## Lynchburg YMCA Swim Team Head Coach Ryan Woodruff

Individual Meet Results - Standard: 25 AGCH

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) I	7					
59.85Y QT25	F # 3	Female 12 & Under 100 Free	LY-VA	3		-2.55