

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Tessa Akershoek (12) F						
1:21.74Y	F # 89	Female 11-12 100 IM	LY-VA	40	---	-1.33
	36.41	1:21.74				
	(36.41)	(45.33)				
32.37Y	F # 97	Female 11-12 50 Free	LY-VA	59	---	-0.40
36.31Y	F # 103	Female 11-12 50 Fly	LY-VA	40	---	1.95
Shirley Barger (14) F						
11:26.45Y	F # 1A	Female 14 & Under 1000 Free	LY-VA	5	16	-13.76
	30.72	1:04.12 1:38.09 2:12.23 2:46.21 3:20.44 3:54.78 4:29.01				
	(30.72)	(33.40) (33.97) (34.14) (33.98) (34.23) (34.34) (34.23)				
	5:03.64	5:38.29 6:12.81 6:47.65 7:22.29 7:57.40 8:32.62 9:07.63				
	(34.63)	(34.65) (34.52) (34.84) (34.64) (35.11) (35.22) (35.01)				
	9:42.68	10:17.65 10:52.70 11:26.45				
	(35.05)	(34.97) (35.05) (33.75)				
26.66Y	P # 9A	Female 13-14 50 Free	LY-VA	25	---	-0.09
1:08.71Y	P # 13A	Female 13-14 100 Back	LY-VA	34	---	-0.73
	33.45	1:08.71				
	(33.45)	(35.26)				
2:05.25Y	F # 43A	Female 13-14 200 Free	LY-VA	15	4	0.24
	28.45	1:00.15 1:32.55 2:05.25				
	(28.45)	(31.70) (32.40) (32.70)				
2:06.76Y	P # 43A	Female 13-14 200 Free	LY-VA	19	---	1.75
	29.14	1:01.18 1:33.91 2:06.76				
	(29.14)	(32.04) (32.73) (32.85)				
1:15.90Y	F # 45A	Female 13-14 100 Breast	LY-VA	17	2	-0.41
	35.48	1:15.90				
	(35.48)	(40.42)				
1:16.10Y	P # 45A	Female 13-14 100 Breast	LY-VA	19	---	-0.21
	35.56	1:16.10				
	(35.56)	(40.54)				
5:02.88Y	F # 53A	Female 13-14 400 IM	LY-VA	8	13	-6.26
	32.10	1:09.83 1:50.42 2:29.46 3:12.79 3:55.90 4:29.86 5:02.88				
	(32.10)	(37.73) (40.59) (39.04) (43.33) (43.11) (33.96) (33.02)				
5:06.17Y	P # 53A	Female 13-14 400 IM	LY-VA	10	---	-2.97
	32.34	1:10.41 1:50.92 2:30.11 3:14.58 3:58.75 4:33.10 5:06.17				
	(32.34)	(38.07) (40.51) (39.19) (44.47) (44.17) (34.35) (33.07)				
58.45Y	F # 79A	Female 13-14 100 Free	LY-VA	17	2	-0.16
	27.88	58.45				
	(27.88)	(30.57)				
58.65Y	P # 79A	Female 13-14 100 Free	LY-VA	25	---	0.04
	28.01	58.65				
	(28.01)	(30.64)				
2:24.20Y	F # 81A	Female 13-14 200 IM	LY-VA	13	6	-4.24
	30.96	1:08.39 1:51.46 2:24.20				
	(30.96)	(37.43) (43.07) (32.74)				

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Time	F/P/S	Event	Place	Points	Improv	
Shirley Barger (14) F						
2:25.65Y	P # 81A	Female 13-14 200 IM	LY-VA	19	---	-2.79
	31.75	1:09.97 1:52.57 2:25.65				
	(31.75)	(38.22) (42.60) (33.08)				
Jackson Barksdale (13) M						
2:16.85Y	P # 44A	Male 13-14 200 Free	LY-VA	51	---	4.61
	30.34	1:05.17 1:41.07 2:16.85				
	(30.34)	(34.83) (35.90) (35.78)				
1:00.93Y	P # 80A	Male 13-14 100 Free	LY-VA	53	---	2.86
	28.73	1:00.93				
	(28.73)	(32.20)				
2:36.50Y	P # 82A	Male 13-14 200 IM	LY-VA	38	---	4.30
	33.09	1:12.54 2:01.79 2:36.50				
	(33.09)	(39.45) (49.25) (34.71)				
Cole Campbell (16) M						
1:04.92Y	P # 46B	Male 15 & Over 100 Breast	LY-VA	24	---	3.27
	29.43	1:04.92				
	(29.43)	(35.49)				
51.95Y	P # 80B	Male 15 & Over 100 Free	LY-VA	40	---	3.29
	24.22	51.95				
	(24.22)	(27.73)				
Isaac Cook (14) M						
NS	P # 10A	Male 13-14 50 Free	LY-VA	---	---	---
NS	P # 46A	Male 13-14 100 Breast	LY-VA	---	---	---
Mason Cooper (18) M						
27.36Y	F # 42	200 Medley Relay Lead Off	LY-VA	---	---	-1.27
2:06.53Y	P # 44B	Male 15 & Over 200 Free	LY-VA	81	---	3.60
	27.81	1:00.10 1:34.12 2:06.53				
	(27.81)	(32.29) (34.02) (32.41)				
1:13.27Y	P # 46B	Male 15 & Over 100 Breast	LY-VA	59	---	2.16
	34.32	1:13.27				
	(34.32)	(38.95)				
1:00.16Y	P # 48B	Male 15 & Over 100 Fly	LY-VA	52	---	2.29
	27.74	1:00.16				
	(27.74)	(32.42)				

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Time	F/P/S	Event	Place	Points	Improv	
Benjamin Costa (14) M						
24.99Y	P # 10A	Male 13-14 50 Free	LY-VA	19	---	0.63
2:12.35Y	F # 12A	Male 13-14 200 Fly	LY-VA	6	15	2.10
	29.10	1:02.91 1:37.54 2:12.35				
	(29.10)	(33.81) (34.63) (34.81)				
2:13.30Y	P # 12A	Male 13-14 200 Fly	LY-VA	7	---	3.05
	29.14	1:02.42 1:38.20 2:13.30				
	(29.14)	(33.28) (35.78) (35.10)				
58.74Y	F # 14A	Male 13-14 100 Back	LY-VA	5	16	0.59
	28.64	58.74				
	(28.64)	(30.10)				
1:00.18Y	P # 14A	Male 13-14 100 Back	LY-VA	7	---	2.03
	29.30	1:00.18				
	(29.30)	(30.88)				
27.65Y	F # 40	200 Medley Relay Lead Off	LY-VA	---	---	0.19
1:57.18Y	F # 44A	Male 13-14 200 Free	LY-VA	13	6	0.66
	26.72	56.77 1:27.25 1:57.18				
	(26.72)	(30.05) (30.48) (29.93)				
1:58.77Y	P # 44A	Male 13-14 200 Free	LY-VA	16	---	2.25
	26.92	57.49 1:28.53 1:58.77				
	(26.92)	(30.57) (31.04) (30.24)				
56.87Y	F # 48A	Male 13-14 100 Fly	LY-VA	3	18	-0.95
	26.31	56.87				
	(26.31)	(30.56)				
58.53Y	P # 48A	Male 13-14 100 Fly	LY-VA	6	---	0.71
	26.88	58.53				
	(26.88)	(31.65)				
NS	P # 78A	Male 13-14 200 Back	LY-VA	---	---	---
NS	P # 80A	Male 13-14 100 Free	LY-VA	---	---	---
NS	P # 82A	Male 13-14 200 IM	LY-VA	---	---	---
Anderson Cox (9) M						
47.04Y	F # 28	Male 10 & Under 50 Breast	LY-VA	19	---	-0.14
1:24.16Y	F # 32	Male 10 & Under 100 Free	LY-VA	32	---	-0.28
	39.15	1:24.16				
	(39.15)	(45.01)				
1:41.45Y	F # 70	Male 10 & Under 100 Breast	LY-VA	16	3	-5.82
	47.36	1:41.45				
	(47.36)	(54.09)				
Clayton Cox (12) M						
1:06.47Y	F # 30	Male 11-12 100 Free	LY-VA	30	---	-2.29
	33.07	1:06.47				
	(33.07)	(33.40)				
29.87Y	F # 76	200 Free Relay Lead Off	LY-VA	---	---	0.13
29.60Y	F # 98	Male 11-12 50 Free	LY-VA	27	---	-0.14
36.68Y	F # 104	Male 11-12 50 Fly	LY-VA	44	---	-0.24

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Avery Duff (14) F						
29.53Y	P # 9A	Female 13-14 50 Free	LY-VA	90	---	1.07
1:22.44Y	P # 13A	Female 13-14 100 Back	LY-VA	87	---	3.96
	38.80	1:22.44				
	(38.80)	(43.64)				
2:24.96Y	P # 43A	Female 13-14 200 Free	LY-VA	64	---	2.14
	32.28	1:09.14 1:47.59 2:24.96				
	(32.28)	(36.86) (38.45) (37.37)				
1:04.00Y	P # 79A	Female 13-14 100 Free	LY-VA	72	---	1.35
	30.51	1:04.00				
	(30.51)	(33.49)				
Ruby Duis (17) F						
25.50Y	F # 7	200 Free Relay Lead Off	LY-VA	---	---	0.61
25.14Y	P # 9B	Female 15 & Over 50 Free	LY-VA	6	---	0.25
57.65Y	P # 79B	Female 15 & Over 100 Free	LY-VA	42	---	1.69
	27.21	57.65				
	(27.21)	(30.44)				
Tyler Eakkhattiyakorn (13) M						
2:40.82Y	P # 16A	Male 13-14 200 Breast	LY-VA	23	---	4.85
	36.36	1:16.45 1:58.66 2:40.82				
	(36.36)	(40.09) (42.21) (42.16)				
1:12.32Y	P # 46A	Male 13-14 100 Breast	LY-VA	21	---	0.80
	34.04	1:12.32				
	(34.04)	(38.28)				
1:03.16Y	P # 80A	Male 13-14 100 Free	LY-VA	57	---	0.99
	30.38	1:03.16				
	(30.38)	(32.78)				
2:27.95Y	F # 82A	Male 13-14 200 IM	LY-VA	17	2	-5.02
	34.01	1:14.58 1:53.38 2:27.95				
	(34.01)	(40.57) (38.80) (34.57)				
2:29.93Y	P # 82A	Male 13-14 200 IM	LY-VA	35	---	-3.04
	35.13	1:15.03 1:55.90 2:29.93				
	(35.13)	(39.90) (40.87) (34.03)				

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Josh Edwards (16) M						
23.77Y	P # 10B	Male 15 & Over 50 Free	LY-VA	41	---	0.18
1:01.84Y	P # 14B	Male 15 & Over 100 Back	LY-VA	41	---	0.72
	30.00	1:01.84				
	(30.00)	(31.84)				
2:34.02Y	P # 16B	Male 15 & Over 200 Breast	LY-VA	29	---	-1.69
	33.82	1:12.48 1:53.05 2:34.02				
	(33.82)	(38.66) (40.57) (40.97)				
1:57.29Y	P # 44B	Male 15 & Over 200 Free	LY-VA	56	---	-0.60
	27.07	56.61 1:27.03 1:57.29				
	(27.07)	(29.54) (30.42) (30.26)				
1:06.54Y	P # 46B	Male 15 & Over 100 Breast	LY-VA	32	---	0.60
	31.06	1:06.54				
	(31.06)	(35.48)				
1:00.40Y	P # 48B	Male 15 & Over 100 Fly	LY-VA	53	---	1.21
	27.91	1:00.40				
	(27.91)	(32.49)				
52.35Y	P # 80B	Male 15 & Over 100 Free	LY-VA	48	---	-0.46
	25.15	52.35				
	(25.15)	(27.20)				
23.43Y	T # 81	Mixed Open 50 Free	LY-VA	3	---	-0.16
2:14.08Y	P # 82B	Male 15 & Over 200 IM	LY-VA	36	---	-2.47
	27.63	1:04.37 1:43.65 2:14.08				
	(27.63)	(36.74) (39.28) (30.43)				

