

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Sydney Ayers (14) F						
1:22.56L	F # 11	Female 13 & Over 100 Free	LY-VA	56	---	-3.62
	39.49	1:22.56				
	(39.49)	(43.07)				
4:04.20L	F # 13	Female 13 & Over 200 Breast	LY-VA	31	---	2.11
	52.94	1:56.02 2:59.83 4:04.20				
	(52.94)	(1:03.08) (1:03.81) (1:04.37)				
6:39.47L	F # 15	Female 13 & Over 400 Free	LY-VA	36	---	---
	42.33	1:30.59 2:20.92 3:13.09 4:05.97 4:57.05 5:49.96 6:39.47				
	(42.33)	(48.26) (50.33) (52.17) (52.88) (51.08) (52.91) (49.51)				
3:06.57L	F # 29	Female 13 & Over 200 Free	LY-VA	41	---	-0.32
	40.68	1:27.85 2:17.41 3:06.57				
	(40.68)	(47.17) (49.56) (49.16)				
1:39.85L	F # 33	Female 13 & Over 100 Back	LY-VA	41	---	-2.73
	47.86	1:39.85				
	(47.86)	(51.99)				
3:37.33L DQ	F # 35	Female 13 & Over 200 Back	LY-VA	---	---	---
	49.75	1:46.22 2:44.19 3:37.33				
	(49.75)	(56.47) (57.97) (53.14)				
1:53.71L	F # 37	Female 13 & Over 100 Breast	LY-VA	41	---	-1.15
	52.88	1:53.71				
	(52.88)	(1:00.83)				
36.97L	F # 39	Female 13 & Over 50 Free	LY-VA	55	---	-1.98

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event			Place		Points	Improv	
Shirley Barger (14) F									
10:51.58L	F # 5	Female Open 800 Free			LY-VA		13	---	-29.86
	35.93	1:16.76	1:57.18	2:39.02	3:19.56	4:01.63	4:42.14	5:23.63	
	(35.93)	(40.83)	(40.42)	(41.84)	(40.54)	(42.07)	(40.51)	(41.49)	
	6:04.00	6:46.03	7:26.83	8:09.02	8:49.44	9:31.37	10:08.43	10:51.58	
	(40.37)	(42.03)	(40.80)	(42.19)	(40.42)	(41.93)	(37.06)	(43.15)	
1:10.89L	F # 11	Female 13 & Over 100 Free			LY-VA		38	---	-1.00
	33.64	1:10.89							
	(33.64)	(37.25)							
3:19.23L	F # 13	Female 13 & Over 200 Breast			LY-VA		15	---	-36.98
	46.45	1:35.79	2:28.71	3:19.23					
	(46.45)	(49.34)	(52.92)	(50.52)					
5:20.88L	F # 15	Female 13 & Over 400 Free			LY-VA		21	---	-7.46
	36.83	1:16.63	1:57.39	2:37.54	3:18.38	3:59.47	4:40.70	5:20.88	
	(36.83)	(39.80)	(40.76)	(40.15)	(40.84)	(41.09)	(41.23)	(40.18)	
2:34.54L	F # 29	Female 13 & Over 200 Free			LY-VA		27	---	-3.60
	35.59	1:15.22	1:55.00	2:34.54					
	(35.59)	(39.63)	(39.78)	(39.54)					
1:24.49L	F # 33	Female 13 & Over 100 Back			LY-VA		28	---	-2.82
	41.90	1:24.49							
	(41.90)	(42.59)							
1:34.81L	F # 37	Female 13 & Over 100 Breast			LY-VA		23	---	-9.02
	45.50	1:34.81							
	(45.50)	(49.31)							
31.80L	F # 39	Female 13 & Over 50 Free			LY-VA		28	---	-0.59
2:55.80L	F # 41	Female 13 & Over 200 IM			LY-VA		21	---	-8.47
	38.32	1:24.52	2:18.08	2:55.80					
	(38.32)	(46.20)	(53.56)	(37.72)					

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Cole Campbell (16) M						
1:02.61L	F # 12	Male 13 & Over 100 Free	LY-VA	23	---	5.98
	28.81	1:02.61				
	(28.81)	(33.80)				
2:59.62L	F # 14	Male 13 & Over 200 Breast	LY-VA	15	---	5.17
	38.02	1:23.90 2:11.65 2:59.62				
	(38.02)	(45.88) (47.75) (47.97)				
5:24.77L	F # 16	Male 13 & Over 400 Free	LY-VA	25	---	31.32
	32.19	1:13.72 1:55.86 2:38.30 3:18.99 4:00.82 4:43.19 5:24.77				
	(32.19)	(41.53) (42.14) (42.44) (40.69) (41.83) (42.37) (41.58)				
2:17.89L	F # 30	Male 13 & Over 200 Free	LY-VA	14	---	4.86
	30.17	1:04.86 1:41.24 2:17.89				
	(30.17)	(34.69) (36.38) (36.65)				
1:10.76L	F # 32	Male 13 & Over 100 Fly	LY-VA	22	---	5.21
	31.47	1:10.76				
	(31.47)	(39.29)				
1:17.87L	F # 38	Male 13 & Over 100 Breast	LY-VA	13	---	2.50
	36.57	1:17.87				
	(36.57)	(41.30)				
26.56L	F # 40	Male 13 & Over 50 Free	LY-VA	10	---	0.54
2:34.82L	F # 42	Male 13 & Over 200 IM	LY-VA	16	---	7.47
	31.13	1:13.96 1:57.46 2:34.82				
	(31.13)	(42.83) (43.50) (37.36)				
Ben Cook (8) M						
4:22.34L	F # 4B	Male 8-8 200 IM	LY-VA	1	---	---
	1:07.72	2:19.26 3:28.19 4:22.34				
	(1:07.72)	(1:11.54) (1:08.93) (54.15)				
8:17.94L	F # 8B	Male 8-8 400 Free	LY-VA	1	---	---
	54.18	1:57.80 3:02.55 4:09.36 5:15.70 6:19.38 7:24.83 8:17.94				
	(54.18)	(1:03.62) (1:04.75) (1:06.81) (1:06.34) (1:03.68) (1:05.45) (53.11)				
49.77L	F # 18B	Male 8-8 50 Free	LY-VA	2	---	---
1:17.93L DQ	F # 20B	Male 8-8 50 Fly	LY-VA	---	---	---
2:23.06L	F # 24B	Male 8-8 100 Breast	LY-VA	2	---	---
	1:10.85	2:23.06				
	(1:10.85)	(1:12.21)				
2:24.91L	F # 26B	Male 8-8 100 Back	LY-VA	2	---	---
	1:13.46	2:24.91				
	(1:13.46)	(1:11.45)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters
Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Isaac Cook (14) M					
5:41.92L	F # 2	Male Open 400 IM	LY-VA	8	---
	37.31	1:20.77 2:04.76 2:48.72 3:36.63 4:25.10 5:04.50 5:41.92			
	(37.31)	(43.46) (43.99) (43.96) (47.91) (48.47) (39.40) (37.42)			
10:42.37L	F # 6	Male Open 800 Free	LY-VA	10	---
	36.26	1:17.75 1:58.55 2:40.21 3:21.16 4:03.35 4:44.12 5:26.04			
	(36.26)	(41.49) (40.80) (41.66) (40.95) (42.19) (40.77) (41.92)			
	6:05.91	6:47.00 7:13.45 8:06.67 8:46.12 9:25.85 10:04.50 10:42.37			
	(39.87)	(41.09) (26.45) (53.22) (39.45) (39.73) (38.65) (37.87)			
1:04.37L	F # 12	Male 13 & Over 100 Free	LY-VA	26	---
	30.54	1:04.37			
	(30.54)	(33.83)			
3:05.36L	F # 14	Male 13 & Over 200 Breast	LY-VA	17	---
	43.56	1:31.01 2:19.13 3:05.36			
	(43.56)	(47.45) (48.12) (46.23)			
5:06.92L	F # 16	Male 13 & Over 400 Free	LY-VA	15	---
	34.14	1:14.09 1:53.15 2:32.61 3:11.21 3:50.72 4:29.05 5:06.92			
	(34.14)	(39.95) (39.06) (39.46) (38.60) (39.51) (38.33) (37.87)			
1:11.74L	F # 32	Male 13 & Over 100 Fly	LY-VA	23	---
