

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	---	---	---
32.77Y	P # 223	Female 11-12 50 Free LY-VA	44	---	-0.06
7:31.77Y	F # 235	Female 11-12 500 Free LY-VA	17	---	-4.77
1:29.76Y	P # 307	Female 11-12 100 Fly LY-VA	30	---	3.28
37.65Y	P # 313	Female 11-12 50 Back LY-VA	33	---	0.54
3:31.86Y	P # 319	Female 11-12 200 Breast LY-VA	19	---	6.85
Sydney Ayers (14) F					
32.27Y	P # 211A	Female 13-14 50 Free LY-VA	54	---	-1.06
3:37.75Y	P # 217A	Female 13-14 200 Breast LY-VA	30	---	1.97
1:26.98Y	P # 225A	Female 13-14 100 Back LY-VA	40	---	2.86
3:02.77Y DQ	P # 311A	Female 13-14 200 Back LY-VA	---	---	---
1:10.62Y	P # 317A	Female 13-14 100 Free LY-VA	56	---	-0.58
3:00.30Y	P # 325A	Female 13-14 200 IM LY-VA	46	---	-1.41
Shirley Barger (14) F					
1:16.31Y	F # 105A	Female 13-14 100 Breast LY-VA	11	6	-3.95
1:17.70Y	P # 105A	Female 13-14 100 Breast LY-VA	15	---	-2.56
2:07.14Y	P # 113A	Female 13-14 200 Free LY-VA	6	---	2.13
2:07.65Y	F # 113A	Female 13-14 200 Free LY-VA	6	13	2.64
5:09.14Y	P # 129A	Female 13-14 400 IM LY-VA	2	---	-5.03
5:11.45Y	F # 129A	Female 13-14 400 IM LY-VA	5	14	-2.72
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
1:11.04Y	F # 225A	Female 13-14 100 Back LY-VA	16	1	0.68
5:37.34Y	F # 237A	Female 13-14 500 Free LY-VA	3	16	2.14
5:38.84Y	P # 237A	Female 13-14 500 Free LY-VA	3	---	3.64
11:40.21Y	F # 305A	Female 13-14 1000 Free LY-VA	2	17	-53.92
59.18Y	P # 317A	Female 13-14 100 Free LY-VA	13	---	0.57
59.30Y	F # 317A	Female 13-14 100 Free LY-VA	14	3	0.69
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
5:52.60Y	P # 238A	Male 13-14 500 Free LY-VA	24	---	-16.82
58.07Y	P # 318A	Male 13-14 100 Free LY-VA	23	---	-1.95
2:32.20Y	P # 326A	Male 13-14 200 IM LY-VA	26	---	-3.62
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

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	
Ada Compton (14) F						
1:42.08Y	P # 105A	Female 13-14 100 Breast	LY-VA	30	---	4.04
2:35.40Y	P # 113A	Female 13-14 200 Free	LY-VA	42	---	0.29
1:32.25Y	P # 119A	Female 13-14 100 Fly	LY-VA	32	---	2.89
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
3:03.39Y	P # 311A	Female 13-14 200 Back	LY-VA	28	---	0.83
1:11.57Y	P # 317A	Female 13-14 100 Free	LY-VA	57	---	2.92
3:03.44Y DQ	P # 325A	Female 13-14 200 IM	LY-VA	---	---	---
Bobby Compton (11) M						
3:17.55Y	P # 102	Male 11-12 200 Free	LY-VA	31	---	11.08
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
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	---	---
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
Ben Cook (8) M						
10:15.33Y	F # 328A	Male 8 & Under 500 Free	LY-VA	3	16	-32.34
Daniel Cook (16) M						
1:39.31Y	P # 106B	Male 15 & Over 100 Breast	LY-VA	17	---	-5.15
2:30.97Y	P # 114B	Male 15 & Over 200 Free	LY-VA	26	---	-10.53
1:23.48Y	P # 120B	Male 15 & Over 100 Fly	LY-VA	20	---	-1.08
3:20.02Y DQ	P # 206B	Male 15 & Over 200 Fly	LY-VA	---	---	---
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
1:03.09Y	P # 318B	Male 15 & Over 100 Free	LY-VA	40	---	-2.03
3:08.36Y	P # 326B	Male 15 & Over 200 IM	LY-VA	30	---	-0.53

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	
Isaac Cook (14) M						
1:09.10Y	P # 106A	Male 13-14 100 Breast	LY-VA	1	---	-1.28
1:09.57Y	F # 106A	Male 13-14 100 Breast	LY-VA	3	16	-0.81
2:03.90Y	P # 114A	Male 13-14 200 Free	LY-VA	16	---	-4.13
2:05.09Y	F # 114A	Male 13-14 200 Free	LY-VA	15	2	-2.94
1:00.68Y	P # 120A	Male 13-14 100 Fly	LY-VA	4	---	-2.13
1:01.92Y	F # 120A	Male 13-14 100 Fly	LY-VA	6	13	-0.89
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
2:32.33Y	P # 218A	Male 13-14 200 Breast	LY-VA	1	---	-1.48
1:02.35Y	F # 226A	Male 13-14 100 Back	LY-VA	6	13	-3.37
1:02.44Y	P # 226A	Male 13-14 100 Back	LY-VA	5	---	-3.28
55.53Y	P # 318A	Male 13-14 100 Free	LY-VA	13	---	-0.42
55.94Y	F # 318A	Male 13-14 100 Free	LY-VA	14	3	-0.01
2:16.87Y	F # 326A	Male 13-14 200 IM	LY-VA	6	13	-9.08
2:18.11Y	P # 326A	Male 13-14 200 IM	LY-VA	11	---	-7.84
24.70Y	F # 330	200 Free Relay Lead Off	LY-VA	---	---	-0.04
Matthew Cook (11) M						
2:34.42Y	P # 102	Male 11-12 200 Free	LY-VA	20	---	-1.20
1:39.80Y	P # 118	Male 11-12 100 Breast	LY-VA	23	---	1.27
1:24.01Y	P # 124	Male 11-12 100 IM	LY-VA	27	---	0.84
1:22.85Y	P # 208	Male 11-12 100 Back	LY-VA	27	---	-2.39
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
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
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	---	---	---
1:27.56Y	P # 225A	Female 13-14 100 Back	LY-VA	41	---	-1.52
3:13.91Y	P # 311A	Female 13-14 200 Back	LY-VA	31	---	4.13
1:19.46Y	P # 317A	Female 13-14 100 Free	LY-VA	62	---	1.56
3:18.20Y	P # 325A	Female 13-14 200 IM	LY-VA	52	---	-1.19

