

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics Quad 09-Nov-24 to 10-Nov-24 Yards

Location: Brooks Family YMCA

Time	F/P/S	Event	Place	Points	Improv
Tessa Akershoek (12) F					
1:22.15Y	F # 23	Female 11-12 100 Back LY-VA	20	---	-3.22
NS	F # 29	Female 11-12 100 Fly LY-VA	---	---	---
2:47.95Y	F # 35	Female 12 & Under 200 Free LY-VA	14	---	-0.14
Sydney Ayers (14) F					
1:11.27Y	F # 5	Female 13-14 100 Free LY-VA	29	---	-2.29
1:40.47Y	F # 11	Female 13-14 100 Breast LY-VA	32	---	5.87
3:05.63Y	F # 17	Female 13-14 200 IM LY-VA	26	---	-1.53
1:28.29Y	F # 25	Female 13-14 100 Back LY-VA	25	---	0.68
1:36.00Y	F # 31	Female 13-14 100 Fly LY-VA	24	---	2.16
2:45.07Y	F # 37	Female 13-14 200 Free LY-VA	17	---	5.86
Quentin Bailey (10) M					
40.17Y	F # 2	Male 10 & Under 50 Free LY-VA	34	---	-2.34
54.40Y	F # 8	Male 10 & Under 50 Breast LY-VA	25	---	-0.28
3:43.01Y	F # 16	Male 12 & Under 200 IM LY-VA	26	---	---
Shirley Barger (14) F					
1:00.49Y	F # 5	Female 13-14 100 Free LY-VA	4	---	0.86
1:23.62Y	F # 11	Female 13-14 100 Breast LY-VA	10	---	1.87
2:32.72Y	F # 17	Female 13-14 200 IM LY-VA	4	---	1.85
1:12.52Y	F # 25	Female 13-14 100 Back LY-VA	8	---	1.75
1:14.59Y	F # 31	Female 13-14 100 Fly LY-VA	9	---	2.34
2:09.34Y	F # 37	Female 13-14 200 Free LY-VA	1	---	1.32
Jackson Barksdale (13) M					
1:00.40Y	F # 6	Male 13-14 100 Free LY-VA	21	---	0.36
1:22.46Y	F # 12	Male 13-14 100 Breast LY-VA	20	---	-4.28
2:37.12Y	F # 18	Male 13-14 200 IM LY-VA	12	---	-1.13
1:11.27Y	F # 26	Male 13-14 100 Back LY-VA	19	---	-1.77
1:15.26Y	F # 32	Male 13-14 100 Fly LY-VA	18	---	-5.76
2:12.24Y	F # 38	Male 13-14 200 Free LY-VA	8	---	-1.38
George Burkhardt (7) M					
58.40Y	F # 22	Male 10 & Under 50 Back LY-VA	42	---	---
1:08.70Y	F # 28	Male 10 & Under 50 Fly LY-VA	39	---	---
1:53.69Y	F # 34	Male 10 & Under 100 Free LY-VA	33	---	7.50
Ada Compton (14) F					
1:12.87Y	F # 5	Female 13-14 100 Free LY-VA	32	---	4.22
1:43.55Y	F # 11	Female 13-14 100 Breast LY-VA	35	---	5.51
3:13.62Y	F # 17	Female 13-14 200 IM LY-VA	30	---	11.08
1:27.54Y	F # 25	Female 13-14 100 Back LY-VA	24	---	4.27
1:37.58Y	F # 31	Female 13-14 100 Fly LY-VA	25	---	8.22
2:46.26Y	F # 37	Female 13-14 200 Free LY-VA	18	---	11.15

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics Quad 09-Nov-24 to 10-Nov-24 Yards

