.33	3:08.25	3:40.70	4:13.30		
	(27.80)	(31.43)	(31.67)	(32.26)	(32.17)	(32.92)	(32.45)	(32.60)		
	4:45.60	5:18.27	5:51.06	6:23.91	6:56.33	7:28.09	8:00.03	8:31.60		
	(32.30)	(32.67)	(32.79)	(32.85)	(32.42)	(31.76)	(31.94)	(31.57)		
	9:03.25	9:35.22	10:06.60	10:37.08						
	(31.65)	(31.97)	(31.38)	(30.48)						
26.40Y	F # 12	200 Medley Relay Lead Off				LY-VA		---	---	0.31
1:51.22Y	F # 16B	Male 15 & Over 200 Free				LY-VA		6	---	5.46
	25.61	53.83	1:22.70	1:51.22						
	(25.61)	(28.22)	(28.87)	(28.52)						
24.84Y	F # 18B	Male 15 & Over 50 Fly				LY-VA		4	---	-2.03
56.44Y	F # 22B	Male 15 & Over 100 Back				LY-VA		7	---	2.39
	27.63	56.44								
	(27.63)	(28.81)								
2:20.29Y	F # 24B	Male 15 & Over 200 Fly				LY-VA		11	---	15.57
	30.76	1:05.64	1:43.13	2:20.29						
	(30.76)	(34.88)	(37.49)	(37.16)						
50.10Y	F # 70B	Male 15 & Over 100 Free				LY-VA		3	---	1.87
	24.27	50.10								
	(24.27)	(25.83)								
2:01.26Y	F # 72B	Male 15 & Over 200 Back				LY-VA		1	---	4.54
	28.79	59.32	1:30.38	2:01.26						
	(28.79)	(30.53)	(31.06)	(30.88)						
56.97Y	F # 74B	Male 15 & Over 100 Fly				LY-VA		5	---	4.78
	26.55	56.97								
	(26.55)	(30.42)								
26.53Y	F # 78B	Male 15 & Over 50 Back				LY-VA		2	---	0.44

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv	
Luke Hottle (15) M												
22.58Y	F # 6B	Male 15 & Over 50 Free				LY-VA				2	---	0.76
10:15.94Y	F # 10C	Male 15 & Over 1000 Free				LY-VA				3	---	25.13
	27.24	57.56	1:28.30	1:59.08	2:29.88	3:00.73	3:32.02	4:02.86				
	(27.24)	(30.32)	(30.74)	(30.78)	(30.80)	(30.85)	(31.29)	(30.84)				
	4:33.35	5:04.63	5:36.11	6:07.37	6:38.85	7:10.21	7:41.16	8:12.58				
	(30.49)	(31.28)	(31.48)	(31.26)	(31.48)	(31.36)	(30.95)	(31.42)				
	8:43.82	9:15.28	9:46.08	10:15.94								
	(31.24)	(31.46)	(30.80)	(29.86)								
1:03.70Y	F # 20B	Male 15 & Over 100 Breast				LY-VA				7	---	4.05
	29.84	1:03.70										
	(29.84)	(33.86)										
2:07.45Y	F # 24B	Male 15 & Over 200 Fly				LY-VA				4	---	9.29
	28.61	1:01.45	1:35.00	2:07.45								
	(28.61)	(32.84)	(33.55)	(32.45)								
28.81Y	F # 26B	Male 15 & Over 50 Breast				LY-VA				2	---	-2.57
4:21.22Y	F # 28B	Male 15 & Over 400 IM				LY-VA				1	---	13.52
	27.78	1:00.24	1:35.11	2:09.06	2:45.26	3:21.82	3:52.75	4:21.22				
	(27.78)	(32.46)	(34.87)	(33.95)	(36.20)	(36.56)	(30.93)	(28.47)				
2:01.39Y	F # 68B	Male 15 & Over 200 IM				LY-VA				1	---	6.60
	26.09	57.83	1:33.11	2:01.39								
	(26.09)	(31.74)	(35.28)	(28.28)								
2:06.02Y	F # 72B	Male 15 & Over 200 Back				LY-VA				3	---	4.91
	30.19	1:02.05	1:34.38	2:06.02								
	(30.19)	(31.86)	(32.33)	(31.64)								
55.60Y	F # 74B	Male 15 & Over 100 Fly				LY-VA				4	---	3.17
	26.61	55.60										
	(26.61)	(28.99)										
2:19.52Y	F # 76B	Male 15 & Over 200 Breast				LY-VA				2	---	9.67
	31.44	1:07.72	1:43.88	2:19.52								
	(31.44)	(36.28)	(36.16)	(35.64)								
Maisey Hunt (11) F												
NS	F # 37	Female 11-12 100 Free				LY-VA				---	---	---
NS	F # 45	Female 11-12 50 Back				LY-VA				---	---	---
NS	F # 53	Female 11-12 50 Fly				LY-VA				---	---	---
NS	F # 57	Female 11-12 100 IM				LY-VA				---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Jaewon Hur (11) M						
37.16Y	F # 34	200 Free Relay Lead Off	LY-VA	---	---	1.81
1:24.29Y	F # 38	Male 11-12 100 Free	LY-VA	18	---	-0.90
	39.44	1:24.29				
	(39.44)	(44.85)				
1:43.31Y	F # 50	Male 11-12 100 Breast	LY-VA	10	---	1.46
	49.30	1:43.31				
	(49.30)	(54.01)				
51.98Y	F # 54	Male 11-12 50 Fly	LY-VA	15	---	-0.39
1:42.81Y	F # 58	Male 11-12 100 IM	LY-VA	17	---	-3.98
	51.06	1:42.81				
	(51.06)	(51.75)				
3:04.23Y	F # 90	Male 11-12 200 Free	LY-VA	11	---	-8.43
	37.26	1:23.32 2:14.63 3:04.23				
	(37.26)	(46.06) (51.31) (49.60)				
46.21Y	F # 96	Male 11-12 50 Breast	LY-VA	12	---	-1.76
36.50Y	F # 104	Male 11-12 50 Free	LY-VA	17	---	1.15
1:43.31Y	F # 108	Male 11-12 100 Back	LY-VA	14	---	-10.94
	47.78	1:43.31				
	(47.78)	(55.53)				
Lucas Jewett (10) M						
1:45.20Y	F # 40B	Male 9-10 100 Free	LY-VA	26	---	-8.94
	48.99	1:45.20				
	(48.99)	(56.21)				
52.88Y	F # 48B	Male 9-10 50 Back	LY-VA	22	---	-7.50
56.73Y	F # 56B	Male 9-10 50 Fly	LY-VA	17	---	---
1:58.66Y DQ	F # 60B	Male 9-10 100 IM	LY-VA	---	---	---
	57.38	1:58.66				
	(57.38)	(1:01.28)				
NS	F # 92B	Male 9-10 200 Free	LY-VA	---	---	---
NS	F # 98B	Male 9-10 50 Breast	LY-VA	---	---	---
NS	F # 106B	Male 9-10 50 Free	LY-VA	---	---	---
NS	F # 110B	Male 9-10 100 Back	LY-VA	---	---	---

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Tripp Kastroll (11) M						
1:27.28Y	F # 38	Male 11-12 100 Free	LY-VA	22	---	-18.37
	41.29	1:27.28				
	(41.29)	(45.99)				
1:51.74Y	F # 50	Male 11-12 100 Breast	LY-VA	12	---	-9.40
	52.91	1:51.74				
	(52.91)	(58.83)				
53.52Y	F # 54	Male 11-12 50 Fly	LY-VA	16	---	---
1:49.04Y DQ	F # 58	Male 11-12 100 IM	LY-VA	---	---	---
	53.94	1:49.04				
	(53.94)	(55.10)				
3:24.30Y	F # 90	Male 11-12 200 Free	LY-VA	16	---	-24.89
	44.67	1:37.17 2:30.54 3:24.30				
	(44.67)	(52.50) (53.37) (53.76)				
51.45Y	F # 96	Male 11-12 50 Breast	LY-VA	15	---	-4.26
42.15Y	F # 104	Male 11-12 50 Free	LY-VA	23	---	0.66
4:06.43Y	F # 112B	Male 11-12 200 Breast	LY-VA	4	---	---
	53.02	--- 3:03.33 4:06.43				
	(53.02)	--- (3:03.33) (1:03.10)				
Lana Keith (11) F						
2:54.52Y	F # 1	Female 11-12 200 IM	LY-VA	6	---	-20.45
	40.70	1:25.24 2:16.48 2:54.52				
	(40.70)	(44.54) (51.24) (38.04)				
1:08.15Y	F # 37	Female 11-12 100 Free	LY-VA	6	---	-1.14
	32.29	1:08.15				
	(32.29)	(35.86)				
39.48Y	F # 45	Female 11-12 50 Back	LY-VA	14	---	0.74
39.52Y	F # 53	Female 11-12 50 Fly	LY-VA	13	---	-0.07
1:22.80Y	F # 57	Female 11-12 100 IM	LY-VA	8	---	0.30
	40.01	1:22.80				
	(40.01)	(42.79)				
2:37.40Y	F # 89	Female 11-12 200 Free	LY-VA	9	---	-20.31
	34.37	1:14.51 1:57.56 2:37.40				
	(34.37)	(40.14) (43.05) (39.84)				
44.27Y	F # 95	Female 11-12 50 Breast	LY-VA	9	---	-6.02
1:30.86Y	F # 99	Female 11-12 100 Fly	LY-VA	7	---	-12.48
	40.98	1:30.86				
	(40.98)	(49.88)				
1:24.44Y	F # 107	Female 11-12 100 Back	LY-VA	12	---	-11.33
	41.24	1:24.44				
	(41.24)	(43.20)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Eva Kendall (13) F						
31.33Y	F # 5A	Female 13-14 50 Free	LY-VA	18	---	-1.04
37.65Y	F # 13	200 Medley Relay Lead Off	LY-VA	---	---	-3.31
2:37.37Y	F # 15A	Female 13-14 200 Free	LY-VA	23	---	4.48
	36.08	1:17.10 1:57.42 2:37.37				
	(36.08)	(41.02) (40.32) (39.95)				
1:31.67Y	F # 19A	Female 13-14 100 Breast	LY-VA	15	---	1.36
	44.69	1:31.67				
	(44.69)	(46.98)				
1:22.49Y	F # 21A	Female 13-14 100 Back	LY-VA	26	---	0.62
	40.40	1:22.49				
	(40.40)	(42.09)				
42.42Y	F # 25A	Female 13-14 50 Breast	LY-VA	20	---	-6.22
2:56.11Y	F # 67A	Female 13-14 200 IM	LY-VA	14	---	-5.04
	39.51	1:25.95 2:17.31 2:56.11				
	(39.51)	(46.44) (51.36) (38.80)				
1:10.94Y	F # 69A	Female 13-14 100 Free	LY-VA	19	---	0.04
	34.08	1:10.94				
	(34.08)	(36.86)				
3:16.01Y	F # 75A	Female 13-14 200 Breast	LY-VA	9	---	3.79
	45.04	1:36.71 2:27.61 3:16.01				
	(45.04)	(51.67) (50.90) (48.40)				
37.77Y	F # 77A	Female 13-14 50 Back	LY-VA	14	---	-3.19
Phillip Kendall (11) M						
1:26.59Y	F # 38	Male 11-12 100 Free	LY-VA	20	---	-2.95
	41.95	1:26.59				
	(41.95)	(44.64)				
43.25Y	F # 46	Male 11-12 50 Back	LY-VA	12	---	0.31
2:03.48Y	F # 50	Male 11-12 100 Breast	LY-VA	13	---	2.40
	59.13	2:03.48				
	(59.13)	(1:04.35)				
1:44.42Y	F # 58	Male 11-12 100 IM	LY-VA	18	---	2.11
	49.31	1:44.42				
	(49.31)	(55.11)				
3:15.52Y	F # 90	Male 11-12 200 Free	LY-VA	13	---	1.52
	44.46	1:35.09 --- 3:15.52				
	(44.46)	(50.63) --- (3:15.52)				
57.09Y	F # 96	Male 11-12 50 Breast	LY-VA	17	---	1.16
40.16Y	F # 104	Male 11-12 50 Free	LY-VA	22	---	1.89
1:41.31Y	F # 108	Male 11-12 100 Back	LY-VA	13	---	0.31
	48.68	1:41.31				
	(48.68)	(52.63)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Kathleen King (14) F						
27.94Y	F # 5A	Female 13-14 50 Free	LY-VA	5	---	1.79
32.77Y	F # 13	200 Medley Relay Lead Off	LY-VA	---	---	1.83
2:19.15Y	F # 15A	Female 13-14 200 Free	LY-VA	12	---	13.77
	32.39	1:08.21 1:44.38 2:19.15				
	(32.39)	(35.82) (36.17) (34.77)				
31.68Y	F # 17A	Female 13-14 50 Fly	LY-VA	9	---	-0.46
1:12.53Y	F # 21A	Female 13-14 100 Back	LY-VA	13	---	8.09
	35.03	1:12.53				
	(35.03)	(37.50)				
2:40.73Y	F # 23A	Female 13-14 200 Fly	LY-VA	3	---	-5.95
	34.77	1:14.98 1:58.21 2:40.73				
	(34.77)	(40.21) (43.23) (42.52)				
1:01.19Y	F # 69A	Female 13-14 100 Free	LY-VA	4	---	3.74
	29.65	1:01.19				
	(29.65)	(31.54)				
2:27.30Y	F # 71A	Female 13-14 200 Back	LY-VA	4	---	5.44
	34.62	1:12.16 1:50.36 2:27.30				
	(34.62)	(37.54) (38.20) (36.94)				
1:10.63Y	F # 73A	Female 13-14 100 Fly	LY-VA	4	---	0.61
	32.69	1:10.63				
	(32.69)	(37.94)				
32.01Y	F # 77A	Female 13-14 50 Back	LY-VA	3	---	1.07

