

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Relay Results

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

Time	F/P/S	Relay	Place	Points
Event # 8 Male 13-14 800 Free				
7:39.62Y	F	Lynchburg YMCA Swim Team	LY VA	8 22
		Benjamin Costa (14)		Mitchell Rogers (14)
		26.58 (26.58)		
		2:24.13 (26.51)		
		4:21.93 (24.31)		
		6:10.56 (25.54)		
		56.21 (56.21)		
		1:27.42 (1:27.42)		
		3:26.27 (1:28.65)		
		5:17.91 (1:20.29)		
		7:09.86 (1:24.84)		
		Brody Wall (14)		
		1:57.62 (1:57.62)		
		3:57.62 (2:00.00)		
		5:45.02 (1:47.40)		
		7:39.62 (1:54.60)		
Event # 38 Male 10 & Under 400 Medley				
5:20.36Y	F	Lynchburg YMCA Swim Team	LY VA	7 24
		Syrus Tracey (9)		Benjamin Leger (9)
		38.87 (38.87)		
		3:26.89 (34.98)		
		1:20.87 (1:20.87)		
		2:03.48 (42.61)		
		4:09.51 (1:17.60)		
		4:43.14 (33.63)		
		5:20.36 (1:10.85)		
		Titus Wu (9)		
		Sammy Wells (10)		
		2:51.91 (1:31.04)		
		1:51.22 (34.13)		
		2:30.08 (1:12.99)		
		4:44.42 (1:02.94)		
Event # 39 Female 11-12 400 Medley				
4:44.42Y	F	Lynchburg YMCA Swim Team	LY VA	15 4
		Camille Greenlaw (12)		Lainey Pennington (12)
		37.58 (37.58)		
		3:01.46 (31.38)		
		1:17.09 (1:17.09)		
		1:51.22 (34.13)		
		3:41.48 (1:11.40)		
		4:11.31 (29.83)		
		4:44.42 (1:02.94)		
		Caroline Nelson (12)		
		Selah Parish (11)		
		2:30.08 (1:12.99)		
		4:44.42 (1:02.94)		
Event # 40 Male 11-12 400 Medley				
4:41.11Y	F	Lynchburg YMCA Swim Team	LY VA	10 14
		Austin Woodruff (12)		Noah Leger (12)
		35.04 (35.04)		
		2:59.91 (32.45)		
		1:12.20 (1:12.20)		
		1:47.02 (34.82)		
		3:37.21 (1:09.75)		
		4:06.96 (29.75)		
		4:41.11 (1:03.90)		
		Daniel Gustafson (12)		
		Mac Morrison (11)		
		2:27.46 (1:15.26)		
		4:41.11 (1:03.90)		
Event # 41 Female 13-14 400 Medley				
4:18.59Y	F	Lynchburg YMCA Swim Team	LY VA	17 ---
		Kathleen King (14)		Ella Pennington (14)
		31.99 (31.99)		
		2:44.85 (28.27)		
		1:06.54 (1:06.54)		
		1:38.85 (32.31)		
		3:17.33 (1:00.75)		
		3:46.50 (29.17)		
		4:18.59 (1:01.26)		
		Broughton Webb (14)		
		Taylor Woodruff (14)		
		2:16.58 (1:10.04)		
		4:18.59 (1:01.26)		
Event # 42 Male 13-14 400 Medley				
3:45.21Y	F	Lynchburg YMCA Swim Team	LY VA	6 26
		Benjamin Costa (14)		Adam Wells (14)
		28.38 (28.38)		
		2:25.34 (23.89)		
		58.15 (58.15)		
		1:27.68 (29.53)		
		3:16.73 (24.10)		
		3:45.21 (52.58)		
		Caleb Wu (14)		
		Brody Wall (14)		
		2:01.45 (1:03.30)		
		3:45.21 (52.58)		
Event # 42 Male 13-14 400 Medley				
3:56.77Y	F	Lynchburg YMCA Swim Team	LY VA	10 14
		Sam Edwards (14)		Isaac Cook (14)
		28.85 (28.85)		
		2:31.68 (26.93)		
		1:00.49 (1:00.49)		
		1:30.60 (30.11)		
		3:03.10 (58.35)		
		3:28.38 (25.28)		
		3:56.77 (53.67)		
		Owen Porter (14)		
		Mitchell Rogers (14)		
		2:04.75 (1:04.26)		
		3:56.77 (53.67)		
Event # 43 Female 13-14 200 Medley				
1:55.41Y	F	Lynchburg YMCA Swim Team	LY VA	16 2
		Kathleen King (14)		Shirley Barger (14)
		29.43 (29.43)		
		1:01.46 (32.03)		
		1:28.76 (27.30)		
		1:55.41 (26.65)		
		Broughton Webb (14)		
		Taylor Woodruff (14)		
		1:55.41 (26.65)		
Event # 44 Male 13-14 200 Medley				
1:42.93Y	F	Lynchburg YMCA Swim Team	LY VA	6 26
		Benjamin Costa (14)		Adam Wells (14)
		27.46 (27.46)		
		57.00 (29.54)		
		1:19.92 (22.92)		
		1:42.93 (23.01)		
		Caleb Wu (14)		
		Brody Wall (14)		
		1:42.93 (23.01)		
Event # 44 Male 13-14 200 Medley				
1:48.63Y	F	Lynchburg YMCA Swim Team	LY VA	12 10
		Sam Edwards (14)		Isaac Cook (14)
		28.41 (28.41)		
		57.90 (29.49)		
		1:24.37 (26.47)		
		1:48.63 (24.26)		
		Owen Porter (14)		
		Mitchell Rogers (14)		
		1:48.63 (24.26)		
Event # 45 Female 11-12 200 Medley				
2:07.19Y	F	Lynchburg YMCA Swim Team	LY VA	14 6
		Camille Greenlaw (12)		Lainey Pennington (12)
		46.66 (46.66)		
		1:09.47 (22.81)		
		1:38.61 (29.14)		
		2:07.19 (28.58)		
		Caroline Nelson (12)		
		Selah Parish (11)		
		2:07.19 (28.58)		

