

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Swimming SC Age Group Champions 13-Mar-25 to 16-Mar-25 Yards

Sanction: VS-25-67 Location: Hampton Virginia Aquaplex

Time	F/P/S	Event	Place	Points	Improv
Isaac Cook (14) M					
2:27.13Y	P # 62	Male 13-14 200 Breast	LY-VA	---	-3.65
	33.93	1:11.83 1:49.47 2:27.13			
	(33.93)	(37.90) (37.64) (37.66)			
Benjamin Costa (14) M					
1:57.62Y	F # 8	800 Free Relay Lead Off	LY-VA	---	1.10
	26.58	56.21 1:27.42			
	(26.58)	(29.63) (31.21)			
58.72Y	P # 22	Male 13-14 100 Fly	LY-VA	---	0.90
	27.13	58.72			
	(27.13)	(31.59)			
27.69Y	P # 28	Male 13-14 50 Back	LY-VA	---	-1.68
58.15Y	F # 42	400 Medley Relay Lead Off	LY-VA	---	-0.62
	28.38				
	(28.38)				
27.46Y	F # 44	200 Medley Relay Lead Off	LY-VA	---	-1.91
2:13.24Y	P # 50	Male 13-14 200 Fly	LY-VA	---	2.99
	29.22	1:02.32 1:37.23 2:13.24			
	(29.22)	(33.10) (34.91) (36.01)			
25.31Y	P # 56	Male 13-14 50 Free	LY-VA	---	0.95
59.45Y	P # 68	Male 13-14 100 Back	LY-VA	---	0.68
	29.29	59.45			
	(29.29)	(30.16)			
52.85Y	P # 94	Male 13-14 100 Free	LY-VA	---	0.16
	25.36	52.85			
	(25.36)	(27.49)			
25.92Y	P # 106	Male 13-14 50 Fly	LY-VA	---	---
26.01Y	F # 106	Male 13-14 50 Fly	LY-VA	1	---

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Time	F/P/S	Event	Place	Points	Improv	
Sam Edwards (14) M						
10:51.03Y	F # 2	Male 11-14 1000 Free	LY-VA	37	---	1.15
	28.09	59.47 1:32.08 2:04.92	2:37.98 3:11.14 3:44.26	4:17.77		
	(28.09)	(31.38) (32.61) (32.84)	(33.06) (33.16) (33.12)	(33.51)		
	4:51.03	5:24.51 5:57.72 6:30.85	7:03.94 7:37.05 8:09.90	8:42.90		
	(33.26)	(33.48) (33.21) (33.13)	(33.09) (33.11) (32.85)	(33.00)		
	9:15.47	9:48.01 10:20.71 10:51.03				
	(32.57)	(32.54) (32.70) (30.32)				
1:00.49Y	F # 42	400 Medley Relay Lead Off	LY-VA	---	---	-0.42
	28.85					
	(28.85)					
28.41Y	F # 44	200 Medley Relay Lead Off	LY-VA	---	---	-0.96
2:06.97Y	P # 88	Male 13-14 200 Back	LY-VA	24	---	-2.40
	29.68	1:02.14 1:34.85 2:06.97				
	(29.68)	(32.46) (32.71) (32.12)				
17:56.81Y	F # 116	Male 11-14 1650 Free	LY-VA	22	---	-8.57
	28.38	1:00.32 1:32.84 2:05.11	2:37.77 3:10.89 3:43.48	4:16.23		
	(28.38)	(31.94) (32.52) (32.27)	(32.66) (33.12) (32.59)	(32.75)		
	4:49.30	5:22.14 5:55.29 6:28.14	7:01.25 7:34.31 8:07.16	8:40.15		
	(33.07)	(32.84) (33.15) (32.85)	(33.11) (33.06) (32.85)	(32.99)		
	9:13.02	9:45.89 10:18.99 10:52.00	11:25.12 11:58.05 12:30.94	13:04.19		
	(32.87)	(32.87) (33.10) (33.01)	(33.12) (32.93) (32.89)	(33.25)		
	13:37.17	14:10.26 14:42.69 15:15.23	15:47.59 16:20.45 16:53.39	17:25.74		
	(32.98)	(33.09) (32.43) (32.54)	(32.36) (32.86) (32.94)	(32.35)		
	17:56.81					
	(31.07)					
Camille Greenlaw (12) F						
1:17.09Y	F # 39	400 Medley Relay Lead Off	LY-VA	---	---	-0.31
	37.58					
	(37.58)					
46.66Y	F # 45	200 Medley Relay Lead Off	LY-VA	---	---	10.90