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
Mason Cooper (18) M						
2:19.14Y	F # 206B	Male 15 & Over 200 Fly	LY-VA	7	12	4.25
2:20.15Y	P # 206B	Male 15 & Over 200 Fly	LY-VA	8	---	5.26
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
59.44Y	P # 226B	Male 15 & Over 100 Back	LY-VA	6	---	0.06
58.45Y	F # 234	400 Medley Relay Lead Off	LY-VA	---	---	-0.93
2:14.48Y	P # 312B	Male 15 & Over 200 Back	LY-VA	6	---	-3.34
53.81Y	P # 318B	Male 15 & Over 100 Free	LY-VA	19	---	-1.01
2:17.19Y	P # 326B	Male 15 & Over 200 IM	LY-VA	12	---	-3.88
Benjamin Costa (14) M						
1:58.01Y	F # 114A	Male 13-14 200 Free	LY-VA	2	17	1.49
1:59.17Y	P # 114A	Male 13-14 200 Free	LY-VA	4	---	2.65
53.54Y	F # 126	400 Free Relay Lead Off	LY-VA	---	---	0.49
4:48.91Y	F # 130A	Male 13-14 400 IM	LY-VA	3	16	-21.51
4:53.67Y	P # 130A	Male 13-14 400 IM	LY-VA	3	---	-16.75
2:09.96Y	P # 312A	Male 13-14 200 Back	LY-VA	5	---	-0.40
52.69Y	F # 318A	Male 13-14 100 Free	LY-VA	1	20	-0.36
53.29Y	P # 318A	Male 13-14 100 Free	LY-VA	2	---	0.24
2:15.94Y	F # 326A	Male 13-14 200 IM	LY-VA	5	14	1.11
2:16.28Y	P # 326A	Male 13-14 200 IM	LY-VA	6	---	1.45
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	---	---	---
Clayton Cox (12) M						
1:24.35Y	P # 208	Male 11-12 100 Back	LY-VA	30	---	-7.20
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
Liam Cox (10) M						
1:26.73Y	P # 210	Male 9-10 100 Back	LY-VA	16	1	-4.63
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
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
X 6:37.61Y	F # 328B	Male 9-10 500 Free	LY-VA	---	---	-2.22

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
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
1:21.43Y	P # 226A	Male 13-14 100 Back LY-VA	32	---	2.42
2:48.44Y	P # 312A	Male 13-14 200 Back LY-VA	22	---	---
1:06.01Y	P # 318A	Male 13-14 100 Free LY-VA	44	---	13.90
2:51.74Y	P # 326A	Male 13-14 200 IM LY-VA	42	---	-0.25
29.81Y	F # 330	200 Free Relay Lead Off LY-VA	---	---	6.28
Meredith Cox (13) F					
3:14.68Y	F # 205A	Female 13-14 200 Fly LY-VA	17	---	-8.39
3:15.27Y	P # 205A	Female 13-14 200 Fly LY-VA	9	---	-7.80
3:26.09Y	P # 217A	Female 13-14 200 Breast LY-VA	28	---	-3.01
1:26.21Y	P # 225A	Female 13-14 100 Back LY-VA	39	---	1.52
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
6:37.22Y	P # 237A	Female 13-14 500 Free LY-VA	30	---	2.37
2:52.40Y	P # 311A	Female 13-14 200 Back LY-VA	26	---	-0.88
1:02.65Y	P # 317A	Female 13-14 100 Free LY-VA	35	---	-0.34
2:51.69Y	P # 325A	Female 13-14 200 IM LY-VA	40	---	-2.99
Tammy Eakkhattiyakorn (11) F					
2:37.57Y	P # 101	Female 11-12 200 Free LY-VA	22	---	6.74
1:22.81Y	P # 123	Female 11-12 100 IM LY-VA	29	---	0.76
1:22.00Y DQ	P # 207	Female 11-12 100 Back LY-VA	---	---	---
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
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
1:12.18Y	P # 323	Female 11-12 100 Free LY-VA	36	---	0.24
Tyler Eakkhattiyakorn (13) M					
1:12.10Y	F # 106A	Male 13-14 100 Breast LY-VA	6	13	0.58
1:12.82Y	P # 106A	Male 13-14 100 Breast LY-VA	6	---	1.30
2:20.44Y	P # 114A	Male 13-14 200 Free LY-VA	32	---	2.86
1:20.25Y	P # 120A	Male 13-14 100 Fly LY-VA	30	---	1.11
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
2:38.14Y	P # 218A	Male 13-14 200 Breast LY-VA	4	---	2.17
6:13.29Y	P # 238A	Male 13-14 500 Free LY-VA	32	---	-9.99
1:02.17Y	P # 318A	Male 13-14 100 Free LY-VA	38	---	-0.67
2:33.64Y	P # 326A	Male 13-14 200 IM LY-VA	30	---	0.67

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
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
1:28.26Y	P # 123	Female 11-12 100 IM	LY-VA	36	---	-6.01
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
1:29.35Y	P # 307	Female 11-12 100 Fly	LY-VA	29	---	-5.09
1:20.01Y	P # 323	Female 11-12 100 Free	LY-VA	51	---	-0.17
Josh Edwards (16) M						
1:05.94Y	F # 106B	Male 15 & Over 100 Breast	LY-VA	8	11	-1.32
1:06.44Y	P # 106B	Male 15 & Over 100 Breast	LY-VA	7	---	-0.82
1:58.19Y	F # 114B	Male 15 & Over 200 Free	LY-VA	12	5	0.30
1:59.14Y	P # 114B	Male 15 & Over 200 Free	LY-VA	13	---	1.25
59.66Y	P # 120B	Male 15 & Over 100 Fly	LY-VA	9	---	0.47
59.73Y	F # 120B	Male 15 & Over 100 Fly	LY-VA	8	11	0.54
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
1:01.81Y	F # 226B	Male 15 & Over 100 Back	LY-VA	12	5	0.36
1:03.06Y	F # 234	400 Medley Relay Lead Off	LY-VA	---	---	1.61
5:27.71Y	F # 238B	Male 15 & Over 500 Free	LY-VA	10	7	-1.50
5:33.14Y	P # 238B	Male 15 & Over 500 Free	LY-VA	11	---	3.93
53.35Y	P # 318B	Male 15 & Over 100 Free	LY-VA	15	---	0.54
2:16.55Y	P # 326B	Male 15 & Over 200 IM	LY-VA	10	---	-1.84
Sam Edwards (14) M						
1:59.44Y	F # 114A	Male 13-14 200 Free	LY-VA	11	6	2.21
2:02.23Y	P # 114A	Male 13-14 200 Free	LY-VA	12	---	5.00
1:01.01Y	F # 120A	Male 13-14 100 Fly	LY-VA	5	14	0.21
1:01.27Y	P # 120A	Male 13-14 100 Fly	LY-VA	7	---	0.47
4:45.02Y	F # 130A	Male 13-14 400 IM	LY-VA	2	17	-1.21
4:47.22Y	P # 130A	Male 13-14 400 IM	LY-VA	2	---	0.99
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
1:01.42Y	F # 226A	Male 13-14 100 Back	LY-VA	4	15	0.51
1:01.90Y	F # 232	400 Medley Relay Lead Off	LY-VA	---	---	0.99
5:22.94Y	F # 238A	Male 13-14 500 Free	LY-VA	7	12	4.74
5:25.68Y	P # 238A	Male 13-14 500 Free	LY-VA	6	---	7.48
2:09.37Y	F # 312A	Male 13-14 200 Back	LY-VA	1	20	-1.99
2:09.46Y	P # 312A	Male 13-14 200 Back	LY-VA	4	---	-1.90
57.37Y	P # 318A	Male 13-14 100 Free	LY-VA	19	---	1.35