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Ava Kirby (17) F						
31.75Y	F # 5B	Female 15 & Over 50 Free	LY-VA	11	---	2.40
13:53.97Y	F # 9C	Female 15 & Over 1000 Free	LY-VA	6	---	29.93
	37.09	1:18.05 1:59.62 2:41.92	3:24.52 4:06.58 4:48.93	5:31.50		
	(37.09)	(40.96) (41.57) (42.30)	(42.60) (42.06) (42.35)	(42.57)		
	6:13.75	6:56.21 7:38.54 8:21.11	9:03.54 9:45.81 10:27.58	11:09.14		
	(42.25)	(42.46) (42.33) (42.57)	(42.43) (42.27) (41.77)	(41.56)		
	11:50.51	12:32.35 13:14.01 13:53.97				
	(41.37)	(41.84) (41.66) (39.96)				
2:33.25Y	F # 15B	Female 15 & Over 200 Free	LY-VA	18	---	14.03
	34.66	1:13.08 1:53.55 2:33.25				
	(34.66)	(38.42) (40.47) (39.70)				
1:33.54Y	F # 19B	Female 15 & Over 100 Breast	LY-VA	20	---	10.74
	---	1:33.54				
	---	(1:33.54)				
1:25.14Y	F # 21B	Female 15 & Over 100 Back	LY-VA	24	---	9.16
	41.79	1:25.14				
	(41.79)	(43.35)				
41.72Y	F # 25B	Female 15 & Over 50 Breast	LY-VA	6	---	-10.75
1:10.76Y	F # 69B	Female 15 & Over 100 Free	LY-VA	7	---	5.50
	33.85	1:10.76				
	(33.85)	(36.91)				
3:17.77Y	F # 75B	Female 15 & Over 200 Breast	LY-VA	5	---	23.44
	43.93	1:33.15 2:24.98 3:17.77				
	(43.93)	(49.22) (51.83) (52.79)				
39.15Y	F # 77B	Female 15 & Over 50 Back	LY-VA	8	---	-8.22
6:47.52Y	F # 79B	Female 15 & Over 500 Free	LY-VA	2	---	37.74
	36.56	1:17.49 1:59.13 2:40.38	3:21.95 4:03.66 4:45.34	5:27.06		
	(36.56)	(40.93) (41.64) (41.25)	(41.57) (41.71) (41.68)	(41.72)		
	6:08.30	6:47.52				
	(41.24)	(39.22)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Colt Kirby (13) M						
27.31Y	F # 6A	Male 13-14 50 Free	LY-VA	12	---	0.04
12:19.17Y	F # 10B	Male 13-14 1000 Free	LY-VA	7	---	12.21
	32.86	1:09.31 1:47.25 2:24.30	3:02.34 3:39.94	4:17.39 4:55.95		
	(32.86)	(36.45) (37.94) (37.05)	(38.04) (37.60)	(37.45) (38.56)		
	5:33.12	6:10.09 6:47.76 7:25.14	8:02.47 8:39.61	9:16.38 9:53.61		
	(37.17)	(36.97) (37.67) (37.38)	(37.33) (37.14)	(36.77) (37.23)		
	10:30.52	11:07.84 11:44.72 12:19.17				
	(36.91)	(37.32) (36.88) (34.45)				
31.15Y	F # 18A	Male 13-14 50 Fly	LY-VA	15	---	-2.21
2:36.74Y	F # 24A	Male 13-14 200 Fly	LY-VA	7	---	7.59
	34.67	1:14.53 1:55.39 2:36.74				
	(34.67)	(39.86) (40.86) (41.35)				
2:29.16Y	F # 68A	Male 13-14 200 IM	LY-VA	9	---	0.50
	33.60	1:12.57 1:55.78 2:29.16				
	(33.60)	(38.97) (43.21) (33.38)				
1:00.00Y	F # 70A	Male 13-14 100 Free	LY-VA	10	---	1.11
	29.32	1:00.00				
	(29.32)	(30.68)				
NS	F # 74A	Male 13-14 100 Fly	LY-VA	---	---	---
NS	F # 76A	Male 13-14 200 Breast	LY-VA	---	---	---
Amelia Kobek (9) F						
3:30.41Y	F # 3B	Female 9-10 200 IM	LY-VA	3	---	-4.71
	45.55	1:40.73 2:41.80 3:30.41				
	(45.55)	(55.18) (1:01.07) (48.61)				
1:23.87Y	F # 39B	Female 9-10 100 Free	LY-VA	12	---	-0.81
	38.52	1:23.87				
	(38.52)	(45.35)				
1:51.27Y	F # 51B	Female 9-10 100 Breast	LY-VA	7	---	-3.25
	51.30	1:51.27				
	(51.30)	(59.97)				
42.48Y	F # 55B	Female 9-10 50 Fly	LY-VA	3	---	-2.25
1:37.30Y	F # 59B	Female 9-10 100 IM	LY-VA	11	---	1.30
	45.35	1:37.30				
	(45.35)	(51.95)				
3:03.60Y	F # 91B	Female 9-10 200 Free	LY-VA	9	---	-10.41
	39.23	1:26.47 2:15.88 3:03.60				
	(39.23)	(47.24) (49.41) (47.72)				
1:49.01Y	F # 101B	Female 9-10 100 Fly	LY-VA	4	---	4.15
	46.97	1:49.01				
	(46.97)	(1:02.04)				
38.05Y	F # 105B	Female 9-10 50 Free	LY-VA	13	---	-1.16
1:34.90Y	F # 109B	Female 9-10 100 Back	LY-VA	8	---	-6.89
	45.27	1:34.90				
	(45.27)	(49.63)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Walker Kobek (16) M								
24.91Y	F # 6B	Male 15 & Over 50 Free	LY-VA	10	---	-7.42		
12:38.02Y	F # 10C	Male 15 & Over 1000 Free	LY-VA	13	---	---		
	32.38	1:07.47	1:44.44	2:22.33	3:00.76	3:39.42	4:18.02	4:56.53
	(32.38)	(35.09)	(36.97)	(37.89)	(38.43)	(38.66)	(38.60)	(38.51)
	5:35.32	6:15.02	6:55.08	7:35.27	8:15.27	8:53.50	9:31.59	10:10.23
	(38.79)	(39.70)	(40.06)	(40.19)	(40.00)	(38.23)	(38.09)	(38.64)
	10:48.03	11:25.56	12:02.24	12:38.02				
	(37.80)	(37.53)	(36.68)	(35.78)				
Max Koestner (7) M								
21.91Y	F # 36	Male 8 & Under 25 Free	LY-VA	7	---	-1.53		
1:52.07Y	F # 40A	Male 8 & Under 100 Free	LY-VA	8	---	---		
	52.09	1:52.07						
	(52.09)	(59.98)						
40.03Y DQ	F # 44	Male 8 & Under 25 Breast	LY-VA	---	---	---		
1:15.83Y DQ	F # 48A	Male 8 & Under 50 Back	LY-VA	---	---	---		
25.85Y	F # 88	Male 8 & Under 25 Back	LY-VA	9	---	-3.57		
38.49Y DQ	F # 94	Male 8 & Under 25 Fly	LY-VA	---	---	---		
1:20.83Y DQ	F # 98A	Male 8 & Under 50 Breast	LY-VA	---	---	---		
46.67Y	F # 106A	Male 8 & Under 50 Free	LY-VA	6	---	-9.30		
Evangeline Korby (13) F								
29.72Y	F # 5A	Female 13-14 50 Free	LY-VA	12	---	-0.09		
2:24.74Y	F # 15A	Female 13-14 200 Free	LY-VA	15	---	-1.71		
	32.82	1:09.82	---	2:24.74				
	(32.82)	(37.00)	---	(2:24.74)				
1:31.44Y	F # 19A	Female 13-14 100 Breast	LY-VA	14	---	1.66		
	43.22	1:31.44						
	(43.22)	(48.22)						
1:23.22Y	F # 21A	Female 13-14 100 Back	LY-VA	28	---	2.37		
	40.81	1:23.22						
	(40.81)	(42.41)						
41.23Y	F # 25A	Female 13-14 50 Breast	LY-VA	18	---	0.46		
2:47.87Y	F # 67A	Female 13-14 200 IM	LY-VA	9	---	-5.61		
	---	1:21.55	2:11.27	2:47.87				
	---	(1:21.55)	(49.72)	(36.60)				
1:06.18Y	F # 69A	Female 13-14 100 Free	LY-VA	13	---	0.29		
	32.08	1:06.18						
	(32.08)	(34.10)						
39.22Y	F # 77A	Female 13-14 50 Back	LY-VA	17	---	0.31		
6:40.02Y	F # 79A	Female 13-14 500 Free	LY-VA	7	---	-46.41		
	35.03	1:14.46	1:55.14	2:35.87	3:16.25	3:57.17	4:38.60	5:19.98
	(35.03)	(39.43)	(40.68)	(40.73)	(40.38)	(40.92)	(41.43)	(41.38)
	6:01.35	6:40.02						
	(41.37)	(38.67)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Jon Korby (13) M					
35.46Y	F # 14	200 Medley Relay Lead Off	LY-VA	---	0.53
2:28.05Y	F # 16A	Male 13-14 200 Free	LY-VA	---	-0.48
	32.99	1:10.36 1:49.98 2:28.05			
	(32.99)	(37.37) (39.62) (38.07)			
34.09Y	F # 18A	Male 13-14 50 Fly	LY-VA	---	-0.87
1:17.97Y	F # 22A	Male 13-14 100 Back	LY-VA	---	0.85
	38.41	1:17.97			
	(38.41)	(39.56)			
37.31Y	F # 26A	Male 13-14 50 Breast	LY-VA	---	-0.86
2:43.12Y	F # 68A	Male 13-14 200 IM	LY-VA	---	-6.00
	36.69	1:18.81 2:07.68 2:43.12			
	(36.69)	(42.12) (48.87) (35.44)			
1:06.25Y	F # 70A	Male 13-14 100 Free	LY-VA	---	0.51
	31.90	1:06.25			
	(31.90)	(34.35)			
3:07.65Y	F # 76A	Male 13-14 200 Breast	LY-VA	---	0.21
	42.56	1:31.57 2:20.75 3:07.65			
	(42.56)	(49.01) (49.18) (46.90)			
35.83Y	F # 78A	Male 13-14 50 Back	LY-VA	---	0.90
Jefferson Koscielny (13) M					
31.17Y	F # 6A	Male 13-14 50 Free	LY-VA	---	-0.06
2:34.87Y	F # 16A	Male 13-14 200 Free	LY-VA	---	4.21
	35.86	1:15.40 1:55.39 2:34.87			
	(35.86)	(39.54) (39.99) (39.48)			
36.51Y	F # 18A	Male 13-14 50 Fly	LY-VA	---	-4.02
1:38.05Y	F # 20A	Male 13-14 100 Breast	LY-VA	---	-3.72
	45.71	1:38.05			
	(45.71)	(52.34)			
1:34.57Y	F # 22A	Male 13-14 100 Back	LY-VA	---	1.39
	45.33	1:34.57			
	(45.33)	(49.24)			
2:55.81Y	F # 68A	Male 13-14 200 IM	LY-VA	---	5.91
	37.35	1:27.69 2:17.95 2:55.81			
	(37.35)	(50.34) (50.26) (37.86)			
1:13.01Y	F # 70A	Male 13-14 100 Free	LY-VA	---	2.92
	35.82	1:13.01			
	(35.82)	(37.19)			
43.92Y	F # 78A	Male 13-14 50 Back	LY-VA	---	-1.57
7:08.30Y	F # 80A	Male 13-14 500 Free	LY-VA	---	-1.09
	37.95	1:19.17 2:04.94 2:48.89 3:34.70 4:18.67 5:02.85 5:46.17			
	(37.95)	(41.22) (45.77) (43.95) (45.81) (43.97) (44.18) (43.32)			
	6:28.17	7:08.30			
	(42.00)	(40.13)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place		Points	Improv	
Jacob Kovarik (15) M										
25.82Y	F # 6B	Male 15 & Over 50 Free				LY-VA		16	---	0.89
12:28.51Y	F # 10C	Male 15 & Over 1000 Free				LY-VA		12	---	---
	31.99	1:08.01	1:45.28	2:22.90	3:00.13	3:37.82	4:15.61	4:52.83		
	(31.99)	(36.02)	(37.27)	(37.62)	(37.23)	(37.69)	(37.79)	(37.22)		
	5:31.43	6:09.16	6:46.56	7:25.03	8:02.71	8:39.94	9:17.50	9:56.05		
	(38.60)	(37.73)	(37.40)	(38.47)	(37.68)	(37.23)	(37.56)	(38.55)		
	10:34.74	11:13.15	11:51.60	12:28.51						
	(38.69)	(38.41)	(38.45)	(36.91)						
29.08Y	F # 18B	Male 15 & Over 50 Fly				LY-VA		18	---	-5.78
1:16.41Y	F # 20B	Male 15 & Over 100 Breast				LY-VA		28	---	2.82
	35.43	1:16.41								
	(35.43)	(40.98)								
1:08.45Y DQ	F # 22B	Male 15 & Over 100 Back				LY-VA		---	---	---
	33.59	1:08.45								
	(33.59)	(34.86)								
32.15Y	F # 26B	Male 15 & Over 50 Breast				LY-VA		9	---	-3.54

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Katherine Kovarik (17) F											
28.24Y	F # 5B	Female 15 & Over 50 Free				LY-VA		7	---	1.07	
12:11.76Y	F # 9C	Female 15 & Over 1000 Free				LY-VA		3	---	4.52	
	31.75	1:07.70	1:44.29	2:20.93	2:57.66	3:34.81	4:11.70	4:48.68			
	(31.75)	(35.95)	(36.59)	(36.64)	(36.73)	(37.15)	(36.89)	(36.98)			
	5:25.95	6:03.24	6:41.01	7:18.09	7:55.61	8:32.71	9:09.69	9:46.66			
	(37.27)	(37.29)	(37.77)	(37.08)	(37.52)	(37.10)	(36.98)	(36.97)			
	10:23.26	10:59.85	11:36.25	12:11.76							
	(36.60)	(36.59)	(36.40)	(35.51)							
33.26Y	F # 11	200 Medley Relay Lead Off				LY-VA		---	---	0.97	
2:13.66Y	F # 15B	Female 15 & Over 200 Free				LY-VA		12	---	6.33	
	30.41	1:04.26	1:39.64	2:13.66							
	(30.41)	(33.85)	(35.38)	(34.02)							
32.45Y	F # 17B	Female 15 & Over 50 Fly				LY-VA		9	---	-1.50	
1:21.68Y	F # 19B	Female 15 & Over 100 Breast				LY-VA		15	---	-1.19	
	38.99	1:21.68									
	(38.99)	(42.69)									
1:12.15Y	F # 21B	Female 15 & Over 100 Back				LY-VA		17	---	6.57	
	34.63	1:12.15									
	(34.63)	(37.52)									
1:02.12Y	F # 69B	Female 15 & Over 100 Free				LY-VA		2	---	4.92	
	29.42	1:02.12									
	(29.42)	(32.70)									
2:29.55Y	F # 71B	Female 15 & Over 200 Back				LY-VA		3	---	7.32	
	34.86	1:12.66	1:51.12	2:29.55							
	(34.86)	(37.80)	(38.46)	(38.43)							
33.98Y	F # 77B	Female 15 & Over 50 Back				LY-VA		6	---	1.69	
6:01.58Y	F # 79B	Female 15 & Over 500 Free				LY-VA		1	---	15.97	
	32.23	1:08.13	1:44.77	2:21.16	2:57.61	3:34.45	4:11.53	4:48.88			
	(32.23)	(35.90)	(36.64)	(36.39)	(36.45)	(36.84)	(37.08)	(37.35)			
	5:25.74	6:01.58									
	(36.86)	(35.84)									

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Yeva Langeland (8) F						
37.90Y	F # 29	100 Free Relay Lead Off	LY-VA	---	---	20.51
1:33.45Y	F # 39A	Female 8 & Under 100 Free	LY-VA	3	---	-4.89
	44.07	1:33.45				
	(44.07)	(49.38)				
51.35Y	F # 47A	Female 8 & Under 50 Back	LY-VA	2	---	-1.23
54.73Y DQ	F # 55A	Female 8 & Under 50 Fly	LY-VA	---	---	---
1:51.49Y	F # 59A	Female 8 & Under 100 IM	LY-VA	2	---	-13.51
	54.90	1:51.49				
	(54.90)	(56.59)				
3:23.14Y	F # 91A	Female 8 & Under 200 Free	LY-VA	1	---	-26.02
	45.18	1:38.62 2:32.98 3:23.14				
	(45.18)	(53.44) (54.36) (50.16)				
53.81Y	F # 97A	Female 8 & Under 50 Breast	LY-VA	2	---	-8.49
41.70Y	F # 105A	Female 8 & Under 50 Free	LY-VA	3	---	-4.70
1:45.01Y	F # 109A	Female 8 & Under 100 Back	LY-VA	1	---	---
	---	1:45.01				
	---	(1:45.01)				
Lennon Leedy (7) F						
18.03Y	F # 35	Female 8 & Under 25 Free	LY-VA	2	---	-0.15
27.13Y	F # 43	Female 8 & Under 25 Breast	LY-VA	2	---	-1.69
52.93Y	F # 47A	Female 8 & Under 50 Back	LY-VA	4	---	3.50
2:13.84Y	F # 51A	Female 8 & Under 100 Breast	LY-VA	4	---	-0.44
	1:02.84	2:13.84				
	(1:02.84)	(1:11.00)				
3:42.41Y	F # 91A	Female 8 & Under 200 Free	LY-VA	2	---	-0.77
	47.04	1:43.30 --- 3:42.41				
	(47.04)	(56.26) --- (3:42.41)				
25.30Y	F # 93	Female 8 & Under 25 Fly	LY-VA	4	---	-1.57
1:04.07Y	F # 97A	Female 8 & Under 50 Breast	LY-VA	4	---	4.55
1:59.11Y	F # 109A	Female 8 & Under 100 Back	LY-VA	3	---	3.29
	---	1:59.11				
	---	(1:59.11)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Benjamin Leger (9) M						
3:05.49Y	F # 4B	Male 9-10 200 IM	LY-VA	2	---	-10.92
	44.21	1:33.74 2:27.75 3:05.49				
	(44.21)	(49.53) (54.01) (37.74)				
7:10.98Y	F # 8B	Male 9-10 500 Free	LY-VA	6	---	-4.26
	38.65	1:22.72 2:08.17 2:52.13 3:36.62 4:20.12 5:04.22 5:47.48				
	(38.65)	(44.07) (45.45) (43.96) (44.49) (43.50) (44.10) (43.26)				
	6:30.57	7:10.98				
	(43.09)	(40.41)				
1:18.23Y	F # 40B	Male 9-10 100 Free	LY-VA	10	---	0.13
	37.20	1:18.23				
	(37.20)	(41.03)				
42.16Y	F # 48B	Male 9-10 50 Back	LY-VA	9	---	-0.39
1:42.50Y	F # 52B	Male 9-10 100 Breast	LY-VA	2	---	-1.32
	50.09	1:42.50				
	(50.09)	(52.41)				
42.22Y	F # 56B	Male 9-10 50 Fly	LY-VA	6	---	-1.10
NS	F # 92B	Male 9-10 200 Free	LY-VA	---	---	---
NS	F # 98B	Male 9-10 50 Breast	LY-VA	---	---	---
NS	F # 102B	Male 9-10 100 Fly	LY-VA	---	---	---
NS	F # 106B	Male 9-10 50 Free	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place				Points	Improv	
Jacob Leger (15) M												
25.20Y	F # 6B	Male 15 & Over 50 Free				LY-VA				13	---	1.35
12:01.61Y	F # 10C	Male 15 & Over 1000 Free				LY-VA				11	---	9.07
	31.50	1:06.70	1:43.73	2:20.65	2:56.72	3:33.83	4:11.05	4:48.24				
	(31.50)	(35.20)	(37.03)	(36.92)	(36.07)	(37.11)	(37.22)	(37.19)				
	5:24.77	6:02.32	6:39.08	7:16.05	7:52.59	8:29.50	9:06.87	9:43.59				
	(36.53)	(37.55)	(36.76)	(36.97)	(36.54)	(36.91)	(37.37)	(36.72)				
	10:18.28	10:53.14	11:28.34	12:01.61								
	(34.69)	(34.86)	(35.20)	(33.27)								
2:03.56Y	F # 16B	Male 15 & Over 200 Free				LY-VA				24	---	5.29
	28.17	1:00.61	1:33.46	2:03.56								
	(28.17)	(32.44)	(32.85)	(30.10)								
28.55Y	F # 18B	Male 15 & Over 50 Fly				LY-VA				17	---	-8.62
2:21.97Y	F # 24B	Male 15 & Over 200 Fly				LY-VA				12	---	5.92
	31.26	1:08.43	1:45.67	2:21.97								
	(31.26)	(37.17)	(37.24)	(36.30)								
5:10.80Y	F # 28B	Male 15 & Over 400 IM				LY-VA				5	---	13.96
	31.59	1:09.81	1:52.63	2:33.70	3:18.50	4:02.89	4:37.39	5:10.80				
	(31.59)	(38.22)	(42.82)	(41.07)	(44.80)	(44.39)	(34.50)	(33.41)				
2:20.56Y	F # 68B	Male 15 & Over 200 IM				LY-VA				8	---	2.78
	29.61	1:07.55	1:51.14	2:20.56								
	(29.61)	(37.94)	(43.59)	(29.42)								
57.90Y	F # 70B	Male 15 & Over 100 Free				LY-VA				15	---	4.11
	28.11	57.90										
	(28.11)	(29.79)										
1:03.79Y	F # 74B	Male 15 & Over 100 Fly				LY-VA				14	---	4.99
	29.90	1:03.79										
	(29.90)	(33.89)										
30.74Y	F # 78B	Male 15 & Over 50 Back				LY-VA				7	---	1.21