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Time	F/P/S	Event	Place	Points	Improv	
Daniel Gustafson (12) M						
33.34Y	F # 12	Male 11-12 50 Breast	LY-VA	7	12	-0.03
33.42Y	P # 12	Male 11-12 50 Breast	LY-VA	8	---	0.05
1:12.49Y	F # 64	Male 11-12 100 Breast	LY-VA	10	7	-2.70
	35.07	1:12.49				
	(35.07)	(37.42)				
1:14.24Y	P # 64	Male 11-12 100 Breast	LY-VA	10	---	-0.95
	36.09	1:14.24				
	(36.09)	(38.15)				
2:38.56Y	F # 86	Male 11-12 200 Breast	LY-VA	9	9	-5.85
	36.65	1:18.18 1:59.69 2:38.56				
	(36.65)	(41.53) (41.51) (38.87)				
2:43.75Y	P # 86	Male 11-12 200 Breast	LY-VA	9	---	-0.66
	38.13	1:21.37 2:03.63 2:43.75				
	(38.13)	(43.24) (42.26) (40.12)				
1:09.46Y	P # 96	Male 11-12 100 IM	LY-VA	26	---	0.71
	34.71	1:09.46				
	(34.71)	(34.75)				
1:02.62Y	F # 112	400 Free Relay Lead Off	LY-VA	---	---	-0.16
	29.88					
	(29.88)					
Kathleen King (14) F						
28.95Y	P # 27	Female 13-14 50 Back	LY-VA	17	---	-1.99
1:06.54Y	F # 41	400 Medley Relay Lead Off	LY-VA	---	---	4.35
	31.99					
	(31.99)					
29.43Y	F # 43	200 Medley Relay Lead Off	LY-VA	---	---	-1.51
1:04.50Y	P # 67	Female 13-14 100 Back	LY-VA	36	---	2.31
	31.24	1:04.50				
	(31.24)	(33.26)				
Noah Leger (12) M						
29.42Y	F # 80	200 Free Relay Lead Off	LY-VA	---	---	-0.41
Dabney Morrison (10) F						
34.41Y	P # 53	Female 10 & Under 50 Fly	LY-VA	20	---	-0.65
2:54.14Y	P # 71	Female 10 & Under 200 IM	LY-VA	16	1	2.76
	36.83	1:22.45 2:13.69 2:54.14				
	(36.83)	(45.62) (51.24) (40.45)				
1:20.16Y	P # 103	Female 10 & Under 100 Fly	LY-VA	15	2	-0.54
	37.40	1:20.16				
	(37.40)	(42.76)				