Location: Brooks Family YMCA

Time	F/P/S	Event		Place	Points	Improv
Bobby Compton (10) M						
39.51Y	F # 2	Male 10 & Under 50 Free	LY-VA	31	---	-1.35
56.46Y DQ	F # 8	Male 10 & Under 50 Breast	LY-VA	---	---	---
1:54.48Y	F # 14	Male 12 & Under 100 IM	LY-VA	49	---	1.63
59.26Y	F # 22	Male 10 & Under 50 Back	LY-VA	43	---	3.45
55.56Y	F # 28	Male 10 & Under 50 Fly	LY-VA	29	---	-2.13
3:25.15Y	F # 36	Male 12 & Under 200 Free	LY-VA	29	---	-9.26
Ben Cook (7) M						
44.21Y	F # 2	Male 10 & Under 50 Free	LY-VA	42	---	---
56.34Y	F # 8	Male 10 & Under 50 Breast	LY-VA	31	---	-5.73
2:07.79Y	F # 14	Male 12 & Under 100 IM	LY-VA	59	---	---
Isaac Cook (13) M						
57.81Y	F # 6	Male 13-14 100 Free	LY-VA	12	---	-0.87
1:13.61Y	F # 12	Male 13-14 100 Breast	LY-VA	7	---	-2.85
2:25.95Y	F # 18	Male 13-14 200 IM	LY-VA	5	---	-4.01
Matthew Cook (11) M						
1:15.50Y	F # 4	Male 12 & Under 100 Free	LY-VA	27	---	-5.93
1:44.16Y	F # 10	Male 11-12 100 Breast	LY-VA	22	---	-5.77
1:27.65Y	F # 14	Male 12 & Under 100 IM	LY-VA	19	---	-9.61
Sunday Cook (12) F						
1:20.67Y	F # 3	Female 12 & Under 100 Free	LY-VA	40	---	-1.47
1:49.20Y DQ	F # 9	Female 11-12 100 Breast	LY-VA	---	---	---
1:32.77Y	F # 13	Female 12 & Under 100 IM	LY-VA	30	---	-1.32
1:33.52Y	F # 23	Female 11-12 100 Back	LY-VA	39	---	2.99
7:55.63Y	F # 39	Female 11 & Over 500 Free	LY-VA	31	---	-3.69
Clayton Cox (11) M						
1:09.40Y	F # 4	Male 12 & Under 100 Free	LY-VA	15	---	-3.96
1:49.44Y	F # 10	Male 11-12 100 Breast	LY-VA	27	---	-5.90
1:28.48Y	F # 14	Male 12 & Under 100 IM	LY-VA	21	---	-2.58
Liam Cox (10) M						
35.25Y	F # 2	Male 10 & Under 50 Free	LY-VA	16	---	-1.00
56.12Y	F # 8	Male 10 & Under 50 Breast	LY-VA	29	---	-3.23
3:40.72Y	F # 16	Male 12 & Under 200 IM	LY-VA	25	---	---
44.74Y	F # 22	Male 10 & Under 50 Back	LY-VA	22	---	1.04
54.01Y	F # 28	Male 10 & Under 50 Fly	LY-VA	24	---	0.50
2:50.58Y	F # 36	Male 12 & Under 200 Free	LY-VA	21	---	-3.25

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics Quad 09-Nov-24 to 10-Nov-24 Yards

Location: Brooks Family YMCA

Time	F/P/S	Event		Place	Points	Improv
Lucas Cox (14) M						
1:05.46Y	F # 6	Male 13-14 100 Free	LY-VA	29	---	-2.38
1:29.77Y	F # 12	Male 13-14 100 Breast	LY-VA	32	---	-2.11
2:56.81Y	F # 18	Male 13-14 200 IM	LY-VA	20	---	-6.86
1:23.16Y	F # 26	Male 13-14 100 Back	LY-VA	28	---	-7.03
1:33.54Y	F # 32	Male 13-14 100 Fly	LY-VA	26	---	3.23
2:24.13Y	F # 38	Male 13-14 200 Free	LY-VA	12	---	-1.40
Grey Dawson (8) M						
45.63Y	F # 2	Male 10 & Under 50 Free	LY-VA	44	---	2.29
57.96Y	F # 8	Male 10 & Under 50 Breast	LY-VA	35	---	-4.31
2:06.68Y	F # 14	Male 12 & Under 100 IM	LY-VA	58	---	---
Avery Duff (14) F						
1:04.83Y DQ	F # 5	Female 13-14 100 Free	LY-VA	---	---	---
2:58.21Y	F # 17	Female 13-14 200 IM	LY-VA	21	---	3.53
1:23.58Y	F # 25	Female 13-14 100 Back	LY-VA	23	---	4.65
1:29.15Y	F # 31	Female 13-14 100 Fly	LY-VA	22	---	1.60
2:30.45Y	F # 37	Female 13-14 200 Free	LY-VA	13	---	7.63
Evy Edwards (11) F						
1:23.69Y	F # 3	Female 12 & Under 100 Free	LY-VA	44	---	-0.07
1:48.97Y	F # 9	Female 11-12 100 Breast	LY-VA	39	---	3.75
1:39.31Y	F # 13	Female 12 & Under 100 IM	LY-VA	44	---	5.04
1:48.43Y	F # 23	Female 11-12 100 Back	LY-VA	43	---	4.69
3:06.88Y	F # 35	Female 12 & Under 200 Free	LY-VA	27	---	-1.79
Millie Fowler (9) F						
41.92Y	F # 1	Female 10 & Under 50 Free	LY-VA	33	---	0.23
1:01.91Y	F # 7	Female 10 & Under 50 Breast	LY-VA	31	---	-5.24
1:58.29Y	F # 13	Female 12 & Under 100 IM	LY-VA	62	---	---
48.28Y	F # 21	Female 10 & Under 50 Back	LY-VA	28	---	-5.00
1:04.87Y	F # 27	Female 10 & Under 50 Fly	LY-VA	36	---	---
1:31.81Y	F # 33	Female 10 & Under 100 Free	LY-VA	18	---	-8.52
Kensley Gigliotti (10) F						
NS	F # 1	Female 10 & Under 50 Free	LY-VA	---	---	---
NS	F # 7	Female 10 & Under 50 Breast	LY-VA	---	---	---
Emma Graterol Quijada (7) F						
NS	F # 1	Female 10 & Under 50 Free	LY-VA	---	---	---
NS	F # 7	Female 10 & Under 50 Breast	LY-VA	---	---	---
NS	F # 21	Female 10 & Under 50 Back	LY-VA	---	---	---
NS	F # 33	Female 10 & Under 100 Free	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics Quad 09-Nov-24 to 10-Nov-24 Yards

