

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
Cole Campbell (15) M						
1:05.61Y	P # 4	Male 13 & Over 100 Breast	LY-VA	51	---	-4.44 %
	30.78	1:05.61				
	(30.78)	(34.83)				
1:01.64Y	P # 6	Male 13 & Over 100 Fly	LY-VA	92	---	-5.17 %
	27.81	1:01.64				
	(27.81)	(33.83)				
22.96Y	P # 16	Male 13 & Over 50 Free	LY-VA	47	---	-0.83 %
2:32.59Y	P # 18	Male 13 & Over 200 Breast	LY-VA	63	---	-8.36 %
	32.10	1:09.46 1:50.33 2:32.59				
	(32.10)	(37.36) (40.87) (42.26)				
51.05Y	P # 30	Male 13 & Over 100 Free	LY-VA	70	---	-1.05 %
	24.21	51.05				
	(24.21)	(26.84)				
2:17.03Y	P # 32	Male 13 & Over 200 IM	LY-VA	132	---	-4.71 %
	28.02	1:02.27 1:43.68 2:17.03				
	(28.02)	(34.25) (41.41) (33.35)				
Sam Edwards (13) M						
2:05.19Y	P # 2	Male 13 & Over 200 Free	LY-VA	105	---	-0.10 %
	27.71	59.00 1:31.96 2:05.19				
	(27.71)	(31.29) (32.96) (33.23)				
4:58.42Y	P # 8	Male 13 & Over 400 IM	LY-VA	53	---	-1.15 %
	30.68	1:07.53 1:45.50 2:22.19 3:06.05 3:50.14 4:24.65 4:58.42				
	(30.68)	(36.85) (37.97) (36.69) (43.86) (44.09) (34.51) (33.77)				
1:02.50Y	P # 20	Male 13 & Over 100 Back	LY-VA	87	---	1.54 %
	29.81	1:02.50				
	(29.81)	(32.69)				
5:31.24Y	P # 22	Male 13 & Over 500 Free	LY-VA	67	---	0.67 %
	28.42	1:00.44 1:33.65 2:07.70 2:42.18 3:16.91 3:51.47 4:25.92				
	(28.42)	(32.02) (33.21) (34.05) (34.48) (34.73) (34.56) (34.45)				
	4:59.85	5:31.24				
	(33.93)	(31.39)				
2:17.33Y	P # 28	Male 13 & Over 200 Back	LY-VA	60	---	-1.58 %
	30.49	1:05.11 1:41.47 2:17.33				
	(30.49)	(34.62) (36.36) (35.86)				
18:38.85Y	F # 36	Male 13 & Over 1650 Free	LY-VA	30	---	--- %
	29.58	1:02.48 1:35.62 2:09.06 2:42.59 3:16.05 3:50.08 4:23.91				
	(29.58)	(32.90) (33.14) (33.44) (33.53) (33.46) (34.03) (33.83)				
	4:58.23	5:32.27 6:06.16 6:40.18 7:14.16 7:47.92 8:22.37 8:56.34				
	(34.32)	(34.04) (33.89) (34.02) (33.98) (33.76) (34.45) (33.97)				
	9:30.72	10:04.60 10:38.98 11:13.84 11:48.16 12:22.53 12:56.32 13:30.65				
	(34.38)	(33.88) (34.38) (34.86) (34.32) (34.37) (33.79) (34.33)				
	14:05.00	14:39.68 15:14.12 15:48.86 16:23.85 16:58.97 17:32.82 18:06.58				
	(34.35)	(34.68) (34.44) (34.74) (34.99) (35.12) (33.85) (33.76)				
	18:38.85					
	(32.27)					

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards
Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
Ann-Margaret Holt (15) F						
1:58.13Y	P # 1	Female 13 & Over 200 Free	LY-VA	27	---	-3.53 %
	27.72	57.49 1:28.05 1:58.13				
	(27.72)	(29.77) (30.56) (30.08)				
1:03.05Y	P # 5	Female 13 & Over 100 Fly	LY-VA	58	---	-3.31 %
	29.29	1:03.05				
	(29.29)	(33.76)				
1:55.44Y	F # 9	800 Free Relay Lead Off	LY-VA	---	---	-1.17 %
	27.17	56.36 1:26.07				
	(27.17)	(29.19) (29.71)				
25.35Y	P # 15	Female 13 & Over 50 Free	LY-VA	39	---	-3.51 %
1:02.27Y	P # 19	Female 13 & Over 100 Back	LY-VA	47	---	-1.28 %
	30.50	1:02.27				
	(30.50)	(31.77)				
5:08.04Y	F # 21	Female 13 & Over 500 Free	LY-VA	10	7	-0.08 %
	28.15	58.64 1:29.88 2:01.40	2:32.48 3:03.68 3:34.86 4:06.36			
	(28.15)	(30.49) (31.24) (31.52)	(31.08) (31.20) (31.18) (31.50)			
	4:37.27	5:08.04				
	(30.91)	(30.77)				
5:12.59Y	P # 21	Female 13 & Over 500 Free	LY-VA	14	---	-1.56 %
	28.97	1:00.35 1:31.89 2:03.76	2:34.90 3:06.65 3:38.45 4:10.33			
	(28.97)	(31.38) (31.54) (31.87)	(31.14) (31.75) (31.80) (31.88)			
