

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 YMCA Short Course Nationals 31-Mar-25 to 04-Apr-25 Yards

Location: Greensboro Aquatic Complex

Time	F/P/S	Event	Place	Points	Improv			
Cole Campbell (16) M								
22.04Y	T # 232	Male Open 50 Free	LY-VA	3	---	0.32		
22.03Y	P # 404	SW Male Open 50 Free	LY-VA	118	---	0.31		
1:02.64Y	T # 426	Male Open 100 Breast	LY-VA	25	---	0.99		
	28.76	1:02.64						
	(28.76)	(33.88)						
50.51Y	T # 522	Male Open 100 Free	LY-VA	53	---	1.85		
	23.42	50.51						
	(23.42)	(27.09)						
Ruby Duis (17) F								
24.57Y	T # 231	Female Open 50 Free	LY-VA	2	---	-0.32		
25.22Y	P # 307	SW 200 Free Relay Lead Off	LY-VA	---	---	0.33		
Ann-Margaret Holt (15) F								
10:27.96Y	F # 103	SW Female Open 1000 Free	LY-VA	17	---	2.95		
	28.32	58.93	1:29.90	2:01.15	2:32.13	3:03.30	3:34.74	4:06.25
	(28.32)	(30.61)	(30.97)	(31.25)	(30.98)	(31.17)	(31.44)	(31.51)
	4:37.56	5:09.23	5:40.88	6:12.78	6:44.51	7:16.42	7:48.25	8:20.43
	(31.31)	(31.67)	(31.65)	(31.90)	(31.73)	(31.91)	(31.83)	(32.18)
	8:52.59	9:24.70	9:57.10	10:27.96				
	(32.16)	(32.11)	(32.40)	(30.86)				
24.76Y	T # 231	Female Open 50 Free	LY-VA	4	---	0.27		
1:52.29Y	F # 305	SW Female Open 200 Free	LY-VA	19	---	0.49		
	26.11	54.18	1:23.36	1:52.29				
	(26.11)	(28.07)	(29.18)	(28.93)				
1:53.45Y	P # 305	SW Female Open 200 Free	LY-VA	26	---	1.65		
	26.50	54.95	1:24.39	1:53.45				
	(26.50)	(28.45)	(29.44)	(29.06)				
5:01.65Y	F # 405	SW Female Open 500 Free	LY-VA	18	---	2.66		
	27.22	56.84	1:27.42	1:58.39	2:29.12	2:59.75	3:30.51	4:01.18
	(27.22)	(29.62)	(30.58)	(30.97)	(30.73)	(30.63)	(30.76)	(30.67)
	4:31.84	5:01.65						
	(30.66)	(29.81)						
5:05.36Y	P # 405	SW Female Open 500 Free	LY-VA	22	---	6.37		
	27.62	57.56	1:28.19	1:58.88	2:29.46	3:00.66	3:31.76	4:02.77
	(27.62)	(29.94)	(30.63)	(30.69)	(30.58)	(31.20)	(31.10)	(31.01)
	4:34.24	5:05.36						
	(31.47)	(31.12)						
51.86Y	F # 501	SW Female Open 100 Free	LY-VA	21	---	-0.68		
	24.86	51.86						
	(24.86)	(27.00)						
52.29Y	P # 501	SW Female Open 100 Free	LY-VA	26	---	-0.25		
	25.02	52.29						
	(25.02)	(27.27)						
52.97Y	P # 507	SW 400 Free Relay Lead Off	LY-VA	---	---	0.43		
	25.40							
	(25.40)							