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Time	F/P/S	Event	Place	Points	Improv	
Mac Morrison (11) M						
2:12.88Y	P # 18	Male 11-12 200 Free	LY-VA	26	---	2.40
	29.90	1:03.34 1:37.59 2:12.88				
	(29.90)	(33.44) (34.25) (35.29)				
1:10.61Y	P # 24	Male 11-12 100 Fly	LY-VA	34	---	3.58
	33.48	1:10.61				
	(33.48)	(37.13)				
26.93Y	P # 58	Male 11-12 50 Free	LY-VA	25	---	-0.05
59.76Y	P # 102	Male 11-12 100 Free	LY-VA	27	---	0.26
	28.63	59.76				
	(28.63)	(31.13)				
30.42Y	P # 108	Male 11-12 50 Fly	LY-VA	34	---	1.16
Caroline Nelson (12) F						
33.57Y	F # 11	Female 11-12 50 Breast	LY-VA	2	17	-1.84
33.75Y	P # 11	Female 11-12 50 Breast	LY-VA	5	---	-1.66
1:06.75Y	P # 23	Female 11-12 100 Fly	LY-VA	19	---	1.53
	31.31	1:06.75				
	(31.31)	(35.44)				
26.90Y	P # 57	Female 11-12 50 Free	LY-VA	19	---	0.15
1:13.41Y	F # 63	Female 11-12 100 Breast	LY-VA	5	14	-4.21
	34.88	1:13.41				
	(34.88)	(38.53)				
1:15.29Y	P # 63	Female 11-12 100 Breast	LY-VA	8	---	-2.33
	36.91	1:15.29				
	(36.91)	(38.38)				
2:21.69Y	F # 73	Female 11-12 200 IM	LY-VA	7	12	-5.26
	31.68	1:07.71 1:49.15 2:21.69				
	(31.68)	(36.03) (41.44) (32.54)				
2:22.19Y	P # 73	Female 11-12 200 IM	LY-VA	8	---	-4.76
	32.24	1:09.67 1:48.99 2:22.19				
	(32.24)	(37.43) (39.32) (33.20)				
2:38.78Y	F # 85	Female 11-12 200 Breast	LY-VA	9	9	-5.64
	36.49	1:18.18 1:59.27 2:38.78				
	(36.49)	(41.69) (41.09) (39.51)				
2:44.42Y	P # 85	Female 11-12 200 Breast	LY-VA	9	---	---
	37.29	1:19.40 2:02.10 2:44.42				
	(37.29)	(42.11) (42.70) (42.32)				
1:05.27Y	F # 95	Female 11-12 100 IM	LY-VA	6	13	-0.85
	30.99	1:05.27				
	(30.99)	(34.28)				
1:05.98Y	P # 95	Female 11-12 100 IM	LY-VA	6	---	-0.14
	32.07	1:05.98				
	(32.07)	(33.91)				
1:01.45Y	P # 101	Female 11-12 100 Free	LY-VA	34	---	1.57
	29.46	1:01.45				
	(29.46)	(31.99)				

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Time	F/P/S	Event	Place	Points	Improv	
Selah Parish (11) F						
1:08.42Y	P # 23	Female 11-12 100 Fly	LY-VA	25	---	2.90
	30.64	1:08.42				
	(30.64)	(37.78)				
5:11.97Y	F # 35	Female 11-12 400 IM	LY-VA	10	7	-2.11
	34.32	1:14.69 1:55.08 2:33.52 3:17.35 4:01.43 4:38.34 5:11.97				
	(34.32)	(40.37) (40.39) (38.44) (43.83) (44.08) (36.91) (33.63)				
2:27.80Y	F # 51	Female 11-12 200 Fly	LY-VA	10	7	-6.66
	31.04	1:10.04 1:49.85 2:27.80				
	(31.04)	(39.00) (39.81) (37.95)				
2:31.62Y	P # 51	Female 11-12 200 Fly	LY-VA	9	---	-2.84
	32.52	1:12.88 1:53.40 2:31.62				
	(32.52)	(40.36) (40.52) (38.22)				
26.82Y	P # 57	Female 11-12 50 Free	LY-VA	16	---	-0.15
26.86Y	F # 57	Female 11-12 50 Free	LY-VA	16	1	-0.11
32.28Y	P # 69	Female 11-12 50 Back	LY-VA	31	---	0.98
1:01.32Y	P # 101	Female 11-12 100 Free	LY-VA	33	---	2.40
	29.49	1:01.32				
	(29.49)	(31.83)				
28.68Y	P # 107	Female 11-12 50 Fly	LY-VA	11	---	-1.61
28.74Y	F # 107	Female 11-12 50 Fly	LY-VA	13	3.5	-1.55
1:04.75Y	F # 111	400 Free Relay Lead Off	LY-VA	---	---	5.83
	30.11					
	(30.11)					
Lainey Pennington (12) F						
5:47.37Y	F # 5	Female 11-12 500 Free	LY-VA	19	---	-0.40
	30.99	1:05.60 1:40.93 2:16.47 2:51.52 3:26.65 4:02.61 4:37.91				
	(30.99)	(34.61) (35.33) (35.54) (35.05) (35.13) (35.96) (35.30)				
	5:12.86	5:47.37				
	(34.95)	(34.51)				
2:15.72Y	P # 17	Female 11-12 200 Free	LY-VA	21	---	6.56
	30.95	1:05.52 1:40.69 2:15.72				
	(30.95)	(34.57) (35.17) (35.03)				
2:40.89Y	F # 51	Female 11-12 200 Fly	LY-VA	13	4	5.04
	34.75	1:15.50 1:58.23 2:40.89				
	(34.75)	(40.75) (42.73) (42.66)				
2:44.79Y	P # 51	Female 11-12 200 Fly	LY-VA	14	---	8.94
	35.04	1:16.97 2:00.73 2:44.79				
	(35.04)	(41.93) (43.76) (44.06)				
28.86Y	F # 79	200 Free Relay Lead Off	LY-VA	---	---	0.83