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
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
1:25.55Y	P # 226B	Male 15 & Over 100 Back	LY-VA	33	---	-0.29
58.57Y	P # 318B	Male 15 & Over 100 Free	LY-VA	36	---	-1.83
2:39.60Y	P # 326B	Male 15 & Over 200 IM	LY-VA	26	---	-13.70
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
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
8:51.27Y	F # 327B	Female 9-10 500 Free	LY-VA	14	3	---
Jocelyn French (14) F						
1:24.05Y	P # 105A	Female 13-14 100 Breast	LY-VA	21	---	1.94
2:33.47Y	P # 113A	Female 13-14 200 Free	LY-VA	40	---	-5.58
1:23.89Y	P # 119A	Female 13-14 100 Fly	LY-VA	30	---	-9.77
Camille Greenlaw (12) F						
2:27.45Y	P # 101	Female 11-12 200 Free	LY-VA	14	---	-6.08
2:27.83Y	F # 101	Female 11-12 200 Free	LY-VA	16	1	-5.70
2:50.06Y	P # 111	Female 11-12 200 Back	LY-VA	9	9	-2.55
1:19.79Y	P # 123	Female 11-12 100 IM	LY-VA	22	---	-1.38
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
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	---

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
1:08.97Y	F # 124	Male 11-12 100 IM	LY-VA	1	20	-1.23
1:20.79Y	P # 208	Male 11-12 100 Back	LY-VA	23	---	-2.12
2:50.18Y	F # 220	Male 11-12 200 Fly	LY-VA	3	16	---
2:55.24Y	P # 220	Male 11-12 200 Fly	LY-VA	3	---	---
2:31.43Y	F # 230	Male 11-12 200 IM	LY-VA	4	15	-3.87
2:33.06Y	P # 230	Male 11-12 200 IM	LY-VA	6	---	-2.24
1:09.98Y	F # 308	Male 11-12 100 Fly	LY-VA	4	15	-1.87
1:10.58Y	P # 308	Male 11-12 100 Fly	LY-VA	5	---	-1.27
1:02.78Y	F # 324	Male 11-12 100 Free	LY-VA	9	9	-2.14
1:02.86Y	P # 324	Male 11-12 100 Free	LY-VA	9	---	-2.06
5:32.36Y	F # 332	Male 11-12 400 IM	LY-VA	5	14	-22.33
Zelynn Gustafson (16) F						
1:24.80Y	P # 105B	Female 15 & Over 100 Breast	LY-VA	17	---	-2.22
1:24.84Y	F # 105B	Female 15 & Over 100 Breast	LY-VA	15	2	-2.18
2:14.66Y	P # 113B	Female 15 & Over 200 Free	LY-VA	23	---	0.37
1:25.12Y	P # 119B	Female 15 & Over 100 Fly	LY-VA	18	---	5.21
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
6:05.07Y	F # 237B	Female 15 & Over 500 Free	LY-VA	11	6	3.80
6:19.11Y	P # 237B	Female 15 & Over 500 Free	LY-VA	17	---	17.84
2:44.10Y	P # 311B	Female 15 & Over 200 Back	LY-VA	14	---	-3.31
1:02.31Y	P # 317B	Female 15 & Over 100 Free	LY-VA	25	---	-0.59
NS	F # 317B	Female 15 & Over 100 Free	LY-VA	---	---	---
Chandler Henry (16) M						
1:05.19Y	P # 106B	Male 15 & Over 100 Breast	LY-VA	4	---	-2.19
1:05.25Y	F # 106B	Male 15 & Over 100 Breast	LY-VA	5	14	-2.13
4:36.75Y	P # 130B	Male 15 & Over 400 IM	LY-VA	2	---	-7.84
4:40.19Y	F # 130B	Male 15 & Over 400 IM	LY-VA	3	16	-4.40
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
2:22.95Y	P # 218B	Male 15 & Over 200 Breast	LY-VA	2	---	-2.02
5:21.63Y	P # 238B	Male 15 & Over 500 Free	LY-VA	7	---	-1.83
5:24.22Y	F # 238B	Male 15 & Over 500 Free	LY-VA	8	11	0.76
53.80Y	P # 318B	Male 15 & Over 100 Free	LY-VA	18	---	-1.19
54.31Y	F # 318B	Male 15 & Over 100 Free	LY-VA	13	4	-0.68
2:11.67Y	F # 326B	Male 15 & Over 200 IM	LY-VA	5	14	-2.59
2:14.70Y	P # 326B	Male 15 & Over 200 IM	LY-VA	7	---	0.44

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	
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
Trevor Henry (14) M						
2:55.93Y	P # 206A	Male 13-14 200 Fly	LY-VA	11	---	-20.37
2:59.10Y	F # 206A	Male 13-14 200 Fly	LY-VA	10	7	-17.20
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
2:48.72Y	P # 312A	Male 13-14 200 Back	LY-VA	23	---	-14.45
2:41.26Y DQ	F # 312A	Male 13-14 200 Back	LY-VA	---	---	---
1:08.45Y	P # 318A	Male 13-14 100 Free	LY-VA	48	---	2.34
2:49.84Y	P # 326A	Male 13-14 200 IM	LY-VA	41	---	-0.32
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	---
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
1:09.14Y	P # 225A	Female 13-14 100 Back	LY-VA	15	---	-1.26
6:14.43Y	P # 237A	Female 13-14 500 Free	LY-VA	21	---	3.66
13:11.75Y	F # 305A	Female 13-14 1000 Free	LY-VA	7	12	-13.94
2:28.77Y	F # 311A	Female 13-14 200 Back	LY-VA	7	12	-9.27
2:30.50Y	P # 311A	Female 13-14 200 Back	LY-VA	12	---	-7.54
1:00.56Y	P # 317A	Female 13-14 100 Free	LY-VA	21	---	0.73
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	---	---	---
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
1:20.31Y	P # 324	Male 11-12 100 Free	LY-VA	45	---	-2.16