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Time	F/P/S	Event	Place	Points	Improv	
Davis Hottle (17) M						
53.05Y	P # 204	SW Male Open 100 Fly	LY-VA	128	---	0.86
	24.54	53.05				
	(24.54)	(28.51)				
1:59.00Y	T # 222	Male Open 200 Back	LY-VA	12	---	2.28
	27.83	57.28 1:27.89 1:59.00				
	(27.83)	(29.45) (30.61) (31.11)				
54.21Y	P # 302	SW Male Open 100 Back	LY-VA	99	---	0.46
	26.33	54.21				
	(26.33)	(27.88)				
22.54Y	T # 424	Male Open 50 Free	LY-VA	25	---	-0.04
48.87Y	T # 522	Male Open 100 Free	LY-VA	27	---	0.64
	23.43	48.87				
	(23.43)	(25.44)				
Luke Hottle (16) M						
1:44.02Y	F # 106	SW 800 Free Relay Lead Off	LY-VA	---	---	-3.73
	23.99	50.55 1:17.51				
	(23.99)	(26.56) (26.96)				
2:08.88Y	P # 206	SW Male Open 200 Breast	LY-VA	55	---	-0.54
	28.74	1:01.69 1:35.50 2:08.88				
	(28.74)	(32.95) (33.81) (33.38)				
4:01.94Y	F # 304	SW Male Open 400 IM	LY-VA	20	---	-1.08
	25.25	54.80 1:26.60 1:57.67 2:31.83 3:06.64 3:35.02 4:01.94				
	(25.25)	(29.55) (31.80) (31.07) (34.16) (34.81) (28.38) (26.92)				
4:06.07Y	P # 304	SW Male Open 400 IM	LY-VA	22	---	3.05
	25.79	55.50 1:27.70 2:00.33 2:33.52 3:08.73 3:38.44 4:06.07				
	(25.79)	(29.71) (32.20) (32.63) (33.19) (35.21) (29.71) (27.63)				
1:55.17Y	P # 402	SW Male Open 200 IM	LY-VA	45	---	1.29
	24.84	55.07 1:28.03 1:55.17				
	(24.84)	(30.23) (32.96) (27.14)				
1:56.88Y	P # 504	SW Male Open 200 Fly	LY-VA	59	---	2.54
	25.96	56.08 1:26.34 1:56.88				
	(25.96)	(30.12) (30.26) (30.54)				
Katherine Kovarik (17) F						
26.37Y	T # 231	Female Open 50 Free	LY-VA	41	---	0.63
2:00.54Y	T # 325	Female Open 200 Free	LY-VA	35	---	-1.39
	28.14	59.38 1:30.03 2:00.54				
	(28.14)	(31.24) (30.65) (30.51)				
56.62Y	T # 427	Female Open 100 Free	LY-VA	79	---	1.16
	26.52	56.62				
	(26.52)	(30.10)				

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Time	F/P/S	Event	Place	Points	Improv	
Anna Mills (17) F						
1:59.98Y	T # 227	Female Open 200 Free	LY-VA	19	---	-0.48
	27.71	58.41 1:29.70 1:59.98				
	(27.71)	(30.70) (31.29) (30.28)				
1:02.96Y	T # 321	Female Open 100 Back	LY-VA	41	---	2.33
	30.21	1:02.96				
	(30.21)	(32.75)				
NS	T # 423	Female Open 50 Free	LY-VA	---	---	---
Broderick Nelson (15) M						
2:12.40Y	T # 226	Male Open 200 Breast	LY-VA	8	---	-1.25
	29.35	1:02.79 1:37.43 2:12.40				
	(29.35)	(33.44) (34.64) (34.97)				
4:13.70Y	F # 304	SW Male Open 400 IM	LY-VA	31	---	-0.36
	26.41	56.89 1:29.95 2:01.91 2:37.61 3:14.35 3:44.16 4:13.70				
	(26.41)	(30.48) (33.06) (31.96) (35.70) (36.74) (29.81) (29.54)				
4:13.68Y	P # 304	SW Male Open 400 IM	LY-VA	49	---	-0.38
	26.52	57.08 1:29.94 2:01.65 2:37.43 3:14.06 3:44.18 4:13.68				
	(26.52)	(30.56) (32.86) (31.71) (35.78) (36.63) (30.12) (29.50)				
1:58.40Y	T # 422	Male Open 200 IM	LY-VA	8	---	-0.73
	25.40	56.18 1:30.02 1:58.40				
	(25.40)	(30.78) (33.84) (28.38)				
1:01.02Y	P # 506	SW Male Open 100 Breast	LY-VA	123	---	0.13
	28.43	1:01.02				
	(28.43)	(32.59)				