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Time	F/P/S	Event	Place	Points	Improv
Sam Edwards (14) M					
10:50.68Y	F # 2A	Male 14 & Under 1000 Free	LY-VA 6	15	0.80
	28.33	59.90 1:32.18 2:04.54	2:36.66 3:09.43 3:42.11 4:14.80		
	(28.33)	(31.57) (32.28) (32.36)	(32.12) (32.77) (32.68) (32.69)		
	4:47.48	5:20.12 5:53.40 6:26.40	6:59.50 7:32.75 8:06.16 8:39.61		
	(32.68)	(32.64) (33.28) (33.00)	(33.10) (33.25) (33.41) (33.45)		
	9:13.46	9:46.59 10:19.80 10:50.68			
	(33.85)	(33.13) (33.21) (30.88)			
25.49Y	F # 6	200 Free Relay Lead Off	LY-VA ---	---	-0.16
25.68Y	P # 10A	Male 13-14 50 Free	LY-VA 36	---	0.03
1:00.54Y	P # 14A	Male 13-14 100 Back	LY-VA 8	---	0.05
	29.60	1:00.54			
	(29.60)	(30.94)			
1:01.01Y	F # 14A	Male 13-14 100 Back	LY-VA 8	13	0.52
	29.54	1:01.01			
	(29.54)	(31.47)			
5:15.71Y	F # 18A	Male 13-14 500 Free	LY-VA 10	10	-2.49
	27.48	58.66 1:30.51 2:02.69	2:35.09 3:07.16 3:39.59 4:12.16		
	(27.48)	(31.18) (31.85) (32.18)	(32.40) (32.07) (32.43) (32.57)		
	4:44.45	5:15.71			
	(32.29)	(31.26)			
5:23.65Y	P # 18A	Male 13-14 500 Free	LY-VA 11	---	5.45
	28.45	1:00.49 1:33.27 2:06.37	2:39.45 3:12.60 3:45.80 4:18.78		
	(28.45)	(32.04) (32.78) (33.10)	(33.08) (33.15) (33.20) (32.98)		
	4:52.18	5:23.65			
	(33.40)	(31.47)			
28.20Y	F # 40	200 Medley Relay Lead Off	LY-VA ---	---	-0.21
2:03.42Y	P # 44A	Male 13-14 200 Free	LY-VA 27	---	6.19
	27.72	59.22 1:31.46 2:03.42			
	(27.72)	(31.50) (32.24) (31.96)			
4:36.75Y	F # 54A	Male 13-14 400 IM	LY-VA 3	18	-8.27
	28.70	1:02.70 1:36.67 2:11.03	2:51.80 3:33.64 4:05.64 4:36.75		
	(28.70)	(34.00) (33.97) (34.36)	(40.77) (41.84) (32.00) (31.11)		
4:41.89Y	P # 54A	Male 13-14 400 IM	LY-VA 3	---	-3.13
	30.44	1:05.14 1:41.09 2:16.12	2:56.26 3:37.74 4:10.85 4:41.89		
	(30.44)	(34.70) (35.95) (35.03)	(40.14) (41.48) (33.11) (31.04)		
2:07.28Y	P # 78A	Male 13-14 200 Back	LY-VA 4	---	0.31
	29.65	1:01.69 1:34.76 2:07.28			
	(29.65)	(32.04) (33.07) (32.52)			
2:08.50Y	F # 78A	Male 13-14 200 Back	LY-VA 5	16	1.53
	29.38	1:01.70 1:35.49 2:08.50			
	(29.38)	(32.32) (33.79) (33.01)			
1:00.55Y	T # 83	Female 13-14 100 Fly	LY-VA 1	---	-0.25
	27.71	1:00.55			
	(27.71)	(32.84)			

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Sam Edwards (14) M					
59.50Y	F # 84	400 Medley Relay Lead Off	LY-VA	---	-0.99
	28.73				
	(28.73)				
17:48.46Y	F # 88A	Male 13-14 1650 Free	LY-VA	1	22
	28.58	1:00.61 1:32.89 2:05.23 2:37.87 3:10.71 3:43.57 4:16.43			-8.35
	(28.58)	(32.03) (32.28) (32.34) (32.64) (32.84) (32.86) (32.86)			
	4:49.19	5:21.98 5:55.07 6:27.81 7:00.61 7:33.18 8:05.79 8:38.44			
	(32.76)	(32.79) (33.09) (32.74) (32.80) (32.57) (32.61) (32.65)			
	9:11.00	9:43.44 10:16.30 10:49.02 11:21.60 11:54.02 12:26.60 12:59.09			
	(32.56)	(32.44) (32.86) (32.72) (32.58) (32.42) (32.58) (32.49)			
	13:31.62	14:04.34 14:36.93 15:09.63 15:42.20 16:14.78 16:46.54 17:18.18			
	(32.53)	(32.72) (32.59) (32.70) (32.57) (32.58) (31.76) (31.64)			
	17:48.46				
	(30.28)				
Evan Fong (16) M					
24.28Y	F # 8	200 Free Relay Lead Off	LY-VA	---	-0.20
24.50Y	P # 10B	Male 15 & Over 50 Free	LY-VA	61	0.02
59.18Y	P # 14B	Male 15 & Over 100 Back	LY-VA	30	0.64
	28.26	59.18			
	(28.26)	(30.92)			
2:30.65Y	P # 16B	Male 15 & Over 200 Breast	LY-VA	24	4.76
	32.72	1:10.66 1:50.34 2:30.65			
	(32.72)	(37.94) (39.68) (40.31)			
2:00.07Y	P # 44B	Male 15 & Over 200 Free	LY-VA	65	3.22
	26.57	56.87 1:28.53 2:00.07			
	(26.57)	(30.30) (31.66) (31.54)			
1:07.53Y	P # 46B	Male 15 & Over 100 Breast	LY-VA	35	1.01
	31.49	1:07.53			
	(31.49)	(36.04)			
59.38Y	P # 48B	Male 15 & Over 100 Fly	LY-VA	47	0.36
	27.65	59.38			
	(27.65)	(31.73)			
54.05Y	P # 80B	Male 15 & Over 100 Free	LY-VA	72	-0.84
	25.86	54.05			
	(25.86)	(28.19)			
2:14.80Y	P # 82B	Male 15 & Over 200 IM	LY-VA	39	2.12
	28.00	1:01.87 1:42.52 2:14.80			
	(28.00)	(33.87) (40.65) (32.28)			
59.37Y	F # 86	400 Medley Relay Lead Off	LY-VA	---	0.83
	28.76				
	(28.76)				

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Jocelyn French (14) F						
3:02.07Y	P # 15A	Female 13-14 200 Breast	LY-VA	32	---	-7.69
	39.26	1:25.79 2:11.81 3:02.07				
	(39.26)	(46.53) (46.02) (50.26)				
1:22.02Y	P # 45A	Female 13-14 100 Breast	LY-VA	48	---	-0.09
	38.18	1:22.02				
	(38.18)	(43.84)				
1:06.36Y	F # 49	400 Free Relay Lead Off	LY-VA	---	---	-2.52
	31.54					
	(31.54)					
1:07.58Y	P # 79A	Female 13-14 100 Free	LY-VA	92	---	-1.30
	32.29	1:07.58				
	(32.29)	(35.29)				
Camille Greenlaw (12) F						
6:35.00Y	F # 3B	Female 11-12 500 Free	LY-VA	16	3	-2.21
	35.00	1:14.42 1:54.07 2:34.14 3:13.93 3:54.81 4:35.59 5:15.53				
	(35.00)	(39.42) (39.65) (40.07) (39.79) (40.88) (40.78) (39.94)				
	5:56.35	6:35.00				
	(40.82)	(38.65)				
1:07.34Y	F # 29	Female 11-12 100 Free	LY-VA	41	---	0.91
	32.38	1:07.34				
	(32.38)	(34.96)				
1:18.31Y	F # 33	Female 11-12 100 Back	LY-VA	30	---	1.22
	38.25	1:18.31				
	(38.25)	(40.06)				
35.69Y	F # 55	Female 11-12 50 Back	LY-VA	38	---	-0.07
2:25.75Y	F # 71	Female 11-12 200 Free	LY-VA	27	---	-1.70
	32.82	1:09.81 1:48.37 2:25.75				
	(32.82)	(36.99) (38.56) (37.38)				
1:18.75Y	F # 89	Female 11-12 100 IM	LY-VA	32	---	-1.04
	36.72	1:18.75				
	(36.72)	(42.03)				
2:48.70Y	F # 93	Female 11-12 200 Back	LY-VA	9	12	-1.36
	39.87	1:22.19 2:05.73 2:48.70				
	(39.87)	(42.32) (43.54) (42.97)				
30.72Y	F # 97	Female 11-12 50 Free	LY-VA	50	---	0.81