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Time	F/P/S	Event	Place	Points	Improv	
Owen Porter (14) M						
1:04.46Y	P # 10	Male 13-14 100 Breast	LY-VA	19	---	-1.83
	30.60	1:04.46				
	(30.60)	(33.86)				
2:25.51Y	P # 62	Male 13-14 200 Breast	LY-VA	27	---	-4.41
	32.93	1:10.18 1:48.13 2:25.51				
	(32.93)	(37.25) (37.95) (37.38)				
29.91Y	P # 84	Male 13-14 50 Breast	LY-VA	11	---	-3.10
Mitchell Rogers (14) M						
10:19.33Y	F # 2	Male 11-14 1000 Free	LY-VA	14	3	-8.96
	27.23	57.19 1:27.98 1:59.04 2:30.03 3:01.23 3:32.38 4:03.63				
	(27.23)	(29.96) (30.79) (31.06) (30.99) (31.20) (31.15) (31.25)				
	4:34.83	5:06.01 5:37.11 6:08.33 6:39.73 7:11.21 7:42.75 8:14.32				
	(31.20)	(31.18) (31.10) (31.22) (31.40) (31.48) (31.54) (31.57)				
	8:45.98	9:17.55 9:48.66 10:19.33				
	(31.66)	(31.57) (31.11) (30.67)				
1:08.69Y	P # 10	Male 13-14 100 Breast	LY-VA	37	---	2.95
	31.98	1:08.69				
	(31.98)	(36.71)				
58.54Y	P # 22	Male 13-14 100 Fly	LY-VA	33	---	-1.24
	27.41	58.54				
	(27.41)	(31.13)				
4:32.49Y	P # 34	Male 13-14 400 IM	LY-VA	22	---	0.76
	28.40	1:01.04 1:36.83 2:12.29 2:51.80 3:31.08 4:02.22 4:32.49				
	(28.40)	(32.64) (35.79) (35.46) (39.51) (39.28) (31.14) (30.27)				
2:06.87Y	P # 50	Male 13-14 200 Fly	LY-VA	18	---	-0.32
	27.80	1:00.03 1:33.07 2:06.87				
	(27.80)	(32.23) (33.04) (33.80)				
2:26.71Y	P # 62	Male 13-14 200 Breast	LY-VA	30	---	0.09
	33.13	1:10.52 1:48.38 2:26.71				
	(33.13)	(37.39) (37.86) (38.33)				
5:00.37Y	P # 76	Male 13-14 500 Free	LY-VA	15	---	-1.65
	26.57	56.02 1:26.28 1:56.86 2:27.40 2:58.02 3:28.79 3:59.54				
	(26.57)	(29.45) (30.26) (30.58) (30.54) (30.62) (30.77) (30.75)				
	4:30.45	5:00.37				
	(30.91)	(29.92)				
5:04.18Y	F # 76	Male 13-14 500 Free	LY-VA	16	1	2.16
	27.91	58.00 1:28.62 1:59.35 2:30.23 3:01.11 3:32.24 4:03.60				
	(27.91)	(30.09) (30.62) (30.73) (30.88) (30.88) (31.13) (31.36)				
	4:34.48	5:04.18				
	(30.88)	(29.70)				
24.47Y	F # 82	200 Free Relay Lead Off	LY-VA	---	---	-0.66
2:08.19Y	P # 100	Male 13-14 200 IM	LY-VA	22	---	-3.09
	27.56	1:01.13 1:38.52 2:08.19				
	(27.56)	(33.57) (37.39) (29.67)				

