

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Tessa Akershoek (12) F						
2:49.39Y	P # 37B	Female 12-12 200 Free	LY-VA	23	---	1.44
	38.26	1:22.44 2:08.37 2:49.39				
	(38.26)	(44.18) (45.93) (41.02)				
1:33.30Y	P # 41B	Female 12-12 100 Fly	LY-VA	18	---	6.82
	42.19	1:33.30				
	(42.19)	(51.11)				
47.22Y	P # 45B	Female 12-12 50 Breast	LY-VA	19	---	2.42
33.32Y	P # 75B	Female 12-12 50 Free	LY-VA	27	---	0.49
1:43.01Y	P # 79B	Female 12-12 100 Breast	LY-VA	24	---	4.89
	48.36	1:43.01				
	(48.36)	(54.65)				
37.11Y	P # 83B	Female 12-12 50 Back	LY-VA	23	---	-1.43
Shirley Barger (14) F						
26.75Y	F # 1	Female 13-14 50 Free	LY-VA	13	6	-0.53
27.03Y	P # 1	Female 13-14 50 Free	LY-VA	13	---	-0.25
5:38.18Y	F # 5A	Female 13-14 500 Free	LY-VA	8	13	-3.95
	30.37	1:03.50 1:37.62 2:12.19 2:46.65 3:21.24 3:56.10 4:31.08				
	(30.37)	(33.13) (34.12) (34.57) (34.46) (34.59) (34.86) (34.98)				
	5:05.74	5:38.18				
	(34.66)	(32.44)				
2:05.47Y	F # 17	Female 13-14 200 Free	LY-VA	11	8	-2.55
	28.96	1:00.97 1:33.43 2:05.47				
	(28.96)	(32.01) (32.46) (32.04)				
2:07.92Y	P # 17	Female 13-14 200 Free	LY-VA	12	---	-0.10
	29.37	1:01.60 1:35.00 2:07.92				
	(29.37)	(32.23) (33.40) (32.92)				
1:08.82Y	F # 25	Female 13-14 100 Fly	LY-VA	16	3	-3.43
	32.22	1:08.82				
	(32.22)	(36.60)				
1:11.53Y	P # 25	Female 13-14 100 Fly	LY-VA	19	---	-0.72
	32.78	1:11.53				
	(32.78)	(38.75)				
5:14.17Y	F # 29	Female 13-14 400 IM	LY-VA	14	5	-12.91
	34.41	1:12.48 1:53.03 2:33.09 3:19.05 4:04.95 4:39.79 5:14.17				
	(34.41)	(38.07) (40.55) (40.06) (45.96) (45.90) (34.84) (34.38)				
1:10.36Y	P # 63	Female 13-14 100 Back	LY-VA	27	---	-0.41
	34.04	1:10.36				
	(34.04)	(36.32)				
2:43.01Y	F # 67	Female 13-14 200 Breast	LY-VA	12	7	-11.62
	37.41	1:19.75 2:01.67 2:43.01				
	(37.41)	(42.34) (41.92) (41.34)				
2:47.10Y	P # 67	Female 13-14 200 Breast	LY-VA	14	---	-7.53
	38.08	1:20.62 2:03.90 2:47.10				
	(38.08)	(42.54) (43.28) (43.20)				

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Time	F/P/S	Event	Place	Points	Improv	
Shirley Barger (14) F						
2:28.95Y	F # 93	Female 13-14 200 Back	LY-VA	14	5	-1.28
	35.60	1:12.91 1:51.38 2:28.95				
	(35.60)	(37.31) (38.47) (37.57)				
2:31.66Y	P # 93	Female 13-14 200 Back	LY-VA	21	---	1.43
	36.32	1:14.59 1:53.55 2:31.66				
	(36.32)	(38.27) (38.96) (38.11)				
58.61Y	P # 97	Female 13-14 100 Free	LY-VA	15	---	-1.02
	28.35	58.61				
	(28.35)	(30.26)				
59.46Y	F # 97	Female 13-14 100 Free	LY-VA	15	4	-0.17
	28.37	59.46				
	(28.37)	(31.09)				
2:28.44Y	P # 101	Female 13-14 200 IM	LY-VA	18	---	-2.43
	32.84	1:11.72 1:56.76 2:28.44				
	(32.84)	(38.88) (45.04) (31.68)				
2:28.51Y	F # 101	Female 13-14 200 IM	LY-VA	14	5	-2.36
	32.63	1:11.19 1:55.39 2:28.51				
	(32.63)	(38.56) (44.20) (33.12)				
Jackson Barksdale (13) M						
26.61Y	P # 2	Male 13-14 50 Free	LY-VA	15	---	-0.43
27.37Y	F # 2	Male 13-14 50 Free	LY-VA	16	3	0.33
6:22.83Y	F # 6A	Male 13-14 500 Free	LY-VA	16	3	13.41
	31.43	1:06.76 1:43.77 2:22.17 3:00.54 3:39.61 4:19.16 4:58.46				
	(31.43)	(35.33) (37.01) (38.40) (38.37) (39.07) (39.55) (39.30)				
	5:37.15	6:22.83				
	(38.69)	(45.68)				
3:07.72Y	P # 60	Male 13-14 200 Fly	LY-VA	17	---	---
	38.49	1:25.47 2:16.54 3:07.72				
	(38.49)	(46.98) (51.07) (51.18)				
1:14.10Y	P # 64	Male 13-14 100 Back	LY-VA	30	---	2.83
	35.94	1:14.10				
	(35.94)	(38.16)				
3:04.75Y	P # 68	Male 13-14 200 Breast	LY-VA	24	---	-0.15
	40.41	1:27.71 2:16.23 3:04.75				
	(40.41)	(47.30) (48.52) (48.52)				
2:34.69Y	P # 94	Male 13-14 200 Back	LY-VA	23	---	-5.25
	36.06	1:15.29 1:55.03 2:34.69				
	(36.06)	(39.23) (39.74) (39.66)				
1:00.02Y	P # 98	Male 13-14 100 Free	LY-VA	23	---	-0.02
	29.03	1:00.02				
	(29.03)	(30.99)				
2:41.85Y	P # 102	Male 13-14 200 IM	LY-VA	27	---	4.73
	37.04	1:17.53 2:05.64 2:41.85				
	(37.04)	(40.49) (48.11) (36.21)				

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Time	F/P/S	Event		Place	Points	Improv
Ada Compton (14) F						
1:25.33Y	P # 63	Female 13-14 100 Back	LY-VA	55	---	2.06
	41.16	1:25.33				
	(41.16)	(44.17)				
3:38.18Y	P # 67	Female 13-14 200 Breast	LY-VA	40	---	10.69
	47.82	1:42.81 2:41.17 3:38.18				
	(47.82)	(54.99) (58.36) (57.01)				
3:08.54Y	P # 93	Female 13-14 200 Back	LY-VA	41	---	5.98
	42.63	1:30.82 2:21.69 3:08.54				
	(42.63)	(48.19) (50.87) (46.85)				
1:11.03Y	P # 97	Female 13-14 100 Free	LY-VA	49	---	2.38
	32.10	1:11.03				
	(32.10)	(38.93)				
3:08.90Y	P # 101	Female 13-14 200 IM	LY-VA	47	---	6.36
	40.31	1:29.84 2:26.62 3:08.90				
	(40.31)	(49.53) (56.78) (42.28)				
Bobby Compton (11) M						
39.42Y	P # 76A	Male 11-11 50 Free	LY-VA	39	---	-0.09
2:02.94Y	P # 80A	Male 11-11 100 Breast	LY-VA	31	---	-11.15
	58.38	2:02.94				
	(58.38)	(1:04.56)				
55.17Y	P # 84A	Male 11-11 50 Back	LY-VA	40	---	-0.64
52.34Y	P # 110A	Male 11-11 50 Fly	LY-VA	25	---	-3.22
1:26.70Y	P # 118A	Male 11-11 100 Free	LY-VA	30	---	-17.97
	41.26	1:26.70				
	(41.26)	(45.44)				
1:46.00Y	P # 122A	Male 11-11 100 IM	LY-VA	22	---	-6.85
	53.40	1:46.00				
	(53.40)	(52.60)				

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Time	F/P/S	Event	Place	Points	Improv
Ben Cook (7) M					
4:40.74Y DQ	F # 12	Male 10 & Under 200 IM	LY-VA	---	---
	1:12.07	2:23.61 3:33.34 4:40.74			
	(1:12.07)	(1:11.54) (1:09.73) (1:07.40)			
10:47.67Y	F # 16	Male 10 & Under 500 Free	LY-VA	14	5
	54.60	1:58.16 3:05.60 4:11.57 5:18.97 6:23.12 7:32.21 8:39.74			-7.83
	(54.60)	(1:03.56) (1:07.44) (1:05.97) (1:07.40) (1:04.15) (1:09.09) (1:07.53)			
	---	10:47.67			
	---	(10:47.67)			
1:03.71Y	P # 36	Male 10 & Under 50 Back	LY-VA	43	---
3:57.28Y	P # 40	Male 10 & Under 200 Free	LY-VA	42	---
	51.31	--- 2:57.75 3:57.28			
	(51.31)	--- (2:57.75) (59.53)			
58.83Y	P # 48	Male 10 & Under 50 Breast	LY-VA	35	---
41.95Y	P # 74	Male 10 & Under 50 Free	LY-VA	54	---
2:07.02Y	P # 78	Male 10 & Under 100 Breast	LY-VA	41	---
	1:02.17	2:07.02			-17.89
	(1:02.17)	(1:04.85)			
1:14.28Y	P # 82	Male 10 & Under 50 Fly	LY-VA	53	---

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Time	F/P/S	Event		Place	Points	Improv
Isaac Cook (13) M						
24.74Y	P # 2	Male 13-14 50 Free	LY-VA	9	---	-1.04
25.31Y	F # 2	Male 13-14 50 Free	LY-VA	9	12	-0.47
2:08.03Y	P # 18	Male 13-14 200 Free	LY-VA	20	---	---
	29.56	1:02.58 1:36.11 2:08.03				
	(29.56)	(33.02) (33.53) (31.92)				
2:09.80Y	F # 18	Male 13-14 200 Free	LY-VA	18	1	---
	30.95	1:04.51 1:38.01 2:09.80				
	(30.95)	(33.56) (33.50) (31.79)				
1:10.38Y	P # 22	Male 13-14 100 Breast	LY-VA	8	---	-3.23
	32.75	1:10.38				
	(32.75)	(37.63)				
1:11.59Y	F # 22	Male 13-14 100 Breast	LY-VA	8	13	-2.02
	33.80	1:11.59				
	(33.80)	(37.79)				
1:02.81Y	F # 26	Male 13-14 100 Fly	LY-VA	14	5	-2.77
	29.11	1:02.81				
	(29.11)	(33.70)				
1:03.52Y	P # 26	Male 13-14 100 Fly	LY-VA	13	---	-2.06
	28.78	1:03.52				
	(28.78)	(34.74)				
2:29.30Y	P # 60	Male 13-14 200 Fly	LY-VA	10	---	-11.16
	31.67	1:09.59 1:50.07 2:29.30				
	(31.67)	(37.92) (40.48) (39.23)				
2:30.33Y	F # 60	Male 13-14 200 Fly	LY-VA	12	7	-10.13
	34.27	1:13.25 1:53.00 2:30.33				
	(34.27)	(38.98) (39.75) (37.33)				
1:05.72Y	P # 64	Male 13-14 100 Back	LY-VA	19	---	-7.24
	31.73	1:05.72				
	(31.73)	(33.99)				
2:33.81Y	P # 68	Male 13-14 200 Breast	LY-VA	10	---	-4.38
	35.89	1:15.32 1:55.00 2:33.81				
	(35.89)	(39.43) (39.68) (38.81)				
2:34.57Y	F # 68	Male 13-14 200 Breast	LY-VA	10	10	-3.62
	36.01	1:15.97 1:56.25 2:34.57				
	(36.01)	(39.96) (40.28) (38.32)				

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Time	F/P/S	Event	Place	Points	Improv
Matthew Cook (11) M					
3:04.28Y	F # 10A	Male 11-11 200 IM	LY-VA	10	-10.53
	43.52	1:30.63 2:26.11 3:04.28			
	(43.52)	(47.11) (55.48) (38.17)			
7:10.83Y	F # 14A	Male 11-11 500 Free	LY-VA	14	-34.21
	37.51	1:20.71 2:05.37 2:49.21 3:32.23 4:17.63 5:02.93 5:46.95		5	
	(37.51)	(43.20) (44.66) (43.84) (43.02) (45.40) (45.30) (44.02)			
	6:31.17	7:10.83			
	(44.22)	(39.66)			
2:35.62Y	P # 38A	Male 11-11 200 Free	LY-VA	20	---
	35.98	1:16.30 1:57.50 2:35.62			
	(35.98)	(40.32) (41.20) (38.12)			
1:37.17Y	P # 42A	Male 11-11 100 Fly	LY-VA	24	---
	45.20	1:37.17			
	(45.20)	(51.97)			
45.09Y	P # 46A	Male 11-11 50 Breast	LY-VA	15	-8.37
33.77Y	P # 76A	Male 11-11 50 Free	LY-VA	32	---
1:41.14Y	P # 80A	Male 11-11 100 Breast	LY-VA	25	-3.02
	48.42	1:41.14			
	(48.42)	(52.72)			
38.97Y	P # 84A	Male 11-11 50 Back	LY-VA	28	-3.34
Sunday Cook (13) F					
2:49.62Y	P # 17	Female 13-14 200 Free	LY-VA	42	-8.01
	38.56	1:21.89 2:07.62 2:49.62			
	(38.56)	(43.33) (45.73) (42.00)			
1:46.65Y	P # 21	Female 13-14 100 Breast	LY-VA	34	-2.90
	51.80	1:46.65			
	(51.80)	(54.85)			
3:13.42Y DQ	P # 93	Female 13-14 200 Back	LY-VA	---	---
	---	---			
	---	---			
	---	---			
1:18.32Y	P # 97	Female 13-14 100 Free	LY-VA	54	-2.35
	37.07	1:18.32			
	(37.07)	(41.25)			
3:19.39Y	P # 101	Female 13-14 200 IM	LY-VA	50	-6.10
	---	1:36.86 --- 3:19.39			
	---	(1:36.86) --- (3:19.39)			

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Time	F/P/S	Event		Place	Points	Improv
Mason Cooper (18) M						
2:14.89Y	F # 62	Male Open 200 Fly	LY-VA	14	5	-2.70
	29.67	1:04.58 1:39.85 2:14.89				
	(29.67)	(34.91) (35.27) (35.04)				
2:19.15Y	P # 62	Male Open 200 Fly	LY-VA	18	---	1.56
	30.25	1:05.36 1:41.90 2:19.15				
	(30.25)	(35.11) (36.54) (37.25)				
59.38Y	F # 66	Male Open 100 Back	LY-VA	14	5	-0.91
	28.98	59.38				
	(28.98)	(30.40)				
59.53Y	P # 66	Male Open 100 Back	LY-VA	19	---	-0.76
	28.89	59.53				
	(28.89)	(30.64)				
2:37.40Y	P # 70	Male Open 200 Breast	LY-VA	21	---	-9.87
	34.56	1:14.55 1:56.00 2:37.40				
	(34.56)	(39.99) (41.45) (41.40)				

