

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	34	---	-3.65
Benjamin Costa (14) M						
1:57.62Y	F # 8	800 Free Relay Lead Off	LY-VA	---	---	1.10
58.72Y	P # 22	Male 13-14 100 Fly	LY-VA	36	---	0.90
27.69Y	P # 28	Male 13-14 50 Back	LY-VA	17	---	-1.68
58.15Y	F # 42	400 Medley Relay Lead Off	LY-VA	---	---	-0.62
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	30	---	2.99
25.31Y	P # 56	Male 13-14 50 Free	LY-VA	60	---	0.95
59.45Y	P # 68	Male 13-14 100 Back	LY-VA	31	---	0.68
52.85Y	P # 94	Male 13-14 100 Free	LY-VA	39	---	0.16
25.92Y	P # 106	Male 13-14 50 Fly	LY-VA	15	---	---
26.01Y	F # 106	Male 13-14 50 Fly	LY-VA	16	1	---
Sam Edwards (14) M						
10:51.03Y	F # 2	Male 11-14 1000 Free	LY-VA	37	---	1.15
1:00.49Y	F # 42	400 Medley Relay Lead Off	LY-VA	---	---	-0.42
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
17:56.81Y	F # 116	Male 11-14 1650 Free	LY-VA	22	---	-8.57
Camille Greenlaw (12) F						
1:17.09Y	F # 39	400 Medley Relay Lead Off	LY-VA	---	---	-0.31
46.66Y	F # 45	200 Medley Relay Lead Off	LY-VA	---	---	10.90
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
1:14.24Y	P # 64	Male 11-12 100 Breast	LY-VA	10	---	-0.95
2:38.56Y	F # 86	Male 11-12 200 Breast	LY-VA	9	9	-5.85
2:43.75Y	P # 86	Male 11-12 200 Breast	LY-VA	9	---	-0.66
1:09.46Y	P # 96	Male 11-12 100 IM	LY-VA	26	---	0.71
1:02.62Y	F # 112	400 Free Relay Lead Off	LY-VA	---	---	-0.16
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
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
Noah Leger (12) M						
29.42Y	F # 80	200 Free Relay Lead Off	LY-VA	---	---	-0.41

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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
1:20.16Y	P # 103	Female 10 & Under 100 Fly	LY-VA	15	2	-0.54
Mac Morrison (11) M						
2:12.88Y	P # 18	Male 11-12 200 Free	LY-VA	26	---	2.40
1:10.61Y	P # 24	Male 11-12 100 Fly	LY-VA	34	---	3.58
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
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
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
1:15.29Y	P # 63	Female 11-12 100 Breast	LY-VA	8	---	-2.33
2:21.69Y	F # 73	Female 11-12 200 IM	LY-VA	7	12	-5.26
2:22.19Y	P # 73	Female 11-12 200 IM	LY-VA	8	---	-4.76
2:38.78Y	F # 85	Female 11-12 200 Breast	LY-VA	9	9	-5.64
2:44.42Y	P # 85	Female 11-12 200 Breast	LY-VA	9	---	---
1:05.27Y	F # 95	Female 11-12 100 IM	LY-VA	6	13	-0.85
1:05.98Y	P # 95	Female 11-12 100 IM	LY-VA	6	---	-0.14
1:01.45Y	P # 101	Female 11-12 100 Free	LY-VA	34	---	1.57
Selah Parish (11) F						
1:08.42Y	P # 23	Female 11-12 100 Fly	LY-VA	25	---	2.90
5:11.97Y	F # 35	Female 11-12 400 IM	LY-VA	10	7	-2.11
2:27.80Y	F # 51	Female 11-12 200 Fly	LY-VA	10	7	-6.66
2:31.62Y	P # 51	Female 11-12 200 Fly	LY-VA	9	---	-2.84
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
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
Lainey Pennington (12) F						
5:47.37Y	F # 5	Female 11-12 500 Free	LY-VA	19	---	-0.40
2:15.72Y	P # 17	Female 11-12 200 Free	LY-VA	21	---	6.56
2:40.89Y	F # 51	Female 11-12 200 Fly	LY-VA	13	4	5.04
2:44.79Y	P # 51	Female 11-12 200 Fly	LY-VA	14	---	8.94
28.86Y	F # 79	200 Free Relay Lead Off	LY-VA	---	---	0.83

