

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 VSI SC Senior Championships 06-Mar-25 to 09-Mar-25 Yards

Location: Collegiate School Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Cole Campbell (16) M						
1:02.55Y	P # 10	Male Open 100 Breast	LY-VA	78	---	0.90
	29.20	1:02.55				
	(29.20)	(33.35)				
55.40Y	P # 12	Male Open 100 Fly	LY-VA	104	---	-1.63
	24.83	55.40				
	(24.83)	(30.57)				
21.85Y	P # 20	Male Open 50 Free	LY-VA	39	---	0.13
48.69Y	P # 32	Male Open 100 Free	LY-VA	65	---	0.03
	22.74	48.69				
	(22.74)	(25.95)				
Ruby Duis (17) F						
25.57Y	F # 15	200 Free Relay Lead Off	LY-VA	---	---	0.68
25.08Y	P # 19	Female Open 50 Free	LY-VA	67	---	0.19
1:08.93Y	P # 23	Female Open 100 Back	LY-VA	98	---	0.56
	32.83	1:08.93				
	(32.83)	(36.10)				
56.27Y	P # 31	Female Open 100 Free	LY-VA	113	---	0.31
	26.69	56.27				
	(26.69)	(29.58)				
Frances Fenton (17) F						
DQ	P # 7	Female Open 200 Free	LY-VA	---	---	---
1:10.31Y	P # 9	Female Open 100 Breast	LY-VA	61	---	4.02
	32.51	1:10.31				
	(32.51)	(37.80)				
26.57Y	P # 19	Female Open 50 Free	LY-VA	127	---	2.18
2:38.10Y	P # 21	Female Open 200 Breast	LY-VA	81	---	12.39
	34.76	1:14.54 1:56.86 2:38.10				
	(34.76)	(39.78) (42.32) (41.24)				
58.08Y	P # 31	Female Open 100 Free	LY-VA	133	---	4.93
	27.44	58.08				
	(27.44)	(30.64)				
2:25.83Y	P # 33	Female Open 200 IM	LY-VA	112	---	9.55
	30.28	1:10.41 1:52.84 2:25.83				
	(30.28)	(40.13) (42.43) (32.99)				

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Time	F/P/S	Event	Place	Points	Improv	
Ann-Margaret Holt (15) F						
1:53.25Y	F # 7	Female Open 200 Free	LY-VA	30	---	1.45
	26.33	54.75 1:23.75 1:53.25				
	(26.33)	(28.42) (29.00) (29.50)				
1:54.22Y	P # 7	Female Open 200 Free	LY-VA	31	---	2.42
	26.66	55.49 1:24.78 1:54.22				
	(26.66)	(28.83) (29.29) (29.44)				
1:00.24Y	P # 11	Female Open 100 Fly	LY-VA	69	---	0.41
	28.39	1:00.24				
	(28.39)	(31.85)				
24.78Y	P # 19	Female Open 50 Free	LY-VA	46	---	0.29
4:58.99Y	F # 25	Female Open 500 Free	LY-VA	9	9	-0.68
	26.98	56.38 1:26.56 1:56.96	2:27.74 2:58.25 3:29.01 3:59.81			
	(26.98)	(29.40) (30.18) (30.40)	(30.78) (30.51) (30.76) (30.80)			
	4:29.82	4:58.99				
	(30.01)	(29.17)				
5:04.30Y	P # 25	Female Open 500 Free	LY-VA	14	---	4.63
	27.61	57.66 1:28.18 1:58.94	2:29.58 3:00.34 3:31.25 4:02.41			
	(27.61)	(30.05) (30.52) (30.76)	(30.64) (30.76) (30.91) (31.16)			
	4:33.67	5:04.30				
	(31.26)	(30.63)				
2:10.67Y	P # 29	Female Open 200 Back	LY-VA	46	---	2.82
	30.75	1:03.85 1:37.73 2:10.67				
	(30.75)	(33.10) (33.88) (32.94)				
53.28Y	P # 31	Female Open 100 Free	LY-VA	35	---	0.45
	25.56	53.28				
	(25.56)	(27.72)				
52.54Y	F # 35	400 Free Relay Lead Off	LY-VA	---	---	-0.29
	25.45					
	(25.45)					
10:27.99Y	F # 37	Female Open 1000 Free	LY-VA	12	5	2.98
	28.76	59.86 1:31.39 2:03.06	2:35.04 3:06.53 3:38.42 4:09.91			
	(28.76)	(31.10) (31.53) (31.67)	(31.98) (31.49) (31.89) (31.49)			
	4:41.59	5:13.28 5:45.00 6:16.97	6:48.80 7:20.43 7:52.18 8:23.91			
	(31.68)	(31.69) (31.72) (31.97)	(31.83) (31.63) (31.75) (31.73)			
	8:55.36	9:26.91 9:57.96 10:27.99				
	(31.45)	(31.55) (31.05) (30.03)				