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Noah Leger (12) M						
2:56.22Y	F # 2	Male 11-12 200 IM	LY-VA	3	---	13.95
	---	1:26.97 2:16.06 2:56.22				
	---	(1:26.97) (49.09) (40.16)				
14:14.67Y	F # 10A	Male 11-12 1000 Free	LY-VA	3	---	46.83
	---	2:02.51 ---	---	---	4:55.93	---
	---	(2:02.51) ---	---	---	(4:55.93)	---
	---	---	---	---	---	---
	---	---	---	---	---	---
	---	12:57.26 --- 14:14.67				
	---	(12:57.26) --- (14:14.67)				
1:06.52Y	F # 38	Male 11-12 100 Free	LY-VA	5	---	-0.27
	32.50	1:06.52				
	(32.50)	(34.02)				
1:27.55Y	F # 50	Male 11-12 100 Breast	LY-VA	3	---	-0.73
	41.95	1:27.55				
	(41.95)	(45.60)				
38.72Y	F # 54	Male 11-12 50 Fly	LY-VA	7	---	2.78
1:16.68Y	F # 58	Male 11-12 100 IM	LY-VA	4	---	0.61
	36.80	1:16.68				
	(36.80)	(39.88)				
39.79Y	F # 96	Male 11-12 50 Breast	LY-VA	3	---	-0.01
1:25.26Y	F # 100	Male 11-12 100 Fly	LY-VA	4	---	6.74
	39.39	1:25.26				
	(39.39)	(45.87)				
30.55Y	F # 104	Male 11-12 50 Free	LY-VA	5	---	0.72
1:21.03Y	F # 108	Male 11-12 100 Back	LY-VA	5	---	5.26
	39.19	1:21.03				
	(39.19)	(41.84)				
Collins Melcher (6) F						
24.16Y	F # 35	Female 8 & Under 25 Free	LY-VA	14	---	-5.81
2:08.16Y	F # 39A	Female 8 & Under 100 Free	LY-VA	9	---	-19.24
	58.68	2:08.16				
	(58.68)	(1:09.48)				
35.93Y DQ	F # 43	Female 8 & Under 25 Breast	LY-VA	---	---	---
1:02.03Y	F # 47A	Female 8 & Under 50 Back	LY-VA	13	---	-5.93
25.81Y	F # 87	Female 8 & Under 25 Back	LY-VA	7	---	-4.58
36.72Y DQ	F # 93	Female 8 & Under 25 Fly	LY-VA	---	---	---
55.84Y	F # 105A	Female 8 & Under 50 Free	LY-VA	11	---	-10.81
2:15.96Y	F # 109A	Female 8 & Under 100 Back	LY-VA	4	---	-11.46
	1:07.53	2:15.96				
	(1:07.53)	(1:08.43)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Blythe Miller (16) F						
2:12.61Y	F # 15B	Female 15 & Over 200 Free	LY-VA	11	---	-0.01
	30.57	1:04.52 1:39.54 2:12.61				
	(30.57)	(33.95) (35.02) (33.07)				
1:18.56Y	F # 19B	Female 15 & Over 100 Breast	LY-VA	13	---	1.71
	37.76	1:18.56				
	(37.76)	(40.80)				
35.84Y	F # 25B	Female 15 & Over 50 Breast	LY-VA	2	---	-9.41
5:37.67Y	F # 27B	Female 15 & Over 400 IM	LY-VA	2	---	-15.27
	37.12	1:19.47 2:04.51 2:49.30 3:36.10 4:24.10 5:00.71 5:37.67				
	(37.12)	(42.35) (45.04) (44.79) (46.80) (48.00) (36.61) (36.96)				
Anna Mills (17) F						
31.88Y	F # 77B	Female 15 & Over 50 Back	LY-VA	3	---	1.02
Ren Mobley (8) M						
28.40Y	F # 36	Male 8 & Under 25 Free	LY-VA	13	---	---
38.22Y DQ	F # 44	Male 8 & Under 25 Breast	LY-VA	---	---	---
1:06.11Y	F # 48A	Male 8 & Under 50 Back	LY-VA	14	---	---
27.98Y	F # 88	Male 8 & Under 25 Back	LY-VA	13	---	---
1:27.87Y DQ	F # 98A	Male 8 & Under 50 Breast	LY-VA	---	---	---
1:01.60Y	F # 106A	Male 8 & Under 50 Free	LY-VA	15	---	---
Julius Moore (12) M						
NS	F # 2	Male 11-12 200 IM	LY-VA	---	---	---
NS	F # 8C	Male 11-12 500 Free	LY-VA	---	---	---
NS	F # 38	Male 11-12 100 Free	LY-VA	---	---	---
NS	F # 50	Male 11-12 100 Breast	LY-VA	---	---	---
NS	F # 58	Male 11-12 100 IM	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Dabney Morrison (10) F						
2:59.86Y	F # 3B	Female 9-10 200 IM	LY-VA	1	---	-10.57
	37.17	1:25.58 2:19.18 2:59.86				
	(37.17)	(48.41) (53.60) (40.68)				
7:17.59Y	F # 7B	Female 9-10 500 Free	LY-VA	2	---	-37.71
	37.32	1:20.06 2:04.47 2:49.29 3:33.72 4:19.49 5:04.12 5:49.22				
	(37.32)	(42.74) (44.41) (44.82) (44.43) (45.77) (44.63) (45.10)				
	6:35.28	7:17.59				
	(46.06)	(42.31)				
33.53Y	F # 31	200 Free Relay Lead Off	LY-VA	---	---	-0.30
1:16.27Y	F # 39B	Female 9-10 100 Free	LY-VA	2	---	-0.50
	35.28	1:16.27				
	(35.28)	(40.99)				
39.96Y	F # 47B	Female 9-10 50 Back	LY-VA	3	---	0.77
1:42.15Y	F # 51B	Female 9-10 100 Breast	LY-VA	3	---	0.40
	47.56	1:42.15				
	(47.56)	(54.59)				
1:25.02Y	F # 59B	Female 9-10 100 IM	LY-VA	1	---	-1.77
	39.01	1:25.02				
	(39.01)	(46.01)				
2:49.61Y	F # 91B	Female 9-10 200 Free	LY-VA	4	---	-0.35
	37.17	1:21.23 2:05.79 2:49.61				
	(37.17)	(44.06) (44.56) (43.82)				
1:31.45Y	F # 101B	Female 9-10 100 Fly	LY-VA	1	---	-6.86
	42.83	1:31.45				
	(42.83)	(48.62)				
34.75Y	F # 105B	Female 9-10 50 Free	LY-VA	6	---	0.92
1:28.84Y	F # 109B	Female 9-10 100 Back	LY-VA	4	---	0.62
	43.00	1:28.84				
	(43.00)	(45.84)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv	
Luke Morrison (15) M												
25.04Y	F # 6B	Male 15 & Over 50 Free				LY-VA				11	---	0.54
10:58.57Y	F # 10C	Male 15 & Over 1000 Free				LY-VA				7	---	-56.50
	30.22	1:02.95	1:35.78	2:09.13	2:42.61	3:15.65	3:48.87	4:22.17				
	(30.22)	(32.73)	(32.83)	(33.35)	(33.48)	(33.04)	(33.22)	(33.30)				
	4:55.11	5:27.97	6:00.86	6:33.41	7:06.31	7:39.79	8:12.89	8:46.32				
	(32.94)	(32.86)	(32.89)	(32.55)	(32.90)	(33.48)	(33.10)	(33.43)				
	9:19.61	9:53.16	10:26.02	10:58.57								
	(33.29)	(33.55)	(32.86)	(32.55)								
1:57.14Y	F # 16B	Male 15 & Over 200 Free				LY-VA				18	---	4.96
	27.85	57.51	1:27.37	1:57.14								
	(27.85)	(29.66)	(29.86)	(29.77)								
27.53Y	F # 18B	Male 15 & Over 50 Fly				LY-VA				14	---	-2.77
1:09.76Y	F # 20B	Male 15 & Over 100 Breast				LY-VA				22	---	-6.59
	32.74	1:09.76										
	(32.74)	(37.02)										
2:17.47Y	F # 24B	Male 15 & Over 200 Fly				LY-VA				10	---	6.14
	30.63	1:06.45	1:42.12	2:17.47								
	(30.63)	(35.82)	(35.67)	(35.35)								
54.33Y	F # 70B	Male 15 & Over 100 Free				LY-VA				9	---	1.90
	26.14	54.33										
	(26.14)	(28.19)										
1:00.27Y	F # 74B	Male 15 & Over 100 Fly				LY-VA				9	---	1.91
	28.54	1:00.27										
	(28.54)	(31.73)										
30.72Y	F # 78B	Male 15 & Over 50 Back				LY-VA				6	---	-2.90
5:16.82Y	F # 80B	Male 15 & Over 500 Free				LY-VA				4	---	9.97
	29.17	1:01.14	1:33.83	2:05.94	2:37.71	3:09.48	3:41.43	4:13.38				
	(29.17)	(31.97)	(32.69)	(32.11)	(31.77)	(31.77)	(31.95)	(31.95)				
	4:45.13	5:16.82										
	(31.75)	(31.69)										

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Mac Morrison (11) M						
2:39.28Y	F # 2	Male 11-12 200 IM	LY-VA	2	---	-6.03
	33.89	1:14.62 2:05.95 2:39.28				
	(33.89)	(40.73) (51.33) (33.33)				
13:04.88Y	F # 10A	Male 11-12 1000 Free	LY-VA	2	---	---
	33.88	1:13.00 1:53.48 2:33.13 3:13.84 3:52.85 4:33.67 5:13.60				
	(33.88)	(39.12) (40.48) (39.65) (40.71) (39.01) (40.82) (39.93)				
	5:54.56	6:34.57 7:13.82 7:54.20 8:34.48 9:15.24 9:55.26 10:34.95				
	(40.96)	(40.01) (39.25) (40.38) (40.28) (40.76) (40.02) (39.69)				
	11:15.19	11:54.42 12:31.23 13:04.88				
	(40.24)	(39.23) (36.81) (33.65)				
1:00.05Y	F # 38	Male 11-12 100 Free	LY-VA	1	---	-0.21
	29.09	1:00.05				
	(29.09)	(30.96)				
1:40.00Y	F # 50	Male 11-12 100 Breast	LY-VA	8	---	1.75
	47.16	1:40.00				
	(47.16)	(52.84)				
29.78Y	F # 54	Male 11-12 50 Fly	LY-VA	1	---	0.52
1:16.41Y	F # 58	Male 11-12 100 IM	LY-VA	3	---	2.23
	35.24	1:16.41				
	(35.24)	(41.17)				
2:15.18Y	F # 90	Male 11-12 200 Free	LY-VA	1	---	-4.18
	31.59	1:06.54 1:41.89 2:15.18				
	(31.59)	(34.95) (35.35) (33.29)				
46.10Y	F # 96	Male 11-12 50 Breast	LY-VA	11	---	0.91
1:10.59Y	F # 100	Male 11-12 100 Fly	LY-VA	1	---	3.56
	33.46	1:10.59				
	(33.46)	(37.13)				
1:15.06Y	F # 108	Male 11-12 100 Back	LY-VA	4	---	-3.31
	37.90	1:15.06				
	(37.90)	(37.16)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards
Location: Jamerson YMCA

Time	F/P/S	Event				Place		Points	Improv
Aidan Moss (13) M									
28.86Y	F # 6A	Male	13-14 50 Free		LY-VA		16	---	-0.90
12:23.74Y	F # 10B	Male	13-14 1000 Free		LY-VA		9	---	-70.08
	33.05	1:10.33	1:47.67	2:25.52	3:03.16	3:40.38	4:17.98	4:55.98	
	(33.05)	(37.28)	(37.34)	(37.85)	(37.64)	(37.22)	(37.60)	(38.00)	
	5:33.84	6:11.55	6:49.41	7:26.80	8:04.44	8:42.05	9:19.71	9:57.07	
	(37.86)	(37.71)	(37.86)	(37.39)	(37.64)	(37.61)	(37.66)	(37.36)	
	10:34.18	11:10.25	11:48.06	12:23.74					
	(37.11)	(36.07)	(37.81)	(35.68)					
2:17.55Y	F # 16A	Male	13-14 200 Free		LY-VA		15	---	1.76
	31.84	1:07.65	1:44.10	2:17.55					
	(31.84)	(35.81)	(36.45)	(33.45)					
30.33Y	F # 18A	Male	13-14 50 Fly		LY-VA		14	---	-0.47
1:09.57Y	F # 22A	Male	13-14 100 Back		LY-VA		10	---	2.32
	34.44	1:09.57							
	(34.44)	(35.13)							
5:23.24Y	F # 28A	Male	13-14 400 IM		LY-VA		8	---	4.15
	35.00	1:16.78	1:56.56	2:35.72	3:23.80	4:10.65	4:46.98	5:23.24	
	(35.00)	(41.78)	(39.78)	(39.16)	(48.08)	(46.85)	(36.33)	(36.26)	
1:03.59Y	F # 70A	Male	13-14 100 Free		LY-VA		15	---	0.46
	30.91	1:03.59							
	(30.91)	(32.68)							
2:25.22Y	F # 72A	Male	13-14 200 Back		LY-VA		4	---	3.17
	34.96	1:12.21	1:49.50	2:25.22					
	(34.96)	(37.25)	(37.29)	(35.72)					
1:10.82Y	F # 74A	Male	13-14 100 Fly		LY-VA		7	---	-0.30
	33.76	1:10.82							
	(33.76)	(37.06)							
32.69Y	F # 78A	Male	13-14 50 Back		LY-VA		8	---	0.55