	33.63	1:11.74			
	(33.63)	(38.11)			
1:13.61L	F # 34	Male 13 & Over 100 Back	LY-VA	15	---
	35.49	1:13.61			
	(35.49)	(38.12)			
Matthew Cook (11) M					
3:21.53L	F # 4E	Male 11-11 200 IM	LY-VA	2	---
	45.97	1:40.07 2:37.92 3:21.53			
	(45.97)	(54.10) (57.85) (43.61)			
6:08.94L	F # 8E	Male 11-11 400 Free	LY-VA	4	---
	40.98	1:28.78 2:16.39 3:04.63 3:50.75 4:38.19 5:24.05 6:08.94			
	(40.98)	(47.80) (47.61) (48.24) (46.12) (47.44) (45.86) (44.89)			
37.85L	F # 18E	Male 11-11 50 Free	LY-VA	8	---
43.47L	F # 20E	Male 11-11 50 Fly	LY-VA	5	14
1:51.79L	F # 24E	Male 11-11 100 Breast	LY-VA	5	---
	54.42	1:51.79			
	(54.42)	(57.37)			
1:35.27L	F # 26E	Male 11-11 100 Back	LY-VA	3	---
	48.40	1:35.27			
	(48.40)	(46.87)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Liam Cox (11) M					
3:28.04L DQ	F # 4E	Male 11-11 200 IM	LY-VA	---	---
	49.13	1:42.04 2:45.09 3:28.04			
	(49.13)	(52.91) (1:03.05) (42.95)			
12:12.00L	F # 6	Male Open 800 Free	LY-VA	19	---
	41.89	1:29.40 2:15.94 3:03.72 3:50.12 4:39.05 5:20.06 6:12.29			-130.06
	(41.89)	(47.51) (46.54) (47.78) (46.40) (48.93) (41.01) (52.23)			
	6:58.10	7:45.03 8:30.48 9:17.67 10:01.46 10:47.54 11:30.82 12:12.00			
	(45.81)	(46.93) (45.45) (47.19) (43.79) (46.08) (43.28) (41.18)			
37.84L	F # 18E	Male 11-11 50 Free	LY-VA	7	---
47.96L	F # 20E	Male 11-11 50 Fly	LY-VA	7	12
2:54.97L	F # 22E	Male 11-11 200 Free	LY-VA	5	---
	40.20	1:26.84 2:10.60 2:54.97			-37.10
	(40.20)	(46.64) (43.76) (44.37)			
1:58.85L	F # 24E	Male 11-11 100 Breast	LY-VA	6	---
	55.59	1:58.85			
	(55.59)	(1:03.26)			
46.25L	F # 44E	Male 11-11 50 Back	LY-VA	7	---
55.91L	F # 46E	Male 11-11 50 Breast	LY-VA	6	---
1:22.95L	F # 48E	Male 11-11 100 Free	LY-VA	5	---
	39.91	1:22.95			-16.87
	(39.91)	(43.04)			
3:26.34L	F # 50E	Male 11-11 200 Back	LY-VA	3	---
	52.63	1:45.95 2:37.27 3:26.34			
	(52.63)	(53.32) (51.32) (49.07)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Lucas Cox (15) M					
12:09.98L	F # 6	Male Open 800 Free	LY-VA	18	---
	40.43	1:28.58 2:14.57 3:02.31 3:48.85 4:36.15 5:22.78 6:10.89			
	(40.43)	(48.15) (45.99) (47.74) (46.54) (47.30) (46.63) (48.11)			
	6:57.57	7:43.91 8:29.03 9:16.42 10:01.34 10:47.10 11:28.06 12:09.98			
	(46.68)	(46.34) (45.12) (47.39) (44.92) (45.76) (40.96) (41.92)			
1:13.80L	F # 12	Male 13 & Over 100 Free	LY-VA	45	---
	35.87	1:13.80			-6.82
	(35.87)	(37.93)			
3:34.67L	F # 14	Male 13 & Over 200 Breast	LY-VA	26	---
	51.72	1:47.50 2:44.06 3:34.67			-28.60
	(51.72)	(55.78) (56.56) (50.61)			
6:01.96L	F # 16	Male 13 & Over 400 Free	LY-VA	30	---
	40.70	1:26.30 2:14.22 3:01.64 3:49.54 4:36.17 5:22.76 6:01.96			
	(40.70)	(45.60) (47.92) (47.42) (47.90) (46.63) (46.59) (39.20)			
2:38.57L	F # 30	Male 13 & Over 200 Free	LY-VA	37	---
	37.05	1:19.04 2:01.71 2:38.57			-17.16
	(37.05)	(41.99) (42.67) (36.86)			
1:33.41L	F # 34	Male 13 & Over 100 Back	LY-VA	36	---
	47.73	1:33.41			-20.64
	(47.73)	(45.68)			
1:40.84L	F # 38	Male 13 & Over 100 Breast	LY-VA	33	---
	49.96	1:40.84			-8.44
	(49.96)	(50.88)			
34.15L	F # 40	Male 13 & Over 50 Free	LY-VA	50	---
3:21.02L	F # 42	Male 13 & Over 200 IM	LY-VA	43	---
	50.41	1:43.57 2:41.14 3:21.02			-20.41
	(50.41)	(53.16) (57.57) (39.88)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Sam Edwards (14) M						
2:50.61L	F # 10	Male 13 & Over 200 Fly	LY-VA	14	---	-34.06
	35.29	1:17.52 2:04.64 2:50.61				
	(35.29)	(42.23) (47.12) (45.97)				
1:05.22L	F # 12	Male 13 & Over 100 Free	LY-VA	30	---	0.23
	31.16	1:05.22				
	(31.16)	(34.06)				
5:03.84L	F # 16	Male 13 & Over 400 Free	LY-VA	13	---	10.38
	33.18	1:10.26 1:49.09 2:28.03 3:07.49 3:46.36 4:25.86 5:03.84				
	(33.18)	(37.08) (38.83) (38.94) (39.46) (38.87) (39.50) (37.98)				
2:25.19L	F # 30	Male 13 & Over 200 Free	LY-VA	25	---	8.35
	32.61	1:09.72 1:47.59 2:25.19				
	(32.61)	(37.11) (37.87) (37.60)				
1:13.27L	F # 34	Male 13 & Over 100 Back	LY-VA	14	---	1.90
	35.31	1:13.27				
	(35.31)	(37.96)				
2:39.94L	F # 36	Male 13 & Over 200 Back	LY-VA	9	---	6.89
	36.96	1:18.64 1:59.62 2:39.94				
	(36.96)	(41.68) (40.98) (40.32)				
30.56L	F # 40	Male 13 & Over 50 Free	LY-VA	41	---	-0.20
2:44.33L	F # 42	Male 13 & Over 200 IM	LY-VA	24	---	8.67
	35.20	1:17.65 2:08.01 2:44.33				
	(35.20)	(42.45) (50.36) (36.32)				
Camille Greenlaw (12) F						
45.63L	F # 19F	Female 12-12 50 Fly	LY-VA	7	---	-14.81
2:54.05L	F # 21F	Female 12-12 200 Free	LY-VA	5	---	-10.05
	40.22	1:24.77 2:11.49 2:54.05				
	(40.22)	(44.55) (46.72) (42.56)				
1:46.66L	F # 23F	Female 12-12 100 Breast	LY-VA	5	---	-7.57
	50.44	1:46.66				
	(50.44)	(56.22)				
1:32.12L	F # 25F	Female 12-12 100 Back	LY-VA	6	---	-12.06
	45.61	1:32.12				
	(45.61)	(46.51)				
46.99L	F # 45F	Female 12-12 50 Breast	LY-VA	5	---	-9.00
1:17.76L	F # 47F	Female 12-12 100 Free	LY-VA	5	---	-2.59
	37.72	1:17.76				
	(37.72)	(40.04)				
3:14.03L	F # 49F	Female 12-12 200 Back	LY-VA	3	---	-23.66
	47.72	1:37.82 2:27.66 3:14.03				
	(47.72)	(50.10) (49.84) (46.37)				
3:50.15L	F # 53F	Female 12-12 200 Breast	LY-VA	4	---	-14.23
	54.39	1:54.03 2:54.60 3:50.15				
	(54.39)	(59.64) (1:00.57) (55.55)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event				Place				Points	Improv
Daniel Gustafson (13) M											
6:29.55L	F # 2	Male Open 400 IM				LY-VA		12	---	-10.78	