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Owen Porter (14) M						
1:04.46Y	P # 10	Male 13-14 100 Breast	LY-VA	19	---	-1.83
2:25.51Y	P # 62	Male 13-14 200 Breast	LY-VA	27	---	-4.41
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
1:08.69Y	P # 10	Male 13-14 100 Breast	LY-VA	37	---	2.95
58.54Y	P # 22	Male 13-14 100 Fly	LY-VA	33	---	-1.24
4:32.49Y	P # 34	Male 13-14 400 IM	LY-VA	22	---	0.76
2:06.87Y	P # 50	Male 13-14 200 Fly	LY-VA	18	---	-0.32
2:26.71Y	P # 62	Male 13-14 200 Breast	LY-VA	30	---	0.09
5:00.37Y	P # 76	Male 13-14 500 Free	LY-VA	15	---	-1.65
5:04.18Y	F # 76	Male 13-14 500 Free	LY-VA	16	1	2.16
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
Syrus Tracey (9) M						
1:20.87Y	F # 38	400 Medley Relay Lead Off	LY-VA	---	---	-8.61
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
1:47.77Y	P # 16	Male 13-14 200 Free	LY-VA	6	---	-2.35
51.47Y	F # 22	Male 13-14 100 Fly	LY-VA	1	20	-1.19
52.57Y	P # 22	Male 13-14 100 Fly	LY-VA	2	---	-0.09
2:03.98Y	F # 50	Male 13-14 200 Fly	LY-VA	14	3	-2.32
2:06.60Y	P # 50	Male 13-14 200 Fly	LY-VA	17	---	0.30
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
48.38Y	F # 94	Male 13-14 100 Free	LY-VA	3	16	-1.39
49.90Y	P # 94	Male 13-14 100 Free	LY-VA	8	---	0.13
2:05.85Y	P # 100	Male 13-14 200 IM	LY-VA	12	---	0.86
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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Broughton Webb (14) F					
10:16.22Y	F # 1	Female 11-14 1000 Free LY-VA	1	20	-5.99
1:07.86Y	F # 9	Female 13-14 100 Breast LY-VA	10	7	-0.90
1:09.04Y	P # 9	Female 13-14 100 Breast LY-VA	14	---	0.28
1:57.09Y	F # 15	Female 13-14 200 Free LY-VA	13	4	-1.01
1:59.19Y	P # 15	Female 13-14 200 Free LY-VA	14	---	1.09
4:30.97Y	F # 33	Female 13-14 400 IM LY-VA	3	16	-2.85
4:34.90Y	P # 33	Female 13-14 400 IM LY-VA	5	---	1.08
2:25.48Y	F # 61	Female 13-14 200 Breast LY-VA	10	7	-1.24
2:28.50Y	P # 61	Female 13-14 200 Breast LY-VA	10	---	1.78
5:05.92Y	F # 75	Female 13-14 500 Free LY-VA	3	16	0.87
5:08.57Y	P # 75	Female 13-14 500 Free LY-VA	4	---	3.52
2:11.54Y	F # 99	Female 13-14 200 IM LY-VA	10	7	1.71
2:14.68Y	P # 99	Female 13-14 200 IM LY-VA	12	---	4.85
57.05Y	F # 109	400 Free Relay Lead Off LY-VA	---	---	1.11
17:25.92Y	F # 115	Female 11-14 1650 Free LY-VA	1	20	-2.05
Adam Wells (14) M					
57.76Y	P # 22	Male 13-14 100 Fly LY-VA	26	---	-0.17
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
25.36Y	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
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
1:16.67Y	P # 104	Male 10 & Under 100 Fly LY-VA	15	2	-3.94
Austin Woodruff (12) M					
1:12.20Y	F # 40	400 Medley Relay Lead Off LY-VA	---	---	1.80
32.20Y	F # 46	200 Medley Relay Lead Off LY-VA	---	---	-1.02

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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
57.84Y	F # 21	Female 13-14 100 Fly	LY-VA	5	14	0.31
58.50Y	P # 21	Female 13-14 100 Fly	LY-VA	5	---	0.97
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
2:08.39Y	P # 49	Female 13-14 200 Fly	LY-VA	3	---	1.79
1:02.88Y	P # 67	Female 13-14 100 Back	LY-VA	31	---	2.90
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
56.01Y	F # 93	Female 13-14 100 Free	LY-VA	8	11	0.32
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
1:04.25Y	F # 10	Male 13-14 100 Breast	LY-VA	15	2	-1.77
2:19.41Y	F # 62	Male 13-14 200 Breast	LY-VA	15	2	-3.71
2:20.75Y	P # 62	Male 13-14 200 Breast	LY-VA	16	---	-2.37
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
Titus Wu (9) M						
6:26.24Y	F # 4	Male 10 & Under 500 Free	LY-VA	14	3	-8.11
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
2:52.48Y	P # 72	Male 10 & Under 200 IM	LY-VA	23	---	5.73
1:16.50Y	P # 92	Male 10 & Under 100 Back	LY-VA	19	---	1.01
1:09.36Y	F # 114	400 Free Relay Lead Off	LY-VA	---	---	1.56