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Time	F/P/S	Event	Place	Points	Improv	
Hudson Rice (16) M						
52.30Y	T # 224	Male Open 100 Fly	LY-VA	13	---	0.99
	24.31	52.30				
	(24.31)	(27.99)				
4:01.86Y	F # 304	SW Male Open 400 IM	LY-VA	19	---	-2.61
	25.46	54.55 1:25.94 1:57.57	2:32.21 3:07.49 3:35.62	4:01.86		
	(25.46)	(29.09) (31.39) (31.63)	(34.64) (35.28) (28.13)	(26.24)		
4:06.04Y	P # 304	SW Male Open 400 IM	LY-VA	21	---	1.57
	25.26	54.74 1:26.82 1:58.16	2:33.78 3:10.19 3:39.17	4:06.04		
	(25.26)	(29.48) (32.08) (31.34)	(35.62) (36.41) (28.98)	(26.87)		
4:45.03Y	P # 406	SW Male Open 500 Free	LY-VA	37	---	4.90
	25.90	53.82 1:22.29 1:50.70	2:19.27 2:47.93 3:17.21	3:46.42		
	(25.90)	(27.92) (28.47) (28.41)	(28.57) (28.66) (29.28)	(29.21)		
	4:16.11	4:45.03				
	(29.69)	(28.92)				
1:55.45Y	P # 504	SW Male Open 200 Fly	LY-VA	44	---	-0.08
	25.75	55.63 1:25.61 1:55.45				
	(25.75)	(29.88) (29.98) (29.84)				
16:22.33Y	F # 510	SW Male Open 1650 Free	LY-VA	20	---	1.42
	26.20	54.99 1:24.33 1:54.07	2:23.94 2:53.62 3:23.56	3:53.28		
	(26.20)	(28.79) (29.34) (29.74)	(29.87) (29.68) (29.94)	(29.72)		
	4:22.95	4:53.05 5:23.23 5:52.88	6:22.94 6:52.88 7:22.79	7:52.76		
	(29.67)	(30.10) (30.18) (29.65)	(30.06) (29.94) (29.91)	(29.97)		
	8:22.86	8:52.57 9:23.09 9:53.65	10:23.98 10:54.24 11:24.29	11:54.35		
	(30.10)	(29.71) (30.52) (30.56)	(30.33) (30.26) (30.05)	(30.06)		
	12:24.74	12:54.92 13:24.74 13:54.69	14:24.95 14:54.95 15:25.05	15:54.80		
	(30.39)	(30.18) (29.82) (29.95)	(30.26) (30.00) (30.10)	(29.75)		
	16:22.33					
	(27.53)					
Max Schonfelder (18) M						
51.14Y	P # 204	SW Male Open 100 Fly	LY-VA	57	---	-0.25
	23.38	51.14				
	(23.38)	(27.76)				
2:06.35Y	P # 206	SW Male Open 200 Breast	LY-VA	32	---	1.20
	28.26	1:00.28 1:32.81 2:06.35				
	(28.26)	(32.02) (32.53) (33.54)				
21.68Y	P # 308	SW 200 Free Relay Lead Off	LY-VA	---	---	0.43
1:54.60Y	P # 402	SW Male Open 200 IM	LY-VA	37	---	0.10
	24.65	54.63 1:27.42 1:54.60				
	(24.65)	(29.98) (32.79) (27.18)				
56.98Y	P # 506	SW Male Open 100 Breast	LY-VA	16	---	0.46
	26.80	56.98				
	(26.80)	(30.18)				
57.07Y	F # 506	SW Male Open 100 Breast	LY-VA	14	3	0.55
	26.51	57.07				
	(26.51)	(30.56)				