Location: Brooks Family YMCA

Time	F/P/S	Event		Place	Points	Improv
Camille Greenlaw (11) F						
1:10.37Y	F # 3	Female 12 & Under 100 Free	LY-VA	25	---	-1.33
1:33.34Y	F # 9	Female 11-12 100 Breast	LY-VA	20	---	-6.33
1:21.50Y	F # 13	Female 12 & Under 100 IM	LY-VA	13	---	-1.54
NS	F # 23	Female 11-12 100 Back	LY-VA	---	---	---
NS	F # 29	Female 11-12 100 Fly	LY-VA	---	---	---
NS	F # 35	Female 12 & Under 200 Free	LY-VA	---	---	---
Cheyenne Henderson (12) F						
1:27.68Y	F # 23	Female 11-12 100 Back	LY-VA	33	---	1.71
1:33.64Y	F # 29	Female 11-12 100 Fly	LY-VA	23	---	-3.04
7:03.23Y	F # 39	Female 11 & Over 500 Free	LY-VA	27	---	-31.29
Connor Henry (11) M						
1:21.56Y	F # 4	Male 12 & Under 100 Free	LY-VA	38	---	1.88
1:44.79Y	F # 10	Male 11-12 100 Breast	LY-VA	23	---	5.46
1:36.84Y	F # 14	Male 12 & Under 100 IM	LY-VA	33	---	7.17
Ty Henry (9) M						
45.73Y	F # 2	Male 10 & Under 50 Free	LY-VA	45	---	3.82
58.20Y	F # 8	Male 10 & Under 50 Breast	LY-VA	36	---	0.44
1:52.43Y	F # 14	Male 12 & Under 100 IM	LY-VA	48	---	-5.09
Margaret Herman (7) F						
1:06.23Y	F # 1	Female 10 & Under 50 Free	LY-VA	57	---	---
1:27.20Y DQ	F # 7	Female 10 & Under 50 Breast	LY-VA	---	---	---
1:25.07Y DQ	F # 21	Female 10 & Under 50 Back	LY-VA	---	---	---
2:15.00Y	F # 33	Female 10 & Under 100 Free	LY-VA	44	---	---
Nathaniel Herman (8) M						
49.86Y	F # 2	Male 10 & Under 50 Free	LY-VA	55	---	---
1:25.60Y DQ	F # 8	Male 10 & Under 50 Breast	LY-VA	---	---	---
2:24.13Y DQ	F # 14	Male 12 & Under 100 IM	LY-VA	---	---	---
1:01.14Y	F # 22	Male 10 & Under 50 Back	LY-VA	44	---	---
1:09.80Y	F # 28	Male 10 & Under 50 Fly	LY-VA	41	---	---
1:54.63Y	F # 34	Male 10 & Under 100 Free	LY-VA	34	---	---
Ellington Hermosa (13) F						
1:07.05Y	F # 5	Female 13-14 100 Free	LY-VA	23	---	-8.82
1:35.99Y	F # 11	Female 13-14 100 Breast	LY-VA	28	---	-9.92
3:03.01Y	F # 17	Female 13-14 200 IM	LY-VA	24	---	---
Sebastian Hermosa (14) M						
1:00.67Y	F # 6	Male 13-14 100 Free	LY-VA	22	---	---
1:24.77Y	F # 12	Male 13-14 100 Breast	LY-VA	23	---	---
2:39.56Y	F # 18	Male 13-14 200 IM	LY-VA	14	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics Quad 09-Nov-24 to 10-Nov-24 Yards