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
William Moss (10) M					
3:26.06Y DQ	F # 4B	Male 9-10 200 IM	LY-VA	---	---
	49.45	1:37.44 2:38.44 3:26.06			
	(49.45)	(47.99) (1:01.00) (47.62)			
8:17.20Y	F # 8B	Male 9-10 500 Free	LY-VA	10	---
	41.60	1:30.81 2:21.05 3:10.72 4:02.92 4:55.56 5:47.07 6:37.88			
	(41.60)	(49.21) (50.24) (49.67) (52.20) (52.64) (51.51) (50.81)			
	7:29.33	8:17.20			
	(51.45)	(47.87)			
41.95Y	F # 48B	Male 9-10 50 Back	LY-VA	7	---
1:48.95Y	F # 52B	Male 9-10 100 Breast	LY-VA	5	---
	52.03	1:48.95			
	(52.03)	(56.92)			
47.31Y	F # 56B	Male 9-10 50 Fly	LY-VA	11	---
1:37.09Y	F # 60B	Male 9-10 100 IM	LY-VA	9	---
	44.88	1:37.09			
	(44.88)	(52.21)			
3:05.61Y	F # 92B	Male 9-10 200 Free	LY-VA	9	---
	41.44	1:30.20 2:18.96 3:05.61			
	(41.44)	(48.76) (48.76) (46.65)			
51.12Y	F # 98B	Male 9-10 50 Breast	LY-VA	9	---
37.11Y	F # 106B	Male 9-10 50 Free	LY-VA	13	---
1:29.04Y	F # 110B	Male 9-10 100 Back	LY-VA	8	---
	---	1:29.04			
	---	(1:29.04)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Hope Mountz (12) F					
3:09.88Y DQ	F # 1	Female 11-12 200 IM	LY-VA	---	---
	41.14	1:29.56 2:28.56 3:09.88			
	(41.14)	(48.42) (59.00) (41.32)			
7:34.41Y	F # 7C	Female 11-12 500 Free	LY-VA	7	---
	37.46	1:20.95 2:06.11 2:52.77 3:39.33 4:28.54 5:17.38 6:05.45			-71.83
	(37.46)	(43.49) (45.16) (46.66) (46.56) (49.21) (48.84) (48.07)			
	6:52.62	7:34.41			
	(47.17)	(41.79)			
1:16.03Y	F # 37	Female 11-12 100 Free	LY-VA	18	---
	35.64	1:16.03			-4.39
	(35.64)	(40.39)			
40.50Y	F # 45	Female 11-12 50 Back	LY-VA	16	---
39.92Y	F # 53	Female 11-12 50 Fly	LY-VA	14	---
1:32.96Y	F # 57	Female 11-12 100 IM	LY-VA	19	---
	41.60	1:32.96			-1.37
	(41.60)	(51.36)			
2:44.56Y	F # 89	Female 11-12 200 Free	LY-VA	10	---
	35.28	1:17.87 2:03.57 2:44.56			-43.37
	(35.28)	(42.59) (45.70) (40.99)			
NS	F # 95	Female 11-12 50 Breast	LY-VA	---	---
34.50Y	F # 103	Female 11-12 50 Free	LY-VA	14	---
1:28.52Y	F # 107	Female 11-12 100 Back	LY-VA	18	---
	---	1:28.52			---
	---	(1:28.52)			

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards
Location: lamerson YMCA

Time	F/P/S	Event				Place			Points	Improv
Broderick Nelson (14) M										
24.25Y	F # 6A	Male	13-14 50 Free				LY-VA	2	---	0.75
10:41.96Y	F # 10B	Male	13-14 1000 Free				LY-VA	1	---	-5.04
	28.03	59.39	1:31.95	2:04.14	2:36.15	3:08.63	3:41.06	4:13.66		
	(28.03)	(31.36)	(32.56)	(32.19)	(32.01)	(32.48)	(32.43)	(32.60)		
	4:46.67	5:19.59	5:52.00	6:24.83	6:57.90	7:30.07	8:02.47	8:34.49		
	(33.01)	(32.92)	(32.41)	(32.83)	(33.07)	(32.17)	(32.40)	(32.02)		
	9:06.67	9:38.59	10:10.96	10:41.96						
	(32.18)	(31.92)	(32.37)	(31.00)						
1:05.23Y	F # 20A	Male	13-14 100 Breast				LY-VA	1	---	3.19
	30.13	1:05.23								
	(30.13)	(35.10)								
59.95Y	F # 22A	Male	13-14 100 Back				LY-VA	1	---	2.05
	29.14	59.95								
	(29.14)	(30.81)								
2:09.47Y	F # 24A	Male	13-14 200 Fly				LY-VA	1	---	4.49
	29.16	1:01.73	1:35.71	2:09.47						
	(29.16)	(32.57)	(33.98)	(33.76)						
4:30.97Y	F # 28A	Male	13-14 400 IM				LY-VA	1	---	16.91
	28.39	1:02.04	1:37.50	2:12.81	2:50.52	3:29.54	4:00.79	4:30.97		
	(28.39)	(33.65)	(35.46)	(35.31)	(37.71)	(39.02)	(31.25)	(30.18)		
2:08.79Y	F # 68A	Male	13-14 200 IM				LY-VA	2	---	7.08
	27.75	1:02.02	1:38.77	2:08.79						
	(27.75)	(34.27)	(36.75)	(30.02)						
2:10.07Y	F # 72A	Male	13-14 200 Back				LY-VA	1	---	8.79
	30.77	1:03.41	1:36.75	2:10.07						
	(30.77)	(32.64)	(33.34)	(33.32)						
2:25.84Y	F # 76A	Male	13-14 200 Breast				LY-VA	1	---	12.19
	32.35	1:09.35	1:47.60	2:25.84						
	(32.35)	(37.00)	(38.25)	(38.24)						
5:09.11Y	F # 80A	Male	13-14 500 Free				LY-VA	2	---	11.48
	27.11	57.18	1:27.68	1:58.66	2:30.36	3:01.93	3:33.84	4:05.74		
	(27.11)	(30.07)	(30.50)	(30.98)	(31.70)	(31.57)	(31.91)	(31.90)		
	4:37.93	5:09.11								
	(32.19)	(31.18)								

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Caroline Nelson (12) F											
2:26.95Y	F # 1	Female	11-12 200 IM				LY-VA		1	---	-1.49
	31.31	1:10.62	1:54.37	2:26.95							
	(31.31)	(39.31)	(43.75)	(32.58)							
5:54.41Y	F # 7C	Female	11-12 500 Free				LY-VA		1	---	-4.48
	31.68	1:06.81	1:43.03	2:19.71	2:56.36	3:33.25	4:10.93	4:46.90			
	(31.68)	(35.13)	(36.22)	(36.68)	(36.65)	(36.89)	(37.68)	(35.97)			
	5:22.20	5:54.41									
	(35.30)	(32.21)									
1:02.08Y	F # 37	Female	11-12 100 Free				LY-VA		3	---	2.20
	30.11	1:02.08									
	(30.11)	(31.97)									
1:23.50Y	F # 49	Female	11-12 100 Breast				LY-VA		2	---	5.88
	40.76	1:23.50									
	(40.76)	(42.74)									
32.08Y	F # 53	Female	11-12 50 Fly				LY-VA		4	---	-0.48
1:09.96Y	F # 57	Female	11-12 100 IM				LY-VA		3	---	-0.33
	34.20	1:09.96									
	(34.20)	(35.76)									
36.49Y	F # 95	Female	11-12 50 Breast				LY-VA		2	---	1.08
1:09.30Y	F # 99	Female	11-12 100 Fly				LY-VA		3	---	-0.53
	32.16	1:09.30									
	(32.16)	(37.14)									
28.64Y	F # 103	Female	11-12 50 Free				LY-VA		2	---	0.66
2:54.85Y	F # 111B	Female	11-12 200 Breast				LY-VA		1	---	1.36
	38.30	1:23.07	2:09.71	2:54.85							
	(38.30)	(44.77)	(46.64)	(45.14)							

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Selah Parish (11) F						
2:31.70Y	F # 1	Female 11-12 200 IM	LY-VA	2	---	-13.21
	30.64	1:11.68 1:55.88 2:31.70				
	(30.64)	(41.04) (44.20) (35.82)				
6:07.11Y	F # 7C	Female 11-12 500 Free	LY-VA	2	---	-24.41
	32.45	1:08.50 1:45.56 2:23.85 3:01.40 3:38.96 4:15.83 4:53.17				
	(32.45)	(36.05) (37.06) (38.29) (37.55) (37.56) (36.87) (37.34)				
	5:32.34	6:07.11				
	(39.17)	(34.77)				
2:34.46Y	F # 41B	Female 11-12 200 Fly	LY-VA	2	---	---
	34.95	1:16.85 1:55.75 2:34.46				
	(34.95)	(41.90) (38.90) (38.71)				
30.29Y	F # 53	Female 11-12 50 Fly	LY-VA	2	---	-1.03
1:13.52Y	F # 57	Female 11-12 100 IM	LY-VA	5	---	4.05
	33.95	1:13.52				
	(33.95)	(39.57)				
2:38.73Y	F # 61B	Female 11-12 200 Back	LY-VA	3	---	3.32
	37.26	1:18.12 1:59.83 2:38.73				
	(37.26)	(40.86) (41.71) (38.90)				
2:18.27Y	F # 89	Female 11-12 200 Free	LY-VA	2	---	2.51
	30.08	1:05.61 1:42.74 2:18.27				
	(30.08)	(35.53) (37.13) (35.53)				
37.46Y	F # 95	Female 11-12 50 Breast	LY-VA	3	---	-2.14
1:09.26Y	F # 99	Female 11-12 100 Fly	LY-VA	2	---	3.74
	32.68	1:09.26				
	(32.68)	(36.58)				
1:11.59Y	F # 107	Female 11-12 100 Back	LY-VA	3	---	-3.48
	35.23	1:11.59				
	(35.23)	(36.36)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Aidan Parker (15) M						
30.49Y	F # 6B	Male 15 & Over 50 Free	LY-VA	19	---	-1.32
2:31.78Y	F # 16B	Male 15 & Over 200 Free	LY-VA	34	---	-4.45
	34.98	1:13.92 1:53.85 2:31.78				
	(34.98)	(38.94) (39.93) (37.93)				
37.91Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	21	---	-32.34
1:16.47Y DQ	F # 22B	Male 15 & Over 100 Back	LY-VA	---	---	---
	36.78	1:16.47				
	(36.78)	(39.69)				
41.47Y	F # 26B	Male 15 & Over 50 Breast	LY-VA	19	---	-8.34
1:09.49Y	F # 70B	Male 15 & Over 100 Free	LY-VA	22	---	0.87
	33.64	1:09.49				
	(33.64)	(35.85)				
2:50.79Y	F # 72B	Male 15 & Over 200 Back	LY-VA	8	---	-30.89
	37.61	1:20.57 2:05.87 2:50.79				
	(37.61)	(42.96) (45.30) (44.92)				
3:15.47Y	F # 76B	Male 15 & Over 200 Breast	LY-VA	5	---	0.38
	41.68	1:30.43 2:23.14 3:15.47				
	(41.68)	(48.75) (52.71) (52.33)				
38.23Y	F # 78B	Male 15 & Over 50 Back	LY-VA	12	---	-10.91
Addison Pavao (10) M						
1:34.49Y	F # 40B	Male 9-10 100 Free	LY-VA	20	---	-2.69
	45.20	1:34.49				
	(45.20)	(49.29)				
1:56.61Y	F # 52B	Male 9-10 100 Breast	LY-VA	6	---	-2.75
	56.82	1:56.61				
	(56.82)	(59.79)				
1:00.32Y	F # 56B	Male 9-10 50 Fly	LY-VA	18	---	-4.05
1:54.01Y	F # 60B	Male 9-10 100 IM	LY-VA	16	---	-3.78
	56.19	1:54.01				
	(56.19)	(57.82)				
3:32.61Y	F # 92B	Male 9-10 200 Free	LY-VA	15	---	2.76
	46.67	--- --- 3:32.61				
	(46.67)	--- --- (3:32.61)				
53.26Y	F # 98B	Male 9-10 50 Breast	LY-VA	10	---	-1.91
42.08Y	F # 106B	Male 9-10 50 Free	LY-VA	21	---	-3.43
1:58.61Y	F # 110B	Male 9-10 100 Back	LY-VA	18	---	-15.40
	59.87	1:58.61				
	(59.87)	(58.74)				
Hayes Pavao (6) M						
32.22Y	F # 36	Male 8 & Under 25 Free	LY-VA	15	---	-0.54
36.54Y	F # 88	Male 8 & Under 25 Back	LY-VA	17	---	---
1:19.28Y	F # 106A	Male 8 & Under 50 Free	LY-VA	17	---	-11.57

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Ella Pennington (14) F								
31.09Y	F # 5A	Female 13-14 50 Free	LY-VA	16	---	1.43		
12:35.39Y	F # 9B	Female 13-14 1000 Free	LY-VA	5	---	14.14		
	33.74	1:11.11	1:48.80	2:26.61	3:04.09	3:41.92	4:20.08	4:58.39
	(33.74)	(37.37)	(37.69)	(37.81)	(37.48)	(37.83)	(38.16)	(38.31)
	5:37.01	6:15.23	6:53.51	7:32.31	8:10.97	8:47.92	9:26.51	10:05.26
	(38.62)	(38.22)	(38.28)	(38.80)	(38.66)	(36.95)	(38.59)	(38.75)
	10:43.15	11:20.71	11:58.26	12:35.39				
	(37.89)	(37.56)	(37.55)	(37.13)				
2:22.55Y	F # 15A	Female 13-14 200 Free	LY-VA	14	---	4.54		
	32.55	1:08.38	1:45.57	2:22.55				
	(32.55)	(35.83)	(37.19)	(36.98)				
1:26.80Y	F # 19A	Female 13-14 100 Breast	LY-VA	10	---	6.79		
	41.29	1:26.80						
	(41.29)	(45.51)						
40.26Y	F # 25A	Female 13-14 50 Breast	LY-VA	17	---	-0.43		
5:31.88Y	F # 27A	Female 13-14 400 IM	LY-VA	3	---	22.59		
	35.85	1:17.72	2:01.01	2:42.32	3:30.06	4:18.00	4:55.64	5:31.88
	(35.85)	(41.87)	(43.29)	(41.31)	(47.74)	(47.94)	(37.64)	(36.24)
2:34.54Y	F # 67A	Female 13-14 200 IM	LY-VA	3	---	11.53		
	33.07	1:12.72	1:58.93	2:34.54				
	(33.07)	(39.65)	(46.21)	(35.61)				
1:04.02Y	F # 69A	Female 13-14 100 Free	LY-VA	9	---	3.40		
	31.28	1:04.02						
	(31.28)	(32.74)						
3:03.65Y	F # 75A	Female 13-14 200 Breast	LY-VA	5	---	15.99		
	42.70	1:28.68	2:16.37	3:03.65				
	(42.70)	(45.98)	(47.69)	(47.28)				
5:59.06Y	F # 79A	Female 13-14 500 Free	LY-VA	2	---	10.35		
	33.62	1:10.03	1:46.49	2:22.93	2:59.35	3:35.56	4:11.39	4:47.46
	(33.62)	(36.41)	(36.46)	(36.44)	(36.42)	(36.21)	(35.83)	(36.07)
	5:23.41	5:59.06						
	(35.95)	(35.65)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Lainey Pennington (12) F						
2:41.64Y	F # 1	Female 11-12 200 IM	LY-VA	3	---	9.11
	33.33	1:14.58 2:04.99 2:41.64				
	(33.33)	(41.25) (50.41) (36.65)				
12:42.86Y	F # 9A	Female 11-12 1000 Free	LY-VA	1	---	2.36
	32.57	1:09.57 1:47.20 2:25.81 3:04.37 3:42.52 4:21.35 5:00.13				
	(32.57)	(37.00) (37.63) (38.61) (38.56) (38.15) (38.83) (38.78)				
	5:38.50	6:17.05 6:55.81 7:34.54 8:13.43 8:52.15 9:30.58 10:09.84				
	(38.37)	(38.55) (38.76) (38.73) (38.89) (38.72) (38.43) (39.26)				
	10:48.92	11:27.33 12:05.59 12:42.86				
	(39.08)	(38.41) (38.26) (37.27)				
33.84Y	F # 33	200 Free Relay Lead Off	LY-VA	---	---	5.17
1:01.63Y	F # 37	Female 11-12 100 Free	LY-VA	2	---	0.67
	29.84	1:01.63				
	(29.84)	(31.79)				
2:45.41Y	F # 41B	Female 11-12 200 Fly	LY-VA	3	---	5.31
	34.63	1:16.23 2:00.90 2:45.41				
	(34.63)	(41.60) (44.67) (44.51)				
31.80Y	F # 53	Female 11-12 50 Fly	LY-VA	3	---	-0.02
1:12.00Y	F # 57	Female 11-12 100 IM	LY-VA	4	---	-3.41
	34.17	1:12.00				
	(34.17)	(37.83)				
2:12.88Y	F # 89	Female 11-12 200 Free	LY-VA	1	---	1.74
	30.73	1:04.73 1:38.98 2:12.88				
	(30.73)	(34.00) (34.25) (33.90)				
1:13.15Y	F # 99	Female 11-12 100 Fly	LY-VA	4	---	2.55
	33.35	1:13.15				
	(33.35)	(39.80)				
28.71Y	F # 103	Female 11-12 50 Free	LY-VA	3	---	0.04
1:16.40Y	F # 107	Female 11-12 100 Back	LY-VA	4	---	1.79
	37.64	1:16.40				
	(37.64)	(38.76)				
Max Pennington (7) M						
1:44.26Y	F # 40A	Male 8 & Under 100 Free	LY-VA	6	---	-5.80
	48.01	1:44.26				
	(48.01)	(56.25)				
55.80Y	F # 48A	Male 8 & Under 50 Back	LY-VA	6	---	-9.13
2:11.95Y	F # 52A	Male 8 & Under 100 Breast	LY-VA	2	---	2.67
	1:02.98	2:11.95				
	(1:02.98)	(1:08.97)				
1:08.93Y	F # 56A	Male 8 & Under 50 Fly	LY-VA	3	---	---
24.89Y	F # 88	Male 8 & Under 25 Back	LY-VA	8	---	-4.11
28.76Y	F # 94	Male 8 & Under 25 Fly	LY-VA	8	---	-0.17
58.71Y	F # 98A	Male 8 & Under 50 Breast	LY-VA	3	---	-0.90
47.68Y	F # 106A	Male 8 & Under 50 Free	LY-VA	10	---	-0.81