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Time	F/P/S	Event	Place	Points	Improv	
Ava Shopbell (15) F						
58.06Y	P # 203	SW Female Open 100 Fly	LY-VA	46	---	-0.03
	27.40	58.06				
	(27.40)	(30.66)				
58.44Y	F # 203	SW Female Open 100 Fly	LY-VA	30	---	0.35
	27.47	58.44				
	(27.47)	(30.97)				
4:31.00Y	F # 303	SW Female Open 400 IM	LY-VA	26	---	-1.59
	27.91	59.33 1:34.28 2:08.77	2:48.36 3:28.31 4:00.71	4:31.00		
	(27.91)	(31.42) (34.95) (34.49)	(39.59) (39.95) (32.40)	(30.29)		
4:34.34Y	P # 303	SW Female Open 400 IM	LY-VA	27	---	1.75
	28.16	1:00.07 1:35.59 2:09.90	2:49.66 3:29.98 4:03.02	4:34.34		
	(28.16)	(31.91) (35.52) (34.31)	(39.76) (40.32) (33.04)	(31.32)		
2:12.28Y	P # 401	SW Female Open 200 IM	LY-VA	68	---	2.78
	27.93	1:01.72 1:41.00 2:12.28				
	(27.93)	(33.79) (39.28) (31.28)				
2:03.69Y	F # 503	SW Female Open 200 Fly	LY-VA	10	7	-0.92
	27.69	58.59 1:30.87 2:03.69				
	(27.69)	(30.90) (32.28) (32.82)				
2:04.41Y	P # 503	SW Female Open 200 Fly	LY-VA	10	---	-0.20
	27.87	59.02 1:31.30 2:04.41				
	(27.87)	(31.15) (32.28) (33.11)				
Declund Stevenson (17) M						
52.45Y	P # 204	SW Male Open 100 Fly	LY-VA	108	---	-0.09
	24.17	52.45				
	(24.17)	(28.28)				
1:57.39Y	T # 328	Male Open 200 IM	LY-VA	3	---	-1.68
	24.64	55.32 1:29.39 1:57.39				
	(24.64)	(30.68) (34.07) (28.00)				
21.45Y	P # 404	SW Male Open 50 Free	LY-VA	52	---	0.05
47.81Y	P # 502	SW Male Open 100 Free	LY-VA	86	---	0.65
	22.78	47.81				
	(22.78)	(25.03)				
59.60Y	P # 506	SW Male Open 100 Breast	LY-VA	73	---	0.88
	27.60	59.60				
	(27.60)	(32.00)				
47.83Y	P # 508	SW 400 Free Relay Lead Off	LY-VA	---	---	0.67
	22.79					
	(22.79)					

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Time	F/P/S	Event	Place	Points	Improv			
Brody Wall (14) M								
51.62Y	F # 204	SW Male Open 100 Fly	LY-VA	30	---	0.15		
	23.80	51.62						
	(23.80)	(27.82)						
51.94Y	P # 204	SW Male Open 100 Fly	LY-VA	85	---	0.47		
	24.49	51.94						
	(24.49)	(27.45)						
1:49.07Y	T # 326	Male Open 200 Free	LY-VA	52	---	2.33		
	25.50	53.38	1:21.58	1:49.07				
	(25.50)	(27.88)	(28.20)	(27.49)				
22.05Y	P # 404	SW Male Open 50 Free	LY-VA	121	---	0.14		
49.13Y	T # 522	Male Open 100 Free	LY-VA	33	---	0.75		
	23.58	49.13						
	(23.58)	(25.55)						
Sarah Warren (15) F								
1:00.47Y	P # 203	SW Female Open 100 Fly	LY-VA	88	---	1.50		
	28.17	1:00.47						
	(28.17)	(32.30)						
4:48.21Y	T # 329	Female Open 400 IM	LY-VA	11	---	4.83		
	29.26	1:02.21	1:38.43	2:14.33	2:57.09	3:41.47	4:15.58	4:48.21
	(29.26)	(32.95)	(36.22)	(35.90)	(42.76)	(44.38)	(34.11)	(32.63)
2:16.15Y	T # 421	Female Open 200 IM	LY-VA	40	---	0.51		
	28.39	1:01.97	1:43.66	2:16.15				
	(28.39)	(33.58)	(41.69)	(32.49)				
2:09.94Y	P # 503	SW Female Open 200 Fly	LY-VA	44	---	1.55		
	28.84	1:01.50	1:35.05	2:09.94				
	(28.84)	(32.66)	(33.55)	(34.89)				