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Time	F/P/S	Event		Place	Points	Improv
Davis Hottle (17) M						
1:46.28Y	F # 4	800 Free Relay Lead Off	LY-VA	---	---	0.52
	24.35	51.03 1:18.34				
	(24.35)	(26.68) (27.31)				
25.56Y	F # 6	200 Medley Relay Lead Off	LY-VA	---	---	-0.53
1:45.41Y	P # 8	Male Open 200 Free	LY-VA	50	---	-0.35
	24.48	50.97 1:18.33 1:45.41				
	(24.48)	(26.49) (27.36) (27.08)				
53.75Y	P # 24	Male Open 100 Back	LY-VA	42	---	-0.30
	26.05	53.75				
	(26.05)	(27.70)				
55.43Y	F # 28	400 Medley Relay Lead Off	LY-VA	---	---	1.38
	27.17					
	(27.17)					
1:57.91Y	P # 30	Male Open 200 Back	LY-VA	37	---	1.19
	26.93	56.26 1:27.12 1:57.91				
	(26.93)	(29.33) (30.86) (30.79)				
48.80Y	P # 32	Male Open 100 Free	LY-VA	69	---	0.57
	23.51	48.80				
	(23.51)	(25.29)				
48.88Y	F # 36	400 Free Relay Lead Off	LY-VA	---	---	0.65
	23.54					
	(23.54)					

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Time	F/P/S	Event	Place	Points	Improv	
Luke Hottle (16) M						
59.82Y	P # 10	Male Open 100 Breast	LY-VA	40	---	0.17
	28.40	59.82				
	(28.40)	(31.42)				
4:03.02Y	F # 14	Male Open 400 IM	LY-VA	19	---	-4.68
	25.81	55.43 1:27.51 1:59.14	2:33.58 3:08.51 3:36.32	4:03.02		
	(25.81)	(29.62) (32.08) (31.63)	(34.44) (34.93) (27.81)	(26.70)		
4:07.75Y	P # 14	Male Open 400 IM	LY-VA	23	---	0.05
	26.79	57.74 1:31.07 2:04.38	2:39.12 3:13.22 3:41.33	4:07.75		
	(26.79)	(30.95) (33.33) (33.31)	(34.74) (34.10) (28.11)	(26.42)		
1:54.34Y	F # 18	Male Open 200 Fly	LY-VA	27	---	-3.82
	25.66	54.83 1:24.62 1:54.34				
	(25.66)	(29.17) (29.79) (29.72)				
1:56.00Y	P # 18	Male Open 200 Fly	LY-VA	29	---	-2.16
	26.16	56.05 1:26.31 1:56.00				
	(26.16)	(29.89) (30.26) (29.69)				
2:09.42Y	P # 22	Male Open 200 Breast	LY-VA	23	---	-0.43
	28.90	1:01.87 1:35.79 2:09.42				
	(28.90)	(32.97) (33.92) (33.63)				
2:10.82Y	F # 22	Male Open 200 Breast	LY-VA	24	---	0.97
	29.40	1:02.84 1:37.41 2:10.82				
	(29.40)	(33.44) (34.57) (33.41)				
48.58Y	P # 32	Male Open 100 Free	LY-VA	60	---	0.42
	23.63	48.58				
	(23.63)	(24.95)				
1:55.34Y	F # 34	Male Open 200 IM	LY-VA	26	---	1.46
	25.59	55.66 1:28.72 1:55.34				
	(25.59)	(30.07) (33.06) (26.62)				
1:56.85Y	P # 34	Male Open 200 IM	LY-VA	26	---	2.97
	25.22	55.92 1:29.47 1:56.85				
	(25.22)	(30.70) (33.55) (27.38)				
9:53.84Y	F # 38	Male Open 1000 Free	LY-VA	15	2	3.03
	26.54	55.48 1:25.10 1:55.17	2:25.33 2:55.52 3:25.40	3:55.25		
	(26.54)	(28.94) (29.62) (30.07)	(30.16) (30.19) (29.88)	(29.85)		
	4:25.42	4:55.53 5:25.34 5:55.07	6:25.04 6:55.12 7:25.22	7:55.40		
	(30.17)	(30.11) (29.81) (29.73)	(29.97) (30.08) (30.10)	(30.18)		
	8:25.17	8:55.06 9:24.78 9:53.84				
	(29.77)	(29.89) (29.72) (29.06)				