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Time	F/P/S	Event	Place	Points	Improv
Benjamin Costa (14) M					
24.73Y	F # 2	Male 13-14 50 Free	LY-VA	10	0.37
25.00Y	P # 2	Male 13-14 50 Free	LY-VA	---	0.64
5:29.58Y	F # 6A	Male 13-14 500 Free	LY-VA	13	-7.83
	28.70	1:00.55 1:33.88 2:07.07	2:41.29 3:14.88 3:48.55	4:22.45	
	(28.70)	(31.85) (33.33) (33.19)	(34.22) (33.59) (33.67)	(33.90)	
	4:57.24	5:29.58			
	(34.79)	(32.34)			
1:57.50Y	F # 18	Male 13-14 200 Free	LY-VA	8	0.98
	27.34	57.32 1:27.96 1:57.50			
	(27.34)	(29.98) (30.64) (29.54)			
2:00.55Y	P # 18	Male 13-14 200 Free	LY-VA	---	4.03
	26.98	57.32 1:29.22 2:00.55			
	(26.98)	(30.34) (31.90) (31.33)			
57.82Y	F # 26	Male 13-14 100 Fly	LY-VA	16	-0.41
	26.89	57.82			
	(26.89)	(30.93)			
58.58Y	P # 26	Male 13-14 100 Fly	LY-VA	---	0.35
	26.76	58.58			
	(26.76)	(31.82)			
2:10.25Y	F # 60	Male 13-14 200 Fly	LY-VA	15	-0.04
	28.69	1:01.44 1:35.81 2:10.25			
	(28.69)	(32.75) (34.37) (34.44)			
2:10.81Y	P # 60	Male 13-14 200 Fly	LY-VA	---	0.52
	28.20	1:00.85 1:35.44 2:10.81			
	(28.20)	(32.65) (34.59) (35.37)			
58.77Y	F # 64	Male 13-14 100 Back	LY-VA	16	-0.20
	28.77	58.77			
	(28.77)	(30.00)			
59.53Y	P # 64	Male 13-14 100 Back	LY-VA	---	0.56
	29.06	59.53			
	(29.06)	(30.47)			
2:10.36Y	P # 94	Male 13-14 200 Back	LY-VA	---	-0.08
	31.53	1:04.88 1:38.17 2:10.36			
	(31.53)	(33.35) (33.29) (32.19)			
2:11.04Y	F # 94	Male 13-14 200 Back	LY-VA	16	0.60
	31.73	1:04.58 1:38.16 2:11.04			
	(31.73)	(32.85) (33.58) (32.88)			
53.05Y	F # 98	Male 13-14 100 Free	LY-VA	16	-2.97
	25.78	53.05			
	(25.78)	(27.27)			
53.35Y	P # 98	Male 13-14 100 Free	LY-VA	---	-2.67
	25.52	53.35			
	(25.52)	(27.83)			
2:14.83Y	F # 102	Male 13-14 200 IM	LY-VA	7	-6.13
	27.85	1:01.00 1:45.27 2:14.83			
	(27.85)	(33.15) (44.27) (29.56)			

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Benjamin Costa (14) M						
2:16.29Y	P # 102	Male 13-14 200 IM	LY-VA	11	---	-4.67
	28.23	1:01.37 1:46.10 2:16.29				
	(28.23)	(33.14) (44.73) (30.19)				
Anderson Cox (8) M						
48.61Y DQ	P # 36	Male 10 & Under 50 Back	LY-VA	---	---	---
3:01.41Y	P # 40	Male 10 & Under 200 Free	LY-VA	23	---	-20.09
	39.58	1:26.48 2:14.26 3:01.41				
	(39.58)	(46.90) (47.78) (47.15)				
47.50Y	P # 48	Male 10 & Under 50 Breast	LY-VA	12	---	-5.05
38.01Y	P # 74	Male 10 & Under 50 Free	LY-VA	35	---	-1.29
1:58.78Y	P # 78	Male 10 & Under 100 Breast	LY-VA	33	---	6.12
	54.31	1:58.78				
	(54.31)	(1:04.47)				
1:00.34Y	P # 82	Male 10 & Under 50 Fly	LY-VA	48	---	3.54
Clayton Cox (11) M						
3:28.66Y DQ	F # 34	Male 11-12 200 Back	LY-VA	---	---	---
	43.80	1:31.54 2:21.29 3:28.66				
	(43.80)	(47.74) (49.75) (1:07.37)				
2:39.31Y	P # 38A	Male 11-11 200 Free	LY-VA	21	---	-0.49
	36.86	1:17.12 2:00.47 2:39.31				
	(36.86)	(40.26) (43.35) (38.84)				
1:32.52Y	P # 42A	Male 11-11 100 Fly	LY-VA	21	---	2.01
	40.38	1:32.52				
	(40.38)	(52.14)				
31.33Y	P # 76A	Male 11-11 50 Free	LY-VA	25	---	-1.02
40.99Y	P # 84A	Male 11-11 50 Back	LY-VA	31	---	-1.68
NS	P # 110A	Male 11-11 50 Fly	LY-VA	---	---	---
NS	P # 114A	Male 11-11 100 Back	LY-VA	---	---	---
NS	P # 118A	Male 11-11 100 Free	LY-VA	---	---	---
Liam Cox (10) M						
34.53Y	P # 74	Male 10 & Under 50 Free	LY-VA	20	---	-0.72
1:52.59Y	P # 78	Male 10 & Under 100 Breast	LY-VA	27	---	-8.84
	54.54	1:52.59				
	(54.54)	(58.05)				
45.21Y DQ	P # 82	Male 10 & Under 50 Fly	LY-VA	---	---	---
1:31.64Y	P # 112	Male 10 & Under 100 Back	LY-VA	18	---	-4.93
	43.68	1:31.64				
	(43.68)	(47.96)				
1:16.94Y	P # 116	Male 10 & Under 100 Free	LY-VA	13	---	-1.36
	35.85	1:16.94				
	(35.85)	(41.09)				
1:33.51Y	P # 120	Male 10 & Under 100 IM	LY-VA	16	---	-6.61
	44.09	1:33.51				
	(44.09)	(49.42)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Lucas Cox (14) M						
1:06.63Y	P # 98	Male 13-14 100 Free	LY-VA	34	---	1.17
	32.00	1:06.63				
	(32.00)	(34.63)				
2:55.07Y	P # 102	Male 13-14 200 IM	LY-VA	34	---	-1.74
	44.84	1:30.70 2:20.89 2:55.07				
	(44.84)	(45.86) (50.19) (34.18)				
Meredith Cox (13) F						
2:36.77Y	P # 17	Female 13-14 200 Free	LY-VA	38	---	-7.35
	36.04	1:16.46 1:57.30 2:36.77				
	(36.04)	(40.42) (40.84) (39.47)				
1:34.01Y	P # 21	Female 13-14 100 Breast	LY-VA	29	---	-4.17
	45.50	1:34.01				
	(45.50)	(48.51)				
1:32.70Y	P # 25	Female 13-14 100 Fly	LY-VA	35	---	1.71
	42.08	1:32.70				
	(42.08)	(50.62)				
3:23.07Y	P # 59	Female 13-14 200 Fly	LY-VA	17	---	-1.01
	47.10	1:38.93 --- 3:23.07				
	(47.10)	(51.83) --- (3:23.07)				
3:26.87Y	F # 59	Female 13-14 200 Fly	LY-VA	14	5	2.79
	46.00	1:41.99 2:35.91 3:26.87				
	(46.00)	(55.99) (53.92) (50.96)				
1:24.69Y	P # 63	Female 13-14 100 Back	LY-VA	54	---	-1.35
	43.04	1:24.69				
	(43.04)	(41.65)				
3:29.99Y DQ	P # 67	Female 13-14 200 Breast	LY-VA	---	---	---
	49.62	1:42.37 2:36.05 3:29.99				
	(49.62)	(52.75) (53.68) (53.94)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Avery Duff (14) F						
2:27.56Y	P # 17	Female 13-14 200 Free	LY-VA	31	---	4.74
	32.03	1:09.06 1:48.04 2:27.56				
	(32.03)	(37.03) (38.98) (39.52)				
1:25.09Y	P # 25	Female 13-14 100 Fly	LY-VA	34	---	-2.46
	37.02	1:25.09				
	(37.02)	(48.07)				
6:27.58Y	F # 29	Female 13-14 400 IM	LY-VA	19	---	9.02
	40.18	1:32.66 2:21.62 3:11.79	4:09.10 5:07.41 5:47.50 6:27.58			
	(40.18)	(52.48) (48.96) (50.17) (57.31) (58.31) (40.09) (40.08)				
2:57.55Y	P # 93	Female 13-14 200 Back	LY-VA	38	---	4.27
	40.88	1:25.58 2:11.98 2:57.55				
	(40.88)	(44.70) (46.40) (45.57)				
1:05.85Y	P # 97	Female 13-14 100 Free	LY-VA	42	---	2.86
	30.80	1:05.85				
	(30.80)	(35.05)				
24:24.06Y	F # 105	Female Open 1650 Free	LY-VA	21	---	---
	36.03	1:17.58 2:00.52 2:42.95	3:26.27 4:10.78 4:53.90 5:38.13			
	(36.03)	(41.55) (42.94) (42.43) (43.32) (44.51) (43.12) (44.23)				
	6:22.75	7:07.33 7:52.04 8:36.04	9:20.67 10:06.01 10:50.75 11:36.24			
	(44.62)	(44.58) (44.71) (44.00) (44.63) (45.34) (44.74) (45.49)				
	12:22.56	13:07.96 13:53.81 14:39.41	15:24.62 16:10.32 16:55.37 17:41.31			
	(46.32)	(45.40) (45.85) (45.60) (45.21) (45.70) (45.05) (45.94)				
	18:27.34	19:12.66 19:58.66 20:44.35	21:29.58 22:14.42 22:58.89 23:42.22			
	(46.03)	(45.32) (46.00) (45.69) (45.23) (44.84) (44.47) (43.33)				
	24:24.06					
	(41.84)					
14:39.41Y	F # 505	Female Open 1000 Free	LY-VA	2	---	57.48