	4:41.74	5:12.59				
	(31.41)	(30.85)				
2:15.70Y	P # 27	Female 13 & Over 200 Back	LY-VA	38	---	-3.69 %
	32.60	1:06.87 1:41.66 2:15.70				
	(32.60)	(34.27) (34.79) (34.04)				
55.41Y	P # 29	Female 13 & Over 100 Free	LY-VA	48	---	-4.88 %
	26.83	55.41				
	(26.83)	(28.58)				
17:47.93Y	F # 35	Female 13 & Over 1650 Free	LY-VA	8	11	0.57 %
	30.73	1:03.29 1:36.53 2:09.52	2:42.39 3:15.28 3:48.42 4:21.11			
	(30.73)	(32.56) (33.24) (32.99)	(32.87) (32.89) (33.14) (32.69)			
	4:53.44	5:25.97 5:58.53 6:30.53	7:02.55 7:35.07 8:07.16 8:39.08			
	(32.33)	(32.53) (32.56) (32.00)	(32.02) (32.52) (32.09) (31.92)			
	9:11.53	9:44.38 10:17.02 10:49.46	11:21.73 11:54.09 12:26.68 12:59.18			
	(32.45)	(32.85) (32.64) (32.44)	(32.27) (32.36) (32.59) (32.50)			
	13:31.39	14:03.88 14:36.61 15:09.16	15:41.62 16:14.03 16:46.10 17:17.85			
	(32.21)	(32.49) (32.73) (32.55)	(32.46) (32.41) (32.07) (31.75)			
	17:47.93					
	(30.08)					

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards
Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
Davis Hottle (17) M						
1:49.76Y	P # 2	Male 13 & Over 200 Free	LY-VA	49	---	-2.89 %
	25.26	53.08 1:21.40 1:49.76				
	(25.26)	(27.82) (28.32) (28.36)				
55.21Y	P # 6	Male 13 & Over 100 Fly	LY-VA	44	---	-3.35 %
	25.82	55.21				
	(25.82)	(29.39)				
4:30.88Y	P # 8	Male 13 & Over 400 IM	LY-VA	35	---	-1.17 %
	28.38	1:02.12 1:35.90 2:09.95 2:49.65 3:29.89 4:00.81 4:30.88				
	(28.38)	(33.74) (33.78) (34.05) (39.70) (40.24) (30.92) (30.07)				
23.24Y	P # 16	Male 13 & Over 50 Free	LY-VA	64	---	-2.79 %
55.83Y	P # 20	Male 13 & Over 100 Back	LY-VA	35	---	-0.70 %
	27.19	55.83				
	(27.19)	(28.64)				
56.42Y	F # 24	400 Medley Relay Lead Off	LY-VA	---	---	-1.77 %
	27.39					
	(27.39)					
26.61Y	F # 26	200 Medley Relay Lead Off	LY-VA	---	---	-1.99 %
2:01.28Y	P # 28	Male 13 & Over 200 Back	LY-VA	26	---	-3.91 %
	28.42	59.04 1:30.34 2:01.28				
	(28.42)	(30.62) (31.30) (30.94)				
2:01.50Y	F # 28	Male 13 & Over 200 Back	LY-VA	23	---	-4.10 %
	28.67	59.29 1:30.59 2:01.50				
	(28.67)	(30.62) (31.30) (30.91)				
50.94Y	P # 30	Male 13 & Over 100 Free	LY-VA	67	---	-2.54 %
	24.70	50.94				
	(24.70)	(26.24)				
2:08.63Y	P # 32	Male 13 & Over 200 IM	LY-VA	79	---	-3.99 %
	27.75	59.77 1:39.31 2:08.63				
	(27.75)	(32.02) (39.54) (29.32)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
Luke Hottle (15) M						
1:01.15Y	F # 4	Male 13 & Over 100 Breast	LY-VA	18	---	-0.63 %
	28.97	1:01.15				
	(28.97)	(32.18)				
1:01.75Y	P # 4	Male 13 & Over 100 Breast	LY-VA	17	---	-1.61 %
	29.27	1:01.75				
	(29.27)	(32.48)				
53.51Y	P # 6	Male 13 & Over 100 Fly	LY-VA	24	---	1.62 %
	25.26	53.51				
	(25.26)	(28.25)				
53.72Y	F # 6	Male 13 & Over 100 Fly	LY-VA	23	---	1.23 %
	25.44	53.72				
	(25.44)	(28.28)				
4:16.64Y	F # 8	Male 13 & Over 400 IM	LY-VA	20	---	-3.61 %
	27.21	58.64 1:32.67 2:06.87	2:42.03 3:18.71 3:48.65	4:16.64		
	(27.21)	(31.43) (34.03) (34.20)	(35.16) (36.68) (29.94)	(27.99)		
4:17.33Y	P # 8	Male 13 & Over 400 IM	LY-VA	17	---	-3.89 %
	27.20	58.29 1:32.20 2:05.45	2:41.03 3:17.72 3:48.51	4:17.33		
	(27.20)	(31.09) (33.91) (33.25)	(35.58) (36.69) (30.79)	(28.82)		
23.26Y	F # 12	200 Free Relay Lead Off	LY-VA	---	---	-2.69 %
22.67Y	P # 16	Male 13 & Over 50 Free	LY-VA	30	---	-0.09 %