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Chandler Henry (16) M						
11:03.14Y	F # 2B	Male 15 & Over 1000 Free	LY-VA	6	15	-12.05
	29.43	1:02.30 1:36.00 2:09.41	2:43.10 3:16.10 3:49.63	4:23.42		
	(29.43)	(32.87) (33.70) (33.41)	(33.69) (33.00) (33.53)	(33.79)		
	4:57.19	5:31.54 6:05.11 6:38.55	7:12.27 7:46.42 8:20.34	8:53.14		
	(33.77)	(34.35) (33.57) (33.44)	(33.72) (34.15) (33.92)	(32.80)		
	9:26.33	9:59.59 10:32.05 11:03.14				
	(33.19)	(33.26) (32.46) (31.09)				
24.21Y	P # 10B	Male 15 & Over 50 Free	LY-VA	52	---	-0.14
2:19.92Y	F # 16B	Male 15 & Over 200 Breast	LY-VA	12	7	-2.59
	31.45	1:06.55 1:43.03 2:19.92				
	(31.45)	(35.10) (36.48) (36.89)				
2:25.23Y	P # 16B	Male 15 & Over 200 Breast	LY-VA	17	---	2.72
	32.84	1:09.00 1:47.00 2:25.23				
	(32.84)	(36.16) (38.00) (38.23)				
1:58.36Y	P # 44B	Male 15 & Over 200 Free	LY-VA	61	---	-0.42
	27.18	56.92 1:27.73 1:58.36				
	(27.18)	(29.74) (30.81) (30.63)				
1:06.54Y	P # 46B	Male 15 & Over 100 Breast	LY-VA	32	---	1.35
	31.02	1:06.54				
	(31.02)	(35.52)				
4:39.55Y	F # 54B	Male 15 & Over 400 IM	LY-VA	11	8	2.80
	28.06	1:01.90 1:40.58 2:18.22	2:56.55 3:34.81 4:08.36	4:39.55		
	(28.06)	(33.84) (38.68) (37.64)	(38.33) (38.26) (33.55)	(31.19)		
4:41.03Y	P # 54B	Male 15 & Over 400 IM	LY-VA	12	---	4.28
	29.13	1:04.17 1:42.60 2:19.41	2:58.67 3:36.27 4:09.31	4:41.03		
	(29.13)	(35.04) (38.43) (36.81)	(39.26) (37.60) (33.04)	(31.72)		
54.32Y	P # 80B	Male 15 & Over 100 Free	LY-VA	78	---	0.52
	25.83	54.32				
	(25.83)	(28.49)				
2:10.57Y	P # 82B	Male 15 & Over 200 IM	LY-VA	24	---	-1.10
	27.64	1:02.74 1:39.06 2:10.57				
	(27.64)	(35.10) (36.32) (31.51)				
1:07.43Y	T # 85	Female Open 100 Breast	LY-VA	1	---	2.24
	31.43	1:07.43				
	(31.43)	(36.00)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Sydney Hill (14) F						
27.52Y	P # 9A	Female 13-14 50 Free	LY-VA	43	---	-0.03
1:10.05Y	P # 13A	Female 13-14 100 Back	LY-VA	41	---	2.01
	34.30	1:10.05				
	(34.30)	(35.75)				
2:16.23Y	P # 43A	Female 13-14 200 Free	LY-VA	44	---	-2.98
	31.75	1:06.70 1:42.37 2:16.23				
	(31.75)	(34.95) (35.67) (33.86)				
1:21.08Y	P # 47A	Female 13-14 100 Fly	LY-VA	57	---	3.14
	36.46	1:21.08				
	(36.46)	(44.62)				
57.47Y	F # 49	400 Free Relay Lead Off	LY-VA	---	---	-2.36
	27.53					
	(27.53)					
2:32.33Y	P # 77A	Female 13-14 200 Back	LY-VA	33	---	3.56
	36.67	1:14.79 1:54.28 2:32.33				
	(36.67)	(38.12) (39.49) (38.05)				
1:00.41Y	P # 79A	Female 13-14 100 Free	LY-VA	44	---	0.58
	29.39	1:00.41				
	(29.39)	(31.02)				
Ann-Margaret Holt (15) F						
2:10.78Y	F # 11B	Female 15 & Over 200 Fly	LY-VA	2	19	-4.59
	29.06	1:01.86 1:36.12 2:10.78				
	(29.06)	(32.80) (34.26) (34.66)				
2:10.96Y	P # 11B	Female 15 & Over 200 Fly	LY-VA	2	---	-4.41
	29.50	1:02.82 1:36.85 2:10.96				
	(29.50)	(33.32) (34.03) (34.11)				
59.53Y	F # 13B	Female 15 & Over 100 Back	LY-VA	3	18	-1.95
	29.04	59.53				
	(29.04)	(30.49)				
1:00.00Y	P # 13B	Female 15 & Over 100 Back	LY-VA	5	---	-1.48
	29.38	1:00.00				
	(29.38)	(30.62)				
58.77Y	T # 65	Female 10 & Under 100 Back	LY-VA	1	---	-2.71
	28.66	58.77				
	(28.66)	(30.11)				

Lynchburg YMCA Swim Team
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2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
Davis Hottle (17) M						
25.93Y	F # 42	200 Medley Relay Lead Off	LY-VA	---	---	0.37
1:46.32Y	F # 44B	Male 15 & Over 200 Free	LY-VA	3	18	0.91
	24.44	51.80 1:19.29 1:46.32				
	(24.44)	(27.36) (27.49) (27.03)				
1:46.48Y	P # 44B	Male 15 & Over 200 Free	LY-VA	9	---	1.07
	24.13	50.82 1:18.76 1:46.48				
	(24.13)	(26.69) (27.94) (27.72)				
49.19Y	P # 80B	Male 15 & Over 100 Free	LY-VA	9	---	0.96
	23.44	49.19				
	(23.44)	(25.75)				
49.47Y	F # 80B	Male 15 & Over 100 Free	LY-VA	8	13	1.24
	23.54	49.47				
	(23.54)	(25.93)				
53.93Y	T # 82	Mixed Open 100 Back	LY-VA	1	---	0.18
	26.09	53.93				
	(26.09)	(27.84)				
Luke Hottle (16) M						
1:56.29Y	F # 78B	Male 15 & Over 200 Back	LY-VA	3	18	-4.82
	27.65	57.51 1:27.57 1:56.29				
	(27.65)	(29.86) (30.06) (28.72)				
1:58.70Y	P # 78B	Male 15 & Over 200 Back	LY-VA	4	---	-2.41
	28.32	58.43 1:29.20 1:58.70				
	(28.32)	(30.11) (30.77) (29.50)				
1:55.48Y	F # 82B	Male 15 & Over 200 IM	LY-VA	1	22	1.60
	25.04	56.01 1:28.57 1:55.48				
	(25.04)	(30.97) (32.56) (26.91)				
1:56.79Y	P # 82B	Male 15 & Over 200 IM	LY-VA	1	---	2.91
	25.70	56.06 1:29.62 1:56.79				
	(25.70)	(30.36) (33.56) (27.17)				

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2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv
Noah Kasper (17) M					
10:57.31Y	F # 2B	Male 15 & Over 1000 Free	LY-VA 5	16	11.66
	29.12	1:01.68 1:34.42 2:06.97 2:39.70 3:12.76 3:45.75 4:19.22			
	(29.12)	(32.56) (32.74) (32.55) (32.73) (33.06) (32.99) (33.47)			
	4:52.87	5:25.96 5:59.43 6:32.81 7:06.58 7:40.25 8:13.28 8:46.57			
	(33.65)	(33.09) (33.47) (33.38) (33.77) (33.67) (33.03) (33.29)			
	9:19.67	9:53.08 10:25.82 10:57.31			
	(33.10)	(33.41) (32.74) (31.49)			
24.14Y	P # 10B	Male 15 & Over 50 Free	LY-VA 50	---	0.27
1:01.09Y	P # 14B	Male 15 & Over 100 Back	LY-VA 37	---	0.48
	29.60	1:01.09			
	(29.60)	(31.49)			
5:17.92Y	P # 18B	Male 15 & Over 500 Free	LY-VA 21	---	4.06
	28.24	59.51 1:31.48 2:03.73 2:36.24 3:08.95 3:41.63 4:14.37			
	(28.24)	(31.27) (31.97) (32.25) (32.51) (32.71) (32.68) (32.74)			
	4:46.62	5:17.92			
	(32.25)	(31.30)			
1:53.69Y	P # 44B	Male 15 & Over 200 Free	LY-VA 37	---	0.95
	25.87	54.77 1:24.50 1:53.69			
	(25.87)	(28.90) (29.73) (29.19)			
58.05Y	P # 48B	Male 15 & Over 100 Fly	LY-VA 34	---	0.83
	26.84	58.05			
	(26.84)	(31.21)			
50.62Y	P # 80B	Male 15 & Over 100 Free	LY-VA 23	---	-0.29
	24.68	50.62			
	(24.68)	(25.94)			
2:12.33Y	P # 82B	Male 15 & Over 200 IM	LY-VA 29	---	-1.43
	27.19	1:03.27 1:42.65 2:12.33			
	(27.19)	(36.08) (39.38) (29.68)			
50.13Y	T # 84	Male 13-14 100 Free	LY-VA 1	---	-0.78
	24.04	50.13			
	(24.04)	(26.09)			

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Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
Kathleen King (14) F						
27.32Y	F # 5	200 Free Relay Lead Off	LY-VA	---	---	1.17
26.86Y	P # 9A	Female 13-14 50 Free	LY-VA	29	---	0.71
1:00.82Y	F # 13A	Female 13-14 100 Back	LY-VA	10	10	-1.37
	29.15	1:00.82				
	(29.15)	(31.67)				
1:05.24Y	P # 13A	Female 13-14 100 Back	LY-VA	16	---	3.05
	31.35	1:05.24				
	(31.35)	(33.89)				
29.73Y	F # 39	200 Medley Relay Lead Off	LY-VA	---	---	0.78
1:00.37Y	T # 41	Female Open 100 Back	LY-VA	1	---	-1.82
	28.78	1:00.37				
	(28.78)	(31.59)				
2:10.43Y	P # 43A	Female 13-14 200 Free	LY-VA	31	---	5.05
	29.78	1:03.28 1:37.12 2:10.43				
	(29.78)	(33.50) (33.84) (33.31)				
1:04.10Y	F # 47A	Female 13-14 100 Fly	LY-VA	16	3	-1.63
	29.52	1:04.10				
	(29.52)	(34.58)				
1:05.12Y	P # 47A	Female 13-14 100 Fly	LY-VA	19	---	-0.61
	30.07	1:05.12				
	(30.07)	(35.05)				
2:17.99Y	F # 77A	Female 13-14 200 Back	LY-VA	9	12	0.63
	31.74	1:06.88 1:42.95 2:17.99				
	(31.74)	(35.14) (36.07) (35.04)				
2:20.93Y	P # 77A	Female 13-14 200 Back	LY-VA	12	---	3.57
	32.56	1:08.18 1:44.86 2:20.93				
	(32.56)	(35.62) (36.68) (36.07)				
1:00.19Y	P # 79A	Female 13-14 100 Free	LY-VA	41	---	2.74
	28.86	1:00.19				
	(28.86)	(31.33)				
1:05.99Y	F # 83	400 Medley Relay Lead Off	LY-VA	---	---	3.80
	31.28					
	(31.28)					

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Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Colt Kirby (13) M						
26.83Y	P # 10A	Male 13-14 50 Free	LY-VA	53	---	-0.44
1:08.92Y	P # 14A	Male 13-14 100 Back	LY-VA	42	---	-0.28
	33.85	1:08.92				
	(33.85)	(35.07)				
1:16.43Y	P # 46A	Male 13-14 100 Breast	LY-VA	37	---	-3.06
	36.55	1:16.43				
	(36.55)	(39.88)				
1:06.29Y	P # 48A	Male 13-14 100 Fly	LY-VA	41	---	-4.13
	31.22	1:06.29				
	(31.22)	(35.07)				
58.48Y	P # 80A	Male 13-14 100 Free	LY-VA	39	---	-0.41
	28.12	58.48				
	(28.12)	(30.36)				
2:24.28Y	F # 82A	Male 13-14 200 IM	LY-VA	15	4	-4.38
	30.52	1:07.74 1:51.30 2:24.28				
	(30.52)	(37.22) (43.56) (32.98)				
2:27.95Y	P # 82A	Male 13-14 200 IM	LY-VA	33	---	-0.71
	32.79	1:09.81 1:54.59 2:27.95				
	(32.79)	(37.02) (44.78) (33.36)				
Amelia Kobek (10) F						
1:33.67Y	F # 65	Female 10 & Under 100 Fly	LY-VA	10	10	-10.00
	39.99	1:33.67				
	(39.99)	(53.68)				
1:32.05Y	F # 91	Female 10 & Under 100 IM	LY-VA	35	---	-1.22
	40.91	1:32.05				
	(40.91)	(51.14)				
38.83Y	F # 101	Female 10 & Under 50 Fly	LY-VA	14	5	-1.36
Jacob Kovarik (15) M						
25.09Y	P # 10B	Male 15 & Over 50 Free	LY-VA	76	---	0.36
2:49.49Y	P # 16B	Male 15 & Over 200 Breast	LY-VA	36	---	9.50
	36.29	1:18.81 2:04.17 2:49.49				
	(36.29)	(42.52) (45.36) (45.32)				
1:10.38Y	P # 46B	Male 15 & Over 100 Breast	LY-VA	48	---	-3.21
	32.50	1:10.38				
	(32.50)	(37.88)				
54.47Y	P # 80B	Male 15 & Over 100 Free	LY-VA	79	---	0.31
	25.80	54.47				
	(25.80)	(28.67)				