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Time	F/P/S	Event		Place	Points	Improv
Anna Mills (17) F						
26.48Y	P # 19	Female Open 50 Free	LY-VA	126	---	0.25
1:01.65Y	P # 23	Female Open 100 Back	LY-VA	71	---	1.02
	29.51	1:01.65				
	(29.51)	(32.14)				
1:03.15Y	F # 27	400 Medley Relay Lead Off	LY-VA	---	---	2.52
	30.61					
	(30.61)					
2:14.38Y	P # 29	Female Open 200 Back	LY-VA	69	---	-3.27
	31.08	1:06.22 1:41.18 2:14.38				
	(31.08)	(35.14) (34.96) (33.20)				
56.35Y	P # 31	Female Open 100 Free	LY-VA	121	---	-0.63
	27.16	56.35				
	(27.16)	(29.19)				
Broderick Nelson (15) M						
1:01.52Y	P # 10	Male Open 100 Breast	LY-VA	62	---	-0.52
	28.86	1:01.52				
	(28.86)	(32.66)				
4:18.01Y	P # 14	Male Open 400 IM	LY-VA	50	---	3.95
	26.94	58.35 1:31.91 2:04.50 2:40.67 3:17.98 3:48.34 4:18.01				
	(26.94)	(31.41) (33.56) (32.59) (36.17) (37.31) (30.36) (29.67)				
2:14.39Y	P # 22	Male Open 200 Breast	LY-VA	48	---	0.74
	29.85	1:03.76 1:39.20 2:14.39				
	(29.85)	(33.91) (35.44) (35.19)				
1:59.45Y	P # 34	Male Open 200 IM	LY-VA	53	---	-0.91
	25.71	56.84 1:31.20 1:59.45				
	(25.71)	(31.13) (34.36) (28.25)				
10:04.77Y	F # 38	Male Open 1000 Free	LY-VA	24	---	-37.19
	27.43	57.65 1:28.48 1:58.95 2:29.68 3:00.22 3:31.00 4:01.71				
	(27.43)	(30.22) (30.83) (30.47) (30.73) (30.54) (30.78) (30.71)				
	4:32.24	5:03.02 5:33.51 6:04.72 6:35.09 7:05.48 7:36.17 8:07.08				
	(30.53)	(30.78) (30.49) (31.21) (30.37) (30.39) (30.69) (30.91)				
	8:37.66	9:07.83 9:36.65 10:04.77				
	(30.58)	(30.17) (28.82) (28.12)				