2:13.36Y	F # 18	Male 13 & Over 200 Breast	LY-VA	10	6.5	-2.27 %
	29.54	1:03.47 1:38.37 2:13.36				
	(29.54)	(33.93) (34.90) (34.99)				
2:17.40Y	P # 18	Male 13 & Over 200 Breast	LY-VA	15	---	-5.37 %
	30.68	1:05.80 1:41.60 2:17.40				
	(30.68)	(35.12) (35.80) (35.80)				
4:56.41Y	P # 22	Male 13 & Over 500 Free	LY-VA	27	---	-4.19 %
	26.21	55.10 1:24.83 1:54.89	2:25.23 2:55.43 3:26.14	3:56.63		
	(26.21)	(28.89) (29.73) (30.06)	(30.34) (30.20) (30.71)	(30.49)		
	4:27.49	4:56.41				
	(30.86)	(28.92)				
49.32Y	P # 30	Male 13 & Over 100 Free	LY-VA	31	---	1.24 %
	24.16	49.32				
	(24.16)	(25.16)				
2:01.51Y	P # 32	Male 13 & Over 200 IM	LY-VA	25	---	-3.75 %
	25.95	57.84 1:32.49 2:01.51				
	(25.95)	(31.89) (34.65) (29.02)				
2:01.66Y	F # 32	Male 13 & Over 200 IM	LY-VA	20	---	-3.88 %
	26.51	59.47 1:34.17 2:01.66				
	(26.51)	(32.96) (34.70) (27.49)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
Luke Hottle (15) M						
16:59.97Y	F # 36	Male 13 & Over 1650 Free	LY-VA	12	5	-0.02 %
26.83	56.63	1:27.37 1:57.90	2:28.22 2:58.68	3:29.33 4:00.01		
(26.83)	(29.80)	(30.74) (30.53)	(30.32) (30.46)	(30.65) (30.68)		
4:31.09	5:02.22	5:32.91 6:03.96	6:34.97 7:06.17	7:37.31 8:08.28		
(31.08)	(31.13)	(30.69) (31.05)	(31.01) (31.20)	(31.14) (30.97)		
8:39.17	9:10.06	9:41.72 10:12.98	10:44.36 11:15.50	11:47.11 12:18.50		
(30.89)	(30.89)	(31.66) (31.26)	(31.38) (31.14)	(31.61) (31.39)		
12:49.91	13:21.77	13:53.48 14:24.88	14:56.59 15:27.88	15:59.21 16:30.11		
(31.41)	(31.86)	(31.71) (31.40)	(31.71) (31.29)	(31.33) (30.90)		
16:59.97						
(29.86)						
Anna Mills (17) F						
NS	P # 27	Female 13 & Over 200 Back	LY-VA	---	---	---
NS	P # 29	Female 13 & Over 100 Free	LY-VA	---	---	---
NS	P # 31	Female 13 & Over 200 IM	LY-VA	---	---	---
Broderick Nelson (14) M						
2:06.00Y	F # 28	Male 13 & Over 200 Back	LY-VA	30	---	-3.89 %
29.59	1:00.96	1:33.24 2:06.00				
(29.59)	(31.37)	(32.28) (32.76)				
2:08.45Y	P # 28	Male 13 & Over 200 Back	LY-VA	45	---	-5.91 %
29.63	1:01.51	1:34.93 2:08.45				
(29.63)	(31.88)	(33.42) (33.52)				
52.52Y	P # 30	Male 13 & Over 100 Free	LY-VA	91	---	-1.74 %
25.36	52.52					
(25.36)	(27.16)					
2:04.90Y	F # 32	Male 13 & Over 200 IM	LY-VA	27	---	-2.45 %
26.35	58.75	1:35.69 2:04.90				
(26.35)	(32.40)	(36.94) (29.21)				
2:06.35Y	P # 32	Male 13 & Over 200 IM	LY-VA	63	---	-3.64 %
27.12	59.53	1:37.06 2:06.35				
(27.12)	(32.41)	(37.53) (29.29)				
Owen Porter (14) M						
1:09.62Y	P # 4	Male 13 & Over 100 Breast	LY-VA	73	---	-0.80 %
32.67	1:09.62					
(32.67)	(36.95)					
1:06.74Y	P # 6	Male 13 & Over 100 Fly	LY-VA	97	---	0.22 %
30.80	1:06.74					
(30.80)	(35.94)					
26.49Y	P # 16	Male 13 & Over 50 Free	LY-VA	125	---	-0.34 %
2:38.80Y	P # 18	Male 13 & Over 200 Breast	LY-VA	67	---	-1.40 %
35.26	1:15.37	1:57.02 2:38.80				
(35.26)	(40.11)	(41.65) (41.78)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards
Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
Hudson Rice (15) M						
1:47.53Y	P # 2	Male 13 & Over 200 Free	LY-VA	28	---	0.03 %
	24.76	52.02 1:20.03 1:47.53				
	(24.76)	(27.26) (28.01) (27.50)				
56.28Y	P # 6	Male 13 & Over 100 Fly	LY-VA	58	---	-6.29 %
	26.51	56.28				
	(26.51)	(29.77)				
4:12.27Y	F # 8	Male 13 & Over 400 IM	LY-VA	10	7	-1.37 %
	26.70	57.41 1:31.01 2:04.09 2:39.93 3:16.59 3:45.44 4:12.27				