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2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Katherine Kovarik (17) F						
25.75Y	P # 9B	Female 15 & Over 50 Free	LY-VA	20	---	0.01
26.36Y	F # 9B	Female 15 & Over 50 Free	LY-VA	18	1	0.62
1:02.85Y	P # 13B	Female 15 & Over 100 Back	LY-VA	20	---	-2.33
	30.30	1:02.85				
	(30.30)	(32.55)				
5:30.11Y	P # 17B	Female 15 & Over 500 Free	LY-VA	13	---	-2.57
	29.73	1:02.45 1:35.88 2:09.32	2:42.74 3:15.79 3:49.93	4:24.15		
	(29.73)	(32.72) (33.43) (33.44)	(33.42) (33.05) (34.14)	(34.22)		
	4:57.31	5:30.11				
	(33.16)	(32.80)				
5:42.22Y	F # 17B	Female 15 & Over 500 Free	LY-VA	18	1	9.54
	30.62	1:04.67 1:39.43 2:14.85	2:49.40 3:24.49 3:59.43	4:34.10		
	(30.62)	(34.05) (34.76) (35.42)	(34.55) (35.09) (34.94)	(34.67)		
	5:08.56	5:42.22				
	(34.46)	(33.66)				
2:01.93Y	P # 43B	Female 15 & Over 200 Free	LY-VA	20	---	-2.00
	28.22	59.27 1:30.85 2:01.93				
	(28.22)	(31.05) (31.58) (31.08)				
2:06.99Y	F # 43B	Female 15 & Over 200 Free	LY-VA	18	1	3.06
	28.55	1:00.55 1:33.66 2:06.99				
	(28.55)	(32.00) (33.11) (33.33)				
1:13.39Y	P # 45B	Female 15 & Over 100 Breast	LY-VA	26	---	-8.29
	34.49	1:13.39				
	(34.49)	(38.90)				
56.93Y	F # 51	400 Free Relay Lead Off	LY-VA	---	---	---
	27.26					
	(27.26)					
2:18.14Y	P # 77B	Female 15 & Over 200 Back	LY-VA	17	---	-4.09
	32.17	1:07.56 1:43.21 2:18.14				
	(32.17)	(35.39) (35.65) (34.93)				
2:21.18Y	F # 77B	Female 15 & Over 200 Back	LY-VA	15	4	-1.05
	31.44	1:06.56 1:43.86 2:21.18				
	(31.44)	(35.12) (37.30) (37.32)				
55.46Y	F # 79B	Female 15 & Over 100 Free	LY-VA	13	6	-1.47
	26.39	55.46				
	(26.39)	(29.07)				
55.78Y	P # 79B	Female 15 & Over 100 Free	LY-VA	13	---	-1.15
	27.28	55.78				
	(27.28)	(28.50)				

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Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv
Benjamin Leger (9) M					
6:48.95Y	F # 4A	Male 10 & Under 500 Free	LY-VA 8	13	-0.33
	35.48	1:17.33 1:59.75 2:42.04 3:24.14 4:06.11 4:48.38 5:29.69			
	(35.48)	(41.85) (42.42) (42.29) (42.10) (41.97) (42.27) (41.31)			
	6:11.11	6:48.95			
	(41.42)	(37.84)			
46.25Y	F # 28	Male 10 & Under 50 Breast	LY-VA 16	3	-0.82
1:12.77Y	F # 32	Male 10 & Under 100 Free	LY-VA 11	8	-0.85
	34.61	1:12.77			
	(34.61)	(38.16)			
39.98Y	F # 58	Male 10 & Under 50 Back	LY-VA 18	1	-2.18
3:00.13Y	F # 62	Male 10 & Under 200 IM	LY-VA 6	15	-5.36
	42.38	1:29.05 2:22.11 3:00.13			
	(42.38)	(46.67) (53.06) (38.02)			
1:29.34Y	F # 66	Male 10 & Under 100 Fly	LY-VA 11	8	-2.03
	41.75	1:29.34			
	(41.75)	(47.59)			
1:24.25Y	F # 92	Male 10 & Under 100 IM	LY-VA 10	10	-5.06
	39.97	1:24.25			
	(39.97)	(44.28)			
32.82Y	F # 96	Male 10 & Under 50 Free	LY-VA 15	4	-0.94
2:35.77Y	F # 106	Male 10 & Under 200 Free	LY-VA 6	15	0.35
	35.13	1:15.31 1:56.58 2:35.77			
	(35.13)	(40.18) (41.27) (39.19)			

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2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
Jacob Leger (15) M						
24.13Y	P # 10B	Male 15 & Over 50 Free	LY-VA	48	---	0.28
2:07.99Y	F # 12B	Male 15 & Over 200 Fly	LY-VA	8	13	-8.06
	27.97	1:01.03 1:34.38 2:07.99				
	(27.97)	(33.06) (33.35) (33.61)				
2:09.60Y	P # 12B	Male 15 & Over 200 Fly	LY-VA	9	---	-6.45
	29.08	1:02.96 1:36.72 2:09.60				
	(29.08)	(33.88) (33.76) (32.88)				
2:36.05Y	P # 16B	Male 15 & Over 200 Breast	LY-VA	31	---	-3.49
	35.19	1:15.72 1:56.88 2:36.05				
	(35.19)	(40.53) (41.16) (39.17)				
1:55.78Y	P # 44B	Male 15 & Over 200 Free	LY-VA	45	---	-2.49
	26.98	57.12 1:27.24 1:55.78				
	(26.98)	(30.14) (30.12) (28.54)				
1:12.95Y	P # 46B	Male 15 & Over 100 Breast	LY-VA	58	---	3.18
	34.62	1:12.95				
	(34.62)	(38.33)				
NS	P # 48B	Male 15 & Over 100 Fly	LY-VA	---	---	---
53.01Y	P # 80B	Male 15 & Over 100 Free	LY-VA	58	---	-0.46
	26.09	53.01				
	(26.09)	(26.92)				
23.51Y	T # 81	Mixed Open 50 Free	LY-VA	4	---	-0.34
2:18.60Y	P # 82B	Male 15 & Over 200 IM	LY-VA	53	---	8.07
	27.69	1:04.56 1:47.02 2:18.60				
	(27.69)	(36.87) (42.46) (31.58)				

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2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Noah Leger (12) M						
6:20.01Y	F # 4B	Male 11-12 500 Free	LY-VA	13	6	2.84
	33.22	1:11.93 1:50.97 2:30.48	3:09.54 3:48.61	4:27.69 5:05.99		
	(33.22)	(38.71) (39.04) (39.51)	(39.06) (39.07)	(39.08) (38.30)		
	5:44.22	6:20.01				
	(38.23)	(35.79)				
1:04.27Y	F # 30	Male 11-12 100 Free	LY-VA	22	---	-2.25
	31.14	1:04.27				
	(31.14)	(33.13)				
5:35.18Y	F # 38	Male 11-12 400 IM	LY-VA	6	15	-3.96
	37.25	1:24.05 2:07.13 2:49.65	3:35.48 4:22.07	4:58.80 5:35.18		
	(37.25)	(46.80) (43.08) (42.52)	(45.83) (46.59)	(36.73) (36.38)		
33.40Y	F # 56	Male 11-12 50 Back	LY-VA	20	---	-0.72
2:34.44Y	F # 60	Male 11-12 200 IM	LY-VA	11	8	-1.92
	36.67	1:16.37 2:01.64 2:34.44				
	(36.67)	(39.70) (45.27) (32.80)				
1:22.46Y	F # 68	Male 11-12 100 Breast	LY-VA	7	14	-5.09
	39.85	1:22.46				
	(39.85)	(42.61)				
1:14.15Y	F # 90	Male 11-12 100 IM	LY-VA	14	5	-1.92
	35.40	1:14.15				
	(35.40)	(38.75)				
29.90Y	F # 98	Male 11-12 50 Free	LY-VA	32	---	0.48
2:58.76Y	F # 100	Male 11-12 200 Breast	LY-VA	6	15	-6.83
	41.40	1:28.21 2:15.13 2:58.76				
	(41.40)	(46.81) (46.92) (43.63)				
Blythe Miller (16) F						
27.52Y	P # 9B	Female 15 & Over 50 Free	LY-VA	84	---	-0.06
2:53.44Y	P # 15B	Female 15 & Over 200 Breast	LY-VA	34	---	1.08
	38.77	1:21.38 2:07.18 2:53.44				
	(38.77)	(42.61) (45.80) (46.26)				
2:10.51Y	P # 43B	Female 15 & Over 200 Free	LY-VA	58	---	0.48
	29.95	1:02.61 1:36.71 2:10.51				
	(29.95)	(32.66) (34.10) (33.80)				
1:19.73Y	P # 45B	Female 15 & Over 100 Breast	LY-VA	55	---	4.17
	37.68	1:19.73				
	(37.68)	(42.05)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards
Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Anna Mills (17) F						
26.10Y	P # 9B	Female 15 & Over 50 Free	LY-VA	30	---	-0.13
1:01.03Y	P # 13B	Female 15 & Over 100 Back	LY-VA	10	---	0.40
	28.69	1:01.03				
	(28.69)	(32.34)				
1:01.33Y	F # 13B	Female 15 & Over 100 Back	LY-VA	12	7	0.70
	29.74	1:01.33				
	(29.74)	(31.59)				
5:23.78Y	F # 17B	Female 15 & Over 500 Free	LY-VA	10	10	3.32
	28.05	59.16 1:31.73 2:04.86	2:38.29 3:11.67 3:45.27 4:18.67			
	(28.05)	(31.11) (32.57) (33.13)	(33.43) (33.38) (33.60) (33.40)			
	4:51.74	5:23.78				
	(33.07)	(32.04)				
5:30.05Y	P # 17B	Female 15 & Over 500 Free	LY-VA	12	---	9.59
	29.22	1:02.65 1:35.97 2:09.65	2:43.38 3:17.20 3:50.99 4:24.75			
	(29.22)	(33.43) (33.32) (33.68)	(33.73) (33.82) (33.79) (33.76)			
	4:57.77	5:30.05				
	(33.02)	(32.28)				
29.08Y	F # 41	200 Medley Relay Lead Off	LY-VA	---	---	-1.78
1:01.10Y	T # 41	Female Open 100 Back	LY-VA	2	---	0.47
	29.31	1:01.10				
	(29.31)	(31.79)				
2:00.46Y	F # 43B	Female 15 & Over 200 Free	LY-VA	12	7	-1.88
	27.36	58.29 1:29.86 2:00.46				
	(27.36)	(30.93) (31.57) (30.60)				
2:00.98Y	P # 43B	Female 15 & Over 200 Free	LY-VA	15	---	-1.36
	27.78	58.91 1:30.54 2:00.98				
	(27.78)	(31.13) (31.63) (30.44)				
2:14.44Y	F # 77B	Female 15 & Over 200 Back	LY-VA	6	15	0.06
	30.64	1:04.75 1:39.61 2:14.44				
	(30.64)	(34.11) (34.86) (34.83)				
2:14.64Y	P # 77B	Female 15 & Over 200 Back	LY-VA	8	---	0.26
	31.31	1:05.94 1:41.03 2:14.64				
	(31.31)	(34.63) (35.09) (33.61)				
55.35Y	F # 79B	Female 15 & Over 100 Free	LY-VA	12	7	-1.00
	26.88	55.35				
	(26.88)	(28.47)				
56.19Y	P # 79B	Female 15 & Over 100 Free	LY-VA	16	---	-0.16
	27.16	56.19				
	(27.16)	(29.03)				
1:02.40Y	F # 85	400 Medley Relay Lead Off	LY-VA	---	---	1.77
	30.11					
	(30.11)					