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Max Schonfelder (18) M						
57.45Y	F # 10	Male Open 100 Breast	LY-VA	15	2	0.93
	27.07	57.45				
	(27.07)	(30.38)				
57.81Y	P # 10	Male Open 100 Breast	LY-VA	15	---	1.29
	26.97	57.81				
	(26.97)	(30.84)				
51.39Y	P # 12	Male Open 100 Fly	LY-VA	25	---	-0.04
	23.89	51.39				
	(23.89)	(27.50)				
51.67Y	F # 12	Male Open 100 Fly	LY-VA	29	---	0.24
	23.87	51.67				
	(23.87)	(27.80)				
21.81Y	P # 20	Male Open 50 Free	LY-VA	36	---	0.56
2:06.10Y	F # 22	Male Open 200 Breast	LY-VA	13	4	0.95
	28.44	1:00.24 1:32.99 2:06.10				
	(28.44)	(31.80) (32.75) (33.11)				
2:08.00Y	P # 22	Male Open 200 Breast	LY-VA	15	---	2.85
	28.72	1:00.79 1:33.79 2:08.00				
	(28.72)	(32.07) (33.00) (34.21)				
53.74Y	P # 24	Male Open 100 Back	LY-VA	41	---	-1.10
	26.10	53.74				
	(26.10)	(27.64)				
47.39Y	P # 32	Male Open 100 Free	LY-VA	31	---	0.42
	22.65	47.39				
	(22.65)	(24.74)				
1:55.33Y	F # 34	Male Open 200 IM	LY-VA	19	---	0.83
	24.47	55.06 1:28.37 1:55.33				
	(24.47)	(30.59) (33.31) (26.96)				
1:56.61Y	P # 34	Male Open 200 IM	LY-VA	23	---	2.11
	24.76	54.96 1:28.44 1:56.61				
	(24.76)	(30.20) (33.48) (28.17)				

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Time	F/P/S	Event	Place	Points	Improv	
Ava Shopbell (15) F						
58.56Y	P # 11	Female Open 100 Fly	LY-VA	32	---	0.47
	27.73	58.56				
	(27.73)	(30.83)				
58.91Y	F # 11	Female Open 100 Fly	LY-VA	31	---	0.82
	27.96	58.91				
	(27.96)	(30.95)				
4:32.59Y	P # 13	Female Open 400 IM	LY-VA	14	---	-4.37
	29.13	1:01.17 1:35.71 2:09.93	2:49.91 3:29.45 4:01.19	4:32.59		
	(29.13)	(32.04) (34.54) (34.22)	(39.98) (39.54) (31.74)	(31.40)		
4:35.80Y	F # 13	Female Open 400 IM	LY-VA	15	2	-1.16
	28.42	1:01.54 1:36.43 2:12.24	2:51.25 3:32.32 4:04.01	4:35.80		
	(28.42)	(33.12) (34.89) (35.81)	(39.01) (41.07) (31.69)	(31.79)		
2:04.61Y	P # 17	Female Open 200 Fly	LY-VA	7	---	-0.37
	21.76	59.36 1:31.87 2:04.61				
	(21.76)	(37.60) (32.51) (32.74)				
2:04.95Y	F # 17	Female Open 200 Fly	LY-VA	8	11	-0.03
	28.89	59.33 1:31.86 2:04.95				
	(28.89)	(30.44) (32.53) (33.09)				
2:33.99Y	P # 21	Female Open 200 Breast	LY-VA	55	---	0.13
	34.27	1:13.73 1:54.78 2:33.99				
	(34.27)	(39.46) (41.05) (39.21)				
2:15.21Y	P # 33	Female Open 200 IM	LY-VA	72	---	5.71
	28.32	1:03.07 1:43.08 2:15.21				
	(28.32)	(34.75) (40.01) (32.13)				
10:41.94Y	F # 37	Female Open 1000 Free	LY-VA	20	---	-15.14
	29.08	1:01.02 1:33.42 2:05.87	2:38.58 3:11.00 3:43.68	4:16.36		
	(29.08)	(31.94) (32.40) (32.45)	(32.71) (32.42) (32.68)	(32.68)		
	4:49.02	5:21.58 5:53.90 6:26.51	6:59.15 7:31.31 8:03.66	8:35.64		
	(32.66)	(32.56) (32.32) (32.61)	(32.64) (32.16) (32.35)	(31.98)		
	9:07.68	9:39.70 10:11.46 10:41.94				
	(32.04)	(32.02) (31.76) (30.48)				