	(26.70)	(30.71) (33.60) (33.08) (35.84) (36.66) (28.85) (26.83)				
4:15.95Y	P # 8	Male 13 & Over 400 IM	LY-VA	12	---	-2.85 %
	27.03	58.56 1:32.65 2:05.82 2:42.72 3:20.09 3:48.91 4:15.95				
	(27.03)	(31.53) (34.09) (33.17) (36.90) (37.37) (28.82) (27.04)				
1:58.53Y	P # 14	Male 13 & Over 200 Fly	LY-VA	11	---	-0.71 %
	26.40	56.89 1:27.85 1:58.53				
	(26.40)	(30.49) (30.96) (30.68)				
1:58.96Y	F # 14	Male 13 & Over 200 Fly	LY-VA	12	4.5	-1.08 %
	26.90	57.02 1:28.41 1:58.96				
	(26.90)	(30.12) (31.39) (30.55)				
22.67Y	P # 16	Male 13 & Over 50 Free	LY-VA	30	---	-0.22 %
4:44.76Y	F # 22	Male 13 & Over 500 Free	LY-VA	11	6	1.63 %
	25.76	53.87 1:22.52 1:51.56 2:20.74 2:49.96 3:19.27 3:48.54				
	(25.76)	(28.11) (28.65) (29.04) (29.18) (29.22) (29.31) (29.27)				
	4:17.48	4:44.76				
	(28.94)	(27.28)				
4:47.87Y	P # 22	Male 13 & Over 500 Free	LY-VA	11	---	0.56 %
	27.12	56.33 1:25.83 1:55.19 2:24.49 2:53.83 3:23.11 3:52.07				
	(27.12)	(29.21) (29.50) (29.36) (29.30) (29.34) (29.28) (28.96)				
	4:20.84	4:47.87				
	(28.77)	(27.03)				
49.53Y	P # 30	Male 13 & Over 100 Free	LY-VA	38	---	0.46 %
	24.40	49.53				
	(24.40)	(25.13)				
2:03.76Y	P # 32	Male 13 & Over 200 IM	LY-VA	43	---	-2.77 %
	26.69	59.04 1:36.00 2:03.76				
	(26.69)	(32.35) (36.96) (27.76)				
16:35.92Y	F # 36	Male 13 & Over 1650 Free	LY-VA	6	13	0.81 %
	27.04	56.94 1:27.43 1:58.04 2:28.27 2:58.45 3:28.64 3:58.71				
	(27.04)	(29.90) (30.49) (30.61) (30.23) (30.18) (30.19) (30.07)				
	4:29.03	4:59.36 5:29.44 5:59.79 6:30.30 7:01.01 7:31.12 8:01.28				
	(30.32)	(30.33) (30.08) (30.35) (30.51) (30.71) (30.11) (30.16)				
	8:31.61	9:02.10 9:32.20 10:02.47 10:32.97 11:03.67 11:34.12 12:04.42				
	(30.33)	(30.49) (30.10) (30.27) (30.50) (30.70) (30.45) (30.30)				
	12:34.76	13:05.03 13:35.62 14:06.23 14:36.72 15:07.30 15:37.41 16:07.49				
	(30.34)	(30.27) (30.59) (30.61) (30.49) (30.58) (30.11) (30.08)				
	16:35.92					
	(28.43)					

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards
Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
Mitchell Rogers (14) M						
1:09.90Y	P # 4	Male 13 & Over 100 Breast	LY-VA	75	---	-3.08 %
	33.89	1:09.90				
	(33.89)	(36.01)				
1:00.80Y	P # 6	Male 13 & Over 100 Fly	LY-VA	90	---	-1.71 %
	27.96	1:00.80				
	(27.96)	(32.84)				
4:40.12Y	P # 8	Male 13 & Over 400 IM	LY-VA	45	---	0.68 %
	30.16	1:04.27 1:40.70 2:18.12 2:58.28 3:39.42 4:10.41 4:40.12				
	(30.16)	(34.11) (36.43) (37.42) (40.16) (41.14) (30.99) (29.71)				
4:40.16Y	F # 8	Male 13 & Over 400 IM	LY-VA	30	---	0.67 %
	28.58	1:01.59 1:38.85 2:16.56 2:56.39 3:38.05 4:08.98 4:40.16				
	(28.58)	(33.01) (37.26) (37.71) (39.83) (41.66) (30.93) (31.18)				
2:11.07Y	P # 14	Male 13 & Over 200 Fly	LY-VA	48	---	1.19 %
	28.52	1:01.98 1:36.03 2:11.07				
	(28.52)	(33.46) (34.05) (35.04)				
2:11.32Y	F # 14	Male 13 & Over 200 Fly	LY-VA	31	---	1.00 %
	28.64	1:01.70 1:36.15 2:11.32				
	(28.64)	(33.06) (34.45) (35.17)				
25.39Y	P # 16	Male 13 & Over 50 Free	LY-VA	123	---	-0.67 %
2:36.49Y	P # 18	Male 13 & Over 200 Breast	LY-VA	66	---	-4.35 %
	34.73	1:15.57 1:55.74 2:36.49				
	(34.73)	(40.84) (40.17) (40.75)				
54.01Y	P # 30	Male 13 & Over 100 Free	LY-VA	122	---	1.24 %
	25.76	54.01				
	(25.76)	(28.25)				
2:14.55Y	P # 32	Male 13 & Over 200 IM	LY-VA	124	---	-2.49 %
