

**Lynchburg YMCA Swim Team**  
**Head Coach Ryan Woodruff**

**Individual Meet Results**

**Cavalier Aquatics YMCA November 24-Nov-24 Yards**

**Location: Brooks Family YMCA**

| Time                            | F/P/S   | Event                       |       | Place | Points | Improv |
|---------------------------------|---------|-----------------------------|-------|-------|--------|--------|
| <b>Emily Asbury (17) F</b>      |         |                             |       |       |        |        |
| 2:43.77Y                        | F # 5   | Female 13 & Over 200 Free   | LY-VA | 11    | 6      | 9.13   |
|                                 | 36.06   | 1:17.32 2:00.60 2:43.77     |       |       |        |        |
|                                 | (36.06) | (41.26) (43.28) (43.17)     |       |       |        |        |
| 37.17Y                          | F # 13  | Female 13 & Over 50 Free    | LY-VA | 24    | ---    | 3.11   |
| 1:19.86Y                        | F # 15  | Female 13 & Over 100 Free   | LY-VA | 17    | ---    | 6.81   |
|                                 | ---     | 1:19.86                     |       |       |        |        |
|                                 | ---     | (1:19.86)                   |       |       |        |        |
| 3:15.53Y                        | F # 25  | Female 13 & Over 200 IM     | LY-VA | 19    | ---    | 11.35  |
|                                 | 44.20   | 1:31.71 2:32.42 3:15.53     |       |       |        |        |
|                                 | (44.20) | (47.51) (1:00.71) (43.11)   |       |       |        |        |
| <b>Sydney Ayers (14) F</b>      |         |                             |       |       |        |        |
| 1:35.11Y                        | F # 9   | Female 13 & Over 100 Breast | LY-VA | 16    | 1      | 0.51   |
|                                 | 44.63   | 1:35.11                     |       |       |        |        |
|                                 | (44.63) | (50.48)                     |       |       |        |        |
| 33.59Y                          | F # 13  | Female 13 & Over 50 Free    | LY-VA | 22    | ---    | 0.26   |
| 1:14.44Y                        | F # 15  | Female 13 & Over 100 Free   | LY-VA | 16    | 1      | 3.17   |
|                                 | 35.63   | 1:14.44                     |       |       |        |        |
|                                 | (35.63) | (38.81)                     |       |       |        |        |
| <b>Shirley Barger (14) F</b>    |         |                             |       |       |        |        |
| 2:08.88Y                        | F # 5   | Female 13 & Over 200 Free   | LY-VA | 9     | 9      | 0.86   |
|                                 | 29.78   | 1:02.63 1:35.68 2:08.88     |       |       |        |        |
|                                 | (29.78) | (32.85) (33.05) (33.20)     |       |       |        |        |
| 27.69Y                          | F # 13  | Female 13 & Over 50 Free    | LY-VA | 8     | 10     | 0.41   |
| 1:00.01Y                        | F # 15  | Female 13 & Over 100 Free   | LY-VA | 9     | 9      | 0.38   |
|                                 | 28.83   | 1:00.01                     |       |       |        |        |
|                                 | (28.83) | (31.18)                     |       |       |        |        |
| NS                              | F # 21  | Female 13 & Over 500 Free   | LY-VA | ---   | ---    | ---    |
| <b>Jackson Barksdale (13) M</b> |         |                             |       |       |        |        |
| 2:17.22Y                        | F # 6   | Male 13 & Over 200 Free     | LY-VA | 13    | 4      | 4.98   |
|                                 | 30.72   | 1:05.10 1:41.28 2:17.22     |       |       |        |        |
|                                 | (30.72) | (34.38) (36.18) (35.94)     |       |       |        |        |
| 27.10Y                          | F # 14  | Male 13 & Over 50 Free      | LY-VA | 25    | ---    | 0.06   |
| 1:00.32Y                        | F # 16  | Male 13 & Over 100 Free     | LY-VA | 11    | 6      | 0.28   |
|                                 | 29.38   | 1:00.32                     |       |       |        |        |
|                                 | (29.38) | (30.94)                     |       |       |        |        |
| 2:37.64Y                        | F # 26  | Male 13 & Over 200 IM       | LY-VA | 16    | 1      | 0.52   |
|                                 | 36.13   | 1:16.68 2:04.52 2:37.64     |       |       |        |        |
|                                 | (36.13) | (40.55) (47.84) (33.12)     |       |       |        |        |

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Individual Meet Results

Cavalier Aquatics YMCA November 24-Nov-24 Yards  
Location: Brooks Familv YMCA

| Time                 | F/P/S   | Event                     |       | Place | Points | Improv |
|----------------------|---------|---------------------------|-------|-------|--------|--------|
| Cole Campbell (15) M |         |                           |       |       |        |        |
| 1:07.25Y             | F # 10  | Male 13 & Over 100 Breast | LY-VA | 10    | 7      | 4.43   |
|                      | 31.66   | 1:07.25                   |       |       |        |        |
|                      | (31.66) | (35.59)                   |       |       |        |        |
| 23.24Y               | F # 14  | Male 13 & Over 50 Free    | LY-VA | 6     | 13     | 0.47   |
| 2:12.22Y             | F # 26  | Male 13 & Over 200 IM     | LY-VA | 5     | 14     | 1.35   |
|                      | 27.99   | 1:01.25 1:39.70 2:12.22   |       |       |        |        |
|                      | (27.99) | (33.26) (38.45) (32.52)   |       |       |        |        |
| Ada Compton (14) F   |         |                           |       |       |        |        |
| 1:27.77Y DQ          | F # 7   | Female 13 & Over 100 Back | LY-VA | ---   | ---    | ---    |
|                      | 42.82   | 1:27.77                   |       |       |        |        |
|                      | (42.82) | (44.95)                   |       |       |        |        |
| 30.52Y               | F # 13  | Female 13 & Over 50 Free  | LY-VA | 17    | ---    | -0.43  |
| 3:03.65Y             | F # 25  | Female 13 & Over 200 IM   | LY-VA | 17    | ---    | 1.11   |
|                      | 40.58   | 1:28.70 2:24.24 3:03.65   |       |       |        |        |
|                      | (40.58) | (48.12) (55.54) (39.41)   |       |       |        |        |
| Daniel Cook (16) M   |         |                           |       |       |        |        |
| 1:37.61Y             | F # 8   | Male 13 & Over 100 Back   | LY-VA | 15    | 2      | ---    |
|                      | ---     | 1:37.61                   |       |       |        |        |
|                      | ---     | (1:37.61)                 |       |       |        |        |
| 1:51.22Y             | F # 10  | Male 13 & Over 100 Breast | LY-VA | 26    | ---    | ---    |
|                      | 51.42   | 1:51.22                   |       |       |        |        |
|                      | (51.42) | (59.80)                   |       |       |        |        |
| 30.01Y               | F # 14  | Male 13 & Over 50 Free    | LY-VA | 27    | ---    | ---    |
| 1:24.56Y             | F # 24  | Male 13 & Over 100 Fly    | LY-VA | 16    | 1      | ---    |
|                      | 39.52   | 1:24.56                   |       |       |        |        |
|                      | (39.52) | (45.04)                   |       |       |        |        |
| Isaac Cook (13) M    |         |                           |       |       |        |        |
| 1:14.24Y             | F # 10  | Male 13 & Over 100 Breast | LY-VA | 20    | ---    | 0.63   |
|                      | 34.88   | 1:14.24                   |       |       |        |        |
|                      | (34.88) | (39.36)                   |       |       |        |        |
| 25.91Y               | F # 14  | Male 13 & Over 50 Free    | LY-VA | 21    | ---    | 0.13   |
| 2:38.19Y             | F # 20  | Male 13 & Over 200 Breast | LY-VA | 15    | 2      | ---    |
|                      | 36.99   | 1:17.47 1:58.06 2:38.19   |       |       |        |        |
|                      | (36.99) | (40.48) (40.59) (40.13)   |       |       |        |        |
| 1:05.58Y             | F # 24  | Male 13 & Over 100 Fly    | LY-VA | 12    | 5      | -3.93  |
|                      | 30.58   | 1:05.58                   |       |       |        |        |
|                      | (30.58) | (35.00)                   |       |       |        |        |

