

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Relay Results

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

Time	F/P/S	Relay	Place	Points
Event # 51 Female 13-14 400 Medley				
4:30.39Y	F	Lynchburg YMCA Swim Team	LY VA	5 32
		Shirley Barger (14)		
		32.44 (32.44) 1:08.93 (1:08.93) 1:46.63 (37.70) 2:30.00 (1:21.07)		
		2:58.54 (28.54) 3:31.41 (1:01.41) 3:59.42 (28.01) 4:30.39 (58.98)		
Event # 52 Male 13-14 400 Medley				
4:09.37Y	F	Lynchburg YMCA Swim Team	LY VA	4 34
		Isaac Cook (13)		
		29.65 (29.65) 1:01.53 (1:01.53) 1:36.40 (34.87) 2:13.98 (1:12.45)		
		2:41.14 (27.16) 3:13.69 (59.71) 3:40.18 (26.49) 4:09.37 (55.68)		
Event # 54 Male Open 400 Medley				
3:52.27Y	F	Lynchburg YMCA Swim Team	LY VA	4 34
		Josh Edwards (16)		
		25.54 (25.54) 53.75 (53.75) 1:24.50 (30.75) 2:00.81 (1:07.06)		
		2:27.49 (26.68) 2:59.43 (58.62) 3:24.38 (24.95) 3:52.27 (52.84)		
Event # 55 Female 10 & Under 200 Medley				
2:52.95Y	F	Lynchburg YMCA Swim Team	LY VA	6 30
		Charlotte Pickeral (9)		
		50.44 (50.44) 1:38.74 (48.30) 2:23.40 (44.66) 2:52.95 (29.55)		
Event # 56 Male 10 & Under 200 Medley				
2:44.52Y	F	Lynchburg YMCA Swim Team	LY VA	5 32
		Syrus Tracey (9)		
		43.40 (43.40) 1:31.97 (48.57) 2:17.34 (45.37) 2:44.52 (27.18)		
Event # 57 Female 11-12 200 Medley				
2:22.33Y	F	Lynchburg YMCA Swim Team	LY VA	8 26
		44.91 (44.91) 1:23.67 (38.76) 1:53.66 (29.99) 2:22.33 (28.67)		
Event # 58 Male 11-12 200 Medley				
2:16.77Y	F	Lynchburg YMCA Swim Team	LY VA	6 30
		Clayton Cox (11)		
		34.53 (34.53) 1:15.23 (40.70) 1:45.48 (30.25) 2:16.77 (31.29)		
Event # 85 Female 13-14 400 Free				
4:00.40Y	F	Lynchburg YMCA Swim Team	LY VA	6 30
		Sydney Hill (14)		
		27.91 (27.91) 59.32 (59.32) 1:27.07 (27.75) 1:58.30 (58.98)		
		2:27.67 (29.37) 2:59.91 (1:01.61) 3:24.38 (24.47) 4:00.40 (1:00.49)		
Event # 86 Male 13-14 400 Free				
3:31.40Y	F	Lynchburg YMCA Swim Team	LY VA	3 36
		26.53 (26.53) 55.48 (55.48) 1:19.99 (24.51) 1:47.58 (52.10)		
		2:13.24 (25.66) 2:41.84 (54.26) 3:05.76 (23.92) 3:31.40 (49.56)		
Event # 88 Male Open 400 Free				
3:26.05Y	F	Lynchburg YMCA Swim Team	LY VA	4 34
		26.00 (26.00) 53.63 (53.63) 1:18.06 (24.43) 1:45.64 (52.01)		
		2:10.64 (25.00) 2:38.59 (52.95) 3:01.24 (22.65) 3:26.05 (47.46)		
3:40.48Y	F	Lynchburg YMCA Swim Team	LY VA	10 20
		26.03 (26.03) 54.19 (54.19) 1:20.14 (25.95) 1:49.95 (55.76)		
		2:15.50 (25.55) 2:43.71 (53.76) 3:10.89 (27.18) 3:40.48 (56.77)		
Event # 90 Male 10 & Under 200 Free				
2:14.13Y	F	Lynchburg YMCA Swim Team	LY VA	4 34
		Sammy Wells (10)		
		34.03 (34.03) 52.12 (18.09) 1:11.13 (19.01) 2:14.13 (1:03.00)		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Relay Results

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

2:28.70Y F	Lynchburg YMCA Swim Team	LY VA	8	26
Spence Young (9)	Anderson Cox (8)	Benjamin Leger (9)	Seth Snyder (8)	
36.64 (36.64)	54.77 (18.13)	1:18.70 (23.93)	2:28.70 (1:10.00)	
Event # 91 Female 11-12 200 Free				
1:56.28Y F	Lynchburg YMCA Swim Team	LY VA	3	36
Lana Keith (11)	Camille Greenlaw (11)	Lainey Pennington (12)	Selah Parish (11)	
29.77 (29.77)	1:01.22 (31.45)	1:29.60 (28.38)	1:56.28 (26.68)	
2:13.83Y F	Lynchburg YMCA Swim Team	LY VA	11	16
31.96 (31.96)	53.42 (21.46)	1:42.23 (48.81)	2:13.83 (31.60)	
Event # 92 Male 11-12 200 Free				
1:59.75Y F	Lynchburg YMCA Swim Team	LY VA	9	24
Mac Morrison (11)	Clayton Cox (11)			
28.60 (28.60)	59.30 (30.70)	1:30.40 (31.10)	1:59.75 (29.35)	
2:20.62Y F	Lynchburg YMCA Swim Team	LY VA	14	10
Noah Leger (12)	Connor Henry (11)	Jaewon Hur (11)	Matthew Cook (11)	
30.78 (30.78)	1:10.65 (39.87)	1:46.37 (35.72)	2:20.62 (34.25)	