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 Kasper (17) M						
1:54.35Y	F # 114B	Male 15 & Over 200 Free	LY-VA	9	9	1.61
1:55.08Y	P # 114B	Male 15 & Over 200 Free	LY-VA	9	---	2.34
59.26Y	F # 120B	Male 15 & Over 100 Fly	LY-VA	7	12	2.04
59.46Y	P # 120B	Male 15 & Over 100 Fly	LY-VA	8	---	2.24
52.07Y	F # 128	400 Free Relay Lead Off	LY-VA	---	---	1.16
24.15Y	P # 212B	Male 15 & Over 50 Free	LY-VA	16	---	0.28
24.18Y	F # 212B	Male 15 & Over 50 Free	LY-VA	15	2	0.31
1:03.28Y	P # 226B	Male 15 & Over 100 Back	LY-VA	17	---	2.67
5:18.33Y	F # 238B	Male 15 & Over 500 Free	LY-VA	6	13	4.47
5:21.73Y	P # 238B	Male 15 & Over 500 Free	LY-VA	8	---	7.87
2:19.19Y	P # 312B	Male 15 & Over 200 Back	LY-VA	12	---	4.90
51.28Y	P # 318B	Male 15 & Over 100 Free	LY-VA	8	---	0.37
Tripp Kastroll (11) M						
1:48.32Y	P # 118	Male 11-12 100 Breast	LY-VA	27	---	-3.42
1:40.52Y	P # 124	Male 11-12 100 IM	LY-VA	40	---	-10.41
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	---	---	---
1:28.07Y	P # 324	Male 11-12 100 Free	LY-VA	55	---	0.79
Lana Keith (11) F						
1:17.61Y	F # 207	Female 11-12 100 Back	LY-VA	14	3	-6.83
1:17.81Y	P # 207	Female 11-12 100 Back	LY-VA	15	---	-6.63
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
1:24.60Y	P # 307	Female 11-12 100 Fly	LY-VA	22	---	-6.26
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
Eva Kendall (13) F						
1:26.16Y	P # 105A	Female 13-14 100 Breast	LY-VA	23	---	-0.32
2:29.63Y	P # 113A	Female 13-14 200 Free	LY-VA	38	---	-3.26
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
1:18.76Y	P # 225A	Female 13-14 100 Back	LY-VA	35	---	-3.11
2:45.45Y	P # 311A	Female 13-14 200 Back	LY-VA	24	---	-29.81
1:08.27Y	P # 317A	Female 13-14 100 Free	LY-VA	53	---	0.74
2:50.74Y	P # 325A	Female 13-14 200 IM	LY-VA	39	---	-0.30

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	
Phillip Kendall (11) M						
3:04.37Y	P # 102	Male 11-12 200 Free	LY-VA	30	---	-9.63
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
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	---	---
1:26.67Y	P # 324	Male 11-12 100 Free	LY-VA	53	---	1.82
Kathleen King (14) F						
2:06.91Y	F # 113A	Female 13-14 200 Free	LY-VA	10	7	1.53
2:08.69Y	P # 113A	Female 13-14 200 Free	LY-VA	9	---	3.31
1:06.33Y	P # 119A	Female 13-14 100 Fly	LY-VA	8	---	0.60
1:07.38Y	F # 119A	Female 13-14 100 Fly	LY-VA	8	11	1.65
1:02.51Y	F # 125	400 Free Relay Lead Off	LY-VA	---	---	5.06
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
1:04.44Y	F # 225A	Female 13-14 100 Back	LY-VA	7	12	---
1:07.40Y	F # 231	400 Medley Relay Lead Off	LY-VA	---	---	2.96
6:02.01Y	P # 237A	Female 13-14 500 Free	LY-VA	15	---	13.17
2:17.36Y	P # 311A	Female 13-14 200 Back	LY-VA	4	---	-4.50
59.48Y	P # 317A	Female 13-14 100 Free	LY-VA	16	---	2.03
2:27.79Y	P # 325A	Female 13-14 200 IM	LY-VA	11	---	-1.89
26.66Y	F # 329	200 Free Relay Lead Off	LY-VA	---	---	0.51
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
2:55.15Y	P # 217B	Female 15 & Over 200 Breast	LY-VA	10	---	0.82
6:06.53Y	P # 237B	Female 15 & Over 500 Free	LY-VA	15	---	-3.25
6:08.12Y	F # 237B	Female 15 & Over 500 Free	LY-VA	13	4	-1.66
Colt Kirby (13) M						
2:33.64Y	F # 206A	Male 13-14 200 Fly	LY-VA	7	12	4.49
2:33.65Y	P # 206A	Male 13-14 200 Fly	LY-VA	7	---	4.50
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
Amelia Kobek (10) F						
1:36.93Y	P # 209	Female 9-10 100 Back	LY-VA	27	---	2.03
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
1:43.67Y	P # 309	Female 9-10 100 Fly	LY-VA	8	---	-1.19
1:45.45Y	F # 309	Female 9-10 100 Fly	LY-VA	8	11	0.59
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	---

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
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
6:24.90Y	P # 237A	Female 13-14 500 Free LY-VA	26	---	-15.12
2:53.66Y	P # 311A	Female 13-14 200 Back LY-VA	27	---	---
1:02.61Y	P # 317A	Female 13-14 100 Free LY-VA	34	---	-3.28
2:47.98Y	P # 325A	Female 13-14 200 IM LY-VA	36	---	0.11
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
3:00.09Y	P # 218A	Male 13-14 200 Breast LY-VA	13	---	-7.35
1:17.66Y	P # 226A	Male 13-14 100 Back LY-VA	28	---	0.54
2:41.32Y	P # 312A	Male 13-14 200 Back LY-VA	20	---	-10.83
1:04.05Y	P # 318A	Male 13-14 100 Free LY-VA	43	---	-1.69
2:41.05Y	P # 326A	Male 13-14 200 IM LY-VA	36	---	-2.07
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	---	---	---
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
2:54.08Y	F # 218B	Male 15 & Over 200 Breast LY-VA	15	2	14.09
1:06.56Y	P # 226B	Male 15 & Over 100 Back LY-VA	23	---	1.00
2:20.67Y	P # 312B	Male 15 & Over 200 Back LY-VA	14	---	-1.07
2:25.99Y	F # 312B	Male 15 & Over 200 Back LY-VA	8	11	4.25
55.60Y	P # 318B	Male 15 & Over 100 Free LY-VA	28	---	0.33
2:34.30Y	P # 326B	Male 15 & Over 200 IM LY-VA	25	---	7.42
54.16Y	S # 418	Male 13 & Over 100 Free LY-VA	1	---	-1.11

