

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Tessa Akershoek (12) F					
1:21.02Y DQ	P # 207	Female 11-12 100 Back	LY-VA	---	---
	39.71	1:21.02			
	(39.71)	(41.31)			
32.77Y	P # 223	Female 11-12 50 Free	LY-VA	44	---
7:31.77Y	F # 235	Female 11-12 500 Free	LY-VA	17	---
	37.48	1:22.50 2:08.66 2:53.79 3:40.97 4:28.63 5:16.38 6:04.12			
	(37.48)	(45.02) (46.16) (45.13) (47.18) (47.66) (47.75) (47.74)			
	6:50.19	7:31.77			
	(46.07)	(41.58)			
1:29.76Y	P # 307	Female 11-12 100 Fly	LY-VA	30	---
	40.52	1:29.76			
	(40.52)	(49.24)			
37.65Y	P # 313	Female 11-12 50 Back	LY-VA	33	---
3:31.86Y	P # 319	Female 11-12 200 Breast	LY-VA	19	---
	48.35	1:42.19 2:38.64 3:31.86			
	(48.35)	(53.84) (56.45) (53.22)			
Sydney Ayers (14) F					
32.27Y	P # 211A	Female 13-14 50 Free	LY-VA	54	---
3:37.75Y	P # 217A	Female 13-14 200 Breast	LY-VA	30	---
	46.80	1:41.70 2:40.09 3:37.75			
	(46.80)	(54.90) (58.39) (57.66)			
1:26.98Y	P # 225A	Female 13-14 100 Back	LY-VA	40	---
	41.24	1:26.98			
	(41.24)	(45.74)			
3:02.77Y DQ	P # 311A	Female 13-14 200 Back	LY-VA	---	---
	40.48	1:25.35 --- 3:02.77			
	(40.48)	(44.87) --- (3:02.77)			
1:10.62Y	P # 317A	Female 13-14 100 Free	LY-VA	56	---
	33.89	1:10.62			
	(33.89)	(36.73)			
3:00.30Y	P # 325A	Female 13-14 200 IM	LY-VA	46	---
	39.57	1:27.43 2:21.39 3:00.30			
	(39.57)	(47.86) (53.96) (38.91)			

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Time	F/P/S	Event				Place				Points	Improv
Shirley Barger (14) F											
1:16.31Y	F # 105A	Female	13-14	100 Breast	LY-VA				11	6	-3.95
	35.81	1:16.31									
	(35.81)	(40.50)									
1:17.70Y	P # 105A	Female	13-14	100 Breast	LY-VA				15	---	-2.56
	36.98	1:17.70									
	(36.98)	(40.72)									
2:07.14Y	P # 113A	Female	13-14	200 Free	LY-VA				6	---	2.13
	29.44	1:01.36	1:33.77	2:07.14							
	(29.44)	(31.92)	(32.41)	(33.37)							
2:07.65Y	F # 113A	Female	13-14	200 Free	LY-VA				6	13	2.64
	29.18	1:01.36	1:34.39	2:07.65							
	(29.18)	(32.18)	(33.03)	(33.26)							
5:09.14Y	P # 129A	Female	13-14	400 IM	LY-VA				2	---	-5.03
	33.02	1:11.97	1:53.56	2:33.29	3:17.85	4:01.29	4:35.54	5:09.14			
	(33.02)	(38.95)	(41.59)	(39.73)	(44.56)	(43.44)	(34.25)	(33.60)			
5:11.45Y	F # 129A	Female	13-14	400 IM	LY-VA				5	14	-2.72
	33.15	1:12.12	1:54.63	2:35.53	3:19.85	4:04.06	4:39.05	5:11.45			
	(33.15)	(38.97)	(42.51)	(40.90)	(44.32)	(44.21)	(34.99)	(32.40)			
27.08Y	F # 211A	Female	13-14	50 Free	LY-VA				14	3	0.33
27.11Y	P # 211A	Female	13-14	50 Free	LY-VA				14	---	0.36
1:09.44Y	P # 225A	Female	13-14	100 Back	LY-VA				16	---	-0.92
	33.56	1:09.44									
	(33.56)	(35.88)									
1:11.04Y	F # 225A	Female	13-14	100 Back	LY-VA				16	1	0.68
	34.36	1:11.04									
	(34.36)	(36.68)									
5:37.34Y	F # 237A	Female	13-14	500 Free	LY-VA				3	16	2.14
	29.85	1:02.62	1:36.32	2:10.31	2:44.39	3:18.83	3:53.68	4:28.33			
	(29.85)	(32.77)	(33.70)	(33.99)	(34.08)	(34.44)	(34.85)	(34.65)			
	5:02.88	5:37.34									
	(34.55)	(34.46)									
5:38.84Y	P # 237A	Female	13-14	500 Free	LY-VA				3	---	3.64
	30.63	1:03.99	1:38.12	2:12.84	2:48.21	3:22.16	3:56.38	4:31.10			
	(30.63)	(33.36)	(34.13)	(34.72)	(35.37)	(33.95)	(34.22)	(34.72)			
	5:05.61	5:38.84									
	(34.51)	(33.23)									
11:40.21Y	F # 305A	Female	13-14	1000 Free	LY-VA				2	17	-53.92
	32.01	1:06.85	1:42.03	2:17.31	2:52.36	3:27.11	4:01.99	4:36.92			
	(32.01)	(34.84)	(35.18)	(35.28)	(35.05)	(34.75)	(34.88)	(34.93)			
	5:12.50	5:48.11	6:23.42	6:58.52	7:33.91	8:09.37	8:44.56	9:20.09			
	(35.58)	(35.61)	(35.31)	(35.10)	(35.39)	(35.46)	(35.19)	(35.53)			
	9:55.49	10:30.48	11:03.55	11:40.21							
	(35.40)	(34.99)	(33.07)	(36.66)							
59.18Y	P # 317A	Female	13-14	100 Free	LY-VA				13	---	0.57
	28.14	59.18									
	(28.14)	(31.04)									

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Time	F/P/S	Event				Place				Points	Improv
Shirley Barger (14) F											
59.30Y	F # 317A	Female	13-14	100 Free	LY-VA				14	3	0.69
	28.12	59.30									
	(28.12)	(31.18)									
Jackson Barksdale (13) M											
26.66Y	P # 212A	Male	13-14	50 Free	LY-VA				19	---	0.05
1:08.48Y	P # 226A	Male	13-14	100 Back	LY-VA				17	---	-2.79
	33.22	1:08.48									
	(33.22)	(35.26)									
5:52.60Y	P # 238A	Male	13-14	500 Free	LY-VA				24	---	-16.82
	31.61	1:06.19	1:42.32	2:19.03	2:55.80	3:32.31	4:09.19	4:34.09			
	(31.61)	(34.58)	(36.13)	(36.71)	(36.77)	(36.51)	(36.88)	(24.90)			
	4:56.55	5:52.60									
	(22.46)	(56.05)									
58.07Y	P # 318A	Male	13-14	100 Free	LY-VA				23	---	-1.95
	27.94	58.07									
	(27.94)	(30.13)									
2:32.20Y	P # 326A	Male	13-14	200 IM	LY-VA				26	---	-3.62
	33.80	1:14.07	2:00.06	2:32.20							
	(33.80)	(40.27)	(45.99)	(32.14)							
27.57Y	F # 330	200 Free Relay Lead Off			LY-VA				---	---	0.96
Micah Bauserman (13) F											
42.02Y	P # 211A	Female	13-14	50 Free	LY-VA				62	---	-25.28
1:58.75Y	P # 225A	Female	13-14	100 Back	LY-VA				49	---	0.43
	---	1:58.75									
	---	(1:58.75)									

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Time	F/P/S	Event	Place	Points	Improv	
Ada Compton (14) F						
1:42.08Y	P # 105A	Female 13-14 100 Breast	LY-VA	30	---	4.04
	46.51	1:42.08				
	(46.51)	(55.57)				
2:35.40Y	P # 113A	Female 13-14 200 Free	LY-VA	42	---	0.29
	35.13	1:14.88 1:55.89 2:35.40				
	(35.13)	(39.75) (41.01) (39.51)				
1:32.25Y	P # 119A	Female 13-14 100 Fly	LY-VA	32	---	2.89
	---	1:32.25				
	---	(1:32.25)				
31.54Y	P # 211A	Female 13-14 50 Free	LY-VA	52	---	1.02
1:25.08Y	P # 225A	Female 13-14 100 Back	LY-VA	38	---	1.81
	40.63	1:25.08				
	(40.63)	(44.45)				
3:03.39Y	P # 311A	Female 13-14 200 Back	LY-VA	28	---	0.83
	40.20	1:26.66 2:15.10 3:03.39				
	(40.20)	(46.46) (48.44) (48.29)				
1:11.57Y	P # 317A	Female 13-14 100 Free	LY-VA	57	---	2.92
	32.69	1:11.57				
	(32.69)	(38.88)				
3:03.44Y DQ	P # 325A	Female 13-14 200 IM	LY-VA	---	---	---
	39.41	1:25.35 2:23.46 3:03.44				
	(39.41)	(45.94) (58.11) (39.98)				
Bobby Compton (11) M						
3:17.55Y	P # 102	Male 11-12 200 Free	LY-VA	31	---	11.08
	43.33	--- 2:30.12 3:17.55				
	(43.33)	--- (2:30.12) (47.43)				
NS	P # 108	Male 11-12 50 Fly	LY-VA	---	---	---
1:48.26Y	P # 124	Male 11-12 100 IM	LY-VA	41	---	2.26
	51.73	1:48.26				
	(51.73)	(56.53)				
49.73Y DQ	P # 214	Male 11-12 50 Breast	LY-VA	---	---	---
36.74Y	P # 224	Male 11-12 50 Free	LY-VA	57	---	-1.65
3:53.41Y	P # 230	Male 11-12 200 IM	LY-VA	24	---	---
	53.86	1:54.65 3:03.46 3:53.41				
	(53.86)	(1:00.79) (1:08.81) (49.95)				
47.97Y	P # 314	Male 11-12 50 Back	LY-VA	43	---	-7.20
1:21.23Y	P # 324	Male 11-12 100 Free	LY-VA	46	---	-5.47
	39.21	1:21.23				
	(39.21)	(42.02)				
Ben Cook (8) M						
10:15.33Y	F # 328A	Male 8 & Under 500 Free	LY-VA	3	16	-32.34
	47.20	1:48.85 2:50.62 3:53.26 4:58.16 6:02.52 7:06.34 8:15.01				
	(47.20)	(1:01.65) (1:01.77) (1:02.64) (1:04.90) (1:04.36) (1:03.82) (1:08.67)				
	9:18.35	10:15.33				
	(1:03.34)	(56.98)				

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Time	F/P/S	Event		Place	Points	Improv
Daniel Cook (16) M						
1:39.31Y	P # 106B	Male 15 & Over 100 Breast	LY-VA	17	---	-5.15
	45.52	1:39.31				
	(45.52)	(53.79)				
2:30.97Y	P # 114B	Male 15 & Over 200 Free	LY-VA	26	---	-10.53
	32.53	1:11.44 1:52.61 2:30.97				
	(32.53)	(38.91) (41.17) (38.36)				
1:23.48Y	P # 120B	Male 15 & Over 100 Fly	LY-VA	20	---	-1.08
	37.76	1:23.48				
	(37.76)	(45.72)				
3:20.02Y DQ	P # 206B	Male 15 & Over 200 Fly	LY-VA	---	---	---
	41.94	1:33.37 2:27.09 3:20.02				
	(41.94)	(51.43) (53.72) (52.93)				
27.84Y	P # 212B	Male 15 & Over 50 Free	LY-VA	42	---	-1.61
1:31.80Y	P # 226B	Male 15 & Over 100 Back	LY-VA	34	---	-5.81
	---	1:31.80				
	---	(1:31.80)				
1:03.09Y	P # 318B	Male 15 & Over 100 Free	LY-VA	40	---	-2.03
	29.80	1:03.09				
	(29.80)	(33.29)				
3:08.36Y	P # 326B	Male 15 & Over 200 IM	LY-VA	30	---	-0.53
	38.96	1:31.36 2:29.79 3:08.36				
	(38.96)	(52.40) (58.43) (38.57)				

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Time	F/P/S	Event	Place	Points	Improv	
Isaac Cook (14) M						
1:09.10Y	P # 106A	Male 13-14 100 Breast	LY-VA	1	---	-1.28
	32.81	1:09.10				
	(32.81)	(36.29)				
1:09.57Y	F # 106A	Male 13-14 100 Breast	LY-VA	3	16	-0.81
	33.25	1:09.57				
	(33.25)	(36.32)				
2:03.90Y	P # 114A	Male 13-14 200 Free	LY-VA	16	---	-4.13
	28.88	1:01.57 1:33.86 2:03.90				
	(28.88)	(32.69) (32.29) (30.04)				
2:05.09Y	F # 114A	Male 13-14 200 Free	LY-VA	15	2	-2.94
	29.41	1:01.74 1:34.05 2:05.09				
	(29.41)	(32.33) (32.31) (31.04)				
1:00.68Y	P # 120A	Male 13-14 100 Fly	LY-VA	4	---	-2.13
	28.38	1:00.68				
	(28.38)	(32.30)				
1:01.92Y	F # 120A	Male 13-14 100 Fly	LY-VA	6	13	-0.89
	28.30	1:01.92				
	(28.30)	(33.62)				
24.79Y	P # 212A	Male 13-14 50 Free	LY-VA	4	---	0.05
24.81Y	F # 212A	Male 13-14 50 Free	LY-VA	4	15	0.07
2:30.78Y	F # 218A	Male 13-14 200 Breast	LY-VA	1	20	-3.03
	35.07	1:13.30 1:52.09 2:30.78				
	(35.07)	(38.23) (38.79) (38.69)				
2:32.33Y	P # 218A	Male 13-14 200 Breast	LY-VA	1	---	-1.48
	35.43	1:14.23 1:53.19 2:32.33				
	(35.43)	(38.80) (38.96) (39.14)				
1:02.35Y	F # 226A	Male 13-14 100 Back	LY-VA	6	13	-3.37
	29.80	1:02.35				
	(29.80)	(32.55)				
1:02.44Y	P # 226A	Male 13-14 100 Back	LY-VA	5	---	-3.28
	30.02	1:02.44				
	(30.02)	(32.42)				
55.53Y	P # 318A	Male 13-14 100 Free	LY-VA	13	---	-0.42
	26.36	55.53				
	(26.36)	(29.17)				
55.94Y	F # 318A	Male 13-14 100 Free	LY-VA	14	3	-0.01
	26.38	55.94				
	(26.38)	(29.56)				
2:16.87Y	F # 326A	Male 13-14 200 IM	LY-VA	6	13	-9.08
	29.59	1:05.43 1:45.94 2:16.87				
	(29.59)	(35.84) (40.51) (30.93)				
2:18.11Y	P # 326A	Male 13-14 200 IM	LY-VA	11	---	-7.84
	29.66	1:05.82 1:46.02 2:18.11				
	(29.66)	(36.16) (40.20) (32.09)				
24.70Y	F # 330	200 Free Relay Lead Off	LY-VA	---	---	-0.04

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Matthew Cook (11) M						
2:34.42Y	P # 102	Male 11-12 200 Free	LY-VA	20	---	-1.20
	36.03	1:16.66 1:57.28 2:34.42				
	(36.03)	(40.63) (40.62) (37.14)				
1:39.80Y	P # 118	Male 11-12 100 Breast	LY-VA	23	---	1.27
	47.10	1:39.80				
	(47.10)	(52.70)				
1:24.01Y	P # 124	Male 11-12 100 IM	LY-VA	27	---	0.84
	40.25	1:24.01				
	(40.25)	(43.76)				
1:22.85Y	P # 208	Male 11-12 100 Back	LY-VA	27	---	-2.39
	40.29	1:22.85				
	(40.29)	(42.56)				
33.58Y	P # 224	Male 11-12 50 Free	LY-VA	44	---	-0.19
6:59.67Y	F # 236	Male 11-12 500 Free	LY-VA	21	---	-11.16
	37.20	1:18.74 2:00.59 2:43.97 3:26.84 4:08.61 4:51.02 5:34.87				
	(37.20)	(41.54) (41.85) (43.38) (42.87) (41.77) (42.41) (43.85)				
	6:17.74	6:59.67				
	(42.87)	(41.93)				
38.55Y	P # 314	Male 11-12 50 Back	LY-VA	25	---	-0.42
1:13.06Y	P # 324	Male 11-12 100 Free	LY-VA	35	---	0.59
	34.83	1:13.06				
	(34.83)	(38.23)				
Sunday Cook (13) F						
34.31Y	P # 211A	Female 13-14 50 Free	LY-VA	59	---	-1.62
3:42.15Y DQ	P # 217A	Female 13-14 200 Breast	LY-VA	---	---	---
	50.22	1:44.69 2:43.04 3:42.15				
	(50.22)	(54.47) (58.35) (59.11)				
1:27.56Y	P # 225A	Female 13-14 100 Back	LY-VA	41	---	-1.52
	43.36	1:27.56				
	(43.36)	(44.20)				
3:13.91Y	P # 311A	Female 13-14 200 Back	LY-VA	31	---	4.13
	45.43	1:36.05 2:27.66 3:13.91				
	(45.43)	(50.62) (51.61) (46.25)				
1:19.46Y	P # 317A	Female 13-14 100 Free	LY-VA	62	---	1.56
	37.34	1:19.46				
	(37.34)	(42.12)				
3:18.20Y	P # 325A	Female 13-14 200 IM	LY-VA	52	---	-1.19
	48.43	1:37.79 2:34.72 3:18.20				
	(48.43)	(49.36) (56.93) (43.48)				