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Cavalier Aquatics YMCA November 24-Nov-24 Yards  
Location: Brooks Familv YMCA

| Time                         | F/P/S    | Event                                                      | Place | Points | Improv |
|------------------------------|----------|------------------------------------------------------------|-------|--------|--------|
| <b>Benjamin Costa (14) M</b> |          |                                                            |       |        |        |
| 29.37Y                       | F # 2    | 200 Medley Relay Lead Off                                  | LY-VA | ---    | ---    |
| 1:01.65Y                     | F # 8    | Male 13 & Over 100 Back                                    | LY-VA | 6      | 13     |
|                              | 30.22    | 1:01.65                                                    |       |        | 0.38   |
|                              | (30.22)  | (31.43)                                                    |       |        |        |
| 25.36Y                       | F # 14   | Male 13 & Over 50 Free                                     | LY-VA | 15     | 2      |
| 2:19.29Y                     | F # 18   | Male 13 & Over 200 Back                                    | LY-VA | 14     | 3      |
|                              | 35.19    | 1:11.49 1:46.86 --- 2:19.29                                |       |        | 1.25   |
|                              | (35.19)  | (36.30) (35.37) --- (2:19.29)                              |       |        |        |
| 1:00.24Y                     | F # 24   | Male 13 & Over 100 Fly                                     | LY-VA | 6      | 13     |
|                              | 28.80    | 1:00.24                                                    |       |        | 1.06   |
|                              | (28.80)  | (31.44)                                                    |       |        |        |
| <b>Meredith Cox (13) F</b>   |          |                                                            |       |        |        |
| 15:00.75Y                    | F # 3    | Female 13 & Over 1000 Free                                 | LY-VA | 7      | 12     |
|                              | 40.33    | 1:25.42 2:12.13 2:58.54 3:44.19 4:31.86 5:19.77 6:07.03    |       |        | ---    |
|                              | (40.33)  | (45.09) (46.71) (46.41) (45.65) (47.67) (47.91) (47.26)    |       |        |        |
|                              | 6:53.47  | 7:40.54 8:25.69 9:09.99 9:55.28 10:39.60 11:23.81 12:08.35 |       |        |        |
|                              | (46.44)  | (47.07) (45.15) (44.30) (45.29) (44.32) (44.21) (44.54)    |       |        |        |
|                              | 12:53.24 | 13:38.29 14:21.09 15:00.75                                 |       |        |        |
|                              | (44.89)  | (45.05) (42.80) (39.66)                                    |       |        |        |
| 1:41.05Y                     | F # 9    | Female 13 & Over 100 Breast                                | LY-VA | 17     | ---    |
|                              | 47.98    | 1:41.05                                                    |       |        | 2.87   |
|                              | (47.98)  | (53.07)                                                    |       |        |        |
| 3:04.25Y                     | F # 17   | Female 13 & Over 200 Back                                  | LY-VA | 17     | ---    |
|                              | 45.08    | 1:32.47 2:20.45 3:04.25                                    |       |        | 4.15   |
|                              | (45.08)  | (47.39) (47.98) (43.80)                                    |       |        |        |
| 1:34.86Y                     | F # 23   | Female 13 & Over 100 Fly                                   | LY-VA | 13     | 4      |
|                              | ---      | 1:34.86                                                    |       |        | 3.87   |
|                              | ---      | (1:34.86)                                                  |       |        |        |
| <b>Avery Duff (14) F</b>     |          |                                                            |       |        |        |
| 1:23.29Y                     | F # 7    | Female 13 & Over 100 Back                                  | LY-VA | 20     | ---    |
|                              | 41.01    | 1:23.29                                                    |       |        | 4.36   |
|                              | (41.01)  | (42.28)                                                    |       |        |        |
| 29.34Y                       | F # 13   | Female 13 & Over 50 Free                                   | LY-VA | 14     | 3      |
| 1:06.48Y                     | F # 15   | Female 13 & Over 100 Free                                  | LY-VA | 15     | 2      |
|                              | 31.80    | 1:06.48                                                    |       |        | 0.80   |
|                              | (31.80)  | (34.68)                                                    |       |        | 3.49   |
| 1:28.83Y                     | F # 23   | Female 13 & Over 100 Fly                                   | LY-VA | 12     | 5      |
|                              | 39.23    | 1:28.83                                                    |       |        | 1.28   |
|                              | (39.23)  | (49.60)                                                    |       |        |        |

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|---------------------|---------|----------------------------|---------------------------------|--------|--------|--------|
| Ruby Duis (17) F    |         |                            |                                 |        |        |        |
| 2:09.98Y            | F # 5   | Female 13 & Over 200 Free  | LY-VA                           | 10     | 7      | -3.14  |
|                     | 28.65   | 1:01.79 1:36.13 2:09.98    |                                 |        |        |        |
|                     | (28.65) | (33.14) (34.34) (33.85)    |                                 |        |        |        |
| 25.79Y              | F # 13  | Female 13 & Over 50 Free   | LY-VA                           | 1      | 20     | -0.97  |
| 57.94Y              | F # 15  | Female 13 & Over 100 Free  | LY-VA                           | 3      | 16     | -1.71  |
|                     | 28.08   | 57.94                      |                                 |        |        |        |
|                     | (28.08) | (29.86)                    |                                 |        |        |        |
| 26.14Y              | F # 27  | 200 Free Relay Lead Off    | LY-VA                           | ---    | ---    | -0.62  |
| Josh Edwards (16) M |         |                            |                                 |        |        |        |
| 1:12.72Y            | F # 10  | Male 13 & Over 100 Breast  | LY-VA                           | 18     | ---    | 5.24   |
|                     | 34.02   | 1:12.72                    |                                 |        |        |        |
|                     | (34.02) | (38.70)                    |                                 |        |        |        |
| 25.29Y              | F # 14  | Male 13 & Over 50 Free     | LY-VA                           | 14     | 3      | 1.21   |
| 55.61Y              | F # 16  | Male 13 & Over 100 Free    | LY-VA                           | 4      | 15     | 2.44   |
|                     | 26.64   | 55.61                      |                                 |        |        |        |
|                     | (26.64) | (28.97)                    |                                 |        |        |        |
| 2:47.96Y            | F # 20  | Male 13 & Over 200 Breast  | LY-VA                           | 18     | ---    | -0.35  |
|                     | 37.60   | 1:20.01 2:04.12 2:47.96    |                                 |        |        |        |
|                     | (37.60) | (42.41) (44.11) (43.84)    |                                 |        |        |        |
| Sam Edwards (13) M  |         |                            |                                 |        |        |        |
| 11:06.16Y           | F # 4   | Male 13 & Over 1000 Free   | LY-VA                           | 7      | 12     | -13.75 |
|                     | 28.41   | 1:00.61 1:33.73 2:07.01    | 2:40.60 3:14.45 3:48.29 4:21.95 |        |        |        |
|                     | (28.41) | (32.20) (33.12) (33.28)    | (33.59) (33.85) (33.84) (33.66) |        |        |        |
|                     | 4:55.70 | 5:29.73 6:03.98 6:38.02    | 7:11.93 7:45.69 8:19.27 8:53.30 |        |        |        |
|                     | (33.75) | (34.03) (34.25) (34.04)    | (33.91) (33.76) (33.58) (34.03) |        |        |        |
|                     | 9:27.59 | 10:01.38 10:34.41 11:06.16 |                                 |        |        |        |
|                     | (34.29) | (33.79) (33.03) (31.75)    |                                 |        |        |        |
| 1:06.34Y            | F # 8   | Male 13 & Over 100 Back    | LY-VA                           | 10     | 7      | 3.84   |
|                     | 31.63   | ---                        |                                 |        |        |        |
|                     | (31.63) | ---                        |                                 |        |        |        |
|                     |         | (1:06.34)                  |                                 |        |        |        |
| 2:23.72Y            | F # 18  | Male 13 & Over 200 Back    | LY-VA                           | 15     | 2      | 8.52   |
|                     | 32.62   | 1:09.36 1:47.04 2:23.72    |                                 |        |        |        |
|                     | (32.62) | (36.74) (37.68) (36.68)    |                                 |        |        |        |
| 5:39.96Y            | F # 22  | Male 13 & Over 500 Free    | LY-VA                           | 8      | 11     | 8.72   |
|                     | 29.27   | 1:02.59 1:37.00 2:11.81    | 2:47.07 3:22.05 3:57.02 4:32.18 |        |        |        |
|                     | (29.27) | (33.32) (34.41) (34.81)    | (35.26) (34.98) (34.97) (35.16) |        |        |        |
|                     | 5:06.88 | 5:39.96                    |                                 |        |        |        |
|                     | (34.70) | (33.08)                    |                                 |        |        |        |
| 26.43Y              | F # 28  | 200 Free Relay Lead Off    | LY-VA                           | ---    | ---    | 0.18   |