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Tammy Eakkhattiyakorn (11) F						
2:30.83Y	P # 37A	Female 11-11 200 Free	LY-VA	12	---	-7.32
	35.52	1:13.48 1:53.03 2:30.83				
	(35.52)	(37.96) (39.55) (37.80)				
1:36.96Y	P # 41A	Female 11-11 100 Fly	LY-VA	14	---	-9.00
	45.90	1:36.96				
	(45.90)	(51.06)				
45.88Y	P # 45A	Female 11-11 50 Breast	LY-VA	16	---	1.06
32.76Y	P # 75A	Female 11-11 50 Free	LY-VA	22	---	0.16
1:34.28Y	P # 79A	Female 11-11 100 Breast	LY-VA	14	---	0.07
	45.80	1:34.28				
	(45.80)	(48.48)				
40.44Y	P # 83A	Female 11-11 50 Back	LY-VA	25	---	-0.73
3:18.10Y	F # 107	Female 11-12 200 Breast	LY-VA	10	5	0.28
	46.66	1:37.45 2:27.91 3:18.10				
	(46.66)	(50.79) (50.46) (50.19)				
1:11.94Y	P # 117A	Female 11-11 100 Free	LY-VA	15	---	-0.50
	34.97	1:11.94				
	(34.97)	(36.97)				
1:22.05Y	F # 121A	Female 11-11 100 IM	LY-VA	10	---	-6.68
	1:22.05					
	(1:22.05)					
1:25.44Y	P # 121A	Female 11-11 100 IM	LY-VA	13	---	-3.29
	43.80	1:25.44				
	(43.80)	(41.64)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards
Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Tyler Eakkhattiyakorn (13) M					
2:17.58Y	P # 18	Male 13-14 200 Free	28	---	-2.71
	31.87	1:06.93 1:43.44 2:17.58			
	(31.87)	(35.06) (36.51) (34.14)			
1:11.52Y	F # 22	Male 13-14 100 Breast	10	10	-0.29
	34.29	1:11.52			
	(34.29)	(37.23)			
1:13.64Y	P # 22	Male 13-14 100 Breast	12	---	1.83
	35.44	1:13.64			
	(35.44)	(38.20)			
1:23.89Y	P # 26	Male 13-14 100 Fly	26	---	4.75
	---	1:23.89			
	---	(1:23.89)			
1:14.26Y	P # 64	Male 13-14 100 Back	31	---	-2.17
	36.17	1:14.26			
	(36.17)	(38.09)			
2:35.97Y	F # 68	Male 13-14 200 Breast	11	8	-3.31
	35.69	1:15.32 1:56.76 2:35.97			
	(35.69)	(39.63) (41.44) (39.21)			
2:39.90Y	P # 68	Male 13-14 200 Breast	13	---	0.62
	37.28	1:18.11 1:59.93 2:39.90			
	(37.28)	(40.83) (41.82) (39.97)			
1:02.99Y	P # 98	Male 13-14 100 Free	29	---	0.15
	30.62	1:02.99			
	(30.62)	(32.37)			
2:35.33Y	P # 102	Male 13-14 200 IM	24	---	0.84
	38.74	1:19.19 1:58.96 2:35.33			
	(38.74)	(40.45) (39.77) (36.37)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Evy Edwards (11) F						
3:32.73Y	F # 9A	Female 11-11 200 IM	LY-VA	8	13	-0.42
	47.01	1:44.25 2:44.21 3:32.73				
	(47.01)	(57.24) (59.96) (48.52)				
1:43.15Y	P # 41A	Female 11-11 100 Fly	LY-VA	16	---	-2.44
	45.20	1:43.15				
	(45.20)	(57.95)				
50.01Y DQ	P # 45A	Female 11-11 50 Breast	LY-VA	---	---	---
35.64Y	P # 75A	Female 11-11 50 Free	LY-VA	35	---	0.70
1:49.44Y	P # 79A	Female 11-11 100 Breast	LY-VA	32	---	4.22
	52.41	1:49.44				
	(52.41)	(57.03)				
49.36Y	P # 83A	Female 11-11 50 Back	LY-VA	37	---	4.89
41.76Y	P # 109A	Female 11-11 50 Fly	LY-VA	15	---	0.63
1:30.43Y	P # 117A	Female 11-11 100 Free	LY-VA	28	---	6.74
	38.13	1:30.43				
	(38.13)	(52.30)				
1:38.74Y	P # 121A	Female 11-11 100 IM	LY-VA	24	---	4.47
	46.90	1:38.74				
	(46.90)	(51.84)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Josh Edwards (16) M						
23.72Y	P # 4	Male Open 50 Free	LY-VA	16	---	0.13
23.82Y	F # 4	Male Open 50 Free	LY-VA	17	2	0.23
1:57.89Y	P # 20	Male Open 200 Free	LY-VA	25	---	-1.04
	26.42	55.65 1:26.43 1:57.89				
	(26.42)	(29.23) (30.78) (31.46)				
1:59.27Y	F # 20	Male Open 200 Free	LY-VA	23	---	0.34
	27.02	57.45 1:28.45 1:59.27				
	(27.02)	(30.43) (31.00) (30.82)				
1:07.26Y	F # 24	Male Open 100 Breast	LY-VA	11	8	-0.22
	31.31	1:07.26				
	(31.31)	(35.95)				
1:09.38Y	P # 24	Male Open 100 Breast	LY-VA	11	---	1.90
	32.48	1:09.38				
	(32.48)	(36.90)				
59.57Y	F # 28	Male Open 100 Fly	LY-VA	22	---	0.27
	27.89	59.57				
	(27.89)	(31.68)				
1:00.08Y	P # 28	Male Open 100 Fly	LY-VA	24	---	0.78
	27.64	1:00.08				
	(27.64)	(32.44)				
1:01.45Y	P # 66	Male Open 100 Back	LY-VA	27	---	-2.40
	30.00	1:01.45				
	(30.00)	(31.45)				
1:02.89Y	F # 66	Male Open 100 Back	LY-VA	25	---	-0.96
	30.67	1:02.89				
	(30.67)	(32.22)				
2:35.71Y	P # 70	Male Open 200 Breast	LY-VA	19	---	-12.25
	34.72	1:13.87 1:54.43 2:35.71				
	(34.72)	(39.15) (40.56) (41.28)				
2:40.57Y	F # 70	Male Open 200 Breast	LY-VA	17	2	-7.39
	34.29	1:15.29 1:57.61 2:40.57				
	(34.29)	(41.00) (42.32) (42.96)				
53.89Y	P # 100	Male Open 100 Free	LY-VA	28	---	1.08
	25.53	53.89				
	(25.53)	(28.36)				
2:18.39Y	P # 104	Male Open 200 IM	LY-VA	22	---	-2.82
	29.06	1:05.85 1:46.68 2:18.39				
	(29.06)	(36.79) (40.83) (31.71)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Sam Edwards (14) M						
25.68Y	P # 2	Male 13-14 50 Free	LY-VA	12	---	-0.57
25.78Y	F # 2	Male 13-14 50 Free	LY-VA	12	7	-0.47
5:18.20Y	F # 6A	Male 13-14 500 Free	LY-VA	5	16	-1.88
	27.58	58.80 1:30.66 2:03.08	2:35.48 3:08.31 3:41.63	4:14.69		
	(27.58)	(31.22) (31.86) (32.42)	(32.40) (32.83) (33.32)	(33.06)		
	4:47.01	5:18.20				
	(32.32)	(31.19)				
1:57.23Y	F # 18	Male 13-14 200 Free	LY-VA	10	10	-3.76
	26.84	56.84 1:27.47 1:57.23				
	(26.84)	(30.00) (30.63) (29.76)				
2:01.60Y	P # 18	Male 13-14 200 Free	LY-VA	15	---	0.61
	26.73	57.45 1:29.82 2:01.60				
	(26.73)	(30.72) (32.37) (31.78)				
1:00.80Y	F # 26	Male 13-14 100 Fly	LY-VA	10	10	-5.81
	28.49	1:00.80				
	(28.49)	(32.31)				
1:02.79Y	P # 26	Male 13-14 100 Fly	LY-VA	11	---	-3.82
	30.18	1:02.79				
	(30.18)	(32.61)				
4:46.23Y	F # 30	Male 13-14 400 IM	LY-VA	5	16	-8.79
	30.08	1:04.50 1:39.37 2:14.97	2:57.90 3:41.74 4:14.50	4:46.23		
	(30.08)	(34.42) (34.87) (35.60)	(42.93) (43.84) (32.76)	(31.73)		
1:01.53Y	F # 52	400 Medley Relay Lead Off	LY-VA	---	---	-0.42
	29.65					
	(29.65)					
1:00.91Y	P # 64	Male 13-14 100 Back	LY-VA	12	---	-1.04
	29.31	1:00.91				
	(29.31)	(31.60)				
1:00.96Y	F # 64	Male 13-14 100 Back	LY-VA	11	8	-0.99
	29.33	1:00.96				
	(29.33)	(31.63)				
2:11.36Y	P # 94	Male 13-14 200 Back	LY-VA	7	---	-0.67
	30.34	1:03.53 1:37.72 2:11.36				
	(30.34)	(33.19) (34.19) (33.64)				
2:12.64Y	F # 94	Male 13-14 200 Back	LY-VA	7	14	0.61
	30.29	1:03.72 1:38.54 2:12.64				
	(30.29)	(33.43) (34.82) (34.10)				
56.54Y	P # 98	Male 13-14 100 Free	LY-VA	17	---	0.52
	26.93	56.54				
	(26.93)	(29.61)				
56.89Y	F # 98	Male 13-14 100 Free	LY-VA	16	3	0.87
	27.26	56.89				
	(27.26)	(29.63)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event				Place		Points	Improv
Sam Edwards (14) M									
18:07.94Y	F # 106	Male Open 1650 Free				LY-VA	5	16	2.56
	29.08	1:01.24	1:34.01	2:07.10	2:40.42	3:13.71	3:47.30	4:20.53	
	(29.08)	(32.16)	(32.77)	(33.09)	(33.32)	(33.29)	(33.59)	(33.23)	
	4:53.74	5:27.15	6:00.48	6:33.59	7:06.49	7:39.42	8:12.53	8:45.44	
	(33.21)	(33.41)	(33.33)	(33.11)	(32.90)	(32.93)	(33.11)	(32.91)	
	9:18.42	9:51.59	10:24.47	10:57.67	11:30.51	12:03.48	12:36.33	13:09.33	
	(32.98)	(33.17)	(32.88)	(33.20)	(32.84)	(32.97)	(32.85)	(33.00)	
	13:42.51	14:15.26	14:48.45	15:22.03	15:55.79	16:29.15	17:02.43	17:35.88	
	(33.18)	(32.75)	(33.19)	(33.58)	(33.76)	(33.36)	(33.28)	(33.45)	
	18:07.94								
	(32.06)								
10:57.67Y	F # 506	Male Open 1000 Free				LY-VA	2	---	7.79
Evan Fong (15) M									
1:56.85Y	F # 20	Male Open 200 Free				LY-VA	22	---	-4.14
	27.06	57.19	1:27.49	1:56.85					
	(27.06)	(30.13)	(30.30)	(29.36)					
1:58.65Y	P # 20	Male Open 200 Free				LY-VA	26	---	-2.34
	27.03	56.76	1:27.78	1:58.65					
	(27.03)	(29.73)	(31.02)	(30.87)					
1:06.52Y	F # 24	Male Open 100 Breast				LY-VA	8	13	-2.54
	30.95	1:06.52							
	(30.95)	(35.57)							
1:06.91Y	P # 24	Male Open 100 Breast				LY-VA	8	---	-2.15
	31.80	1:06.91							
	(31.80)	(35.11)							
59.02Y	P # 28	Male Open 100 Fly				LY-VA	18	---	-0.26
	27.29	59.02							
	(27.29)	(31.73)							
1:00.09Y	F # 28	Male Open 100 Fly				LY-VA	18	1	0.81
	27.71	1:00.09							
	(27.71)	(32.38)							
58.54Y	F # 66	Male Open 100 Back				LY-VA	20	---	-1.47
	28.72	58.54							
	(28.72)	(29.82)							
59.66Y	P # 66	Male Open 100 Back				LY-VA	20	---	-0.35
	28.58	59.66							
	(28.58)	(31.08)							
2:25.89Y	F # 70	Male Open 200 Breast				LY-VA	8	13	-10.11
	32.48	1:09.09	1:47.52	2:25.89					
	(32.48)	(36.61)	(38.43)	(38.37)					
2:27.68Y	P # 70	Male Open 200 Breast				LY-VA	8	---	-8.32
	33.22	1:10.89	1:49.32	2:27.68					
	(33.22)	(37.67)	(38.43)	(38.36)					

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Jocelyn French (14) F						
1:25.89Y	P # 63	Female 13-14 100 Back	LY-VA	56	---	-11.94
	40.51	1:25.89				
	(40.51)	(45.38)				
3:09.76Y	P # 67	Female 13-14 200 Breast	LY-VA	28	---	-4.75
	1:30.49	2:18.39	---	3:09.76		
	(1:30.49)	(47.90)	---	(3:09.76)		
Camille Greenlaw (11) F						
31.52Y	P # 75A	Female 11-11 50 Free	LY-VA	17	---	-0.76
1:34.84Y	P # 79A	Female 11-11 100 Breast	LY-VA	15	---	1.50
	47.68	1:34.84				
	(47.68)	(47.16)				
36.64Y	P # 83A	Female 11-11 50 Back	LY-VA	15	---	-0.27
1:18.04Y	F # 113A	Female 11-11 100 Back	LY-VA	5	16	-4.55
	38.23	1:18.04				
	(38.23)	(39.81)				
1:20.24Y	P # 113A	Female 11-11 100 Back	LY-VA	9	---	-2.35
	38.54	1:20.24				
	(38.54)	(41.70)				
1:08.61Y	F # 117A	Female 11-11 100 Free	LY-VA	6	15	-1.76
	32.98	1:08.61				
	(32.98)	(35.63)				
1:10.35Y	P # 117A	Female 11-11 100 Free	LY-VA	12	---	-0.02
	34.19	1:10.35				
	(34.19)	(36.16)				
1:21.17Y	F # 121A	Female 11-11 100 IM	LY-VA	6	15	-0.33
	38.40	1:21.17				
	(38.40)	(42.77)				
1:22.55Y	P # 121A	Female 11-11 100 IM	LY-VA	10	---	1.05
	39.50	1:22.55				
	(39.50)	(43.05)				
Zelynn Gustafson (15) F						
2:47.41Y	F # 95	Female Open 200 Back	LY-VA	21	---	-3.06
	37.85	1:20.01 2:04.38 2:47.41				
	(37.85)	(42.16) (44.37) (43.03)				
2:47.88Y	P # 95	Female Open 200 Back	LY-VA	27	---	-2.59
	38.69	1:21.47 2:05.08 2:47.88				
	(38.69)	(42.78) (43.61) (42.80)				
1:02.90Y	P # 99	Female Open 100 Free	LY-VA	49	---	-0.62
	30.18	1:02.90				
	(30.18)	(32.72)				
2:49.78Y	P # 103	Female Open 200 IM	LY-VA	49	---	6.61
	42.30	1:26.33 2:16.39 2:49.78				
	(42.30)	(44.03) (50.06) (33.39)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Cheyanne Henderson (12) F						
31.87Y	P # 75B	Female 12-12 50 Free	LY-VA	24	---	0.66
1:36.92Y DQ	P # 79B	Female 12-12 100 Breast	LY-VA	---	---	---
	46.22	1:36.92				
	(46.22)	(50.70)				
39.75Y	P # 83B	Female 12-12 50 Back	LY-VA	27	---	-1.05
3:31.39Y	F # 107	Female 11-12 200 Breast	LY-VA	12	11	-5.83
	39.53	1:22.62 2:05.97 3:31.39				
	(39.53)	(43.09) (43.35) (1:25.42)				
38.22Y	P # 109B	Female 12-12 50 Fly	LY-VA	21	---	-5.31
1:11.14Y	P # 117B	Female 12-12 100 Free	LY-VA	21	---	-0.50
	34.41	1:11.14				
	(34.41)	(36.73)				
Chandler Henry (16) M						
1:07.38Y	P # 24	Male Open 100 Breast	LY-VA	9	---	-0.80
	31.71	1:07.38				
	(31.71)	(35.67)				
1:07.64Y	F # 24	Male Open 100 Breast	LY-VA	9	12	-0.54
	32.01	1:07.64				
	(32.01)	(35.63)				
59.59Y	F # 28	Male Open 100 Fly	LY-VA	23	---	-0.12
	27.88	59.59				
	(27.88)	(31.71)				
1:00.22Y	P # 28	Male Open 100 Fly	LY-VA	25	---	0.51
	28.08	1:00.22				
	(28.08)	(32.14)				
4:51.07Y	F # 32	Male Open 400 IM	LY-VA	7	14	-15.77
	30.41	1:05.88 1:44.56 2:22.80 3:03.57 3:43.99 4:18.91 4:51.07				
	(30.41)	(35.47) (38.68) (38.24) (40.77) (40.42) (34.92) (32.16)				
2:24.52Y	F # 62	Male Open 200 Fly	LY-VA	20	---	-57.25
	32.36	1:11.44 1:49.04 2:24.52				
	(32.36)	(39.08) (37.60) (35.48)				
2:28.04Y	P # 62	Male Open 200 Fly	LY-VA	23	---	-53.73
	32.52	1:11.07 1:50.09 2:28.04				
	(32.52)	(38.55) (39.02) (37.95)				
2:25.63Y	P # 70	Male Open 200 Breast	LY-VA	7	---	0.66
	32.97	1:09.43 1:47.53 2:25.63				
	(32.97)	(36.46) (38.10) (38.10)				
2:26.10Y	F # 70	Male Open 200 Breast	LY-VA	9	12	1.13
	32.81	1:09.39 1:47.43 2:26.10				
	(32.81)	(36.58) (38.04) (38.67)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Connor Henry (11) M					
2:51.85Y	P # 38A	Male 11-11 200 Free	24	---	-4.06
	36.62	1:21.59 2:10.29 2:51.85			
	(36.62)	(44.97) (48.70) (41.56)			
1:43.98Y	P # 42A	Male 11-11 100 Fly	26	---	---
	47.35	1:43.98			
	(47.35)	(56.63)			
46.12Y	P # 46A	Male 11-11 50 Breast	17	---	0.33
33.77Y	P # 76A	Male 11-11 50 Free	32	---	0.38
1:41.31Y	P # 80A	Male 11-11 100 Breast	26	---	1.98
	47.56	1:41.31			
	(47.56)	(53.75)			
45.44Y	P # 84A	Male 11-11 50 Back	36	---	-1.19
Trevor Henry (14) M					
2:35.94Y	P # 18	Male 13-14 200 Free	33	---	4.29
	33.55	1:13.52 1:55.78 2:35.94			
	(33.55)	(39.97) (42.26) (40.16)			
1:23.18Y	P # 26	Male 13-14 100 Fly	25	---	-1.00
	36.93	1:23.18			
	(36.93)	(46.25)			
3:02.11Y DQ	P # 60	Male 13-14 200 Fly	---	---	---
	38.91	1:28.95 2:14.87 3:02.11			
	(38.91)	(50.04) (45.92) (47.24)			
1:23.22Y	P # 64	Male 13-14 100 Back	35	---	-3.86
	40.07	1:23.22			
	(40.07)	(43.15)			
Ty Henry (9) M					
49.51Y	P # 36	Male 10 & Under 50 Back	38	---	-4.31
3:24.65Y	P # 40	Male 10 & Under 200 Free	36	---	5.49
	44.20	1:37.26 2:33.07 3:24.65			
	(44.20)	(53.06) (55.81) (51.58)			
55.91Y	P # 48	Male 10 & Under 50 Breast	29	---	-1.85
39.87Y	P # 74	Male 10 & Under 50 Free	44	---	-2.04
2:04.37Y	P # 78	Male 10 & Under 100 Breast	39	---	1.60
	58.13	2:04.37			
	(58.13)	(1:06.24)			
51.86Y DQ	P # 82	Male 10 & Under 50 Fly	---	---	---