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Mason Cooper (18) M						
2:19.14Y	F # 206B	Male 15 & Over 200 Fly	LY-VA	7	12	4.25
	29.34	1:04.29 1:40.96 2:19.14				
	(29.34)	(34.95) (36.67) (38.18)				
2:20.15Y	P # 206B	Male 15 & Over 200 Fly	LY-VA	8	---	5.26
	28.71	1:03.24 1:41.35 2:20.15				
	(28.71)	(34.53) (38.11) (38.80)				
24.93Y	P # 212B	Male 15 & Over 50 Free	LY-VA	30	---	-0.32
58.63Y	F # 226B	Male 15 & Over 100 Back	LY-VA	6	13	-0.75
	28.30	58.63				
	(28.30)	(30.33)				
59.44Y	P # 226B	Male 15 & Over 100 Back	LY-VA	6	---	0.06
	28.47	59.44				
	(28.47)	(30.97)				
58.45Y	F # 234	400 Medley Relay Lead Off	LY-VA	---	---	-0.93
	28.08					
	(28.08)					
2:14.48Y	P # 312B	Male 15 & Over 200 Back	LY-VA	6	---	-3.34
	29.58	1:03.77 1:39.51 2:14.48				
	(29.58)	(34.19) (35.74) (34.97)				
53.81Y	P # 318B	Male 15 & Over 100 Free	LY-VA	19	---	-1.01
	25.68	53.81				
	(25.68)	(28.13)				
2:17.19Y	P # 326B	Male 15 & Over 200 IM	LY-VA	12	---	-3.88
	27.68	1:02.57 1:44.94 2:17.19				
	(27.68)	(34.89) (42.37) (32.25)				

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Benjamin Costa (14) M											
1:58.01Y	F # 114A	Male	13-14 200 Free				LY-VA		2	17	1.49
	27.18	57.15	1:27.87 1:58.01								
	(27.18)	(29.97)	(30.72) (30.14)								
1:59.17Y	P # 114A	Male	13-14 200 Free				LY-VA		4	---	2.65
	27.50	57.85	1:29.09 1:59.17								
	(27.50)	(30.35)	(31.24) (30.08)								
53.54Y	F # 126	400 Free Relay Lead Off				LY-VA		---		---	0.49
	26.04										
	(26.04)										
4:48.91Y	F # 130A	Male	13-14 400 IM				LY-VA		3	16	-21.51
	30.20	1:04.65	1:40.91 2:17.15 3:01.12 3:45.49 4:17.28 4:48.91								
	(30.20)	(34.45)	(36.26) (36.24) (43.97) (44.37) (31.79) (31.63)								
4:53.67Y	P # 130A	Male	13-14 400 IM				LY-VA		3	---	-16.75
	29.60	1:04.13	1:41.53 2:18.06 3:01.93 3:47.09 4:20.89 4:53.67								
	(29.60)	(34.53)	(37.40) (36.53) (43.87) (45.16) (33.80) (32.78)								
2:09.96Y	P # 312A	Male	13-14 200 Back				LY-VA		5	---	-0.40
	30.83	1:03.41	1:37.15 2:09.96								
	(30.83)	(32.58)	(33.74) (32.81)								
52.69Y	F # 318A	Male	13-14 100 Free				LY-VA		1	20	-0.36
	25.45	52.69									
	(25.45)	(27.24)									
53.29Y	P # 318A	Male	13-14 100 Free				LY-VA		2	---	0.24
	25.71	53.29									
	(25.71)	(27.58)									
2:15.94Y	F # 326A	Male	13-14 200 IM				LY-VA		5	14	1.11
	28.17	1:02.81	1:45.91 2:15.94								
	(28.17)	(34.64)	(43.10) (30.03)								
2:16.28Y	P # 326A	Male	13-14 200 IM				LY-VA		6	---	1.45
	28.29	1:03.03	1:46.04 2:16.28								
	(28.29)	(34.74)	(43.01) (30.24)								
Anderson Cox (9) M											
47.18Y	P # 216	Male	9-10 50 Breast				LY-VA		13	4	-0.02
36.48Y	P # 222	Male	9-10 50 Free				LY-VA		20	---	-1.39
3:42.73Y DQ	F # 228	Male	9-10 200 IM				LY-VA		---	---	---
	53.69	2:00.01	2:58.68 3:42.73								
	(53.69)	(1:06.32)	(58.67) (44.05)								

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Clayton Cox (12) M						
1:24.35Y	P # 208	Male 11-12 100 Back	LY-VA	30	---	-7.20
	41.71	1:24.35				
	(41.71)	(42.64)				
29.74Y	P # 224	Male 11-12 50 Free	LY-VA	21	---	-1.38
6:45.91Y	F # 236	Male 11-12 500 Free	LY-VA	18	---	-31.87
	32.73	1:11.74 1:52.76 2:34.92 3:17.79 4:00.77 4:43.80 5:26.61				
	(32.73)	(39.01) (41.02) (42.16) (42.87) (42.98) (43.03) (42.81)				
	6:09.55	6:45.91				
	(42.94)	(36.36)				
Liam Cox (10) M						
1:26.73Y	P # 210	Male 9-10 100 Back	LY-VA	16	1	-4.63
	41.17	1:26.73				
	(41.17)	(45.56)				
33.49Y	P # 222	Male 9-10 50 Free	LY-VA	10	7	-0.55
3:10.48Y	F # 228	Male 9-10 200 IM	LY-VA	7	12	-30.24
	46.11	1:34.97 2:32.51 3:10.48				
	(46.11)	(48.86) (57.54) (37.97)				
40.66Y	P # 316	Male 9-10 50 Back	LY-VA	17	---	-1.38
1:17.91Y	P # 322	Male 9-10 100 Free	LY-VA	18	---	3.31
	37.46	1:17.91				
	(37.46)	(40.45)				
X 6:37.61Y	F # 328B	Male 9-10 500 Free	LY-VA	---	---	-2.22
	35.95	1:15.29 1:55.74 2:35.96 3:16.46 3:57.88 4:38.40 5:18.73				
	(35.95)	(39.34) (40.45) (40.22) (40.50) (41.42) (40.52) (40.33)				
	5:59.19	6:37.61				
	(40.46)	(38.42)				
Lucas Cox (14) M						
29.22Y	P # 212A	Male 13-14 50 Free	LY-VA	38	---	5.69
3:14.79Y	P # 218A	Male 13-14 200 Breast	LY-VA	18	---	-4.38
	45.35	1:36.82 2:28.25 3:14.79				
	(45.35)	(51.47) (51.43) (46.54)				
1:21.43Y	P # 226A	Male 13-14 100 Back	LY-VA	32	---	2.42
	39.75	1:21.43				
	(39.75)	(41.68)				
2:48.44Y	P # 312A	Male 13-14 200 Back	LY-VA	22	---	---
	40.30	1:24.43 2:09.55 2:48.44				
	(40.30)	(44.13) (45.12) (38.89)				
1:06.01Y	P # 318A	Male 13-14 100 Free	LY-VA	44	---	13.90
	31.72	1:06.01				
	(31.72)	(34.29)				
2:51.74Y	P # 326A	Male 13-14 200 IM	LY-VA	42	---	-0.25
	43.72	1:28.76 2:16.59 2:51.74				
	(43.72)	(45.04) (47.83) (35.15)				
29.81Y	F # 330	200 Free Relay Lead Off	LY-VA	---	---	6.28

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Individual Meet Results

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Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Meredith Cox (13) F						
3:14.68Y	F # 205A	Female 13-14 200 Fly	LY-VA	17	---	-8.39
	42.35	1:32.01 2:25.59 3:14.68				
	(42.35)	(49.66) (53.58) (49.09)				
3:15.27Y	P # 205A	Female 13-14 200 Fly	LY-VA	9	---	-7.80
	42.61	1:30.51 2:23.17 3:15.27				
	(42.61)	(47.90) (52.66) (52.10)				
3:26.09Y	P # 217A	Female 13-14 200 Breast	LY-VA	28	---	-3.01
	47.57	1:41.13 2:34.25 3:26.09				
	(47.57)	(53.56) (53.12) (51.84)				
1:26.21Y	P # 225A	Female 13-14 100 Back	LY-VA	39	---	1.52
	43.56	1:26.21				
	(43.56)	(42.65)				
Avery Duff (14) F						
28.46Y	P # 211A	Female 13-14 50 Free	LY-VA	34	---	-0.08
1:18.48Y	P # 225A	Female 13-14 100 Back	LY-VA	34	---	-0.45
	38.00	1:18.48				
	(38.00)	(40.48)				
6:37.22Y	P # 237A	Female 13-14 500 Free	LY-VA	30	---	2.37
	34.05	1:12.12 1:51.04 2:31.22 3:11.95 3:52.79 4:34.38 5:16.86				
	(34.05)	(38.07) (38.92) (40.18) (40.73) (40.84) (41.59) (42.48)				
	5:58.20	6:37.22				
	(41.34)	(39.02)				
2:52.40Y	P # 311A	Female 13-14 200 Back	LY-VA	26	---	-0.88
	40.13	1:23.78 2:08.83 2:52.40				
	(40.13)	(43.65) (45.05) (43.57)				
1:02.65Y	P # 317A	Female 13-14 100 Free	LY-VA	35	---	-0.34
	29.89	1:02.65				
	(29.89)	(32.76)				
2:51.69Y	P # 325A	Female 13-14 200 IM	LY-VA	40	---	-2.99
	37.11	1:21.33 2:16.28 2:51.69				
	(37.11)	(44.22) (54.95) (35.41)				

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event				Place	Points	Improv
Tammy Eakkhattiyakorn (11) F								
2:37.57Y	P # 101	Female	11-12	200 Free	LY-VA	22	---	6.74
	35.36	1:15.07	1:56.21	2:37.57				
	(35.36)	(39.71)	(41.14)	(41.36)				
1:22.81Y	P # 123	Female	11-12	100 IM	LY-VA	29	---	0.76
	41.36	1:22.81						
	(41.36)	(41.45)						
1:22.00Y DQ	P # 207	Female	11-12	100 Back	LY-VA	---	---	---
	39.82	1:22.00						
	(39.82)	(42.18)						
34.56Y	P # 223	Female	11-12	50 Free	LY-VA	56	---	1.96
3:01.27Y	P # 229	Female	11-12	200 IM	LY-VA	33	---	-0.37
	45.15	1:29.77	2:21.45	3:01.27				
	(45.15)	(44.62)	(51.68)	(39.82)				
37.93Y	P # 313	Female	11-12	50 Back	LY-VA	36	---	-2.51
3:17.34Y	P # 319	Female	11-12	200 Breast	LY-VA	14	3	-0.48
	45.11	1:35.65	2:28.06	3:17.34				
	(45.11)	(50.54)	(52.41)	(49.28)				
1:12.18Y	P # 323	Female	11-12	100 Free	LY-VA	36	---	0.24
	35.14	1:12.18						
	(35.14)	(37.04)						

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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Tyler Eakkhattiyakorn (13) M						
1:12.10Y	F # 106A	Male 13-14 100 Breast	LY-VA	6	13	0.58
	34.56	1:12.10				
	(34.56)	(37.54)				
1:12.82Y	P # 106A	Male 13-14 100 Breast	LY-VA	6	---	1.30
	34.51	1:12.82				
	(34.51)	(38.31)				
2:20.44Y	P # 114A	Male 13-14 200 Free	LY-VA	32	---	2.86
	33.12	1:08.95	1:45.57	2:20.44		
	(33.12)	(35.83)	(36.62)	(34.87)		
1:20.25Y	P # 120A	Male 13-14 100 Fly	LY-VA	30	---	1.11
	---	1:20.25				
	---	(1:20.25)				
28.33Y	P # 212A	Male 13-14 50 Free	LY-VA	33	---	-0.58
2:36.88Y	F # 218A	Male 13-14 200 Breast	LY-VA	5	14	0.91
	36.63	1:15.83	1:58.11	2:36.88		
	(36.63)	(39.20)	(42.28)	(38.77)		
2:38.14Y	P # 218A	Male 13-14 200 Breast	LY-VA	4	---	2.17
	35.38	1:16.38	1:56.91	2:38.14		
	(35.38)	(41.00)	(40.53)	(41.23)		
6:13.29Y	P # 238A	Male 13-14 500 Free	LY-VA	32	---	-9.99
	31.89	1:08.04	1:45.21	2:23.26	3:01.42	3:39.71
	(31.89)	(36.15)	(37.17)	(38.05)	(38.16)	(38.29)
	5:36.45	6:13.29			(38.97)	(38.65)
	(39.12)	(36.84)				
1:02.17Y	P # 318A	Male 13-14 100 Free	LY-VA	38	---	-0.67
	30.35	1:02.17				
	(30.35)	(31.82)				
2:33.64Y	P # 326A	Male 13-14 200 IM	LY-VA	30	---	0.67
	37.57	1:18.06	1:58.59	2:33.64		
	(37.57)	(40.49)	(40.53)	(35.05)		

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SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Evy Edwards (11) F						
38.02Y	P # 107	Female 11-12 50 Fly	LY-VA	29	---	-2.63
1:39.57Y	P # 117	Female 11-12 100 Breast	LY-VA	26	---	-5.65
	47.31	1:39.57				
	(47.31)	(52.26)				
1:28.26Y	P # 123	Female 11-12 100 IM	LY-VA	36	---	-6.01
	41.04	1:28.26				
	(41.04)	(47.22)				
47.12Y	P # 213	Female 11-12 50 Breast	LY-VA	39	---	-1.20
34.27Y	P # 223	Female 11-12 50 Free	LY-VA	54	---	-0.67
3:19.44Y	P # 229	Female 11-12 200 IM	LY-VA	41	---	-7.51
	41.92	1:35.09 2:32.98 3:19.44				
	(41.92)	(53.17) (57.89) (46.46)				
1:29.35Y	P # 307	Female 11-12 100 Fly	LY-VA	29	---	-5.09
	39.60	1:29.35				
	(39.60)	(49.75)				
1:20.01Y	P # 323	Female 11-12 100 Free	LY-VA	51	---	-0.17
	35.84	1:20.01				
	(35.84)	(44.17)				

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Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Josh Edwards (16) M						
1:05.94Y	F # 106B	Male 15 & Over 100 Breast	LY-VA	8	11	-1.32
	30.82	1:05.94				
	(30.82)	(35.12)				
1:06.44Y	P # 106B	Male 15 & Over 100 Breast	LY-VA	7	---	-0.82
	31.22	1:06.44				
	(31.22)	(35.22)				
1:58.19Y	F # 114B	Male 15 & Over 200 Free	LY-VA	12	5	0.30
	27.42	57.56 1:28.33 1:58.19				
	(27.42)	(30.14) (30.77) (29.86)				
1:59.14Y	P # 114B	Male 15 & Over 200 Free	LY-VA	13	---	1.25
	27.42	57.87 1:28.81 1:59.14				
	(27.42)	(30.45) (30.94) (30.33)				
59.66Y	P # 120B	Male 15 & Over 100 Fly	LY-VA	9	---	0.47
	27.68	59.66				
	(27.68)	(31.98)				
59.73Y	F # 120B	Male 15 & Over 100 Fly	LY-VA	8	11	0.54
	27.60	59.73				
	(27.60)	(32.13)				
23.73Y	F # 212B	Male 15 & Over 50 Free	LY-VA	12	5	0.14
23.89Y	P # 212B	Male 15 & Over 50 Free	LY-VA	13	---	0.30
1:01.12Y	P # 226B	Male 15 & Over 100 Back	LY-VA	12	---	-0.33
	30.04	1:01.12				
	(30.04)	(31.08)				
1:01.81Y	F # 226B	Male 15 & Over 100 Back	LY-VA	12	5	0.36
	30.21	1:01.81				
	(30.21)	(31.60)				
1:03.06Y	F # 234	400 Medley Relay Lead Off	LY-VA	---	---	1.61
	30.59					
	(30.59)					
5:27.71Y	F # 238B	Male 15 & Over 500 Free	LY-VA	10	7	-1.50
	28.92	---	2:07.71	2:41.52 3:15.50 3:49.28 4:22.94		
	(28.92)	---	(2:07.71)	(33.81) (33.98) (33.78) (33.66)		
	4:55.99	5:27.71				
	(33.05)	(31.72)				
5:33.14Y	P # 238B	Male 15 & Over 500 Free	LY-VA	11	---	3.93
	29.83	1:03.46 1:38.23 2:11.41	2:45.45 3:19.15 3:53.13 4:26.87			
	(29.83)	(33.63) (34.77) (33.18)	(34.04) (33.70) (33.98) (33.74)			
	5:00.38	5:33.14				
	(33.51)	(32.76)				
53.35Y	P # 318B	Male 15 & Over 100 Free	LY-VA	15	---	0.54
	25.41	53.35				
	(25.41)	(27.94)				
2:16.55Y	P # 326B	Male 15 & Over 200 IM	LY-VA	10	---	-1.84
	29.11	1:06.63 1:45.12 2:16.55				
	(29.11)	(37.52) (38.49) (31.43)				