Location: Brooks Family YMCA

Time	F/P/S	Event		Place	Points	Improv
Carson Hill (10) M						
39.69Y	F # 2	Male 10 & Under 50 Free	LY-VA	32	---	-3.99
59.09Y	F # 8	Male 10 & Under 50 Breast	LY-VA	38	---	0.24
1:56.74Y	F # 14	Male 12 & Under 100 IM	LY-VA	51	---	-12.20
54.82Y	F # 22	Male 10 & Under 50 Back	LY-VA	39	---	-2.91
1:03.14Y	F # 28	Male 10 & Under 50 Fly	LY-VA	34	---	-2.48
1:36.53Y	F # 34	Male 10 & Under 100 Free	LY-VA	23	---	-10.70
Sydney Hill (14) F						
1:00.73Y	F # 5	Female 13-14 100 Free	LY-VA	5	---	-3.07
1:30.13Y	F # 11	Female 13-14 100 Breast	LY-VA	17	---	1.94
2:43.68Y	F # 17	Female 13-14 200 IM	LY-VA	11	---	2.85
1:13.65Y	F # 25	Female 13-14 100 Back	LY-VA	10	---	1.86
1:23.72Y	F # 31	Female 13-14 100 Fly	LY-VA	16	---	1.10
2:19.21Y	F # 37	Female 13-14 200 Free	LY-VA	5	---	-7.41
Kenleigh Holt (13) F						
1:11.67Y	F # 5	Female 13-14 100 Free	LY-VA	30	---	-1.41
1:42.43Y	F # 11	Female 13-14 100 Breast	LY-VA	34	---	2.23
6:47.81Y	F # 19	Female 13-14 400 IM	LY-VA	5	---	---
Eva Kendall (13) F						
1:10.90Y	F # 5	Female 13-14 100 Free	LY-VA	28	---	-4.25
1:30.62Y	F # 11	Female 13-14 100 Breast	LY-VA	18	---	-3.99
6:40.73Y	F # 19	Female 13-14 400 IM	LY-VA	4	---	---
1:23.24Y	F # 25	Female 13-14 100 Back	LY-VA	22	---	-5.50
1:42.33Y	F # 31	Female 13-14 100 Fly	LY-VA	26	---	1.98
2:41.44Y	F # 37	Female 13-14 200 Free	LY-VA	16	---	-1.14
Phillip Kendall (11) M						
1:29.54Y	F # 4	Male 12 & Under 100 Free	LY-VA	39	---	-6.76
2:04.91Y	F # 10	Male 11-12 100 Breast	LY-VA	32	---	3.83
1:47.76Y	F # 14	Male 12 & Under 100 IM	LY-VA	45	---	5.45
Amelia Kobek (9) F						
1:24.68Y	F # 3	Female 12 & Under 100 Free	LY-VA	46	---	-1.44
53.20Y	F # 7	Female 10 & Under 50 Breast	LY-VA	22	---	-0.20
1:36.00Y	F # 13	Female 12 & Under 100 IM	LY-VA	41	---	-1.84
Max Koestner (7) M						
56.74Y	F # 2	Male 10 & Under 50 Free	LY-VA	61	---	0.77
1:13.97Y DQ	F # 8	Male 10 & Under 50 Breast	LY-VA	---	---	---
2:24.63Y DQ	F # 14	Male 12 & Under 100 IM	LY-VA	---	---	---
NS	F # 22	Male 10 & Under 50 Back	LY-VA	---	---	---
NS	F # 34	Male 10 & Under 100 Free	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics Quad 09-Nov-24 to 10-Nov-24 Yards