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Charlotte Pickeral (10) F						
3:10.35Y	F # 3B	Female 9-10 200 IM	LY-VA	2	---	-3.65
	43.35	1:32.68 2:27.93 3:10.35				
	(43.35)	(49.33) (55.25) (42.42)				
7:10.26Y	F # 7B	Female 9-10 500 Free	LY-VA	1	---	-10.66
	37.52	1:19.81 2:04.34 2:48.67 3:32.71 4:18.74 5:03.14 5:46.57				
	(37.52)	(42.29) (44.53) (44.33) (44.04) (46.03) (44.40) (43.43)				
	6:31.06	7:10.26				
	(44.49)	(39.20)				
1:15.43Y	F # 39B	Female 9-10 100 Free	LY-VA	1	---	1.68
	35.22	1:15.43				
	(35.22)	(40.21)				
41.82Y	F # 47B	Female 9-10 50 Back	LY-VA	4	---	1.99
1:42.60Y	F # 51B	Female 9-10 100 Breast	LY-VA	4	---	2.38
	47.80	1:42.60				
	(47.80)	(54.80)				
1:27.60Y	F # 59B	Female 9-10 100 IM	LY-VA	4	---	-0.99
	40.87	1:27.60				
	(40.87)	(46.73)				
2:39.62Y	F # 91B	Female 9-10 200 Free	LY-VA	1	---	-1.71
	35.64	1:17.66 1:59.23 2:39.62				
	(35.64)	(42.02) (41.57) (40.39)				
1:45.43Y	F # 101B	Female 9-10 100 Fly	LY-VA	3	---	1.10
	46.54	1:45.43				
	(46.54)	(58.89)				
33.11Y	F # 105B	Female 9-10 50 Free	LY-VA	2	---	0.55
1:30.12Y	F # 109B	Female 9-10 100 Back	LY-VA	5	---	4.38
	44.11	1:30.12				
	(44.11)	(46.01)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Owen Porter (14) M								
26.76Y	F # 6A	Male 13-14 50 Free	LY-VA	11	---	1.18		
2:08.74Y	F # 16A	Male 13-14 200 Free	LY-VA	13	---	-1.15		
	29.88	1:02.70	1:36.32	2:08.74				
	(29.88)	(32.82)	(33.62)	(32.42)				
1:11.39Y	F # 20A	Male 13-14 100 Breast	LY-VA	4	---	5.10		
	33.60	1:11.39						
	(33.60)	(37.79)						
33.01Y	F # 26A	Male 13-14 50 Breast	LY-VA	6	---	-2.53		
5:26.28Y	F # 28A	Male 13-14 400 IM	LY-VA	9	---	1.84		
	34.04	1:16.27	2:00.47	2:43.95	3:28.29	4:13.89	4:50.68	5:26.28
	(34.04)	(42.23)	(44.20)	(43.48)	(44.34)	(45.60)	(36.79)	(35.60)
2:23.18Y	F # 68A	Male 13-14 200 IM	LY-VA	7	---	8.65		
	30.92	1:09.29	1:50.16	2:23.18				
	(30.92)	(38.37)	(40.87)	(33.02)				
59.04Y	F # 70A	Male 13-14 100 Free	LY-VA	8	---	2.80		
	28.65	59.04						
	(28.65)	(30.39)						
2:42.62Y DQ	F # 76A	Male 13-14 200 Breast	LY-VA	---	---	---		
	37.09	1:17.31	1:59.93	2:42.62				
	(37.09)	(40.22)	(42.62)	(42.69)				
32.86Y	F # 78A	Male 13-14 50 Back	LY-VA	9	---	-3.55		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Hudson Rice (16) M						
23.19Y	F # 6B	Male 15 & Over 50 Free	LY-VA	4	---	0.57
10:06.52Y	F # 10C	Male 15 & Over 1000 Free	LY-VA	1	---	16.44
	27.77	58.15 1:28.89 1:59.64	2:30.10 3:00.96	3:31.91 4:02.62		
	(27.77)	(30.38) (30.74) (30.75)	(30.46) (30.86)	(30.95) (30.71)		
	4:33.02	5:03.80 5:34.41 6:05.14	6:35.98 7:06.63	7:37.60 8:08.03		
	(30.40)	(30.78) (30.61) (30.73)	(30.84) (30.65)	(30.97) (30.43)		
	8:38.24	9:08.43 9:38.46 10:06.52				
	(30.21)	(30.19) (30.03) (28.06)				
1:50.52Y	F # 16B	Male 15 & Over 200 Free	LY-VA	4	---	5.92
	25.81	54.27 1:22.77 1:50.52				
	(25.81)	(28.46) (28.50) (27.75)				
24.48Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	3	---	-4.67
58.07Y	F # 22B	Male 15 & Over 100 Back	LY-VA	16	---	0.30
	28.81	58.07				
	(28.81)	(29.26)				
1:59.04Y	F # 24B	Male 15 & Over 200 Fly	LY-VA	1	---	3.51
	27.01	57.82 1:28.91 1:59.04				
	(27.01)	(30.81) (31.09) (30.13)				
2:02.55Y	F # 68B	Male 15 & Over 200 IM	LY-VA	2	---	5.67
	26.72	59.65 1:35.58 2:02.55				
	(26.72)	(32.93) (35.93) (26.97)				
2:02.48Y	F # 72B	Male 15 & Over 200 Back	LY-VA	2	---	-2.10
	29.58	1:01.34 1:32.47 2:02.48				
	(29.58)	(31.76) (31.13) (30.01)				
55.22Y	F # 74B	Male 15 & Over 100 Fly	LY-VA	3	---	2.92
	26.06	55.22				
	(26.06)	(29.16)				
4:53.45Y	F # 80B	Male 15 & Over 500 Free	LY-VA	1	---	13.14
	27.02	56.85 1:26.82 1:57.31	2:27.51 2:57.87	3:27.24 3:56.58		
	(27.02)	(29.83) (29.97) (30.49)	(30.20) (30.36)	(29.37) (29.34)		
	4:25.69	4:53.45				
	(29.11)	(27.76)				
Trey Robbins (9) M						
NS	F # 40B	Male 9-10 100 Free	LY-VA	---	---	---
NS	F # 48B	Male 9-10 50 Back	LY-VA	---	---	---
NS	F # 56B	Male 9-10 50 Fly	LY-VA	---	---	---
NS	F # 60B	Male 9-10 100 IM	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards
Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Mitchell Rogers (14) M								
25.13Y	F # 6A	Male 13-14 50 Free	LY-VA	4	---	-0.09		
11:08.21Y	F # 10B	Male 13-14 1000 Free	LY-VA	2	---	39.92		
	28.86	1:00.94	1:34.16	2:07.65	2:41.37	3:14.95	3:48.53	4:22.55
	(28.86)	(32.08)	(33.22)	(33.49)	(33.72)	(33.58)	(33.58)	(34.02)
	4:56.51	5:30.29	6:04.07	6:38.26	7:12.16	7:46.43	8:20.29	8:54.14
	(33.96)	(33.78)	(33.78)	(34.19)	(33.90)	(34.27)	(33.86)	(33.85)
	9:27.80	10:01.61	10:34.97	11:08.21				
	(33.66)	(33.81)	(33.36)	(33.24)				
2:00.09Y	F # 16A	Male 13-14 200 Free	LY-VA	4	---	2.60		
	27.41	57.73	1:28.88	2:00.09				
	(27.41)	(30.32)	(31.15)	(31.21)				
27.79Y	F # 18A	Male 13-14 50 Fly	LY-VA	5	---	-1.88		
2:17.24Y	F # 24A	Male 13-14 200 Fly	LY-VA	3	---	10.05		
	29.22	1:03.81	1:40.85	2:17.24				
	(29.22)	(34.59)	(37.04)	(36.39)				
32.33Y	F # 26A	Male 13-14 50 Breast	LY-VA	4	---	-3.99		
55.05Y	F # 70A	Male 13-14 100 Free	LY-VA	5	---	1.86		
	26.15	55.05						
	(26.15)	(28.90)						
59.81Y	F # 74A	Male 13-14 100 Fly	LY-VA	3	---	0.03		
	28.11	59.81						
	(28.11)	(31.70)						
2:37.19Y	F # 76A	Male 13-14 200 Breast	LY-VA	3	---	10.57		
	34.79	1:14.69	1:55.21	2:37.19				
	(34.79)	(39.90)	(40.52)	(41.98)				
5:19.92Y	F # 80A	Male 13-14 500 Free	LY-VA	3	---	17.90		
	28.78	1:00.38	1:32.68	2:04.94	2:37.20	3:09.34	3:42.08	4:14.57
	(28.78)	(31.60)	(32.30)	(32.26)	(32.26)	(32.14)	(32.74)	(32.49)
	4:47.19	5:19.92						
	(32.62)	(32.73)						
Jayden Roh (11) M								
2:02.27Y	F # 38	Male 11-12 100 Free	LY-VA	26	---	-35.55		
	---	2:02.27						
	---	(2:02.27)						
1:04.46Y	F # 46	Male 11-12 50 Back	LY-VA	18	---	-4.77		
2:25.39Y	F # 50	Male 11-12 100 Breast	LY-VA	15	---	-7.10		
	1:07.62	2:25.39						
	(1:07.62)	(1:17.77)						
2:32.14Y DQ	F # 58	Male 11-12 100 IM	LY-VA	---	---	---		
	---	2:32.14						
	---	(2:32.14)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards
Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Addie Ruhl (15) F						
26.96Y	F # 5B	Female 15 & Over 50 Free	LY-VA	5	---	-0.21
2:25.73Y	F # 15B	Female 15 & Over 200 Free	LY-VA	15	---	2.15
	32.26	1:10.30 1:49.60 2:25.73				
	(32.26)	(38.04) (39.30) (36.13)				
30.80Y	F # 17B	Female 15 & Over 50 Fly	LY-VA	6	---	---
1:35.28Y	F # 19B	Female 15 & Over 100 Breast	LY-VA	22	---	---
	45.37	1:35.28				
	(45.37)	(49.91)				
1:11.55Y	F # 21B	Female 15 & Over 100 Back	LY-VA	16	---	-0.06
	34.50	1:11.55				
	(34.50)	(37.05)				
2:47.17Y	F # 67B	Female 15 & Over 200 IM	LY-VA	6	---	---
	32.12	1:14.76 2:07.54 2:47.17				
	(32.12)	(42.64) (52.78) (39.63)				
1:02.14Y	F # 69B	Female 15 & Over 100 Free	LY-VA	3	---	0.87
	29.65	1:02.14				
	(29.65)	(32.49)				
1:13.43Y	F # 73B	Female 15 & Over 100 Fly	LY-VA	4	---	1.40
	33.39	1:13.43				
	(33.39)	(40.04)				
31.61Y	F # 77B	Female 15 & Over 50 Back	LY-VA	1	---	---
Hadley Saechao (8) F						
1:33.07Y	F # 39A	Female 8 & Under 100 Free	LY-VA	2	---	-0.62
	42.43	1:33.07				
	(42.43)	(50.64)				
1:49.78Y	F # 51A	Female 8 & Under 100 Breast	LY-VA	2	---	-4.50
	51.93	1:49.78				
	(51.93)	(57.85)				
53.93Y	F # 55A	Female 8 & Under 50 Fly	LY-VA	2	---	---
1:48.20Y	F # 59A	Female 8 & Under 100 IM	LY-VA	1	---	-36.30
	52.03	1:48.20				
	(52.03)	(56.17)				
Landon Saechao (11) M						
1:15.40Y	F # 38	Male 11-12 100 Free	LY-VA	12	---	-4.30
	34.69	1:15.40				
	(34.69)	(40.71)				
38.29Y	F # 46	Male 11-12 50 Back	LY-VA	5	---	1.22
41.92Y	F # 54	Male 11-12 50 Fly	LY-VA	11	---	-12.48
2:58.06Y DQ	F # 62B	Male 11-12 200 Back	LY-VA	---	---	---
	41.36	--- 2:13.42 2:58.06				
	(41.36)	--- (2:13.42) (44.64)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Ben Schewel (7) M						
2:06.15Y	F # 40A	Male 8 & Under 100 Free	LY-VA	11	---	17.70
	---	2:06.15				
	---	(2:06.15)				
30.09Y	F # 44	Male 8 & Under 25 Breast	LY-VA	9	---	0.41
58.68Y	F # 48A	Male 8 & Under 50 Back	LY-VA	10	---	0.92
2:18.40Y	F # 60A	Male 8 & Under 100 IM	LY-VA	6	---	---
	---	2:18.40				
	---	(2:18.40)				
Max Schonfelder (18) M						
22.41Y	F # 6B	Male 15 & Over 50 Free	LY-VA	1	---	0.90
1:47.75Y	F # 16B	Male 15 & Over 200 Free	LY-VA	2	---	4.06
	25.03	51.98 1:19.73 1:47.75				
	(25.03)	(26.95) (27.75) (28.02)				
58.92Y	F # 20B	Male 15 & Over 100 Breast	LY-VA	2	---	2.40
	27.92	58.92				
	(27.92)	(31.00)				
55.05Y	F # 22B	Male 15 & Over 100 Back	LY-VA	4	---	0.21
	26.91	55.05				
	(26.91)	(28.14)				
27.54Y	F # 26B	Male 15 & Over 50 Breast	LY-VA	1	---	-1.94
48.07Y	F # 70B	Male 15 & Over 100 Free	LY-VA	1	---	1.10
	23.20	48.07				
	(23.20)	(24.87)				
52.87Y	F # 74B	Male 15 & Over 100 Fly	LY-VA	1	---	1.44
	24.74	52.87				
	(24.74)	(28.13)				
2:14.94Y	F # 76B	Male 15 & Over 200 Breast	LY-VA	1	---	9.79
	30.06	1:04.53 1:39.61 2:14.94				
	(30.06)	(34.47) (35.08) (35.33)				
25.84Y	F # 78B	Male 15 & Over 50 Back	LY-VA	1	---	0.58