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| Time                           | F/P/S   | Event                       |       | Place | Points | Improv |
|--------------------------------|---------|-----------------------------|-------|-------|--------|--------|
| <b>Frances Fenton (17) F</b>   |         |                             |       |       |        |        |
| 1:11.96Y                       | F # 9   | Female 13 & Over 100 Breast | LY-VA | 5     | 14     | 5.67   |
|                                | 34.17   | 1:11.96                     |       |       |        |        |
|                                | (34.17) | (37.79)                     |       |       |        |        |
| 26.19Y                         | F # 13  | Female 13 & Over 50 Free    | LY-VA | 2     | 17     | 1.80   |
| 2:30.53Y                       | F # 25  | Female 13 & Over 200 IM     | LY-VA | 6     | 13     | 14.25  |
|                                | 31.99   | 1:12.92 1:55.59 2:30.53     |       |       |        |        |
|                                | (31.99) | (40.93) (42.67) (34.94)     |       |       |        |        |
| <b>Eli Fleenor (15) M</b>      |         |                             |       |       |        |        |
| 1:25.84Y                       | F # 8   | Male 13 & Over 100 Back     | LY-VA | 14    | 3      | -9.67  |
|                                | 40.06   | --- 1:25.84                 |       |       |        |        |
|                                | (40.06) | --- (1:25.84)               |       |       |        |        |
| 27.01Y                         | F # 14  | Male 13 & Over 50 Free      | LY-VA | 24    | ---    | 0.14   |
| 1:05.34Y                       | F # 16  | Male 13 & Over 100 Free     | LY-VA | 13    | 4      | 4.94   |
|                                | 30.24   | 1:05.34                     |       |       |        |        |
|                                | (30.24) | (35.10)                     |       |       |        |        |
| <b>Zelynn Gustafson (15) F</b> |         |                             |       |       |        |        |
| 1:27.02Y                       | F # 9   | Female 13 & Over 100 Breast | LY-VA | 14    | 3      | -1.31  |
|                                | 42.21   | 1:27.02                     |       |       |        |        |
|                                | (42.21) | (44.81)                     |       |       |        |        |
| 29.47Y                         | F # 13  | Female 13 & Over 50 Free    | LY-VA | 15    | 2      | 0.10   |
| 2:50.47Y                       | F # 17  | Female 13 & Over 200 Back   | LY-VA | 15    | 2      | -1.03  |
|                                | 39.77   | 1:22.80 2:07.23 2:50.47     |       |       |        |        |
|                                | (39.77) | (43.03) (44.43) (43.24)     |       |       |        |        |
| 2:47.00Y                       | F # 25  | Female 13 & Over 200 IM     | LY-VA | 13    | 4      | 3.83   |
|                                | 39.15   | 1:22.56 2:13.10 2:47.00     |       |       |        |        |
|                                | (39.15) | (43.41) (50.54) (33.90)     |       |       |        |        |
| <b>Chandler Henry (16) M</b>   |         |                             |       |       |        |        |
| 1:08.49Y                       | F # 10  | Male 13 & Over 100 Breast   | LY-VA | 15    | 2      | -1.67  |
|                                | 32.38   | 1:08.49                     |       |       |        |        |
|                                | (32.38) | (36.11)                     |       |       |        |        |
| 25.60Y                         | F # 14  | Male 13 & Over 50 Free      | LY-VA | 19    | ---    | 0.05   |
| 56.15Y                         | F # 16  | Male 13 & Over 100 Free     | LY-VA | 7     | 12     | -1.18  |
|                                | 27.05   | 56.15                       |       |       |        |        |
|                                | (27.05) | (29.10)                     |       |       |        |        |
| 2:33.93Y                       | F # 20  | Male 13 & Over 200 Breast   | LY-VA | 11    | 6      | -3.39  |
|                                | 34.77   | 1:14.40 1:54.15 2:33.93     |       |       |        |        |
|                                | (34.77) | (39.63) (39.75) (39.78)     |       |       |        |        |
| 25.47Y                         | F # 28  | 200 Free Relay Lead Off     | LY-VA | ---   | ---    | -0.08  |

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| Time                     | F/P/S   | Event                                                   | Place | Points | Improv |       |
|--------------------------|---------|---------------------------------------------------------|-------|--------|--------|-------|
| Trevor Henry (14) M      |         |                                                         |       |        |        |       |
| 2:35.08Y                 | F # 6   | Male 13 & Over 200 Free                                 | LY-VA | 15     | 2      | 3.43  |
|                          | 33.90   | 1:15.33 1:55.17 2:35.08                                 |       |        |        |       |
|                          | (33.90) | (41.43) (39.84) (39.91)                                 |       |        |        |       |
| NS                       | F # 8   | Male 13 & Over 100 Back                                 | LY-VA | ---    | ---    | ---   |
| 31.63Y                   | F # 14  | Male 13 & Over 50 Free                                  | LY-VA | 28     | ---    | 0.26  |
| 1:24.18Y                 | F # 24  | Male 13 & Over 100 Fly                                  | LY-VA | 15     | 2      | -3.78 |
|                          | 38.51   | 1:24.18                                                 |       |        |        |       |
|                          | (38.51) | (45.67)                                                 |       |        |        |       |
| Sydney Hill (14) F       |         |                                                         |       |        |        |       |
| 1:12.99Y                 | F # 7   | Female 13 & Over 100 Back                               | LY-VA | 15     | 2      | 1.20  |
|                          | 35.30   | 1:12.99                                                 |       |        |        |       |
|                          | (35.30) | (37.69)                                                 |       |        |        |       |
| 1:02.65Y                 | F # 15  | Female 13 & Over 100 Free                               | LY-VA | 10     | 7      | 1.92  |
|                          | 30.45   | 1:02.65                                                 |       |        |        |       |
|                          | (30.45) | (32.20)                                                 |       |        |        |       |
| 6:24.61Y                 | F # 21  | Female 13 & Over 500 Free                               | LY-VA | 12     | 5      | 1.75  |
|                          | 33.93   | 1:11.92 1:50.86 2:30.24 3:10.20 3:50.09 4:30.18 5:10.07 |       |        |        |       |
|                          | (33.93) | (37.99) (38.94) (39.38) (39.96) (39.89) (40.09) (39.89) |       |        |        |       |
|                          | 5:49.18 | 6:24.61                                                 |       |        |        |       |
|                          | (39.11) | (35.43)                                                 |       |        |        |       |
| 2:42.74Y                 | F # 25  | Female 13 & Over 200 IM                                 | LY-VA | 12     | 5      | 1.91  |
|                          | 35.66   | 1:16.17 2:06.74 2:42.74                                 |       |        |        |       |
|                          | (35.66) | (40.51) (50.57) (36.00)                                 |       |        |        |       |
| Ann-Margaret Holt (15) F |         |                                                         |       |        |        |       |
| 1:02.94Y                 | F # 7   | Female 13 & Over 100 Back                               | LY-VA | 4      | 15     | 1.46  |
|                          | 30.86   | 1:02.94                                                 |       |        |        |       |
|                          | (30.86) | (32.08)                                                 |       |        |        |       |
| 2:15.37Y                 | F # 11  | Female 13 & Over 200 Fly                                | LY-VA | 3      | 16     | -4.30 |
|                          | 31.46   | 1:05.86 --- 2:15.37                                     |       |        |        |       |
|                          | (31.46) | (34.40) --- (2:15.37)                                   |       |        |        |       |
| 2:12.94Y                 | F # 17  | Female 13 & Over 200 Back                               | LY-VA | 1      | 20     | 2.07  |
|                          | 32.70   | 1:06.68 1:40.24 2:12.94                                 |       |        |        |       |
|                          | (32.70) | (33.98) (33.56) (32.70)                                 |       |        |        |       |
| 2:18.70Y                 | F # 25  | Female 13 & Over 200 IM                                 | LY-VA | 3      | 16     | 0.07  |
|                          | 30.01   | 1:05.18 1:47.93 2:18.70                                 |       |        |        |       |
|                          | (30.01) | (35.17) (42.75) (30.77)                                 |       |        |        |       |

Lynchburg YMCA Swim Team  
Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics YMCA November 24-Nov-24 Yards  
Location: Brooks Familv YMCA

| Time                        | F/P/S   | Event                     |       | Place | Points | Improv |
|-----------------------------|---------|---------------------------|-------|-------|--------|--------|
| <b>Kenleigh Holt (13) F</b> |         |                           |       |       |        |        |
| 2:48.56Y                    | F # 5   | Female 13 & Over 200 Free | LY-VA | 12    | 5      | 10.64  |
|                             | 34.17   | 1:18.34 2:04.14 2:48.56   |       |       |        |        |
|                             | (34.17) | (44.17) (45.80) (44.42)   |       |       |        |        |
| 32.79Y                      | F # 13  | Female 13 & Over 50 Free  | LY-VA | 20    | ---    | 0.02   |
| 2:59.12Y                    | F # 17  | Female 13 & Over 200 Back | LY-VA | 16    | 1      | 3.08   |
|                             | 40.42   | 1:26.41 --- 2:59.12       |       |       |        |        |
|                             | (40.42) | (45.99) --- (2:59.12)     |       |       |        |        |
| 3:07.11Y                    | F # 25  | Female 13 & Over 200 IM   | LY-VA | 18    | ---    | -2.30  |
|                             | 40.71   | 1:27.31 2:25.39 3:07.11   |       |       |        |        |
|                             | (40.71) | (46.60) (58.08) (41.72)   |       |       |        |        |
| <b>Davis Hottle (17) M</b>  |         |                           |       |       |        |        |
| 26.53Y                      | F # 2   | 200 Medley Relay Lead Off | LY-VA | ---   | ---    | 0.44   |
| 56.48Y                      | F # 8   | Male 13 & Over 100 Back   | LY-VA | 3     | 16     | 1.04   |
|                             | 27.76   | 56.48                     |       |       |        |        |
|                             | (27.76) | (28.72)                   |       |       |        |        |
| 2:01.21Y                    | F # 18  | Male 13 & Over 200 Back   | LY-VA | 1     | 20     | 4.49   |
|                             | 29.01   | 59.69 1:30.67 2:01.21     |       |       |        |        |
|                             | (29.01) | (30.68) (30.98) (30.54)   |       |       |        |        |
| NS                          | F # 24  | Male 13 & Over 100 Fly    | LY-VA | ---   | ---    | ---    |
| <b>Luke Hottle (15) M</b>   |         |                           |       |       |        |        |
| 1:48.17Y                    | F # 6   | Male 13 & Over 200 Free   | LY-VA | 1     | 20     | 0.42   |
|                             | 25.00   | 52.92 1:20.87 1:48.17     |       |       |        |        |
|                             | (25.00) | (27.92) (27.95) (27.30)   |       |       |        |        |
| 2:13.09Y                    | F # 20  | Male 13 & Over 200 Breast | LY-VA | 2     | 17     | 2.69   |
|                             | 29.80   | 1:03.86 1:38.50 2:13.09   |       |       |        |        |
|                             | (29.80) | (34.06) (34.64) (34.59)   |       |       |        |        |
| 1:58.72Y                    | F # 26  | Male 13 & Over 200 IM     | LY-VA | 1     | 20     | 1.60   |
|                             | 25.86   | 56.98 1:31.12 1:58.72     |       |       |        |        |
|                             | (25.86) | (31.12) (34.14) (27.60)   |       |       |        |        |