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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Sam Edwards (14) M						
1:59.44Y	F # 114A	Male 13-14 200 Free	LY-VA	11	6	2.21
	27.17	57.35 1:28.92 1:59.44				
	(27.17)	(30.18) (31.57) (30.52)				
2:02.23Y	P # 114A	Male 13-14 200 Free	LY-VA	12	---	5.00
	27.48	58.40 1:30.32 2:02.23				
	(27.48)	(30.92) (31.92) (31.91)				
1:01.01Y	F # 120A	Male 13-14 100 Fly	LY-VA	5	14	0.21
	28.59	1:01.01				
	(28.59)	(32.42)				
1:01.27Y	P # 120A	Male 13-14 100 Fly	LY-VA	7	---	0.47
	28.97	1:01.27				
	(28.97)	(32.30)				
4:45.02Y	F # 130A	Male 13-14 400 IM	LY-VA	2	17	-1.21
	29.85	1:04.69 1:39.72 2:15.08 2:57.87 3:40.05 4:13.36 4:45.02				
	(29.85)	(34.84) (35.03) (35.36) (42.79) (42.18) (33.31) (31.66)				
4:47.22Y	P # 130A	Male 13-14 400 IM	LY-VA	2	---	0.99
	30.90	1:05.64 1:41.44 2:16.80 2:59.65 3:42.52 4:15.27 4:47.22				
	(30.90)	(34.74) (35.80) (35.36) (42.85) (42.87) (32.75) (31.95)				
25.65Y	P # 212A	Male 13-14 50 Free	LY-VA	13	---	-0.03
25.69Y	F # 212A	Male 13-14 50 Free	LY-VA	14	3	0.01
1:01.19Y	P # 226A	Male 13-14 100 Back	LY-VA	3	---	0.28
	29.44	1:01.19				
	(29.44)	(31.75)				
1:01.42Y	F # 226A	Male 13-14 100 Back	LY-VA	4	15	0.51
	29.53	1:01.42				
	(29.53)	(31.89)				
1:01.90Y	F # 232	400 Medley Relay Lead Off	LY-VA	---	---	0.99
	30.04					
	(30.04)					
5:22.94Y	F # 238A	Male 13-14 500 Free	LY-VA	7	12	4.74
	27.48	58.88 1:31.06 2:03.83 2:37.19 3:10.80 3:44.46 4:18.06				
	(27.48)	(31.40) (32.18) (32.77) (33.36) (33.61) (33.66) (33.60)				
	4:51.40	5:22.94				
	(33.34)	(31.54)				
5:25.68Y	P # 238A	Male 13-14 500 Free	LY-VA	6	---	7.48
	28.49	1:00.43 1:33.07 2:06.05 2:39.35 3:13.09 3:46.67 4:20.30				
	(28.49)	(31.94) (32.64) (32.98) (33.30) (33.74) (33.58) (33.63)				
	4:53.65	5:25.68				
	(33.35)	(32.03)				
2:09.37Y	F # 312A	Male 13-14 200 Back	LY-VA	1	20	-1.99
	30.04	1:03.00 1:36.65 2:09.37				
	(30.04)	(32.96) (33.65) (32.72)				
2:09.46Y	P # 312A	Male 13-14 200 Back	LY-VA	4	---	-1.90
	30.38	1:03.53 1:36.85 2:09.46				
	(30.38)	(33.15) (33.32) (32.61)				

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Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Sam Edwards (14) M						
57.37Y	P # 318A	Male 13-14 100 Free	LY-VA	19	---	1.35
	27.26	57.37				
	(27.26)	(30.11)				
Eli Fleenor (15) M						
26.85Y	P # 212B	Male 15 & Over 50 Free	LY-VA	39	---	1.13
3:03.02Y	P # 218B	Male 15 & Over 200 Breast	LY-VA	17	---	-4.21
	41.80	1:28.27 2:17.55 3:03.02				
	(41.80)	(46.47) (49.28) (45.47)				
1:25.55Y	P # 226B	Male 15 & Over 100 Back	LY-VA	33	---	-0.29
	42.06	1:25.55				
	(42.06)	(43.49)				
58.57Y	P # 318B	Male 15 & Over 100 Free	LY-VA	36	---	-1.83
	27.14	58.57				
	(27.14)	(31.43)				
2:39.60Y	P # 326B	Male 15 & Over 200 IM	LY-VA	26	---	-13.70
	34.08	1:17.77 2:04.02 2:39.60				
	(34.08)	(43.69) (46.25) (35.58)				
Evan Fong (16) M						
NS	P # 106B	Male 15 & Over 100 Breast	LY-VA	---	---	---
NS	P # 114B	Male 15 & Over 200 Free	LY-VA	---	---	---
NS	P # 212B	Male 15 & Over 50 Free	LY-VA	---	---	---
NS	P # 218B	Male 15 & Over 200 Breast	LY-VA	---	---	---
NS	P # 226B	Male 15 & Over 100 Back	LY-VA	---	---	---
Millie Fowler (9) F						
1:40.99Y	P # 209	Female 9-10 100 Back	LY-VA	33	---	-6.29
	47.13	1:40.99				
	(47.13)	(53.86)				
56.08Y	P # 215	Female 9-10 50 Breast	LY-VA	38	---	-2.14
40.52Y	P # 221	Female 9-10 50 Free	LY-VA	50	---	2.56
47.17Y	P # 315	Female 9-10 50 Back	LY-VA	43	---	0.51
1:33.43Y	P # 321	Female 9-10 100 Free	LY-VA	42	---	1.97
	42.61	1:33.43				
	(42.61)	(50.82)				
8:51.27Y	F # 327B	Female 9-10 500 Free	LY-VA	14	3	---
	43.25	1:36.30 2:30.66 3:27.01 4:23.28 5:17.89 6:13.31 7:07.59				
	(43.25)	(53.05) (54.36) (56.35) (56.27) (54.61) (55.42) (54.28)				
	8:01.74	8:51.27				
	(54.15)	(49.53)				

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Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Jocelyn French (14) F						
1:24.05Y	P # 105A	Female 13-14 100 Breast	LY-VA	21	---	1.94
	40.41	1:24.05				
	(40.41)	(43.64)				
2:33.47Y	P # 113A	Female 13-14 200 Free	LY-VA	40	---	-5.58
	33.55	1:13.90	---	2:33.47		
	(33.55)	(40.35)	---	(2:33.47)		
1:23.89Y	P # 119A	Female 13-14 100 Fly	LY-VA	30	---	-9.77
	37.50	1:23.89				
	(37.50)	(46.39)				
Camille Greenlaw (12) F						
2:27.45Y	P # 101	Female 11-12 200 Free	LY-VA	14	---	-6.08
	33.72	1:11.55	1:50.01	2:27.45		
	(33.72)	(37.83)	(38.46)	(37.44)		
2:27.83Y	F # 101	Female 11-12 200 Free	LY-VA	16	1	-5.70
	34.89	1:12.77	1:51.71	2:27.83		
	(34.89)	(37.88)	(38.94)	(36.12)		
2:50.06Y	P # 111	Female 11-12 200 Back	LY-VA	9	9	-2.55
	41.45	1:24.28	2:08.33	2:50.06		
	(41.45)	(42.83)	(44.05)	(41.73)		
1:19.79Y	P # 123	Female 11-12 100 IM	LY-VA	22	---	-1.38
	38.58	1:19.79				
	(38.58)	(41.21)				
29.91Y	F # 201	200 Free Relay Lead Off	LY-VA	---	---	-1.17
40.80Y	P # 213	Female 11-12 50 Breast	LY-VA	17	---	-1.62
30.81Y	P # 223	Female 11-12 50 Free	LY-VA	26	---	-0.27
6:37.21Y	F # 235	Female 11-12 500 Free	LY-VA	9	9	-2.04
	35.66	---	---	---	---	
	(35.66)	---	---	---	---	
	---	6:37.21				
	---	(6:37.21)				
36.44Y	F # 301	200 Medley Relay Lead Off	LY-VA	---	---	-0.20
35.76Y	P # 313	Female 11-12 50 Back	LY-VA	20	---	-0.88
6:14.55Y	F # 331	Female 11-12 400 IM	LY-VA	9	9	---
	43.75	1:36.85	2:24.08	3:10.05	4:03.25	4:55.83
	(43.75)	(53.10)	(47.23)	(45.97)	(53.20)	(52.58)
					(41.20)	(37.52)

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event				Place				Points	Improv
Daniel Gustafson (12) M											
30.56Y	F # 108	Male	11-12 50 Fly			LY-VA		3	16	-2.72	
31.87Y	P # 108	Male	11-12 50 Fly			LY-VA		8	---	-1.41	
1:08.75Y	P # 124	Male	11-12 100 IM			LY-VA		1	---	-1.45	
	32.54	1:08.75									
	(32.54)	(36.21)									
1:08.97Y	F # 124	Male	11-12 100 IM			LY-VA		1	20	-1.23	
	33.30	1:08.97									
	(33.30)	(35.67)									
1:20.79Y	P # 208	Male	11-12 100 Back			LY-VA		23	---	-2.12	
	39.68	1:20.79									
	(39.68)	(41.11)									
2:50.18Y	F # 220	Male	11-12 200 Fly			LY-VA		3	16	---	
	39.30	1:22.46	2:08.17	2:50.18							
	(39.30)	(43.16)	(45.71)	(42.01)							
2:55.24Y	P # 220	Male	11-12 200 Fly			LY-VA		3	---	---	
	37.88	1:24.09	2:11.29	2:55.24							
	(37.88)	(46.21)	(47.20)	(43.95)							
2:31.43Y	F # 230	Male	11-12 200 IM			LY-VA		4	15	-3.87	
	33.86	1:14.62	1:57.64	2:31.43							
	(33.86)	(40.76)	(43.02)	(33.79)							
2:33.06Y	P # 230	Male	11-12 200 IM			LY-VA		6	---	-2.24	
	34.04	1:17.31	1:59.62	2:33.06							
	(34.04)	(43.27)	(42.31)	(33.44)							
1:09.98Y	F # 308	Male	11-12 100 Fly			LY-VA		4	15	-1.87	
	33.24	1:09.98									
	(33.24)	(36.74)									
1:10.58Y	P # 308	Male	11-12 100 Fly			LY-VA		5	---	-1.27	
	34.70	1:10.58									
	(34.70)	(35.88)									
1:02.78Y	F # 324	Male	11-12 100 Free			LY-VA		9	9	-2.14	
	29.75	1:02.78									
	(29.75)	(33.03)									
1:02.86Y	P # 324	Male	11-12 100 Free			LY-VA		9	---	-2.06	
	31.07	1:02.86									
	(31.07)	(31.79)									
5:32.36Y	F # 332	Male	11-12 400 IM			LY-VA		5	14	-22.33	
	36.26	1:17.55	2:01.44	2:45.92	3:31.84	4:17.50	4:54.91	5:32.36			
	(36.26)	(41.29)	(43.89)	(44.48)	(45.92)	(45.66)	(37.41)	(37.45)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Zelynn Gustafson (16) F						
1:24.80Y	P # 105B	Female 15 & Over 100 Breast	LY-VA	17	---	-2.22
	40.59	1:24.80				
	(40.59)	(44.21)				
1:24.84Y	F # 105B	Female 15 & Over 100 Breast	LY-VA	15	2	-2.18
	40.20	1:24.84				
	(40.20)	(44.64)				
2:14.66Y	P # 113B	Female 15 & Over 200 Free	LY-VA	23	---	0.37
	30.62	1:04.55 1:39.18 2:14.66				
	(30.62)	(33.93) (34.63) (35.48)				
1:25.12Y	P # 119B	Female 15 & Over 100 Fly	LY-VA	18	---	5.21
	38.54	1:25.12				
	(38.54)	(46.58)				
28.42Y	P # 211B	Female 15 & Over 50 Free	LY-VA	26	---	-0.95
1:16.07Y	P # 225B	Female 15 & Over 100 Back	LY-VA	21	---	-3.28
	36.81	1:16.07				
	(36.81)	(39.26)				
6:05.07Y	F # 237B	Female 15 & Over 500 Free	LY-VA	11	6	3.80
	33.16	1:09.82 1:47.35 2:25.44 3:03.22 3:40.00 4:17.31 4:54.25				
	(33.16)	(36.66) (37.53) (38.09) (37.78) (36.78) (37.31) (36.94)				
	5:30.31	6:05.07				
	(36.06)	(34.76)				
6:19.11Y	P # 237B	Female 15 & Over 500 Free	LY-VA	17	---	17.84
	33.44	1:10.28 1:47.88 2:26.68 3:06.23 3:45.99 4:25.88 5:04.18				
	(33.44)	(36.84) (37.60) (38.80) (39.55) (39.76) (39.89) (38.30)				
	5:42.39	6:19.11				
	(38.21)	(36.72)				
2:44.10Y	P # 311B	Female 15 & Over 200 Back	LY-VA	14	---	-3.31
	37.95	1:19.41 2:02.00 2:44.10				
	(37.95)	(41.46) (42.59) (42.10)				
1:02.31Y	P # 317B	Female 15 & Over 100 Free	LY-VA	25	---	-0.59
	29.91	1:02.31				
	(29.91)	(32.40)				
NS	F # 317B	Female 15 & Over 100 Free	LY-VA	---	---	---

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Chandler Henry (16) M						
1:05.19Y	P # 106B	Male 15 & Over 100 Breast	LY-VA	4	---	-2.19
	30.77	1:05.19				
	(30.77)	(34.42)				
1:05.25Y	F # 106B	Male 15 & Over 100 Breast	LY-VA	5	14	-2.13
	30.85	1:05.25				
	(30.85)	(34.40)				
4:36.75Y	P # 130B	Male 15 & Over 400 IM	LY-VA	2	---	-7.84
	29.22	1:02.16 1:38.73 2:15.60 2:52.37 3:29.80 4:03.78 4:36.75				
	(29.22)	(32.94) (36.57) (36.87) (36.77) (37.43) (33.98) (32.97)				
4:40.19Y	F # 130B	Male 15 & Over 400 IM	LY-VA	3	16	-4.40
	29.29	1:03.12 1:41.26 2:18.54 2:56.76 3:35.42 4:09.04 4:40.19				
	(29.29)	(33.83) (38.14) (37.28) (38.22) (38.66) (33.62) (31.15)				
24.35Y	P # 212B	Male 15 & Over 50 Free	LY-VA	22	---	-0.20
2:22.51Y	F # 218B	Male 15 & Over 200 Breast	LY-VA	2	17	-2.46
	31.79	1:07.62 1:44.62 2:22.51				
	(31.79)	(35.83) (37.00) (37.89)				
2:22.95Y	P # 218B	Male 15 & Over 200 Breast	LY-VA	2	---	-2.02
	32.51	1:08.67 1:45.18 2:22.95				
	(32.51)	(36.16) (36.51) (37.77)				
5:21.63Y	P # 238B	Male 15 & Over 500 Free	LY-VA	7	---	-1.83
	28.28	1:01.53 1:34.31 2:07.47 2:40.42 3:13.10 3:46.41 4:18.97				
	(28.28)	(33.25) (32.78) (33.16) (32.95) (32.68) (33.31) (32.56)				
	4:51.23	5:21.63				
	(32.26)	(30.40)				
5:24.22Y	F # 238B	Male 15 & Over 500 Free	LY-VA	8	11	0.76
	28.48	1:00.27 1:32.94 2:05.62 2:38.53 3:12.13 3:45.33 4:18.79				
	(28.48)	(31.79) (32.67) (32.68) (32.91) (33.60) (33.20) (33.46)				
	4:52.02	5:24.22				
	(33.23)	(32.20)				
53.80Y	P # 318B	Male 15 & Over 100 Free	LY-VA	18	---	-1.19
	25.57	53.80				
	(25.57)	(28.23)				
54.31Y	F # 318B	Male 15 & Over 100 Free	LY-VA	13	4	-0.68
	26.26	54.31				
	(26.26)	(28.05)				
2:11.67Y	F # 326B	Male 15 & Over 200 IM	LY-VA	5	14	-2.59
	28.96	1:04.79 1:41.82 2:11.67				
	(28.96)	(35.83) (37.03) (29.85)				
2:14.70Y	P # 326B	Male 15 & Over 200 IM	LY-VA	7	---	0.44
	28.08	1:03.93 1:41.98 2:14.70				
	(28.08)	(35.85) (38.05) (32.72)				

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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event				Place	Points	Improv
Connor Henry (12) M								
41.45Y	F # 214	Male	11-12 50 Breast		LY-VA	15	2	-3.11
41.88Y	P # 214	Male	11-12 50 Breast		LY-VA	17	---	-2.68
32.08Y	P # 224	Male	11-12 50 Free		LY-VA	38	---	-1.31
3:12.62Y	P # 230	Male	11-12 200 IM		LY-VA	21	---	-3.22
	45.45	1:40.07	2:33.25	3:12.62				
	(45.45)	(54.62)	(53.18)	(39.37)				
Trevor Henry (14) M								
2:55.93Y	P # 206A	Male	13-14 200 Fly		LY-VA	11	---	-20.37
	36.75	1:23.83	2:09.43	2:55.93				
	(36.75)	(47.08)	(45.60)	(46.50)				
2:59.10Y	F # 206A	Male	13-14 200 Fly		LY-VA	10	7	-17.20
	37.42	1:24.28	2:13.75	2:59.10				
	(37.42)	(46.86)	(49.47)	(45.35)				
31.46Y	P # 212A	Male	13-14 50 Free		LY-VA	44	---	1.51
1:19.16Y	P # 226A	Male	13-14 100 Back		LY-VA	30	---	-3.95
	39.18	1:19.16						
	(39.18)	(39.98)						
2:48.72Y	P # 312A	Male	13-14 200 Back		LY-VA	23	---	-14.45
	39.61	1:22.46	2:06.05	2:48.72				
	(39.61)	(42.85)	(43.59)	(42.67)				
2:41.26Y DQ	F # 312A	Male	13-14 200 Back		LY-VA	---	---	---
	37.49	1:18.85	2:00.72	2:41.26				
	(37.49)	(41.36)	(41.87)	(40.54)				
1:08.45Y	P # 318A	Male	13-14 100 Free		LY-VA	48	---	2.34
	32.43	1:08.45						
	(32.43)	(36.02)						
2:49.84Y	P # 326A	Male	13-14 200 IM		LY-VA	41	---	-0.32
	36.25	1:19.38	2:12.94	2:49.84				
	(36.25)	(43.13)	(53.56)	(36.90)				
24.47Y	F # 334	200 Free Relay Lead Off			LY-VA	---	---	-5.48
Ty Henry (9) M								
51.92Y	P # 216	Male	9-10 50 Breast		LY-VA	25	---	-2.66
38.11Y	P # 222	Male	9-10 50 Free		LY-VA	24	---	-1.38
3:38.05Y	F # 228	Male	9-10 200 IM		LY-VA	13	4	---
	52.61	1:47.99	2:48.47	3:38.05				
	(52.61)	(55.38)	(1:00.48)	(49.58)				