	43.66	1:34.58	2:28.57	3:20.34	4:11.81	5:02.60	5:47.75	6:29.55			
	(43.66)	(50.92)	(53.99)	(51.77)	(51.47)	(50.79)	(45.15)	(41.80)			
2:37.48L	F # 30	Male 13 & Over 200 Free				LY-VA		35	---	-24.80	
	36.41	1:19.03	2:00.80	2:37.48							
	(36.41)	(42.62)	(41.77)	(36.68)							
1:26.49L	F # 32	Male 13 & Over 100 Fly				LY-VA		32	---	0.46	
	41.28	1:26.49									
	(41.28)	(45.21)									
1:32.70L	F # 34	Male 13 & Over 100 Back				LY-VA		35	---	-17.65	
	45.99	1:32.70									
	(45.99)	(46.71)									
3:24.13L DQ	F # 36	Male 13 & Over 200 Back				LY-VA		---	---	---	
	49.31	1:41.94	2:35.08	3:24.13							
	(49.31)	(52.63)	(53.14)	(49.05)							
1:27.04L	F # 38	Male 13 & Over 100 Breast				LY-VA		25	---	-5.15	
	40.79	1:27.04									
	(40.79)	(46.25)									
32.21L	F # 40	Male 13 & Over 50 Free				LY-VA		46	---	-2.47	
2:59.00L	F # 42	Male 13 & Over 200 IM				LY-VA		36	---	-8.42	
	---	1:31.06	2:22.84	2:59.00							
	---	(1:31.06)	(51.78)	(36.16)							
Zelynn Gustafson (16) F											
11:46.06L	F # 5	Female Open 800 Free				LY-VA		18	---	---	
	38.39	1:21.09	2:05.85	2:49.97	3:34.19	4:18.75	5:03.62	5:48.19			
	(38.39)	(42.70)	(44.76)	(44.12)	(44.22)	(44.56)	(44.87)	(44.57)			
	6:33.38	7:20.09	8:05.69	8:50.30	9:35.04	10:19.24	11:04.44	11:46.06			
	(45.19)	(46.71)	(45.60)	(44.61)	(44.74)	(44.20)	(45.20)	(41.62)			
1:11.70L	F # 11	Female 13 & Over 100 Free				LY-VA		43	---	-1.20	
	34.26	1:11.70									
	(34.26)	(37.44)									
3:37.93L	F # 13	Female 13 & Over 200 Breast				LY-VA		26	---	-9.67	
	52.96	1:47.65	2:43.81	3:37.93							
	(52.96)	(54.69)	(56.16)	(54.12)							
5:37.65L	F # 15	Female 13 & Over 400 Free				LY-VA		26	---	-7.19	
	36.48	1:16.74	1:59.03	2:42.27	3:26.43	4:10.20	4:54.51	5:37.65			
	(36.48)	(40.26)	(42.29)	(43.24)	(44.16)	(43.77)	(44.31)	(43.14)			
3:14.38L	F # 35	Female 13 & Over 200 Back				LY-VA		22	---	-8.23	
	44.47	1:34.05	2:24.84	3:14.38							
	(44.47)	(49.58)	(50.79)	(49.54)							
1:44.45L	F # 37	Female 13 & Over 100 Breast				LY-VA		35	---	1.17	
	51.03	1:44.45									
	(51.03)	(53.42)									
32.03L	F # 39	Female 13 & Over 50 Free				LY-VA		33	---	-1.04	

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Chandler Henry (16) M					
5:37.42L	F # 2	Male Open 400 IM	LY-VA 7	---	---
	36.24	1:16.81 2:02.81 2:47.34	3:33.11 4:18.65 4:59.80	5:37.42	
	(36.24)	(40.57) (46.00) (44.53)	(45.77) (45.54) (41.15)	(37.62)	
1:04.52L	F # 12	Male 13 & Over 100 Free	LY-VA 27	---	-2.30
	30.74	1:04.52			
	(30.74)	(33.78)			
2:54.82L	F # 14	Male 13 & Over 200 Breast	LY-VA 11	---	-6.07
	40.43	1:25.60 2:10.66 2:54.82			
	(40.43)	(45.17) (45.06) (44.16)			
5:06.34L	F # 16	Male 13 & Over 400 Free	LY-VA 14	---	---
	35.04	1:14.07 1:54.10 2:33.07	3:12.58 3:51.20 4:30.08	5:06.34	
	(35.04)	(39.03) (40.03) (38.97)	(39.51) (38.62) (38.88)	(36.26)	
2:25.15L	F # 30	Male 13 & Over 200 Free	LY-VA 24	---	1.32
	33.86	1:11.40 1:49.41 2:25.15			
	(33.86)	(37.54) (38.01) (35.74)			
1:16.94L	F # 34	Male 13 & Over 100 Back	LY-VA 21	---	-6.26
	36.57	1:16.94			
	(36.57)	(40.37)			
1:19.80L	F # 38	Male 13 & Over 100 Breast	LY-VA 16	---	-1.38
	37.38	1:19.80			
	(37.38)	(42.42)			
28.79L	F # 40	Male 13 & Over 50 Free	LY-VA 29	---	-0.83
2:37.38L	F # 42	Male 13 & Over 200 IM	LY-VA 18	---	-6.40
	31.76	1:14.93 1:59.08 2:37.38			
	(31.76)	(43.17) (44.15) (38.30)			
Connor Henry (12) M					
36.29L	F # 18F	Male 12-12 50 Free	LY-VA 7	---	-4.37
46.66L	F # 20F	Male 12-12 50 Fly	LY-VA 6	13	-14.75
1:47.78L	F # 24F	Male 12-12 100 Breast	LY-VA 6	---	-15.72
	50.10	1:47.78			
	(50.10)	(57.68)			
1:52.14L	F # 26F	Male 12-12 100 Back	LY-VA 10	---	---
	56.11	1:52.14			
	(56.11)	(56.03)			
52.74L	F # 44F	Male 12-12 50 Back	LY-VA 11	---	-2.61
48.59L	F # 46F	Male 12-12 50 Breast	LY-VA 6	---	-5.09
1:26.58L	F # 48F	Male 12-12 100 Free	LY-VA 10	---	-6.17
	41.04	1:26.58			
	(41.04)	(45.54)			
1:52.95L	F # 52F	Male 12-12 100 Fly	LY-VA 6	---	---
	53.15	1:52.95			
	(53.15)	(59.80)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Trevor Henry (14) M						
1:15.46L	F # 12	Male 13 & Over 100 Free	LY-VA	47	---	-7.85
	34.29	1:15.46				
	(34.29)	(41.17)				
5:44.82L	F # 16	Male 13 & Over 400 Free	LY-VA	29	---	-31.46
	38.38	1:21.44 2:06.25 2:50.11	3:34.65 4:18.54 5:02.35	5:44.82		
	(38.38)	(43.06) (44.81) (43.86)	(44.54) (43.89) (43.81)	(42.47)		
2:38.56L	F # 30	Male 13 & Over 200 Free	LY-VA	36	---	-20.62
	36.13	1:17.79 2:00.27 2:38.56				
	(36.13)	(41.66) (42.48) (38.29)				
1:31.34L	F # 34	Male 13 & Over 100 Back	LY-VA	34	---	-16.60
	44.32	1:31.34				
	(44.32)	(47.02)				
3:11.96L	F # 36	Male 13 & Over 200 Back	LY-VA	15	---	-36.95
	46.55	1:36.40 2:24.12 3:11.96				
	(46.55)	(49.85) (47.72) (47.84)				
33.96L	F # 40	Male 13 & Over 50 Free	LY-VA	48	---	-1.10
3:12.10L	F # 42	Male 13 & Over 200 IM	LY-VA	41	---	-18.62
	40.38	1:31.89 2:31.21 3:12.10				
	(40.38)	(51.51) (59.32) (40.89)				
Ty Henry (9) M						
55.30L	F # 18C	Male 9-9 50 Free	LY-VA	6	---	3.56
56.15L	F # 20C	Male 9-9 50 Fly	LY-VA	2	17	---
2:10.25L	F # 24C	Male 9-9 100 Breast	LY-VA	2	---	---
	1:03.58	2:10.25				
	(1:03.58)	(1:06.67)				
1:56.49L	F # 26C	Male 9-9 100 Back	LY-VA	3	---	---
	58.05	1:56.49				
	(58.05)	(58.44)				
54.44L	F # 44C	Male 9-9 50 Back	LY-VA	6	---	-11.34
54.74L	F # 46C	Male 9-9 50 Breast	LY-VA	2	---	-9.89