Location: Brooks Family YMCA

Time	F/P/S	Event	Place	Points	Improv
Evangeline Korby (13) F					
1:05.89Y	F # 5	Female 13-14 100 Free LY-VA	17	---	-2.08
1:34.94Y	F # 11	Female 13-14 100 Breast LY-VA	27	---	5.16
2:53.48Y	F # 17	Female 13-14 200 IM LY-VA	19	---	-8.21
1:22.99Y	F # 25	Female 13-14 100 Back LY-VA	21	---	-9.56
1:26.66Y	F # 31	Female 13-14 100 Fly LY-VA	20	---	-10.36
2:26.45Y	F # 37	Female 13-14 200 Free LY-VA	11	---	-2.27
Jon Korby (13) M					
1:06.93Y	F # 6	Male 13-14 100 Free LY-VA	31	---	1.19
1:27.40Y	F # 12	Male 13-14 100 Breast LY-VA	27	---	-1.35
2:49.12Y	F # 18	Male 13-14 200 IM LY-VA	19	---	-5.10
1:19.03Y	F # 26	Male 13-14 100 Back LY-VA	24	---	1.14
1:23.84Y	F # 32	Male 13-14 100 Fly LY-VA	22	---	-3.62
2:28.53Y	F # 38	Male 13-14 200 Free LY-VA	13	---	-1.79
Jefferson Koscielny (13) M					
NS	F # 6	Male 13-14 100 Free LY-VA	---	---	---
NS	F # 12	Male 13-14 100 Breast LY-VA	---	---	---
NS	F # 26	Male 13-14 100 Back LY-VA	---	---	---
NS	F # 32	Male 13-14 100 Fly LY-VA	---	---	---
NS	F # 38	Male 13-14 200 Free LY-VA	---	---	---
Lennon Leedy (6) F					
43.67Y	F # 1	Female 10 & Under 50 Free LY-VA	35	---	-0.06
1:02.49Y	F # 7	Female 10 & Under 50 Breast LY-VA	32	---	2.97
1:59.58Y	F # 13	Female 12 & Under 100 IM LY-VA	65	---	-4.14
52.48Y	F # 21	Female 10 & Under 50 Back LY-VA	37	---	3.05
1:04.45Y	F # 27	Female 10 & Under 50 Fly LY-VA	35	---	-0.87
1:43.25Y	F # 33	Female 10 & Under 100 Free LY-VA	27	---	-0.30
Erik Lee (10) M					
51.56Y	F # 2	Male 10 & Under 50 Free LY-VA	58	---	5.40
1:10.29Y	F # 8	Male 10 & Under 50 Breast LY-VA	47	---	-0.26
2:11.61Y	F # 14	Male 12 & Under 100 IM LY-VA	61	---	---
Benjamin Leger (9) M					
NS	F # 22	Male 10 & Under 50 Back LY-VA	---	---	---
NS	F # 28	Male 10 & Under 50 Fly LY-VA	---	---	---
NS	F # 34	Male 10 & Under 100 Free LY-VA	---	---	---
Noah Leger (12) M					
1:23.24Y	F # 24	Male 11-12 100 Back LY-VA	17	---	7.47
1:28.38Y	F # 30	Male 11-12 100 Fly LY-VA	15	---	9.67
NS	F # 36	Male 12 & Under 200 Free LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics Quad 09-Nov-24 to 10-Nov-24 Yards