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event				Place				Points	Improv
Sydney Hill (14) F											
27.55Y	P # 211A	Female	13-14 50 Free		LY-VA		17		---	-0.78	
1:08.04Y	F # 225A	Female	13-14 100 Back		LY-VA		10		7	-2.36	
	33.45	1:08.04									
	(33.45)	(34.59)									
1:09.14Y	P # 225A	Female	13-14 100 Back		LY-VA		15		---	-1.26	
	34.37	1:09.14									
	(34.37)	(34.77)									
6:14.43Y	P # 237A	Female	13-14 500 Free		LY-VA		21		---	3.66	
	33.47	1:10.56	1:48.14	2:26.78	3:05.77	3:44.90	4:23.62	5:01.79			
	(33.47)	(37.09)	(37.58)	(38.64)	(38.99)	(39.13)	(38.72)	(38.17)			
	5:39.53	6:14.43									
	(37.74)	(34.90)									
13:11.75Y	F # 305A	Female	13-14 1000 Free		LY-VA		7		12	-13.94	
	34.08	1:12.08	1:51.13	2:30.30	3:09.51	3:49.04	4:29.31	5:10.13			
	(34.08)	(38.00)	(39.05)	(39.17)	(39.21)	(39.53)	(40.27)	(40.82)			
	5:51.51	6:33.01	7:13.86	7:55.32	8:36.19	9:17.14	9:58.65	10:38.36			
	(41.38)	(41.50)	(40.85)	(41.46)	(40.87)	(40.95)	(41.51)	(39.71)			
	11:18.05	11:58.38	12:36.72	13:11.75							
	(39.69)	(40.33)	(38.34)	(35.03)							
2:28.77Y	F # 311A	Female	13-14 200 Back		LY-VA		7		12	-9.27	
	35.05	1:12.81	1:51.16	2:28.77							
	(35.05)	(37.76)	(38.35)	(37.61)							
2:30.50Y	P # 311A	Female	13-14 200 Back		LY-VA		12		---	-7.54	
	35.94	1:14.88	1:53.90	2:30.50							
	(35.94)	(38.94)	(39.02)	(36.60)							
1:00.56Y	P # 317A	Female	13-14 100 Free		LY-VA		21		---	0.73	
	29.73	1:00.56									
	(29.73)	(30.83)									
Jaewon Hur (11) M											
42.31Y	P # 214	Male	11-12 50 Breast		LY-VA		21		---	-3.90	
35.75Y	P # 224	Male	11-12 50 Free		LY-VA		54		---	0.40	
3:31.78Y DQ	P # 230	Male	11-12 200 IM		LY-VA		---		---	---	
	48.02	1:43.26	2:42.04	3:31.78							
	(48.02)	(55.24)	(58.78)	(49.74)							
42.61Y	P # 314	Male	11-12 50 Back		LY-VA		36		---	-4.33	
3:38.80Y	P # 320	Male	11-12 200 Breast		LY-VA		17		---	4.54	
	46.81	1:45.32	2:42.77	3:38.80							
	(46.81)	(58.51)	(57.45)	(56.03)							
1:20.31Y	P # 324	Male	11-12 100 Free		LY-VA		45		---	-2.16	
	36.76	1:20.31									
	(36.76)	(43.55)									

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Noah Kasper (17) M					
1:54.35Y	F # 114B	Male 15 & Over 200 Free	LY-VA	9	1.61
	26.43	55.32 1:24.77 1:54.35			
	(26.43)	(28.89) (29.45) (29.58)			
1:55.08Y	P # 114B	Male 15 & Over 200 Free	LY-VA	---	2.34
	27.26	56.14 1:25.32 1:55.08			
	(27.26)	(28.88) (29.18) (29.76)			
59.26Y	F # 120B	Male 15 & Over 100 Fly	LY-VA	12	2.04
	27.56	59.26			
	(27.56)	(31.70)			
59.46Y	P # 120B	Male 15 & Over 100 Fly	LY-VA	---	2.24
	27.72	59.46			
	(27.72)	(31.74)			
52.07Y	F # 128	400 Free Relay Lead Off	LY-VA	---	1.16
	25.34				
	(25.34)				
24.15Y	P # 212B	Male 15 & Over 50 Free	LY-VA	---	0.28
24.18Y	F # 212B	Male 15 & Over 50 Free	LY-VA	2	0.31
1:03.28Y	P # 226B	Male 15 & Over 100 Back	LY-VA	---	2.67
	30.31	1:03.28			
	(30.31)	(32.97)			
5:18.33Y	F # 238B	Male 15 & Over 500 Free	LY-VA	13	4.47
	27.78	58.79 1:30.78 2:03.69 2:36.33 3:09.04 3:41.80 4:14.09			
	(27.78)	(31.01) (31.99) (32.91) (32.64) (32.71) (32.76) (32.29)			
	4:46.39	5:18.33			
	(32.30)	(31.94)			
5:21.73Y	P # 238B	Male 15 & Over 500 Free	LY-VA	---	7.87
	28.00	59.68 1:32.63 2:05.80 2:38.86 3:12.21 3:45.46 4:18.40			
	(28.00)	(31.68) (32.95) (33.17) (33.06) (33.35) (33.25) (32.94)			
	4:50.99	5:21.73			
	(32.59)	(30.74)			
2:19.19Y	P # 312B	Male 15 & Over 200 Back	LY-VA	---	4.90
	32.41	1:07.39 1:43.69 2:19.19			
	(32.41)	(34.98) (36.30) (35.50)			
51.28Y	P # 318B	Male 15 & Over 100 Free	LY-VA	---	0.37
	24.36	51.28			
	(24.36)	(26.92)			

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Tripp Kastroll (11) M						
1:48.32Y	P # 118	Male 11-12 100 Breast	LY-VA	27	---	-3.42
	49.96	1:48.32				
	(49.96)	(58.36)				
1:40.52Y	P # 124	Male 11-12 100 IM	LY-VA	40	---	-10.41
	51.32	1:40.52				
	(51.32)	(49.20)				
47.59Y	P # 214	Male 11-12 50 Breast	LY-VA	41	---	-3.86
38.74Y	P # 224	Male 11-12 50 Free	LY-VA	60	---	-2.75
51.66Y	P # 314	Male 11-12 50 Back	LY-VA	45	---	-0.64
4:06.02Y DQ	P # 320	Male 11-12 200 Breast	LY-VA	---	---	---
	54.63	1:58.94 3:03.37 4:06.02				
	(54.63)	(1:04.31) (1:04.43) (1:02.65)				
1:28.07Y	P # 324	Male 11-12 100 Free	LY-VA	55	---	0.79
	40.64	1:28.07				
	(40.64)	(47.43)				
Lana Keith (11) F						
1:17.61Y	F # 207	Female 11-12 100 Back	LY-VA	14	3	-6.83
	38.40	1:17.61				
	(38.40)	(39.21)				
1:17.81Y	P # 207	Female 11-12 100 Back	LY-VA	15	---	-6.63
	37.74	1:17.81				
	(37.74)	(40.07)				
29.45Y	P # 223	Female 11-12 50 Free	LY-VA	14	---	-0.32
30.32Y	F # 223	Female 11-12 50 Free	LY-VA	16	1	0.55
2:59.41Y	P # 229	Female 11-12 200 IM	LY-VA	31	---	4.89
	40.56	1:22.77 2:17.88 2:59.41				
	(40.56)	(42.21) (55.11) (41.53)				
1:24.60Y	P # 307	Female 11-12 100 Fly	LY-VA	22	---	-6.26
	40.09	1:24.60				
	(40.09)	(44.51)				
36.84Y	P # 313	Female 11-12 50 Back	LY-VA	28	---	-1.90
1:06.98Y	P # 323	Female 11-12 100 Free	LY-VA	21	---	-1.17
	32.04	1:06.98				
	(32.04)	(34.94)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Eva Kendall (13) F						
1:26.16Y	P # 105A	Female 13-14 100 Breast	LY-VA	23	---	-0.32
	40.83	1:26.16				
	(40.83)	(45.33)				
2:29.63Y	P # 113A	Female 13-14 200 Free	LY-VA	38	---	-3.26
	34.63	1:12.72	1:51.60	2:29.63		
	(34.63)	(38.09)	(38.88)	(38.03)		
30.88Y	P # 211A	Female 13-14 50 Free	LY-VA	51	---	-0.45
3:04.29Y	P # 217A	Female 13-14 200 Breast	LY-VA	23	---	-7.93
	42.58	1:29.26	2:16.66	3:04.29		
	(42.58)	(46.68)	(47.40)	(47.63)		
1:18.76Y	P # 225A	Female 13-14 100 Back	LY-VA	35	---	-3.11
	38.13	1:18.76				
	(38.13)	(40.63)				
2:45.45Y	P # 311A	Female 13-14 200 Back	LY-VA	24	---	-29.81
	38.08	1:19.66	2:02.70	2:45.45		
	(38.08)	(41.58)	(43.04)	(42.75)		
1:08.27Y	P # 317A	Female 13-14 100 Free	LY-VA	53	---	0.74
	32.73	1:08.27				
	(32.73)	(35.54)				
2:50.74Y	P # 325A	Female 13-14 200 IM	LY-VA	39	---	-0.30
	39.48	1:23.93	2:11.97	2:50.74		
	(39.48)	(44.45)	(48.04)	(38.77)		
Phillip Kendall (11) M						
3:04.37Y	P # 102	Male 11-12 200 Free	LY-VA	30	---	-9.63
	41.32	1:30.48	2:19.33	3:04.37		
	(41.32)	(49.16)	(48.85)	(45.04)		
49.81Y	P # 108	Male 11-12 50 Fly	LY-VA	29	---	-7.54
1:39.54Y	P # 124	Male 11-12 100 IM	LY-VA	39	---	-2.24
	47.30	1:39.54				
	(47.30)	(52.24)				
42.16Y	P # 314	Male 11-12 50 Back	LY-VA	34	---	-0.78
4:13.35Y	P # 320	Male 11-12 200 Breast	LY-VA	19	---	---
	57.06	2:02.00	3:08.39	4:13.35		
	(57.06)	(1:04.94)	(1:06.39)	(1:04.96)		
1:26.67Y	P # 324	Male 11-12 100 Free	LY-VA	53	---	1.82
	41.68	1:26.67				
	(41.68)	(44.99)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event				Place				Points	Improv
Kathleen King (14) F											
2:06.91Y	F # 113A	Female	13-14	200 Free	LY-VA			10	7	1.53	
	29.34	1:01.71	1:35.18	2:06.91							
	(29.34)	(32.37)	(33.47)	(31.73)							
2:08.69Y	P # 113A	Female	13-14	200 Free	LY-VA			9	---	3.31	
	29.24	1:01.81	1:35.28	2:08.69							
	(29.24)	(32.57)	(33.47)	(33.41)							
1:06.33Y	P # 119A	Female	13-14	100 Fly	LY-VA			8	---	0.60	
	30.16	1:06.33									
	(30.16)	(36.17)									
1:07.38Y	F # 119A	Female	13-14	100 Fly	LY-VA			8	11	1.65	
	30.94	1:07.38									
	(30.94)	(36.44)									
1:02.51Y	F # 125		400 Free Relay	Lead Off	LY-VA			---	---	5.06	
	30.14										
	(30.14)										
26.39Y	F # 211A	Female	13-14	50 Free	LY-VA			7	12	0.24	
26.58Y	P # 211A	Female	13-14	50 Free	LY-VA			6	---	0.43	
1:02.19Y	P # 225A	Female	13-14	100 Back	LY-VA			3	---	-2.25	
	30.30	1:02.19									
	(30.30)	(31.89)									
1:04.44Y	F # 225A	Female	13-14	100 Back	LY-VA			7	12	---	
	31.19	1:04.44									
	(31.19)	(33.25)									
1:07.40Y	F # 231		400 Medley Relay	Lead Off	LY-VA			---	---	2.96	
	32.18										
	(32.18)										
6:02.01Y	P # 237A	Female	13-14	500 Free	LY-VA			15	---	13.17	
	31.64	1:07.13	1:43.12	2:19.26	2:55.93	3:33.36	4:10.67	4:48.13			
	(31.64)	(35.49)	(35.99)	(36.14)	(36.67)	(37.43)	(37.31)	(37.46)			
	5:25.56	6:02.01									
	(37.43)	(36.45)									
2:17.36Y	P # 311A	Female	13-14	200 Back	LY-VA			4	---	-4.50	
	31.77	1:06.42	1:42.21	2:17.36							
	(31.77)	(34.65)	(35.79)	(35.15)							
59.48Y	P # 317A	Female	13-14	100 Free	LY-VA			16	---	2.03	
	28.47	59.48									
	(28.47)	(31.01)									
2:27.79Y	P # 325A	Female	13-14	200 IM	LY-VA			11	---	-1.89	
	30.96	1:09.43	1:54.59	2:27.79							
	(30.96)	(38.47)	(45.16)	(33.20)							
26.66Y	F # 329		200 Free Relay	Lead Off	LY-VA			---	---	0.51	

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Ava Kirby (17) F						
29.86Y	P # 211B	Female 15 & Over 50 Free	LY-VA	34	---	0.51
2:53.99Y	F # 217B	Female 15 & Over 200 Breast	LY-VA	8	11	-0.34
	40.61	1:24.80 2:09.03 2:53.99				
	(40.61)	(44.19) (44.23) (44.96)				
2:55.15Y	P # 217B	Female 15 & Over 200 Breast	LY-VA	10	---	0.82
	40.34	1:24.46 2:09.48 2:55.15				
	(40.34)	(44.12) (45.02) (45.67)				
6:06.53Y	P # 237B	Female 15 & Over 500 Free	LY-VA	15	---	-3.25
	33.39	1:09.47 1:46.12 2:22.91	3:00.05 3:37.16	4:14.71 4:52.00		
	(33.39)	(36.08) (36.65) (36.79)	(37.14) (37.11)	(37.55) (37.29)		
	---	6:06.53				
	---	(6:06.53)				
6:08.12Y	F # 237B	Female 15 & Over 500 Free	LY-VA	13	4	-1.66
	33.45	1:10.11 1:47.49 2:25.05	3:02.77 3:40.26	4:18.04 4:55.17		
	(33.45)	(36.66) (37.38) (37.56)	(37.72) (37.49)	(37.78) (37.13)		
	5:32.10	6:08.12				
	(36.93)	(36.02)				
Colt Kirby (13) M						
2:33.64Y	F # 206A	Male 13-14 200 Fly	LY-VA	7	12	4.49
	33.02	1:11.18 1:51.85 2:33.64				
	(33.02)	(38.16) (40.67) (41.79)				
2:33.65Y	P # 206A	Male 13-14 200 Fly	LY-VA	7	---	4.50
	32.54	1:10.19 1:51.10 2:33.65				
	(32.54)	(37.65) (40.91) (42.55)				
27.53Y	P # 212A	Male 13-14 50 Free	LY-VA	26	---	0.26
5:51.79Y	P # 238A	Male 13-14 500 Free	LY-VA	22	---	-5.00
	31.40	1:06.53 1:42.67 2:18.36	2:54.44 3:30.89	4:06.55 4:43.29		
	(31.40)	(35.13) (36.14) (35.69)	(36.08) (36.45)	(35.66) (36.74)		
	5:18.83	5:51.79				
	(35.54)	(32.96)				

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Amelia Kobek (10) F						
1:36.93Y	P # 209	Female 9-10 100 Back	LY-VA	27	---	2.03
	44.61	1:36.93				
	(44.61)	(52.32)				
38.60Y	P # 221	Female 9-10 50 Free	LY-VA	39	---	0.55
3:18.72Y	F # 227	Female 9-10 200 IM	LY-VA	11	6	-11.69
	43.55	1:36.06 2:33.17 3:18.72				
	(43.55)	(52.51) (57.11) (45.55)				
1:43.67Y	P # 309	Female 9-10 100 Fly	LY-VA	8	---	-1.19
	44.59	1:43.67				
	(44.59)	(59.08)				
1:45.45Y	F # 309	Female 9-10 100 Fly	LY-VA	8	11	0.59
	44.56	1:45.45				
	(44.56)	(1:00.89)				
45.50Y	P # 315	Female 9-10 50 Back	LY-VA	35	---	1.20
8:39.45Y	F # 327B	Female 9-10 500 Free	LY-VA	13	4	---
	40.45	1:29.65 2:21.85 3:15.79 4:09.24 5:03.97 5:59.41 6:54.53				
	(40.45)	(49.20) (52.20) (53.94) (53.45) (54.73) (55.44) (55.12)				
	7:49.02	8:39.45				
	(54.49)	(50.43)				
Evangeline Korby (13) F						
29.00Y	P # 211A	Female 13-14 50 Free	LY-VA	39	---	-0.72
1:21.08Y	P # 225A	Female 13-14 100 Back	LY-VA	37	---	0.23
	39.31	1:21.08				
	(39.31)	(41.77)				
6:24.90Y	P # 237A	Female 13-14 500 Free	LY-VA	26	---	-15.12
	34.24	1:13.13 1:51.56 2:29.76 3:08.68 3:48.27 4:28.25 5:08.25				
	(34.24)	(38.89) (38.43) (38.20) (38.92) (39.59) (39.98) (40.00)				
	5:48.59	6:24.90				
	(40.34)	(36.31)				
2:53.66Y	P # 311A	Female 13-14 200 Back	LY-VA	27	---	---
	39.76	1:22.86 2:08.22 2:53.66				
	(39.76)	(43.10) (45.36) (45.44)				
1:02.61Y	P # 317A	Female 13-14 100 Free	LY-VA	34	---	-3.28
	30.18	1:02.61				
	(30.18)	(32.43)				
2:47.98Y	P # 325A	Female 13-14 200 IM	LY-VA	36	---	0.11
	37.10	1:20.43 --- 2:47.98				
	(37.10)	(43.33) --- (2:47.98)				