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Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
Dabney Morrison (10) F						
38.91Y	F # 21	200 Medley Relay Lead Off	LY-VA	---	---	0.32
43.82Y	F # 27	Female 10 & Under 50 Breast	LY-VA	9	12	0.36
1:13.31Y	F # 31	Female 10 & Under 100 Free	LY-VA	10	10	-2.96
	34.64	1:13.31				
	(34.64)	(38.67)				
1:25.00Y	F # 35	Female 10 & Under 100 Back	LY-VA	12	7	3.43
	41.63	1:25.00				
	(41.63)	(43.37)				
39.60Y	F # 57	Female 10 & Under 50 Back	LY-VA	20	---	1.01
1:35.89Y	F # 69	Female 10 & Under 100 Breast	LY-VA	6	15	-5.86
	46.01	1:35.89				
	(46.01)	(49.88)				
34.28Y	F # 73	200 Free Relay Lead Off	LY-VA	---	---	0.75
1:20.15Y	F # 91	Female 10 & Under 100 IM	LY-VA	4	17	-0.68
	35.67	1:20.15				
	(35.67)	(44.48)				
35.28Y	F # 101	Female 10 & Under 50 Fly	LY-VA	4	17	0.87
2:41.85Y	F # 105	Female 10 & Under 200 Free	LY-VA	10	10	-7.76
	36.77	1:17.94 2:00.73 2:41.85				
	(36.77)	(41.17) (42.79) (41.12)				

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2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv
Luke Morrison (15) M					
24.29Y	F # 8	200 Free Relay Lead Off	LY-VA	---	0.09
24.65Y	P # 10B	Male 15 & Over 50 Free	LY-VA	64	0.45
2:09.13Y	F # 12B	Male 15 & Over 200 Fly	LY-VA	12	7
	28.76	1:01.90 1:35.54 2:09.13			-0.24
	(28.76)	(33.14) (33.64) (33.59)			
2:15.26Y	P # 12B	Male 15 & Over 200 Fly	LY-VA	13	---
	29.97	1:04.54 1:39.83 2:15.26			5.89
	(29.97)	(34.57) (35.29) (35.43)			
5:01.73Y	F # 18B	Male 15 & Over 500 Free	LY-VA	11	8
	27.32	57.23 1:27.84 1:58.45 2:29.02 2:59.92 3:30.58 4:01.25			0.99
	(27.32)	(29.91) (30.61) (30.61) (30.57) (30.90) (30.66) (30.67)			
	4:31.65	5:01.73			
	(30.40)	(30.08)			
5:06.00Y	P # 18B	Male 15 & Over 500 Free	LY-VA	11	---
	28.14	58.98 1:30.47 2:01.94 2:33.07 3:04.40 3:35.60 4:06.33			5.26
	(28.14)	(30.84) (31.49) (31.47) (31.13) (31.33) (31.20) (30.73)			
	4:36.58	5:06.00			
	(30.25)	(29.42)			
1:53.53Y	P # 44B	Male 15 & Over 200 Free	LY-VA	36	---
	26.48	55.33 1:24.63 1:53.53			1.35
	(26.48)	(28.85) (29.30) (28.90)			
59.66Y	P # 48B	Male 15 & Over 100 Fly	LY-VA	50	---
	27.30	59.66			2.68
	(27.30)	(32.36)			
52.17Y	P # 80B	Male 15 & Over 100 Free	LY-VA	42	---
	25.14	52.17			0.12
	(25.14)	(27.03)			
2:11.93Y	P # 82B	Male 15 & Over 200 IM	LY-VA	28	---
	28.06	1:01.67 1:41.77 2:11.93			-2.37
	(28.06)	(33.61) (40.10) (30.16)			

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Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Mac Morrison (12) M						
1:00.60Y	F # 30	Male 11-12 100 Free	LY-VA	12	7	1.10
	29.27	1:00.60				
	(29.27)	(31.33)				
1:13.53Y	F # 34	Male 11-12 100 Back	LY-VA	17	2	-1.53
	35.83	1:13.53				
	(35.83)	(37.70)				
32.38Y	F # 56	Male 11-12 50 Back	LY-VA	15	4	-0.17
2:35.09Y	F # 60	Male 11-12 200 IM	LY-VA	12	7	-4.19
	33.30	1:12.71 2:02.96 2:35.09				
	(33.30)	(39.41) (50.25) (32.13)				
1:08.84Y	F # 64	Male 11-12 100 Fly	LY-VA	11	8	1.81
	32.44	1:08.84				
	(32.44)	(36.40)				
1:11.60Y	F # 90	Male 11-12 100 IM	LY-VA	12	7	0.36
	32.15	1:11.60				
	(32.15)	(39.45)				
27.17Y	F # 98	Male 11-12 50 Free	LY-VA	13	6	0.24
30.09Y	F # 104	Male 11-12 50 Fly	LY-VA	13	6	0.83
Aidan Moss (13) M						
2:32.50Y	P # 12A	Male 13-14 200 Fly	LY-VA	10	---	2.69
	32.89	1:11.09 1:51.60 2:32.50				
	(32.89)	(38.20) (40.51) (40.90)				
1:04.90Y	P # 14A	Male 13-14 100 Back	LY-VA	25	---	-0.17
	31.56	1:04.90				
	(31.56)	(33.34)				
1:05.06Y	P # 48A	Male 13-14 100 Fly	LY-VA	32	---	-5.35
	29.78	1:05.06				
	(29.78)	(35.28)				
2:16.40Y	F # 78A	Male 13-14 200 Back	LY-VA	9	12	-5.65
	31.97	1:06.29 1:41.44 2:16.40				
	(31.97)	(34.32) (35.15) (34.96)				
2:16.56Y	P # 78A	Male 13-14 200 Back	LY-VA	16	---	-5.49
	32.01	1:06.75 1:41.86 2:16.56				
	(32.01)	(34.74) (35.11) (34.70)				

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Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv
William Moss (10) M					
39.96Y	F # 22	200 Medley Relay Lead Off	LY-VA	---	0.36
47.90Y	F # 28	Male 10 & Under 50 Breast	LY-VA	---	-0.07
1:26.18Y	F # 36	Male 10 & Under 100 Back	LY-VA	4	0.88
	42.33	1:26.18			
	(42.33)	(43.85)			
40.27Y	F # 58	Male 10 & Under 50 Back	LY-VA	---	0.67
3:17.02Y	F # 62	Male 10 & Under 200 IM	LY-VA	6	3.29
	44.63	1:31.72 2:32.40 3:17.02			
	(44.63)	(47.09) (1:00.68) (44.62)			
1:28.95Y	F # 92	Male 10 & Under 100 IM	LY-VA	---	-0.80
	41.24	1:28.95			
	(41.24)	(47.71)			
42.32Y	F # 102	Male 10 & Under 50 Fly	LY-VA	---	0.26
Broderick Nelson (15) M					
2:13.73Y	P # 16B	Male 15 & Over 200 Breast	LY-VA	---	0.08
	30.00	1:03.83 1:38.76 2:13.73			
	(30.00)	(33.83) (34.93) (34.97)			
2:14.12Y	F # 16B	Male 15 & Over 200 Breast	LY-VA	18	0.47
	30.05	1:04.71 1:39.34 2:14.12			
	(30.05)	(34.66) (34.63) (34.78)			
1:00.89Y	F # 46B	Male 15 & Over 100 Breast	LY-VA	16	-0.63
	28.37	1:00.89			
	(28.37)	(32.52)			
1:01.01Y	P # 46B	Male 15 & Over 100 Breast	LY-VA	---	-0.51
	28.52	1:01.01			
	(28.52)	(32.49)			
1:59.13Y	P # 82B	Male 15 & Over 200 IM	LY-VA	---	-0.32
	25.56	56.58 1:30.67 1:59.13			
	(25.56)	(31.02) (34.09) (28.46)			
2:00.17Y	F # 82B	Male 15 & Over 200 IM	LY-VA	18	0.72
	25.78	57.02 1:31.60 2:00.17			
	(25.78)	(31.24) (34.58) (28.57)			
17:38.08Y	F # 88B	Male 15 & Over 1650 Free	LY-VA	18	23.61
	28.61	1:00.81 1:32.77 2:05.39 2:37.39 3:09.81 3:42.38 4:15.27			
	(28.61)	(32.20) (31.96) (32.62) (32.00) (32.42) (32.57) (32.89)			
	4:47.84	5:20.55 5:52.80 6:25.75 6:58.19 7:30.29 8:02.63 8:34.50			
	(32.57)	(32.71) (32.25) (32.95) (32.44) (32.10) (32.34) (31.87)			
	9:06.55	9:38.62 10:10.63 10:42.45 11:13.98 11:46.57 12:18.68 12:50.29			
	(32.05)	(32.07) (32.01) (31.82) (31.53) (32.59) (32.11) (31.61)			
	13:22.83	13:54.81 14:26.68 14:59.07 15:31.63 16:03.58 16:35.45 17:07.27			
	(32.54)	(31.98) (31.87) (32.39) (32.56) (31.95) (31.87) (31.82)			
	17:38.08				
	(30.81)				

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Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Caroline Nelson (12) F						
2:24.26Y	F # 59	Female 11-12 200 IM	LY-VA	4	17	2.57
	31.04	1:07.53 1:49.78 2:24.26				
	(31.04)	(36.49) (42.25) (34.48)				
1:07.33Y	F # 63	Female 11-12 100 Fly	LY-VA	5	16	2.11
	31.86	1:07.33				
	(31.86)	(35.47)				
1:14.30Y	F # 67	Female 11-12 100 Breast	LY-VA	4	17	0.89
	35.67	1:14.30				
	(35.67)	(38.63)				
2:11.46Y	F # 71	Female 11-12 200 Free	LY-VA	5	16	4.64
	31.06	1:04.87 1:39.82 2:11.46				
	(31.06)	(33.81) (34.95) (31.64)				
Selah Parish (11) F						
6:04.49Y	F # 3B	Female 11-12 500 Free	LY-VA	6	15	-2.62
	31.74	1:09.88 1:48.44 2:25.16 3:02.15 3:38.62 4:16.67 4:54.02				
	(31.74)	(38.14) (38.56) (36.72) (36.99) (36.47) (38.05) (37.35)				
	5:31.19	6:04.49				
	(37.17)	(33.30)				
33.25Y	F # 19	200 Medley Relay Lead Off	LY-VA	---	---	1.95
37.79Y	F # 25	Female 11-12 50 Breast	LY-VA	18	1	0.33
1:02.80Y	F # 29	Female 11-12 100 Free	LY-VA	17	2	3.88
	29.08	1:02.80				
	(29.08)	(33.72)				
1:12.87Y	F # 33	Female 11-12 100 Back	LY-VA	13	6	3.07
	35.14	1:12.87				
	(35.14)	(37.73)				
5:32.25Y	F # 37	Female 11-12 400 IM	LY-VA	4	17	20.28
	35.05	1:19.47 2:02.42 2:43.54 3:29.41 4:16.01 4:55.16 5:32.25				
	(35.05)	(44.42) (42.95) (41.12) (45.87) (46.60) (39.15) (37.09)				
32.14Y	F # 55	Female 11-12 50 Back	LY-VA	9	12	0.84
1:09.46Y	F # 63	Female 11-12 100 Fly	LY-VA	6	15	3.94
	31.61	1:09.46				
	(31.61)	(37.85)				
1:22.82Y	F # 67	Female 11-12 100 Breast	LY-VA	16	2.5	3.86
	39.28	1:22.82				
	(39.28)	(43.54)				
2:14.53Y	F # 71	Female 11-12 200 Free	LY-VA	10	10	-1.23
	31.04	1:08.00 1:41.79 2:14.53				
	(31.04)	(36.96) (33.79) (32.74)				