Location: Brooks Family YMCA

Time	F/P/S	Event		Place	Points	Improv
Dabney Morrison (10) F						
34.64Y	F # 1	Female 10 & Under 50 Free	LY-VA	10	---	0.35
46.32Y	F # 7	Female 10 & Under 50 Breast	LY-VA	5	---	-1.70
1:26.79Y	F # 13	Female 12 & Under 100 IM	LY-VA	20	---	-6.75
40.49Y	F # 21	Female 10 & Under 50 Back	LY-VA	8	---	-1.55
36.58Y	F # 27	Female 10 & Under 50 Fly	LY-VA	2	---	-2.16
1:16.77Y	F # 33	Female 10 & Under 100 Free	LY-VA	2	---	-5.86
Mac Morrison (11) M						
1:05.93Y	F # 4	Male 12 & Under 100 Free	LY-VA	8	---	1.97
1:38.25Y	F # 10	Male 11-12 100 Breast	LY-VA	18	---	-5.36
1:14.91Y	F # 14	Male 12 & Under 100 IM	LY-VA	1	---	-2.10
1:18.43Y	F # 24	Male 11-12 100 Back	LY-VA	8	---	0.06
1:13.37Y	F # 30	Male 11-12 100 Fly	LY-VA	3	---	-1.34
6:15.02Y	F # 40	Male 11 & Over 500 Free	LY-VA	14	---	-5.35
Aidan Moss (13) M						
1:03.13Y	F # 6	Male 13-14 100 Free	LY-VA	25	---	-1.29
1:24.17Y	F # 12	Male 13-14 100 Breast	LY-VA	21	---	-2.59
2:29.47Y	F # 18	Male 13-14 200 IM	LY-VA	7	---	-3.38
1:07.25Y	F # 26	Male 13-14 100 Back	LY-VA	11	---	-1.47
1:11.24Y	F # 32	Male 13-14 100 Fly	LY-VA	14	---	-2.30
2:15.79Y	F # 38	Male 13-14 200 Free	LY-VA	10	---	-3.21
William Moss (9) M						
40.06Y	F # 2	Male 10 & Under 50 Free	LY-VA	33	---	2.06
54.14Y	F # 8	Male 10 & Under 50 Breast	LY-VA	23	---	2.25
3:34.28Y	F # 16	Male 12 & Under 200 IM	LY-VA	23	---	-48.38
41.87Y	F # 22	Male 10 & Under 50 Back	LY-VA	16	---	0.35
52.28Y	F # 28	Male 10 & Under 50 Fly	LY-VA	22	---	4.92
1:26.99Y	F # 34	Male 10 & Under 100 Free	LY-VA	14	---	-1.35
Hope Mountz (12) F						
1:20.42Y	F # 3	Female 12 & Under 100 Free	LY-VA	39	---	-4.43
1:55.36Y	F # 9	Female 11-12 100 Breast	LY-VA	43	---	---
1:34.33Y	F # 13	Female 12 & Under 100 IM	LY-VA	34	---	---
Broderick Nelson (14) M						
52.78Y	F # 6	Male 13-14 100 Free	LY-VA	2	---	1.16
1:07.56Y	F # 12	Male 13-14 100 Breast	LY-VA	1	---	5.45
4:29.86Y	F # 20	Male 13-14 400 IM	LY-VA	1	---	15.80
Caroline Nelson (12) F						
1:00.72Y	F # 3	Female 12 & Under 100 Free	LY-VA	5	---	-1.40
1:19.82Y	F # 9	Female 11-12 100 Breast	LY-VA	5	---	2.20
2:29.44Y	F # 15	Female 12 & Under 200 IM	LY-VA	2	---	1.00

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics Quad 09-Nov-24 to 10-Nov-24 Yards