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event				Place	Points	Improv
Jon Korby (13) M								
28.74Y	P # 212A	Male	13-14 50 Free		LY-VA	36	---	-1.12
2:54.97Y	F # 218A	Male	13-14 200 Breast		LY-VA	10	7	-12.47
	38.93	1:24.09	2:10.22	2:54.97				
	(38.93)	(45.16)	(46.13)	(44.75)				
3:00.09Y	P # 218A	Male	13-14 200 Breast		LY-VA	13	---	-7.35
	41.00	1:27.78	2:14.18	3:00.09				
	(41.00)	(46.78)	(46.40)	(45.91)				
1:17.66Y	P # 226A	Male	13-14 100 Back		LY-VA	28	---	0.54
	38.24	1:17.66						
	(38.24)	(39.42)						
2:41.32Y	P # 312A	Male	13-14 200 Back		LY-VA	20	---	-10.83
	37.10	1:18.20	2:00.22	2:41.32				
	(37.10)	(41.10)	(42.02)	(41.10)				
1:04.05Y	P # 318A	Male	13-14 100 Free		LY-VA	43	---	-1.69
	30.52	1:04.05						
	(30.52)	(33.53)						
2:41.05Y	P # 326A	Male	13-14 200 IM		LY-VA	36	---	-2.07
	36.61	1:18.75	2:06.76	2:41.05				
	(36.61)	(42.14)	(48.01)	(34.29)				
Jefferson Koscielny (13) M								
NS	P # 106A	Male	13-14 100 Breast		LY-VA	---	---	---
NS	P # 114A	Male	13-14 200 Free		LY-VA	---	---	---
NS	P # 120A	Male	13-14 100 Fly		LY-VA	---	---	---

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Jacob Kovarik (15) M						
24.73Y	P # 212B	Male 15 & Over 50 Free	LY-VA	26	---	-0.20
2:48.95Y	P # 218B	Male 15 & Over 200 Breast	LY-VA	14	---	8.96
	36.12	1:18.79 2:03.14 2:48.95				
	(36.12)	(42.67) (44.35) (45.81)				
2:54.08Y	F # 218B	Male 15 & Over 200 Breast	LY-VA	15	2	14.09
	37.03	1:21.08 2:07.50 2:54.08				
	(37.03)	(44.05) (46.42) (46.58)				
1:06.56Y	P # 226B	Male 15 & Over 100 Back	LY-VA	23	---	1.00
	32.61	1:06.56				
	(32.61)	(33.95)				
2:20.67Y	P # 312B	Male 15 & Over 200 Back	LY-VA	14	---	-1.07
	33.08	1:08.54 1:44.98 2:20.67				
	(33.08)	(35.46) (36.44) (35.69)				
2:25.99Y	F # 312B	Male 15 & Over 200 Back	LY-VA	8	11	4.25
	33.60	1:10.09 1:47.60 2:25.99				
	(33.60)	(36.49) (37.51) (38.39)				
55.60Y	P # 318B	Male 15 & Over 100 Free	LY-VA	28	---	0.33
	26.47	55.60				
	(26.47)	(29.13)				
2:34.30Y	P # 326B	Male 15 & Over 200 IM	LY-VA	25	---	7.42
	32.13	1:10.23 1:57.95 2:34.30				
	(32.13)	(38.10) (47.72) (36.35)				
54.16Y	S # 418	Male 13 & Over 100 Free	LY-VA	1	---	-1.11
	25.66	54.16				
	(25.66)	(28.50)				

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Katherine Kovarik (17) F						
2:03.93Y	F # 113B	Female 15 & Over 200 Free	LY-VA	10	7	-3.40
	29.18	1:01.18 1:32.99 2:03.93				
	(29.18)	(32.00) (31.81) (30.94)				
2:07.67Y	P # 113B	Female 15 & Over 200 Free	LY-VA	13	---	0.34
	27.86	58.97 1:32.97 2:07.67				
	(27.86)	(31.11) (34.00) (34.70)				
1:12.08Y	P # 119B	Female 15 & Over 100 Fly	LY-VA	17	---	5.30
	32.33	1:12.08				
	(32.33)	(39.75)				
1:13.48Y	F # 119B	Female 15 & Over 100 Fly	LY-VA	15	2	6.70
	33.04	1:13.48				
	(33.04)	(40.44)				
56.93Y	F # 127	400 Free Relay Lead Off	LY-VA	---	---	-0.27
	27.36					
	(27.36)					
25.74Y	P # 211B	Female 15 & Over 50 Free	LY-VA	6	---	-1.43
25.96Y	F # 211B	Female 15 & Over 50 Free	LY-VA	7	12	-1.21
1:05.18Y	P # 225B	Female 15 & Over 100 Back	LY-VA	8	---	-0.35
	31.53	1:05.18				
	(31.53)	(33.65)				
1:08.68Y	F # 225B	Female 15 & Over 100 Back	LY-VA	8	11	3.15
	32.82	1:08.68				
	(32.82)	(35.86)				
5:32.68Y	P # 237B	Female 15 & Over 500 Free	LY-VA	4	---	-12.93
	29.94	1:03.63 1:37.51 2:11.90	2:46.07 3:20.15 3:54.24 4:27.99			
	(29.94)	(33.69) (33.88) (34.39)	(34.17) (34.08) (34.09) (33.75)			
	5:00.99	5:32.68				
	(33.00)	(31.69)				
5:41.74Y	F # 237B	Female 15 & Over 500 Free	LY-VA	4	15	-3.87
	29.59	1:03.28 1:37.70 2:12.30	2:47.80 3:23.32 3:58.60 4:33.58			
	(29.59)	(33.69) (34.42) (34.60)	(35.50) (35.52) (35.28) (34.98)			
	5:08.32	5:41.74				
	(34.74)	(33.42)				
NS	F # 305B	Female 15 & Over 1000 Free	LY-VA	---	---	---
2:23.22Y	P # 311B	Female 15 & Over 200 Back	LY-VA	9	---	0.99
	33.61	1:10.47 1:47.47 2:23.22				
	(33.61)	(36.86) (37.00) (35.75)				
59.91Y	P # 317B	Female 15 & Over 100 Free	LY-VA	17	---	2.71
	28.22	59.91				
	(28.22)	(31.69)				
25.80Y	F # 333	200 Free Relay Lead Off	LY-VA	---	---	-1.37

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Yeva Langeland (8) F					
8:33.69Y	F # 327A	Female 8 & Under 500 Free	LY-VA 5	14	---
	42.75	1:34.60 2:27.00 3:22.27	4:15.49 5:08.66 6:01.75 6:53.98		
	(42.75)	(51.85) (52.40) (55.27) (53.22) (53.17) (53.09) (52.23)			
	7:46.28	8:33.69			
	(52.30)	(47.41)			
Erik Lee (10) M					
1:47.60Y DQ	P # 210	Male 9-10 100 Back	LY-VA ---	---	---
	52.15	1:47.60			
	(52.15)	(55.45)			
55.54Y	P # 216	Male 9-10 50 Breast	LY-VA 36	---	-6.04
45.26Y	P # 222	Male 9-10 50 Free	LY-VA 52	---	0.41
Benjamin Leger (9) M					
2:35.42Y	F # 104	Male 9-10 200 Free	LY-VA 1	20	-13.93
	34.64	1:14.04 1:55.67 2:35.42			
	(34.64)	(39.40) (41.63) (39.75)			
2:36.13Y	P # 104	Male 9-10 200 Free	LY-VA 1	---	-13.22
	35.14	1:14.51 1:55.42 2:36.13			
	(35.14)	(39.37) (40.91) (40.71)			
39.81Y	P # 110	Male 9-10 50 Fly	LY-VA 13	4	-2.41
1:40.43Y	P # 116	Male 9-10 100 Breast	LY-VA 10	7	-2.07
	48.99	1:40.43			
	(48.99)	(51.44)			
33.76Y	P # 222	Male 9-10 50 Free	LY-VA 12	5	-0.91
3:00.46Y DQ	F # 228	Male 9-10 200 IM	LY-VA ---	---	---
	42.00	1:27.62 2:20.79 3:00.46			
	(42.00)	(45.62) (53.17) (39.67)			
1:31.37Y	P # 310	Male 9-10 100 Fly	LY-VA 10	7	-3.64
	42.70	1:31.37			
	(42.70)	(48.67)			
1:13.62Y	P # 322	Male 9-10 100 Free	LY-VA 10	7	-4.48
	35.53	1:13.62			
	(35.53)	(38.09)			
6:49.28Y	F # 328B	Male 9-10 500 Free	LY-VA 4	15	-21.70
	37.09	1:18.21 2:00.54 2:41.32 3:23.71 4:05.96 4:47.69 5:29.22			
	(37.09)	(41.12) (42.33) (40.78) (42.39) (42.25) (41.73) (41.53)			
	6:10.16	6:49.28			
	(40.94)	(39.12)			

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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Jacob Leger (15) M						
1:09.77Y	F # 106B	Male 15 & Over 100 Breast	LY-VA	10	7	-2.85
	32.82	1:09.77				
	(32.82)	(36.95)				
1:11.38Y	P # 106B	Male 15 & Over 100 Breast	LY-VA	11	---	-1.24
	33.60	1:11.38				
	(33.60)	(37.78)				
1:59.68Y	P # 114B	Male 15 & Over 200 Free	LY-VA	14	---	1.41
	26.76	58.15 1:29.20 1:59.68				
	(26.76)	(31.39) (31.05) (30.48)				
1:59.83Y	F # 114B	Male 15 & Over 200 Free	LY-VA	14	3	1.56
	27.79	57.95 1:29.33 1:59.83				
	(27.79)	(30.16) (31.38) (30.50)				
58.78Y	F # 120B	Male 15 & Over 100 Fly	LY-VA	6	13	-0.02
	27.71	58.78				
	(27.71)	(31.07)				
58.89Y	P # 120B	Male 15 & Over 100 Fly	LY-VA	6	---	0.09
	27.49	58.89				
	(27.49)	(31.40)				
2:15.19Y DQ	P # 206B	Male 15 & Over 200 Fly	LY-VA	---	---	---
	29.35	1:04.14 1:39.77 2:15.19				
	(29.35)	(34.79) (35.63) (35.42)				
24.34Y	P # 212B	Male 15 & Over 50 Free	LY-VA	21	---	0.49
1:05.29Y	P # 226B	Male 15 & Over 100 Back	LY-VA	21	---	-1.25
	31.91	1:05.29				
	(31.91)	(33.38)				
53.47Y	F # 318B	Male 15 & Over 100 Free	LY-VA	11	6	-0.32
	26.43	53.47				
	(26.43)	(27.04)				
54.50Y	P # 318B	Male 15 & Over 100 Free	LY-VA	22	---	0.71
	26.42	54.50				
	(26.42)	(28.08)				
2:10.53Y	F # 326B	Male 15 & Over 200 IM	LY-VA	2	17	-7.25
	27.86	1:02.70 1:41.72 2:10.53				
	(27.86)	(34.84) (39.02) (28.81)				
2:16.22Y	P # 326B	Male 15 & Over 200 IM	LY-VA	9	---	-1.56
	28.59	1:04.94 1:45.42 2:16.22				
	(28.59)	(36.35) (40.48) (30.80)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Noah Leger (12) M						
2:25.42Y	F # 102	Male 11-12 200 Free	LY-VA	13	4	-3.93
	33.15	1:10.67 1:48.91 2:25.42				
	(33.15)	(37.52) (38.24) (36.51)				
2:26.64Y	P # 102	Male 11-12 200 Free	LY-VA	13	---	-2.71
	32.88	1:10.27 1:49.28 2:26.64				
	(32.88)	(37.39) (39.01) (37.36)				
1:28.61Y	P # 118	Male 11-12 100 Breast	LY-VA	13	---	1.06
	42.29	1:28.61				
	(42.29)	(46.32)				
1:29.33Y	F # 118	Male 11-12 100 Breast	LY-VA	15	2	1.78
	43.01	1:29.33				
	(43.01)	(46.32)				
1:17.61Y	F # 124	Male 11-12 100 IM	LY-VA	14	3	1.54
	37.64	1:17.61				
	(37.64)	(39.97)				
1:18.97Y	P # 124	Male 11-12 100 IM	LY-VA	16	---	2.90
	38.09	1:18.97				
	(38.09)	(40.88)				
30.29Y	F # 202	200 Free Relay Lead Off	LY-VA	---	---	0.46
38.65Y	F # 214	Male 11-12 50 Breast	LY-VA	12	5	-1.14
39.37Y	P # 214	Male 11-12 50 Breast	LY-VA	13	---	-0.42
30.45Y	P # 224	Male 11-12 50 Free	LY-VA	26	---	0.62
2:36.36Y	F # 230	Male 11-12 200 IM	LY-VA	9	9	-5.91
	36.91	1:16.13 2:01.93 2:36.36				
	(36.91)	(39.22) (45.80) (34.43)				
2:41.52Y	P # 230	Male 11-12 200 IM	LY-VA	9	---	-0.75
	38.25	1:18.65 2:07.33 2:41.52				
	(38.25)	(40.40) (48.68) (34.19)				
3:05.59Y	P # 320	Male 11-12 200 Breast	LY-VA	7	---	-1.37
	41.90	1:30.86 2:20.12 3:05.59				
	(41.90)	(48.96) (49.26) (45.47)				
3:08.09Y	F # 320	Male 11-12 200 Breast	LY-VA	6	13	1.13
	42.43	1:31.28 2:21.18 3:08.09				
	(42.43)	(48.85) (49.90) (46.91)				
5:43.86Y	F # 332	Male 11-12 400 IM	LY-VA	7	12	4.72
	38.79	1:24.24 2:09.78 2:54.06 3:42.24 4:30.63 5:07.51 5:43.86				
	(38.79)	(45.45) (45.54) (44.28) (48.18) (48.39) (36.88) (36.35)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Blythe Miller (16) F						
1:15.56Y	F # 105B	Female 15 & Over 100 Breast	LY-VA	10	7	-1.29
	36.63	1:15.56				
	(36.63)	(38.93)				
1:15.86Y	P # 105B	Female 15 & Over 100 Breast	LY-VA	10	---	-0.99
	35.44	1:15.86				
	(35.44)	(40.42)				
2:10.03Y	P # 113B	Female 15 & Over 200 Free	LY-VA	16	---	-2.58
	30.14	1:03.22 1:37.06 2:10.03				
	(30.14)	(33.08) (33.84) (32.97)				
2:10.44Y	F # 113B	Female 15 & Over 200 Free	LY-VA	15	2	-2.17
	30.18	1:03.36 1:37.53 2:10.44				
	(30.18)	(33.18) (34.17) (32.91)				
5:36.88Y	P # 129B	Female 15 & Over 400 IM	LY-VA	4	---	-0.79
	36.57	1:22.85 2:03.60 2:46.75 3:34.72 4:25.25 5:01.43 5:36.88				
	(36.57)	(46.28) (40.75) (43.15) (47.97) (50.53) (36.18) (35.45)				
5:37.21Y	F # 129B	Female 15 & Over 400 IM	LY-VA	4	15	-0.46
	35.66	1:20.43 2:03.13 2:47.10 3:34.06 4:24.22 5:01.20 5:37.21				
	(35.66)	(44.77) (42.70) (43.97) (46.96) (50.16) (36.98) (36.01)				
27.58Y	P # 211B	Female 15 & Over 50 Free	LY-VA	23	---	-0.43
2:53.93Y	F # 217B	Female 15 & Over 200 Breast	LY-VA	9	9	1.57
	38.09	1:22.16 2:08.47 2:53.93				
	(38.09)	(44.07) (46.31) (45.46)				
3:01.38Y	P # 217B	Female 15 & Over 200 Breast	LY-VA	12	---	9.02
	39.08	1:24.25 --- 3:01.38				
	(39.08)	(45.17) --- (3:01.38)				
5:48.99Y	F # 237B	Female 15 & Over 500 Free	LY-VA	6	13	-9.10
	30.38	1:04.30 1:39.48 2:14.63 2:50.38 3:26.07 4:01.93 4:38.18				
	(30.38)	(33.92) (35.18) (35.15) (35.75) (35.69) (35.86) (36.25)				
	5:14.11	5:48.99				
	(35.93)	(34.88)				
5:54.39Y	P # 237B	Female 15 & Over 500 Free	LY-VA	9	---	-3.70
	30.87	1:05.28 1:41.19 2:17.74 2:54.10 3:30.53 4:06.69 4:42.77				
	(30.87)	(34.41) (35.91) (36.55) (36.36) (36.43) (36.16) (36.08)				
	5:18.80	5:54.39				
	(36.03)	(35.59)				

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Anna Mills (17) F						
26.23Y	P # 211B	Female 15 & Over 50 Free	LY-VA	11	---	-0.47
26.40Y	F # 211B	Female 15 & Over 50 Free	LY-VA	10	7	-0.30
1:02.26Y	P # 225B	Female 15 & Over 100 Back	LY-VA	3	---	-0.31
	29.89	1:02.26				
	(29.89)	(32.37)				
1:02.40Y	F # 225B	Female 15 & Over 100 Back	LY-VA	5	14	-0.17
	30.11	1:02.40				
	(30.11)	(32.29)				
1:02.77Y	F # 233	400 Medley Relay Lead Off	LY-VA	---	---	0.20
	30.50					
	(30.50)					
5:32.48Y	P # 237B	Female 15 & Over 500 Free	LY-VA	3	---	10.53
	29.41	1:02.32 1:36.12 2:09.81 2:44.01 3:17.68 3:51.73 4:25.74				
	(29.41)	(32.91) (33.80) (33.69) (34.20) (33.67) (34.05) (34.01)				
	4:59.74	5:32.48				
	(34.00)	(32.74)				