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Time	F/P/S	Event		Place	Points	Improv
Syrus Tracey (9) M						
1:20.87Y	F # 38	400 Medley Relay Lead Off	LY-VA	---	---	-8.61
	38.87					
	(38.87)					
38.75Y	F # 48	200 Medley Relay Lead Off	LY-VA	---	---	0.41
32.23Y	F # 78	200 Free Relay Lead Off	LY-VA	---	---	0.91
Brody Wall (14) M						
1:46.74Y	F # 16	Male 13-14 200 Free	LY-VA	7	12	-3.38
	24.99	52.29 1:19.84 1:46.74				
	(24.99)	(27.30) (27.55) (26.90)				
1:47.77Y	P # 16	Male 13-14 200 Free	LY-VA	6	---	-2.35
	25.35	52.90 1:20.69 1:47.77				
	(25.35)	(27.55) (27.79) (27.08)				
51.47Y	F # 22	Male 13-14 100 Fly	LY-VA	1	20	-1.19
	24.08	51.47				
	(24.08)	(27.39)				
52.57Y	P # 22	Male 13-14 100 Fly	LY-VA	2	---	-0.09
	24.89	52.57				
	(24.89)	(27.68)				
2:03.98Y	F # 50	Male 13-14 200 Fly	LY-VA	14	3	-2.32
	29.24	1:00.76 1:32.55 2:03.98				
	(29.24)	(31.52) (31.79) (31.43)				
2:06.60Y	P # 50	Male 13-14 200 Fly	LY-VA	17	---	0.30
	28.34	1:01.25 1:33.76 2:06.60				
	(28.34)	(32.91) (32.51) (32.84)				
21.91Y	F # 56	Male 13-14 50 Free	LY-VA	1	20	-0.10
22.16Y	P # 56	Male 13-14 50 Free	LY-VA	2	---	0.15
58.22Y	P # 68	Male 13-14 100 Back	LY-VA	18	---	-0.51
	28.43	58.22				
	(28.43)	(29.79)				
48.38Y	F # 94	Male 13-14 100 Free	LY-VA	3	16	-1.39
	23.25	48.38				
	(23.25)	(25.13)				
49.90Y	P # 94	Male 13-14 100 Free	LY-VA	8	---	0.13
	24.66	49.90				
	(24.66)	(25.24)				
2:05.85Y	P # 100	Male 13-14 200 IM	LY-VA	12	---	0.86
	26.22	1:00.28 1:37.75 2:05.85				
	(26.22)	(34.06) (37.47) (28.10)				
23.14Y	F # 106	Male 13-14 50 Fly	LY-VA	1	20	-1.24
23.59Y	P # 106	Male 13-14 50 Fly	LY-VA	1	---	-0.79