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Carson Hill (10) M						
39.12Y	P # 74	Male 10 & Under 50 Free	LY-VA	38	---	-0.57
2:06.31Y DQ	P # 78	Male 10 & Under 100 Breast	LY-VA	---	---	---
	58.92	2:06.31				
	(58.92)	(1:07.39)				
58.08Y	P # 82	Male 10 & Under 50 Fly	LY-VA	45	---	-5.06
1:48.55Y	P # 112	Male 10 & Under 100 Back	LY-VA	44	---	-9.76
	53.72	1:48.55				
	(53.72)	(54.83)				
1:32.82Y	P # 116	Male 10 & Under 100 Free	LY-VA	39	---	-3.71
	42.56	1:32.82				
	(42.56)	(50.26)				
1:47.61Y	P # 120	Male 10 & Under 100 IM	LY-VA	33	---	-9.13
	50.59	1:47.61				
	(50.59)	(57.02)				
Sydney Hill (14) F						
1:11.60Y	P # 63	Female 13-14 100 Back	LY-VA	33	---	-0.19
	35.04	1:11.60				
	(35.04)	(36.56)				
3:06.50Y	P # 67	Female 13-14 200 Breast	LY-VA	25	---	-16.58
	41.75	1:29.67 2:19.32 3:06.50				
	(41.75)	(47.92) (49.65) (47.18)				
1:01.03Y	P # 97	Female 13-14 100 Free	LY-VA	25	---	0.30
	29.28	1:01.03				
	(29.28)	(31.75)				
2:44.25Y	P # 101	Female 13-14 200 IM	LY-VA	35	---	3.42
	35.29	1:16.22 2:07.46 2:44.25				
	(35.29)	(40.93) (51.24) (36.79)				
22:13.74Y	F # 105	Female Open 1650 Free	LY-VA	19	---	---
	33.39	1:11.05 1:49.66 2:29.68 3:09.85 3:50.16 4:31.08 5:11.76				
	(33.39)	(37.66) (38.61) (40.02) (40.17) (40.31) (40.92) (40.68)				
	5:52.29	6:34.19 7:15.69 7:56.35 8:36.95 9:17.79 9:58.96 10:39.43				
	(40.53)	(41.90) (41.50) (40.66) (40.60) (40.84) (41.17) (40.47)				
	11:20.57	12:02.03 12:44.19 13:25.69 14:07.11 14:48.16 15:30.58 16:11.28				
	(41.14)	(41.46) (42.16) (41.50) (41.42) (41.05) (42.42) (40.70)				
	16:52.16	17:33.74 18:14.65 18:56.02 19:36.96 20:17.19 20:58.01 21:37.88				
	(40.88)	(41.58) (40.91) (41.37) (40.94) (40.23) (40.82) (39.87)				
	22:13.74					
	(35.86)					
13:25.69Y	F # 505	Female Open 1000 Free	LY-VA	1	---	-11.67

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Ann-Margaret Holt (15) F					
NS	P # 95	Female Open 200 Back	LY-VA	---	---
18:02.07Y	F # 105	Female Open 1650 Free	LY-VA	4	17
	28.34	59.29 1:30.80 2:02.47	2:34.65 3:06.83 3:39.23	4:11.31	
	(28.34)	(30.95) (31.51) (31.67)	(32.18) (32.18) (32.40)	(32.08)	
	4:43.16	5:15.58 5:48.17 6:20.62	6:53.36 7:25.97 7:58.63	8:31.53	
	(31.85)	(32.42) (32.59) (32.45)	(32.74) (32.61) (32.66)	(32.90)	
	9:04.19	9:37.61 10:10.91 10:44.23	11:17.47 11:50.37 12:23.71	12:57.10	
	(32.66)	(33.42) (33.30) (33.32)	(33.24) (32.90) (33.34)	(33.39)	
	13:30.73	14:03.93 14:37.41 15:10.94	15:45.06 16:18.87 16:52.75	17:26.31	
	(33.63)	(33.20) (33.48) (33.53)	(34.12) (33.81) (33.88)	(33.56)	
	18:02.07				
	(35.76)				
Jaewon Hur (11) M					
35.35Y	P # 76A	Male 11-11 50 Free	LY-VA	36	---
1:41.85Y	P # 80A	Male 11-11 100 Breast	LY-VA	28	---
	49.12	1:41.85			
	(49.12)	(52.73)			
49.77Y	P # 84A	Male 11-11 50 Back	LY-VA	37	---
3:34.26Y	F # 108	Male 11-12 200 Breast	LY-VA	12	7
	47.29	1:40.92 2:38.82 3:34.26			
	(47.29)	(53.63) (57.90) (55.44)			
1:26.18Y	P # 118A	Male 11-11 100 Free	LY-VA	29	---
	40.35	1:26.18			
	(40.35)	(45.83)			
1:42.87Y DQ	P # 122A	Male 11-11 100 IM	LY-VA	---	---
	49.81	1:42.87			
	(49.81)	(53.06)			
Lana Keith (11) F					
31.22Y DQ	P # 75A	Female 11-11 50 Free	LY-VA	---	---
1:38.02Y	P # 79A	Female 11-11 100 Breast	LY-VA	18	---
	45.73	1:38.02			
	(45.73)	(52.29)			
38.74Y	P # 83A	Female 11-11 50 Back	LY-VA	18	---
29.77Y	F # 91	200 Free Relay Lead Off	LY-VA	---	---
39.59Y	P # 109A	Female 11-11 50 Fly	LY-VA	14	---
1:09.29Y	P # 117A	Female 11-11 100 Free	LY-VA	9	---
	32.83	1:09.29			
	(32.83)	(36.46)			
1:22.50Y	P # 121A	Female 11-11 100 IM	LY-VA	9	---
	38.82	1:22.50			
	(38.82)	(43.68)			

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Eva Kendall (13) F						
2:32.89Y	P # 17	Female 13-14 200 Free	LY-VA	34	---	-8.55
	34.08	1:13.80 1:54.78 2:32.89				
	(34.08)	(39.72) (40.98) (38.11)				
1:30.31Y	P # 21	Female 13-14 100 Breast	LY-VA	26	---	-0.03
	42.73	1:30.31				
	(42.73)	(47.58)				
1:32.79Y	P # 25	Female 13-14 100 Fly	LY-VA	36	---	-7.56
	41.80	1:32.79				
	(41.80)	(50.99)				
1:21.87Y	P # 63	Female 13-14 100 Back	LY-VA	52	---	-1.13
	39.60	1:21.87				
	(39.60)	(42.27)				
3:12.22Y	P # 67	Female 13-14 200 Breast	LY-VA	30	---	-2.65
	42.74	1:32.10 2:22.30 3:12.22				
	(42.74)	(49.36) (50.20) (49.92)				
Phillip Kendall (11) M						
3:31.84Y DQ	F # 34	Male 11-12 200 Back	LY-VA	---	---	---
	48.33	1:44.01 2:40.69 3:31.84				
	(48.33)	(55.68) (56.68) (51.15)				
3:14.00Y	P # 38A	Male 11-11 200 Free	LY-VA	28	---	-7.63
	43.23	1:32.77 2:23.46 3:14.00				
	(43.23)	(49.54) (50.69) (50.54)				
55.93Y	P # 46A	Male 11-11 50 Breast	LY-VA	22	---	-0.61
Colt Kirby (13) M						
2:10.97Y	P # 18	Male 13-14 200 Free	LY-VA	22	---	-2.31
	29.20	1:02.16 1:36.57 2:10.97				
	(29.20)	(32.96) (34.41) (34.40)				
1:23.99Y	P # 22	Male 13-14 100 Breast	LY-VA	19	---	0.45
	39.77	1:23.99				
	(39.77)	(44.22)				
2:29.15Y	F # 60	Male 13-14 200 Fly	LY-VA	11	8	-8.96
	34.12	1:12.43 1:50.96 2:29.15				
	(34.12)	(38.31) (38.53) (38.19)				
2:33.34Y	P # 60	Male 13-14 200 Fly	LY-VA	12	---	-4.77
	32.44	1:10.64 1:52.48 2:33.34				
	(32.44)	(38.20) (41.84) (40.86)				
1:09.20Y	P # 64	Male 13-14 100 Back	LY-VA	27	---	-3.08
	34.54	1:09.20				
	(34.54)	(34.66)				
2:52.43Y	F # 68	Male 13-14 200 Breast	LY-VA	17	2	-5.06
	40.01	1:24.09 2:09.15 2:52.43				
	(40.01)	(44.08) (45.06) (43.28)				
2:56.62Y	P # 68	Male 13-14 200 Breast	LY-VA	18	---	-0.87
	41.04	1:26.84 2:12.59 2:56.62				
	(41.04)	(45.80) (45.75) (44.03)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Amelia Kobek (9) F						
45.79Y	P # 35	Female 10 & Under 50 Back	LY-VA	43	---	0.19
1:44.86Y	P # 43	Female 10 & Under 100 Fly	LY-VA	8	---	---
	45.47	1:44.86				
	(45.47)	(59.39)				
52.31Y	P # 47	Female 10 & Under 50 Breast	LY-VA	35	---	-0.89
50.44Y	F # 55	200 Medley Relay Lead Off	LY-VA	---	---	4.84
Evangeline Korby (13) F						
1:20.85Y	P # 63	Female 13-14 100 Back	LY-VA	49	---	-2.14
	39.19	1:20.85				
	(39.19)	(41.66)				
3:16.10Y	P # 67	Female 13-14 200 Breast	LY-VA	33	---	-10.50
	44.19	1:34.32 2:25.96 3:16.10				
	(44.19)	(50.13) (51.64) (50.14)				
Jon Korby (13) M						
1:17.12Y	P # 64	Male 13-14 100 Back	LY-VA	32	---	-0.77
	37.52	1:17.12				
	(37.52)	(39.60)				
3:07.44Y	P # 68	Male 13-14 200 Breast	LY-VA	27	---	-4.62
	42.86	1:30.24 2:20.09 3:07.44				
	(42.86)	(47.38) (49.85) (47.35)				
Jefferson Koscielny (13) M						
1:33.18Y	P # 64	Male 13-14 100 Back	LY-VA	37	---	-0.84
	45.72	1:33.18				
	(45.72)	(47.46)				
3:28.87Y	P # 68	Male 13-14 200 Breast	LY-VA	29	---	-12.04
	45.98	1:40.59 2:35.24 3:28.87				
	(45.98)	(54.61) (54.65) (53.63)				
3:04.71Y DQ	P # 94	Male 13-14 200 Back	LY-VA	---	---	---
	44.32	1:30.88 2:19.03 3:04.71				
	(44.32)	(46.56) (48.15) (45.68)				
1:10.86Y	P # 98	Male 13-14 100 Free	LY-VA	38	---	0.77
	34.24	1:10.86				
	(34.24)	(36.62)				
2:49.90Y	P # 102	Male 13-14 200 IM	LY-VA	31	---	-8.66
	36.26	1:22.87 2:11.61 2:49.90				
	(36.26)	(46.61) (48.74) (38.29)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Jacob Kovarik (15) M						
1:05.56Y	P # 66	Male Open 100 Back	LY-VA	34	---	-5.12
	31.49	1:05.56				
	(31.49)	(34.07)				
2:39.99Y	F # 70	Male Open 200 Breast	LY-VA	20	---	-3.37
	34.98	1:16.89 1:59.15 2:39.99				
	(34.98)	(41.91) (42.26) (40.84)				
2:49.63Y	P # 70	Male Open 200 Breast	LY-VA	25	---	6.27
	36.77	1:19.49 2:04.41 2:49.63				
	(36.77)	(42.72) (44.92) (45.22)				
2:21.74Y	P # 96	Male Open 200 Back	LY-VA	19	---	-5.72
	33.40	1:08.98 1:45.73 2:21.74				
	(33.40)	(35.58) (36.75) (36.01)				
2:24.57Y	F # 96	Male Open 200 Back	LY-VA	13	6	-2.89
	33.64	1:10.08 1:47.64 2:24.57				
	(33.64)	(36.44) (37.56) (36.93)				
58.09Y	F # 100	Male Open 100 Free	LY-VA	25	---	2.82
	27.92	58.09				
	(27.92)	(30.17)				
55.63Y	P # 100	Male Open 100 Free	LY-VA	34	---	0.36
	27.21	55.63				
	(27.21)	(28.42)				
2:27.70Y	P # 104	Male Open 200 IM	LY-VA	29	---	0.04
	31.27	1:07.72 1:53.07 2:27.70				
	(31.27)	(36.45) (45.35) (34.63)				
2:27.90Y	F # 104	Male Open 200 IM	LY-VA	19	---	0.24
	31.27	1:09.22 1:54.00 2:27.90				
	(31.27)	(37.95) (44.78) (33.90)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Katherine Kovarik (17) F						
1:05.58Y	P # 65	Female Open 100 Back	LY-VA	20	---	-0.18
	31.14	1:05.58				
	(31.14)	(34.44)				
1:09.43Y	F # 65	Female Open 100 Back	LY-VA	27	---	3.67
	32.74	1:09.43				
	(32.74)	(36.69)				
2:46.60Y	P # 69	Female Open 200 Breast	LY-VA	27	---	-12.83
	36.76	1:18.39 2:02.39 2:46.60				
	(36.76)	(41.63) (44.00) (44.21)				
2:53.32Y	F # 69	Female Open 200 Breast	LY-VA	27	---	-6.11
	37.16	1:20.14 2:06.15 2:53.32				
	(37.16)	(42.98) (46.01) (47.17)				
2:22.23Y	P # 95	Female Open 200 Back	LY-VA	10	---	-1.94
	32.19	1:07.57 1:45.00 2:22.23				
	(32.19)	(35.38) (37.43) (37.23)				
2:29.01Y	F # 95	Female Open 200 Back	LY-VA	9	12	4.84
	33.04	1:10.93 1:50.27 2:29.01				
	(33.04)	(37.89) (39.34) (38.74)				
57.20Y	P # 99	Female Open 100 Free	LY-VA	19	---	-1.85
	27.36	57.20				
	(27.36)	(29.84)				
59.43Y	F # 99	Female Open 100 Free	LY-VA	18	1	0.38
	28.09	59.43				
	(28.09)	(31.34)				
2:26.15Y	P # 103	Female Open 200 IM	LY-VA	25	---	-6.50
	30.21	1:06.72 1:51.83 2:26.15				
	(30.21)	(36.51) (45.11) (34.32)				
2:30.99Y	F # 103	Female Open 200 IM	LY-VA	18	1	-1.66
	31.63	1:08.97 1:55.94 2:30.99				
	(31.63)	(37.34) (46.97) (35.05)				
Lennon Leedy (7) F						
NS	P # 111	Female 10 & Under 100 Back	LY-VA	---	---	---
NS	P # 115	Female 10 & Under 100 Free	LY-VA	---	---	---
NS	P # 119	Female 10 & Under 100 IM	LY-VA	---	---	---
Erik Lee (10) M						
44.85Y	P # 74	Male 10 & Under 50 Free	LY-VA	59	---	-1.31
2:19.15Y	P # 78	Male 10 & Under 100 Breast	LY-VA	47	---	-8.32
	1:05.11	2:19.15				
	(1:05.11)	(1:14.04)				
1:02.10Y	P # 82	Male 10 & Under 50 Fly	LY-VA	49	---	---