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Dabney Morrison (10) F					
1:37.67Y DQ	P # 115	Female 9-10 100 Breast	LY-VA	---	---
	47.79	1:37.67			
	(47.79)	(49.88)			
1:20.83Y	F # 121	Female 9-10 100 IM	LY-VA	3	16
	37.30	1:20.83			-4.19
	(37.30)	(43.53)			
1:21.99Y	P # 121	Female 9-10 100 IM	LY-VA	4	---
	38.80	1:21.99			-3.03
	(38.80)	(43.19)			
1:21.57Y	F # 209	Female 9-10 100 Back	LY-VA	3	16
	39.62	1:21.57			-6.65
	(39.62)	(41.95)			
1:24.03Y	P # 209	Female 9-10 100 Back	LY-VA	4	---
	41.32	1:24.03			-4.19
	(41.32)	(42.71)			
43.46Y	P # 215	Female 9-10 50 Breast	LY-VA	4	---
44.29Y	F # 215	Female 9-10 50 Breast	LY-VA	4	15
2:51.38Y	F # 227	Female 9-10 200 IM	LY-VA	2	17
	36.06	1:20.87 2:10.89 2:51.38			-8.48
	(36.06)	(44.81) (50.02) (40.49)			
1:20.70Y	P # 309	Female 9-10 100 Fly	LY-VA	3	---
	37.05	1:20.70			-10.75
	(37.05)	(43.65)			
1:21.72Y	F # 309	Female 9-10 100 Fly	LY-VA	2	17
	38.46	1:21.72			-9.73
	(38.46)	(43.26)			
38.59Y	F # 315	Female 9-10 50 Back	LY-VA	6	13
39.36Y	P # 315	Female 9-10 50 Back	LY-VA	9	---
7:07.97Y	F # 327B	Female 9-10 500 Free	LY-VA	4	15
	35.52	1:16.62 2:00.38 2:44.18 3:28.26 4:13.20 4:57.63 5:41.91			-9.62
	(35.52)	(41.10) (43.76) (43.80) (44.08) (44.94) (44.43) (44.28)			
	6:26.44	7:07.97			
	(44.53)	(41.53)			

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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Luke Morrison (15) M						
1:52.22Y	F # 114B	Male 15 & Over 200 Free	LY-VA	5	14	0.04
	26.50	54.97 1:23.37 1:52.22				
	(26.50)	(28.47) (28.40) (28.85)				
1:52.72Y	P # 114B	Male 15 & Over 200 Free	LY-VA	5	---	0.54
	26.58	55.54 1:24.22 1:52.72				
	(26.58)	(28.96) (28.68) (28.50)				
56.98Y	F # 120B	Male 15 & Over 100 Fly	LY-VA	4	15	-1.38
	26.53	56.98				
	(26.53)	(30.45)				
57.38Y	P # 120B	Male 15 & Over 100 Fly	LY-VA	5	---	-0.98
	27.09	57.38				
	(27.09)	(30.29)				
4:38.41Y	F # 130B	Male 15 & Over 400 IM	LY-VA	2	17	-5.31
	29.23	1:02.54 1:38.19 2:13.85 2:54.76 3:36.43 4:08.02 4:38.41				
	(29.23)	(33.31) (35.65) (35.66) (40.91) (41.67) (31.59) (30.39)				
4:43.05Y	P # 130B	Male 15 & Over 400 IM	LY-VA	3	---	-0.67
	29.23	1:02.72 1:38.96 2:15.14 2:56.82 3:39.44 4:11.71 4:43.05				
	(29.23)	(33.49) (36.24) (36.18) (41.68) (42.62) (32.27) (31.34)				
2:09.37Y	F # 206B	Male 15 & Over 200 Fly	LY-VA	4	15	-1.96
	28.36	1:00.95 1:34.70 2:09.37				
	(28.36)	(32.59) (33.75) (34.67)				
2:10.46Y	P # 206B	Male 15 & Over 200 Fly	LY-VA	4	---	-0.87
	28.58	1:01.52 1:35.39 2:10.46				
	(28.58)	(32.94) (33.87) (35.07)				
24.20Y	P # 212B	Male 15 & Over 50 Free	LY-VA	18	---	-0.30
5:01.05Y	F # 238B	Male 15 & Over 500 Free	LY-VA	3	16	-4.99
	26.70	56.42 1:26.72 1:57.15 2:27.61 2:58.28 3:29.15 4:00.10				
	(26.70)	(29.72) (30.30) (30.43) (30.46) (30.67) (30.87) (30.95)				
	4:30.79	5:01.05				
	(30.69)	(30.26)				
5:05.00Y	P # 238B	Male 15 & Over 500 Free	LY-VA	4	---	-1.04
	28.23	59.13 1:30.35 2:01.54 2:32.28 3:03.34 3:34.36 4:04.94				
	(28.23)	(30.90) (31.22) (31.19) (30.74) (31.06) (31.02) (30.58)				
	4:35.35	5:05.00				
	(30.41)	(29.65)				
52.05Y	P # 318B	Male 15 & Over 100 Free	LY-VA	10	---	-0.38
	24.82	52.05				
	(24.82)	(27.23)				
24.20Y	F # 334	200 Free Relay Lead Off	LY-VA	---	---	-0.30

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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Mac Morrison (11) M						
2:10.48Y	F # 102	Male 11-12 200 Free	LY-VA	2	17	-4.70
	30.24	1:03.72 1:38.37 2:10.48				
	(30.24)	(33.48) (34.65) (32.11)				
2:11.98Y	P # 102	Male 11-12 200 Free	LY-VA	4	---	-3.20
	29.61	1:04.04 1:39.15 2:11.98				
	(29.61)	(34.43) (35.11) (32.83)				
2:49.15Y DQ	P # 112	Male 11-12 200 Back	LY-VA	---	---	---
	38.22	1:21.43 2:06.21 2:49.15				
	(38.22)	(43.21) (44.78) (42.94)				
1:11.24Y	F # 124	Male 11-12 100 IM	LY-VA	9	9	-2.82
	33.07	1:11.24				
	(33.07)	(38.17)				
1:12.78Y	P # 124	Male 11-12 100 IM	LY-VA	9	---	-1.28
	34.30	1:12.78				
	(34.30)	(38.48)				
2:57.63Y	P # 220	Male 11-12 200 Fly	LY-VA	4	9	-1.34
	37.56	1:23.64 2:12.50 2:57.63				
	(37.56)	(46.08) (48.86) (45.13)				
26.98Y	F # 224	Male 11-12 50 Free	LY-VA	2	17	-1.46
27.21Y	P # 224	Male 11-12 50 Free	LY-VA	1	---	-1.23
5:58.11Y	F # 236	Male 11-12 500 Free	LY-VA	5	14	-16.91
	30.89	1:07.49 1:43.81 2:21.84 2:58.87 3:36.65 4:13.60 4:51.00				
	(30.89)	(36.60) (36.32) (38.03) (37.03) (37.78) (36.95) (37.40)				
	5:25.62	5:58.11				
	(34.62)	(32.49)				
32.55Y	F # 314	Male 11-12 50 Back	LY-VA	5	14	-3.25
32.66Y	P # 314	Male 11-12 50 Back	LY-VA	3	---	-3.14
5:59.53Y	F # 332	Male 11-12 400 IM	LY-VA	8	11	---
	36.06	1:22.79 2:07.95 2:55.52 3:48.29 4:43.09 5:19.64 5:59.53				
	(36.06)	(46.73) (45.16) (47.57) (52.77) (54.80) (36.55) (39.89)				

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Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Aidan Moss (13) M						
2:18.72Y	P # 114A	Male 13-14 200 Free	LY-VA	31	---	2.93
	32.18	1:07.30 1:43.14 2:18.72				
	(32.18)	(35.12) (35.84) (35.58)				
1:10.41Y	P # 120A	Male 13-14 100 Fly	LY-VA	21	---	-0.41
	30.84	1:10.41				
	(30.84)	(39.57)				
5:07.32Y	F # 130A	Male 13-14 400 IM	LY-VA	8	11	-11.77
	31.44	1:09.26 1:46.15 2:23.04 3:09.62 3:56.99 4:31.89 5:07.32				
	(31.44)	(37.82) (36.89) (36.89) (46.58) (47.37) (34.90) (35.43)				
5:20.76Y	P # 130A	Male 13-14 400 IM	LY-VA	9	---	1.67
	34.09	1:15.05 1:53.19 2:31.61 3:19.16 4:07.48 4:43.81 5:20.76				
	(34.09)	(40.96) (38.14) (38.42) (47.55) (48.32) (36.33) (36.95)				
2:29.81Y	P # 206A	Male 13-14 200 Fly	LY-VA	6	---	-7.78
	32.09	1:11.01 1:50.68 2:29.81				
	(32.09)	(38.92) (39.67) (39.13)				
2:30.97Y	F # 206A	Male 13-14 200 Fly	LY-VA	6	13	-6.62
	32.90	1:10.99 1:50.27 2:30.97				
	(32.90)	(38.09) (39.28) (40.70)				
28.24Y	P # 212A	Male 13-14 50 Free	LY-VA	31	---	-0.62
1:05.07Y	F # 232	400 Medley Relay Lead Off	LY-VA	---	---	-2.18
	31.84					
	(31.84)					
5:52.48Y	P # 238A	Male 13-14 500 Free	LY-VA	23	---	-17.60
	31.95	1:07.89 1:44.22 2:20.54 2:56.30 3:32.61 4:08.61 4:44.60				
	(31.95)	(35.94) (36.33) (36.32) (35.76) (36.31) (36.00) (35.99)				
	5:19.92	5:52.48				
	(35.32)	(32.56)				
1:00.78Y	P # 318A	Male 13-14 100 Free	LY-VA	32	---	-2.35
	29.32	1:00.78				
	(29.32)	(31.46)				
2:25.07Y	P # 326A	Male 13-14 200 IM	LY-VA	20	---	-4.40
	31.77	1:07.90 1:52.34 2:25.07				
	(31.77)	(36.13) (44.44) (32.73)				

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
William Moss (10) M					
2:56.79Y	P # 104	Male 9-10 200 Free	LY-VA	9	-8.82
	38.39	1:22.84 2:09.95 2:56.79			
	(38.39)	(44.45) (47.11) (46.84)			
42.06Y	P # 110	Male 9-10 50 Fly	LY-VA	18	---
1:45.19Y	P # 116	Male 9-10 100 Breast	LY-VA	16	-3.02
	49.77	1:45.19			
	(49.77)	(55.42)			
45.01Y	F # 204	200 Free Relay Lead Off	LY-VA	---	7.90
1:25.30Y	P # 210	Male 9-10 100 Back	LY-VA	11	-2.90
	41.44	1:25.30			
	(41.44)	(43.86)			
50.56Y	P # 216	Male 9-10 50 Breast	LY-VA	19	---
3:13.73Y	F # 228	Male 9-10 200 IM	LY-VA	10	-20.55
	44.70	1:31.80 2:30.84 3:13.73			
	(44.70)	(47.10) (59.04) (42.89)			
1:40.59Y	P # 310	Male 9-10 100 Fly	LY-VA	16	---
	46.00	1:40.59			
	(46.00)	(54.59)			
41.12Y	P # 316	Male 9-10 50 Back	LY-VA	18	---

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SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event				Place				Points	Improv
Caroline Nelson (12) F											
2:06.82Y	F # 101	Female	11-12 200 Free			LY-VA		1	20	-4.86	
	28.36	1:00.27	1:34.47	2:06.82							
	(28.36)	(31.91)	(34.20)	(32.35)							
2:11.33Y	P # 101	Female	11-12 200 Free			LY-VA		3	---	-0.35	
	30.40	1:03.98	1:39.00	2:11.33							
	(30.40)	(33.58)	(35.02)	(32.33)							
30.58Y	F # 107	Female	11-12 50 Fly			LY-VA		9	9	-1.50	
31.87Y	P # 107	Female	11-12 50 Fly			LY-VA		9	---	-0.21	
1:06.12Y	F # 123	Female	11-12 100 IM			LY-VA		1	20	-3.57	
	31.31	1:06.12									
	(31.31)	(34.81)									
1:08.73Y	P # 123	Female	11-12 100 IM			LY-VA		3	---	-0.96	
	33.57	1:08.73									
	(33.57)	(35.16)									
26.75Y	F # 223	Female	11-12 50 Free			LY-VA		2	17	-1.23	
27.14Y	P # 223	Female	11-12 50 Free			LY-VA		2	---	-0.84	
5:41.13Y	F # 235	Female	11-12 500 Free			LY-VA		1	20	-13.28	
	---	---	---	---	---	---	---	---	---		
	---	---	---	---	---	---	---	---	---		
	---	5:41.13									
	---	(5:41.13)									
1:05.22Y	F # 307	Female	11-12 100 Fly			LY-VA		1	20	-2.98	
	30.65	1:05.22									
	(30.65)	(34.57)									
1:06.27Y	P # 307	Female	11-12 100 Fly			LY-VA		1	---	-1.93	
	31.96	1:06.27									
	(31.96)	(34.31)									
2:44.42Y	F # 319	Female	11-12 200 Breast			LY-VA		4	15	-9.07	
	38.30	1:20.60	2:03.66	2:44.42							
	(38.30)	(42.30)	(43.06)	(40.76)							
2:44.71Y	P # 319	Female	11-12 200 Breast			LY-VA		2	---	-8.78	
	36.98	1:18.77	2:03.05	2:44.71							
	(36.98)	(41.79)	(44.28)	(41.66)							
5:11.83Y	F # 331	Female	11-12 400 IM			LY-VA		1	20	-36.35	
	32.83	1:12.29	1:53.02	2:34.42	3:18.55	4:03.93	4:38.98	5:11.83			
	(32.83)	(39.46)	(40.73)	(41.40)	(44.13)	(45.38)	(35.05)	(32.85)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Aidan Parker (15) M						
1:20.97Y	P # 106B	Male 15 & Over 100 Breast	LY-VA	16	---	-4.62
	38.69	1:20.97				
	(38.69)	(42.28)				
1:21.26Y	F # 106B	Male 15 & Over 100 Breast	LY-VA	16	1	-4.33
	38.22	1:21.26				
	(38.22)	(43.04)				
2:15.77Y	P # 114B	Male 15 & Over 200 Free	LY-VA	25	---	-5.67
	30.87	1:05.93 1:41.59 2:15.77				
	(30.87)	(35.06) (35.66) (34.18)				
29.25Y	P # 212B	Male 15 & Over 50 Free	LY-VA	43	---	-1.24
2:58.02Y	F # 218B	Male 15 & Over 200 Breast	LY-VA	16	1	-17.07
	39.60	1:24.62 --- 2:58.02				
	(39.60)	(45.02) --- (2:58.02)				
3:01.42Y	P # 218B	Male 15 & Over 200 Breast	LY-VA	16	---	-13.67
	40.96	1:27.71 2:15.11 3:01.42				
	(40.96)	(46.75) (47.40) (46.31)				
1:13.33Y	P # 226B	Male 15 & Over 100 Back	LY-VA	30	---	-2.53
	35.69	1:13.33				
	(35.69)	(37.64)				
2:46.44Y	P # 312B	Male 15 & Over 200 Back	LY-VA	20	---	-4.35
	39.81	1:23.17 2:06.63 2:46.44				
	(39.81)	(43.36) (43.46) (39.81)				
1:04.28Y	P # 318B	Male 15 & Over 100 Free	LY-VA	41	---	0.92
	---	1:04.28				
	---	(1:04.28)				
2:42.02Y	P # 326B	Male 15 & Over 200 IM	LY-VA	27	---	-6.39
	37.40	1:18.06 2:05.85 2:42.02				
	(37.40)	(40.66) (47.79) (36.17)				
Addison Pavao (10) M						
51.64Y	P # 216	Male 9-10 50 Breast	LY-VA	24	---	-1.62
41.45Y	P # 222	Male 9-10 50 Free	LY-VA	41	---	-0.63
3:56.05Y	F # 228	Male 9-10 200 IM	LY-VA	15	2	-7.13
	1:03.07	2:01.30 3:05.05 3:56.05				
	(1:03.07)	(58.23) (1:03.75) (51.00)				
50.08Y	P # 316	Male 9-10 50 Back	LY-VA	43	---	-4.07
1:29.39Y	P # 322	Male 9-10 100 Free	LY-VA	29	---	-5.10
	44.18	1:29.39				
	(44.18)	(45.21)				
9:03.34Y	F # 328B	Male 9-10 500 Free	LY-VA	11	6	---
	47.69	1:42.31 2:37.79 3:34.82 4:31.57 5:28.37 6:24.82 7:20.72				
	(47.69)	(54.62) (55.48) (57.03) (56.75) (56.80) (56.45) (55.90)				
	8:16.55	9:03.34				
	(55.83)	(46.79)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Ella Pennington (14) F						
2:11.52Y	F # 113A	Female 13-14 200 Free	LY-VA	15	2	-6.49
	30.38	1:03.88 1:37.98 2:11.52				
	(30.38)	(33.50) (34.10) (33.54)				
2:11.68Y	P # 113A	Female 13-14 200 Free	LY-VA	13	---	-6.33
	30.64	1:03.70 1:37.89 2:11.68				
	(30.64)	(33.06) (34.19) (33.79)				
1:06.81Y	P # 119A	Female 13-14 100 Fly	LY-VA	10	---	0.13
	31.19	1:06.81				
	(31.19)	(35.62)				
1:07.77Y	F # 119A	Female 13-14 100 Fly	LY-VA	12	5	1.09
	31.54	1:07.77				
	(31.54)	(36.23)				
5:07.74Y	F # 129A	Female 13-14 400 IM	LY-VA	2	17	-1.55
	32.53	1:10.60 1:50.02 2:28.65	3:13.18 3:58.37 4:33.53 5:07.74			
	(32.53)	(38.07) (39.42) (38.63)	(44.53) (45.19) (35.16) (34.21)			
5:11.03Y	P # 129A	Female 13-14 400 IM	LY-VA	3	---	1.74
	32.81	1:10.92 1:50.33 2:29.05	3:15.27 4:01.17 4:36.15 5:11.03			
	(32.81)	(38.11) (39.41) (38.72)	(46.22) (45.90) (34.98) (34.88)			
2:29.82Y	F # 205A	Female 13-14 200 Fly	LY-VA	11	6	-10.92
	32.90	1:10.41 1:50.15 2:29.82				
	(32.90)	(37.51) (39.74) (39.67)				
2:35.72Y	P # 205A	Female 13-14 200 Fly	LY-VA	3	---	-5.02
	33.34	1:12.48 1:54.22 2:35.72				
	(33.34)	(39.14) (41.74) (41.50)				
28.85Y	P # 211A	Female 13-14 50 Free	LY-VA	38	---	-0.81
5:44.69Y	F # 237A	Female 13-14 500 Free	LY-VA	10	7	-4.02
	31.01	1:05.27 1:40.02 2:14.97	2:49.69 3:24.16 3:58.90 4:34.08			
	(31.01)	(34.26) (34.75) (34.95)	(34.72) (34.47) (34.74) (35.18)			
	5:09.59	5:44.69				
	(35.51)	(35.10)				
5:52.44Y	P # 237A	Female 13-14 500 Free	LY-VA	11	---	3.73
	32.03	1:07.48 1:42.87 2:17.59	2:53.30 3:29.32 4:05.09 4:41.35			
	(32.03)	(35.45) (35.39) (34.72)	(35.71) (36.02) (35.77) (36.26)			
	5:17.45	5:52.44				
	(36.10)	(34.99)				
1:01.90Y	P # 317A	Female 13-14 100 Free	LY-VA	29	---	1.28
	29.67	1:01.90				
	(29.67)	(32.23)				
2:29.98Y	P # 325A	Female 13-14 200 IM	LY-VA	13	---	6.97
	31.17	1:08.69 1:55.07 2:29.98				
	(31.17)	(37.52) (46.38) (34.91)				
2:27.95Y DQ	F # 325A	Female 13-14 200 IM	LY-VA	---	---	---
	30.54	1:07.32 1:53.48 2:27.95				
	(30.54)	(36.78) (46.16) (34.47)				
29.51Y	F # 329	200 Free Relay Lead Off	LY-VA	---	---	-0.15