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Time	F/P/S	Event	Place	Points	Improv
Broughton Webb (14) F					
10:16.22Y	F # 1	Female 11-14 1000 Free	LY-VA 1	20	-5.99
	28.18	58.75 1:30.20 2:00.92	2:32.22 3:03.69 3:34.49 4:05.91		
	(28.18)	(30.57) (31.45) (30.72)	(31.30) (31.47) (30.80) (31.42)		
	4:36.72	5:07.51 5:38.57 6:09.36	6:40.41 7:11.61 7:42.64 8:13.79		
	(30.81)	(30.79) (31.06) (30.79)	(31.05) (31.20) (31.03) (31.15)		
	8:44.53	9:15.58 9:46.37 10:16.22			
	(30.74)	(31.05) (30.79) (29.85)			
1:07.86Y	F # 9	Female 13-14 100 Breast	LY-VA 10	7	-0.90
	31.84	1:07.86			
	(31.84)	(36.02)			
1:09.04Y	P # 9	Female 13-14 100 Breast	LY-VA 14	---	0.28
	31.92	1:09.04			
	(31.92)	(37.12)			
1:57.09Y	F # 15	Female 13-14 200 Free	LY-VA 13	4	-1.01
	27.05	56.58 1:26.87 1:57.09			
	(27.05)	(29.53) (30.29) (30.22)			
1:59.19Y	P # 15	Female 13-14 200 Free	LY-VA 14	---	1.09
	27.38	57.24 1:28.24 1:59.19			
	(27.38)	(29.86) (31.00) (30.95)			
4:30.97Y	F # 33	Female 13-14 400 IM	LY-VA 3	16	-2.85
	29.49	1:03.81 1:38.59 2:12.33	2:50.32 3:28.95 4:00.41 4:30.97		
	(29.49)	(34.32) (34.78) (33.74)	(37.99) (38.63) (31.46) (30.56)		
4:34.90Y	P # 33	Female 13-14 400 IM	LY-VA 5	---	1.08
	30.35	1:05.56 1:41.11 2:15.51	2:53.87 3:32.53 4:04.45 4:34.90		
	(30.35)	(35.21) (35.55) (34.40)	(38.36) (38.66) (31.92) (30.45)		
2:25.48Y	F # 61	Female 13-14 200 Breast	LY-VA 10	7	-1.24
	32.36	1:09.56 1:47.19 2:25.48			
	(32.36)	(37.20) (37.63) (38.29)			
2:28.50Y	P # 61	Female 13-14 200 Breast	LY-VA 10	---	1.78
	33.52	1:10.85 1:49.30 2:28.50			
	(33.52)	(37.33) (38.45) (39.20)			
5:05.92Y	F # 75	Female 13-14 500 Free	LY-VA 3	16	0.87
	27.40	57.57 1:28.59 1:59.58	2:30.55 3:01.78 3:32.99 4:04.62		
	(27.40)	(30.17) (31.02) (30.99)	(30.97) (31.23) (31.21) (31.63)		
	4:35.86	5:05.92			
	(31.24)	(30.06)			
5:08.57Y	P # 75	Female 13-14 500 Free	LY-VA 4	---	3.52
	27.56	57.95 1:28.81 2:00.35	2:31.69 3:03.23 3:34.79 4:06.49		
	(27.56)	(30.39) (30.86) (31.54)	(31.34) (31.54) (31.56) (31.70)		
	4:37.84	5:08.57			
	(31.35)	(30.73)			
2:11.54Y	F # 99	Female 13-14 200 IM	LY-VA 10	7	1.71
	29.61	1:02.49 1:40.68 2:11.54			
	(29.61)	(32.88) (38.19) (30.86)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Swimming SC Age Group Champions 13-Mar-25 to 16-Mar-25 Yards