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Benjamin Leger (9) M					
3:17.23Y	F # 12	Male 10 & Under 200 IM	LY-VA	10	0.82
	50.07	1:39.41 2:38.04 3:17.23			
	(50.07)	(49.34) (58.63) (39.19)			
7:26.30Y	F # 16	Male 10 & Under 500 Free	LY-VA	10	11.06
	38.59	1:23.83 2:08.94 2:55.15 3:41.16 4:26.19 5:11.96 6:00.03			
	(38.59)	(45.24) (45.11) (46.21) (46.01) (45.03) (45.77) (48.07)			
	6:44.55	7:26.30			
	(44.52)	(41.75)			
42.55Y	P # 36	Male 10 & Under 50 Back	LY-VA	20	-1.22
2:49.52Y	P # 40	Male 10 & Under 200 Free	LY-VA	16	0.17
	38.39	1:23.60 2:07.26 2:49.52			
	(38.39)	(45.21) (43.66) (42.26)			
1:46.79Y	P # 44	Male 10 & Under 100 Fly	LY-VA	11	11.78
	48.61	1:46.79			
	(48.61)	(58.18)			
35.94Y	P # 74	Male 10 & Under 50 Free	LY-VA	27	0.97
1:44.47Y	P # 78	Male 10 & Under 100 Breast	LY-VA	18	0.65
	50.64	1:44.47			
	(50.64)	(53.83)			
44.48Y	P # 82	Male 10 & Under 50 Fly	LY-VA	20	1.16
1:32.90Y	P # 112	Male 10 & Under 100 Back	LY-VA	23	0.11
	46.16	1:32.90			
	(46.16)	(46.74)			
1:19.33Y	P # 116	Male 10 & Under 100 Free	LY-VA	21	1.23
	37.99	1:19.33			
	(37.99)	(41.34)			
1:31.78Y	P # 120	Male 10 & Under 100 IM	LY-VA	14	-0.53
	44.42	1:31.78			
	(44.42)	(47.36)			