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event		Place		Points	Improv
Lainey Pennington (12) F							
2:09.16Y	F # 101	Female	11-12 200 Free	LY-VA	3	16	-1.29
	30.03	1:02.88	1:35.80	2:09.16			
	(30.03)	(32.85)	(32.92)	(33.36)			
2:13.16Y	P # 101	Female	11-12 200 Free	LY-VA	4	---	2.71
	29.92	1:03.27	1:38.01	2:13.16			
	(29.92)	(33.35)	(34.74)	(35.15)			
31.96Y	F # 107	Female	11-12 50 Fly	LY-VA	14	3	0.16
32.65Y	P # 107	Female	11-12 50 Fly	LY-VA	14	---	0.85
1:01.30Y	F # 131	400 Free Relay Lead Off		LY-VA	---	---	0.34
	29.29						
	(29.29)						
2:35.85Y	P # 219	Female	11-12 200 Fly	LY-VA	2	---	-4.25
	34.23	1:13.81	1:54.08	2:35.85			
	(34.23)	(39.58)	(40.27)	(41.77)			
2:37.45Y	F # 219	Female	11-12 200 Fly	LY-VA	1	20	-2.65
	34.51	1:14.50	1:55.49	2:37.45			
	(34.51)	(39.99)	(40.99)	(41.96)			
28.03Y	P # 223	Female	11-12 50 Free	LY-VA	4	---	-0.64
28.34Y	F # 223	Female	11-12 50 Free	LY-VA	5	14	-0.33
2:32.73Y	F # 229	Female	11-12 200 IM	LY-VA	10	7	0.20
	32.87	1:11.93	1:59.04	2:32.73			
	(32.87)	(39.06)	(47.11)	(33.69)			
2:34.82Y	P # 229	Female	11-12 200 IM	LY-VA	9	---	2.29
	33.16	1:13.47	2:00.71	2:34.82			
	(33.16)	(40.31)	(47.24)	(34.11)			
1:12.39Y	F # 307	Female	11-12 100 Fly	LY-VA	7	12	1.79
	32.56	1:12.39					
	(32.56)	(39.83)					
1:12.89Y	P # 307	Female	11-12 100 Fly	LY-VA	7	---	2.29
	33.05	1:12.89					
	(33.05)	(39.84)					
1:00.89Y	F # 323	Female	11-12 100 Free	LY-VA	1	20	-0.07
	29.33	1:00.89					
	(29.33)	(31.56)					
1:01.77Y	P # 323	Female	11-12 100 Free	LY-VA	3	---	0.81
	29.40	1:01.77					
	(29.40)	(32.37)					
5:26.44Y	F # 331	Female	11-12 400 IM	LY-VA	4	15	-1.00
	34.08	1:14.82	1:56.13	2:37.48	3:25.69	4:15.52	4:51.26
	(34.08)	(40.74)	(41.31)	(41.35)	(48.21)	(49.83)	(35.74)
							(35.18)

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Charlotte Pickeral (10) F						
2:35.85Y	F # 103	Female 9-10 200 Free	LY-VA	3	16	-3.77
	28.36	1:00.27 1:34.47 2:35.85				
	(28.36)	(31.91) (34.20) (1:01.38)				
2:42.06Y	P # 103	Female 9-10 200 Free	LY-VA	3	---	2.44
	35.09	1:16.09 2:00.11 2:42.06				
	(35.09)	(41.00) (44.02) (41.95)				
39.21Y	P # 109	Female 9-10 50 Fly	LY-VA	12	5	0.41
1:27.73Y	P # 121	Female 9-10 100 IM	LY-VA	12	5	0.13
	42.25	1:27.73				
	(42.25)	(45.48)				
1:27.39Y	P # 209	Female 9-10 100 Back	LY-VA	11	6	1.65
	43.02	1:27.39				
	(43.02)	(44.37)				
32.24Y	F # 221	Female 9-10 50 Free	LY-VA	2	16.5	-0.32
32.55Y	P # 221	Female 9-10 50 Free	LY-VA	4	---	-0.01
41.45Y	P # 315	Female 9-10 50 Back	LY-VA	21	---	1.62
1:11.77Y	P # 321	Female 9-10 100 Free	LY-VA	5	---	-0.93
	33.66	1:11.77				
	(33.66)	(38.11)				
1:12.29Y	F # 321	Female 9-10 100 Free	LY-VA	4	15	-0.41
	34.90	1:12.29				
	(34.90)	(37.39)				
6:58.33Y	F # 327B	Female 9-10 500 Free	LY-VA	3	16	-1.85
	35.14	1:17.02 1:59.66 2:42.67 3:26.67 4:10.19 4:54.17 5:37.10				
	(35.14)	(41.88) (42.64) (43.01) (44.00) (43.52) (43.98) (42.93)				
	6:19.81	6:58.33				
	(42.71)	(38.52)				
Danna Pineda (13) F						
28.44Y	P # 211A	Female 13-14 50 Free	LY-VA	33	---	-0.22
1:14.70Y	P # 225A	Female 13-14 100 Back	LY-VA	28	---	1.30
	36.00	1:14.70				
	(36.00)	(38.70)				
1:14.91Y	F # 231	400 Medley Relay Lead Off	LY-VA	---	---	1.51
	36.28					
	(36.28)					
7:28.07Y	P # 237A	Female 13-14 500 Free	LY-VA	31	---	37.26
	35.93	1:16.66 1:58.89 2:43.57 3:29.78 4:17.47 5:05.20 5:53.59				
	(35.93)	(40.73) (42.23) (44.68) (46.21) (47.69) (47.73) (48.39)				
	6:41.97	7:28.07				
	(48.38)	(46.10)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv			
Owen Porter (14) M								
2:01.92Y	F # 114A	Male 13-14 200 Free	LY-VA	13	4	-6.82		
	28.07	58.60	1:30.46	2:01.92				
	(28.07)	(30.53)	(31.86)	(31.46)				
2:02.61Y	P # 114A	Male 13-14 200 Free	LY-VA	15	---	-6.13		
	28.36	59.15	1:30.80	2:02.61				
	(28.36)	(30.79)	(31.65)	(31.81)				
1:03.91Y	F # 120A	Male 13-14 100 Fly	LY-VA	12	5	0.76		
	29.80	1:03.91						
	(29.80)	(34.11)						
1:03.98Y	P # 120A	Male 13-14 100 Fly	LY-VA	10	---	0.83		
	28.66	1:03.98						
	(28.66)	(35.32)						
4:59.46Y	P # 130A	Male 13-14 400 IM	LY-VA	5	---	-24.98		
	32.35	1:09.59	1:50.56	2:31.16	3:12.20	3:54.34	4:28.00	4:59.46
	(32.35)	(37.24)	(40.97)	(40.60)	(41.04)	(42.14)	(33.66)	(31.46)
25.83Y	P # 212A	Male 13-14 50 Free	LY-VA	15	---	0.25		
1:06.90Y	P # 226A	Male 13-14 100 Back	LY-VA	15	---	-2.15		
	32.82	1:06.90						
	(32.82)	(34.08)						
1:06.92Y	F # 226A	Male 13-14 100 Back	LY-VA	14	3	-2.13		
	32.79	1:06.92						
	(32.79)	(34.13)						
5:40.40Y	P # 238A	Male 13-14 500 Free	LY-VA	16	---	-16.39		
	29.95	1:02.49	1:36.34	2:10.99	2:45.98	3:21.23	3:56.77	4:32.33
	(29.95)	(32.54)	(33.85)	(34.65)	(34.99)	(35.25)	(35.54)	(35.56)
	5:07.33	5:40.40						
	(35.00)	(33.07)						
5:41.05Y	F # 238A	Male 13-14 500 Free	LY-VA	16	1	-15.74		
	30.16	1:03.18	1:36.90	2:11.53	2:46.40	3:21.58	3:56.55	4:31.89
	(30.16)	(33.02)	(33.72)	(34.63)	(34.87)	(35.18)	(34.97)	(35.34)
	5:07.82	5:41.05						
	(35.93)	(33.23)						
56.44Y	P # 318A	Male 13-14 100 Free	LY-VA	15	---	0.20		
	26.93	56.44						
	(26.93)	(29.51)						
2:17.03Y	P # 326A	Male 13-14 200 IM	LY-VA	8	---	2.50		
	29.16	1:05.89	1:44.97	2:17.03				
	(29.16)	(36.73)	(39.08)	(32.06)				
Hadley Saechao (8) F								
8:29.42Y	F # 327A	Female 8 & Under 500 Free	LY-VA	4	15	---		
	43.09	---	2:27.60	3:21.89	4:14.86	---	---	6:52.91
	(43.09)	---	(2:27.60)	(54.29)	(52.97)	---	---	(6:52.91)
	7:44.00	8:29.42						
	(51.09)	(45.42)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event					Place	Points	Improv
Landon Saechao (11) M									
1:19.30Y	P # 208	Male	11-12 100 Back			LY-VA	19	---	-19.86
	37.56	1:19.30							
	(37.56)	(41.74)							
32.53Y	P # 224	Male	11-12 50 Free			LY-VA	41	---	-0.95
6:53.99Y	F # 236	Male	11-12 500 Free			LY-VA	20	---	-67.71
	35.01	1:16.53	1:59.52	2:42.44	3:25.60	4:09.02	4:52.28	5:35.13	
	(35.01)	(41.52)	(42.99)	(42.92)	(43.16)	(43.42)	(43.26)	(42.85)	
	6:17.39	6:53.99							
	(42.26)	(36.60)							
35.41Y	F # 302	200 Medley Relay Lead Off				LY-VA	---	---	-1.66
1:28.31Y	P # 308	Male	11-12 100 Fly			LY-VA	18	---	---
	40.92	1:28.31							
	(40.92)	(47.39)							
35.79Y	F # 314	Male	11-12 50 Back			LY-VA	13	4	-1.28
36.15Y	P # 314	Male	11-12 50 Back			LY-VA	15	---	-0.92
1:11.88Y	P # 324	Male	11-12 100 Free			LY-VA	32	---	-0.56
	34.56	1:11.88							
	(34.56)	(37.32)							

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Addy Smith (13) F						
2:21.40Y	P # 113A	Female 13-14 200 Free	LY-VA	33	---	-1.43
	32.64	1:08.87 1:45.54 2:21.40				
	(32.64)	(36.23) (36.67) (35.86)				
1:16.51Y	P # 119A	Female 13-14 100 Fly	LY-VA	24	---	-3.19
	---	1:16.51				
	---	(1:16.51)				
29.87Y	P # 211A	Female 13-14 50 Free	LY-VA	43	---	-0.36
1:09.87Y	P # 225A	Female 13-14 100 Back	LY-VA	18	---	1.80
	33.74	1:09.87				
	(33.74)	(36.13)				
1:11.28Y	F # 231	400 Medley Relay Lead Off	LY-VA	---	---	3.21
	34.13					
	(34.13)					
6:19.77Y	P # 237A	Female 13-14 500 Free	LY-VA	24	---	-12.93
	34.32	1:13.13 1:52.48 2:30.17	3:08.72 3:47.57 4:26.80 5:05.61			
	(34.32)	(38.81) (39.35) (37.69)	(38.55) (38.85) (39.23) (38.81)			
	5:44.19	6:19.77				
	(38.58)	(35.58)				
2:31.71Y	F # 311A	Female 13-14 200 Back	LY-VA	11	6	1.17
	36.04	1:14.30 1:53.57 2:31.71				
	(36.04)	(38.26) (39.27) (38.14)				
2:32.69Y	P # 311A	Female 13-14 200 Back	LY-VA	15	---	2.15
	36.26	1:16.18 1:55.36 2:32.69				
	(36.26)	(39.92) (39.18) (37.33)				
1:05.96Y	P # 317A	Female 13-14 100 Free	LY-VA	47	---	0.18
	31.89	1:05.96				
	(31.89)	(34.07)				
2:37.89Y	P # 325A	Female 13-14 200 IM	LY-VA	27	---	-10.37
	34.66	1:13.80 2:02.92 2:37.89				
	(34.66)	(39.14) (49.12) (34.97)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Seth Snyder (9) M						
2:38.19Y	F # 104	Male 9-10 200 Free	LY-VA	4	15	-1.37
	36.15	1:17.03 1:58.85 2:38.19				
	(36.15)	(40.88) (41.82) (39.34)				
2:40.71Y	P # 104	Male 9-10 200 Free	LY-VA	3	---	1.15
	35.50	1:16.52 1:58.75 2:40.71				
	(35.50)	(41.02) (42.23) (41.96)				
38.95Y	P # 110	Male 9-10 50 Fly	LY-VA	12	5	0.60
1:31.81Y	P # 122	Male 9-10 100 IM	LY-VA	18	---	2.34
	40.81	1:31.81				
	(40.81)	(51.00)				
1:27.44Y	P # 210	Male 9-10 100 Back	LY-VA	17	---	-2.17
	41.80	1:27.44				
	(41.80)	(45.64)				
35.08Y	P # 222	Male 9-10 50 Free	LY-VA	17	---	0.19
1:37.89Y	P # 310	Male 9-10 100 Fly	LY-VA	13	4	-7.02
	44.98	1:37.89				
	(44.98)	(52.91)				
40.59Y	P # 316	Male 9-10 50 Back	LY-VA	16	1	1.16
1:16.91Y	P # 322	Male 9-10 100 Free	LY-VA	16	1	1.20
	37.01	1:16.91				
	(37.01)	(39.90)				
Emerson Stauder (8) F						
7:58.79Y	F # 327A	Female 8 & Under 500 Free	LY-VA	3	16	---
	41.44	1:29.70 2:18.22 3:06.87 3:57.00 4:47.29 5:38.01 6:27.30				
	(41.44)	(48.26) (48.52) (48.65) (50.13) (50.29) (50.72) (49.29)				
	7:16.01	7:58.79				
	(48.71)	(42.78)				
Alaina Thomas (10) F						
49.68Y	P # 315	Female 9-10 50 Back	LY-VA	55	---	-0.69
1:36.31Y	P # 321	Female 9-10 100 Free	LY-VA	45	---	-2.61
	43.80	1:36.31				
	(43.80)	(52.51)				
9:37.47Y	F # 327B	Female 9-10 500 Free	LY-VA	15	2	---
	46.84	1:43.80 2:42.97 3:44.79 4:43.99 5:44.26 6:44.04 7:44.78				
	(46.84)	(56.96) (59.17) (1:01.82) (59.20) (1:00.27) (59.78) (1:00.74)				
	8:44.79	9:37.47				
	(1:00.01)	(52.68)				

Lynchburg YMCA Swim Team
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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Brandon Thomas (13) M						
2:51.16Y	P # 312A	Male 13-14 200 Back	LY-VA	24	---	-15.05
	39.05	1:22.73 2:08.10 2:51.16				
	(39.05)	(43.68) (45.37) (43.06)				
1:07.81Y	P # 318A	Male 13-14 100 Free	LY-VA	46	---	0.47
	32.10	1:07.81				
	(32.10)	(35.71)				
2:59.04Y	P # 326A	Male 13-14 200 IM	LY-VA	43	---	-8.58
	39.58	1:25.31 2:20.45 2:59.04				
	(39.58)	(45.73) (55.14) (38.59)				
Brodie Thomas (13) M						
4:01.03Y	P # 312A	Male 13-14 200 Back	LY-VA	25	---	---
	---	---				
	---	---				
		4:01.03				
		(4:01.03)				
1:32.74Y	P # 318A	Male 13-14 100 Free	LY-VA	54	---	-0.14
	43.22	1:32.74				
	(43.22)	(49.52)				
3:50.42Y	P # 326A	Male 13-14 200 IM	LY-VA	47	---	2.21
	52.68	1:53.26 2:59.90 3:50.42				
	(52.68)	(1:00.58) (1:06.64) (50.52)				
Wave Thomasey (11) F						
NS	P # 207	Female 11-12 100 Back	LY-VA	---	---	---
NS	P # 213	Female 11-12 50 Breast	LY-VA	---	---	---
NS	P # 223	Female 11-12 50 Free	LY-VA	---	---	---
36.59Y	P # 313	Female 11-12 50 Back	LY-VA	26	---	-3.95
1:11.60Y	P # 323	Female 11-12 100 Free	LY-VA	33	---	-2.19
	33.91	1:11.60				
	(33.91)	(37.69)				
Bri Torrence (11) F						
1:30.13Y	P # 207	Female 11-12 100 Back	LY-VA	38	---	0.12
	44.37	1:30.13				
	(44.37)	(45.76)				
35.39Y	P # 223	Female 11-12 50 Free	LY-VA	60	---	-0.86
7:50.34Y	F # 235	Female 11-12 500 Free	LY-VA	18	---	-20.48
	40.09	1:26.39 2:15.77 3:05.44 3:54.97 4:43.39 5:33.68 6:22.44				
	(40.09)	(46.30) (49.38) (49.67) (49.53) (48.42) (50.29) (48.76)				
	7:08.86	7:50.34				
	(46.42)	(41.48)				
1:53.98Y	P # 307	Female 11-12 100 Fly	LY-VA	39	---	4.70
	49.65	1:53.98				
	(49.65)	(1:04.33)				
43.59Y	P # 313	Female 11-12 50 Back	LY-VA	55	---	1.35
1:18.33Y	P # 323	Female 11-12 100 Free	LY-VA	48	---	-1.49
	37.94	1:18.33				
	(37.94)	(40.39)				