Lynchburg YMCA Swim Team  
Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics YMCA November 24-Nov-24 Yards  
Location: Brooks Familv YMCA

| Time                 | F/P/S   | Event                       |          |          |         | Place   |         |         |     | Points | Improv |
|----------------------|---------|-----------------------------|----------|----------|---------|---------|---------|---------|-----|--------|--------|
| Noah Kasper (17) M   |         |                             |          |          |         |         |         |         |     |        |        |
| 29.02Y               | F # 2   | 200 Medley Relay Lead Off   |          |          |         | LY-VA   | ---     |         | --- | 0.24   |        |
| 11:22.12Y            | F # 4   | Male 13 & Over 1000 Free    |          |          |         | LY-VA   | 10      |         | 7   | 31.74  |        |
|                      | 30.20   | 1:03.83                     | 1:37.80  | 2:12.31  | 2:46.77 | 3:21.59 | 3:56.26 | 4:31.03 |     |        |        |
|                      | (30.20) | (33.63)                     | (33.97)  | (34.51)  | (34.46) | (34.82) | (34.67) | (34.77) |     |        |        |
|                      | 5:05.91 | 5:40.70                     | 6:15.08  | 6:50.07  | 7:24.98 | 7:59.90 | 8:33.87 | 9:08.32 |     |        |        |
|                      | (34.88) | (34.79)                     | (34.38)  | (34.99)  | (34.91) | (34.92) | (33.97) | (34.45) |     |        |        |
|                      | 9:42.49 | 10:16.30                    | 10:49.67 | 11:22.12 |         |         |         |         |     |        |        |
|                      | (34.17) | (33.81)                     | (33.37)  | (32.45)  |         |         |         |         |     |        |        |
| 1:58.71Y             | F # 6   | Male 13 & Over 200 Free     |          |          |         | LY-VA   | 8       |         | 11  | 3.97   |        |
|                      | 27.82   | 58.17                       | 1:28.95  | 1:58.71  |         |         |         |         |     |        |        |
|                      | (27.82) | (30.35)                     | (30.78)  | (29.76)  |         |         |         |         |     |        |        |
| 24.59Y               | F # 14  | Male 13 & Over 50 Free      |          |          |         | LY-VA   | 11      |         | 6   | 0.72   |        |
| 5:22.17Y             | F # 22  | Male 13 & Over 500 Free     |          |          |         | LY-VA   | 5       |         | 14  | 8.31   |        |
|                      | 27.95   | 59.59                       | 1:32.33  | 2:05.04  | 2:37.99 | 3:11.07 | 3:44.39 | 4:17.71 |     |        |        |
|                      | (27.95) | (31.64)                     | (32.74)  | (32.71)  | (32.95) | (33.08) | (33.32) | (33.32) |     |        |        |
|                      | 4:50.91 | 5:22.17                     |          |          |         |         |         |         |     |        |        |
|                      | (33.20) | (31.26)                     |          |          |         |         |         |         |     |        |        |
| Eva Kendall (13) F   |         |                             |          |          |         |         |         |         |     |        |        |
| 1:23.00Y             | F # 7   | Female 13 & Over 100 Back   |          |          |         | LY-VA   | 19      |         | --- | -0.24  |        |
|                      | 40.23   | 1:23.00                     |          |          |         |         |         |         |     |        |        |
|                      | (40.23) | (42.77)                     |          |          |         |         |         |         |     |        |        |
| 1:30.34Y             | F # 9   | Female 13 & Over 100 Breast |          |          |         | LY-VA   | 15      |         | 2   | -0.28  |        |
|                      | 43.31   | 1:30.34                     |          |          |         |         |         |         |     |        |        |
|                      | (43.31) | (47.03)                     |          |          |         |         |         |         |     |        |        |
| 32.37Y               | F # 13  | Female 13 & Over 50 Free    |          |          |         | LY-VA   | 19      |         | --- | -0.02  |        |
| 3:01.15Y             | F # 25  | Female 13 & Over 200 IM     |          |          |         | LY-VA   | 16      |         | 1   | -6.46  |        |
|                      | 42.05   | 1:30.16                     | 2:20.07  | 3:01.15  |         |         |         |         |     |        |        |
|                      | (42.05) | (48.11)                     | (49.91)  | (41.08)  |         |         |         |         |     |        |        |
| Kathleen King (14) F |         |                             |          |          |         |         |         |         |     |        |        |
| 1:05.69Y             | F # 1   | 200 Medley Relay Lead Off   |          |          |         | LY-VA   | ---     |         | --- | 34.75  |        |
|                      | 31.18   |                             |          |          |         |         |         |         |     |        |        |
|                      | (31.18) |                             |          |          |         |         |         |         |     |        |        |
| 1:06.55Y             | F # 7   | Female 13 & Over 100 Back   |          |          |         | LY-VA   | 8       |         | 11  | 2.11   |        |
|                      | 32.77   | 1:06.55                     |          |          |         |         |         |         |     |        |        |
|                      | (32.77) | (33.78)                     |          |          |         |         |         |         |     |        |        |
| 27.89Y               | F # 13  | Female 13 & Over 50 Free    |          |          |         | LY-VA   | 10      |         | 7   | 1.74   |        |
| 2:28.54Y             | F # 17  | Female 13 & Over 200 Back   |          |          |         | LY-VA   | 10      |         | 7   | 6.68   |        |
|                      | 34.87   | 1:13.17                     | 1:51.25  | 2:28.54  |         |         |         |         |     |        |        |
|                      | (34.87) | (38.30)                     | (38.08)  | (37.29)  |         |         |         |         |     |        |        |
| 2:33.39Y             | F # 25  | Female 13 & Over 200 IM     |          |          |         | LY-VA   | 7       |         | 12  | -2.58  |        |
|                      | 32.89   | 1:12.81                     | 1:59.25  | 2:33.39  |         |         |         |         |     |        |        |
|                      | (32.89) | (39.92)                     | (46.44)  | (34.14)  |         |         |         |         |     |        |        |
| Ava Kirby (17) F     |         |                             |          |          |         |         |         |         |     |        |        |
| 36.69Y               | F # 13  | Female 13 & Over 50 Free    |          |          |         | LY-VA   | 23      |         | --- | 7.34   |        |

Lynchburg YMCA Swim Team

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Individual Meet Results

Cavalier Aquatics YMCA November 24-Nov-24 Yards  
Location: Brooks Familv YMCA

| Time                       | F/P/S    | Event                      | Place                           | Points | Improv |
|----------------------------|----------|----------------------------|---------------------------------|--------|--------|
| Colt Kirby (13) M          |          |                            |                                 |        |        |
| 12:06.96Y                  | F # 4    | Male 13 & Over 1000 Free   | LY-VA 13                        | 4      | ---    |
|                            | 32.56    | 1:09.14 1:45.75 2:22.74    | 2:59.99 3:37.54 4:13.98 4:50.71 |        |        |
|                            | (32.56)  | (36.58) (36.61) (36.99)    | (37.25) (37.55) (36.44) (36.73) |        |        |
|                            | 5:27.72  | 6:04.28 6:40.61 7:17.48    | 7:54.55 8:31.46 9:07.68 9:44.60 |        |        |
|                            | (37.01)  | (36.56) (36.33) (36.87)    | (37.07) (36.91) (36.22) (36.92) |        |        |
|                            | 10:20.31 | 10:56.57 11:32.52 12:06.96 |                                 |        |        |
|                            | (35.71)  | (36.26) (35.95) (34.44)    |                                 |        |        |
| 1:12.28Y                   | F # 8    | Male 13 & Over 100 Back    | LY-VA 13                        | 4      | -2.59  |
|                            | 35.57    | ---                        | 1:12.28                         |        |        |
|                            | (35.57)  | ---                        | (1:12.28)                       |        |        |
| 58.89Y                     | F # 16   | Male 13 & Over 100 Free    | LY-VA 10                        | 7      | -1.28  |
|                            | 28.26    | 58.89                      |                                 |        |        |
|                            | (28.26)  | (30.63)                    |                                 |        |        |
| 2:28.66Y                   | F # 26   | Male 13 & Over 200 IM      | LY-VA 14                        | 3      | -2.07  |
|                            | 33.30    | 1:10.68 1:55.66 2:28.66    |                                 |        |        |
|                            | (33.30)  | (37.38) (44.98) (33.00)    |                                 |        |        |
| Jefferson Koscielny (13) M |          |                            |                                 |        |        |
| 2:30.66Y                   | F # 6    | Male 13 & Over 200 Free    | LY-VA 14                        | 3      | -3.55  |
|                            | 34.65    | 1:13.04 1:52.95 2:30.66    |                                 |        |        |
|                            | (34.65)  | (38.39) (39.91) (37.71)    |                                 |        |        |
| 1:10.28Y                   | F # 16   | Male 13 & Over 100 Free    | LY-VA 14                        | 3      | 0.19   |
|                            | 34.05    | 1:10.28                    |                                 |        |        |
|                            | (34.05)  | (36.23)                    |                                 |        |        |
| 1:28.54Y                   | F # 24   | Male 13 & Over 100 Fly     | LY-VA 17                        | ---    | -1.54  |
|                            | 40.14    | 1:28.54                    |                                 |        |        |
|                            | (40.14)  | (48.40)                    |                                 |        |        |
| 2:58.56Y                   | F # 26   | Male 13 & Over 200 IM      | LY-VA 17                        | ---    | -6.96  |
|                            | 39.86    | 1:29.33 2:21.43 2:58.56    |                                 |        |        |
|                            | (39.86)  | (49.47) (52.10) (37.13)    |                                 |        |        |
| Jacob Kovarik (15) M       |          |                            |                                 |        |        |
| 1:17.41Y                   | F # 10   | Male 13 & Over 100 Breast  | LY-VA 24                        | ---    | 3.82   |
|                            | 35.74    | 1:17.41                    |                                 |        |        |
|                            | (35.74)  | (41.67)                    |                                 |        |        |
| 57.77Y                     | F # 16   | Male 13 & Over 100 Free    | LY-VA 8                         | 11     | 2.50   |
|                            | 27.41    | 57.77                      |                                 |        |        |
|                            | (27.41)  | (30.36)                    |                                 |        |        |
| 2:57.87Y                   | F # 20   | Male 13 & Over 200 Breast  | LY-VA 21                        | ---    | 14.51  |
|                            | 39.16    | 1:24.46 2:12.05 2:57.87    |                                 |        |        |
|                            | (39.16)  | (45.30) (47.59) (45.82)    |                                 |        |        |
| 2:38.25Y DQ                | F # 26   | Male 13 & Over 200 IM      | LY-VA ---                       | ---    | ---    |
|                            | 31.54    | 1:10.90 1:58.79 2:38.25    |                                 |        |        |
|                            | (31.54)  | (39.36) (47.89) (39.46)    |                                 |        |        |