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Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Ella Pennington (14) F						
2:34.02Y	P # 11A	Female 13-14 200 Fly	LY-VA	12	---	4.20
	33.10	1:12.76 1:53.25 2:34.02				
	(33.10)	(39.66) (40.49) (40.77)				
2:27.18Y DQ	F # 11A	Female 13-14 200 Fly	LY-VA	---	---	---
	31.24	1:08.59 1:47.52 2:27.18				
	(31.24)	(37.35) (38.93) (39.66)				
1:08.16Y	P # 13A	Female 13-14 100 Back	LY-VA	29	---	-2.47
	33.51	1:08.16				
	(33.51)	(34.65)				
5:42.76Y	P # 17A	Female 13-14 500 Free	LY-VA	18	---	-1.93
	31.40	1:05.63 1:40.28 2:14.97 2:49.77 3:24.20 3:58.55 4:33.74				
	(31.40)	(34.23) (34.65) (34.69) (34.80) (34.43) (34.35) (35.19)				
	5:08.91	5:42.76				
	(35.17)	(33.85)				
5:46.23Y	F # 17A	Female 13-14 500 Free	LY-VA	18	1	1.54
	31.44	1:06.24 1:41.21 2:15.84 2:51.05 3:25.99 4:01.29 4:36.63				
	(31.44)	(34.80) (34.97) (34.63) (35.21) (34.94) (35.30) (35.34)				
	5:12.12	5:46.23				
	(35.49)	(34.11)				
2:16.33Y	P # 43A	Female 13-14 200 Free	LY-VA	46	---	4.81
	31.15	1:05.51 1:41.27 2:16.33				
	(31.15)	(34.36) (35.76) (35.06)				
2:30.52Y	T # 46	Mixed Open 200 Fly	LY-VA	1	---	0.70
	30.49	1:07.92 1:48.54 2:30.52				
	(30.49)	(37.43) (40.62) (41.98)				
1:08.22Y	P # 47A	Female 13-14 100 Fly	LY-VA	36	---	1.54
	31.03	1:08.22				
	(31.03)	(37.19)				
2:25.18Y	F # 77A	Female 13-14 200 Back	LY-VA	15	4	0.10
	33.51	1:10.07 1:48.11 2:25.18				
	(33.51)	(36.56) (38.04) (37.07)				
2:26.60Y	P # 77A	Female 13-14 200 Back	LY-VA	20	---	1.52
	34.65	1:11.66 1:49.42 2:26.60				
	(34.65)	(37.01) (37.76) (37.18)				
1:02.68Y	P # 79A	Female 13-14 100 Free	LY-VA	63	---	2.06
	30.11	1:02.68				
	(30.11)	(32.57)				
2:30.50Y	P # 81A	Female 13-14 200 IM	LY-VA	29	---	7.49
	32.05	1:09.97 1:56.16 2:30.50				
	(32.05)	(37.92) (46.19) (34.34)				

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Time	F/P/S	Event	Place	Points	Improv	
Lainey Pennington (12) F						
5:48.30Y	F # 3B	Female 11-12 500 Free	LY-VA	4	17	0.93
	30.59	1:04.56 1:40.18 2:15.66	2:51.08 3:26.45	4:02.32 4:37.92		
	(30.59)	(33.97) (35.62) (35.48)	(35.42) (35.37)	(35.87) (35.60)		
	5:13.61	5:48.30				
	(35.69)	(34.69)				
2:40.44Y	F # 23	Female 11-12 200 Fly	LY-VA	4	17	4.59
	34.67	1:15.12 1:57.99 2:40.44				
	(34.67)	(40.45) (42.87) (42.45)				
1:02.34Y	F # 29	Female 11-12 100 Free	LY-VA	14	5	1.45
	30.04	1:02.34				
	(30.04)	(32.30)				
1:11.96Y	F # 63	Female 11-12 100 Fly	LY-VA	11	8	1.36
	32.80	1:11.96				
	(32.80)	(39.16)				
2:11.76Y	F # 71	Female 11-12 200 Free	LY-VA	6	15	2.60
	30.11	1:03.74 1:38.02 2:11.76				
	(30.11)	(33.63) (34.28) (33.74)				
28.40Y	F # 75	200 Free Relay Lead Off	LY-VA	---	---	0.37
1:14.12Y	F # 89	Female 11-12 100 IM	LY-VA	21	---	2.12
	34.71	1:14.12				
	(34.71)	(39.41)				
28.38Y	F # 97	Female 11-12 50 Free	LY-VA	16	3	0.35
32.55Y	F # 103	Female 11-12 50 Fly	LY-VA	19	---	0.75

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Time	F/P/S	Event	Place	Points	Improv
Charlotte Pickeral (10) F					
7:09.21Y	F # 3A	Female 10 & Under 500 Free	LY-VA 6	15	10.88
	35.52	1:16.40 1:59.67 2:43.54 3:28.75 4:14.41 4:59.83 5:46.66			
	(35.52)	(40.88) (43.27) (43.87) (45.21) (45.66) (45.42) (46.83)			
	6:27.78	7:09.21			
	(41.12)	(41.43)			
1:14.06Y	F # 31	Female 10 & Under 100 Free	LY-VA 13	6	2.29
	33.86	1:14.06			
	(33.86)	(40.20)			
1:22.83Y	F # 35	Female 10 & Under 100 Back	LY-VA 9	12	-2.91
	40.47	1:22.83			
	(40.47)	(42.36)			
39.77Y	F # 57	Female 10 & Under 50 Back	LY-VA 21	---	-0.06
3:04.14Y	F # 61	Female 10 & Under 200 IM	LY-VA 12	7	-3.40
	39.71	1:25.24 2:21.72 3:04.14			
	(39.71)	(45.53) (56.48) (42.42)			
1:37.29Y	F # 69	Female 10 & Under 100 Breast	LY-VA 9	12	-2.93
	46.90	1:37.29			
	(46.90)	(50.39)			
32.74Y	F # 95	Female 10 & Under 50 Free	LY-VA 8	13	0.50
38.31Y	F # 101	Female 10 & Under 50 Fly	LY-VA 11	8	-0.49
2:39.11Y	F # 105	Female 10 & Under 200 Free	LY-VA 9	12	3.26
	34.52	1:15.05 1:53.47 2:39.11			
	(34.52)	(40.53) (38.42) (45.64)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Owen Porter (14) M						
25.94Y	P # 10A	Male 13-14 50 Free	LY-VA	41	---	0.36
1:06.79Y	P # 14A	Male 13-14 100 Back	LY-VA	31	---	-0.11
	32.90	1:06.79				
	(32.90)	(33.89)				
2:22.52Y	F # 16A	Male 13-14 200 Breast	LY-VA	3	18	-2.99
	31.28	1:07.00 1:44.70 2:22.52				
	(31.28)	(35.72) (37.70) (37.82)				
2:23.26Y	P # 16A	Male 13-14 200 Breast	LY-VA	3	---	-2.25
	32.12	1:08.35 1:45.91 2:23.26				
	(32.12)	(36.23) (37.56) (37.35)				
1:05.07Y	F # 46A	Male 13-14 100 Breast	LY-VA	3	18	0.61
	31.32	1:05.07				
	(31.32)	(33.75)				
1:05.23Y	P # 46A	Male 13-14 100 Breast	LY-VA	3	---	0.77
	30.73	1:05.23				
	(30.73)	(34.50)				
1:05.41Y	P # 48A	Male 13-14 100 Fly	LY-VA	34	---	2.26
	31.22	1:05.41				
	(31.22)	(34.19)				
4:55.34Y	F # 54A	Male 13-14 400 IM	LY-VA	10	10	-4.12
	31.41	1:07.14 1:46.73 2:26.08 3:06.43 3:47.40 4:22.24 4:55.34				
	(31.41)	(35.73) (39.59) (39.35) (40.35) (40.97) (34.84) (33.10)				
5:01.41Y	P # 54A	Male 13-14 400 IM	LY-VA	10	---	1.95
	32.33	1:10.76 1:51.57 2:32.47 3:13.21 3:54.56 4:28.52 5:01.41				
	(32.33)	(38.43) (40.81) (40.90) (40.74) (41.35) (33.96) (32.89)				
Hudson Rice (16) M						
1:45.20Y	P # 44B	Male 15 & Over 200 Free	LY-VA	6	---	0.60
	24.09	50.40 1:17.88 1:45.20				
	(24.09)	(26.31) (27.48) (27.32)				
1:45.33Y	F # 44B	Male 15 & Over 200 Free	LY-VA	2	19	0.73
	24.40	51.34 1:18.81 1:45.33				
	(24.40)	(26.94) (27.47) (26.52)				
52.41Y	F # 48B	Male 15 & Over 100 Fly	LY-VA	3	18	1.10
	24.65	52.41				
	(24.65)	(27.76)				
53.74Y	P # 48B	Male 15 & Over 100 Fly	LY-VA	6	---	2.43
	25.17	53.74				
	(25.17)	(28.57)				
4:06.36Y	F # 54B	Male 15 & Over 400 IM	LY-VA	1	22	1.89
	25.29	55.00 1:27.35 1:58.97 2:34.45 3:10.46 3:39.01 4:06.36				
	(25.29)	(29.71) (32.35) (31.62) (35.48) (36.01) (28.55) (27.35)				
4:12.55Y	P # 54B	Male 15 & Over 400 IM	LY-VA	1	---	8.08
	26.26	57.18 1:30.60 2:02.92 2:39.18 3:15.85 3:44.88 4:12.55				
	(26.26)	(30.92) (33.42) (32.32) (36.26) (36.67) (29.03) (27.67)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
Landon Saechao (11) M						
34.87Y	F # 20	200 Medley Relay Lead Off	LY-VA	---	---	-0.54
1:10.78Y	F # 30	Male 11-12 100 Free	LY-VA	43	---	-1.10
	34.37	1:10.78				
	(34.37)	(36.41)				
1:17.30Y	F # 34	Male 11-12 100 Back	LY-VA	24	---	-2.00
	38.26	1:17.30				
	(38.26)	(39.04)				
34.39Y	F # 56	Male 11-12 50 Back	LY-VA	29	---	-1.02
31.61Y	F # 76	200 Free Relay Lead Off	LY-VA	---	---	-0.92
Ava Shopbell (15) F						
26.48Y	T # 60	Male 11-12 50 Free	LY-VA	5	---	0.12
57.39Y	P # 79B	Female 15 & Over 100 Free	LY-VA	39	---	0.15
	27.32	57.39				
	(27.32)	(30.07)				
Addy Smith (14) F						
1:11.16Y	P # 13A	Female 13-14 100 Back	LY-VA	49	---	3.09
	34.44	1:11.16				
	(34.44)	(36.72)				
33.79Y	F # 39	200 Medley Relay Lead Off	LY-VA	---	---	0.44
2:23.06Y	P # 43A	Female 13-14 200 Free	LY-VA	59	---	1.66
	33.26	1:08.88 1:45.81 2:23.06				
	(33.26)	(35.62) (36.93) (37.25)				
2:34.08Y	P # 77A	Female 13-14 200 Back	LY-VA	36	---	3.54
	36.29	1:15.22 1:54.82 2:34.08				
	(36.29)	(38.93) (39.60) (39.26)				
1:05.62Y	P # 79A	Female 13-14 100 Free	LY-VA	89	---	-0.16
	31.71	1:05.62				
	(31.71)	(33.91)				
1:11.41Y	F # 83	400 Medley Relay Lead Off	LY-VA	---	---	3.34
	34.06					
	(34.06)					