Sanction: VS-25-67 Location: Hampton Virginia Aquaplex

Time	F/P/S	Event	Place	Points	Improv	
Broughton Webb (14) F						
2:14.68Y	P # 99	Female 13-14 200 IM	LY-VA	12	---	4.85
	29.86	1:03.48 1:42.73 2:14.68				
	(29.86)	(33.62) (39.25) (31.95)				
57.05Y	F # 109	400 Free Relay Lead Off	LY-VA	---	---	1.11
	27.25					
	(27.25)					
17:25.92Y	F # 115	Female 11-14 1650 Free	LY-VA	1	20	-2.05
	28.24	59.67 1:31.51 2:03.66 2:35.67 3:07.56 3:40.07 4:12.26				
	(28.24)	(31.43) (31.84) (32.15) (32.01) (31.89) (32.51) (32.19)				
	4:44.30	5:16.48 5:48.70 6:21.21 6:53.42 7:25.72 7:57.95 8:29.84				
	(32.04)	(32.18) (32.22) (32.51) (32.21) (32.30) (32.23) (31.89)				
	9:01.86	9:33.87 10:05.79 10:37.40 11:08.96 11:40.46 12:12.13 12:43.63				
	(32.02)	(32.01) (31.92) (31.61) (31.56) (31.50) (31.67) (31.50)				
	13:15.10	13:46.88 14:18.76 14:50.30 15:21.50 15:52.94 16:24.37 16:55.79				
	(31.47)	(31.78) (31.88) (31.54) (31.20) (31.44) (31.43) (31.42)				
	17:25.92					
	(30.13)					
Adam Wells (14) M						
57.76Y	P # 22	Male 13-14 100 Fly	LY-VA	26	---	-0.17
	27.49	57.76				
	(27.49)	(30.27)				
23.11Y	P # 56	Male 13-14 50 Free	LY-VA	11	---	0.27
23.75Y	F # 56	Male 13-14 50 Free	LY-VA	16	1	0.91
23.49Y	F # 82	200 Free Relay Lead Off	LY-VA	---	---	0.65
53.88Y	P # 94	Male 13-14 100 Free	LY-VA	47	---	1.00
	25.85	53.88				
	(25.85)	(28.03)				
25.36Y	F # 106	Male 13-14 50 Fly	LY-VA	11	6	-1.53
25.91Y	P # 106	Male 13-14 50 Fly	LY-VA	13	---	-0.98
53.98Y	F # 110	400 Free Relay Lead Off	LY-VA	---	---	1.10
	25.37					
	(25.37)					
Sammy Wells (10) M						
33.50Y	P # 54	Male 10 & Under 50 Fly	LY-VA	20	---	-1.17
1:09.11Y	P # 60	Male 10 & Under 100 Free	LY-VA	26	---	0.83
	32.87	1:09.11				
	(32.87)	(36.24)				
1:16.67Y	P # 104	Male 10 & Under 100 Fly	LY-VA	15	2	-3.94
	36.41	1:16.67				
	(36.41)	(40.26)				
Austin Woodruff (12) M						
1:12.20Y	F # 40	400 Medley Relay Lead Off	LY-VA	---	---	1.80
	35.04					
	(35.04)					
32.20Y	F # 46	200 Medley Relay Lead Off	LY-VA	---	---	-1.02