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Broughton Webb (14) F					
1:55.35Y	F # 105	SW 800 Free Relay Lead Off	LY-VA	---	-1.74
	26.98	55.98 1:25.77			
	(26.98)	(29.00) (29.79)			
2:26.27Y	P # 205	SW Female Open 200 Breast	LY-VA	56	0.79
	32.47	1:09.89 1:47.77 2:26.27			
	(32.47)	(37.42) (37.88) (38.50)			
4:30.65Y	F # 303	SW Female Open 400 IM	LY-VA	25	-0.32
	29.48	1:03.51 1:38.00 2:11.58 2:49.99 3:29.08 4:00.08 4:30.65			
	(29.48)	(34.03) (34.49) (33.58) (38.41) (39.09) (31.00) (30.57)			
4:38.05Y	P # 303	SW Female Open 400 IM	LY-VA	38	7.08
	30.05	1:04.74 1:40.14 2:15.07 2:54.82 3:35.28 4:07.38 4:38.05			
	(30.05)	(34.69) (35.40) (34.93) (39.75) (40.46) (32.10) (30.67)			
5:03.66Y	F # 405	SW Female Open 500 Free	LY-VA	25	-1.39
	27.59	57.96 1:28.93 1:59.93 2:30.46 3:01.39 3:32.16 4:03.20			
	(27.59)	(30.37) (30.97) (31.00) (30.53) (30.93) (30.77) (31.04)			
	4:33.81	5:03.66			
	(30.61)	(29.85)			
5:07.29Y	P # 405	SW Female Open 500 Free	LY-VA	27	2.24
	27.75	58.56 1:29.67 2:00.70 2:31.88 3:03.10 3:34.20 4:05.32			
	(27.75)	(30.81) (31.11) (31.03) (31.18) (31.22) (31.10) (31.12)			
	4:36.62	5:07.29			
	(31.30)	(30.67)			
17:26.23Y	F # 509	Female Open 1650 Free	LY-VA	10	7
	29.02	1:00.55 1:32.25 2:03.82 2:35.53 3:07.40 3:38.63 4:10.40			
	(29.02)	(31.53) (31.70) (31.57) (31.71) (31.87) (31.23) (31.77)			
	4:42.13	5:13.97 5:45.43 6:17.07 6:49.00 7:20.72 7:52.88 8:25.10			
	(31.73)	(31.84) (31.46) (31.64) (31.93) (31.72) (32.16) (32.22)			
	8:56.76	9:28.46 10:00.35 10:32.29 11:04.15 11:35.91 12:07.91 12:40.00			
	(31.66)	(31.70) (31.89) (31.94) (31.86) (31.76) (32.00) (32.09)			
	13:11.95	13:43.98 14:16.08 14:48.12 15:20.16 15:52.12 16:24.08 16:55.86			
	(31.95)	(32.03) (32.10) (32.04) (32.04) (31.96) (31.96) (31.78)			
	17:26.23				
	(30.37)				

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Graham Woodruff (16) M					
24.86Y	P # 102	200 Medley Relay Lead Off	LY-VA	---	-0.50
2:00.85Y	T # 228	Male Open 200 Free	LY-VA	---	17.92
	22.93	48.27 1:27.44 2:00.85			
	(22.93)	(25.34) (39.17) (33.41)			
1:49.52Y	P # 306	SW Male Open 200 Free	LY-VA	---	6.59
	24.29	51.24 1:20.27 1:49.52			
	(24.29)	(26.95) (29.03) (29.25)			
21.43Y	P # 404	SW Male Open 50 Free	LY-VA	---	0.08
5:03.16Y	P # 406	SW Male Open 500 Free	LY-VA	---	20.26
	26.17	55.47 1:25.97 1:56.86 2:27.82 2:59.12 3:30.45 4:01.67			
	(26.17)	(29.30) (30.50) (30.89) (30.96) (31.30) (31.33) (31.22)			
	4:33.00	5:03.16			
	(31.33)	(30.16)			
54.95Y	P # 408	SW 400 Medley Relay Lead Off	LY-VA	---	1.90
	26.45				
	(26.45)				
21.31Y	T # 530	Male Open 50 Free	LY-VA	---	-0.04
48.27Y	T # 537	Male Open 100 Free	LY-VA	---	1.09