1:42.55L	F # 48C	Male 9-9 100 Free	LY-VA	3	---	-12.57
	48.16	1:42.55				
	(48.16)	(54.39)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Carson Hill (10) M						
46.52L	F # 18D	Male 10-10 50 Free	LY-VA	8	---	-12.04
1:09.58L	F # 20D	Male 10-10 50 Fly	LY-VA	5	14	---
2:17.22L	F # 24D	Male 10-10 100 Breast	LY-VA	6	---	-48.17
	1:03.06	2:17.22				
	(1:03.06)	(1:14.16)				
2:10.24L	F # 26D	Male 10-10 100 Back	LY-VA	5	---	-17.33
	1:03.72	2:10.24				
	(1:03.72)	(1:06.52)				
57.36L	F # 44D	Male 10-10 50 Back	LY-VA	7	---	-7.37
1:00.05L	F # 46D	Male 10-10 50 Breast	LY-VA	10	---	-13.70
1:47.91L	F # 48D	Male 10-10 100 Free	LY-VA	10	---	-19.59
	50.31	1:47.91				
	(50.31)	(57.60)				
Sydney Hill (14) F						
1:10.56L	F # 11	Female 13 & Over 100 Free	LY-VA	36	---	-20.61
	34.35	1:10.56				
	(34.35)	(36.21)				
3:45.43L	F # 13	Female 13 & Over 200 Breast	LY-VA	30	---	---
	50.33	1:48.60 2:48.99 3:45.43				
	(50.33)	(58.27) (1:00.39) (56.44)				
5:53.25L	F # 15	Female 13 & Over 400 Free	LY-VA	31	---	-33.12
	39.58	1:23.75 2:08.27 2:54.11 3:38.71 4:25.29 5:10.89 5:53.25				
	(39.58)	(44.17) (44.52) (45.84) (44.60) (46.58) (45.60) (42.36)				
2:48.43L	F # 29	Female 13 & Over 200 Free	LY-VA	37	---	-8.65
	39.01	1:22.81 2:07.46 2:48.43				
	(39.01)	(43.80) (44.65) (40.97)				
1:25.51L	F # 33	Female 13 & Over 100 Back	LY-VA	32	---	-3.92
	41.69	1:25.51				
	(41.69)	(43.82)				
1:43.23L	F # 37	Female 13 & Over 100 Breast	LY-VA	33	---	-20.95
	46.49	1:43.23				
	(46.49)	(56.74)				
32.00L	F # 39	Female 13 & Over 50 Free	LY-VA	32	---	-2.00
3:15.47L	F # 41	Female 13 & Over 200 IM	LY-VA	40	---	-15.32
	45.42	1:34.95 2:33.93 3:15.47				
	(45.42)	(49.53) (58.98) (41.54)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Ann-Margaret Holt (15) F						
9:44.10L	F # 5	Female Open 800 Free	LY-VA	3	---	4.55
	33.77	1:09.81 1:46.69 2:23.25	3:00.43 3:37.19	4:14.60 4:51.50		
	(33.77)	(36.04) (36.88) (36.56)	(37.18) (36.76)	(37.41) (36.90)		
	5:28.71	6:05.44 6:42.79 7:19.12	7:56.03 8:32.53	9:09.20 9:44.10		
	(37.21)	(36.73) (37.35) (36.33)	(36.91) (36.50)	(36.67) (34.90)		
1:01.62L	F # 11	Female 13 & Over 100 Free	LY-VA	5	---	0.61
	29.33	1:01.62				
	(29.33)	(32.29)				
4:44.91L	F # 15	Female 13 & Over 400 Free	LY-VA	4	---	9.94
	32.17	1:07.35 1:43.01 2:18.91	2:54.70 3:31.36	4:08.26 4:44.91		
	(32.17)	(35.18) (35.66) (35.90)	(35.79) (36.66)	(36.90) (36.65)		
2:13.46L	F # 29	Female 13 & Over 200 Free	LY-VA	4	---	1.47
	31.26	1:04.83 1:39.54 2:13.46				
	(31.26)	(33.57) (34.71) (33.92)				
1:13.29L	F # 33	Female 13 & Over 100 Back	LY-VA	4	---	3.55
	36.42	1:13.29				
	(36.42)	(36.87)				
2:35.38L	F # 35	Female 13 & Over 200 Back	LY-VA	4	---	6.58
	36.89	1:15.66 1:55.86 2:35.38				
	(36.89)	(38.77) (40.20) (39.52)				
28.44L	F # 39	Female 13 & Over 50 Free	LY-VA	5	---	0.21
2:36.18L	F # 41	Female 13 & Over 200 IM	LY-VA	7	---	-18.08
	33.73	1:15.13 2:03.45 2:36.18				
	(33.73)	(41.40) (48.32) (32.73)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Davis Hottle (18) M					
5:15.04L	F # 2	Male Open 400 IM	LY-VA 4	---	4.87
	31.34	1:08.63 1:48.64 2:27.47	3:15.71 4:02.15 4:39.88	5:15.04	
	(31.34)	(37.29) (40.01) (38.83)	(48.24) (46.44) (37.73)	(35.16)	
2:37.77L	F # 10	Male 13 & Over 200 Fly	LY-VA 10	---	---
	31.96	1:10.32 1:52.36 2:37.77			
	(31.96)	(38.36) (42.04) (45.41)			
59.70L	F # 12	Male 13 & Over 100 Free	LY-VA 10	---	3.65
	28.84	59.70			
	(28.84)	(30.86)			
5:13.09L	F # 16	Male 13 & Over 400 Free	LY-VA 18	---	35.83
	29.36	1:01.77 1:36.20 2:10.43	3:00.86 3:44.89 4:29.50	5:13.09	
	(29.36)	(32.41) (34.43) (34.23)	(50.43) (44.03) (44.61)	(43.59)	
1:04.66L	F # 32	Male 13 & Over 100 Fly	LY-VA 10	---	3.85
	30.86	1:04.66			
	(30.86)	(33.80)			
1:05.55L	F # 34	Male 13 & Over 100 Back	LY-VA 4	---	2.26
	32.12	1:05.55			
	(32.12)	(33.43)			
2:21.31L	F # 36	Male 13 & Over 200 Back	LY-VA 1	---	1.74
	33.51	1:08.82 1:45.60 2:21.31			
	(33.51)	(35.31) (36.78) (35.71)			
26.52L	F # 40	Male 13 & Over 50 Free	LY-VA 9	---	1.04
2:26.30L	F # 42	Male 13 & Over 200 IM	LY-VA 6	---	0.11
	30.02	1:07.39 1:52.83 2:26.30			
	(30.02)	(37.37) (45.44) (33.47)			
2:10.43L	F # 315	Male Open 200 Free	LY-VA 1	---	6.51
	29.36	1:01.77 1:36.20 2:10.43	3:00.86 3:44.89 4:29.50	2:10.43	
	(29.36)	(32.41) (34.43) (34.23)	(50.43) (44.03) (44.61)	(139.07)	

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event				Place		Points	Improv	
Luke Hottle (16) M										
4:55.57L	F # 2	Male Open 400 IM				LY-VA		1	---	13.35
	30.98	1:07.03	1:47.22	2:26.98	3:07.47	3:48.55	4:23.77	4:55.57		
	(30.98)	(36.05)	(40.19)	(39.76)	(40.49)	(41.08)	(35.22)	(31.80)		
9:35.73L	F # 6	Male Open 800 Free				LY-VA		4	---	43.94
	31.10	1:06.40	1:43.08	2:19.43	2:56.06	3:33.07	4:09.87	4:46.23		
	(31.10)	(35.30)	(36.68)	(36.35)	(36.63)	(37.01)	(36.80)	(36.36)		
	---	5:59.35	6:35.89	7:12.60	7:49.32	8:25.60	9:01.68	9:35.73		
	---	(5:59.35)	(36.54)	(36.71)	(36.72)	(36.28)	(36.08)	(34.05)		
2:19.63L	F # 10	Male 13 & Over 200 Fly				LY-VA		4	---	-2.15
	31.65	1:07.07	1:44.10	2:19.63						
	(31.65)	(35.42)	(37.03)	(35.53)						
56.30L	F # 12	Male 13 & Over 100 Free				LY-VA		3	---	0.41
	27.48	56.30								
	(27.48)	(28.82)								
2:36.24L	F # 14	Male 13 & Over 200 Breast				LY-VA		4	---	11.70
	35.54	1:15.53	1:56.51	2:36.24						