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Jacob Leger (15) M						
23.85Y	P # 4	Male Open 50 Free	LY-VA	18	---	-0.15
24.20Y	F # 4	Male Open 50 Free	LY-VA	18	1	0.20
1:12.62Y	P # 24	Male Open 100 Breast	LY-VA	17	---	-6.70
	33.57	1:12.62				
	(33.57)	(39.05)				
1:14.75Y	F # 24	Male Open 100 Breast	LY-VA	17	2	-4.57
	34.83	1:14.75				
	(34.83)	(39.92)				
59.44Y	P # 28	Male Open 100 Fly	LY-VA	21	---	0.64
	27.37	59.44				
	(27.37)	(32.07)				
1:00.98Y	F # 28	Male Open 100 Fly	LY-VA	26	---	2.18
	28.48	1:00.98				
	(28.48)	(32.50)				
2:18.80Y DQ	P # 62	Male Open 200 Fly	LY-VA	---	---	---
	30.58	1:07.05 1:43.86 2:18.80				
	(30.58)	(36.47) (36.81) (34.94)				
2:39.54Y	F # 70	Male Open 200 Breast	LY-VA	19	---	-5.56
	35.59	1:17.15 2:00.06 2:39.54				
	(35.59)	(41.56) (42.91) (39.48)				
2:52.26Y	P # 70	Male Open 200 Breast	LY-VA	29	---	7.16
	38.81	1:24.61 2:09.86 2:52.26				
	(38.81)	(45.80) (45.25) (42.40)				
53.79Y	F # 100	Male Open 100 Free	LY-VA	20	---	-0.68
	26.11	53.79				
	(26.11)	(27.68)				
54.99Y	P # 100	Male Open 100 Free	LY-VA	31	---	0.52
	26.50	54.99				
	(26.50)	(28.49)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Noah Leger (12) M						
2:48.22Y	F # 10B	Male 12-12 200 IM	LY-VA	9	12	5.95
	38.57	1:21.17 2:11.55 2:48.22				
	(38.57)	(42.60) (50.38) (36.67)				
6:49.57Y	F # 14B	Male 12-12 500 Free	LY-VA	7	14	32.40
	33.04	1:12.16 1:53.40 3:17.58 3:59.39	---	---	---	
	(33.04)	(39.12) (41.24) (1:24.18) (41.81)	---	---	---	
	---	6:49.57				
	---	(6:49.57)				
1:18.52Y	P # 42B	Male 12-12 100 Fly	LY-VA	7	---	-0.19
	37.62	1:18.52				
	(37.62)	(40.90)				
1:22.66Y	F # 42B	Male 12-12 100 Fly	LY-VA	8	13	3.95
	37.76	1:22.66				
	(37.76)	(44.90)				
40.04Y	P # 46B	Male 12-12 50 Breast	LY-VA	6	---	0.24
40.43Y	F # 46B	Male 12-12 50 Breast	LY-VA	7	14	0.63
5:39.14Y	F # 50	Male 11-12 400 IM	LY-VA	6	15	-5.75
	37.00	1:21.33 2:05.73 2:49.17 3:35.83 4:24.04 5:01.10 5:39.14				
	(37.00)	(44.33) (44.40) (43.44) (46.66) (48.21) (37.06) (38.04)				
2:56.69Y	F # 72	Male 11-12 200 Fly	LY-VA	7	14	-13.27
	38.57	1:25.17 2:14.31 2:56.69				
	(38.57)	(46.60) (49.14) (42.38)				
31.38Y	P # 76B	Male 12-12 50 Free	LY-VA	20	---	1.55
1:31.89Y	P # 80B	Male 12-12 100 Breast	LY-VA	14	---	3.61
	44.03	1:31.89				
	(44.03)	(47.86)				
30.78Y	F # 92	200 Free Relay Lead Off	LY-VA	---	---	0.95
3:09.97Y	F # 108	Male 11-12 200 Breast	LY-VA	10	10	3.01
	44.12	1:33.85 2:23.36 3:09.97				
	(44.12)	(49.73) (49.51) (46.61)				
1:18.05Y	P # 114B	Male 12-12 100 Back	LY-VA	9	---	2.28
	38.62	1:18.05				
	(38.62)	(39.43)				
1:19.93Y	F # 114B	Male 12-12 100 Back	LY-VA	8	13	4.16
	39.14	1:19.93				
	(39.14)	(40.79)				
1:17.82Y	P # 122B	Male 12-12 100 IM	LY-VA	8	---	1.75
	37.62	1:17.82				
	(37.62)	(40.20)				
1:19.41Y	F # 122B	Male 12-12 100 IM	LY-VA	7	14	3.34
	37.48	1:19.41				
	(37.48)	(41.93)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Dabney Morrison (10) F						
39.19Y	P # 35	Female 10 & Under 50 Back	LY-VA	15	---	-1.30
1:31.73Y DQ	P # 43	Female 10 & Under 100 Fly	LY-VA	---	---	---
	40.96	1:31.73				
	(40.96)	(50.77)				
45.40Y	P # 47	Female 10 & Under 50 Breast	LY-VA	11	---	-0.92
33.83Y	P # 73	Female 10 & Under 50 Free	LY-VA	25	---	-0.46
1:41.75Y	P # 77	Female 10 & Under 100 Breast	LY-VA	19	---	-1.77
	46.50	1:41.75				
	(46.50)	(55.25)				
35.06Y	P # 81	Female 10 & Under 50 Fly	LY-VA	4	---	-1.52
35.51Y	F # 81	Female 10 & Under 50 Fly	LY-VA	8	13	-1.07
1:28.22Y	P # 111	Female 10 & Under 100 Back	LY-VA	25	---	-3.75
	42.75	1:28.22				
	(42.75)	(45.47)				
1:17.31Y	P # 115	Female 10 & Under 100 Free	LY-VA	24	---	0.54
	35.61	1:17.31				
	(35.61)	(41.70)				
1:28.97Y	P # 119	Female 10 & Under 100 IM	LY-VA	17	---	2.18
	40.20	1:28.97				
	(40.20)	(48.77)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Luke Morrison (15) M						
1:52.18Y	F # 20	Male Open 200 Free	LY-VA	13	6	-2.35
	26.25	54.43 1:22.92 1:52.18				
	(26.25)	(28.18) (28.49) (29.26)				
1:53.51Y	P # 20	Male Open 200 Free	LY-VA	15	---	-1.02
	26.41	55.00 1:24.20 1:53.51				
	(26.41)	(28.59) (29.20) (29.31)				
58.36Y	F # 28	Male Open 100 Fly	LY-VA	15	4	-0.34
	26.88	58.36				
	(26.88)	(31.48)				
58.49Y	P # 28	Male Open 100 Fly	LY-VA	15	---	-0.21
	27.08	58.49				
	(27.08)	(31.41)				
4:43.72Y	F # 32	Male Open 400 IM	LY-VA	5	16	-14.60
	29.02	1:02.77 1:38.36 2:14.25 2:57.08 3:40.19 4:12.12 4:43.72				
	(29.02)	(33.75) (35.59) (35.89) (42.83) (43.11) (31.93) (31.60)				
2:11.33Y	F # 62	Male Open 200 Fly	LY-VA	8	13	-1.69
	29.06	1:02.57 1:36.51 2:11.33				
	(29.06)	(33.51) (33.94) (34.82)				
2:12.49Y	P # 62	Male Open 200 Fly	LY-VA	12	---	-0.53
	28.78	1:02.43 1:36.87 2:12.49				
	(28.78)	(33.65) (34.44) (35.62)				
1:01.39Y	P # 66	Male Open 100 Back	LY-VA	26	---	-3.01
	30.07	1:01.39				
	(30.07)	(31.32)				
1:01.70Y	F # 66	Male Open 100 Back	LY-VA	24	---	-2.70
	29.86	1:01.70				
	(29.86)	(31.84)				
2:14.26Y	P # 96	Male Open 200 Back	LY-VA	17	---	-6.22
	31.76	1:05.95 1:40.37 2:14.26				
	(31.76)	(34.19) (34.42) (33.89)				
52.43Y	F # 100	Male Open 100 Free	LY-VA	16	2.5	-0.66
	24.98	52.43				
	(24.98)	(27.45)				
53.10Y	P # 100	Male Open 100 Free	LY-VA	23	---	0.01
	25.02	53.10				
	(25.02)	(28.08)				
2:14.30Y	P # 104	Male Open 200 IM	LY-VA	16	---	-3.20
	27.78	1:01.66 1:43.72 2:14.30				
	(27.78)	(33.88) (42.06) (30.58)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Mac Morrison (11) M						
2:42.28Y	F # 34	Male 11-12 200 Back	LY-VA	17	2	-5.92
	38.25	1:21.21 2:03.98 2:42.28				
	(38.25)	(42.96) (42.77) (38.30)				
2:19.98Y	P # 38A	Male 11-11 200 Free	LY-VA	11	---	0.62
	31.65	1:07.49 1:44.58 2:19.98				
	(31.65)	(35.84) (37.09) (35.40)				
1:07.03Y	F # 42A	Male 11-11 100 Fly	LY-VA	3	18	-6.34
	31.47	1:07.03				
	(31.47)	(35.56)				
1:09.61Y	P # 42A	Male 11-11 100 Fly	LY-VA	4	---	-3.76
	32.42	1:09.61				
	(32.42)	(37.19)				
2:58.97Y	F # 72	Male 11-12 200 Fly	LY-VA	8	13	-28.31
	36.30	1:20.41 2:10.81 2:58.97				
	(36.30)	(44.11) (50.40) (48.16)				
28.44Y	P # 76A	Male 11-11 50 Free	LY-VA	12	---	-0.77
36.23Y	P # 84A	Male 11-11 50 Back	LY-VA	24	---	0.43
28.60Y	F # 92	200 Free Relay Lead Off	LY-VA	---	---	-0.61
29.26Y	F # 110A	Male 11-11 50 Fly	LY-VA	3	18	-2.41
29.51Y	P # 110A	Male 11-11 50 Fly	LY-VA	2	---	-2.16
1:00.26Y	F # 118A	Male 11-11 100 Free	LY-VA	5	16	-3.70
	28.74	1:00.26				
	(28.74)	(31.52)				
1:02.05Y	P # 118A	Male 11-11 100 Free	LY-VA	9	---	-1.91
	29.39	1:02.05				
	(29.39)	(32.66)				
1:14.18Y	P # 122A	Male 11-11 100 IM	LY-VA	10	---	-0.73
	33.20	1:14.18				
	(33.20)	(40.98)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Aidan Moss (13) M						
2:18.28Y	P # 18	Male 13-14 200 Free	LY-VA	30	---	2.49
	31.51	1:06.17 1:42.17 2:18.28				
	(31.51)	(34.66) (36.00) (36.11)				
1:11.12Y	P # 26	Male 13-14 100 Fly	LY-VA	22	---	-0.12
	33.14	1:11.12				
	(33.14)	(37.98)				
5:19.09Y	F # 30	Male 13-14 400 IM	LY-VA	9	12	-4.24
	34.14	1:13.39 1:51.57 2:30.10 3:18.44 4:06.30 4:42.35 5:19.09				
	(34.14)	(39.25) (38.18) (38.53) (48.34) (47.86) (36.05) (36.74)				
2:37.59Y	P # 60	Male 13-14 200 Fly	LY-VA	13	---	-15.64
	34.87	1:14.93 1:57.17 2:37.59				
	(34.87)	(40.06) (42.24) (40.42)				
2:37.97Y	F # 60	Male 13-14 200 Fly	LY-VA	13	6	-15.26
	34.41	1:16.13 1:57.82 2:37.97				
	(34.41)	(41.72) (41.69) (40.15)				
1:07.75Y	P # 64	Male 13-14 100 Back	LY-VA	22	---	0.50
	33.07	1:07.75				
	(33.07)	(34.68)				
3:00.60Y	P # 68	Male 13-14 200 Breast	LY-VA	22	---	---
	41.84	1:28.35 2:14.79 3:00.60				
	(41.84)	(46.51) (46.44) (45.81)				
2:22.05Y	P # 94	Male 13-14 200 Back	LY-VA	14	---	-4.02
	33.36	1:09.93 1:46.36 2:22.05				
	(33.36)	(36.57) (36.43) (35.69)				
2:23.70Y	F # 94	Male 13-14 200 Back	LY-VA	12	7	-2.37
	33.93	1:10.58 1:47.48 2:23.70				
	(33.93)	(36.65) (36.90) (36.22)				
1:04.71Y	P # 98	Male 13-14 100 Free	LY-VA	32	---	1.58
	30.95	1:04.71				
	(30.95)	(33.76)				
2:30.33Y	F # 102	Male 13-14 200 IM	LY-VA	15	4	0.86
	33.17	1:11.39 1:57.16 2:30.33				
	(33.17)	(38.22) (45.77) (33.17)				
2:32.14Y	P # 102	Male 13-14 200 IM	LY-VA	20	---	2.67
	32.68	1:10.38 1:57.78 2:32.14				
	(32.68)	(37.70) (47.40) (34.36)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
William Moss (9) M						
42.43Y	P # 36	Male 10 & Under 50 Back	LY-VA	19	---	0.91
3:08.87Y	P # 40	Male 10 & Under 200 Free	LY-VA	29	---	-2.17
	41.16	1:29.45 2:20.10 3:08.87				
	(41.16)	(48.29) (50.65) (48.77)				
50.86Y	P # 48	Male 10 & Under 50 Breast	LY-VA	17	---	-1.03
43.40Y	F # 56	200 Medley Relay Lead Off	LY-VA	---	---	1.88
40.03Y	P # 74	Male 10 & Under 50 Free	LY-VA	47	---	2.03
1:53.52Y DQ	P # 78	Male 10 & Under 100 Breast	LY-VA	---	---	---
	53.22	1:53.52				
	(53.22)	(1:00.30)				
50.01Y	P # 82	Male 10 & Under 50 Fly	LY-VA	28	---	2.65
1:32.15Y	P # 112	Male 10 & Under 100 Back	LY-VA	21	---	3.95
	45.64	1:32.15				
	(45.64)	(46.51)				
1:29.84Y	P # 116	Male 10 & Under 100 Free	LY-VA	34	---	2.85
	42.44	1:29.84				
	(42.44)	(47.40)				
1:41.01Y	P # 120	Male 10 & Under 100 IM	LY-VA	23	---	6.20
	48.03	1:41.01				
	(48.03)	(52.98)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Selah Parish (11) F						
2:15.76Y	F # 37A	Female 11-11 200 Free	LY-VA	2	19	-16.18
	29.79	1:04.97 1:42.34 2:15.76				
	(29.79)	(35.18) (37.37) (33.42)				
2:15.90Y	P # 37A	Female 11-11 200 Free	LY-VA	2	---	-16.04
	28.71	1:04.65 1:40.13 2:15.90				
	(28.71)	(35.94) (35.48) (35.77)				
1:05.52Y	P # 41A	Female 11-11 100 Fly	LY-VA	1	---	-2.80
	31.18	1:05.52				
	(31.18)	(34.34)				
1:07.43Y	F # 41A	Female 11-11 100 Fly	LY-VA	1	22	-0.89
	31.65	1:07.43				
	(31.65)	(35.78)				
5:14.08Y	F # 49	Female 11-12 400 IM	LY-VA	1	22	---
	34.02	1:16.81 1:56.26 2:36.41 3:19.22 4:04.12 4:40.83 5:14.08				
	(34.02)	(42.79) (39.45) (40.15) (42.81) (44.90) (36.71) (33.25)				
26.97Y	P # 75A	Female 11-11 50 Free	LY-VA	1	---	-2.35
27.47Y	F # 75A	Female 11-11 50 Free	LY-VA	1	22	-1.85
1:18.96Y	P # 79A	Female 11-11 100 Breast	LY-VA	2	---	-3.13
	37.50	1:18.96				
	(37.50)	(41.46)				
1:20.41Y	F # 79A	Female 11-11 100 Breast	LY-VA	3	18	-1.68
	39.19	1:20.41				
	(39.19)	(41.22)				
31.30Y	F # 83A	Female 11-11 50 Back	LY-VA	1	22	-4.46
32.04Y	P # 83A	Female 11-11 50 Back	LY-VA	1	---	-3.72
Aidan Parker (15) M						
2:46.00Y DQ	P # 96	Male Open 200 Back	LY-VA	---	---	---
	38.38	1:20.41 2:03.23 2:46.00				
	(38.38)	(42.03) (42.82) (42.77)				
1:08.62Y	P # 100	Male Open 100 Free	LY-VA	49	---	-2.11
	32.12	1:08.62				
	(32.12)	(36.50)				
2:48.41Y	F # 104	Male Open 200 IM	LY-VA	20	---	-15.57
	39.73	1:20.26 2:09.78 2:48.41				
	(39.73)	(40.53) (49.52) (38.63)				
2:51.43Y	P # 104	Male Open 200 IM	LY-VA	35	---	-12.55
	39.28	1:22.57 2:12.39 2:51.43				
	(39.28)	(43.29) (49.82) (39.04)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Ella Pennington (14) F						
29.68Y	P # 1	Female 13-14 50 Free	LY-VA	31	---	0.02
5:48.71Y	F # 5A	Female 13-14 500 Free	LY-VA	16	3	-5.46
	32.39	1:07.73 1:44.31 2:20.15 2:55.31 3:30.44 4:04.64 4:38.80				
	(32.39)	(35.34) (36.58) (35.84) (35.16) (35.13) (34.20) (34.16)				
	5:14.93	5:48.71				
	(36.13)	(33.78)				
1:20.25Y	P # 21	Female 13-14 100 Breast	LY-VA	15	---	0.24
	37.88	1:20.25				
	(37.88)	(42.37)				
1:20.54Y	F # 21	Female 13-14 100 Breast	LY-VA	16	3	0.53
	38.19	1:20.54				
	(38.19)	(42.35)				
1:06.77Y	F # 25	Female 13-14 100 Fly	LY-VA	13	6	-3.50
	31.53	1:06.77				
	(31.53)	(35.24)				
1:07.66Y	P # 25	Female 13-14 100 Fly	LY-VA	17	---	-2.61
	31.53	1:07.66				
	(31.53)	(36.13)				
5:09.29Y	F # 29	Female 13-14 400 IM	LY-VA	12	7	-20.43
	33.10	1:12.14 1:52.22 2:31.50 3:15.95 4:01.28 4:35.80 5:09.29				
	(33.10)	(39.04) (40.08) (39.28) (44.45) (45.33) (34.52) (33.49)				
1:10.63Y	P # 63	Female 13-14 100 Back	LY-VA	28	---	-1.44
	34.68	1:10.63				
	(34.68)	(35.95)				
2:47.66Y	F # 67	Female 13-14 200 Breast	LY-VA	15	4	-5.21
	38.55	1:21.34 2:04.60 2:47.66				
	(38.55)	(42.79) (43.26) (43.06)				
2:52.54Y	P # 67	Female 13-14 200 Breast	LY-VA	17	---	-0.33
	39.67	1:23.79 2:08.02 2:52.54				
	(39.67)	(44.12) (44.23) (44.52)				
2:25.08Y	F # 93	Female 13-14 200 Back	LY-VA	12	7	-11.09
	35.19	1:12.09 1:49.06 2:25.08				
	(35.19)	(36.90) (36.97) (36.02)				
2:31.99Y	P # 93	Female 13-14 200 Back	LY-VA	22	---	-4.18
	35.68	1:13.43 1:52.05 2:31.99				
	(35.68)	(37.75) (38.62) (39.94)				
1:00.62Y	F # 97	Female 13-14 100 Free	LY-VA	17	2	-3.28
	29.30	1:00.62				
	(29.30)	(31.32)				
1:00.71Y	P # 97	Female 13-14 100 Free	LY-VA	23	---	-3.19
	29.47	1:00.71				
	(29.47)	(31.24)				
2:23.01Y	F # 101	Female 13-14 200 IM	LY-VA	11	8	-6.74
	30.77	1:07.22 1:49.98 2:23.01				
	(30.77)	(36.45) (42.76) (33.03)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Ella Pennington (14) F						
2:29.58Y	P # 101	Female 13-14 200 IM	LY-VA	20	---	-0.17
	32.64	1:11.69 1:55.98 2:29.58				
	(32.64)	(39.05) (44.29) (33.60)				
Lainey Pennington (12) F						
2:34.94Y	F # 9B	Female 12-12 200 IM	LY-VA	7	14	2.41
	32.61	1:11.69 2:00.30 2:34.94				
	(32.61)	(39.08) (48.61) (34.64)				
5:51.95Y	F # 13B	Female 12-12 500 Free	LY-VA	4	17	4.18
	31.32	1:06.62 1:42.17 2:18.01 2:53.78 3:29.26 4:04.87 4:41.30				
	(31.32)	(35.30) (35.55) (35.84) (35.77) (35.48) (35.61) (36.43)				
	5:16.82	5:51.95				
	(35.52)	(35.13)				
2:12.21Y	P # 37B	Female 12-12 200 Free	LY-VA	6	---	1.07
	30.94	1:04.25 1:38.57 2:12.21				
	(30.94)	(33.31) (34.32) (33.64)				
2:12.61Y	F # 37B	Female 12-12 200 Free	LY-VA	5	16	1.47
	31.27	1:04.81 1:38.93 2:12.61				
	(31.27)	(33.54) (34.12) (33.68)				
1:11.26Y	F # 41B	Female 12-12 100 Fly	LY-VA	6	15	0.66
	32.91	1:11.26				
	(32.91)	(38.35)				
1:12.86Y	P # 41B	Female 12-12 100 Fly	LY-VA	7	---	2.26
	32.99	1:12.86				
	(32.99)	(39.87)				
5:27.44Y	F # 49	Female 11-12 400 IM	LY-VA	2	19	-0.77
	34.81	1:16.36 1:57.90 2:39.40 3:27.02 4:15.53 4:51.82 5:27.44				
	(34.81)	(41.55) (41.54) (41.50) (47.62) (48.51) (36.29) (35.62)				
2:42.37Y	F # 71	Female 11-12 200 Fly	LY-VA	3	18	2.27
	34.18	1:14.94 1:58.48 2:42.37				
	(34.18)	(40.76) (43.54) (43.89)				
28.80Y	P # 75B	Female 12-12 50 Free	LY-VA	11	---	0.13
1:27.57Y	P # 79B	Female 12-12 100 Breast	LY-VA	13	---	3.46
	40.29	1:27.57				
	(40.29)	(47.28)				
31.82Y	F # 109B	Female 12-12 50 Fly	LY-VA	8	13	-0.91
32.44Y	P # 109B	Female 12-12 50 Fly	LY-VA	10	---	-0.29
1:15.53Y	P # 113B	Female 12-12 100 Back	LY-VA	10	---	0.92
	36.45	1:15.53				
	(36.45)	(39.08)				
1:01.45Y	F # 117B	Female 12-12 100 Free	LY-VA	5	16	0.49
	29.84	1:01.45				
	(29.84)	(31.61)				
1:01.72Y	P # 117B	Female 12-12 100 Free	LY-VA	8	---	0.76
	29.39	1:01.72				
	(29.39)	(32.33)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Charlotte Pickeral (9) F						
3:16.20Y	F # 11	Female 10 & Under 200 IM	LY-VA	7	14	2.20
	42.56	1:31.94 2:34.83 3:16.20				
	(42.56)	(49.38) (1:02.89) (41.37)				
39.83Y	P # 35	Female 10 & Under 50 Back	LY-VA	19	---	-1.15
2:41.33Y	P # 39	Female 10 & Under 200 Free	LY-VA	9	---	-3.24
	35.80	1:17.70 2:01.73 2:41.33				
	(35.80)	(41.90) (44.03) (39.60)				
2:43.19Y	F # 39	Female 10 & Under 200 Free	LY-VA	9	12	-1.38
	35.95	1:17.33 2:01.61 2:43.19				
	(35.95)	(41.38) (44.28) (41.58)				
47.99Y	P # 47	Female 10 & Under 50 Breast	LY-VA	17	---	0.36
32.72Y	P # 73	Female 10 & Under 50 Free	LY-VA	17	---	0.16
1:40.22Y	P # 77	Female 10 & Under 100 Breast	LY-VA	17	---	-8.46
	46.84	1:40.22				
	(46.84)	(53.38)				
39.80Y	P # 81	Female 10 & Under 50 Fly	LY-VA	18	---	-0.43
1:25.74Y	P # 111	Female 10 & Under 100 Back	LY-VA	21	---	-6.99
	41.46	1:25.74				
	(41.46)	(44.28)				
1:14.37Y	P # 115	Female 10 & Under 100 Free	LY-VA	17	---	0.62
	34.91	1:14.37				
	(34.91)	(39.46)				
1:30.64Y	P # 119	Female 10 & Under 100 IM	LY-VA	23	---	2.05
	41.27	1:30.64				
	(41.27)	(49.37)				
Mitchell Rogers (14) M						
2:07.19Y	F # 60	Male 13-14 200 Fly	LY-VA	5	16	-0.80
	28.60	1:01.42 1:34.67 2:07.19				
	(28.60)	(32.82) (33.25) (32.52)				
2:11.51Y	P # 60	Male 13-14 200 Fly	LY-VA	6	---	3.52
	27.90	59.94 1:33.62 2:11.51				
	(27.90)	(32.04) (33.68) (37.89)				
1:02.97Y	P # 64	Male 13-14 100 Back	LY-VA	15	---	-0.60
	30.05	1:02.97				
	(30.05)	(32.92)				
1:03.19Y	F # 64	Male 13-14 100 Back	LY-VA	16	3	-0.38
	30.97	1:03.19				
	(30.97)	(32.22)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Addie Ruhl (15) F						
2:23.58Y	P # 19	Female Open 200 Free	LY-VA	42	---	-4.18
	30.43	1:09.06 1:47.40 2:23.58				
	(30.43)	(38.63) (38.34) (36.18)				
1:12.03Y	P # 27	Female Open 100 Fly	LY-VA	39	---	-1.36
	32.51	1:12.03				
	(32.51)	(39.52)				
1:11.61Y	P # 65	Female Open 100 Back	LY-VA	38	---	-4.65
	33.49	1:11.61				
	(33.49)	(38.12)				
2:34.67Y	F # 95	Female Open 200 Back	LY-VA	19	---	-28.12
	36.23	1:16.30 1:56.77 2:34.67				
	(36.23)	(40.07) (40.47) (37.90)				
2:44.90Y	P # 95	Female Open 200 Back	LY-VA	26	---	-17.89
	37.72	1:20.98 2:03.46 2:44.90				
	(37.72)	(43.26) (42.48) (41.44)				
1:01.27Y	P # 99	Female Open 100 Free	LY-VA	44	---	-1.86
	29.16	1:01.27				
	(29.16)	(32.11)				
3:01.16Y DQ	P # 103	Female Open 200 IM	LY-VA	---	---	---
	37.97	1:23.37 2:20.19 3:01.16				
	(37.97)	(45.40) (56.82) (40.97)				
Ella Shinkle (12) F						
NS	P # 75B	Female 12-12 50 Free	LY-VA	---	---	---
NS	P # 79B	Female 12-12 100 Breast	LY-VA	---	---	---
NS	P # 83B	Female 12-12 50 Back	LY-VA	---	---	---
Ava Shopbell (15) F						
4:36.96Y	F # 31	Female Open 400 IM	LY-VA	3	18	-0.35
	28.78	1:00.96 1:36.39 2:11.54 2:52.04 3:32.71 4:05.26 4:36.96				
	(28.78)	(32.18) (35.43) (35.15) (40.50) (40.67) (32.55) (31.70)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event				Place		Points	Improv	
Addy Smith (13) F										
30.23Y	P # 1	Female 13-14 50 Free				LY-VA		32	---	-0.37
6:32.70Y	F # 5A	Female 13-14 500 Free				LY-VA		26	---	-7.28
	34.37	1:13.08	1:53.44	2:34.77	3:16.01	3:56.32	4:36.58	5:16.29		
	(34.37)	(38.71)	(40.36)	(41.33)	(41.24)	(40.31)	(40.26)	(39.71)		
	5:55.61	6:32.70								
	(39.32)	(37.09)								
2:22.83Y	P # 17	Female 13-14 200 Free				LY-VA		27	---	-7.53
	33.60	1:09.94	1:46.37	2:22.83						
	(33.60)	(36.34)	(36.43)	(36.46)						
1:21.11Y	P # 25	Female 13-14 100 Fly				LY-VA		31	---	1.41
	37.09	1:21.11								
	(37.09)	(44.02)								
1:08.93Y	F # 51	400 Medley Relay Lead Off				LY-VA		---	---	-2.40
	32.44									
	(32.44)									
NS	P # 59	Female 13-14 200 Fly				LY-VA		---	---	---
1:08.07Y	P # 63	Female 13-14 100 Back				LY-VA		20	---	-3.26
	31.99	1:08.07								
	(31.99)	(36.08)								
2:30.54Y	F # 93	Female 13-14 200 Back				LY-VA		17	2	-5.70
	36.11	1:15.43	1:53.74	2:30.54						
	(36.11)	(39.32)	(38.31)	(36.80)						
2:30.79Y	P # 93	Female 13-14 200 Back				LY-VA		20	---	-5.45
	35.44	1:13.72	1:52.02	2:30.79						
	(35.44)	(38.28)	(38.30)	(38.77)						
1:05.78Y	P # 97	Female 13-14 100 Free				LY-VA		40	---	-3.64
	31.15	1:05.78								
	(31.15)	(34.63)								