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
Katherine Kovarik (17) F						
2:03.93Y	F # 113B	Female 15 & Over 200 Free	LY-VA	10	7	-3.40
2:07.67Y	P # 113B	Female 15 & Over 200 Free	LY-VA	13	---	0.34
1:12.08Y	P # 119B	Female 15 & Over 100 Fly	LY-VA	17	---	5.30
1:13.48Y	F # 119B	Female 15 & Over 100 Fly	LY-VA	15	2	6.70
56.93Y	F # 127	400 Free Relay Lead Off	LY-VA	---	---	-0.27
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
1:08.68Y	F # 225B	Female 15 & Over 100 Back	LY-VA	8	11	3.15
5:32.68Y	P # 237B	Female 15 & Over 500 Free	LY-VA	4	---	-12.93
5:41.74Y	F # 237B	Female 15 & Over 500 Free	LY-VA	4	15	-3.87
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
59.91Y	P # 317B	Female 15 & Over 100 Free	LY-VA	17	---	2.71
25.80Y	F # 333	200 Free Relay Lead Off	LY-VA	---	---	-1.37
Yeva Langeland (8) F						
8:33.69Y	F # 327A	Female 8 & Under 500 Free	LY-VA	5	14	---
Erik Lee (10) M						
1:47.60Y DQ	P # 210	Male 9-10 100 Back	LY-VA	---	---	---
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
2:36.13Y	P # 104	Male 9-10 200 Free	LY-VA	1	---	-13.22
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
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	---	---	---
1:31.37Y	P # 310	Male 9-10 100 Fly	LY-VA	10	7	-3.64
1:13.62Y	P # 322	Male 9-10 100 Free	LY-VA	10	7	-4.48
6:49.28Y	F # 328B	Male 9-10 500 Free	LY-VA	4	15	-21.70

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
Jacob Leger (15) M						
1:09.77Y	F # 106B	Male 15 & Over 100 Breast	LY-VA	10	7	-2.85
1:11.38Y	P # 106B	Male 15 & Over 100 Breast	LY-VA	11	---	-1.24
1:59.68Y	P # 114B	Male 15 & Over 200 Free	LY-VA	14	---	1.41
1:59.83Y	F # 114B	Male 15 & Over 200 Free	LY-VA	14	3	1.56
58.78Y	F # 120B	Male 15 & Over 100 Fly	LY-VA	6	13	-0.02
58.89Y	P # 120B	Male 15 & Over 100 Fly	LY-VA	6	---	0.09
2:15.19Y DQ	P # 206B	Male 15 & Over 200 Fly	LY-VA	---	---	---
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
53.47Y	F # 318B	Male 15 & Over 100 Free	LY-VA	11	6	-0.32
54.50Y	P # 318B	Male 15 & Over 100 Free	LY-VA	22	---	0.71
2:10.53Y	F # 326B	Male 15 & Over 200 IM	LY-VA	2	17	-7.25
2:16.22Y	P # 326B	Male 15 & Over 200 IM	LY-VA	9	---	-1.56
Noah Leger (12) M						
2:25.42Y	F # 102	Male 11-12 200 Free	LY-VA	13	4	-3.93
2:26.64Y	P # 102	Male 11-12 200 Free	LY-VA	13	---	-2.71
1:28.61Y	P # 118	Male 11-12 100 Breast	LY-VA	13	---	1.06
1:29.33Y	F # 118	Male 11-12 100 Breast	LY-VA	15	2	1.78
1:17.61Y	F # 124	Male 11-12 100 IM	LY-VA	14	3	1.54
1:18.97Y	P # 124	Male 11-12 100 IM	LY-VA	16	---	2.90
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
2:41.52Y	P # 230	Male 11-12 200 IM	LY-VA	9	---	-0.75
3:05.59Y	P # 320	Male 11-12 200 Breast	LY-VA	7	---	-1.37
3:08.09Y	F # 320	Male 11-12 200 Breast	LY-VA	6	13	1.13
5:43.86Y	F # 332	Male 11-12 400 IM	LY-VA	7	12	4.72
Blythe Miller (16) F						
1:15.56Y	F # 105B	Female 15 & Over 100 Breast	LY-VA	10	7	-1.29
1:15.86Y	P # 105B	Female 15 & Over 100 Breast	LY-VA	10	---	-0.99
2:10.03Y	P # 113B	Female 15 & Over 200 Free	LY-VA	16	---	-2.58
2:10.44Y	F # 113B	Female 15 & Over 200 Free	LY-VA	15	2	-2.17
5:36.88Y	P # 129B	Female 15 & Over 400 IM	LY-VA	4	---	-0.79
5:37.21Y	F # 129B	Female 15 & Over 400 IM	LY-VA	4	15	-0.46
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
3:01.38Y	P # 217B	Female 15 & Over 200 Breast	LY-VA	12	---	9.02
5:48.99Y	F # 237B	Female 15 & Over 500 Free	LY-VA	6	13	-9.10
5:54.39Y	P # 237B	Female 15 & Over 500 Free	LY-VA	9	---	-3.70