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics YMCA November 24-Nov-24 Yards  
Location: Brooks Familv YMCA

| Time                     | F/P/S    | Event                                                   | Place | Points | Improv |        |
|--------------------------|----------|---------------------------------------------------------|-------|--------|--------|--------|
| Katherine Kovarik (16) F |          |                                                         |       |        |        |        |
| 1:08.19Y                 | F # 7    | Female 13 & Over 100 Back                               | LY-VA | 11     | 6      | 2.43   |
|                          | 32.29    | 1:08.19                                                 |       |        |        |        |
|                          | (32.29)  | (35.90)                                                 |       |        |        |        |
| 27.69Y                   | F # 13   | Female 13 & Over 50 Free                                | LY-VA | 8      | 10     | 0.52   |
| 2:33.01Y                 | F # 17   | Female 13 & Over 200 Back                               | LY-VA | 12     | 5      | 8.84   |
|                          | 35.62    | 1:13.53 1:53.10 2:33.01                                 |       |        |        |        |
|                          | (35.62)  | (37.91) (39.57) (39.91)                                 |       |        |        |        |
| 6:07.91Y                 | F # 21   | Female 13 & Over 500 Free                               | LY-VA | 10     | 7      | 22.30  |
|                          | 31.68    | 1:07.97 1:45.52 2:23.36 3:00.89 3:38.51 4:16.40 4:53.84 |       |        |        |        |
|                          | (31.68)  | (36.29) (37.55) (37.84) (37.53) (37.62) (37.89) (37.44) |       |        |        |        |
|                          | 5:30.97  | 6:07.91                                                 |       |        |        |        |
|                          | (37.13)  | (36.94)                                                 |       |        |        |        |
| 27.68Y                   | F # 27   | 200 Free Relay Lead Off                                 | LY-VA | ---    | ---    | 0.51   |
| Jacob Leger (15) M       |          |                                                         |       |        |        |        |
| 11:52.54Y                | F # 4    | Male 13 & Over 1000 Free                                | LY-VA | 12     | 5      | -21.44 |
|                          | 30.27    | 1:04.91 1:40.90 2:17.63 2:54.17 3:31.33 4:08.69 4:44.74 |       |        |        |        |
|                          | (30.27)  | (34.64) (35.99) (36.73) (36.54) (37.16) (37.36) (36.05) |       |        |        |        |
|                          | 5:21.01  | 5:57.92 6:35.56 7:10.67 7:46.27 8:24.60 9:00.65 9:36.86 |       |        |        |        |
|                          | (36.27)  | (36.91) (37.64) (35.11) (35.60) (38.33) (36.05) (36.21) |       |        |        |        |
|                          | 10:12.09 | 10:46.16 11:20.15 11:52.54                              |       |        |        |        |
|                          | (35.23)  | (34.07) (33.99) (32.39)                                 |       |        |        |        |
| 2:17.43Y                 | F # 12   | Male 13 & Over 200 Fly                                  | LY-VA | 5      | 14     | 1.38   |
|                          | 29.57    | 1:04.47 1:42.02 2:17.43                                 |       |        |        |        |
|                          | (29.57)  | (34.90) (37.55) (35.41)                                 |       |        |        |        |
| 57.82Y                   | F # 16   | Male 13 & Over 100 Free                                 | LY-VA | 9      | 9      | 2.45   |
|                          | 28.35    | 57.82                                                   |       |        |        |        |
|                          | (28.35)  | (29.47)                                                 |       |        |        |        |
| 1:01.29Y                 | F # 24   | Male 13 & Over 100 Fly                                  | LY-VA | 8      | 11     | 1.50   |
|                          | 28.60    | 1:01.29                                                 |       |        |        |        |
|                          | (28.60)  | (32.69)                                                 |       |        |        |        |
| Blythe Miller (16) F     |          |                                                         |       |        |        |        |
| 1:16.85Y                 | F # 9    | Female 13 & Over 100 Breast                             | LY-VA | 8      | 11     | -0.44  |
|                          | 36.63    | 1:16.85                                                 |       |        |        |        |
|                          | (36.63)  | (40.22)                                                 |       |        |        |        |
| 28.01Y                   | F # 13   | Female 13 & Over 50 Free                                | LY-VA | 11     | 6      | -0.85  |
| 2:52.36Y                 | F # 19   | Female 13 & Over 200 Breast                             | LY-VA | 4      | 15     | -1.84  |
|                          | 39.24    | 1:24.78 2:09.09 2:52.36                                 |       |        |        |        |
|                          | (39.24)  | (45.54) (44.31) (43.27)                                 |       |        |        |        |
| 2:35.51Y                 | F # 25   | Female 13 & Over 200 IM                                 | LY-VA | 9      | 9      | -0.22  |
|                          | 36.26    | 1:16.34 2:00.75 2:35.51                                 |       |        |        |        |
|                          | (36.26)  | (40.08) (44.41) (34.76)                                 |       |        |        |        |

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics YMCA November 24-Nov-24 Yards  
Location: Brooks Familv YMCA

| Time                   | F/P/S   | Event                       |       | Place | Points | Improv |
|------------------------|---------|-----------------------------|-------|-------|--------|--------|
| Anna Mills (17) F      |         |                             |       |       |        |        |
| 1:03.43Y               | F # 1   | 200 Medley Relay Lead Off   | LY-VA | ---   | ---    | 32.57  |
|                        | 30.02   |                             |       |       |        |        |
|                        | (30.02) |                             |       |       |        |        |
| 1:05.30Y               | F # 7   | Female 13 & Over 100 Back   | LY-VA | 7     | 12     | 1.58   |
|                        | 31.67   | 1:05.30                     |       |       |        |        |
|                        | (31.67) | (33.63)                     |       |       |        |        |
| 57.74Y                 | F # 15  | Female 13 & Over 100 Free   | LY-VA | 2     | 17     | 0.76   |
|                        | 28.08   | 57.74                       |       |       |        |        |
|                        | (28.08) | (29.66)                     |       |       |        |        |
| 2:23.73Y               | F # 17  | Female 13 & Over 200 Back   | LY-VA | 8     | 11     | 4.72   |
|                        | 34.53   | 1:11.39 1:48.45 2:23.73     |       |       |        |        |
|                        | (34.53) | (36.86) (37.06) (35.28)     |       |       |        |        |
| Luke Morrison (15) M   |         |                             |       |       |        |        |
| 1:57.92Y               | F # 6   | Male 13 & Over 200 Free     | LY-VA | 7     | 12     | 0.06   |
|                        | 26.91   | 56.33 1:26.66 1:57.92       |       |       |        |        |
|                        | (26.91) | (29.42) (30.33) (31.26)     |       |       |        |        |
| 25.50Y                 | F # 14  | Male 13 & Over 50 Free      | LY-VA | 16    | 1      | 0.11   |
| 54.91Y                 | F # 16  | Male 13 & Over 100 Free     | LY-VA | 3     | 16     | -0.05  |
|                        | 26.56   | 54.91                       |       |       |        |        |
|                        | (26.56) | (28.35)                     |       |       |        |        |
| 1:01.44Y               | F # 24  | Male 13 & Over 100 Fly      | LY-VA | 9     | 9      | 0.83   |
|                        | 28.75   | 1:01.44                     |       |       |        |        |
|                        | (28.75) | (32.69)                     |       |       |        |        |
| Ella Pennington (14) F |         |                             |       |       |        |        |
| 1:22.41Y               | F # 9   | Female 13 & Over 100 Breast | LY-VA | 11    | 6      | 2.40   |
|                        | 38.99   | 1:22.41                     |       |       |        |        |
|                        | (38.99) | (43.42)                     |       |       |        |        |
| 1:04.67Y               | F # 15  | Female 13 & Over 100 Free   | LY-VA | 12    | 5      | 0.77   |
|                        | 31.22   | 1:04.67                     |       |       |        |        |
|                        | (31.22) | (33.45)                     |       |       |        |        |
| 2:54.20Y               | F # 19  | Female 13 & Over 200 Breast | LY-VA | 6     | 13     | 1.33   |
|                        | 40.45   | 1:24.98 2:09.59 2:54.20     |       |       |        |        |
|                        | (40.45) | (44.53) (44.61) (44.61)     |       |       |        |        |
| 2:34.64Y               | F # 25  | Female 13 & Over 200 IM     | LY-VA | 8     | 11     | 4.89   |
|                        | 33.34   | 1:14.38 1:59.81 2:34.64     |       |       |        |        |
|                        | (33.34) | (41.04) (45.43) (34.83)     |       |       |        |        |