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event				Place			Points	Improv
Max Smith (7) M										
3:22.77Y	F # 12	Male 10 & Under 200 IM				LY-VA		12	7	---
	---	1:39.04	---	3:22.77						
	---	(1:39.04)	---	(3:22.77)						
8:07.42Y	F # 16	Male 10 & Under 500 Free				LY-VA		13	6	---
	44.80	1:34.85	2:26.20	3:16.58		4:06.93	4:56.83	5:45.02	6:35.36	
	(44.80)	(50.05)	(51.35)	(50.38)		(50.35)	(49.90)	(48.19)	(50.34)	
	7:23.37	8:07.42								
	(48.01)	(44.05)								
42.11Y	P # 36	Male 10 & Under 50 Back				LY-VA		18	---	-4.23
3:05.32Y	P # 40	Male 10 & Under 200 Free				LY-VA		27	---	-57.01
	41.87	1:30.48	2:20.80	3:05.32						
	(41.87)	(48.61)	(50.32)	(44.52)						
52.33Y	P # 48	Male 10 & Under 50 Breast				LY-VA		25	---	---
1:36.07Y	P # 112	Male 10 & Under 100 Back				LY-VA		26	---	-10.11
	---	1:36.07								
	---	(1:36.07)								
1:26.64Y	P # 116	Male 10 & Under 100 Free				LY-VA		30	---	-20.37
	41.21	1:26.64								
	(41.21)	(45.43)								
NS	P # 120	Male 10 & Under 100 IM				LY-VA		---	---	---

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Seth Snyder (8) M						
3:17.00Y	F # 12	Male 10 & Under 200 IM	LY-VA	9	12	0.70
	44.51	1:34.30 2:36.45 3:17.00				
	(44.51)	(49.79) (1:02.15) (40.55)				
7:30.24Y	F # 16	Male 10 & Under 500 Free	LY-VA	11	8	-14.35
	40.50	1:24.65 2:10.15 2:56.75 3:43.73 4:31.04 5:18.02 6:05.00				
	(40.50)	(44.15) (45.50) (46.60) (46.98) (47.31) (46.98) (46.98)				
	6:49.60	7:30.24				
	(44.60)	(40.64)				
40.32Y	P # 36	Male 10 & Under 50 Back	LY-VA	13	---	-2.76
2:54.88Y	P # 40	Male 10 & Under 200 Free	LY-VA	19	---	3.57
	40.46	1:26.37 2:11.85 2:54.88				
	(40.46)	(45.91) (45.48) (43.03)				
1:37.84Y DQ	P # 44	Male 10 & Under 100 Fly	LY-VA	---	---	---
	45.62	1:37.84				
	(45.62)	(52.22)				
35.64Y	P # 74	Male 10 & Under 50 Free	LY-VA	25	---	-0.07
1:52.70Y	P # 78	Male 10 & Under 100 Breast	LY-VA	28	---	-6.91
	54.55	1:52.70				
	(54.55)	(58.15)				
41.19Y	P # 82	Male 10 & Under 50 Fly	LY-VA	18	---	1.73
1:29.61Y	P # 112	Male 10 & Under 100 Back	LY-VA	17	---	-3.01
	42.62	1:29.61				
	(42.62)	(46.99)				
1:17.36Y	P # 116	Male 10 & Under 100 Free	LY-VA	16	---	-1.08
	37.59	1:17.36				
	(37.59)	(39.77)				
1:37.10Y	P # 120	Male 10 & Under 100 IM	LY-VA	22	---	4.40
	44.34	1:37.10				
	(44.34)	(52.76)				
Emerson Stauder (8) F						
44.25Y	P # 35	Female 10 & Under 50 Back	LY-VA	35	---	-2.02
3:02.62Y	P # 39	Female 10 & Under 200 Free	LY-VA	30	---	-2.63
	39.92	1:25.78 2:15.30 3:02.62				
	(39.92)	(45.86) (49.52) (47.32)				
50.32Y	P # 47	Female 10 & Under 50 Breast	LY-VA	23	---	-1.74
1:37.77Y	P # 111	Female 10 & Under 100 Back	LY-VA	46	---	-10.16
	47.98	1:37.77				
	(47.98)	(49.79)				
1:23.77Y	P # 115	Female 10 & Under 100 Free	LY-VA	40	---	-1.91
	39.95	1:23.77				
	(39.95)	(43.82)				
1:38.33Y	P # 119	Female 10 & Under 100 IM	LY-VA	39	---	-5.01
	46.42	1:38.33				
	(46.42)	(51.91)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Keaton Tanner (8) M						
38.95Y	P # 74	Male 10 & Under 50 Free	LY-VA	37	---	-0.01
2:15.20Y DQ	P # 78	Male 10 & Under 100 Breast	LY-VA	---	---	---
	1:02.34	2:15.20				
	(1:02.34)	(1:12.86)				
59.65Y	P # 82	Male 10 & Under 50 Fly	LY-VA	46	---	-4.52
1:37.75Y	P # 112	Male 10 & Under 100 Back	LY-VA	29	---	-9.14
	48.12	1:37.75				
	(48.12)	(49.63)				
1:33.30Y	P # 116	Male 10 & Under 100 Free	LY-VA	41	---	-0.46
	43.99	1:33.30				
	(43.99)	(49.31)				
1:48.52Y	P # 120	Male 10 & Under 100 IM	LY-VA	38	---	-14.36
	52.26	1:48.52				
	(52.26)	(56.26)				
Alaina Thomas (10) F						
41.00Y	P # 73	Female 10 & Under 50 Free	LY-VA	63	---	-7.46
1:02.06Y	P # 81	Female 10 & Under 50 Fly	LY-VA	73	---	---
1:50.40Y	P # 111	Female 10 & Under 100 Back	LY-VA	60	---	-10.16
	---	1:50.40				
	---	(1:50.40)				
1:38.92Y	P # 115	Female 10 & Under 100 Free	LY-VA	63	---	-6.74
	---	1:38.92				
	---	(1:38.92)				
2:10.99Y	P # 119	Female 10 & Under 100 IM	LY-VA	70	---	-7.19
	58.05	2:10.99				
	(58.05)	(1:12.94)				
Brandon Thomas (12) M						
30.55Y	P # 76B	Male 12-12 50 Free	LY-VA	19	---	-1.25
1:42.65Y	P # 80B	Male 12-12 100 Breast	LY-VA	20	---	-2.96
	48.58	1:42.65				
	(48.58)	(54.07)				
39.72Y	P # 84B	Male 12-12 50 Back	LY-VA	17	---	2.83
1:25.14Y	P # 114B	Male 12-12 100 Back	LY-VA	13	---	1.45
	40.78	1:25.14				
	(40.78)	(44.36)				
1:07.34Y	P # 118B	Male 12-12 100 Free	LY-VA	13	---	-1.64
	32.14	1:07.34				
	(32.14)	(35.20)				
1:24.12Y	P # 122B	Male 12-12 100 IM	LY-VA	12	---	0.65
	39.79	1:24.12				
	(39.79)	(44.33)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Syrus Tracey (9) M						
39.18Y	P # 36	Male 10 & Under 50 Back	LY-VA	9	---	-3.17
39.77Y	F # 36	Male 10 & Under 50 Back	LY-VA	9	12	-2.58
2:47.72Y	P # 40	Male 10 & Under 200 Free	LY-VA	14	---	-6.01
	36.78	1:20.22 2:06.00 2:47.72				
	(36.78)	(43.44) (45.78) (41.72)				
51.22Y	P # 48	Male 10 & Under 50 Breast	LY-VA	18	---	-0.14
33.76Y	P # 74	Male 10 & Under 50 Free	LY-VA	19	---	-0.22
1:47.14Y	P # 78	Male 10 & Under 100 Breast	LY-VA	19	---	-0.45
	50.52	1:47.14				
	(50.52)	(56.62)				
46.72Y	P # 82	Male 10 & Under 50 Fly	LY-VA	22	---	-1.28
34.03Y	F # 90	200 Free Relay Lead Off	LY-VA	---	---	0.05
Kinley Tuck (13) F						
2:57.09Y	F # 59	Female 13-14 200 Fly	LY-VA	12	7	-8.79
	40.05	1:25.42 2:11.85 2:57.09				
	(40.05)	(45.37) (46.43) (45.24)				
2:58.19Y	P # 59	Female 13-14 200 Fly	LY-VA	16	---	-7.69
	37.42	1:22.16 --- 2:58.19				
	(37.42)	(44.74) --- (2:58.19)				
1:19.60Y	P # 63	Female 13-14 100 Back	LY-VA	48	---	-2.33
	39.51	1:19.60				
	(39.51)	(40.09)				
3:12.63Y	P # 67	Female 13-14 200 Breast	LY-VA	31	---	-10.94
	44.08	1:33.63 2:23.73 3:12.63				
	(44.08)	(49.55) (50.10) (48.90)				
2:45.35Y	P # 93	Female 13-14 200 Back	LY-VA	32	---	-4.80
	39.88	1:22.05 2:04.55 2:45.35				
	(39.88)	(42.17) (42.50) (40.80)				
1:10.47Y	P # 97	Female 13-14 100 Free	LY-VA	47	---	0.73
	33.35	1:10.47				
	(33.35)	(37.12)				
2:52.83Y	P # 101	Female 13-14 200 IM	LY-VA	41	---	0.72
	37.67	1:20.96 2:13.10 2:52.83				
	(37.67)	(43.29) (52.14) (39.73)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Brody Wall (14) M					
2:06.30Y	P # 60	Male 13-14 200 Fly	4	---	-5.43
	28.58	1:01.13 1:34.08 2:06.30			
	(28.58)	(32.55) (32.95) (32.22)			
2:06.37Y	F # 60	Male 13-14 200 Fly	4	17	-5.36
	28.49	1:01.97 1:35.54 2:06.37			
	(28.49)	(33.48) (33.57) (30.83)			
1:00.59Y	P # 64	Male 13-14 100 Back	11	---	-2.40
	29.59	1:00.59			
	(29.59)	(31.00)			
1:02.00Y	F # 64	Male 13-14 100 Back	15	4	-0.99
	30.41	1:02.00			
	(30.41)	(31.59)			
2:31.94Y	F # 68	Male 13-14 200 Breast	8	12.5	-20.87
	34.69	1:12.92 1:52.40 2:31.94			
	(34.69)	(38.23) (39.48) (39.54)			
2:33.23Y	P # 68	Male 13-14 200 Breast	9	---	-19.58
	34.75	1:14.21 1:54.47 2:33.23			
	(34.75)	(39.46) (40.26) (38.76)			
Broughton Webb (14) F					
17:27.97Y	F # 105	Female Open 1650 Free	1	22	-15.52
	28.68	1:00.08 1:31.40 2:03.02 2:34.85 3:06.97 3:39.53 4:11.32			
	(28.68)	(31.40) (31.32) (31.62) (31.83) (32.12) (32.56) (31.79)			
	4:42.62	5:14.21 5:45.83 6:17.33 6:49.14 7:20.54 7:52.49 8:24.27			
	(31.30)	(31.59) (31.62) (31.50) (31.81) (31.40) (31.95) (31.78)			
	8:56.18	9:28.10 10:00.33 10:32.58 11:04.64 11:36.50 12:08.38 12:40.33			
	(31.91)	(31.92) (32.23) (32.25) (32.06) (31.86) (31.88) (31.95)			
	13:12.39	13:44.46 14:16.28 14:48.42 15:20.53 15:52.76 16:24.84 16:56.81			
	(32.06)	(32.07) (31.82) (32.14) (32.11) (32.23) (32.08) (31.97)			
	17:27.97				
	(31.16)				
Sammy Wells (10) M					
31.93Y	F # 74	Male 10 & Under 50 Free	8	13	-2.27
32.18Y	P # 74	Male 10 & Under 50 Free	9	---	-2.02
1:48.21Y	P # 78	Male 10 & Under 100 Breast	22	---	-21.26
	52.77	1:48.21			
	(52.77)	(55.44)			
35.60Y	F # 82	Male 10 & Under 50 Fly	9	12	-1.05
36.82Y	P # 82	Male 10 & Under 50 Fly	9	---	0.17