	(35.54)	(39.99)	(40.98)	(39.73)						
2:08.91L	F # 30	Male 13 & Over 200 Free				LY-VA		2	---	6.63
	29.00	1:01.98	1:36.38	2:08.91						
	(29.00)	(32.98)	(34.40)	(32.53)						
1:01.78L	F # 32	Male 13 & Over 100 Fly				LY-VA		6	---	-1.05
	29.48	1:01.78								
	(29.48)	(32.30)								
1:12.01L	F # 38	Male 13 & Over 100 Breast				LY-VA		4	---	4.05
	33.55	1:12.01								
	(33.55)	(38.46)								
25.60L	F # 40	Male 13 & Over 50 Free				LY-VA		4	---	-0.51
2:16.99L	F # 42	Male 13 & Over 200 IM				LY-VA		2	---	5.70
	30.06	1:06.03	1:45.62	2:16.99						
	(30.06)	(35.97)	(39.59)	(31.37)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Eva Kendall (13) F					
1:14.87L	F # 11	Female 13 & Over 100 Free	LY-VA	50	---
	35.19	1:14.87			
	(35.19)	(39.68)			
3:31.37L	F # 13	Female 13 & Over 200 Breast	LY-VA	23	---
	48.94	1:42.25 2:36.83 3:31.37			
	(48.94)	(53.31) (54.58) (54.54)			
6:03.33L	F # 15	Female 13 & Over 400 Free	LY-VA	33	---
	40.61	1:26.13 2:13.14 3:00.10 3:46.93 4:34.23 5:19.92 6:03.33			
	(40.61)	(45.52) (47.01) (46.96) (46.83) (47.30) (45.69) (43.41)			
2:48.62L	F # 29	Female 13 & Over 200 Free	LY-VA	38	---
	38.45	1:21.79 2:06.74 2:48.62			
	(38.45)	(43.34) (44.95) (41.88)			
1:31.22L	F # 33	Female 13 & Over 100 Back	LY-VA	36	---
	44.23	1:31.22			
	(44.23)	(46.99)			
1:39.20L	F # 37	Female 13 & Over 100 Breast	LY-VA	28	---
	47.11	1:39.20			
	(47.11)	(52.09)			
34.22L	F # 39	Female 13 & Over 50 Free	LY-VA	47	---
Kathleen King (14) F					
6:22.66L	F # 1	Female Open 400 IM	LY-VA	9	---
	36.61	1:22.18 2:12.23 3:00.51 3:56.08 4:55.44 5:39.29 6:22.66			
	(36.61)	(45.57) (50.05) (48.28) (55.57) (59.36) (43.85) (43.37)			
1:10.77L	F # 11	Female 13 & Over 100 Free	LY-VA	37	---
	33.13	1:10.77			3.57
	(33.13)	(37.64)			
5:37.85L	F # 15	Female 13 & Over 400 Free	LY-VA	27	---
	38.48	1:20.26 2:03.28 2:46.48 3:30.08 4:13.94 4:56.46 5:37.85			13.62
	(38.48)	(41.78) (43.02) (43.20) (43.60) (43.86) (42.52) (41.39)			
2:30.13L	F # 29	Female 13 & Over 200 Free	LY-VA	18	---
	33.67	1:12.23 1:50.96 2:30.13			4.02
	(33.67)	(38.56) (38.73) (39.17)			
1:20.80L	F # 33	Female 13 & Over 100 Back	LY-VA	19	---
	39.01	1:20.80			5.86
	(39.01)	(41.79)			
2:52.09L	F # 35	Female 13 & Over 200 Back	LY-VA	13	---
	40.66	1:24.88 2:09.66 2:52.09			7.52
	(40.66)	(44.22) (44.78) (42.43)			
32.50L	F # 39	Female 13 & Over 50 Free	LY-VA	38	---
3:01.39L	F # 41	Female 13 & Over 200 IM	LY-VA	32	---
	38.10	1:26.06 2:21.16 3:01.39			4.98
	(38.10)	(47.96) (55.10) (40.23)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Colt Kirby (14) M					
2:50.07L	F # 10	Male 13 & Over 200 Fly	LY-VA	13	---
	37.52	1:20.30 2:07.22 2:50.07			
	(37.52)	(42.78) (46.92) (42.85)			
1:06.80L	F # 12	Male 13 & Over 100 Free	LY-VA	37	---
	32.34	1:06.80			-3.89
	(32.34)	(34.46)			
5:13.87L	F # 16	Male 13 & Over 400 Free	LY-VA	19	---
	34.83	1:14.31 1:54.07 2:34.23 3:14.31 3:55.61 4:35.30 5:13.87			-16.27
	(34.83)	(39.48) (39.76) (40.16) (40.08) (41.30) (39.69) (38.57)			
2:25.59L	F # 30	Male 13 & Over 200 Free	LY-VA	28	---
	33.67	1:10.99 1:48.97 2:25.59			-14.22
	(33.67)	(37.32) (37.98) (36.62)			
1:15.80L	F # 32	Male 13 & Over 100 Fly	LY-VA	27	---
	36.61	1:15.80			-9.60
	(36.61)	(39.19)			
Erik Lee (11) M					
NS	F # 18E	Male 11-11 50 Free	LY-VA	---	---
NS	F # 20E	Male 11-11 50 Fly	LY-VA	---	---
NS	F # 24E	Male 11-11 100 Breast	LY-VA	---	---
NS	F # 26E	Male 11-11 100 Back	LY-VA	---	---
Benjamin Leger (9) M					
NS	F # 4C	Male 9-9 200 IM	LY-VA	---	---
NS	F # 44C	Male 9-9 50 Back	LY-VA	---	---
NS	F # 46C	Male 9-9 50 Breast	LY-VA	---	---
NS	F # 48C	Male 9-9 100 Free	LY-VA	---	---
NS	F # 52C	Male 9-9 100 Fly	LY-VA	---	---
Jacob Leger (15) M					
NS	F # 10	Male 13 & Over 200 Fly	LY-VA	---	---
NS	F # 12	Male 13 & Over 100 Free	LY-VA	---	---
NS	F # 30	Male 13 & Over 200 Free	LY-VA	---	---
NS	F # 32	Male 13 & Over 100 Fly	LY-VA	---	---
NS	F # 40	Male 13 & Over 50 Free	LY-VA	---	---
NS	F # 42	Male 13 & Over 200 IM	LY-VA	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Noah Leger (12) M						
3:02.16L	F # 4F	Male 12-12 200 IM	LY-VA	5	---	-5.14
	42.53	1:31.58 2:21.64 3:02.16				
	(42.53)	(49.05) (50.06) (40.52)				
42.94L	F # 44F	Male 12-12 50 Back	LY-VA	7	---	0.89
45.11L	F # 46F	Male 12-12 50 Breast	LY-VA	4	---	-2.02
1:16.15L	F # 48F	Male 12-12 100 Free	LY-VA	8	---	1.25
	36.54	1:16.15				
	(36.54)	(39.61)				
3:31.62L	F # 54F	Male 12-12 200 Breast	LY-VA	4	---	-8.67
	47.92	1:42.73 2:39.80 3:31.62				
	(47.92)	(54.81) (57.07) (51.82)				
Broderick Nelson (15) M						
2:26.05L	F # 10	Male 13 & Over 200 Fly	LY-VA	5	---	-0.70
	31.42	1:08.54 1:46.84 2:26.05				
	(31.42)	(37.12) (38.30) (39.21)				
2:50.81L	F # 14	Male 13 & Over 200 Breast	LY-VA	9	---	18.88
	36.89	1:19.71 2:04.09 2:50.81				
	(36.89)	(42.82) (44.38) (46.72)				
4:53.68L	F # 16	Male 13 & Over 400 Free	LY-VA	7	---	22.00
	33.82	1:11.97 1:50.45 2:28.07 3:05.51 3:43.76 4:19.67 4:53.68				
	(33.82)	(38.15) (38.48) (37.62) (37.44) (38.25) (35.91) (34.01)				
2:12.38L	F # 30	Male 13 & Over 200 Free	LY-VA	6	---	4.00
	30.95	1:05.04 1:39.37 2:12.38				
	(30.95)	(34.09) (34.33) (33.01)				
1:10.51L	F # 34	Male 13 & Over 100 Back	LY-VA	10	---	-0.80
	34.92	1:10.51				
	(34.92)	(35.59)				
1:17.39L	F # 38	Male 13 & Over 100 Breast	LY-VA	12	---	8.01