**Lynchburg YMCA Swim Team**  
**Head Coach Ryan Woodruff**

**Individual Meet Results**

**Cavalier Aquatics YMCA November 24-Nov-24 Yards**

**Location: Brooks Family YMCA**

| Time                   | F/P/S   | Event                     | Place | Points | Improv |       |
|------------------------|---------|---------------------------|-------|--------|--------|-------|
| Danna Pineda (13) F    |         |                           |       |        |        |       |
| 1:13.40Y               | F # 7   | Female 13 & Over 100 Back | LY-VA | 16     | 1      | -1.25 |
|                        | 37.10   | 1:13.40                   |       |        |        |       |
|                        | (37.10) | (36.30)                   |       |        |        |       |
| 28.66Y                 | F # 13  | Female 13 & Over 50 Free  | LY-VA | 13     | 4      | -0.13 |
| 1:06.23Y               | F # 15  | Female 13 & Over 100 Free | LY-VA | 13     | 4      | 2.05  |
|                        | 32.38   | 1:06.23                   |       |        |        |       |
|                        | (32.38) | (33.85)                   |       |        |        |       |
| 2:52.69Y               | F # 25  | Female 13 & Over 200 IM   | LY-VA | 15     | 2      | 8.35  |
|                        | 36.70   | 1:19.37 2:13.54 2:52.69   |       |        |        |       |
|                        | (36.70) | (42.67) (54.17) (39.15)   |       |        |        |       |
| Owen Porter (14) M     |         |                           |       |        |        |       |
| 1:10.19Y               | F # 10  | Male 13 & Over 100 Breast | LY-VA | 17     | ---    | 1.12  |
|                        | 33.48   | 1:10.19                   |       |        |        |       |
|                        | (33.48) | (36.71)                   |       |        |        |       |
| 26.79Y                 | F # 14  | Male 13 & Over 50 Free    | LY-VA | 23     | ---    | 0.39  |
| 2:35.97Y               | F # 20  | Male 13 & Over 200 Breast | LY-VA | 13     | 3.5    | -0.63 |
|                        | 35.39   | 1:14.77 1:55.25 2:35.97   |       |        |        |       |
|                        | (35.39) | (39.38) (40.48) (40.72)   |       |        |        |       |
| 2:23.95Y               | F # 26  | Male 13 & Over 200 IM     | LY-VA | 13     | 4      | 0.71  |
|                        | 31.37   | 1:11.13 1:50.90 2:23.95   |       |        |        |       |
|                        | (31.37) | (39.76) (39.77) (33.05)   |       |        |        |       |
| Hudson Rice (15) M     |         |                           |       |        |        |       |
| 1:06.08Y               | F # 10  | Male 13 & Over 100 Breast | LY-VA | 7      | 12     | 1.19  |
|                        | 31.37   | 1:06.08                   |       |        |        |       |
|                        | (31.37) | (34.71)                   |       |        |        |       |
| 2:04.76Y               | F # 18  | Male 13 & Over 200 Back   | LY-VA | 6      | 13     | 0.18  |
|                        | 29.58   | 1:01.88 1:34.30 2:04.76   |       |        |        |       |
|                        | (29.58) | (32.30) (32.42) (30.46)   |       |        |        |       |
| 2:04.86Y               | F # 26  | Male 13 & Over 200 IM     | LY-VA | 2      | 17     | 4.43  |
|                        | 26.59   | 59.55 1:36.41 2:04.86     |       |        |        |       |
|                        | (26.59) | (32.96) (36.86) (28.45)   |       |        |        |       |
| Mitchell Rogers (14) M |         |                           |       |        |        |       |
| 1:59.76Y               | F # 6   | Male 13 & Over 200 Free   | LY-VA | 9      | 9      | 2.27  |
|                        | 27.59   | 58.36 1:29.74 1:59.76     |       |        |        |       |
|                        | (27.59) | (30.77) (31.38) (30.02)   |       |        |        |       |
| 2:11.17Y               | F # 12  | Male 13 & Over 200 Fly    | LY-VA | 4      | 15     | 0.10  |
|                        | 28.85   | 1:02.14 1:36.14 2:11.17   |       |        |        |       |
|                        | (28.85) | (33.29) (34.00) (35.03)   |       |        |        |       |
| 55.66Y                 | F # 16  | Male 13 & Over 100 Free   | LY-VA | 5      | 14     | 1.65  |
|                        | 26.91   | 55.66                     |       |        |        |       |
|                        | (26.91) | (28.75)                   |       |        |        |       |
| 2:15.71Y               | F # 26  | Male 13 & Over 200 IM     | LY-VA | 8      | 11     | 4.43  |
|                        | 28.55   | 1:04.99 1:44.47 2:15.71   |       |        |        |       |
|                        | (28.55) | (36.44) (39.48) (31.24)   |       |        |        |       |
| 25.22Y                 | F # 28  | 200 Free Relay Lead Off   | LY-VA | ---    | ---    | ---   |

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics YMCA November 24-Nov-24 Yards  
Location: Brooks Familv YMCA

| Time                   | F/P/S   | Event                      |          |          |         | Place   |         |         |     | Points | Improv |
|------------------------|---------|----------------------------|----------|----------|---------|---------|---------|---------|-----|--------|--------|
| Addie Ruhl (15) F      |         |                            |          |          |         |         |         |         |     |        |        |
| 27.42Y                 | F # 13  | Female 13 & Over 50 Free   |          |          |         | LY-VA   |         | 6       | 13  | 0.25   |        |
| 1:03.13Y               | F # 15  | Female 13 & Over 100 Free  |          |          |         | LY-VA   |         | 11      | 6   | -0.64  |        |
|                        | 30.72   | 1:03.13                    |          |          |         |         |         |         |     |        |        |
|                        | (30.72) | (32.41)                    |          |          |         |         |         |         |     |        |        |
| 1:15.04Y               | F # 23  | Female 13 & Over 100 Fly   |          |          |         | LY-VA   |         | 10      | 7   | 1.65   |        |
|                        | 33.75   | 1:15.04                    |          |          |         |         |         |         |     |        |        |
|                        | (33.75) | (41.29)                    |          |          |         |         |         |         |     |        |        |
| 2:53.85Y DQ            | F # 25  | Female 13 & Over 200 IM    |          |          |         | LY-VA   |         | ---     | --- | ---    |        |
|                        | 37.34   | 1:23.78                    | 2:14.91  | 2:53.85  |         |         |         |         |     |        |        |
|                        | (37.34) | (46.44)                    | (51.13)  | (38.94)  |         |         |         |         |     |        |        |
| Max Schonfelder (18) M |         |                            |          |          |         |         |         |         |     |        |        |
| 1:00.94Y               | F # 10  | Male 13 & Over 100 Breast  |          |          |         | LY-VA   |         | 2       | 17  | 3.48   |        |
|                        | 28.77   | 1:00.94                    |          |          |         |         |         |         |     |        |        |
|                        | (28.77) | (32.17)                    |          |          |         |         |         |         |     |        |        |
| 22.51Y                 | F # 14  | Male 13 & Over 50 Free     |          |          |         | LY-VA   |         | 3       | 16  | 1.00   |        |
| 2:03.71Y               | F # 18  | Male 13 & Over 200 Back    |          |          |         | LY-VA   |         | 4       | 15  | -4.81  |        |
|                        | 28.78   | 59.62                      | 1:31.49  | 2:03.71  |         |         |         |         |     |        |        |
|                        | (28.78) | (30.84)                    | (31.87)  | (32.22)  |         |         |         |         |     |        |        |
| 22.77Y                 | F # 28  | 200 Free Relay Lead Off    |          |          |         | LY-VA   |         | ---     | --- | 1.26   |        |
| Ava Shopbell (15) F    |         |                            |          |          |         |         |         |         |     |        |        |
| 11:17.49Y              | F # 3   | Female 13 & Over 1000 Free |          |          |         | LY-VA   |         | 2       | 17  | 16.78  |        |
|                        | 29.96   | 1:03.24                    | 1:37.27  | 2:11.06  | 2:45.07 | 3:19.06 | 3:53.05 | 4:27.31 |     |        |        |
|                        | (29.96) | (33.28)                    | (34.03)  | (33.79)  | (34.01) | (33.99) | (33.99) | (34.26) |     |        |        |
|                        | 5:01.61 | 5:35.93                    | 6:10.17  | 6:44.48  | 7:18.88 | 7:53.48 | 8:27.97 | 9:02.41 |     |        |        |
|                        | (34.30) | (34.32)                    | (34.24)  | (34.31)  | (34.40) | (34.60) | (34.49) | (34.44) |     |        |        |
|                        | 9:36.96 | 10:11.19                   | 10:44.71 | 11:17.49 |         |         |         |         |     |        |        |
|                        | (34.55) | (34.23)                    | (33.52)  | (32.78)  |         |         |         |         |     |        |        |
| 58.77Y                 | F # 15  | Female 13 & Over 100 Free  |          |          |         | LY-VA   |         | 5       | 14  | 1.53   |        |
|                        | 28.58   | 58.77                      |          |          |         |         |         |         |     |        |        |
|                        | (28.58) | (30.19)                    |          |          |         |         |         |         |     |        |        |
| 2:16.68Y               | F # 25  | Female 13 & Over 200 IM    |          |          |         | LY-VA   |         | 2       | 17  | 3.81   |        |
|                        | 29.20   | 1:05.14                    | 1:45.68  | 2:16.68  |         |         |         |         |     |        |        |
|                        | (29.20) | (35.94)                    | (40.54)  | (31.00)  |         |         |         |         |     |        |        |
| Addy Smith (13) F      |         |                            |          |          |         |         |         |         |     |        |        |
| 1:11.33Y               | F # 7   | Female 13 & Over 100 Back  |          |          |         | LY-VA   |         | 14      | 3   | -2.79  |        |
|                        | 34.32   | 1:11.33                    |          |          |         |         |         |         |     |        |        |
|                        | (34.32) | (37.01)                    |          |          |         |         |         |         |     |        |        |
| 30.60Y                 | F # 13  | Female 13 & Over 50 Free   |          |          |         | LY-VA   |         | 18      | --- | -1.37  |        |
| 2:36.24Y               | F # 17  | Female 13 & Over 200 Back  |          |          |         | LY-VA   |         | 13      | 4   | -3.76  |        |
|                        | 37.36   | 1:16.37                    | 1:57.06  | 2:36.24  |         |         |         |         |     |        |        |
|                        | (37.36) | (39.01)                    | (40.69)  | (39.18)  |         |         |         |         |     |        |        |
| 1:19.70Y               | F # 23  | Female 13 & Over 100 Fly   |          |          |         | LY-VA   |         | 11      | 6   | -4.74  |        |
|                        | ---     | 1:19.70                    |          |          |         |         |         |         |     |        |        |
|                        | ---     | (1:19.70)                  |          |          |         |         |         |         |     |        |        |