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Austin Woodruff (12) M						
2:38.69Y	F # 10B	Male 12-12 200 IM	LY-VA	7	14	-4.96
	34.90	1:15.32 2:04.49 2:38.69				
	(34.90)	(40.42) (49.17) (34.20)				
6:06.10Y	F # 14B	Male 12-12 500 Free	LY-VA	5	16	4.67
	32.51	1:08.89 1:46.24 2:23.19 3:00.52 3:37.61 4:15.02 4:52.84				
	(32.51)	(36.38) (37.35) (36.95) (37.33) (37.09) (37.41) (37.82)				
	5:30.66	6:06.10				
	(37.82)	(35.44)				
2:39.48Y	F # 34	Male 11-12 200 Back	LY-VA	15	4	0.72
	37.73	1:18.54 --- 2:39.48				
	(37.73)	(40.81) --- (2:39.48)				
2:17.09Y	P # 38B	Male 12-12 200 Free	LY-VA	6	---	-2.35
	31.80	1:07.07 1:43.13 2:17.09				
	(31.80)	(35.27) (36.06) (33.96)				
2:20.77Y	F # 38B	Male 12-12 200 Free	LY-VA	7	14	1.33
	32.52	1:08.47 1:45.29 2:20.77				
	(32.52)	(35.95) (36.82) (35.48)				
1:18.82Y	P # 42B	Male 12-12 100 Fly	LY-VA	8	---	-0.52
	35.77	1:18.82				
	(35.77)	(43.05)				
1:19.55Y	F # 42B	Male 12-12 100 Fly	LY-VA	6	15	0.21
	36.63	1:19.55				
	(36.63)	(42.92)				
34.53Y	F # 58	200 Medley Relay Lead Off	LY-VA	---	---	1.23
29.21Y	P # 76B	Male 12-12 50 Free	LY-VA	12	---	0.29
33.75Y	F # 84B	Male 12-12 50 Back	LY-VA	9	12	0.45
33.80Y	P # 84B	Male 12-12 50 Back	LY-VA	8	---	0.50
34.81Y	P # 110B	Male 12-12 50 Fly	LY-VA	12	---	0.34
1:12.30Y	F # 114B	Male 12-12 100 Back	LY-VA	3	18	-0.86
	35.27	1:12.30				
	(35.27)	(37.03)				
1:13.21Y	P # 114B	Male 12-12 100 Back	LY-VA	6	---	0.05
	35.74	1:13.21				
	(35.74)	(37.47)				
1:05.29Y	P # 118B	Male 12-12 100 Free	LY-VA	10	---	1.14
	31.21	1:05.29				
	(31.21)	(34.08)				
1:05.98Y	F # 118B	Male 12-12 100 Free	LY-VA	9	12	1.83
	31.38	1:05.98				
	(31.38)	(34.60)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Graham Woodruff (15) M						
21.64Y	F # 4	Male Open 50 Free	LY-VA	1	22	0.29
21.79Y	P # 4	Male Open 50 Free	LY-VA	2	---	0.44
53.06Y	F # 28	Male Open 100 Fly	LY-VA	5	16	0.49
	24.54	53.06				
	(24.54)	(28.52)				
53.21Y	P # 28	Male Open 100 Fly	LY-VA	5	---	0.64
	24.77	53.21				
	(24.77)	(28.44)				
53.75Y	F # 54	400 Medley Relay Lead Off	LY-VA	---	---	-1.22
	25.54					
	(25.54)					
2:00.73Y	F # 62	Male Open 200 Fly	LY-VA	5	16	-2.24
	26.80	57.74 1:29.21 2:00.73				
	(26.80)	(30.94) (31.47) (31.52)				
2:04.65Y	P # 62	Male Open 200 Fly	LY-VA	6	---	1.68
	26.89	59.03 1:32.65 2:04.65				
	(26.89)	(32.14) (33.62) (32.00)				
53.05Y	F # 66	Male Open 100 Back	LY-VA	2	19	-1.92
	25.54	53.05				
	(25.54)	(27.51)				
54.50Y	P # 66	Male Open 100 Back	LY-VA	3	---	-0.47
	26.30	54.50				
	(26.30)	(28.20)				
1:57.17Y	F # 96	Male Open 200 Back	LY-VA	2	19	-3.07
	27.44	57.61 1:28.57 1:57.17				
	(27.44)	(30.17) (30.96) (28.60)				
1:58.11Y	P # 96	Male Open 200 Back	LY-VA	2	---	-2.13
	27.91	58.42 1:29.44 1:58.11				
	(27.91)	(30.51) (31.02) (28.67)				
47.45Y	F # 100	Male Open 100 Free	LY-VA	3	18	0.27
	22.77	47.45				
	(22.77)	(24.68)				
48.33Y	P # 100	Male Open 100 Free	LY-VA	3	---	1.15
	23.11	48.33				
	(23.11)	(25.22)				
16:35.81Y	F # 106	Male Open 1650 Free	LY-VA	1	22	-37.98
	27.35	57.70 1:28.48 1:59.47 2:30.04 3:01.04 3:31.41 4:02.03				
	(27.35)	(30.35) (30.78) (30.99) (30.57) (31.00) (30.37) (30.62)				
	4:32.78	5:03.20 5:33.60 6:04.13 6:34.67 7:05.54 7:36.01 8:06.58				
	(30.75)	(30.42) (30.40) (30.53) (30.54) (30.87) (30.47) (30.57)				
	8:36.82	9:07.16 9:37.39 10:07.11 10:37.45 11:07.71 11:38.14 12:08.22				
	(30.24)	(30.34) (30.23) (29.72) (30.34) (30.26) (30.43) (30.08)				
	12:38.33	13:08.43 13:38.51 14:08.80 14:38.80 15:08.58 15:38.55 16:08.13				
	(30.11)	(30.10) (30.08) (30.29) (30.00) (29.78) (29.97) (29.58)				
	16:35.81					
	(27.68)					

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards
Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Graham Woodruff (15) M						
10:07.11Y	F # 506	Male Open 1000 Free	LY-VA	1	---	6.49

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Taylor Woodruff (14) F						
25.31Y	F # 1	Female 13-14 50 Free	LY-VA	2	19	-0.14
25.55Y	P # 1	Female 13-14 50 Free	LY-VA	2	---	0.10
5:17.23Y	F # 5A	Female 13-14 500 Free	LY-VA	2	19	0.86
	28.38	59.42 1:31.76 2:04.23	2:36.35 3:08.98 3:41.46	4:13.88		
	(28.38)	(31.04) (32.34) (32.47)	(32.12) (32.63) (32.48)	(32.42)		
	4:46.46	5:17.23				
	(32.58)	(30.77)				
1:56.67Y	F # 17	Female 13-14 200 Free	LY-VA	2	19	-3.53
	27.57	57.37 1:27.56 1:56.67				
	(27.57)	(29.80) (30.19) (29.11)				
2:00.84Y	P # 17	Female 13-14 200 Free	LY-VA	2	---	0.64
	27.69	58.62 1:30.57 2:00.84				
	(27.69)	(30.93) (31.95) (30.27)				
58.94Y	F # 25	Female 13-14 100 Fly	LY-VA	1	22	-0.02
	27.94	58.94				
	(27.94)	(31.00)				
1:00.08Y	P # 25	Female 13-14 100 Fly	LY-VA	3	---	1.12
	27.72	1:00.08				
	(27.72)	(32.36)				
2:09.75Y	F # 59	Female 13-14 200 Fly	LY-VA	1	22	3.15
	28.69	1:01.65 1:35.69 2:09.75				
	(28.69)	(32.96) (34.04) (34.06)				
2:11.95Y	P # 59	Female 13-14 200 Fly	LY-VA	1	---	5.35
	29.15	1:02.54 1:37.39 2:11.95				
	(29.15)	(33.39) (34.85) (34.56)				
1:01.28Y	F # 63	Female 13-14 100 Back	LY-VA	3	18	1.30
	30.20	1:01.28				
	(30.20)	(31.08)				
1:01.66Y	P # 63	Female 13-14 100 Back	LY-VA	3	---	1.68
	30.05	1:01.66				
	(30.05)	(31.61)				
59.32Y	F # 85	400 Free Relay Lead Off	LY-VA	---	---	3.58
	27.91					
	(27.91)					
2:09.39Y	F # 93	Female 13-14 200 Back	LY-VA	1	22	-0.70
	30.95	1:04.83 1:38.22 2:09.39				
	(30.95)	(33.88) (33.39) (31.17)				
2:16.08Y	P # 93	Female 13-14 200 Back	LY-VA	5	---	5.99
	31.73	1:06.31 1:42.53 2:16.08				
	(31.73)	(34.58) (36.22) (33.55)				
55.69Y	F # 97	Female 13-14 100 Free	LY-VA	2	19	-0.05
	27.03	55.69				
	(27.03)	(28.66)				
56.25Y	P # 97	Female 13-14 100 Free	LY-VA	4	---	0.51
	26.51	56.25				
	(26.51)	(29.74)				

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Caleb Wu (14) M						
1:01.71Y	F # 64	Male 13-14 100 Back	LY-VA	13	6	-0.34
	30.18	1:01.71				
	(30.18)	(31.53)				
1:01.88Y	P # 64	Male 13-14 100 Back	LY-VA	14	---	-0.17
	29.84	1:01.88				
	(29.84)	(32.04)				
2:23.49Y	F # 68	Male 13-14 200 Breast	LY-VA	5	16	0.37
	32.68	1:09.14 1:47.15 2:23.49				
	(32.68)	(36.46) (38.01) (36.34)				
2:26.67Y	P # 68	Male 13-14 200 Breast	LY-VA	5	---	3.55
	32.34	1:09.35 1:48.13 2:26.67				
	(32.34)	(37.01) (38.78) (38.54)				
55.03Y	P # 98	Male 13-14 100 Free	LY-VA	13	---	-0.53
	26.66	55.03				
	(26.66)	(28.37)				
55.38Y	F # 98	Male 13-14 100 Free	LY-VA	12	7	-0.18
	27.03	55.38				
	(27.03)	(28.35)				
2:16.27Y	P # 102	Male 13-14 200 IM	LY-VA	10	---	-2.93
	30.06	1:06.45 1:45.19 2:16.27				
	(30.06)	(36.39) (38.74) (31.08)				
2:16.60Y	F # 102	Male 13-14 200 IM	LY-VA	8	13	-2.60
	30.27	1:06.62 1:46.08 2:16.60				
	(30.27)	(36.35) (39.46) (30.52)				
19:23.29Y	F # 106	Male Open 1650 Free	LY-VA	9	12	---
	30.97	1:05.61 1:40.89 2:15.31 2:50.23 3:25.30 4:00.88 4:35.89				
	(30.97)	(34.64) (35.28) (34.42) (34.92) (35.07) (35.58) (35.01)				
	5:10.87	5:46.32 6:22.08 6:57.59 7:33.14 8:08.89 8:44.93 9:20.67				
	(34.98)	(35.45) (35.76) (35.51) (35.55) (35.75) (36.04) (35.74)				
	9:55.85	10:31.85 11:07.79 11:43.29 12:19.01 12:55.52 13:31.17 14:06.45				
	(35.18)	(36.00) (35.94) (35.50) (35.72) (36.51) (35.65) (35.28)				
	14:42.04	15:18.12 15:53.55 16:29.65 17:05.63 17:40.88 18:15.58 18:50.58				
	(35.59)	(36.08) (35.43) (36.10) (35.98) (35.25) (34.70) (35.00)				
	19:23.29					
	(32.71)					
11:43.29Y	F # 506	Male Open 1000 Free	LY-VA	4	---	-23.34
Karis Wu (11) F						
34.66Y	P # 75A	Female 11-11 50 Free	LY-VA	32	---	-1.37
1:44.78Y	P # 79A	Female 11-11 100 Breast	LY-VA	26	---	-1.27
	49.98	1:44.78				
	(49.98)	(54.80)				
43.41Y	P # 83A	Female 11-11 50 Back	LY-VA	32	---	-1.47

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2024 13th Speedo Swim and Tri Winter Champs 12-Dec-24 to 15-Dec-24 Yards

Location: s Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Titus Wu (9) M						
32.38Y	P # 74	Male 10 & Under 50 Free	LY-VA	11	---	-0.93
1:35.54Y	P # 78	Male 10 & Under 100 Breast	LY-VA	10	---	-0.80
	45.60	1:35.54				
	(45.60)	(49.94)				
37.30Y	P # 82	Male 10 & Under 50 Fly	LY-VA	11	---	-1.26
1:22.60Y	F # 112	Male 10 & Under 100 Back	LY-VA	9	12	-0.36
	40.30	1:22.60				
	(40.30)	(42.30)				
1:22.62Y	P # 112	Male 10 & Under 100 Back	LY-VA	8	---	-0.34
	39.99	1:22.62				
	(39.99)	(42.63)				
1:11.45Y	P # 116	Male 10 & Under 100 Free	LY-VA	9	---	-0.25
	34.13	1:11.45				
	(34.13)	(37.32)				
1:12.31Y	F # 116	Male 10 & Under 100 Free	LY-VA	9	12	0.61
	34.60	1:12.31				
	(34.60)	(37.71)				
1:22.37Y	F # 120	Male 10 & Under 100 IM	LY-VA	9	12	-0.81
	39.87	1:22.37				
	(39.87)	(42.50)				
1:23.94Y	P # 120	Male 10 & Under 100 IM	LY-VA	9	---	0.76
	39.22	1:23.94				
	(39.22)	(44.72)				
Spence Young (9) M						
35.04Y	P # 74	Male 10 & Under 50 Free	LY-VA	24	---	-2.09
1:48.24Y	P # 78	Male 10 & Under 100 Breast	LY-VA	23	---	0.08
	51.83	1:48.24				
	(51.83)	(56.41)				
47.98Y	P # 82	Male 10 & Under 50 Fly	LY-VA	23	---	-3.63
36.64Y	F # 90	200 Free Relay Lead Off	LY-VA	---	---	-0.49