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Avery Snyder (16) M						
2:19.89Y	F # 16B	Male 15 & Over 200 Breast	LY-VA	11	8	3.15
	30.31	1:05.47 1:42.15 2:19.89				
	(30.31)	(35.16) (36.68) (37.74)				
2:21.04Y	P # 16B	Male 15 & Over 200 Breast	LY-VA	10	---	4.30
	30.62	1:05.02 1:42.33 2:21.04				
	(30.62)	(34.40) (37.31) (38.71)				
5:03.46Y	P # 18B	Male 15 & Over 500 Free	LY-VA	6	---	1.61
	26.45	55.99 1:25.60 1:55.86	2:26.48 2:57.64 3:29.01 4:00.81			
	(26.45)	(29.54) (29.61) (30.26)	(30.62) (31.16) (31.37) (31.80)			
	4:32.50	5:03.46				
	(31.69)	(30.96)				
5:05.95Y	F # 18B	Male 15 & Over 500 Free	LY-VA	9	12	4.10
	26.02	55.13 1:25.18 1:55.65	2:27.31 2:58.89 3:30.16 4:02.20			
	(26.02)	(29.11) (30.05) (30.47)	(31.66) (31.58) (31.27) (32.04)			
	4:34.39	5:05.95				
	(32.19)	(31.56)				
1:04.48Y	P # 46B	Male 15 & Over 100 Breast	LY-VA	23	---	2.93
	29.39	1:04.48				
	(29.39)	(35.09)				
2:14.76Y DQ	P # 82B	Male 15 & Over 200 IM	LY-VA	---	---	---
	26.24	1:04.27 1:42.80 2:14.76				
	(26.24)	(38.03) (38.53) (31.96)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Seth Snyder (9) M						
6:51.03Y	F # 4A	Male 10 & Under 500 Free	LY-VA	9	12	-29.73
	36.67	1:17.71 1:59.87 2:41.86	3:24.61 4:07.34 4:50.45	5:32.85		
	(36.67)	(41.04) (42.16) (41.99)	(42.75) (42.73) (43.11)	(42.40)		
	6:13.11	6:51.03				
	(40.26)	(37.92)				
1:16.34Y	F # 32	Male 10 & Under 100 Free	LY-VA	19	---	0.63
	36.14	1:16.34				
	(36.14)	(40.20)				
1:24.89Y	F # 36	Male 10 & Under 100 Back	LY-VA	13	6	-2.55
	40.78	1:24.89				
	(40.78)	(44.11)				
38.48Y	F # 58	Male 10 & Under 50 Back	LY-VA	15	4	-0.95
3:03.90Y	F # 62	Male 10 & Under 200 IM	LY-VA	8	13	-8.01
	38.45	1:23.24 2:21.49 3:03.90				
	(38.45)	(44.79) (58.25) (42.41)				
1:32.06Y	F # 66	Male 10 & Under 100 Fly	LY-VA	13	6	-5.83
	42.41	1:32.06				
	(42.41)	(49.65)				
34.75Y	F # 74	200 Free Relay Lead Off	LY-VA	---	---	-0.14
34.74Y	F # 96	Male 10 & Under 50 Free	LY-VA	30	---	-0.15
37.31Y	F # 102	Male 10 & Under 50 Fly	LY-VA	10	10	-1.04
2:39.61Y	F # 106	Male 10 & Under 200 Free	LY-VA	7	14	1.42
	37.08	1:18.44 1:59.70 2:39.61				
	(37.08)	(41.36) (41.26) (39.91)				
Emerson Stauder (8) F						
1:41.91Y	F # 69	Female 10 & Under 100 Breast	LY-VA	21	---	-2.59
	48.06	1:41.91				
	(48.06)	(53.85)				
1:30.72Y	F # 91	Female 10 & Under 100 IM	LY-VA	30	---	-0.08
	43.93	1:30.72				
	(43.93)	(46.79)				
34.22Y	F # 95	Female 10 & Under 50 Free	LY-VA	22	---	-1.93
Declund Stevenson (17) M						
48.02Y	P # 80B	Male 15 & Over 100 Free	LY-VA	3	---	0.86
	23.00	48.02				
	(23.00)	(25.02)				
48.59Y	F # 80B	Male 15 & Over 100 Free	LY-VA	3	18	1.43
	22.95	48.59				
	(22.95)	(25.64)				
2:01.11Y	P # 82B	Male 15 & Over 200 IM	LY-VA	4	---	2.04
	25.43	58.03 1:31.63 2:01.11				
	(25.43)	(32.60) (33.60) (29.48)				
2:02.69Y	F # 82B	Male 15 & Over 200 IM	LY-VA	7	14	3.62
	25.59	58.45 1:33.86 2:02.69				
	(25.59)	(32.86) (35.41) (28.83)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards
Location: Liberty University Natatorium

Time	F/P/S	Event				Place	Points	Improv	
Wave Thomasey (11) F									
29.41Y	F # 75	200 Free Relay Lead Off				LY-VA	---	-2.07	
Syrus Tracey (9) M									
6:46.68Y	F # 4A	Male 10 & Under 500 Free				LY-VA	5	16	-21.06
	35.43	1:15.89	1:57.19	2:38.41	3:20.20	4:01.96	4:43.69	5:25.00	
	(35.43)	(40.46)	(41.30)	(41.22)	(41.79)	(41.76)	(41.73)	(41.31)	
	6:06.95	6:46.68							
	(41.95)	(39.73)							
44.80Y	F # 28	Male 10 & Under 50 Breast				LY-VA	10	10	0.69
1:12.75Y	F # 32	Male 10 & Under 100 Free				LY-VA	10	10	-2.00
	34.56	1:12.75							
	(34.56)	(38.19)							
1:25.84Y	F # 36	Male 10 & Under 100 Back				LY-VA	14	5	4.97
	40.87	1:25.84							
	(40.87)	(44.97)							
37.89Y	F # 58	Male 10 & Under 50 Back				LY-VA	11	8	-0.45
3:03.47Y	F # 62	Male 10 & Under 200 IM				LY-VA	7	14	-0.46
	39.96	1:26.51	2:23.41	3:03.47					
	(39.96)	(46.55)	(56.90)	(40.06)					
32.61Y	F # 74	200 Free Relay Lead Off				LY-VA	---	---	1.29
1:25.13Y	F # 92	Male 10 & Under 100 IM				LY-VA	13	6	-3.06
	38.01	1:25.13							
	(38.01)	(47.12)							
33.24Y	F # 96	Male 10 & Under 50 Free				LY-VA	19	---	1.92
2:43.29Y	F # 106	Male 10 & Under 200 Free				LY-VA	11	8	0.80
	36.77	1:18.57	2:01.52	2:43.29					
	(36.77)	(41.80)	(42.95)	(41.77)					
Brody Wall (14) M									
1:50.06Y	F # 44A	Male 13-14 200 Free				LY-VA	2	19	3.32
	25.59	54.31	1:22.62	1:50.06					
	(25.59)	(28.72)	(28.31)	(27.44)					
1:52.07Y	P # 44A	Male 13-14 200 Free				LY-VA	2	---	5.33
	25.95	54.32	1:23.39	1:52.07					
	(25.95)	(28.37)	(29.07)	(28.68)					
50.39Y	F # 50	400 Free Relay Lead Off				LY-VA	---	---	2.01
	24.02								
	(24.02)								

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Sarah Warren (15) F						
58.97Y	F # 47B	Female 15 & Over 100 Fly	LY-VA	5	16	-1.21
	27.70	58.97				
	(27.70)	(31.27)				
59.85Y	P # 47B	Female 15 & Over 100 Fly	LY-VA	8	---	-0.33
	28.15	59.85				
	(28.15)	(31.70)				
4:43.38Y	F # 53B	Female 15 & Over 400 IM	LY-VA	2	19	-7.26
	29.35	1:02.58 1:39.18 2:15.58	2:56.58 3:38.87 4:11.77 4:43.38			
	(29.35)	(33.23) (36.60) (36.40)	(41.00) (42.29) (32.90) (31.61)			
4:45.93Y	P # 53B	Female 15 & Over 400 IM	LY-VA	2	---	-4.71
	29.92	1:04.44 1:40.79 2:17.09	2:58.40 3:40.86 4:14.04 4:45.93			
	(29.92)	(34.52) (36.35) (36.30)	(41.31) (42.46) (33.18) (31.89)			
Broughton Webb (14) F						
1:07.13Y	F # 45A	Female 13-14 100 Breast	LY-VA	1	22	-0.73
	31.09	1:07.13				
	(31.09)	(36.04)				
1:10.22Y	P # 45A	Female 13-14 100 Breast	LY-VA	5	---	2.36
	32.69	1:10.22				
	(32.69)	(37.53)				
1:02.02Y	F # 47A	Female 13-14 100 Fly	LY-VA	11	8	-3.58
	29.19	1:02.02				
	(29.19)	(32.83)				
1:03.75Y	P # 47A	Female 13-14 100 Fly	LY-VA	11	---	-1.85
	29.46	1:03.75				
	(29.46)	(34.29)				

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards
Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv
Adam Wells (14) M					
24.06Y	F # 6	200 Free Relay Lead Off	LY-VA	---	1.22
23.42Y	P # 10A	Male 13-14 50 Free	LY-VA	---	0.58
23.73Y	F # 10A	Male 13-14 50 Free	LY-VA	15	0.89
1:03.63Y	P # 14A	Male 13-14 100 Back	LY-VA	---	-1.04
	30.91	1:03.63			
	(30.91)	(32.72)			
5:57.87Y	P # 18A	Male 13-14 500 Free	LY-VA	---	21.73
	28.97	1:03.17 1:39.58 2:16.72	2:53.05 3:30.18 4:07.66	4:44.04	
	(28.97)	(34.20) (36.41) (37.14)	(36.33) (37.13) (37.48)	(36.38)	
	5:21.84	5:57.87			
	(37.80)	(36.03)			
5:59.95Y	F # 18A	Male 13-14 500 Free	LY-VA	4	23.81
	29.61	1:04.34 1:41.63 2:19.65	2:57.97 3:35.10 4:13.19	4:49.90	
	(29.61)	(34.73) (37.29) (38.02)	(38.32) (37.13) (38.09)	(36.71)	
	5:27.35	5:59.95			
	(37.45)	(32.60)			
2:11.71Y	P # 44A	Male 13-14 200 Free	LY-VA	---	14.45
	28.05	1:01.57 1:36.67 2:11.71			
	(28.05)	(33.52) (35.10) (35.04)			
1:02.56Y	P # 48A	Male 13-14 100 Fly	LY-VA	---	4.80
	27.69	1:02.56			
	(27.69)	(34.87)			
NS	P # 78A	Male 13-14 200 Back	LY-VA	---	---
NS	P # 80A	Male 13-14 100 Free	LY-VA	---	---
NS	P # 82A	Male 13-14 200 IM	LY-VA	---	---