Location: Brooks Family YMCA

Time	F/P/S	Event		Place	Points	Improv
Selah Parish (11) F						
59.85Y	F # 3	Female 12 & Under 100 Free	LY-VA	3	---	-2.55
1:22.09Y	F # 9	Female 11-12 100 Breast	LY-VA	9	---	-2.82
1:09.47Y	F # 13	Female 12 & Under 100 IM	LY-VA	4	---	-5.47
Addison Pavao (10) M						
45.51Y	F # 2	Male 10 & Under 50 Free	LY-VA	43	---	-0.45
59.29Y	F # 8	Male 10 & Under 50 Breast	LY-VA	40	---	4.12
2:06.03Y	F # 14	Male 12 & Under 100 IM	LY-VA	57	---	8.24
Hayes Pavao (6) M						
1:30.85Y	F # 2	Male 10 & Under 50 Free	LY-VA	65	---	---
Ella Pennington (14) F						
1:04.36Y	F # 5	Female 13-14 100 Free	LY-VA	12	---	0.46
1:22.01Y	F # 11	Female 13-14 100 Breast	LY-VA	8	---	2.00
2:32.24Y	F # 17	Female 13-14 200 IM	LY-VA	3	---	2.49
1:15.44Y	F # 25	Female 13-14 100 Back	LY-VA	13	---	3.37
1:12.91Y	F # 31	Female 13-14 100 Fly	LY-VA	7	---	2.64
5:58.73Y	F # 39	Female 11 & Over 500 Free	LY-VA	8	---	4.56
Lainey Pennington (12) F						
1:01.35Y	F # 3	Female 12 & Under 100 Free	LY-VA	6	---	-0.95
1:24.11Y	F # 9	Female 11-12 100 Breast	LY-VA	10	---	-3.43
2:32.53Y	F # 15	Female 12 & Under 200 IM	LY-VA	5	---	-4.61
1:14.61Y	F # 23	Female 11-12 100 Back	LY-VA	8	---	-2.24
1:14.03Y	F # 29	Female 11-12 100 Fly	LY-VA	6	---	2.14
2:11.38Y	F # 35	Female 12 & Under 200 Free	LY-VA	2	---	-0.32
Max Pennington (7) M						
49.37Y	F # 2	Male 10 & Under 50 Free	LY-VA	53	---	0.88
1:03.52Y	F # 8	Male 10 & Under 50 Breast	LY-VA	43	---	3.91
2:02.03Y	F # 14	Male 12 & Under 100 IM	LY-VA	56	---	-9.51
Charlotte Pickeral (9) F						
32.56Y	F # 1	Female 10 & Under 50 Free	LY-VA	2	---	-1.32
47.63Y	F # 7	Female 10 & Under 50 Breast	LY-VA	8	---	-1.72
3:14.00Y	F # 15	Female 12 & Under 200 IM	LY-VA	18	---	-2.28
41.81Y	F # 21	Female 10 & Under 50 Back	LY-VA	9	---	0.83
40.23Y	F # 27	Female 10 & Under 50 Fly	LY-VA	6	---	-2.04
1:13.75Y	F # 33	Female 10 & Under 100 Free	LY-VA	1	---	-5.49
Danna Pineda (13) F						
1:04.18Y	F # 5	Female 13-14 100 Free	LY-VA	11	---	-0.76
1:32.12Y	F # 11	Female 13-14 100 Breast	LY-VA	22	---	-1.69
2:44.34Y	F # 17	Female 13-14 200 IM	LY-VA	12	---	-5.24

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics Quad 09-Nov-24 to 10-Nov-24 Yards

Location: Brooks Family YMCA

Time	F/P/S	Event		Place	Points	Improv
Hadley Saechao (8) F						
40.62Y	F # 1	Female 10 & Under 50 Free	LY-VA	30	---	-8.15
52.54Y	F # 7	Female 10 & Under 50 Breast	LY-VA	19	---	-9.04
3:51.35Y	F # 15	Female 12 & Under 200 IM	LY-VA	20	---	2.56
Landon Saechao (10) M						
33.48Y	F # 2	Male 10 & Under 50 Free	LY-VA	6	---	-6.40
49.56Y	F # 8	Male 10 & Under 50 Breast	LY-VA	13	---	-6.12
1:25.35Y	F # 14	Male 12 & Under 100 IM	LY-VA	15	---	-13.31
Ella Shinkle (12) F						
1:11.92Y	F # 3	Female 12 & Under 100 Free	LY-VA	28	---	-1.81
1:43.99Y	F # 9	Female 11-12 100 Breast	LY-VA	34	---	0.34
1:27.57Y	F # 13	Female 12 & Under 100 IM	LY-VA	22	---	-2.56
1:23.42Y	F # 23	Female 11-12 100 Back	LY-VA	21	---	-1.99
2:41.47Y	F # 35	Female 12 & Under 200 Free	LY-VA	9	---	0.58
Seth Snyder (8) M						
35.71Y	F # 2	Male 10 & Under 50 Free	LY-VA	17	---	-1.15
57.92Y	F # 8	Male 10 & Under 50 Breast	LY-VA	34	---	2.55
3:17.83Y	F # 16	Male 12 & Under 200 IM	LY-VA	21	---	1.53
44.01Y	F # 22	Male 10 & Under 50 Back	LY-VA	20	---	0.93
39.46Y	F # 28	Male 10 & Under 50 Fly	LY-VA	12	---	-2.65
2:52.00Y	F # 36	Male 12 & Under 200 Free	LY-VA	23	---	0.69
Audrey Spivey (8) F						
53.85Y	F # 1	Female 10 & Under 50 Free	LY-VA	54	---	-5.82
1:13.65Y	F # 7	Female 10 & Under 50 Breast	LY-VA	45	---	3.66
4:46.80Y	F # 15	Female 12 & Under 200 IM	LY-VA	21	---	---
Jude Spivey (9) M						
36.41Y	F # 2	Male 10 & Under 50 Free	LY-VA	20	---	-8.03
49.22Y	F # 8	Male 10 & Under 50 Breast	LY-VA	12	---	-3.09
1:37.45Y	F # 14	Male 12 & Under 100 IM	LY-VA	34	---	-5.79
Bri Torrence (10) F						
36.82Y	F # 1	Female 10 & Under 50 Free	LY-VA	22	---	0.57
1:05.96Y	F # 7	Female 10 & Under 50 Breast	LY-VA	39	---	-9.67
1:41.09Y DQ	F # 13	Female 12 & Under 100 IM	LY-VA	---	---	---
43.99Y	F # 21	Female 10 & Under 50 Back	LY-VA	20	---	0.08
42.16Y	F # 27	Female 10 & Under 50 Fly	LY-VA	9	---	-3.65
3:07.07Y	F # 35	Female 12 & Under 200 Free	LY-VA	28	---	-5.60
Syrus Tracey (9) M						
34.33Y	F # 2	Male 10 & Under 50 Free	LY-VA	12	---	0.35
51.36Y	F # 8	Male 10 & Under 50 Breast	LY-VA	16	---	-1.65
3:15.88Y	F # 16	Male 12 & Under 200 IM	LY-VA	20	---	-10.18