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Time	F/P/S	Relay	Place	Points
Event # 46 Male 11-12 200 Medley				
2:04.52Y	F	Lynchburg YMCA Swim Team	LY VA	10 14
		Austin Woodruff (12)		Noah Leger (12)
	32.20 (32.20)	Daniel Gustafson (12)		
	1:07.08 (34.88)	1:35.95 (28.87)		2:04.52 (28.57)
Event # 48 Male 10 & Under 200 Medley				
2:27.79Y	F	Lynchburg YMCA Swim Team	LY VA	11 12
		Syrus Tracey (9)		Benjamin Leger (9)
	38.75 (38.75)	Titus Wu (9)		
	1:20.36 (41.61)	1:54.66 (34.30)		2:27.79 (33.13)
Event # 78 Male 10 & Under 200 Free				
2:11.07Y	F	Lynchburg YMCA Swim Team	LY VA	12 10
		Syrus Tracey (9)		Sammy Wells (10)
	32.23 (32.23)	Benjamin Leger (9)		
	1:05.72 (33.49)	1:38.89 (33.17)		2:11.07 (32.18)
Event # 79 Female 11-12 200 Free				
1:52.09Y	F	Lynchburg YMCA Swim Team	LY VA	13 8
		Lainey Pennington (12)		Caroline Nelson (12)
	28.86 (28.86)	Camille Greenlaw (12)		
	1:07.12 (38.26)	1:25.20 (18.08)		1:52.09 (26.89)
Event # 80 Male 11-12 200 Free				
1:53.28Y	F	Lynchburg YMCA Swim Team	LY VA	12 10
		Noah Leger (12)		Mac Morrison (11)
	29.42 (29.42)	Austin Woodruff (12)		
	58.67 (29.25)	1:26.22 (27.55)		1:53.28 (27.06)
Event # 81 Female 13-14 200 Free				
1:46.29Y	F	Lynchburg YMCA Swim Team	LY VA	18 ---
		Taylor Woodruff (14)		Kathleen King (14)
	26.29 (26.29)	Broughton Webb (14)		
	53.29 (27.00)	1:19.63 (26.34)		1:46.29 (26.66)
Event # 82 Male 13-14 200 Free				
1:34.07Y	F	Lynchburg YMCA Swim Team	LY VA	7 24
		Adam Wells (14)		Brody Wall (14)
	23.49 (23.49)	Isaac Cook (14)		
	47.56 (24.07)	1:12.33 (24.77)		1:34.07 (21.74)
1:39.00Y	F	Lynchburg YMCA Swim Team	LY VA	15 4
		Mitchell Rogers (14)		Benjamin Costa (14)
	24.47 (24.47)	Owen Porter (14)		
	49.94 (25.47)	1:14.86 (24.92)		1:39.00 (24.14)
Event #109 Female 13-14 400 Free				
3:52.32Y	F	Lynchburg YMCA Swim Team	LY VA	17 ---
		Broughton Webb (14)		Ella Pennington (14)
	27.25 (27.25)	Shirley Barger (14)		
	57.05 (57.05)	1:24.18 (27.13)		1:54.74 (57.69)
	2:21.96 (27.22)	2:51.69 (56.95)		3:52.32 (1:00.63)
Event #110 Male 13-14 400 Free				
3:29.66Y	F	Lynchburg YMCA Swim Team	LY VA	7 24
		Adam Wells (14)		Mitchell Rogers (14)
	25.37 (25.37)	Brody Wall (14)		
	53.98 (53.98)	1:17.76 (23.78)		1:43.75 (49.77)
	2:09.37 (25.62)	2:36.92 (53.17)		3:29.66 (52.74)
Event #111 Female 11-12 400 Free				
4:15.31Y	F	Lynchburg YMCA Swim Team	LY VA	15 4
		Selah Parish (11)		Caroline Nelson (12)
	30.11 (30.11)	Camille Greenlaw (12)		
	1:04.75 (1:04.75)	1:36.51 (31.76)		2:19.80 (1:15.05)
	2:41.19 (21.39)	3:14.04 (54.24)		4:15.31 (1:01.27)
Event #112 Male 11-12 400 Free				
4:12.40Y	F	Lynchburg YMCA Swim Team	LY VA	12 10
		Daniel Gustafson (12)		Mac Morrison (11)
	29.88 (29.88)	Austin Woodruff (12)		
	1:02.62 (1:02.62)	1:32.00 (29.38)		2:06.62 (1:04.00)
	2:37.90 (31.28)	3:12.40 (1:05.78)		4:12.40 (1:00.00)

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Event #114 Male 10 & Under 400 Free

4:43.30Y F	Lynchburg YMCA Swim Team						LY VA	8	22
Titus Wu (9)	Benjamin Leger (9)						Syrus Tracey (9)	Sammy Wells (10)	
32.63 (32.63)	1:09.36 (1:09.36)	1:44.47 (35.11)	2:22.34 (1:12.98)						
2:55.33 (32.99)	3:34.33 (1:11.99)	4:06.87 (32.54)	4:43.30 (1:08.97)						