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Taylor Woodruff (14) F					
28.13Y	P # 101	SW 200 Medley Relay Lead Off	LY-VA	---	---
10:27.96Y	F # 103	SW Female Open 1000 Free	LY-VA	---	-10.30
	28.60	59.77 1:31.65 2:03.35	2:34.82 3:06.95 3:38.36	4:09.92	
	(28.60)	(31.17) (31.88) (31.70)	(31.47) (32.13) (31.41)	(31.56)	
	4:41.34	5:12.77 5:44.58 6:16.30	6:48.19 7:19.85 7:51.68	8:23.24	
	(31.42)	(31.43) (31.81) (31.72)	(31.89) (31.66) (31.83)	(31.56)	
	8:55.20	9:27.02 9:58.78 10:27.96			
	(31.96)	(31.82) (31.76) (29.18)			
59.15Y	P # 203	SW Female Open 100 Fly	LY-VA	---	1.62
	27.63	59.15			
	(27.63)	(31.52)			
1:58.40Y	T # 325	Female Open 200 Free	LY-VA	---	1.73
	27.37	57.95 1:28.70 1:58.40			
	(27.37)	(30.58) (30.75) (29.70)			
1:02.57Y	P # 407	SW 400 Medley Relay Lead Off	LY-VA	---	2.59
	29.79				
	(29.79)				
26.17Y	T # 423	Female Open 50 Free	LY-VA	---	0.86
2:03.92Y	F # 503	SW Female Open 200 Fly	LY-VA	4	-0.39
	27.83	59.69 1:32.08 2:03.92			
	(27.83)	(31.86) (32.39) (31.84)			
2:05.07Y	P # 503	SW Female Open 200 Fly	LY-VA	---	0.76
	28.95	1:00.54 1:32.85 2:05.07			
	(28.95)	(31.59) (32.31) (32.22)			
17:33.01Y	F # 509	Female Open 1650 Free	LY-VA	5	-16.57
	29.14	1:00.91 1:33.28 2:05.41	2:37.27 3:09.38 3:41.13	4:13.05	
	(29.14)	(31.77) (32.37) (32.13)	(31.86) (32.11) (31.75)	(31.92)	
	4:45.06	5:17.15 5:49.22 6:21.28	6:52.89 7:24.99 7:57.09	8:28.88	
	(32.01)	(32.09) (32.07) (32.06)	(31.61) (32.10) (32.10)	(31.79)	
	9:00.69	9:32.54 10:04.48 10:36.23	11:08.15 11:40.15 12:12.02	12:43.96	
	(31.81)	(31.85) (31.94) (31.75)	(31.92) (32.00) (31.87)	(31.94)	
	13:16.19	13:48.36 14:20.81 14:53.41	15:25.66 15:58.10 16:30.42	17:02.76	
	(32.23)	(32.17) (32.45) (32.60)	(32.25) (32.44) (32.32)	(32.34)	
	17:33.01				
	(30.25)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 YMCA Short Course Nationals 31-Mar-25 to 04-Apr-25 Yards

Location: Greensboro Aquatic Complex

Time	F/P/S	Event		Place	Points	Improv
George Xu (17) M						
53.60Y	P # 204	SW Male Open 100 Fly	LY-VA	137	---	1.01
	24.88	53.60				
	(24.88)	(28.72)				
55.04Y	P # 302	SW Male Open 100 Back	LY-VA	106	---	1.15
	26.90	55.04				
	(26.90)	(28.14)				
1:57.52Y	T # 430	Male Open 200 Fly	LY-VA	3	---	-2.68
	26.02	55.57 1:25.98 1:57.52				
	(26.02)	(29.55) (30.41) (31.54)				
2:00.72Y	T # 532	Male Open 200 Back	LY-VA	7	---	3.84
	27.85	57.80 1:29.48 2:00.72				
	(27.85)	(29.95) (31.68) (31.24)				