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics YMCA November 24-Nov-24 Yards  
Location: Brooks Familv YMCA

| Time                | F/P/S    | Event                                                     | Place | Points | Improv |       |
|---------------------|----------|-----------------------------------------------------------|-------|--------|--------|-------|
| Avery Snyder (16) M |          |                                                           |       |        |        |       |
| 1:05.45Y            | F # 10   | Male 13 & Over 100 Breast                                 | LY-VA | 5      | 14     | 2.63  |
|                     | 30.93    | 1:05.45                                                   |       |        |        |       |
|                     | (30.93)  | (34.52)                                                   |       |        |        |       |
| 2:27.08Y            | F # 20   | Male 13 & Over 200 Breast                                 | LY-VA | 6      | 13     | 7.15  |
|                     | 32.84    | 1:10.35 1:48.90 2:27.08                                   |       |        |        |       |
|                     | (32.84)  | (37.51) (38.55) (38.18)                                   |       |        |        |       |
| 2:09.95Y            | F # 26   | Male 13 & Over 200 IM                                     | LY-VA | 4      | 15     | 2.75  |
|                     | 28.28    | 1:03.93 1:40.29 2:09.95                                   |       |        |        |       |
|                     | (28.28)  | (35.65) (36.36) (29.66)                                   |       |        |        |       |
| Kinley Tuck (13) F  |          |                                                           |       |        |        |       |
| 14:01.81Y           | F # 3    | Female 13 & Over 1000 Free                                | LY-VA | 6      | 13     | ---   |
|                     | 38.68    | 1:20.75 2:03.94 2:46.91 3:30.32 4:13.27 4:56.31 5:39.90   |       |        |        |       |
|                     | (38.68)  | (42.07) (43.19) (42.97) (43.41) (42.95) (43.04) (43.59)   |       |        |        |       |
|                     | 6:23.25  | 7:06.03 7:48.20 8:30.57 9:12.69 9:55.37 10:37.36 11:19.05 |       |        |        |       |
|                     | (43.35)  | (42.78) (42.17) (42.37) (42.12) (42.68) (41.99) (41.69)   |       |        |        |       |
|                     | 12:00.91 | 12:41.79 13:22.82 14:01.81                                |       |        |        |       |
|                     | (41.86)  | (40.88) (41.03) (38.99)                                   |       |        |        |       |
| 1:21.93Y            | F # 7    | Female 13 & Over 100 Back                                 | LY-VA | 18     | ---    | -0.66 |
|                     | 38.94    | 1:21.93                                                   |       |        |        |       |
|                     | (38.94)  | (42.99)                                                   |       |        |        |       |
| 32.87Y              | F # 13   | Female 13 & Over 50 Free                                  | LY-VA | 21     | ---    | -0.04 |
| 2:52.11Y            | F # 25   | Female 13 & Over 200 IM                                   | LY-VA | 14     | 3      | -3.70 |
|                     | 38.42    | 1:22.46 2:13.85 2:52.11                                   |       |        |        |       |
|                     | (38.42)  | (44.04) (51.39) (38.26)                                   |       |        |        |       |
| Brody Wall (14) M   |          |                                                           |       |        |        |       |
| 1:57.42Y            | F # 6    | Male 13 & Over 200 Free                                   | LY-VA | 6      | 13     | 1.32  |
|                     | 26.52    | 56.48 1:27.34 1:57.42                                     |       |        |        |       |
|                     | (26.52)  | (29.96) (30.86) (30.08)                                   |       |        |        |       |
| 23.10Y              | F # 14   | Male 13 & Over 50 Free                                    | LY-VA | 5      | 14     | ---   |
| 2:24.30Y            | F # 18   | Male 13 & Over 200 Back                                   | LY-VA | 16     | 1      | -3.56 |
|                     | 34.76    | 1:11.31 1:48.29 --- 2:24.30                               |       |        |        |       |
|                     | (34.76)  | (36.55) (36.98) --- (2:24.30)                             |       |        |        |       |
| 58.95Y              | F # 24   | Male 13 & Over 100 Fly                                    | LY-VA | 4      | 15     | 1.35  |
|                     | 27.44    | 58.95                                                     |       |        |        |       |
|                     | (27.44)  | (31.51)                                                   |       |        |        |       |

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics YMCA November 24-Nov-24 Yards  
Location: Brooks Familv YMCA

| Time                  | F/P/S   | Event                       | Place | Points | Improv |
|-----------------------|---------|-----------------------------|-------|--------|--------|
| Sarah Warren (15) F   |         |                             |       |        |        |
| 1:08.07Y              | F # 7   | Female 13 & Over 100 Back   | LY-VA | 9      | 4.59   |
|                       | ---     | 1:08.07                     |       |        |        |
|                       | ---     | (1:08.07)                   |       |        |        |
| 28.02Y                | F # 13  | Female 13 & Over 50 Free    | LY-VA | 12     | 0.93   |
| 2:23.28Y              | F # 17  | Female 13 & Over 200 Back   | LY-VA | 7      | 5.78   |
|                       | 34.46   | 1:10.93 1:47.78 2:23.28     |       |        |        |
|                       | (34.46) | (36.47) (36.85) (35.50)     |       |        |        |
| 2:26.28Y              | F # 25  | Female 13 & Over 200 IM     | LY-VA | 5      | 7.81   |
|                       | 31.06   | 1:07.93 1:51.62 2:26.28     |       |        |        |
|                       | (31.06) | (36.87) (43.69) (34.66)     |       |        |        |
| Broughton Webb (14) F |         |                             |       |        |        |
| 2:03.71Y              | F # 5   | Female 13 & Over 200 Free   | LY-VA | 5      | 5.61   |
|                       | 28.83   | 59.79 1:31.70 2:03.71       |       |        |        |
|                       | (28.83) | (30.96) (31.91) (32.01)     |       |        |        |
| 1:11.87Y              | F # 9   | Female 13 & Over 100 Breast | LY-VA | 4      | 2.60   |
|                       | 34.16   | 1:11.87                     |       |        |        |
|                       | (34.16) | (37.71)                     |       |        |        |
| 59.33Y                | F # 15  | Female 13 & Over 100 Free   | LY-VA | 6      | 3.13   |
|                       | 28.74   | 59.33                       |       |        |        |
|                       | (28.74) | (30.59)                     |       |        |        |
| 2:32.28Y              | F # 19  | Female 13 & Over 200 Breast | LY-VA | 1      | 3.84   |
|                       | 34.61   | 1:13.46 1:52.75 2:32.28     |       |        |        |
|                       | (34.61) | (38.85) (39.29) (39.53)     |       |        |        |
| Adam Wells (14) M     |         |                             |       |        |        |
| 1:09.46Y              | F # 8   | Male 13 & Over 100 Back     | LY-VA | 11     | 1.58   |
|                       | 33.19   | ---                         |       |        |        |
|                       | (33.19) | ---                         |       |        |        |
|                       |         | (1:09.46)                   |       |        |        |
| 23.92Y                | F # 14  | Male 13 & Over 50 Free      | LY-VA | 9      | 0.20   |
| 56.00Y                | F # 16  | Male 13 & Over 100 Free     | LY-VA | 6      | 3.12   |
|                       | ---     | 56.00                       |       |        |        |
|                       | ---     | (56.00)                     |       |        |        |
| 1:01.90Y              | F # 24  | Male 13 & Over 100 Fly      | LY-VA | 10     | 0.10   |
|                       | ---     | 1:01.90                     |       |        |        |
|                       | ---     | (1:01.90)                   |       |        |        |
| 24.67Y                | F # 28  | 200 Free Relay Lead Off     | LY-VA | ---    | 0.95   |