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Ava Shopbell (15) F								
27.55Y	F # 5B	Female 15 & Over 50 Free	LY-VA	6	---	1.19		
11:16.53Y	F # 9C	Female 15 & Over 1000 Free	LY-VA	1	---	19.45		
	30.64	1:04.13	1:37.70	2:11.37	2:44.89	3:18.65	3:52.52	4:26.35
	(30.64)	(33.49)	(33.57)	(33.67)	(33.52)	(33.76)	(33.87)	(33.83)
	5:00.53	5:34.63	6:09.01	6:43.31	7:17.99	7:52.35	8:26.39	9:00.74
	(34.18)	(34.10)	(34.38)	(34.30)	(34.68)	(34.36)	(34.04)	(34.35)
	9:35.07	10:09.61	10:43.97	11:16.53				
	(34.33)	(34.54)	(34.36)	(32.56)				
2:08.47Y	F # 15B	Female 15 & Over 200 Free	LY-VA	7	---	2.90		
	29.98	1:02.62	1:36.05	2:08.47				
	(29.98)	(32.64)	(33.43)	(32.42)				
28.97Y	F # 17B	Female 15 & Over 50 Fly	LY-VA	4	---	-1.72		
1:06.77Y	F # 21B	Female 15 & Over 100 Back	LY-VA	12	---	3.42		
	32.57	1:06.77						
	(32.57)	(34.20)						
2:09.77Y	F # 23B	Female 15 & Over 200 Fly	LY-VA	1	---	4.79		
	29.39	1:01.92	1:35.73	2:09.77				
	(29.39)	(32.53)	(33.81)	(34.04)				
2:19.58Y	F # 67B	Female 15 & Over 200 IM	LY-VA	1	---	6.84		
	29.99	1:06.65	1:46.99	2:19.58				
	(29.99)	(36.66)	(40.34)	(32.59)				
2:21.00Y	F # 71B	Female 15 & Over 200 Back	LY-VA	1	---	3.65		
	33.50	1:08.85	1:45.50	2:21.00				
	(33.50)	(35.35)	(36.65)	(35.50)				
1:01.42Y	F # 73B	Female 15 & Over 100 Fly	LY-VA	1	---	2.85		
	29.33	1:01.42						
	(29.33)	(32.09)						
2:39.12Y	F # 75B	Female 15 & Over 200 Breast	LY-VA	1	---	5.26		
	36.41	1:17.50	1:58.55	2:39.12				
	(36.41)	(41.09)	(41.05)	(40.57)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Addy Smith (13) F						
31.06Y	F # 5A	Female 13-14 50 Free	LY-VA	15	---	0.83
34.37Y	F # 13	200 Medley Relay Lead Off	LY-VA	---	---	0.90
2:28.57Y	F # 15A	Female 13-14 200 Free	LY-VA	20	---	5.74
	34.79	1:12.93 1:50.82 2:28.57				
	(34.79)	(38.14) (37.89) (37.75)				
37.85Y	F # 17A	Female 13-14 50 Fly	LY-VA	22	---	-5.31
1:12.87Y	F # 21A	Female 13-14 100 Back	LY-VA	14	---	4.80
	35.77	1:12.87				
	(35.77)	(37.10)				
NS	F # 27A	Female 13-14 400 IM	LY-VA	---	---	---
1:08.22Y	F # 69A	Female 13-14 100 Free	LY-VA	17	---	2.44
	32.91	1:08.22				
	(32.91)	(35.31)				
2:40.06Y	F # 71A	Female 13-14 200 Back	LY-VA	7	---	9.52
	40.28	1:21.60 2:01.76 2:40.06				
	(40.28)	(41.32) (40.16) (38.30)				
33.35Y	F # 77A	Female 13-14 50 Back	LY-VA	5	---	-0.12
6:37.32Y	F # 79A	Female 13-14 500 Free	LY-VA	6	---	4.62
	36.05	1:16.92 1:58.55 2:38.64 3:18.24 3:58.02 4:37.86 5:18.23				
	(36.05)	(40.87) (41.63) (40.09) (39.60) (39.78) (39.84) (40.37)				
	5:58.58	6:37.32				
	(40.35)	(38.74)				
Elaine Smith (9) F						
1:59.22Y	F # 39B	Female 9-10 100 Free	LY-VA	20	---	-2.80
	---	1:59.22				
	---	(1:59.22)				
1:06.35Y	F # 47B	Female 9-10 50 Back	LY-VA	21	---	-2.57
2:17.54Y	F # 51B	Female 9-10 100 Breast	LY-VA	14	---	---
	1:06.40	2:17.54				
	(1:06.40)	(1:11.14)				
2:19.62Y DQ	F # 59B	Female 9-10 100 IM	LY-VA	---	---	---
	---	2:19.62				
	---	(2:19.62)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Avery Snyder (16) M					
10:40.27Y	F # 10C	Male 15 & Over 1000 Free	LY-VA 5	---	16.84
	28.25	59.71 1:31.62 2:03.49	2:36.03 3:08.82 3:41.33 4:13.35		
	(28.25)	(31.46) (31.91) (31.87)	(32.54) (32.79) (32.51) (32.02)		
	4:45.05	5:17.04 5:49.27 6:21.56	6:54.15 7:26.76 7:58.64 8:30.57		
	(31.70)	(31.99) (32.23) (32.29)	(32.59) (32.61) (31.88) (31.93)		
	9:04.30	9:36.73 10:08.66 10:40.27			
	(33.73)	(32.43) (31.93) (31.61)			
1:56.14Y	F # 16B	Male 15 & Over 200 Free	LY-VA 15	---	5.02
	26.94	56.20 1:26.40 1:56.14			
	(26.94)	(29.26) (30.20) (29.74)			
1:05.79Y	F # 20B	Male 15 & Over 100 Breast	LY-VA 10	---	4.24
	30.85	1:05.79			
	(30.85)	(34.94)			
30.11Y	F # 26B	Male 15 & Over 50 Breast	LY-VA 3	---	-12.27
4:43.93Y	F # 28B	Male 15 & Over 400 IM	LY-VA 3	---	13.34
	28.37	1:02.48 1:40.34 2:18.12	2:58.30 3:38.87 4:12.06 4:43.93		
	(28.37)	(34.11) (37.86) (37.78)	(40.18) (40.57) (33.19) (31.87)		
Seth Snyder (9) M					
3:11.91Y	F # 4B	Male 9-10 200 IM	LY-VA 4	---	-4.39
	42.67	1:26.84 2:30.67 3:11.91			
	(42.67)	(44.17) (1:03.83) (41.24)			
7:20.76Y	F # 8B	Male 9-10 500 Free	LY-VA 7	---	-9.48
	39.46	1:23.99 2:09.56 2:55.03	3:40.33 4:26.09 5:11.82 5:56.94		
	(39.46)	(44.53) (45.57) (45.47)	(45.30) (45.76) (45.73) (45.12)		
	6:41.28	7:20.76			
	(44.34)	(39.48)			
1:15.71Y	F # 40B	Male 9-10 100 Free	LY-VA 5	---	-1.65
	36.43	1:15.71			
	(36.43)	(39.28)			
40.87Y	F # 56B	Male 9-10 50 Fly	LY-VA 5	---	1.41
1:33.07Y	F # 60B	Male 9-10 100 IM	LY-VA 6	---	0.37
	41.69	1:33.07			
	(41.69)	(51.38)			
3:01.20Y	F # 62A	Male 9-10 200 Back	LY-VA 2	---	---
	44.46	1:31.24 2:17.30 3:01.20			
	(44.46)	(46.78) (46.06) (43.90)			
2:45.60Y	F # 92B	Male 9-10 200 Free	LY-VA 5	---	-5.71
	38.38	1:21.94 2:05.48 2:45.60			
	(38.38)	(43.56) (43.54) (40.12)			
57.49Y	F # 98B	Male 9-10 50 Breast	LY-VA 17	---	2.12
1:38.96Y DQ	F # 102B	Male 9-10 100 Fly	LY-VA ---	---	---
	46.32	1:38.96			
	(46.32)	(52.64)			
34.89Y	F # 106B	Male 9-10 50 Free	LY-VA 8	---	-0.75

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Audrey Spivey (8) F						
4:32.87Y	F # 3A	Female 8 & Under 200 IM	LY-VA	1	---	-13.93
	1:10.28	2:17.99	---	4:32.87		
	(1:10.28)	(1:07.71)	---	(4:32.87)		
1:55.88Y	F # 39A	Female 8 & Under 100 Free	LY-VA	6	---	1.75
	51.26	1:55.88				
	(51.26)	(1:04.62)				
58.64Y	F # 47A	Female 8 & Under 50 Back	LY-VA	10	---	-7.94
1:10.47Y DQ	F # 55A	Female 8 & Under 50 Fly	LY-VA	---	---	---
2:15.73Y	F # 59A	Female 8 & Under 100 IM	LY-VA	5	---	3.99
	---	2:15.73				
	---	(2:15.73)				
Jude Spivey (9) M						
3:20.01Y	F # 4B	Male 9-10 200 IM	LY-VA	6	---	-24.10
	46.05	1:38.04	2:37.64	3:20.01		
	(46.05)	(51.99)	(59.60)	(42.37)		
7:54.93Y	F # 8B	Male 9-10 500 Free	LY-VA	8	---	-111.27
	39.56	1:27.18	2:17.25	3:06.63	3:55.04	4:44.33
	(39.56)	(47.62)	(50.07)	(49.38)	(48.41)	(49.29)
	7:09.72	7:54.93			(50.59)	(47.01)
	(47.79)	(45.21)				
1:21.11Y	F # 40B	Male 9-10 100 Free	LY-VA	12	---	-6.66
	37.00	1:21.11				
	(37.00)	(44.11)				
48.98Y	F # 48B	Male 9-10 50 Back	LY-VA	18	---	0.71
46.50Y	F # 56B	Male 9-10 50 Fly	LY-VA	9	---	-7.42
1:34.19Y	F # 60B	Male 9-10 100 IM	LY-VA	7	---	-3.26
	47.43	1:34.19				
	(47.43)	(46.76)				
Emerson Stauder (8) F						
1:25.60Y	F # 39A	Female 8 & Under 100 Free	LY-VA	1	---	1.83
	39.80	1:25.60				
	(39.80)	(45.80)				
45.75Y DQ	F # 47A	Female 8 & Under 50 Back	LY-VA	---	---	---
1:49.36Y	F # 51A	Female 8 & Under 100 Breast	LY-VA	1	---	-0.52
	51.59	1:49.36				
	(51.59)	(57.77)				
49.04Y	F # 55A	Female 8 & Under 50 Fly	LY-VA	1	---	-2.92
19.29Y	F # 87	Female 8 & Under 25 Back	LY-VA	1	---	-1.43
19.18Y	F # 93	Female 8 & Under 25 Fly	LY-VA	1	---	-1.03
49.56Y	F # 97A	Female 8 & Under 50 Breast	LY-VA	1	---	-0.76
37.95Y	F # 105A	Female 8 & Under 50 Free	LY-VA	1	---	0.32

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Declund Stevenson (17) M						
2:04.10Y	F # 68B	Male 15 & Over 200 IM	LY-VA	3	---	-1.93
	26.38	58.96 1:34.84 2:04.10				
	(26.38)	(32.58) (35.88) (29.26)				
49.50Y	F # 70B	Male 15 & Over 100 Free	LY-VA	2	---	2.34
	23.51	49.50				
	(23.51)	(25.99)				
59.25Y	F # 74B	Male 15 & Over 100 Fly	LY-VA	7	---	6.70
	27.40	59.25				
	(27.40)	(31.85)				
NS	F # 76B	Male 15 & Over 200 Breast	LY-VA	---	---	---
Keaton Tanner (8) M						
1:29.53Y	F # 40A	Male 8 & Under 100 Free	LY-VA	3	---	-3.77
	---	1:29.53				
	---	(1:29.53)				
25.91Y	F # 44	Male 8 & Under 25 Breast	LY-VA	4	---	---
45.02Y	F # 48A	Male 8 & Under 50 Back	LY-VA	1	---	-7.47
1:50.19Y	F # 60A	Male 8 & Under 100 IM	LY-VA	1	---	1.67
	54.06	1:50.19				
	(54.06)	(56.13)				
19.62Y	F # 88	Male 8 & Under 25 Back	LY-VA	1	---	-3.27
3:22.34Y	F # 92A	Male 8 & Under 200 Free	LY-VA	1	---	-1.57
	44.66	--- 2:33.64 3:22.34				
	(44.66)	--- (2:33.64) (48.70)				
1:00.94Y	F # 98A	Male 8 & Under 50 Breast	LY-VA	4	---	-8.49
41.87Y	F # 106A	Male 8 & Under 50 Free	LY-VA	3	---	2.92
Alaina Thomas (10) F						
3:48.61Y	F # 91B	Female 9-10 200 Free	LY-VA	13	---	-7.68
	44.18	1:45.88 2:50.33 3:48.61				
	(44.18)	(1:01.70) (1:04.45) (58.28)				
1:20.14Y	F # 97B	Female 9-10 50 Breast	LY-VA	15	---	-5.84
47.36Y	F # 105B	Female 9-10 50 Free	LY-VA	20	---	6.36
2:05.38Y DQ	F # 109B	Female 9-10 100 Back	LY-VA	---	---	---
	---	2:05.38				
	---	(2:05.38)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Brandon Thomas (13) M						
1:10.70Y	F # 70A	Male 13-14 100 Free	LY-VA	23	---	3.36
	32.96	1:10.70				
	(32.96)	(37.74)				
3:10.12Y	F # 72A	Male 13-14 200 Back	LY-VA	8	---	3.91
	46.38	1:35.47 2:24.03 3:10.12				
	(46.38)	(49.09) (48.56) (46.09)				
39.39Y	F # 78A	Male 13-14 50 Back	LY-VA	20	---	2.50
7:06.13Y	F # 80A	Male 13-14 500 Free	LY-VA	13	---	7.06
	36.07	1:17.83 2:02.17 2:47.19 3:31.75 4:16.77 5:00.62 5:45.08				
	(36.07)	(41.76) (44.34) (45.02) (44.56) (45.02) (43.85) (44.46)				
	6:27.41	7:06.13				
	(42.33)	(38.72)				
Camryn Thomas (5) F						
46.40Y	F # 87	Female 8 & Under 25 Back	LY-VA	15	---	1.76
1:23.16Y	F # 105A	Female 8 & Under 50 Free	LY-VA	17	---	-12.00
Canton Thomasey (7) M						
27.12Y	F # 88	Male 8 & Under 25 Back	LY-VA	10	---	-0.77
31.79Y	F # 94	Male 8 & Under 25 Fly	LY-VA	11	---	---
1:05.31Y DQ	F # 98A	Male 8 & Under 50 Breast	LY-VA	---	---	---
47.61Y	F # 106A	Male 8 & Under 50 Free	LY-VA	9	---	-1.80
Wave Thomasey (11) F						
2:47.85Y	F # 89	Female 11-12 200 Free	LY-VA	12	---	-21.96
	36.78	1:19.70 2:04.72 2:47.85				
	(36.78)	(42.92) (45.02) (43.13)				
45.19Y	F # 95	Female 11-12 50 Breast	LY-VA	10	---	---
31.48Y	F # 103	Female 11-12 50 Free	LY-VA	7	---	-0.51
1:23.17Y	F # 107	Female 11-12 100 Back	LY-VA	10	---	-8.04
	39.54	1:23.17				
	(39.54)	(43.63)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Bri Torrence (11) F						
3:42.28Y	F # 1	Female 11-12 200 IM	LY-VA	13	---	-22.61
	48.45	1:39.51 2:59.70 3:42.28				
	(48.45)	(51.06) (1:20.19) (42.58)				
8:13.26Y	F # 7C	Female 11-12 500 Free	LY-VA	10	---	2.44
	39.62	1:28.68 --- 3:12.96 4:05.27 4:57.69 5:49.13		---		
	(39.62)	(49.06) --- (3:12.96) (52.31) (52.42) (51.44)		---		
	7:24.90	8:13.26				
	(7:24.90)	(48.36)				
1:23.77Y	F # 37	Female 11-12 100 Free	LY-VA	29	---	-1.21
	39.20	1:23.77				
	(39.20)	(44.57)				
42.24Y	F # 45	Female 11-12 50 Back	LY-VA	21	---	-1.67
42.69Y	F # 53	Female 11-12 50 Fly	LY-VA	19	---	0.53
1:41.34Y	F # 57	Female 11-12 100 IM	LY-VA	24	---	-13.38
	43.20	1:41.34				
	(43.20)	(58.14)				
Hallie Townsend (12) F						
33.58Y	F # 33	200 Free Relay Lead Off	LY-VA	---	---	-6.53
1:16.46Y	F # 37	Female 11-12 100 Free	LY-VA	19	---	---
	37.89	1:16.46				
	(37.89)	(38.57)				
37.89Y	F # 45	Female 11-12 50 Back	LY-VA	10	---	-9.58
41.13Y	F # 53	Female 11-12 50 Fly	LY-VA	17	---	---
1:28.64Y	F # 57	Female 11-12 100 IM	LY-VA	15	---	---
	42.24	1:28.64				
	(42.24)	(46.40)				
2:44.78Y	F # 89	Female 11-12 200 Free	LY-VA	11	---	---
	37.16	1:19.23 2:03.79 2:44.78				
	(37.16)	(42.07) (44.56) (40.99)				
47.24Y	F # 95	Female 11-12 50 Breast	LY-VA	14	---	---
35.41Y	F # 103	Female 11-12 50 Free	LY-VA	20	---	-4.70
1:25.94Y	F # 107	Female 11-12 100 Back	LY-VA	15	---	---
	43.44	1:25.94				
	(43.44)	(42.50)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Syrus Tracey (9) M						
3:07.19Y	F # 4B	Male 9-10 200 IM	LY-VA	3	---	-8.69
	---	1:29.62 2:27.40 3:07.19				
	---	(1:29.62) (57.78) (39.79)				
7:07.74Y	F # 8B	Male 9-10 500 Free	LY-VA	5	---	-75.59
	37.33	1:20.03 2:04.06 2:49.06 3:32.33 4:16.95 4:59.93 5:43.49				
	(37.33)	(42.70) (44.03) (45.00) (43.27) (44.62) (42.98) (43.56)				
	6:26.11	7:07.74				
	(42.62)	(41.63)				
1:14.75Y	F # 40B	Male 9-10 100 Free	LY-VA	4	---	-3.65
	34.76	1:14.75				
	(34.76)	(39.99)				
1:46.98Y	F # 52B	Male 9-10 100 Breast	LY-VA	4	---	-0.16
	50.18	1:46.98				
	(50.18)	(56.80)				
1:28.84Y	F # 60B	Male 9-10 100 IM	LY-VA	4	---	-0.66
	40.74	1:28.84				
	(40.74)	(48.10)				
3:01.62Y	F # 62A	Male 9-10 200 Back	LY-VA	3	---	---
	44.32	1:31.53 2:18.41 3:01.62				
	(44.32)	(47.21) (46.88) (43.21)				
2:42.49Y	F # 92B	Male 9-10 200 Free	LY-VA	4	---	-5.23
	35.98	1:18.03 2:01.16 2:42.49				
	(35.98)	(42.05) (43.13) (41.33)				
49.69Y	F # 98B	Male 9-10 50 Breast	LY-VA	6	---	-1.53
33.16Y	F # 106B	Male 9-10 50 Free	LY-VA	5	---	-0.60
1:29.48Y	F # 110B	Male 9-10 100 Back	LY-VA	9	---	-2.37
	42.86	1:29.48				
	(42.86)	(46.62)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Eli Trosper (13) M						
33.87Y	F # 6A	Male 13-14 50 Free	LY-VA	22	---	-1.30
2:55.42Y	F # 16A	Male 13-14 200 Free	LY-VA	26	---	-4.30
	37.23	1:22.57 --- 2:55.42				
	(37.23)	(45.34) --- (2:55.42)				
1:38.35Y	F # 20A	Male 13-14 100 Breast	LY-VA	18	---	-2.89
	44.32	1:38.35				
	(44.32)	(54.03)				
1:32.05Y	F # 22A	Male 13-14 100 Back	LY-VA	28	---	---
	44.60	1:32.05				
	(44.60)	(47.45)				
43.45Y	F # 26A	Male 13-14 50 Breast	LY-VA	21	---	-1.46
3:25.12Y DQ	F # 68A	Male 13-14 200 IM	LY-VA	---	---	---
	45.61	1:38.14 2:38.24 3:25.12				
	(45.61)	(52.53) (1:00.10) (46.88)				
1:18.59Y	F # 70A	Male 13-14 100 Free	LY-VA	25	---	-1.10
	37.04	1:18.59				
	(37.04)	(41.55)				
38.84Y	F # 78A	Male 13-14 50 Back	LY-VA	19	---	-3.28
NS	F # 80A	Male 13-14 500 Free	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Kinley Tuck (13) F						
30.95Y	F # 5A	Female 13-14 50 Free	LY-VA	14	---	-1.92
13:55.57Y	F # 9B	Female 13-14 1000 Free	LY-VA	8	---	-6.24
	38.16	1:18.73 1:59.84 2:41.91	3:24.65 4:07.22 4:50.26	5:32.60		
	(38.16)	(40.57) (41.11) (42.07)	(42.74) (42.57) (43.04)	(42.34)		
	6:14.99	6:57.25 7:39.47 8:21.29	9:04.82 9:47.02 10:29.03	11:11.58		
	(42.39)	(42.26) (42.22) (41.82)	(43.53) (42.20) (42.01)	(42.55)		
	11:54.28	12:35.59 13:16.57 13:55.57				
	(42.70)	(41.31) (40.98) (39.00)				
2:38.63Y	F # 15A	Female 13-14 200 Free	LY-VA	24	---	2.21
	37.10	1:17.92 1:59.30 2:38.63				
	(37.10)	(40.82) (41.38) (39.33)				
36.25Y	F # 17A	Female 13-14 50 Fly	LY-VA	21	---	-3.47
1:20.22Y	F # 21A	Female 13-14 100 Back	LY-VA	24	---	0.62
	39.96	1:20.22				
	(39.96)	(40.26)				
43.57Y	F # 25A	Female 13-14 50 Breast	LY-VA	22	---	-0.09
2:51.27Y	F # 67A	Female 13-14 200 IM	LY-VA	12	---	-0.84
	37.84	1:21.91 2:12.12 2:51.27				
	(37.84)	(44.07) (50.21) (39.15)				
1:12.16Y	F # 69A	Female 13-14 100 Free	LY-VA	21	---	2.42
	34.42	1:12.16				
	(34.42)	(37.74)				
2:52.81Y	F # 71A	Female 13-14 200 Back	LY-VA	9	---	7.46
	41.59	1:26.17 2:09.68 2:52.81				
	(41.59)	(44.58) (43.51) (43.13)				
6:47.58Y	F # 79A	Female 13-14 500 Free	LY-VA	8	---	3.42
	37.68	1:18.70 2:00.07 2:41.74	3:23.42 4:05.43 4:47.39	5:28.84		
	(37.68)	(41.02) (41.37) (41.67)	(41.68) (42.01) (41.96)	(41.45)		
	6:09.16	6:47.58				
	(40.32)	(38.42)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Brody Wall (14) M											
23.28Y	F # 6A	Male	13-14	50 Free		LY-VA		1	---		0.83
11:16.74Y	F # 10B	Male	13-14	1000 Free		LY-VA		4	---		-33.05
	30.68	1:04.31	1:38.77	2:13.07	2:48.41	3:22.99	3:58.20	4:33.10			
	(30.68)	(33.63)	(34.46)	(34.30)	(35.34)	(34.58)	(35.21)	(34.90)			
	5:07.70	5:41.99	6:15.83	6:50.10	7:23.86	7:58.04	8:31.34	9:05.02			
	(34.60)	(34.29)	(33.84)	(34.27)	(33.76)	(34.18)	(33.30)	(33.68)			
	9:39.00	10:12.72	10:45.49	11:16.74							
	(33.98)	(33.72)	(32.77)	(31.25)							
1:56.56Y	F # 16A	Male	13-14	200 Free		LY-VA		2	---		6.44
	26.31	55.95	1:26.61	1:56.56							
	(26.31)	(29.64)	(30.66)	(29.95)							
24.38Y	F # 18A	Male	13-14	50 Fly		LY-VA		1	---		-26.70
2:16.39Y	F # 24A	Male	13-14	200 Fly		LY-VA		2	---		10.09
	31.15	1:07.20	1:41.96	2:16.39							
	(31.15)	(36.05)	(34.76)	(34.43)							
4:54.11Y	F # 28A	Male	13-14	400 IM		LY-VA		4	---		-7.48
	28.56	1:02.79	1:43.70	2:21.57	3:04.02	3:49.31	4:21.93	4:54.11			
	(28.56)	(34.23)	(40.91)	(37.87)	(42.45)	(45.29)	(32.62)	(32.18)			
51.07Y	F # 70A	Male	13-14	100 Free		LY-VA		2	---		1.21
	24.82	51.07									
	(24.82)	(26.25)									
56.60Y	F # 74A	Male	13-14	100 Fly		LY-VA		1	---		3.72
	26.27	56.60									
	(26.27)	(30.33)									
29.10Y	F # 78A	Male	13-14	50 Back		LY-VA		3	---		-13.62
5:26.43Y	F # 80A	Male	13-14	500 Free		LY-VA		4	---		-2.31
	30.20	1:03.19	1:37.13	2:11.71	2:46.09	3:20.32	3:55.34	4:28.40			
	(30.20)	(32.99)	(33.94)	(34.58)	(34.38)	(34.23)	(35.02)	(33.06)			
	4:58.85	5:26.43									
	(30.45)	(27.58)									