	28.07	1:03.46 1:44.06 2:14.55				
	(28.07)	(35.39) (40.60) (30.49)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards
Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
Max Schonfelder (18) M						
58.66Y	F # 4	Male 13 & Over 100 Breast	LY-VA	6	13	-2.09 %
	27.65	58.66				
	(27.65)	(31.01)				
58.82Y	P # 4	Male 13 & Over 100 Breast	LY-VA	7	---	-2.37 %
	27.94	58.82				
	(27.94)	(30.88)				
52.19Y	F # 6	Male 13 & Over 100 Fly	LY-VA	12	5	-1.16 %
	24.37	52.19				
	(24.37)	(27.82)				
52.75Y	P # 6	Male 13 & Over 100 Fly	LY-VA	14	---	-2.25 %
	24.51	52.75				
	(24.51)	(28.24)				
4:20.65Y	F # 8	Male 13 & Over 400 IM	LY-VA	24	---	1.23 %
	26.98	59.00 1:32.82 2:07.06	2:43.74 3:20.79 3:51.03	4:20.65		
	(26.98)	(32.02) (33.82) (34.24)	(36.68) (37.05) (30.24)	(29.62)		
4:21.72Y	P # 8	Male 13 & Over 400 IM	LY-VA	22	---	0.82 %
	26.54	57.71 1:31.63 2:05.63	2:41.84 3:19.59 3:51.32	4:21.72		
	(26.54)	(31.17) (33.92) (34.00)	(36.21) (37.75) (31.73)	(30.40)		
1:46.83Y	F # 10	800 Free Relay Lead Off	LY-VA	---	---	-0.93 %
	24.39	51.21 1:19.17				
	(24.39)	(26.82) (27.96)				
22.24Y	F # 12	200 Free Relay Lead Off	LY-VA	---	---	-3.39 %
21.81Y	F # 16	Male 13 & Over 50 Free	LY-VA	18	---	-1.39 %
22.00Y	P # 16	Male 13 & Over 50 Free	LY-VA	17	---	-2.28 %
2:12.71Y	F # 18	Male 13 & Over 200 Breast	LY-VA	7	12	-5.22 %
	29.77	1:03.67 1:38.29 2:12.71				
	(29.77)	(33.90) (34.62) (34.42)				
2:13.62Y	P # 18	Male 13 & Over 200 Breast	LY-VA	8	---	-5.94 %
	29.69	1:03.51 1:38.55 2:13.62				
	(29.69)	(33.82) (35.04) (35.07)				
54.84Y	F # 20	Male 13 & Over 100 Back	LY-VA	22	---	2.32 %
	26.26	54.84				
	(26.26)	(28.58)				
54.90Y	P # 20	Male 13 & Over 100 Back	LY-VA	25	---	2.21 %
	26.41	54.90				
	(26.41)	(28.49)				
47.26Y	F # 30	Male 13 & Over 100 Free	LY-VA	10	7	-0.36 %
	22.88	47.26				
	(22.88)	(24.38)				
48.15Y	P # 30	Male 13 & Over 100 Free	LY-VA	18	---	-2.25 %
	23.19	48.15				
	(23.19)	(24.96)				
1:57.97Y	F # 32	Male 13 & Over 200 IM	LY-VA	10	7	-2.95 %
	25.55	56.30 1:30.76 1:57.97				
	(25.55)	(30.75) (34.46) (27.21)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
Max Schonfelder (18) M						
2:00.38Y	P # 32	Male 13 & Over 200 IM	LY-VA	19	---	-5.05 %
	25.38	56.74 1:31.73 2:00.38				
	(25.38)	(31.36) (34.99) (28.65)				
47.77Y	F # 34	400 Free Relay Lead Off	LY-VA	---	---	-1.44 %
	23.03					
	(23.03)					
Ava Shopbell (15) F						
1:11.17Y	P # 3	Female 13 & Over 100 Breast	LY-VA	38	---	2.00 %
	33.66	1:11.17				
	(33.66)	(37.51)				
59.76Y	P # 5	Female 13 & Over 100 Fly	LY-VA	27	---	-1.31 %
	29.23	59.76				
	(29.23)	(30.53)				
4:37.63Y	F # 7	Female 13 & Over 400 IM	LY-VA	11	6	0.50 %
	29.04	1:02.63 1:38.40 2:14.27	2:54.25 3:34.17 4:06.55	4:37.63		
	(29.04)	(33.59) (35.77) (35.87)	(39.98) (39.92) (32.38)	(31.08)		
4:41.00Y	P # 7	Female 13 & Over 400 IM	LY-VA	15	---	-0.71 %
	30.01	1:02.04 1:39.07 2:14.81	2:54.62 3:35.07 4:08.83	4:41.00		
	(30.01)	(32.03) (37.03) (35.74)	(39.81) (40.45) (33.76)	(32.17)		
2:07.65Y	F # 13	Female 13 & Over 200 Fly	LY-VA	7	12	-1.64 %
	28.64	1:00.68 1:34.02 2:07.65				
	(28.64)	(32.04) (33.34) (33.63)				
2:07.96Y	P # 13	Female 13 & Over 200 Fly	LY-VA	8	---	-1.89 %
	28.66	1:01.27 1:35.44 2:07.96				
	(28.66)	(32.61) (34.17) (32.52)				
2:35.74Y	P # 17	Female 13 & Over 200 Breast	LY-VA	33	---	-1.22 %