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
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
1:02.40Y	F # 225B	Female 15 & Over 100 Back	LY-VA	5	14	-0.17
1:02.77Y	F # 233	400 Medley Relay Lead Off	LY-VA	---	---	0.20
5:32.48Y	P # 237B	Female 15 & Over 500 Free	LY-VA	3	---	10.53
Dabney Morrison (10) F						
1:37.67Y DQ	P # 115	Female 9-10 100 Breast	LY-VA	---	---	---
1:20.83Y	F # 121	Female 9-10 100 IM	LY-VA	3	16	-4.19
1:21.99Y	P # 121	Female 9-10 100 IM	LY-VA	4	---	-3.03
1:21.57Y	F # 209	Female 9-10 100 Back	LY-VA	3	16	-6.65
1:24.03Y	P # 209	Female 9-10 100 Back	LY-VA	4	---	-4.19
43.46Y	P # 215	Female 9-10 50 Breast	LY-VA	4	---	-1.49
44.29Y	F # 215	Female 9-10 50 Breast	LY-VA	4	15	-0.66
2:51.38Y	F # 227	Female 9-10 200 IM	LY-VA	2	17	-8.48
1:20.70Y	P # 309	Female 9-10 100 Fly	LY-VA	3	---	-10.75
1:21.72Y	F # 309	Female 9-10 100 Fly	LY-VA	2	17	-9.73
38.59Y	F # 315	Female 9-10 50 Back	LY-VA	6	13	-0.60
39.36Y	P # 315	Female 9-10 50 Back	LY-VA	9	---	0.17
7:07.97Y	F # 327B	Female 9-10 500 Free	LY-VA	4	15	-9.62
Luke Morrison (15) M						
1:52.22Y	F # 114B	Male 15 & Over 200 Free	LY-VA	5	14	0.04
1:52.72Y	P # 114B	Male 15 & Over 200 Free	LY-VA	5	---	0.54
56.98Y	F # 120B	Male 15 & Over 100 Fly	LY-VA	4	15	-1.38
57.38Y	P # 120B	Male 15 & Over 100 Fly	LY-VA	5	---	-0.98
4:38.41Y	F # 130B	Male 15 & Over 400 IM	LY-VA	2	17	-5.31
4:43.05Y	P # 130B	Male 15 & Over 400 IM	LY-VA	3	---	-0.67
2:09.37Y	F # 206B	Male 15 & Over 200 Fly	LY-VA	4	15	-1.96
2:10.46Y	P # 206B	Male 15 & Over 200 Fly	LY-VA	4	---	-0.87
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
5:05.00Y	P # 238B	Male 15 & Over 500 Free	LY-VA	4	---	-1.04
52.05Y	P # 318B	Male 15 & Over 100 Free	LY-VA	10	---	-0.38
24.20Y	F # 334	200 Free Relay Lead Off	LY-VA	---	---	-0.30

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
Mac Morrison (11) M						
2:10.48Y	F # 102	Male 11-12 200 Free	LY-VA	2	17	-4.70
2:11.98Y	P # 102	Male 11-12 200 Free	LY-VA	4	---	-3.20
2:49.15Y DQ	P # 112	Male 11-12 200 Back	LY-VA	---	---	---
1:11.24Y	F # 124	Male 11-12 100 IM	LY-VA	9	9	-2.82
1:12.78Y	P # 124	Male 11-12 100 IM	LY-VA	9	---	-1.28
2:57.63Y	P # 220	Male 11-12 200 Fly	LY-VA	4	9	-1.34
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
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	---
Aidan Moss (13) M						
2:18.72Y	P # 114A	Male 13-14 200 Free	LY-VA	31	---	2.93
1:10.41Y	P # 120A	Male 13-14 100 Fly	LY-VA	21	---	-0.41
5:07.32Y	F # 130A	Male 13-14 400 IM	LY-VA	8	11	-11.77
5:20.76Y	P # 130A	Male 13-14 400 IM	LY-VA	9	---	1.67
2:29.81Y	P # 206A	Male 13-14 200 Fly	LY-VA	6	---	-7.78
2:30.97Y	F # 206A	Male 13-14 200 Fly	LY-VA	6	13	-6.62
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
5:52.48Y	P # 238A	Male 13-14 500 Free	LY-VA	23	---	-17.60
1:00.78Y	P # 318A	Male 13-14 100 Free	LY-VA	32	---	-2.35
2:25.07Y	P # 326A	Male 13-14 200 IM	LY-VA	20	---	-4.40
William Moss (10) M						
2:56.79Y	P # 104	Male 9-10 200 Free	LY-VA	9	9	-8.82
42.06Y	P # 110	Male 9-10 50 Fly	LY-VA	18	---	-1.49
1:45.19Y	P # 116	Male 9-10 100 Breast	LY-VA	16	1	-3.02
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	6	-2.90
50.56Y	P # 216	Male 9-10 50 Breast	LY-VA	19	---	2.59
3:13.73Y	F # 228	Male 9-10 200 IM	LY-VA	10	7	-20.55
1:40.59Y	P # 310	Male 9-10 100 Fly	LY-VA	16	1	---
41.12Y	P # 316	Male 9-10 50 Back	LY-VA	18	---	1.52

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
Caroline Nelson (12) F						
2:06.82Y	F # 101	Female 11-12 200 Free	LY-VA	1	20	-4.86
2:11.33Y	P # 101	Female 11-12 200 Free	LY-VA	3	---	-0.35
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
1:08.73Y	P # 123	Female 11-12 100 IM	LY-VA	3	---	-0.96
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
1:05.22Y	F # 307	Female 11-12 100 Fly	LY-VA	1	20	-2.98
1:06.27Y	P # 307	Female 11-12 100 Fly	LY-VA	1	---	-1.93
2:44.42Y	F # 319	Female 11-12 200 Breast	LY-VA	4	15	-9.07
2:44.71Y	P # 319	Female 11-12 200 Breast	LY-VA	2	---	-8.78
5:11.83Y	F # 331	Female 11-12 400 IM	LY-VA	1	20	-36.35
Aidan Parker (15) M						
1:20.97Y	P # 106B	Male 15 & Over 100 Breast	LY-VA	16	---	-4.62
1:21.26Y	F # 106B	Male 15 & Over 100 Breast	LY-VA	16	1	-4.33
2:15.77Y	P # 114B	Male 15 & Over 200 Free	LY-VA	25	---	-5.67
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
3:01.42Y	P # 218B	Male 15 & Over 200 Breast	LY-VA	16	---	-13.67
1:13.33Y	P # 226B	Male 15 & Over 100 Back	LY-VA	30	---	-2.53
2:46.44Y	P # 312B	Male 15 & Over 200 Back	LY-VA	20	---	-4.35
1:04.28Y	P # 318B	Male 15 & Over 100 Free	LY-VA	41	---	0.92
2:42.02Y	P # 326B	Male 15 & Over 200 IM	LY-VA	27	---	-6.39
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
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
9:03.34Y	F # 328B	Male 9-10 500 Free	LY-VA	11	6	---