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Sarah Warren (15) F											
28.25Y	F # 5B	Female 15 & Over 50 Free				LY-VA		8	---	1.16	
11:45.38Y	F # 9C	Female 15 & Over 1000 Free				LY-VA		2	---	7.25	
	31.89	1:06.80	1:42.11	2:17.25	2:52.42	3:28.21	4:03.64	4:39.31			
	(31.89)	(34.91)	(35.31)	(35.14)	(35.17)	(35.79)	(35.43)	(35.67)			
	5:15.08	5:51.08	6:26.66	7:02.02	7:37.82	8:13.05	8:48.60	9:23.79			
	(35.77)	(36.00)	(35.58)	(35.36)	(35.80)	(35.23)	(35.55)	(35.19)			
	9:59.68	10:35.59	11:11.39	11:45.38							
	(35.89)	(35.91)	(35.80)	(33.99)							
29.85Y	F # 17B	Female 15 & Over 50 Fly				LY-VA		5	---	0.40	
1:09.46Y	F # 21B	Female 15 & Over 100 Back				LY-VA		13	---	5.98	
	34.06	1:09.46									
	(34.06)	(35.40)									
2:20.79Y	F # 23B	Female 15 & Over 200 Fly				LY-VA		4	---	10.14	
	32.37	1:07.65	---	2:20.79							
	(32.37)	(35.28)	---	(2:20.79)							
5:05.10Y	F # 27B	Female 15 & Over 400 IM				LY-VA		1	---	14.46	
	31.37	1:06.62	1:45.94	---	3:08.93	3:54.66	4:30.12	5:05.10			
	(31.37)	(35.25)	(39.32)	---	(3:08.93)	(45.73)	(35.46)	(34.98)			
2:28.53Y	F # 67B	Female 15 & Over 200 IM				LY-VA		3	---	11.53	
	31.55	1:09.51	1:54.03	2:28.53							
	(31.55)	(37.96)	(44.52)	(34.50)							
2:28.02Y	F # 71B	Female 15 & Over 200 Back				LY-VA		2	---	11.70	
	35.29	1:13.16	1:51.34	2:28.02							
	(35.29)	(37.87)	(38.18)	(36.68)							
1:04.15Y	F # 73B	Female 15 & Over 100 Fly				LY-VA		2	---	3.97	
	30.59	1:04.15									
	(30.59)	(33.56)									
32.11Y	F # 77B	Female 15 & Over 50 Back				LY-VA		4	---	1.59	

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Broughton Webb (14) F						
26.81Y	F # 5A	Female 13-14 50 Free	LY-VA	2	---	0.42
10:38.91Y	F # 9B	Female 13-14 1000 Free	LY-VA	1	---	16.70
	29.45	1:01.83 1:34.69 2:06.77	2:38.95 3:11.15 3:43.02	4:15.04		
	(29.45)	(32.38) (32.86) (32.08)	(32.18) (32.20) (31.87)	(32.02)		
	4:46.92	5:19.05 5:50.88 6:22.83	6:54.79 7:26.78 7:58.91	8:31.05		
	(31.88)	(32.13) (31.83) (31.95)	(31.96) (31.99) (32.13)	(32.14)		
	9:02.92	9:34.69 10:07.09 10:38.91				
	(31.87)	(31.77) (32.40) (31.82)				
2:02.07Y	F # 15A	Female 13-14 200 Free	LY-VA	2	---	3.97
	27.80	58.42 1:30.28 2:02.07				
	(27.80)	(30.62) (31.86) (31.79)				
1:12.19Y	F # 19A	Female 13-14 100 Breast	LY-VA	4	---	3.43
	34.29	1:12.19				
	(34.29)	(37.90)				
1:06.89Y	F # 21A	Female 13-14 100 Back	LY-VA	6	---	3.11
	32.87	1:06.89				
	(32.87)	(34.02)				
32.56Y	F # 25A	Female 13-14 50 Breast	LY-VA	1	---	-1.22
2:17.27Y	F # 67A	Female 13-14 200 IM	LY-VA	1	---	5.60
	31.18	1:05.77 1:45.30 2:17.27				
	(31.18)	(34.59) (39.53) (31.97)				
57.91Y	F # 69A	Female 13-14 100 Free	LY-VA	1	---	1.71
	28.00	57.91				
	(28.00)	(29.91)				
2:15.94Y	F # 71A	Female 13-14 200 Back	LY-VA	2	---	-0.05
	33.28	1:07.86 1:42.47 2:15.94				
	(33.28)	(34.58) (34.61) (33.47)				
2:34.22Y	F # 75A	Female 13-14 200 Breast	LY-VA	1	---	7.50
	35.51	1:15.07 1:54.70 2:34.22				
	(35.51)	(39.56) (39.63) (39.52)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv				
Adam Wells (14) M									
24.30Y	F # 6A	Male 13-14 50 Free	LY-VA	3	---	1.28			
12:23.41Y	F # 10B	Male 13-14 1000 Free	LY-VA	8	---	---			
	30.47	1:07.37	1:44.88	2:21.79	2:59.72	3:36.73	4:13.19	4:51.12	
	(30.47)	(36.90)	(37.51)	(36.91)	(37.93)	(37.01)	(36.46)	(37.93)	
	5:29.59	6:07.31	6:45.55	7:23.87	8:02.61	8:41.91	9:19.95	9:58.37	
	(38.47)	(37.72)	(38.24)	(38.32)	(38.74)	(39.30)	(38.04)	(38.42)	
	10:35.60	11:13.52	11:50.53	12:23.41					
	(37.23)	(37.92)	(37.01)	(32.88)					
29.36Y	F # 14	200 Medley Relay Lead Off	LY-VA	---	---				-4.09
2:08.65Y	F # 16A	Male 13-14 200 Free	LY-VA	12	---				11.39
	27.82	1:00.66	1:34.68	2:08.65					
	(27.82)	(32.84)	(34.02)	(33.97)					
26.89Y	F # 18A	Male 13-14 50 Fly	LY-VA	3	---				-4.85
1:06.67Y	F # 22A	Male 13-14 100 Back	LY-VA	7	---				2.00
	33.07	1:06.67							
	(33.07)	(33.60)							
54.49Y	F # 70A	Male 13-14 100 Free	LY-VA	4	---				1.61
	25.97	54.49							
	(25.97)	(28.52)							
1:02.82Y	F # 74A	Male 13-14 100 Fly	LY-VA	6	---				4.75
	---	1:02.82							
	---	(1:02.82)							
29.31Y	F # 78A	Male 13-14 50 Back	LY-VA	5	---				-4.14
5:55.00Y	F # 80A	Male 13-14 500 Free	LY-VA	7	---				18.86
	29.70	1:03.22	1:40.06	2:16.70	2:54.08	3:30.86	4:08.30	4:46.28	
	(29.70)	(33.52)	(36.84)	(36.64)	(37.38)	(36.78)	(37.44)	(37.98)	
	5:23.74	5:55.00							
	(37.46)	(31.26)							