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Avery Snyder (16) M										
17:09.73Y	F # 2	Male Open 1650 Free				LY-VA		23	---	-60.05
	27.33	57.73	1:28.84	2:00.29	2:32.23	3:04.16	3:35.96	4:07.96		
	(27.33)	(30.40)	(31.11)	(31.45)	(31.94)	(31.93)	(31.80)	(32.00)		
	4:39.74	5:10.68	5:42.39	6:13.98	6:45.87	7:17.32	7:48.66	8:20.28		
	(31.78)	(30.94)	(31.71)	(31.59)	(31.89)	(31.45)	(31.34)	(31.62)		
	8:51.23	9:22.63	9:53.95	10:25.17	10:56.48	11:27.79	11:58.83	12:30.58		
	(30.95)	(31.40)	(31.32)	(31.22)	(31.31)	(31.31)	(31.04)	(31.75)		
	13:01.84	13:32.86	14:04.16	14:35.29	15:06.17	15:37.51	16:08.57	16:39.65		
	(31.26)	(31.02)	(31.30)	(31.13)	(30.88)	(31.34)	(31.06)	(31.08)		
	17:09.73									
	(30.08)									
1:03.18Y	P # 10	Male Open 100 Breast				LY-VA		84	---	1.63
	29.86	1:03.18								
	(29.86)	(33.32)								
57.86Y	P # 12	Male Open 100 Fly				LY-VA		119	---	-1.57
	26.74	57.86								
	(26.74)	(31.12)								
2:21.61Y	P # 22	Male Open 200 Breast				LY-VA		84	---	4.87
	31.16	1:06.09 1:43.08 2:21.61								
	(31.16)	(34.93) (36.99) (38.53)								
10:12.74Y	F # 38	Male Open 1000 Free				LY-VA		33	---	-10.69
	27.44	57.80	1:28.64	1:59.73	2:30.29	3:01.69	3:32.31	4:03.25		
	(27.44)	(30.36)	(30.84)	(31.09)	(30.56)	(31.40)	(30.62)	(30.94)		
	4:33.85	5:05.02	5:35.83	6:06.72	6:38.12	7:08.77	7:39.35	8:10.00		
	(30.60)	(31.17)	(30.81)	(30.89)	(31.40)	(30.65)	(30.58)	(30.65)		
	8:40.46	9:11.08	9:42.30	10:12.74						
	(30.46)	(30.62)	(31.22)	(30.44)						

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Declund Stevenson (17) M						
1:46.93Y	P # 8	Male Open 200 Free	LY-VA	69	---	0.70
	24.91	52.27 1:19.53 1:46.93				
	(24.91)	(27.36) (27.26) (27.40)				
59.48Y	P # 10	Male Open 100 Breast	LY-VA	32	---	0.76
	27.44	59.48				
	(27.44)	(32.04)				
59.63Y	F # 10	Male Open 100 Breast	LY-VA	31	---	0.91
	27.66	59.63				
	(27.66)	(31.97)				
52.91Y	P # 12	Male Open 100 Fly	LY-VA	54	---	0.37
	24.53	52.91				
	(24.53)	(28.38)				
21.72Y	F # 16	200 Free Relay Lead Off	LY-VA	---	---	0.32
21.98Y	P # 20	Male Open 50 Free	LY-VA	48	---	0.58
48.81Y	P # 32	Male Open 100 Free	LY-VA	70	---	1.65
	23.23	48.81				
	(23.23)	(25.58)				
1:59.07Y	P # 34	Male Open 200 IM	LY-VA	48	---	-5.03
	25.75	56.95 1:30.43 1:59.07				
	(25.75)	(31.20) (33.48) (28.64)				
48.16Y	F # 36	400 Free Relay Lead Off	LY-VA	---	---	1.00
	22.79					
	(22.79)					
Sarah Warren (15) F						
29.35Y	F # 5	200 Medley Relay Lead Off	LY-VA	---	---	-1.17
1:00.55Y	P # 11	Female Open 100 Fly	LY-VA	74	---	0.37
	28.28	1:00.55				
	(28.28)	(32.27)				
4:51.74Y	P # 13	Female Open 400 IM	LY-VA	52	---	1.10
	29.44	1:02.53 1:38.14 2:14.00 2:57.17 3:42.27 4:16.94 4:51.74				
	(29.44)	(33.09) (35.61) (35.86) (43.17) (45.10) (34.67) (34.80)				
2:08.39Y	F # 17	Female Open 200 Fly	LY-VA	22	---	-2.26
	28.95	1:01.54 1:34.59 2:08.39				
	(28.95)	(32.59) (33.05) (33.80)				
2:08.62Y	P # 17	Female Open 200 Fly	LY-VA	21	---	-2.03
	29.39	1:02.44 1:35.50 2:08.62				
	(29.39)	(33.05) (33.06) (33.12)				
1:02.22Y	P # 23	Female Open 100 Back	LY-VA	77	---	-1.26
	30.49	1:02.22				
	(30.49)	(31.73)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 VSI SC Senior Championships 06-Mar-25 to 09-Mar-25 Yards

