

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results - Standard: YNAT25

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
Ava Shopbell (15) F					
4:36.96Y	YNAT F # 31	Female Open 400 IM	LY-VA 3	18	-0.35
Graham Woodruff (15) M					
53.75Y	YNAT F # 54	400 Medley Relay Lead Off	LY-VA ---	---	-1.22
53.05Y	YNAT F # 66	Male Open 100 Back	LY-VA 2	19	-1.92
16:35.81Y	YNAT F # 106	Male Open 1650 Free	LY-VA 1	22	-37.98