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Noah Wells (17) M						
23.38Y	F # 6B	Male 15 & Over 50 Free	LY-VA	5	---	0.86
1:56.61Y	F # 16B	Male 15 & Over 200 Free	LY-VA	17	---	5.52
	27.32	57.24 1:26.72 1:56.61				
	(27.32)	(29.92) (29.48) (29.89)				
26.84Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	9	---	-11.25
1:02.36Y	F # 22B	Male 15 & Over 100 Back	LY-VA	25	---	4.09
	30.52	1:02.36				
	(30.52)	(31.84)				
32.33Y	F # 26B	Male 15 & Over 50 Breast	LY-VA	10	---	-11.07
51.07Y	F # 70B	Male 15 & Over 100 Free	LY-VA	5	---	-0.36
	24.47	51.07				
	(24.47)	(26.60)				
2:22.54Y	F # 72B	Male 15 & Over 200 Back	LY-VA	5	---	12.92
	31.12	1:05.86 1:43.55 2:22.54				
	(31.12)	(34.74) (37.69) (38.99)				
29.10Y	F # 78B	Male 15 & Over 50 Back	LY-VA	4	---	1.63
5:39.43Y	F # 80B	Male 15 & Over 500 Free	LY-VA	5	---	23.90
	30.41	1:04.42 1:38.31 --- 2:13.45 2:46.54 3:20.91 3:55.70				
	(30.41)	(34.01) (33.89) --- (2:13.45) (33.09) (34.37) (34.79)				
	---	5:39.43				
	---	(5:39.43)				
Sammy Wells (10) M						
6:48.77Y	F # 8B	Male 9-10 500 Free	LY-VA	2	---	-21.54
	35.72	1:17.09 1:58.40 2:40.56 3:23.01 4:05.55 4:47.56 5:28.91				
	(35.72)	(41.37) (41.31) (42.16) (42.45) (42.54) (42.01) (41.35)				
	---	6:48.77				
	---	(6:48.77)				
1:12.20Y	F # 40B	Male 9-10 100 Free	LY-VA	3	---	-1.48
	33.86	1:12.20				
	(33.86)	(38.34)				
40.65Y	F # 48B	Male 9-10 50 Back	LY-VA	5	---	-1.26
34.67Y	F # 56B	Male 9-10 50 Fly	LY-VA	2	---	-0.93
NS	F # 62A	Male 9-10 200 Back	LY-VA	---	---	---
51.07Y	F # 98B	Male 9-10 50 Breast	LY-VA	8	---	-5.56
NS	F # 102B	Male 9-10 100 Fly	LY-VA	---	---	---
32.33Y	F # 106B	Male 9-10 50 Free	LY-VA	3	---	0.40
1:25.09Y	F # 110B	Male 9-10 100 Back	LY-VA	5	---	-2.83
	41.41	1:25.09				
	(41.41)	(43.68)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Austin Woodruff (12) M						
12:32.74Y	F # 10A	Male 11-12 1000 Free	LY-VA	1	---	-1.79
	33.64	1:10.60 1:47.84 2:25.28	3:02.74 3:40.04 4:17.89	4:56.45		
	(33.64)	(36.96) (37.24) (37.44)	(37.46) (37.30) (37.85)	(38.56)		
	5:34.31	6:12.98 6:51.49 7:29.99	8:08.05 --- 9:25.37	---		
	(37.86)	(38.67) (38.51) (38.50)	(38.06) --- (9:25.37)	---		
	10:42.90	11:21.19 11:59.04 12:32.74				
	(10:42.90)	(38.29) (37.85) (33.70)				
30.16Y	F # 34	200 Free Relay Lead Off	LY-VA	---	---	1.24
1:06.91Y	F # 38	Male 11-12 100 Free	LY-VA	6	---	2.76
	32.13	1:06.91				
	(32.13)	(34.78)				
34.12Y	F # 46	Male 11-12 50 Back	LY-VA	2	---	0.82
1:16.93Y	F # 58	Male 11-12 100 IM	LY-VA	5	---	-1.19
	35.64	1:16.93				
	(35.64)	(41.29)				
2:39.86Y	F # 62B	Male 11-12 200 Back	LY-VA	3	---	1.10
	---	1:20.07 2:00.58 2:39.86				
	---	(1:20.07) (40.51) (39.28)				
2:20.61Y	F # 90	Male 11-12 200 Free	LY-VA	2	---	3.52
	32.20	1:08.04 1:45.03 2:20.61				
	(32.20)	(35.84) (36.99) (35.58)				
1:20.99Y	F # 100	Male 11-12 100 Fly	LY-VA	3	---	2.17
	37.11	1:20.99				
	(37.11)	(43.88)				
29.90Y	F # 104	Male 11-12 50 Free	LY-VA	4	---	0.98
1:14.98Y	F # 108	Male 11-12 100 Back	LY-VA	3	---	2.68
	36.80	1:14.98				
	(36.80)	(38.18)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Graham Woodruff (15) M								
22.79Y	F # 6B	Male 15 & Over 50 Free	LY-VA	3	---	1.44		
10:06.84Y	F # 10C	Male 15 & Over 1000 Free	LY-VA	2	---	6.22		
	26.96	56.53	1:26.35	1:56.67	2:27.23	2:57.50	3:28.07	3:58.78
	(26.96)	(29.57)	(29.82)	(30.32)	(30.56)	(30.27)	(30.57)	(30.71)
	4:29.12	4:59.91	5:31.02	6:02.07	6:33.31	7:04.70	7:36.49	8:08.23
	(30.34)	(30.79)	(31.11)	(31.05)	(31.24)	(31.39)	(31.79)	(31.74)
	8:39.36	9:10.79	9:40.85	10:06.84				
	(31.13)	(31.43)	(30.06)	(25.99)				
1:50.72Y	F # 16B	Male 15 & Over 200 Free	LY-VA	5	---	7.79		
	26.00	54.00	1:23.51	1:50.72				
	(26.00)	(28.00)	(29.51)	(27.21)				
24.86Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	5	---	-0.32		
57.02Y	F # 22B	Male 15 & Over 100 Back	LY-VA	10	---	3.97		
	27.72	57.02						
	(27.72)	(29.30)						
4:28.30Y	F # 28B	Male 15 & Over 400 IM	LY-VA	2	---	2.49		
	28.31	1:01.96	1:35.94	2:09.47	2:49.12	3:29.42	4:00.45	4:28.30
	(28.31)	(33.65)	(33.98)	(33.53)	(39.65)	(40.30)	(31.03)	(27.85)
2:05.67Y	F # 68B	Male 15 & Over 200 IM	LY-VA	4	---	3.35		
	26.59	58.91	1:36.83	2:05.67				
	(26.59)	(32.32)	(37.92)	(28.84)				
52.00Y	F # 70B	Male 15 & Over 100 Free	LY-VA	6	---	4.82		
	25.02	52.00						
	(25.02)	(26.98)						
59.68Y	F # 74B	Male 15 & Over 100 Fly	LY-VA	8	---	7.11		
	26.15	59.68						
	(26.15)	(33.53)						
4:56.32Y	F # 80B	Male 15 & Over 500 Free	LY-VA	2	---	13.42		
	27.28	57.67	1:28.51	1:58.76	2:28.95	2:59.51	3:29.55	3:59.83
	(27.28)	(30.39)	(30.84)	(30.25)	(30.19)	(30.56)	(30.04)	(30.28)
	4:30.14	4:56.32						
	(30.31)	(26.18)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Taylor Woodruff (14) F								
26.90Y	F # 5A	Female 13-14 50 Free	LY-VA	3	---	1.59		
11:37.15Y	F # 9B	Female 13-14 1000 Free	LY-VA	2	---	58.89		
	30.54	1:04.37	1:38.48	2:12.26	2:45.89	3:19.82	3:55.27	4:30.75
	(30.54)	(33.83)	(34.11)	(33.78)	(33.63)	(33.93)	(35.45)	(35.48)
	5:06.28	5:42.33	6:18.06	6:53.89	7:30.59	8:05.95	8:41.95	9:17.81
	(35.53)	(36.05)	(35.73)	(35.83)	(36.70)	(35.36)	(36.00)	(35.86)
	9:53.72	10:28.10	11:03.74	11:37.15				
	(35.91)	(34.38)	(35.64)	(33.41)				
NS	F # 15A	Female 13-14 200 Free	LY-VA	---	---	---		
29.21Y	F # 17A	Female 13-14 50 Fly	LY-VA	2	---	-1.06		
1:06.89Y	F # 21A	Female 13-14 100 Back	LY-VA	6	---	6.91		
	32.27	1:06.89						
	(32.27)	(34.62)						
NS	F # 23A	Female 13-14 200 Fly	LY-VA	---	---	---		
59.95Y	F # 69A	Female 13-14 100 Free	LY-VA	3	---	4.26		
	28.21	59.95						
	(28.21)	(31.74)						
2:15.65Y	F # 71A	Female 13-14 200 Back	LY-VA	1	---	6.26		
	32.69	1:07.83	1:42.65	2:15.65				
	(32.69)	(35.14)	(34.82)	(33.00)				
1:01.34Y	F # 73A	Female 13-14 100 Fly	LY-VA	1	---	2.40		
	29.51	1:01.34						
	(29.51)	(31.83)						
30.69Y	F # 77A	Female 13-14 50 Back	LY-VA	1	---	2.56		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards
Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Caleb Wu (14) M											
25.89Y	F # 6A	Male	13-14 50 Free				LY-VA	6	---	1.14	
11:40.35Y	F # 10B	Male	13-14 1000 Free				LY-VA	6	---	-2.94	
	31.03	1:05.55	1:40.14	2:14.44	2:49.72	3:24.44	3:59.23	4:34.49			
	(31.03)	(34.52)	(34.59)	(34.30)	(35.28)	(34.72)	(34.79)	(35.26)			
	5:09.80	5:45.28	6:21.34	6:56.31	7:31.79	8:06.79	8:42.91	9:18.67			
	(35.31)	(35.48)	(36.06)	(34.97)	(35.48)	(35.00)	(36.12)	(35.76)			
	9:54.45	10:30.25	11:05.85	11:40.35							
	(35.78)	(35.80)	(35.60)	(34.50)							
29.26Y	F # 18A	Male	13-14 50 Fly				LY-VA	10	---	-1.73	
1:07.71Y	F # 20A	Male	13-14 100 Breast				LY-VA	2	---	1.69	
	31.95	1:07.71									
	(31.95)	(35.76)									
31.27Y	F # 26A	Male	13-14 50 Breast				LY-VA	1	---	-1.91	
5:05.92Y	F # 28A	Male	13-14 400 IM				LY-VA	6	---	6.97	
	31.52	1:11.33	1:52.06	2:32.32	3:13.87	3:56.51	4:33.72	5:05.92			
	(31.52)	(39.81)	(40.73)	(40.26)	(41.55)	(42.64)	(37.21)	(32.20)			
2:20.80Y	F # 68A	Male	13-14 200 IM				LY-VA	6	---	4.53	
	29.98	1:07.09	1:47.97	2:20.80							
	(29.98)	(37.11)	(40.88)	(32.83)							
56.45Y	F # 70A	Male	13-14 100 Free				LY-VA	6	---	1.42	
	27.64	56.45									
	(27.64)	(28.81)									
2:32.82Y	F # 76A	Male	13-14 200 Breast				LY-VA	2	---	9.70	
	33.66	1:13.52	1:53.45	2:32.82							
	(33.66)	(39.86)	(39.93)	(39.37)							
5:49.00Y	F # 80A	Male	13-14 500 Free				LY-VA	6	---	9.98	
	31.59	1:06.04	1:41.90	2:18.00	2:53.59	3:29.19	4:04.80	4:40.35			
	(31.59)	(34.45)	(35.86)	(36.10)	(35.59)	(35.60)	(35.61)	(35.55)			
	5:15.30	5:49.00									
	(34.95)	(33.70)									
Daniel Wu (6) M											
22.62Y	F # 36	Male	8 & Under 25 Free				LY-VA	10	---	-2.56	
1:17.25Y	F # 48A	Male	8 & Under 50 Back				LY-VA	16	---	1.85	
31.07Y	F # 88	Male	8 & Under 25 Back				LY-VA	14	---	-2.50	
59.65Y	F # 106A	Male	8 & Under 50 Free				LY-VA	14	---	3.20	

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Karis Wu (12) F						
3:23.66Y	F # 1	Female 11-12 200 IM	LY-VA	11	---	-0.37
	47.99	1:40.49 2:37.56 3:23.66				
	(47.99)	(52.50) (57.07) (46.10)				
7:52.84Y	F # 7C	Female 11-12 500 Free	LY-VA	8	---	-25.70
	40.47	1:27.45 2:15.67 3:02.84 3:50.80 4:38.87 5:28.57 6:17.89				
	(40.47)	(46.98) (48.22) (47.17) (47.96) (48.07) (49.70) (49.32)				
	7:06.64	7:52.84				
	(48.75)	(46.20)				
1:21.62Y	F # 37	Female 11-12 100 Free	LY-VA	24	---	0.21
	38.48	1:21.62				
	(38.48)	(43.14)				
45.41Y	F # 53	Female 11-12 50 Fly	LY-VA	21	---	-1.67
1:32.14Y	F # 57	Female 11-12 100 IM	LY-VA	17	---	-1.03
	45.36	1:32.14				
	(45.36)	(46.78)				
2:57.02Y	F # 89	Female 11-12 200 Free	LY-VA	16	---	-4.53
	39.35	1:24.98 2:11.51 2:57.02				
	(39.35)	(45.63) (46.53) (45.51)				
35.42Y	F # 103	Female 11-12 50 Free	LY-VA	21	---	0.76
1:33.74Y	F # 107	Female 11-12 100 Back	LY-VA	21	---	-3.43
	---	1:33.74				
	---	(1:33.74)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Titus Wu (9) M						
2:54.25Y	F # 4B	Male 9-10 200 IM	LY-VA	1	---	-5.44
	40.34	1:25.12 2:16.20 2:54.25				
	(40.34)	(44.78) (51.08) (38.05)				
7:01.61Y	F # 8B	Male 9-10 500 Free	LY-VA	4	---	-12.45
	36.26	1:19.42 2:03.48 2:46.87 3:29.64 4:12.41 4:56.19 5:38.46				
	(36.26)	(43.16) (44.06) (43.39) (42.77) (42.77) (43.78) (42.27)				
	6:20.71	7:01.61				
	(42.25)	(40.90)				
37.12Y	F # 32	200 Free Relay Lead Off	LY-VA	---	---	4.74
1:10.31Y	F # 40B	Male 9-10 100 Free	LY-VA	2	---	-1.14
	33.24	1:10.31				
	(33.24)	(37.07)				
1:35.16Y	F # 52B	Male 9-10 100 Breast	LY-VA	1	---	-0.38
	46.14	1:35.16				
	(46.14)	(49.02)				
36.86Y	F # 56B	Male 9-10 50 Fly	LY-VA	4	---	-0.44
1:21.46Y	F # 60B	Male 9-10 100 IM	LY-VA	2	---	-0.91
	39.17	1:21.46				
	(39.17)	(42.29)				
42.48Y	F # 98B	Male 9-10 50 Breast	LY-VA	2	---	-1.52
32.16Y	F # 106B	Male 9-10 50 Free	LY-VA	2	---	-0.22
1:21.77Y	F # 110B	Male 9-10 100 Back	LY-VA	4	---	-0.83
	40.02	1:21.77				
	(40.02)	(41.75)				
3:19.85Y	F # 112A	Male 9-10 200 Breast	LY-VA	1	---	-7.81
	46.48	1:39.36 2:29.87 3:19.85				
	(46.48)	(52.88) (50.51) (49.98)				
Ady Wyman (13) F						
45.87Y	F # 5A	Female 13-14 50 Free	LY-VA	24	---	---
NS	F # 17A	Female 13-14 50 Fly	LY-VA	---	---	---
2:10.20Y DQ	F # 21A	Female 13-14 100 Back	LY-VA	---	---	---
	1:00.36	2:10.20				
	(1:00.36)	(1:09.84)				
1:00.84Y	F # 25A	Female 13-14 50 Breast	LY-VA	29	---	---

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Zander Wyman (14) M						
31.08Y	F # 6A	Male 13-14 50 Free	LY-VA	20	---	---
2:32.85Y	F # 16A	Male 13-14 200 Free	LY-VA	23	---	-8.00
	34.77	1:13.76 1:54.75 2:32.85				
	(34.77)	(38.99) (40.99) (38.10)				
1:26.39Y	F # 20A	Male 13-14 100 Breast	LY-VA	11	---	-1.33
	42.38	1:26.39				
	(42.38)	(44.01)				
1:20.24Y	F # 22A	Male 13-14 100 Back	LY-VA	24	---	-1.98
	40.28	1:20.24				
	(40.28)	(39.96)				
38.15Y	F # 26A	Male 13-14 50 Breast	LY-VA	16	---	---
George Xu (17) M						
23.86Y	F # 6B	Male 15 & Over 50 Free	LY-VA	8	---	0.75
10:46.63Y	F # 10C	Male 15 & Over 1000 Free	LY-VA	6	---	32.30
	28.11	59.55 1:30.91 2:02.20 2:34.34 3:06.44 3:39.28 4:11.84				
	(28.11)	(31.44) (31.36) (31.29) (32.14) (32.10) (32.84) (32.56)				
	4:44.65	5:17.67 5:50.47 6:24.09 6:57.24 7:30.19 8:03.20 8:36.18				
	(32.81)	(33.02) (32.80) (33.62) (33.15) (32.95) (33.01) (32.98)				
	9:09.42	9:42.73 10:15.26 10:46.63				
	(33.24)	(33.31) (32.53) (31.37)				
26.49Y	F # 12	200 Medley Relay Lead Off	LY-VA	---	---	0.14
1:49.70Y	F # 16B	Male 15 & Over 200 Free	LY-VA	3	---	1.31
	25.22	52.41 1:20.84 1:49.70				
	(25.22)	(27.19) (28.43) (28.86)				
25.40Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	6	---	---
56.17Y	F # 22B	Male 15 & Over 100 Back	LY-VA	6	---	2.28
	27.48	56.17				
	(27.48)	(28.69)				
2:13.89Y	F # 24B	Male 15 & Over 200 Fly	LY-VA	9	---	13.36
	28.73	1:02.25 1:37.79 2:13.89				
	(28.73)	(33.52) (35.54) (36.10)				
51.05Y	F # 70B	Male 15 & Over 100 Free	LY-VA	4	---	2.28
	24.87	51.05				
	(24.87)	(26.18)				
2:09.12Y	F # 72B	Male 15 & Over 200 Back	LY-VA	4	---	12.24
	30.58	1:02.95 1:36.21 2:09.12				
	(30.58)	(32.37) (33.26) (32.91)				
54.21Y	F # 74B	Male 15 & Over 100 Fly	LY-VA	2	---	-0.03
	25.67	54.21				
	(25.67)	(28.54)				
26.82Y	F # 78B	Male 15 & Over 50 Back	LY-VA	3	---	0.47

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Winter Invitational 03-Jan-25 to 05-Jan-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Spence Young (9) M						
3:20.39Y	F # 4B	Male 9-10 200 IM	LY-VA	7	---	-34.39
	45.39	1:38.69 2:36.05 3:20.39				
	(45.39)	(53.30) (57.36) (44.34)				
8:25.72Y	F # 8B	Male 9-10 500 Free	LY-VA	11	---	---
	42.49	1:33.58 3:19.02 --- 4:11.08 5:02.35 5:56.14			---	
	(42.49)	(51.09) (1:45.44) --- (4:11.08) (51.27) (53.79)			---	
	7:38.61	8:25.72				
	(7:38.61)	(47.11)				
37.36Y	F # 32	200 Free Relay Lead Off	LY-VA	---	---	2.32
1:26.00Y	F # 40B	Male 9-10 100 Free	LY-VA	15	---	-2.76
	40.43	1:26.00				
	(40.43)	(45.57)				
45.42Y	F # 48B	Male 9-10 50 Back	LY-VA	13	---	-2.00
1:45.82Y	F # 52B	Male 9-10 100 Breast	LY-VA	3	---	-2.34
	50.29	1:45.82				
	(50.29)	(55.53)				
1:36.02Y	F # 60B	Male 9-10 100 IM	LY-VA	8	---	0.90
	46.20	1:36.02				
	(46.20)	(49.82)				
3:09.74Y	F # 92B	Male 9-10 200 Free	LY-VA	11	---	4.89
	41.01	--- 2:23.20 3:09.74				
	(41.01)	--- (2:23.20) (46.54)				
47.80Y	F # 98B	Male 9-10 50 Breast	LY-VA	5	---	-2.71
36.23Y	F # 106B	Male 9-10 50 Free	LY-VA	11	---	1.19
1:43.89Y	F # 110B	Male 9-10 100 Back	LY-VA	13	---	-2.31
	52.03	1:43.89				
	(52.03)	(51.86)				