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics YMCA November 24-Nov-24 Yards  
Location: Brooks Familv YMCA

| Time                   | F/P/S   | Event                     |         |          |         | Place   |         |         |     | Points | Improv |
|------------------------|---------|---------------------------|---------|----------|---------|---------|---------|---------|-----|--------|--------|
| Noah Wells (17) M      |         |                           |         |          |         |         |         |         |     |        |        |
| 1:01.74Y               | F # 8   | Male 13 & Over 100 Back   |         |          |         | LY-VA   |         | 7       | 12  | 3.47   |        |
|                        | 29.99   | 1:01.74                   |         |          |         |         |         |         |     |        |        |
|                        | (29.99) | (31.75)                   |         |          |         |         |         |         |     |        |        |
| 23.63Y                 | F # 14  | Male 13 & Over 50 Free    |         |          |         | LY-VA   |         | 8       | 11  | 0.80   |        |
| 52.40Y                 | F # 16  | Male 13 & Over 100 Free   |         |          |         | LY-VA   |         | 1       | 20  | 0.97   |        |
|                        | 25.41   | 52.40                     |         |          |         |         |         |         |     |        |        |
|                        | (25.41) | (26.99)                   |         |          |         |         |         |         |     |        |        |
| 5:28.84Y               | F # 22  | Male 13 & Over 500 Free   |         |          |         | LY-VA   |         | 6       | 13  | 6.81   |        |
|                        | 29.41   | 1:02.39                   | 1:36.01 | 2:09.51  | 2:43.11 | 3:16.54 | 3:50.19 | 4:23.08 |     |        |        |
|                        | (29.41) | (32.98)                   | (33.62) | (33.50)  | (33.60) | (33.43) | (33.65) | (32.89) |     |        |        |
|                        | 4:57.06 | 5:28.84                   |         |          |         |         |         |         |     |        |        |
|                        | (33.98) | (31.78)                   |         |          |         |         |         |         |     |        |        |
| 24.00Y                 | F # 28  | 200 Free Relay Lead Off   |         |          |         | LY-VA   |         | ---     | --- | 1.17   |        |
| Graham Woodruff (15) M |         |                           |         |          |         |         |         |         |     |        |        |
| 10:09.37Y              | F # 4   | Male 13 & Over 1000 Free  |         |          |         | LY-VA   |         | 1       | 20  | 8.75   |        |
|                        | 26.98   | 56.71                     | 1:27.00 | 1:57.54  | 2:28.24 | 2:58.71 | 3:28.90 | 3:59.80 |     |        |        |
|                        | (26.98) | (29.73)                   | (30.29) | (30.54)  | (30.70) | (30.47) | (30.19) | (30.90) |     |        |        |
|                        | 4:30.62 | 5:01.56                   | 5:32.31 | 6:03.00  | 6:33.34 | 7:04.30 | 7:35.94 | 8:06.69 |     |        |        |
|                        | (30.82) | (30.94)                   | (30.75) | (30.69)  | (30.34) | (30.96) | (31.64) | (30.75) |     |        |        |
|                        | 8:37.11 | 9:08.80                   | 9:40.20 | 10:09.37 |         |         |         |         |     |        |        |
|                        | (30.42) | (31.69)                   | (31.40) | (29.17)  |         |         |         |         |     |        |        |
| 22.76Y                 | F # 14  | Male 13 & Over 50 Free    |         |          |         | LY-VA   |         | 4       | 15  | 1.29   |        |
| 57.49Y                 | F # 24  | Male 13 & Over 100 Fly    |         |          |         | LY-VA   |         | 2       | 17  | 3.80   |        |
|                        | 26.59   | 57.49                     |         |          |         |         |         |         |     |        |        |
|                        | (26.59) | (30.90)                   |         |          |         |         |         |         |     |        |        |
| 2:09.14Y               | F # 26  | Male 13 & Over 200 IM     |         |          |         | LY-VA   |         | 3       | 16  | 6.82   |        |
|                        | 28.83   | 1:01.92                   | 1:40.14 | 2:09.14  |         |         |         |         |     |        |        |
|                        | (28.83) | (33.09)                   | (38.22) | (29.00)  |         |         |         |         |     |        |        |
| Taylor Woodruff (14) F |         |                           |         |          |         |         |         |         |     |        |        |
| 1:08.23Y               | F # 7   | Female 13 & Over 100 Back |         |          |         | LY-VA   |         | 12      | 5   | 6.87   |        |
|                        | 32.11   | 1:08.23                   |         |          |         |         |         |         |     |        |        |
|                        | (32.11) | (36.12)                   |         |          |         |         |         |         |     |        |        |
| 2:13.41Y               | F # 11  | Female 13 & Over 200 Fly  |         |          |         | LY-VA   |         | 2       | 17  | 4.31   |        |
|                        | 30.21   | 1:04.24                   | 1:39.02 | 2:13.41  |         |         |         |         |     |        |        |
|                        | (30.21) | (34.03)                   | (34.78) | (34.39)  |         |         |         |         |     |        |        |
| 59.47Y                 | F # 15  | Female 13 & Over 100 Free |         |          |         | LY-VA   |         | 8       | 11  | 3.73   |        |
|                        | 28.35   | 59.47                     |         |          |         |         |         |         |     |        |        |
|                        | (28.35) | (31.12)                   |         |          |         |         |         |         |     |        |        |
| 1:01.82Y               | F # 23  | Female 13 & Over 100 Fly  |         |          |         | LY-VA   |         | 2       | 17  | 1.47   |        |
|                        | 29.01   | 1:01.82                   |         |          |         |         |         |         |     |        |        |
|                        | (29.01) | (32.81)                   |         |          |         |         |         |         |     |        |        |
| 27.54Y                 | F # 27  | 200 Free Relay Lead Off   |         |          |         | LY-VA   |         | ---     | --- | 2.09   |        |

Lynchburg YMCA Swim Team  
Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics YMCA November 24-Nov-24 Yards  
Location: Brooks Familv YMCA

| Time             | F/P/S   | Event                     |       | Place | Points | Improv |
|------------------|---------|---------------------------|-------|-------|--------|--------|
| Caleb Wu (14) M  |         |                           |       |       |        |        |
| 1:08.12Y         | F # 10  | Male 13 & Over 100 Breast | LY-VA | 12    | 5      | 2.10   |
|                  | 32.18   | 1:08.12                   |       |       |        |        |
|                  | (32.18) | (35.94)                   |       |       |        |        |
| 25.52Y           | F # 14  | Male 13 & Over 50 Free    | LY-VA | 17    | ---    | 0.27   |
| 2:32.61Y         | F # 20  | Male 13 & Over 200 Breast | LY-VA | 9     | 9      | 7.27   |
|                  | 35.25   | 1:14.76 1:55.42 2:32.61   |       |       |        |        |
|                  | (35.25) | (39.51) (40.66) (37.19)   |       |       |        |        |
| 2:20.86Y         | F # 26  | Male 13 & Over 200 IM     | LY-VA | 12    | 5      | 1.66   |
|                  | 31.12   | 1:08.47 1:50.35 2:20.86   |       |       |        |        |
|                  | (31.12) | (37.35) (41.88) (30.51)   |       |       |        |        |
| George Xu (17) M |         |                           |       |       |        |        |
| 26.35Y           | F # 2   | 200 Medley Relay Lead Off | LY-VA | ---   | ---    | -0.18  |
| 55.64Y           | F # 8   | Male 13 & Over 100 Back   | LY-VA | 1     | 20     | 0.91   |
|                  | 27.34   | 55.64                     |       |       |        |        |
|                  | (27.34) | (28.30)                   |       |       |        |        |
| 2:02.65Y         | F # 12  | Male 13 & Over 200 Fly    | LY-VA | 1     | 20     | 2.12   |
|                  | 27.02   | 57.90 1:30.05 2:02.65     |       |       |        |        |
|                  | (27.02) | (30.88) (32.15) (32.60)   |       |       |        |        |
| 2:03.34Y         | F # 18  | Male 13 & Over 200 Back   | LY-VA | 3     | 16     | 5.61   |
|                  | 29.01   | 1:00.02 1:31.63 2:03.34   |       |       |        |        |
|                  | (29.01) | (31.01) (31.61) (31.71)   |       |       |        |        |
| 54.24Y           | F # 24  | Male 13 & Over 100 Fly    | LY-VA | 1     | 20     | -0.14  |
|                  | 25.48   | 54.24                     |       |       |        |        |
|                  | (25.48) | (28.76)                   |       |       |        |        |