	36.39	1:15.22 1:55.51 2:35.74				
	(36.39)	(38.83) (40.29) (40.23)				
5:26.18Y	P # 21	Female 13 & Over 500 Free	LY-VA	36	---	-0.71 %
	29.91	1:02.46 1:35.46 2:08.70	2:41.85 3:15.05 3:48.64	4:21.97		
	(29.91)	(32.55) (33.00) (33.24)	(33.15) (33.20) (33.59)	(33.33)		
	4:55.02	5:26.18				
	(33.05)	(31.16)				
2:17.35Y	P # 27	Female 13 & Over 200 Back	LY-VA	42	---	0.70 %
	32.04	1:06.29 1:41.75 2:17.35				
	(32.04)	(34.25) (35.46) (35.60)				
58.30Y	P # 29	Female 13 & Over 100 Free	LY-VA	115	---	-1.85 %
	28.05	58.30				
	(28.05)	(30.25)				
2:16.27Y	P # 31	Female 13 & Over 200 IM	LY-VA	34	---	-2.56 %
	30.05	1:04.50 1:44.51 2:16.27				
	(30.05)	(34.45) (40.01) (31.76)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
Avery Snyder (16) M						
1:56.28Y	P # 2	Male 13 & Over 200 Free	LY-VA	88	---	-4.64 %
	26.34	55.05 1:25.64 1:56.28				
	(26.34)	(28.71) (30.59) (30.64)				
1:05.47Y	P # 4	Male 13 & Over 100 Breast	LY-VA	47	---	-4.22 %
	30.63	1:05.47				
	(30.63)	(34.84)				
4:40.84Y	P # 8	Male 13 & Over 400 IM	LY-VA	46	---	-0.39 %
	28.66	1:02.72 1:39.92 2:16.60 2:57.25 3:38.30 4:10.77 4:40.84				
	(28.66)	(34.06) (37.20) (36.68) (40.65) (41.05) (32.47) (30.07)				
NS	P # 16	Male 13 & Over 50 Free	LY-VA	---	---	---
NS	P # 18	Male 13 & Over 200 Breast	LY-VA	---	---	---
NS	P # 22	Male 13 & Over 500 Free	LY-VA	---	---	---
Brody Wall (14) M						
23.10Y	P # 16	Male 13 & Over 50 Free	LY-VA	56	---	2.53 %
23.14Y	F # 16	Male 13 & Over 50 Free	LY-VA	30	---	2.36 %
1:02.99Y	P # 20	Male 13 & Over 100 Back	LY-VA	90	---	2.66 %
	30.29	1:02.99				
	(30.29)	(32.70)				
51.02Y	F # 30	Male 13 & Over 100 Free	LY-VA	28	---	2.58 %
	24.71	51.02				
	(24.71)	(26.31)				
51.80Y	P # 30	Male 13 & Over 100 Free	LY-VA	82	---	1.09 %
	24.95	51.80				
	(24.95)	(26.85)				
2:10.99Y	P # 32	Male 13 & Over 200 IM	LY-VA	102	---	2.25 %
	27.86	1:02.35 1:42.32 2:10.99				
	(27.86)	(34.49) (39.97) (28.67)				
52.48Y	F # 34	400 Free Relay Lead Off	LY-VA	---	---	-0.21 %
	25.23					
	(25.23)					

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
Sarah Warren (15) F						
1:03.21Y	P # 5	Female 13 & Over 100 Fly	LY-VA	60	---	-4.12 %
	29.96	1:03.21				
	(29.96)	(33.25)				
4:58.57Y	P # 7	Female 13 & Over 400 IM	LY-VA	40	---	-2.73 %
	31.37	1:06.87 1:45.05 2:22.21	3:06.39 3:50.26	4:24.87 4:58.57		
	(31.37)	(35.50) (38.18) (37.16)	(44.18) (43.87)	(34.61) (33.70)		
2:19.22Y	P # 13	Female 13 & Over 200 Fly	LY-VA	32	---	-6.36 %
	31.07	1:05.93 1:42.11 2:19.22				
	(31.07)	(34.86) (36.18) (37.11)				
28.26Y	P # 15	Female 13 & Over 50 Free	LY-VA	123	---	-4.32 %
1:07.51Y	P # 19	Female 13 & Over 100 Back	LY-VA	87	---	-6.35 %
	32.84	1:07.51				
	(32.84)	(34.67)				
2:24.26Y	P # 27	Female 13 & Over 200 Back	LY-VA	59	---	-4.92 %
	33.61	1:09.68 1:47.05 2:24.26				
	(33.61)	(36.07) (37.37) (37.21)				
1:00.72Y	P # 29	Female 13 & Over 100 Free	LY-VA	145	---	-3.67 %
	29.03	1:00.72				
	(29.03)	(31.69)				
2:22.02Y	P # 31	Female 13 & Over 200 IM	LY-VA	69	---	-2.56 %
	30.48	1:06.31 1:48.96 2:22.02				
	(30.48)	(35.83) (42.65) (33.06)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
Broughton Webb (14) F						
2:05.74Y	P # 1	Female 13 & Over 200 Free	LY-VA	77	---	-6.47 %
	28.89	1:00.54 1:33.14 2:05.74				
	(28.89)	(31.65) (32.60) (32.60)				