	35.93	1:17.39				
	(35.93)	(41.46)				
27.31L	F # 40	Male 13 & Over 50 Free	LY-VA	21	---	0.18
2:27.18L	F # 42	Male 13 & Over 200 IM	LY-VA	7	---	11.49
	30.08	1:08.48 1:52.19 2:27.18				
	(30.08)	(38.40) (43.71) (34.99)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event				Place		Points	Improv
Caroline Nelson (12) F									
31.35L	F # 17F	Female	12-12	50 Free	LY-VA	1	---	-0.74	
36.03L	F # 19F	Female	12-12	50 Fly	LY-VA	3	---	-1.43	
1:29.93L	F # 23F	Female	12-12	100 Breast	LY-VA	1	---	1.72	
	43.71	1:29.93							
	(43.71)	(46.22)							
1:22.46L	F # 25F	Female	12-12	100 Back	LY-VA	2	---	-15.34	
	41.15	1:22.46							
	(41.15)	(41.31)							
41.42L	F # 45F	Female	12-12	50 Breast	LY-VA	1	---	0.79	
1:10.67L	F # 47F	Female	12-12	100 Free	LY-VA	1	---	-0.74	
	34.97	1:10.67							
	(34.97)	(35.70)							
1:18.67L	F # 51F	Female	12-12	100 Fly	LY-VA	1	---	-7.18	
	37.25	1:18.67							
	(37.25)	(41.42)							
3:20.58L	F # 53F	Female	12-12	200 Breast	LY-VA	1	---	9.10	
	45.55	1:35.02	2:28.36	3:20.58					
	(45.55)	(49.47)	(53.34)	(52.22)					
Aidan Parker (15) M									
1:16.52L	F # 12	Male 13 & Over 100 Free			LY-VA	48	---	-2.45	
	34.21	1:16.52							
	(34.21)	(42.31)							
3:31.41L	F # 14	Male 13 & Over 200 Breast			LY-VA	23	---	-10.50	
	49.67	1:44.41	2:38.80	3:31.41					
	(49.67)	(54.74)	(54.39)	(52.61)					
6:07.72L	F # 16	Male 13 & Over 400 Free			LY-VA	31	---	---	
	18.85	1:02.42	1:48.98	2:36.12	3:23.79	4:09.94	4:58.47	6:07.72	
	(18.85)	(43.57)	(46.56)	(47.14)	(47.67)	(46.15)	(48.53)	(1:09.25)	
2:46.32L	F # 30	Male 13 & Over 200 Free			LY-VA	40	---	-9.68	
	35.57	1:17.51	2:02.51	2:46.32					
	(35.57)	(41.94)	(45.00)	(43.81)					
1:35.82L	F # 34	Male 13 & Over 100 Back			LY-VA	38	---	-2.85	
	45.13	1:35.82							
	(45.13)	(50.69)							
1:35.77L	F # 38	Male 13 & Over 100 Breast			LY-VA	31	---	-8.98	
	45.91	1:35.77							
	(45.91)	(49.86)							
33.99L	F # 40	Male 13 & Over 50 Free			LY-VA	49	---	-2.68	
3:12.33L	F # 42	Male 13 & Over 200 IM			LY-VA	42	---	-28.59	
	43.37	1:32.33	2:27.92	3:12.33					
	(43.37)	(48.96)	(55.59)	(44.41)					

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event				Place	Points	Improv
Lainey Pennington (12) F								
32.09L	F # 17F	Female	12-12	50 Free	LY-VA	2	---	-0.01
37.34L	F # 19F	Female	12-12	50 Fly	LY-VA	4	---	1.44
2:33.98L	F # 21F	Female	12-12	200 Free	LY-VA	1	---	2.80
	35.75	1:15.28	1:55.76	2:33.98				
	(35.75)	(39.53)	(40.48)	(38.22)				
3:09.22L	F # 27F	Female	12-12	200 Fly	LY-VA	1	---	5.29
	40.35	1:28.15	2:18.17	3:09.22				
	(40.35)	(47.80)	(50.02)	(51.05)				
Charlotte Pickeral (10) F								
3:38.05L	F # 3D	Female	10-10	200 IM	LY-VA	3	---	-24.96
	46.24	1:43.31	2:49.82	3:38.05				
	(46.24)	(57.07)	(1:06.51)	(48.23)				
4:19.61L	DNF	F # 5	Female	Open 800 Free	LY-VA	---	---	---
	---	---	46.05	---	---	1:36.79	---	---
	---	---	(46.05)	---	---	(1:36.79)	---	---
	2:31.92	---	---	3:23.98	---	---	4:19.61	---
	(2:31.92)	---	---	(3:23.98)	---	---	(4:19.61)	---
36.83L	F # 17D	Female	10-10	50 Free	LY-VA	2	---	-2.57
44.77L	F # 19D	Female	10-10	50 Fly	LY-VA	1	---	-8.53
3:02.62L	F # 21D	Female	10-10	200 Free	LY-VA	2	---	-16.58
	40.36	1:27.91	2:16.11	3:02.62				
	(40.36)	(47.55)	(48.20)	(46.51)				
1:48.47L	F # 23D	Female	10-10	100 Breast	LY-VA	2	---	-16.39
	53.71	1:48.47						
	(53.71)	(54.76)						
48.52L	F # 43D	Female	10-10	50 Back	LY-VA	3	---	-2.40
50.25L	F # 45D	Female	10-10	50 Breast	LY-VA	1	---	-7.21
1:22.34L	F # 47D	Female	10-10	100 Free	LY-VA	2	---	-7.30
	40.67	1:22.34						
	(40.67)	(41.67)						
3:35.00L	F # 49D	Female	10-10	200 Back	LY-VA	2	---	-10.68
	53.61	1:48.80	2:43.51	3:35.00				
	(53.61)	(55.19)	(54.71)	(51.49)				
Owen Porter (15) M								
1:22.17L	F # 38	Male	13 & Over	100 Breast	LY-VA	20	---	5.11
	38.66	1:22.17						
	(38.66)	(43.51)						
30.28L	F # 40	Male	13 & Over	50 Free	LY-VA	40	---	0.54
2:48.31L	F # 42	Male	13 & Over	200 IM	LY-VA	29	---	7.82
	36.82	1:22.48	2:09.99	2:48.31				
	(36.82)	(45.66)	(47.51)	(38.32)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event				Place		Points	Improv	
Hudson Rice (16) M										
4:55.96L	F # 2	Male Open 400 IM				LY-VA		2	---	12.80
	30.89	1:06.95	1:47.60	2:26.30	3:09.45	3:52.03	4:24.97	4:55.96		
	(30.89)	(36.06)	(40.65)	(38.70)	(43.15)	(42.58)	(32.94)	(30.99)		
9:13.75L	F # 6	Male Open 800 Free				LY-VA		2	---	16.34
	31.36	1:06.68	1:42.70	2:17.92	2:53.15	3:28.30	4:03.16	4:37.86		
	(31.36)	(35.32)	(36.02)	(35.22)	(35.23)	(35.15)	(34.86)	(34.70)		
	5:12.80	5:47.37	6:22.45	6:57.79	7:32.56	8:07.04	8:41.20	9:13.75		
	(34.94)	(34.57)	(35.08)	(35.34)	(34.77)	(34.48)	(34.16)	(32.55)		
2:15.75L	F # 10	Male 13 & Over 200 Fly				LY-VA		2	---	3.86
	31.11	1:05.67	1:41.31	2:15.75						
	(31.11)	(34.56)	(35.64)	(34.44)						
57.56L	F # 12	Male 13 & Over 100 Free				LY-VA		4	---	1.73
	27.85	57.56								
	(27.85)	(29.71)								
4:26.94L	F # 16	Male 13 & Over 400 Free				LY-VA		1	---	12.63
	31.59	1:05.47	1:39.70	2:13.62	2:48.01	3:21.82	3:55.41	4:26.94		
	(31.59)	(33.88)	(34.23)	(33.92)	(34.39)	(33.81)	(33.59)	(31.53)		
1:02.93L	F # 32	Male 13 & Over 100 Fly				LY-VA		8	---	2.02
	30.16	1:02.93								
	(30.16)	(32.77)								
1:06.14L	F # 34	Male 13 & Over 100 Back				LY-VA		6	---	-17.14
	32.26	1:06.14								
	(32.26)	(33.88)								