Location: Collegiate School Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Noah Wells (17) M					
22.54Y	F # 16	200 Free Relay Lead Off	LY-VA	---	0.02
22.51Y	P # 20	Male Open 50 Free	LY-VA	---	-0.01
59.61Y	P # 24	Male Open 100 Back	LY-VA	---	1.34
	29.14	59.61			
	(29.14)	(30.47)			
59.38Y	F # 28	400 Medley Relay Lead Off	LY-VA	---	1.11
	28.65				
	(28.65)				
49.33Y	P # 32	Male Open 100 Free	LY-VA	---	0.05
	23.98	49.33			
	(23.98)	(25.35)			
2:04.38Y	P # 34	Male Open 200 IM	LY-VA	---	-7.80
	27.21	57.86 1:36.41 2:04.38			
	(27.21)	(30.65) (38.55) (27.97)			
Graham Woodruff (16) M					
25.36Y	F # 6	200 Medley Relay Lead Off	LY-VA	---	-0.33
1:47.56Y	P # 8	Male Open 200 Free	LY-VA	---	4.63
	24.80	51.94 1:19.78 1:47.56			
	(24.80)	(27.14) (27.84) (27.78)			
22.18Y	P # 20	Male Open 50 Free	LY-VA	---	0.83
58.19Y	P # 24	Male Open 100 Back	LY-VA	---	5.14
	27.81	58.19			
	(27.81)	(30.38)			
DQ	P # 26	Male Open 500 Free	LY-VA	---	---
DQ	P # 30	Male Open 200 Back	LY-VA	---	---
48.49Y	P # 32	Male Open 100 Free	LY-VA	---	1.31
	23.08	48.49			
	(23.08)	(25.41)			
9:55.07Y	F # 38	Male Open 1000 Free	LY-VA	---	-5.55
	26.67	56.32 1:26.28 1:56.74 2:27.04 2:57.39 3:27.63 3:57.66			
	(26.67)	(29.65) (29.96) (30.46) (30.30) (30.35) (30.24) (30.03)			
	4:27.59	4:57.74 5:27.85 5:57.91 6:28.21 6:58.09 7:27.96 7:57.89			
	(29.93)	(30.15) (30.11) (30.06) (30.30) (29.88) (29.87) (29.93)			
	8:27.83	8:57.66 9:27.02 9:55.07			
	(29.94)	(29.83) (29.36) (28.05)			

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 VSI SC Senior Championships 06-Mar-25 to 09-Mar-25 Yards

Location: Collegiate School Aquatic Center

Time	F/P/S	Event				Place				Points	Improv
George Xu (17) M											
2:00.20Y	P # 18	Male Open 200 Fly				LY-VA		47		---	-0.33
	26.23	55.75	1:26.60	2:00.20							
	(26.23)	(29.52)	(30.85)	(33.60)							
54.82Y	P # 24	Male Open 100 Back				LY-VA		61		---	0.93
	26.81	54.82									
	(26.81)	(28.01)									
5:05.63Y	P # 26	Male Open 500 Free				LY-VA		58		---	16.68
	26.81	56.11	1:26.44	1:57.10	2:28.04	2:59.15	3:30.50	4:02.20			
	(26.81)	(29.30)	(30.33)	(30.66)	(30.94)	(31.11)	(31.35)	(31.70)			
	4:34.03	5:05.63									
	(31.83)	(31.60)									
1:59.92Y	P # 30	Male Open 200 Back				LY-VA		51		---	3.04
	27.73	57.41	1:28.44	1:59.92							
	(27.73)	(29.68)	(31.03)	(31.48)							
49.51Y	P # 32	Male Open 100 Free				LY-VA		97		---	0.74
	23.96	49.51									
	(23.96)	(25.55)									
2:05.92Y	P # 34	Male Open 200 IM				LY-VA		105		---	6.45
	26.48	57.38	1:35.90	2:05.92							
	(26.48)	(30.90)	(38.52)	(30.02)							