1:14.79Y	P # 3	Female 13 & Over 100 Breast	LY-VA	60	---	-7.97 %
	35.08	1:14.79				
	(35.08)	(39.71)				
4:47.89Y	P # 7	Female 13 & Over 400 IM	LY-VA	25	---	-3.11 %
	33.01	1:09.95 1:46.75 2:23.05 3:03.23 3:43.30 4:16.27 4:47.89				
	(33.01)	(36.94) (36.80) (36.30) (40.18) (40.07) (32.97) (31.62)				
4:49.44Y DQ	F # 7	Female 13 & Over 400 IM	LY-VA	---	---	---
	32.05	1:08.50 1:44.91 2:22.28 3:01.71 3:43.53 4:16.83 4:49.44				
	(32.05)	(36.45) (36.41) (37.37) (39.43) (41.82) (33.30) (32.61)				
28.65Y	P # 15	Female 13 & Over 50 Free	LY-VA	126	---	-8.56 %
2:36.04Y DQ	P # 17	Female 13 & Over 200 Breast	LY-VA	---	---	---
	34.97	1:14.75 1:55.28 2:36.04				
	(34.97)	(39.78) (40.53) (40.76)				
5:15.38Y	F # 21	Female 13 & Over 500 Free	LY-VA	25	---	-2.52 %
	28.56	59.58 1:31.33 2:03.54 2:35.34 3:07.25 3:39.86 4:12.06				
	(28.56)	(31.02) (31.75) (32.21) (31.80) (31.91) (32.61) (32.20)				
	4:43.99	5:15.38				
	(31.93)	(31.39)				
5:23.70Y	P # 21	Female 13 & Over 500 Free	LY-VA	33	---	-5.22 %
	29.21	1:01.11 1:33.72 2:06.46 2:39.30 3:12.19 3:45.46 4:18.64				
	(29.21)	(31.90) (32.61) (32.74) (32.84) (32.89) (33.27) (33.18)				
	4:51.48	5:23.70				
	(32.84)	(32.22)				
59.20Y	P # 29	Female 13 & Over 100 Free	LY-VA	127	---	-5.34 %
	28.62	59.20				
	(28.62)	(30.58)				
2:19.48Y	P # 31	Female 13 & Over 200 IM	LY-VA	54	---	-4.91 %
	31.99	1:07.02 1:47.34 2:19.48				
	(31.99)	(35.03) (40.32) (32.14)				
2:19.89Y DQ	F # 31	Female 13 & Over 200 IM	LY-VA	---	---	---
	32.06	1:07.18 1:47.81 2:19.89				
	(32.06)	(35.12) (40.63) (32.08)				
17:43.49Y	F # 35	Female 13 & Over 1650 Free	LY-VA	6	13	0.69 %
	29.31	1:01.55 1:33.91 2:06.40 2:38.70 3:11.04 3:43.55 4:16.05				
	(29.31)	(32.24) (32.36) (32.49) (32.30) (32.34) (32.51) (32.50)				
	4:48.82	5:20.88 5:53.26 6:25.88 6:58.29 7:30.69 8:03.32 8:35.53				
	(32.77)	(32.06) (32.38) (32.62) (32.41) (32.40) (32.63) (32.21)				
	9:07.89	9:40.42 10:12.83 10:45.16 11:17.42 11:49.69 12:22.16 12:54.61				
	(32.36)	(32.53) (32.41) (32.33) (32.26) (32.27) (32.47) (32.45)				
	13:27.45	14:00.22 14:32.57 15:05.05 15:37.38 16:09.58 16:41.75 17:13.36				
	(32.84)	(32.77) (32.35) (32.48) (32.33) (32.20) (32.17) (31.61)				
	17:43.49					
	(30.13)					

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
Graham Woodruff (15) M						
1:48.23Y	P # 2	Male 13 & Over 200 Free	LY-VA	36	---	-2.10 %
	24.74	52.49 1:20.87 1:48.23				
	(24.74)	(27.75) (28.38) (27.36)				
1:08.44Y	P # 4	Male 13 & Over 100 Breast	LY-VA	67	---	-2.89 %
	32.16	1:08.44				
	(32.16)	(36.28)				
55.53Y	P # 6	Male 13 & Over 100 Fly	LY-VA	48	---	-3.43 %
	25.85	55.53				
	(25.85)	(29.68)				
22.31Y	P # 16	Male 13 & Over 50 Free	LY-VA	24	---	-3.91 %
23.09Y	F # 16	Male 13 & Over 50 Free	LY-VA	24	---	-7.55 %
58.46Y	P # 20	Male 13 & Over 100 Back	LY-VA	65	---	-6.35 %
	28.41	58.46				
	(28.41)	(30.05)				
5:07.88Y	P # 22	Male 13 & Over 500 Free	LY-VA	48	---	-6.57 %
	26.98	56.73 1:27.45 1:58.84	2:28.95 3:01.12 3:33.45 4:05.43			
	(26.98)	(29.75) (30.72) (31.39) (30.11) (32.17) (32.33) (31.98)				
	4:37.20	5:07.88				
	(31.77)	(30.68)				
2:03.39Y	P # 28	Male 13 & Over 200 Back	LY-VA	35	---	-2.62 %
	29.17	1:00.42 1:32.22 2:03.39				
	(29.17)	(31.25) (31.80) (31.17)				
48.85Y	P # 30	Male 13 & Over 100 Free	LY-VA	25	---	-1.71 %
	23.48	48.85				
	(23.48)	(25.37)				
