

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results - Standard: 25 AGCH

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						
4:40.12Y QT25	P # 8	Male 13 & Over 400 IM	LY-VA	45	---	0.68 %
4:40.16Y QT25	F # 8	Male 13 & Over 400 IM	LY-VA	30	---	0.67 %