1:13.27L	F # 38	Male 13 & Over 100 Breast				LY-VA		5	---	-6.15
	34.79	1:13.27								
	(34.79)	(38.48)								
25.74L	F # 40	Male 13 & Over 50 Free				LY-VA		5	---	-0.07
2:21.57L	F # 42	Male 13 & Over 200 IM				LY-VA		4	---	4.15
	30.53	1:08.81	1:50.13	2:21.57						
	(30.53)	(38.28)	(41.32)	(31.44)						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Max Schonfelder (18) M						
54.93L	F # 12	Male 13 & Over 100 Free	LY-VA	2	---	0.81
	26.71	54.93				
	(26.71)	(28.22)				
2:44.48L	F # 14	Male 13 & Over 200 Breast	LY-VA	6	---	15.53
	38.35	1:19.87 2:03.35 2:44.48				
	(38.35)	(41.52) (43.48) (41.13)				
1:02.01L	F # 32	Male 13 & Over 100 Fly	LY-VA	7	---	4.01
	29.28	1:02.01				
	(29.28)	(32.73)				
1:04.08L	F # 34	Male 13 & Over 100 Back	LY-VA	1	---	-1.29
	30.58	1:04.08				
	(30.58)	(33.50)				
1:11.88L	F # 38	Male 13 & Over 100 Breast	LY-VA	3	---	4.18
	34.28	1:11.88				
	(34.28)	(37.60)				
25.49L	F # 40	Male 13 & Over 50 Free	LY-VA	3	---	0.59
2:21.65L	F # 42	Male 13 & Over 200 IM	LY-VA	5	---	8.78
	30.57	1:08.12 1:50.30 2:21.65				
	(30.57)	(37.55) (42.18) (31.35)				
Ava Shopbell (15) F						
2:27.64L	F # 9	Female 13 & Over 200 Fly	LY-VA	1	---	9.23
	32.92	1:10.17 1:48.39 2:27.64				
	(32.92)	(37.25) (38.22) (39.25)				
1:10.16L	F # 11	Female 13 & Over 100 Free	LY-VA	34	---	4.56
	33.66	1:10.16				
	(33.66)	(36.50)				
3:08.34L	F # 13	Female 13 & Over 200 Breast	LY-VA	10	---	10.21
	42.65	1:30.29 2:18.75 3:08.34				
	(42.65)	(47.64) (48.46) (49.59)				
1:09.34L	F # 31	Female 13 & Over 100 Fly	LY-VA	4	---	4.29
	32.81	1:09.34				
	(32.81)	(36.53)				
1:19.13L	F # 33	Female 13 & Over 100 Back	LY-VA	14	---	2.07
	38.50	1:19.13				
	(38.50)	(40.63)				
1:28.75L	F # 37	Female 13 & Over 100 Breast	LY-VA	15	---	4.36
	41.57	1:28.75				
	(41.57)	(47.18)				
32.77L	F # 39	Female 13 & Over 50 Free	LY-VA	41	---	2.42
2:41.13L	F # 41	Female 13 & Over 200 IM	LY-VA	11	---	10.25
	33.79	1:16.22 2:04.08 2:41.13				
	(33.79)	(42.43) (47.86) (37.05)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Addy Smith (14) F						
1:16.86L	F # 11	Female 13 & Over 100 Free	LY-VA	52	---	-0.80
	37.59	1:16.86				
	(37.59)	(39.27)				
6:07.34L	F # 15	Female 13 & Over 400 Free	LY-VA	34	---	---
	42.54	1:30.36 2:17.40 3:05.70	3:52.94 4:39.93 5:25.85 6:07.34			
	(42.54)	(47.82) (47.04) (48.30)	(47.24) (46.99) (45.92) (41.49)			
2:49.33L	F # 29	Female 13 & Over 200 Free	LY-VA	39	---	-1.33
	40.19	1:25.21 2:08.87 2:49.33				
	(40.19)	(45.02) (43.66) (40.46)				
1:20.31L	F # 33	Female 13 & Over 100 Back	LY-VA	15	---	-1.46
	38.68	1:20.31				
	(38.68)	(41.63)				
2:58.81L	F # 35	Female 13 & Over 200 Back	LY-VA	15	---	-3.23
	43.32	1:29.49 2:15.15 2:58.81				
	(43.32)	(46.17) (45.66) (43.66)				
34.30L	F # 39	Female 13 & Over 50 Free	LY-VA	48	---	-0.25
3:06.62L	F # 41	Female 13 & Over 200 IM	LY-VA	35	---	---
	39.89	1:25.54 2:25.56 3:06.62				
	(39.89)	(45.65) (1:00.02) (41.06)				
Avery Snyder (16) M						
9:50.38L	F # 6	Male Open 800 Free	LY-VA	7	---	27.32
	33.73	1:10.51 1:48.13 2:26.03	3:03.69 3:41.48 4:17.80 4:54.91			
	(33.73)	(36.78) (37.62) (37.90)	(37.66) (37.79) (36.32) (37.11)			
	5:31.40	6:08.22 6:45.28 7:22.26	7:59.43 8:36.74 9:14.35 9:50.38			
	(36.49)	(36.82) (37.06) (36.98)	(37.17) (37.31) (37.61) (36.03)			
1:00.78L	F # 12	Male 13 & Over 100 Free	LY-VA	16	---	0.56
	28.15	1:00.78				
	(28.15)	(32.63)				
2:48.44L	F # 14	Male 13 & Over 200 Breast	LY-VA	7	---	6.26
	37.86	1:20.62 2:04.26 2:48.44				
	(37.86)	(42.76) (43.64) (44.18)				
4:46.27L	F # 16	Male 13 & Over 400 Free	LY-VA	5	---	13.35
	31.93	1:07.31 1:42.76 2:18.75	2:55.12 3:32.26 4:09.09 4:46.27			
	(31.93)	(35.38) (35.45) (35.99)	(36.37) (37.14) (36.83) (37.18)			
NS	F # 30	Male 13 & Over 200 Free	LY-VA	---	---	---
NS	F # 32	Male 13 & Over 100 Fly	LY-VA	---	---	---
1:14.76L	F # 38	Male 13 & Over 100 Breast	LY-VA	7	---	2.10
	35.02	1:14.76				
	(35.02)	(39.74)				
27.36L	F # 40	Male 13 & Over 50 Free	LY-VA	22	---	0.10
2:30.26L	F # 42	Male 13 & Over 200 IM	LY-VA	10	---	5.29
	30.63	1:11.10 1:55.85 2:30.26				
	(30.63)	(40.47) (44.75) (34.41)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Bri Torrence (11) F					
47.15L	F # 43E	Female 11-11 50 Back	LY-VA	12	---
1:22.30L	F # 45E	Female 11-11 50 Breast	LY-VA	14	---
1:33.21L	F # 47E	Female 11-11 100 Free	LY-VA	13	---
	44.53	1:33.21			
	(44.53)	(48.68)			
2:23.08L	F # 51E	Female 11-11 100 Fly	LY-VA	4	---
	1:04.15	2:23.08			
	(1:04.15)	(1:18.93)			
Broughton Webb (14) F					
5:25.64L	F # 1	Female Open 400 IM	LY-VA	3	---
	34.21	1:14.09 1:56.44 2:38.85	3:24.31 4:11.58 4:48.61	5:25.64	15.48
	(34.21)	(39.88) (42.35) (42.41)	(45.46) (47.27) (37.03)	(37.03)	
9:50.86L	F # 5	Female Open 800 Free	LY-VA	5	---
	33.62	1:10.91 1:48.13 2:25.67	3:02.96 3:40.07 4:17.17	4:54.28	23.53
	(33.62)	(37.29) (37.22) (37.54)	(37.29) (37.11) (37.10)	(37.11)	
	5:31.32	6:08.10 6:45.51 7:22.63	8:00.28 8:37.57 9:14.79	9:50.86	
	(37.04)	(36.78) (37.41) (37.12)	(37.65) (37.29) (37.22)	(36.07)	
1:05.69L	F # 11	Female 13 & Over 100 Free	LY-VA	14	---
	31.34	1:05.69			1.94
	(31.34)	(34.35)			
2:58.88L	F # 13	Female 13 & Over 200 Breast	LY-VA	5	---
	40.42	1:25.79 2:12.62 2:58.88			14.18
	(40.42)	(45.37) (46.83) (46.26)			
4:53.69L	F # 15	Female 13 & Over 400 Free	LY-VA	7	---