49.22Y	F # 30	Male 13 & Over 100 Free	LY-VA	20	---	-2.48 %
	23.65	49.22				
	(23.65)	(25.57)				
2:09.62Y	P # 32	Male 13 & Over 200 IM	LY-VA	89	---	-5.97 %
	27.45	1:00.99 1:41.75 2:09.62				
	(27.45)	(33.54) (40.76) (27.87)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
Taylor Woodruff (14) F						
2:04.90Y	P # 1	Female 13 & Over 200 Free	LY-VA	73	---	-3.91 %
	29.33	1:01.16 1:33.78 2:04.90				
	(29.33)	(31.83) (32.62) (31.12)				
1:00.35Y	F # 5	Female 13 & Over 100 Fly	LY-VA	25	---	0.07 %
	28.41	1:00.35				
	(28.41)	(31.94)				
1:01.19Y	P # 5	Female 13 & Over 100 Fly	LY-VA	40	---	-1.32 %
	28.84	1:01.19				
	(28.84)	(32.35)				
27.41Y	F # 11	200 Free Relay Lead Off	LY-VA	---	---	-7.70 %
2:09.10Y	F # 13	Female 13 & Over 200 Fly	LY-VA	12	5	0.98 %
	29.78	1:03.10 1:36.03 2:09.10				
	(29.78)	(33.32) (32.93) (33.07)				
2:11.94Y	P # 13	Female 13 & Over 200 Fly	LY-VA	14	---	-1.20 %
	30.53	1:05.37 1:38.56 2:11.94				
	(30.53)	(34.84) (33.19) (33.38)				
28.04Y	P # 15	Female 13 & Over 50 Free	LY-VA	121	---	-10.18 %
1:06.29Y	P # 19	Female 13 & Over 100 Back	LY-VA	79	---	-8.03 %
	32.64	1:06.29				
	(32.64)	(33.65)				
1:04.03Y	F # 23	400 Medley Relay Lead Off	LY-VA	---	---	-4.35 %
	31.52					
	(31.52)					
29.89Y	F # 25	200 Medley Relay Lead Off	LY-VA	---	---	-5.10 %
2:16.09Y	F # 27	Female 13 & Over 200 Back	LY-VA	29	---	-4.61 %
	32.05	1:07.25 1:42.16 2:16.09				
	(32.05)	(35.20) (34.91) (33.93)				
2:17.98Y	P # 27	Female 13 & Over 200 Back	LY-VA	44	---	-6.07 %
	32.06	1:08.24 1:44.50 2:17.98				
	(32.06)	(36.18) (36.26) (33.48)				
59.20Y	P # 29	Female 13 & Over 100 Free	LY-VA	127	---	-6.21 %
	28.08	59.20				
	(28.08)	(31.12)				
19:05.90Y	F # 35	Female 13 & Over 1650 Free	LY-VA	23	---	-2.52 %
	30.82	1:05.31 1:40.57 2:14.91	2:49.50 3:24.38 3:59.00 4:33.93			
	(30.82)	(34.49) (35.26) (34.34)	(34.59) (34.88) (34.62) (34.93)			
	5:09.51	5:44.28 6:19.34 6:53.89	7:28.90 8:03.64 8:37.46 9:11.41			
	(35.58)	(34.77) (35.06) (34.55)	(35.01) (34.74) (33.82) (33.95)			
	9:44.82	10:18.99 10:54.38 11:29.14	12:03.64 12:39.02 13:14.45 13:50.10			
	(33.41)	(34.17) (35.39) (34.76)	(34.50) (35.38) (35.43) (35.65)			
	14:25.54	15:01.34 15:36.76 16:12.67	16:48.33 17:23.60 17:58.87 18:33.74			
	(35.44)	(35.80) (35.42) (35.91)	(35.66) (35.27) (35.27) (34.87)			
	19:05.90					
	(32.16)					

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 Commonwealth Cup 08-Nov-24 to 10-Nov-24 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	%	Improv
George Xu (17) M						
2:03.74Y	P # 14	Male 13 & Over 200 Fly	LY-VA	30	---	-2.66 %
	27.00	57.88 1:30.41 2:03.74				
	(27.00)	(30.88) (32.53) (33.33)				
23.11Y	P # 16	Male 13 & Over 50 Free	LY-VA	57	---	0.52 %
57.35Y	P # 20	Male 13 & Over 100 Back	LY-VA	49	---	-4.41 %
	27.88	57.35				
	(27.88)	(29.47)				
54.73Y	F # 24	400 Medley Relay Lead Off	LY-VA	---	---	0.36 %
	26.78					
	(26.78)					
26.53Y	F # 26	200 Medley Relay Lead Off	LY-VA	---	---	0.15 %
2:02.40Y	P # 28	Male 13 & Over 200 Back	LY-VA	33	---	-3.97 %
	28.52	59.24 1:31.12 2:02.40				
	(28.52)	(30.72) (31.88) (31.28)				
49.89Y	P # 30	Male 13 & Over 100 Free	LY-VA	45	---	-2.30 %
	24.01	49.89				
	(24.01)	(25.88)				
2:06.01Y	P # 32	Male 13 & Over 200 IM	LY-VA	57	---	-5.47 %
	27.20	58.98 1:37.80 2:06.01				
	(27.20)	(31.78) (38.82) (28.21)				