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
2:11.68Y	P # 113A	Female 13-14 200 Free LY-VA	13	---	-6.33
1:06.81Y	P # 119A	Female 13-14 100 Fly LY-VA	10	---	0.13
1:07.77Y	F # 119A	Female 13-14 100 Fly LY-VA	12	5	1.09
5:07.74Y	F # 129A	Female 13-14 400 IM LY-VA	2	17	-1.55
5:11.03Y	P # 129A	Female 13-14 400 IM LY-VA	3	---	1.74
2:29.82Y	F # 205A	Female 13-14 200 Fly LY-VA	11	6	-10.92
2:35.72Y	P # 205A	Female 13-14 200 Fly LY-VA	3	---	-5.02
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
5:52.44Y	P # 237A	Female 13-14 500 Free LY-VA	11	---	3.73
1:01.90Y	P # 317A	Female 13-14 100 Free LY-VA	29	---	1.28
2:29.98Y	P # 325A	Female 13-14 200 IM LY-VA	13	---	6.97
2:27.95Y DQ	F # 325A	Female 13-14 200 IM LY-VA	---	---	---
29.51Y	F # 329	200 Free Relay Lead Off LY-VA	---	---	-0.15
Lainey Pennington (12) F					
2:09.16Y	F # 101	Female 11-12 200 Free LY-VA	3	16	-1.29
2:13.16Y	P # 101	Female 11-12 200 Free LY-VA	4	---	2.71
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
2:35.85Y	P # 219	Female 11-12 200 Fly LY-VA	2	---	-4.25
2:37.45Y	F # 219	Female 11-12 200 Fly LY-VA	1	20	-2.65
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
2:34.82Y	P # 229	Female 11-12 200 IM LY-VA	9	---	2.29
1:12.39Y	F # 307	Female 11-12 100 Fly LY-VA	7	12	1.79
1:12.89Y	P # 307	Female 11-12 100 Fly LY-VA	7	---	2.29
1:00.89Y	F # 323	Female 11-12 100 Free LY-VA	1	20	-0.07
1:01.77Y	P # 323	Female 11-12 100 Free LY-VA	3	---	0.81
5:26.44Y	F # 331	Female 11-12 400 IM LY-VA	4	15	-1.00

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
2:42.06Y	P # 103	Female 9-10 200 Free	LY-VA	3	---	2.44
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
1:27.39Y	P # 209	Female 9-10 100 Back	LY-VA	11	6	1.65
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
1:12.29Y	F # 321	Female 9-10 100 Free	LY-VA	4	15	-0.41
6:58.33Y	F # 327B	Female 9-10 500 Free	LY-VA	3	16	-1.85
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
1:14.91Y	F # 231	400 Medley Relay Lead Off	LY-VA	---	---	1.51
7:28.07Y	P # 237A	Female 13-14 500 Free	LY-VA	31	---	37.26
Owen Porter (14) M						
2:01.92Y	F # 114A	Male 13-14 200 Free	LY-VA	13	4	-6.82
2:02.61Y	P # 114A	Male 13-14 200 Free	LY-VA	15	---	-6.13
1:03.91Y	F # 120A	Male 13-14 100 Fly	LY-VA	12	5	0.76
1:03.98Y	P # 120A	Male 13-14 100 Fly	LY-VA	10	---	0.83
4:59.46Y	P # 130A	Male 13-14 400 IM	LY-VA	5	---	-24.98
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
1:06.92Y	F # 226A	Male 13-14 100 Back	LY-VA	14	3	-2.13
5:40.40Y	P # 238A	Male 13-14 500 Free	LY-VA	16	---	-16.39
5:41.05Y	F # 238A	Male 13-14 500 Free	LY-VA	16	1	-15.74
56.44Y	P # 318A	Male 13-14 100 Free	LY-VA	15	---	0.20
2:17.03Y	P # 326A	Male 13-14 200 IM	LY-VA	8	---	2.50
Hadley Saechao (8) F						
8:29.42Y	F # 327A	Female 8 & Under 500 Free	LY-VA	4	15	---
Landon Saechao (11) M						
1:19.30Y	P # 208	Male 11-12 100 Back	LY-VA	19	---	-19.86
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
35.41Y	F # 302	200 Medley Relay Lead Off	LY-VA	---	---	-1.66
1:28.31Y	P # 308	Male 11-12 100 Fly	LY-VA	18	---	---
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

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
Addy Smith (13) F					
2:21.40Y	P # 113A	Female 13-14 200 Free	33	---	-1.43
1:16.51Y	P # 119A	Female 13-14 100 Fly	24	---	-3.19
29.87Y	P # 211A	Female 13-14 50 Free	43	---	-0.36
1:09.87Y	P # 225A	Female 13-14 100 Back	18	---	1.80
1:11.28Y	F # 231	400 Medley Relay Lead Off	---	---	3.21
6:19.77Y	P # 237A	Female 13-14 500 Free	24	---	-12.93
2:31.71Y	F # 311A	Female 13-14 200 Back	11	6	1.17
2:32.69Y	P # 311A	Female 13-14 200 Back	15	---	2.15
1:05.96Y	P # 317A	Female 13-14 100 Free	47	---	0.18
2:37.89Y	P # 325A	Female 13-14 200 IM	27	---	-10.37
Seth Snyder (9) M					
2:38.19Y	F # 104	Male 9-10 200 Free	4	15	-1.37
2:40.71Y	P # 104	Male 9-10 200 Free	3	---	1.15
38.95Y	P # 110	Male 9-10 50 Fly	12	5	0.60
1:31.81Y	P # 122	Male 9-10 100 IM	18	---	2.34
1:27.44Y	P # 210	Male 9-10 100 Back	17	---	-2.17
35.08Y	P # 222	Male 9-10 50 Free	17	---	0.19
1:37.89Y	P # 310	Male 9-10 100 Fly	13	4	-7.02
40.59Y	P # 316	Male 9-10 50 Back	16	1	1.16
1:16.91Y	P # 322	Male 9-10 100 Free	16	1	1.20
Emerson Stauder (8) F					
7:58.79Y	F # 327A	Female 8 & Under 500 Free	3	16	---
Alaina Thomas (10) F					
49.68Y	P # 315	Female 9-10 50 Back	55	---	-0.69
1:36.31Y	P # 321	Female 9-10 100 Free	45	---	-2.61
9:37.47Y	F # 327B	Female 9-10 500 Free	15	2	---
Brandon Thomas (13) M					
2:51.16Y	P # 312A	Male 13-14 200 Back	24	---	-15.05
1:07.81Y	P # 318A	Male 13-14 100 Free	46	---	0.47
2:59.04Y	P # 326A	Male 13-14 200 IM	43	---	-8.58
Brodie Thomas (13) M					
4:01.03Y	P # 312A	Male 13-14 200 Back	25	---	---
1:32.74Y	P # 318A	Male 13-14 100 Free	54	---	-0.14
3:50.42Y	P # 326A	Male 13-14 200 IM	47	---	2.21
Wave Thomasey (11) F					
NS	P # 207	Female 11-12 100 Back	---	---	---
NS	P # 213	Female 11-12 50 Breast	---	---	---
NS	P # 223	Female 11-12 50 Free	---	---	---
36.59Y	P # 313	Female 11-12 50 Back	26	---	-3.95
1:11.60Y	P # 323	Female 11-12 100 Free	33	---	-2.19