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

Cavalier Aquatics Quad 09-Nov-24 to 10-Nov-24 Yards

Location: Brooks Family YMCA

Time	F/P/S	Event		Place	Points	Improv
Eli Trosper (13) M						
NS	F # 6	Male 13-14 100 Free	LY-VA	---	---	---
NS	F # 12	Male 13-14 100 Breast	LY-VA	---	---	---
NS	F # 18	Male 13-14 200 IM	LY-VA	---	---	---
NS	F # 26	Male 13-14 100 Back	LY-VA	---	---	---
NS	F # 32	Male 13-14 100 Fly	LY-VA	---	---	---
Kinley Tuck (13) F						
1:09.74Y	F # 5	Female 13-14 100 Free	LY-VA	26	---	-0.68
1:32.21Y	F # 11	Female 13-14 100 Breast	LY-VA	23	---	-1.31
2:55.81Y	F # 17	Female 13-14 200 IM	LY-VA	20	---	-1.57
Austin Woodruff (11) M						
1:05.20Y	F # 4	Male 12 & Under 100 Free	LY-VA	6	---	-0.56
1:28.21Y	F # 10	Male 11-12 100 Breast	LY-VA	6	---	-2.97
2:44.10Y	F # 16	Male 12 & Under 200 IM	LY-VA	5	---	0.45
1:14.65Y	F # 24	Male 11-12 100 Back	LY-VA	4	---	0.71
1:19.34Y	F # 30	Male 11-12 100 Fly	LY-VA	7	---	-2.91
6:06.06Y	F # 40	Male 11 & Over 500 Free	LY-VA	13	---	4.63
Caleb Wu (14) M						
55.65Y	F # 6	Male 13-14 100 Free	LY-VA	5	---	0.09
1:07.95Y	F # 12	Male 13-14 100 Breast	LY-VA	2	---	1.93
5:01.70Y	F # 20	Male 13-14 400 IM	LY-VA	5	---	2.75
1:02.73Y	F # 26	Male 13-14 100 Back	LY-VA	3	---	-0.84
1:06.85Y	F # 32	Male 13-14 100 Fly	LY-VA	7	---	-1.71
2:02.69Y	F # 38	Male 13-14 200 Free	LY-VA	2	---	-2.39
Titus Wu (9) M						
33.72Y	F # 2	Male 10 & Under 50 Free	LY-VA	8	---	0.41
44.02Y	F # 8	Male 10 & Under 50 Breast	LY-VA	5	---	0.02
3:01.74Y	F # 16	Male 12 & Under 200 IM	LY-VA	17	---	2.05
38.88Y	F # 22	Male 10 & Under 50 Back	LY-VA	10	---	-0.58
38.56Y	F # 28	Male 10 & Under 50 Fly	LY-VA	10	---	-0.96
1:13.40Y	F # 34	Male 10 & Under 100 Free	LY-VA	5	---	1.70
Spence Young (9) M						
37.13Y	F # 2	Male 10 & Under 50 Free	LY-VA	25	---	-0.51
50.51Y	F # 8	Male 10 & Under 50 Breast	LY-VA	14	---	-2.09
1:35.12Y	F # 14	Male 12 & Under 100 IM	LY-VA	30	---	-9.59