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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards
Location: Christiansburg Aquatic Center

Time	F/P/S	Event		Place		Points	Improv	
Syrus Tracey (9) M								
44.11Y	P # 216	Male 9-10 50 Breast		LY-VA		5	---	-2.21
45.13Y	F # 216	Male 9-10 50 Breast		LY-VA		5	14	-1.19
31.32Y	F # 222	Male 9-10 50 Free		LY-VA		2	17	-1.08
31.88Y	P # 222	Male 9-10 50 Free		LY-VA		3	---	-0.52
3:03.93Y	F # 228	Male 9-10 200 IM		LY-VA		5	14	-3.26
	43.95	1:30.44	2:25.41	3:03.93				
	(43.95)	(46.49)	(54.97)	(38.52)				
38.34Y	F # 304	200 Medley Relay Lead Off		LY-VA		---	---	-0.84
38.69Y	P # 316	Male 9-10 50 Back		LY-VA		10	7	-0.49
1:15.97Y	P # 322	Male 9-10 100 Free		LY-VA		14	3	1.22
	35.09	1:15.97						
	(35.09)	(40.88)						
7:08.32Y	F # 328B	Male 9-10 500 Free		LY-VA		5	14	0.58
	35.30	1:17.96	2:02.12	2:46.43	3:31.34	4:15.00	5:00.17	5:44.56
	(35.30)	(42.66)	(44.16)	(44.31)	(44.91)	(43.66)	(45.17)	(44.39)
	6:28.18	7:08.32						
	(43.62)	(40.14)						

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Individual Meet Results

SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event				Place	Points	Improv
Kinley Tuck (13) F								
1:29.99Y	P # 105A	Female	13-14	100 Breast	LY-VA	25	---	-1.53
	---	1:29.99						
	---	(1:29.99)						
1:20.96Y	P # 119A	Female	13-14	100 Fly	LY-VA	27	---	-4.45
	---	1:20.96						
	---	(1:20.96)						
2:53.97Y	F # 205A	Female	13-14	200 Fly	LY-VA	16	1	-3.12
	37.99	1:22.70	2:09.11	2:53.97				
	(37.99)	(44.71)	(46.41)	(44.86)				
2:54.81Y	P # 205A	Female	13-14	200 Fly	LY-VA	8	---	-2.28
	37.72	1:22.42	---	2:54.81				
	(37.72)	(44.70)	---	(2:54.81)				
30.74Y	P # 211A	Female	13-14	50 Free	LY-VA	50	---	-0.21
1:15.02Y	P # 225A	Female	13-14	100 Back	LY-VA	29	---	-1.91
	36.71	1:15.02						
	(36.71)	(38.31)						
2:36.59Y	F # 311A	Female	13-14	200 Back	LY-VA	14	3	-8.76
	36.92	1:16.81	1:57.17	2:36.59				
	(36.92)	(39.89)	(40.36)	(39.42)				
2:38.51Y	P # 311A	Female	13-14	200 Back	LY-VA	21	---	-6.84
	37.34	1:18.49	1:59.58	2:38.51				
	(37.34)	(41.15)	(41.09)	(38.93)				
1:08.04Y	P # 317A	Female	13-14	100 Free	LY-VA	52	---	-1.70
	32.86	1:08.04						
	(32.86)	(35.18)						
2:45.19Y	P # 325A	Female	13-14	200 IM	LY-VA	33	---	-6.08
	37.52	1:19.36	---	2:45.19				
	(37.52)	(41.84)	---	(2:45.19)				
Broughton Webb (14) F								
26.12Y	F # 211A	Female	13-14	50 Free	LY-VA	4	15	-0.27
26.17Y	P # 211A	Female	13-14	50 Free	LY-VA	2	---	-0.22
1:02.88Y	P # 225A	Female	13-14	100 Back	LY-VA	4	---	-0.90
	30.80	1:02.88						
	(30.80)	(32.08)						
1:03.11Y	F # 225A	Female	13-14	100 Back	LY-VA	4	15	-0.67
	30.86	1:03.11						
	(30.86)	(32.25)						
2:10.45Y	P # 311A	Female	13-14	200 Back	LY-VA	1	---	-5.49
	30.52	1:02.82	1:36.82	2:10.45				
	(30.52)	(32.30)	(34.00)	(33.63)				
55.94Y	P # 317A	Female	13-14	100 Free	LY-VA	2	---	-0.26
	26.97	55.94						
	(26.97)	(28.97)						

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Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Adam Wells (14) M						
2:13.16Y	F # 312A	Male 13-14 200 Back	LY-VA	3	16	-14.08
	31.10	1:05.34 1:40.29 2:13.16				
	(31.10)	(34.24) (34.95) (32.87)				
2:14.32Y	P # 312A	Male 13-14 200 Back	LY-VA	7	---	-12.92
	31.56	1:06.22 1:40.61 2:14.32				
	(31.56)	(34.66) (34.39) (33.71)				
2:12.13Y	P # 326A	Male 13-14 200 IM	LY-VA	3	---	-6.42
	28.66	1:03.05 1:43.37 2:12.13				
	(28.66)	(34.39) (40.32) (28.76)				
2:13.61Y	F # 326A	Male 13-14 200 IM	LY-VA	4	15	-4.94
	29.03	1:03.89 1:44.34 2:13.61				
	(29.03)	(34.86) (40.45) (29.27)				
Sammy Wells (10) M						
1:20.61Y	P # 310	Male 9-10 100 Fly	LY-VA	3	---	-4.93
	37.17	1:20.61				
	(37.17)	(43.44)				
1:21.01Y	F # 310	Male 9-10 100 Fly	LY-VA	3	16	-4.53
	36.76	1:21.01				
	(36.76)	(44.25)				
1:08.28Y	F # 322	Male 9-10 100 Free	LY-VA	3	16	-0.56
	32.62	1:08.28				
	(32.62)	(35.66)				
1:08.57Y	P # 322	Male 9-10 100 Free	LY-VA	3	---	-0.27
	32.60	1:08.57				
	(32.60)	(35.97)				
6:24.22Y	F # 328B	Male 9-10 500 Free	LY-VA	1	20	-24.55
	34.00	1:12.17 1:50.87 2:30.19 3:09.34 3:48.21 4:27.93 5:07.56				
	(34.00)	(38.17) (38.70) (39.32) (39.15) (38.87) (39.72) (39.63)				
	5:46.95	6:24.22				
	(39.39)	(37.27)				

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SW District Champs 9 & Over 28-Feb-25 to 02-Mar-25 Yards

Location: Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv		
Austin Woodruff (12) M								
2:18.31Y	P # 102	Male	11-12 200 Free	LY-VA	7	---	1.22	
	31.54	1:07.00	1:42.90	2:18.31				
	(31.54)	(35.46)	(35.90)	(35.41)				
2:22.44Y	F # 102	Male	11-12 200 Free	LY-VA	8	11	5.35	
	32.31	1:08.90	1:46.23	2:22.44				
	(32.31)	(36.59)	(37.33)	(36.21)				
2:34.42Y	F # 112	Male	11-12 200 Back	LY-VA	4	15	-4.34	
	35.82	1:15.50	1:55.83	2:34.42				
	(35.82)	(39.68)	(40.33)	(38.59)				
2:35.36Y	P # 112	Male	11-12 200 Back	LY-VA	3	---	-3.40	
	36.35	1:16.48	---	2:35.36				
	(36.35)	(40.13)	---	(2:35.36)				
1:06.24Y	F # 132	400 Free Relay Lead Off		LY-VA	---	---	2.09	
	31.35							
	(31.35)							
30.07Y	F # 202	200 Free Relay Lead Off		LY-VA	---	---	1.15	
1:10.40Y	P # 208	Male	11-12 100 Back	LY-VA	4	---	-1.90	
	34.69	1:10.40						
	(34.69)	(35.71)						
1:13.10Y	F # 208	Male	11-12 100 Back	LY-VA	6	13	0.80	
	35.44	1:13.10						
	(35.44)	(37.66)						
28.75Y	P # 224	Male	11-12 50 Free	LY-VA	12	---	-0.17	
30.30Y	F # 224	Male	11-12 50 Free	LY-VA	14	3	1.38	
6:07.31Y	F # 236	Male	11-12 500 Free	LY-VA	8	11	5.88	
	32.92	1:09.34	1:46.72	2:24.05	3:01.01	3:38.15	4:15.61	4:53.27
	(32.92)	(36.42)	(37.38)	(37.33)	(36.96)	(37.14)	(37.46)	(37.66)
	5:30.75	6:07.31						
	(37.48)	(36.56)						
33.22Y	P # 314	Male	11-12 50 Back	LY-VA	7	---	-0.08	
1:05.75Y	P # 324	Male	11-12 100 Free	LY-VA	17	---	1.60	
	31.78	1:05.75						
	(31.78)	(33.97)						
5:39.79Y	F # 332	Male	11-12 400 IM	LY-VA	6	13	-8.46	
	38.68	1:24.57	2:06.74	2:48.79	3:38.12	4:27.34	5:03.69	5:39.79
	(38.68)	(45.89)	(42.17)	(42.05)	(49.33)	(49.22)	(36.35)	(36.10)

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Location: Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Graham Woodruff (16) M						
1:04.98Y	F # 106B	Male 15 & Over 100 Breast	LY-VA	4	15	-1.54
	30.91	1:04.98				
	(30.91)	(34.07)				
1:05.22Y	P # 106B	Male 15 & Over 100 Breast	LY-VA	5	---	-1.30
	30.77	1:05.22				
	(30.77)	(34.45)				
2:23.21Y	F # 218B	Male 15 & Over 200 Breast	LY-VA	3	16	-3.31
	32.29	1:08.26 1:45.99 2:23.21				
	(32.29)	(35.97) (37.73) (37.22)				
2:27.08Y	P # 218B	Male 15 & Over 200 Breast	LY-VA	5	---	0.56
	32.72	1:10.98 1:49.66 2:27.08				
	(32.72)	(38.26) (38.68) (37.42)				

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Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Caleb Wu (14) M						
1:59.12Y	F # 114A	Male 13-14 200 Free	LY-VA	10	7	-0.71
	27.45	58.27 1:29.47 1:59.12				
	(27.45)	(30.82) (31.20) (29.65)				
2:02.26Y	P # 114A	Male 13-14 200 Free	LY-VA	14	---	2.43
	27.73	58.72 1:30.85 2:02.26				
	(27.73)	(30.99) (32.13) (31.41)				
1:07.10Y	P # 120A	Male 13-14 100 Fly	LY-VA	17	---	1.86
	31.00	1:07.10				
	(31.00)	(36.10)				
24.76Y	P # 212A	Male 13-14 50 Free	LY-VA	3	---	0.01
24.85Y	F # 212A	Male 13-14 50 Free	LY-VA	5	14	0.10
1:01.89Y	F # 226A	Male 13-14 100 Back	LY-VA	5	14	0.18
	29.89	1:01.89				
	(29.89)	(32.00)				
1:02.66Y	P # 226A	Male 13-14 100 Back	LY-VA	6	---	0.95
	30.24	1:02.66				
	(30.24)	(32.42)				
5:31.85Y	P # 238A	Male 13-14 500 Free	LY-VA	11	---	-7.17
	29.48	1:02.46 1:36.48 2:10.14	2:43.98 3:18.38 3:52.57 4:26.47			
	(29.48)	(32.98) (34.02) (33.66) (33.84) (34.40) (34.19) (33.90)				
	5:00.46	5:31.85				
	(33.99)	(31.39)				
5:40.31Y	F # 238A	Male 13-14 500 Free	LY-VA	15	2	1.29
	29.16	1:01.95 1:35.87 2:10.39	2:44.77 3:19.40 3:53.97 4:29.89			
	(29.16)	(32.79) (33.92) (34.52) (34.38) (34.63) (34.57) (35.92)				
	5:06.18	5:40.31				
	(36.29)	(34.13)				
2:17.44Y	P # 312A	Male 13-14 200 Back	LY-VA	9	---	-2.53
	32.17	1:07.44 1:43.51 2:17.44				
	(32.17)	(35.27) (36.07) (33.93)				
2:20.78Y	F # 312A	Male 13-14 200 Back	LY-VA	8	11	0.81
	33.24	1:08.89 1:45.33 2:20.78				
	(33.24)	(35.65) (36.44) (35.45)				
54.42Y	F # 318A	Male 13-14 100 Free	LY-VA	8	11	-0.61
	26.21	54.42				
	(26.21)	(28.21)				
55.07Y	P # 318A	Male 13-14 100 Free	LY-VA	9	---	0.04
	26.40	55.07				
	(26.40)	(28.67)				
2:18.70Y	F # 326A	Male 13-14 200 IM	LY-VA	11	6	2.43
	30.44	1:08.30 1:47.51 2:18.70				
	(30.44)	(37.86) (39.21) (31.19)				
2:19.38Y	P # 326A	Male 13-14 200 IM	LY-VA	13	---	3.11
	30.31	1:07.82 1:47.37 2:19.38				
	(30.31)	(37.51) (39.55) (32.01)				

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Time	F/P/S	Event			Place	Points	Improv	
Karis Wu (12) F								
2:41.95Y	P # 101	Female	11-12 200 Free		LY-VA	27	---	-2.91
	35.65	1:17.18	2:00.34	2:41.95				
	(35.65)	(41.53)	(43.16)	(41.61)				
1:41.12Y	P # 117	Female	11-12 100 Breast		LY-VA	28	---	0.43
	48.50	1:41.12						
	(48.50)	(52.62)						
1:31.07Y	P # 123	Female	11-12 100 IM		LY-VA	41	---	0.89
	44.49	1:31.07						
	(44.49)	(46.58)						
NS	P # 207	Female	11-12 100 Back		LY-VA	---	---	---
NS	P # 223	Female	11-12 50 Free		LY-VA	---	---	---
NS	P # 229	Female	11-12 200 IM		LY-VA	---	---	---
NS	P # 313	Female	11-12 50 Back		LY-VA	---	---	---
NS	P # 323	Female	11-12 100 Free		LY-VA	---	---	---

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Time	F/P/S	Event	Place	Points	Improv	
Titus Wu (9) M						
34.55Y	P # 110	Male 9-10 50 Fly	LY-VA	2	---	-1.46
35.52Y	F # 110	Male 9-10 50 Fly	LY-VA	4	15	-0.49
1:29.06Y	P # 116	Male 9-10 100 Breast	LY-VA	2	---	-6.10
	42.16	1:29.06				
	(42.16)	(46.90)				
1:30.19Y	F # 116	Male 9-10 100 Breast	LY-VA	2	17	-4.97
	42.71	1:30.19				
	(42.71)	(47.48)				
1:18.33Y	P # 122	Male 9-10 100 IM	LY-VA	2	---	-3.13
	37.55	1:18.33				
	(37.55)	(40.78)				
1:18.44Y	F # 122	Male 9-10 100 IM	LY-VA	2	17	-3.02
	37.94	1:18.44				
	(37.94)	(40.50)				
31.41Y	F # 204	200 Free Relay Lead Off	LY-VA	---	---	-0.06
1:15.49Y	F # 210	Male 9-10 100 Back	LY-VA	1	20	-6.28
	36.33	1:15.49				
	(36.33)	(39.16)				
1:15.92Y	P # 210	Male 9-10 100 Back	LY-VA	1	---	-5.85
	36.82	1:15.92				
	(36.82)	(39.10)				
41.27Y	F # 216	Male 9-10 50 Breast	LY-VA	1	20	-1.03
41.29Y	P # 216	Male 9-10 50 Breast	LY-VA	1	---	-1.01
2:46.75Y	F # 228	Male 9-10 200 IM	LY-VA	1	20	-4.34
	38.95	1:20.63 2:09.07 2:46.75				
	(38.95)	(41.68) (48.44) (37.68)				
1:22.56Y	F # 310	Male 9-10 100 Fly	LY-VA	4	15	-5.48
	37.69	1:22.56				
	(37.69)	(44.87)				
1:23.13Y	P # 310	Male 9-10 100 Fly	LY-VA	6	---	-4.91
	39.14	1:23.13				
	(39.14)	(43.99)				
6:34.35Y	F # 328B	Male 9-10 500 Free	LY-VA	2	17	-27.26
	34.34	1:14.88 1:55.49 2:37.06 3:17.15 3:57.18 4:37.37 5:17.26				
	(34.34)	(40.54) (40.61) (41.57) (40.09) (40.03) (40.19) (39.89)				
	5:56.64	6:34.35				
	(39.38)	(37.71)				
Spence Young (10) M						
47.52Y	P # 216	Male 9-10 50 Breast	LY-VA	14	3	-0.28
35.19Y	P # 222	Male 9-10 50 Free	LY-VA	18	---	0.15
3:16.98Y	F # 228	Male 9-10 200 IM	LY-VA	11	6	-3.41
	46.61	1:35.24 2:32.97 3:16.98				
	(46.61)	(48.63) (57.73) (44.01)				