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
Bri Torrence (11) F						
1:30.13Y	P # 207	Female 11-12 100 Back	LY-VA	38	---	0.12
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
1:53.98Y	P # 307	Female 11-12 100 Fly	LY-VA	39	---	4.70
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
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
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
7:08.32Y	F # 328B	Male 9-10 500 Free	LY-VA	5	14	0.58
Kinley Tuck (13) F						
1:29.99Y	P # 105A	Female 13-14 100 Breast	LY-VA	25	---	-1.53
1:20.96Y	P # 119A	Female 13-14 100 Fly	LY-VA	27	---	-4.45
2:53.97Y	F # 205A	Female 13-14 200 Fly	LY-VA	16	1	-3.12
2:54.81Y	P # 205A	Female 13-14 200 Fly	LY-VA	8	---	-2.28
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
2:36.59Y	F # 311A	Female 13-14 200 Back	LY-VA	14	3	-8.76
2:38.51Y	P # 311A	Female 13-14 200 Back	LY-VA	21	---	-6.84
1:08.04Y	P # 317A	Female 13-14 100 Free	LY-VA	52	---	-1.70
2:45.19Y	P # 325A	Female 13-14 200 IM	LY-VA	33	---	-6.08
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
1:03.11Y	F # 225A	Female 13-14 100 Back	LY-VA	4	15	-0.67
2:10.45Y	P # 311A	Female 13-14 200 Back	LY-VA	1	---	-5.49
55.94Y	P # 317A	Female 13-14 100 Free	LY-VA	2	---	-0.26
Adam Wells (14) M						
2:13.16Y	F # 312A	Male 13-14 200 Back	LY-VA	3	16	-14.08
2:14.32Y	P # 312A	Male 13-14 200 Back	LY-VA	7	---	-12.92
2:12.13Y	P # 326A	Male 13-14 200 IM	LY-VA	3	---	-6.42
2:13.61Y	F # 326A	Male 13-14 200 IM	LY-VA	4	15	-4.94

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
Sammy Wells (10) M					
1:20.61Y	P # 310	Male 9-10 100 Fly	LY-VA 3	---	-4.93
1:21.01Y	F # 310	Male 9-10 100 Fly	LY-VA 3	16	-4.53
1:08.28Y	F # 322	Male 9-10 100 Free	LY-VA 3	16	-0.56
1:08.57Y	P # 322	Male 9-10 100 Free	LY-VA 3	---	-0.27
6:24.22Y	F # 328B	Male 9-10 500 Free	LY-VA 1	20	-24.55
Austin Woodruff (12) M					
2:18.31Y	P # 102	Male 11-12 200 Free	LY-VA 7	---	1.22
2:22.44Y	F # 102	Male 11-12 200 Free	LY-VA 8	11	5.35
2:34.42Y	F # 112	Male 11-12 200 Back	LY-VA 4	15	-4.34
2:35.36Y	P # 112	Male 11-12 200 Back	LY-VA 3	---	-3.40
1:06.24Y	F # 132	400 Free Relay Lead Off	LY-VA ---	---	2.09
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
1:13.10Y	F # 208	Male 11-12 100 Back	LY-VA 6	13	0.80
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
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
5:39.79Y	F # 332	Male 11-12 400 IM	LY-VA 6	13	-8.46
Graham Woodruff (16) M					
1:04.98Y	F # 106B	Male 15 & Over 100 Breast	LY-VA 4	15	-1.54
1:05.22Y	P # 106B	Male 15 & Over 100 Breast	LY-VA 5	---	-1.30
2:23.21Y	F # 218B	Male 15 & Over 200 Breast	LY-VA 3	16	-3.31
2:27.08Y	P # 218B	Male 15 & Over 200 Breast	LY-VA 5	---	0.56
Caleb Wu (14) M					
1:59.12Y	F # 114A	Male 13-14 200 Free	LY-VA 10	7	-0.71
2:02.26Y	P # 114A	Male 13-14 200 Free	LY-VA 14	---	2.43
1:07.10Y	P # 120A	Male 13-14 100 Fly	LY-VA 17	---	1.86
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
1:02.66Y	P # 226A	Male 13-14 100 Back	LY-VA 6	---	0.95
5:31.85Y	P # 238A	Male 13-14 500 Free	LY-VA 11	---	-7.17
5:40.31Y	F # 238A	Male 13-14 500 Free	LY-VA 15	2	1.29
2:17.44Y	P # 312A	Male 13-14 200 Back	LY-VA 9	---	-2.53
2:20.78Y	F # 312A	Male 13-14 200 Back	LY-VA 8	11	0.81
54.42Y	F # 318A	Male 13-14 100 Free	LY-VA 8	11	-0.61
55.07Y	P # 318A	Male 13-14 100 Free	LY-VA 9	---	0.04
2:18.70Y	F # 326A	Male 13-14 200 IM	LY-VA 11	6	2.43
2:19.38Y	P # 326A	Male 13-14 200 IM	LY-VA 13	---	3.11

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
Karis Wu (12) F						
2:41.95Y	P # 101	Female 11-12 200 Free	LY-VA	27	---	-2.91
1:41.12Y	P # 117	Female 11-12 100 Breast	LY-VA	28	---	0.43
1:31.07Y	P # 123	Female 11-12 100 IM	LY-VA	41	---	0.89
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	---	---	---
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
1:30.19Y	F # 116	Male 9-10 100 Breast	LY-VA	2	17	-4.97
1:18.33Y	P # 122	Male 9-10 100 IM	LY-VA	2	---	-3.13
1:18.44Y	F # 122	Male 9-10 100 IM	LY-VA	2	17	-3.02
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
1:15.92Y	P # 210	Male 9-10 100 Back	LY-VA	1	---	-5.85
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
1:22.56Y	F # 310	Male 9-10 100 Fly	LY-VA	4	15	-5.48
1:23.13Y	P # 310	Male 9-10 100 Fly	LY-VA	6	---	-4.91
6:34.35Y	F # 328B	Male 9-10 500 Free	LY-VA	2	17	-27.26
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