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2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
Noah Wells (17) M						
1:49.41Y	P # 44B	Male 15 & Over 200 Free	LY-VA	14	---	0.74
	24.98	52.69 1:20.73 1:49.41				
	(24.98)	(27.71) (28.04) (28.68)				
1:49.43Y	F # 44B	Male 15 & Over 200 Free	LY-VA	9	12	0.76
	25.19	53.02 1:21.36 1:49.43				
	(25.19)	(27.83) (28.34) (28.07)				
56.71Y	P # 48B	Male 15 & Over 100 Fly	LY-VA	25	---	-1.09
	26.20	56.71				
	(26.20)	(30.51)				
49.75Y	F # 52	400 Free Relay Lead Off	LY-VA	---	---	0.47
	23.94					
	(23.94)					
48.80Y	F # 80B	Male 15 & Over 100 Free	LY-VA	5	16	-0.48
	23.45	48.80				
	(23.45)	(25.35)				
49.36Y	P # 80B	Male 15 & Over 100 Free	LY-VA	10	---	0.08
	23.59	49.36				
	(23.59)	(25.77)				
22.37Y	T # 81	Mixed Open 50 Free	LY-VA	2	---	-0.14
2:05.85Y	P # 82B	Male 15 & Over 200 IM	LY-VA	14	---	1.47
	26.09	57.85 1:36.97 2:05.85				
	(26.09)	(31.76) (39.12) (28.88)				
2:11.63Y	F # 82B	Male 15 & Over 200 IM	LY-VA	18	1	7.25
	27.09	1:01.05 1:41.13 2:11.63				
	(27.09)	(33.96) (40.08) (30.50)				
1:00.02Y	F # 86	400 Medley Relay Lead Off	LY-VA	---	---	1.75
	29.01					
	(29.01)					

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Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Sammy Wells (10) M						
6:24.26Y	F # 4A	Male 10 & Under 500 Free	LY-VA	2	19	0.04
	34.01	1:12.94 1:52.09 2:31.27	3:10.75 3:50.43	4:29.88 5:08.82		
	(34.01)	(38.93) (39.15) (39.18)	(39.48) (39.68)	(39.45) (38.94)		
	5:47.36	6:24.26				
	(38.54)	(36.90)				
1:11.28Y	F # 32	Male 10 & Under 100 Free	LY-VA	8	13	3.00
	33.93	1:11.28				
	(33.93)	(37.35)				
1:28.04Y	F # 36	Male 10 & Under 100 Back	LY-VA	17	2	2.95
	43.87	1:28.04				
	(43.87)	(44.17)				
40.31Y	F # 58	Male 10 & Under 50 Back	LY-VA	21	---	-0.34
2:55.02Y	F # 62	Male 10 & Under 200 IM	LY-VA	4	17	-17.91
	36.40	1:23.26 2:18.08 2:55.02				
	(36.40)	(46.86) (54.82) (36.94)				
1:20.75Y	F # 66	Male 10 & Under 100 Fly	LY-VA	5	16	4.08
	36.59	1:20.75				
	(36.59)	(44.16)				
32.12Y	F # 96	Male 10 & Under 50 Free	LY-VA	11	8	0.49
34.66Y	F # 102	Male 10 & Under 50 Fly	LY-VA	6	15	1.16
2:27.52Y	F # 106	Male 10 & Under 200 Free	LY-VA	3	18	-10.46
	33.99	1:12.00 1:50.72 2:27.52				
	(33.99)	(38.01) (38.72) (36.80)				
Austin Woodruff (12) M						
32.72Y	F # 56	Male 11-12 50 Back	LY-VA	16	3	0.52
2:49.65Y	F # 60	Male 11-12 200 IM	LY-VA	23	---	10.96
	37.39	1:18.35 2:09.65 2:49.65				
	(37.39)	(40.96) (51.30) (40.00)				
1:30.62Y	F # 68	Male 11-12 100 Breast	LY-VA	18	1	4.15
	41.45	1:30.62				
	(41.45)	(49.17)				
2:29.12Y	F # 72	Male 11-12 200 Free	LY-VA	33	---	12.03
	---	1:12.17 1:51.88 2:29.12				
	---	(1:12.17) (39.71) (37.24)				
2:39.59Y	F # 94	Male 11-12 200 Back	LY-VA	14	5	5.17
	36.41	1:18.37 2:00.12 2:39.59				
	(36.41)	(41.96) (41.75) (39.47)				
30.65Y	F # 98	Male 11-12 50 Free	LY-VA	47	---	1.90
35.29Y	F # 104	Male 11-12 50 Fly	LY-VA	35	---	0.82

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Graham Woodruff (16) M						
2:01.21Y	P # 78B	Male 15 & Over 200 Back	LY-VA	7	---	4.04
	29.01	59.80 1:31.01 2:01.21				
	(29.01)	(30.79) (31.21) (30.20)				
50.65Y	P # 80B	Male 15 & Over 100 Free	LY-VA	24	---	3.47
	24.28	50.65				
	(24.28)	(26.37)				
22.03Y	T # 81	Mixed Open 50 Free	LY-VA	1	---	0.68
16:51.11Y	F # 88B	Male 15 & Over 1650 Free	LY-VA	2	19	15.30
	27.26	57.74 1:28.65 1:59.31 2:30.18 3:00.84 3:31.74 4:02.63				
	(27.26)	(30.48) (30.91) (30.66) (30.87) (30.66) (30.90) (30.89)				
	4:33.82	5:04.72 5:35.92 6:06.92 6:38.06 7:08.81 7:39.85 8:11.00				
	(31.19)	(30.90) (31.20) (31.00) (31.14) (30.75) (31.04) (31.15)				
	8:41.94	9:13.25 9:43.99 10:14.97 10:45.93 11:16.53 11:47.30 12:18.41				
	(30.94)	(31.31) (30.74) (30.98) (30.96) (30.60) (30.77) (31.11)				
	12:49.15	13:19.51 13:50.61 14:21.64 14:52.20 15:23.05 15:53.67 16:23.72				
	(30.74)	(30.36) (31.10) (31.03) (30.56) (30.85) (30.62) (30.05)				
	16:51.11					
	(27.39)					
Taylor Woodruff (14) F						
NS	P # 77A	Female 13-14 200 Back	LY-VA	---	---	---
17:49.58Y	F # 87A	Female 13-14 1650 Free	LY-VA	1	22	-48.11
	29.15	1:01.79 1:34.70 2:07.77 2:40.39 3:13.33 3:45.80 4:18.46				
	(29.15)	(32.64) (32.91) (33.07) (32.62) (32.94) (32.47) (32.66)				
	4:50.94	5:23.74 5:56.08 6:28.34 7:01.05 7:33.56 8:05.95 8:38.44				
	(32.48)	(32.80) (32.34) (32.26) (32.71) (32.51) (32.39) (32.49)				
	9:10.61	9:43.24 10:15.89 10:48.29 11:21.18 11:53.80 12:26.54 12:59.15				
	(32.17)	(32.63) (32.65) (32.40) (32.89) (32.62) (32.74) (32.61)				
	13:32.08	14:05.10 14:37.62 15:10.32 15:43.13 16:15.44 16:47.70 17:19.52				
	(32.93)	(33.02) (32.52) (32.70) (32.81) (32.31) (32.26) (31.82)				
	17:49.58					
	(30.06)					
Caleb Wu (14) M						
25.45Y	P # 10A	Male 13-14 50 Free	LY-VA	27	---	0.70
2:29.23Y	P # 16A	Male 13-14 200 Breast	LY-VA	7	---	9.82
	31.92	1:09.66 1:49.41 2:29.23				
	(31.92)	(37.74) (39.75) (39.82)				
NS	P # 46A	Male 13-14 100 Breast	LY-VA	---	---	---
NS	P # 82A	Male 13-14 200 IM	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 USRY Short Course Champs 20-Mar-25 to 23-Mar-25 Yards

Location: Liberty University Natatorium

Time	F/P/S	Event				Place			Points	Improv
Titus Wu (9) M										
6:26.70Y	F # 4A	Male 10 & Under 500 Free				LY-VA		3	18	0.46
	34.78	1:14.51	1:54.14	2:33.38	3:13.29	3:52.76	4:32.03	5:10.66		
	(34.78)	(39.73)	(39.63)	(39.24)	(39.91)	(39.47)	(39.27)	(38.63)		
	5:49.42	6:26.70								
	(38.76)	(37.28)								
1:09.32Y	F # 32	Male 10 & Under 100 Free				LY-VA		6	15	1.52
	32.25	1:09.32								
	(32.25)	(37.07)								
1:16.78Y	F # 36	Male 10 & Under 100 Back				LY-VA		3	18	1.29
	37.78	1:16.78								
	(37.78)	(39.00)								
36.19Y	F # 58	Male 10 & Under 50 Back				LY-VA		4	17	0.36
1:25.02Y	F # 66	Male 10 & Under 100 Fly				LY-VA		8	13	2.46
	38.78	1:25.02								
	(38.78)	(46.24)								
1:30.19Y	F # 70	Male 10 & Under 100 Breast				LY-VA		6	15	1.13
	42.79	1:30.19								
	(42.79)	(47.40)								
1:17.19Y	F # 92	Male 10 & Under 100 IM				LY-VA		4	17	-1.14
	35.54	1:17.19								
	(35.54)	(41.65)								
31.08Y	F # 96	Male 10 & Under 50 Free				LY-VA		5	16	-0.33
2:28.57Y	F # 106	Male 10 & Under 200 Free				LY-VA		4	17	-12.65
	34.59	1:12.46	1:51.28	2:28.57						
	(34.59)	(37.87)	(38.82)	(37.29)						
George Xu (17) M										
52.59Y	P # 48B	Male 15 & Over 100 Fly				LY-VA		3	---	-1.62
	24.64	52.59								
	(24.64)	(27.95)								
4:18.25Y	F # 54B	Male 15 & Over 400 IM				LY-VA		2	19	-2.77
	26.93	57.59	1:30.22	2:02.84	2:40.57	3:18.93	3:48.69	4:18.25		
	(26.93)	(30.66)	(32.63)	(32.62)	(37.73)	(38.36)	(29.76)	(29.56)		
4:22.31Y	P # 54B	Male 15 & Over 400 IM				LY-VA		3	---	1.29
	27.18	58.92	1:31.66	2:03.88	2:42.57	3:22.12	3:52.86	4:22.31		
	(27.18)	(31.74)	(32.74)	(32.22)	(38.69)	(39.55)	(30.74)	(29.45)		