Lynchburg YMCA Swim Team
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Time	F/P/S	Event	Place	Points	Improv	
Taylor Woodruff (14) F						
2:02.73Y	P # 15	Female 13-14 200 Free	LY-VA	31	---	6.06
	28.13	59.33 1:31.22 2:02.73				
	(28.13)	(31.20) (31.89) (31.51)				
57.84Y	F # 21	Female 13-14 100 Fly	LY-VA	5	14	0.31
	27.22	57.84				
	(27.22)	(30.62)				
58.50Y	P # 21	Female 13-14 100 Fly	LY-VA	5	---	0.97
	27.64	58.50				
	(27.64)	(30.86)				
29.01Y	P # 27	Female 13-14 50 Back	LY-VA	18	---	0.88
2:04.31Y	F # 49	Female 13-14 200 Fly	LY-VA	3	16	-2.29
	27.55	58.90 1:31.16 2:04.31				
	(27.55)	(31.35) (32.26) (33.15)				
2:08.39Y	P # 49	Female 13-14 200 Fly	LY-VA	3	---	1.79
	28.82	1:01.78 1:34.97 2:08.39				
	(28.82)	(32.96) (33.19) (33.42)				
1:02.88Y	P # 67	Female 13-14 100 Back	LY-VA	31	---	2.90
	30.02	1:02.88				
	(30.02)	(32.86)				
26.29Y	F # 81	200 Free Relay Lead Off	LY-VA	---	---	0.98
NS	P # 87	Female 13-14 200 Back	LY-VA	---	---	---
54.63Y	P # 93	Female 13-14 100 Free	LY-VA	8	---	-1.06
	26.40	54.63				
	(26.40)	(28.23)				
56.01Y	F # 93	Female 13-14 100 Free	LY-VA	8	11	0.32
	26.82	56.01				
	(26.82)	(29.19)				
27.40Y	F # 105	Female 13-14 50 Fly	LY-VA	16	1	-1.81
27.45Y	P # 105	Female 13-14 50 Fly	LY-VA	14	---	-1.76
Caleb Wu (14) M						
1:04.20Y	P # 10	Male 13-14 100 Breast	LY-VA	15	---	-1.82
	30.23	1:04.20				
	(30.23)	(33.97)				
1:04.25Y	F # 10	Male 13-14 100 Breast	LY-VA	15	2	-1.77
	30.56	1:04.25				
	(30.56)	(33.69)				
2:19.41Y	F # 62	Male 13-14 200 Breast	LY-VA	15	2	-3.71
	31.21	1:06.36 1:42.85 2:19.41				
	(31.21)	(35.15) (36.49) (36.56)				
2:20.75Y	P # 62	Male 13-14 200 Breast	LY-VA	16	---	-2.37
	32.22	1:08.10 1:44.55 2:20.75				
	(32.22)	(35.88) (36.45) (36.20)				
29.79Y	F # 84	Male 13-14 50 Breast	LY-VA	12	4.5	-1.48
29.96Y	P # 84	Male 13-14 50 Breast	LY-VA	12	---	-1.31

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 Virginia Swimming SC Age Group Champions 13-Mar-25 to 16-Mar-25 Yards

Sanction: VS-25-67 Location: Hampton Virginia Aquaplex

Time	F/P/S	Event	Place	Points	Improv
Titus Wu (9) M					
6:26.24Y	F # 4	Male 10 & Under 500 Free	LY-VA 14	3	-8.11
	34.06	1:14.21 1:54.17 2:34.13 3:13.67 3:52.84 4:32.64 5:11.65			
	(34.06)	(40.15) (39.96) (39.96) (39.54) (39.17) (39.80) (39.01)			
	5:49.44	6:26.24			
	(37.79)	(36.80)			
41.40Y	P # 14	Male 10 & Under 50 Breast	LY-VA 19	---	0.13
36.70Y	P # 26	Male 10 & Under 50 Back	LY-VA 28	---	0.87
36.43Y	P # 54	Male 10 & Under 50 Fly	LY-VA 34	---	1.88
1:30.56Y	P # 66	Male 10 & Under 100 Breast	LY-VA 17	---	1.50
	42.50	1:30.56			
	(42.50)	(48.06)			
2:52.48Y	P # 72	Male 10 & Under 200 IM	LY-VA 23	---	5.73
	41.02	1:25.25 2:14.38 2:52.48			
	(41.02)	(44.23) (49.13) (38.10)			
1:16.50Y	P # 92	Male 10 & Under 100 Back	LY-VA 19	---	1.01
	37.07	1:16.50			
	(37.07)	(39.43)			
1:09.36Y	F # 114	400 Free Relay Lead Off	LY-VA ---	---	1.56
	32.63				
	(32.63)				