	33.39	1:09.82 1:47.02 2:24.53	3:02.19 3:39.55 4:17.25	4:53.69	18.57
	(33.39)	(36.43) (37.20) (37.51)	(37.66) (37.36) (37.70)	(36.44)	
2:20.00L	F # 29	Female 13 & Over 200 Free	LY-VA	9	---
	32.20	1:07.73 1:43.88 2:20.00			6.11
	(32.20)	(35.53) (36.15) (36.12)			
1:15.66L	F # 31	Female 13 & Over 100 Fly	LY-VA	11	---
	35.72	1:15.66			3.02
	(35.72)	(39.94)			
1:23.55L	F # 37	Female 13 & Over 100 Breast	LY-VA	7	---
	39.05	1:23.55			5.14
	(39.05)	(44.50)			
31.12L	F # 39	Female 13 & Over 50 Free	LY-VA	24	---
2:37.46L	F # 41	Female 13 & Over 200 IM	LY-VA	8	---
	34.58	1:15.08 2:00.74 2:37.46			
	(34.58)	(40.50) (45.66) (36.72)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event		Place	Points	Improv
Austin Woodruff (12) M						
34.03L	F # 18F	Male 12-12 50 Free	LY-VA	5	---	0.47
2:44.70L	F # 22F	Male 12-12 200 Free	LY-VA	5	---	7.93
	37.32	---	2:02.72	2:44.70		
	(37.32)	---	(2:02.72)	(41.98)		
1:41.77L	F # 24F	Male 12-12 100 Breast	LY-VA	5	---	-3.13
	46.89	1:41.77				
	(46.89)	(54.88)				
1:27.16L	F # 26F	Male 12-12 100 Back	LY-VA	5	---	0.74
	---	1:27.16				
	---	(1:27.16)				
38.74L	F # 44F	Male 12-12 50 Back	LY-VA	4	---	0.40
1:15.32L	F # 48F	Male 12-12 100 Free	LY-VA	7	---	1.15
	36.18	1:15.32				
	(36.18)	(39.14)				
3:07.27L	F # 50F	Male 12-12 200 Back	LY-VA	2	---	1.70
	---	---	2:20.34	3:07.27		
	---	---	(2:20.34)	(46.93)		
3:39.58L	F # 54F	Male 12-12 200 Breast	LY-VA	5	---	-74.37
	50.38	1:47.39	2:44.02	3:39.58		
	(50.38)	(57.01)	(56.63)	(55.56)		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Graham Woodruff (16) M						
9:38.35L	F # 6	Male Open 800 Free	LY-VA	5	---	19.78
	31.63	1:07.61 1:44.54 2:21.38	2:57.94 3:34.83	4:11.38 4:48.47		
	(31.63)	(35.98) (36.93) (36.84)	(36.56) (36.89)	(36.55) (37.09)		
	5:25.00	6:01.40 6:38.64 7:15.88	7:52.77 8:29.35	9:05.55 9:38.35		
	(36.53)	(36.40) (37.24) (37.24)	(36.89) (36.58)	(36.20) (32.80)		
1:00.85L	F # 12	Male 13 & Over 100 Free	LY-VA	17	---	5.84
	28.56	1:00.85				
	(28.56)	(32.29)				
4:43.36L	F # 16	Male 13 & Over 400 Free	LY-VA	3	---	22.08
	31.92	1:06.95 1:42.40 2:18.29	2:54.98 3:32.15	4:08.89 4:43.36		
	(31.92)	(35.03) (35.45) (35.89)	(36.69) (37.17)	(36.74) (34.47)		
2:12.53L	F # 30	Male 13 & Over 200 Free	LY-VA	7	---	7.62
	30.91	1:05.41 1:40.54 2:12.53				
	(30.91)	(34.50) (35.13) (31.99)				
1:10.03L	F # 32	Male 13 & Over 100 Fly	LY-VA	20	---	7.88
	32.01	1:10.03				
	(32.01)	(38.02)				
1:12.23L	F # 34	Male 13 & Over 100 Back	LY-VA	13	---	6.88
	34.50	1:12.23				
	(34.50)	(37.73)				
2:29.43L	F # 36	Male 13 & Over 200 Back	LY-VA	3	---	3.62
	36.26	1:13.68 1:51.83 2:29.43				
	(36.26)	(37.42) (38.15) (37.60)				
1:25.41L	F # 38	Male 13 & Over 100 Breast	LY-VA	22	---	7.19
	40.72	1:25.41				
	(40.72)	(44.69)				
26.64L	F # 40	Male 13 & Over 50 Free	LY-VA	11	---	1.57
2:35.64L	F # 42	Male 13 & Over 200 IM	LY-VA	17	---	14.16
	31.83	1:12.71 2:00.24 2:35.64				
	(31.83)	(40.88) (47.53) (35.40)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Taylor Woodruff (14) F						
10:26.95L	F # 5	Female Open 800 Free	LY-VA	10	---	10.29
	35.87	1:14.58 1:54.10 2:33.09	3:12.39 3:51.50	4:31.26 5:10.51		
	(35.87)	(38.71) (39.52) (38.99)	(39.30) (39.11)	(39.76) (39.25)		
	5:50.54	6:29.83 7:10.12 7:49.61	8:29.63 9:09.18	9:43.77 10:26.95		
	(40.03)	(39.29) (40.29) (39.49)	(40.02) (39.55)	(34.59) (43.18)		
2:34.37L	F # 9	Female 13 & Over 200 Fly	LY-VA	4	---	9.07
	33.00	1:12.29 1:53.07 2:34.37				
	(33.00)	(39.29) (40.78) (41.30)				
1:07.67L	F # 11	Female 13 & Over 100 Free	LY-VA	22	---	3.53
	31.65	1:07.67				
	(31.65)	(36.02)				
4:59.78L	F # 15	Female 13 & Over 400 Free	LY-VA	11	---	1.23
	34.09	1:12.59 1:51.19 2:29.49	3:07.70 3:46.55	4:24.18 4:59.78		
	(34.09)	(38.50) (38.60) (38.30)	(38.21) (38.85)	(37.63) (35.60)		
1:08.82L	F # 31	Female 13 & Over 100 Fly	LY-VA	3	---	2.33
	32.72	1:08.82				
	(32.72)	(36.10)				
1:20.71L	F # 33	Female 13 & Over 100 Back	LY-VA	18	---	9.29
	38.21	1:20.71				
	(38.21)	(42.50)				
2:44.90L	F # 35	Female 13 & Over 200 Back	LY-VA	7	---	8.46
	38.77	1:21.77 2:05.03 2:44.90				
	(38.77)	(43.00) (43.26) (39.87)				
30.05L	F # 39	Female 13 & Over 50 Free	LY-VA	15	---	0.55

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv
Caleb Wu (14) M					
5:54.84L DQ	F # 2	Male Open 400 IM	LY-VA	---	---
	37.93	1:25.38 2:11.70 2:58.51 3:44.61 4:31.74 5:13.99 5:54.84			
	(37.93)	(47.45) (46.32) (46.81) (46.10) (47.13) (42.25) (40.85)			
10:40.71L	F # 6	Male Open 800 Free	LY-VA	9	---
	35.39	1:14.94 1:55.39 2:35.42 3:16.42 3:56.78 4:37.76 5:18.44			-21.54
	(35.39)	(39.55) (40.45) (40.03) (41.00) (40.36) (40.98) (40.68)			
	5:59.61	6:40.16 7:21.25 8:01.86 8:42.81 9:22.71 10:02.85 10:40.71			
	(41.17)	(40.55) (41.09) (40.61) (40.95) (39.90) (40.14) (37.86)			
1:04.55L	F # 12	Male 13 & Over 100 Free	LY-VA	28	---
	29.82	1:04.55			-0.62
	(29.82)	(34.73)			
2:55.73L	F # 14	Male 13 & Over 200 Breast	LY-VA	12	---
	39.21	1:24.28 2:11.39 2:55.73			8.20
	(39.21)	(45.07) (47.11) (44.34)			
5:19.08L	F # 16	Male 13 & Over 400 Free	LY-VA	23	---
	34.19	1:13.38 1:53.92 2:35.17 3:16.44 3:58.03 4:39.24 5:19.08			8.13
	(34.19)	(39.19) (40.54) (41.25) (41.27) (41.59) (41.21) (39.84)			
2:27.57L	F # 30	Male 13 & Over 200 Free	LY-VA	31	---
	32.66	1:10.56 1:49.56 2:27.57			5.70
	(32.66)	(37.90) (39.00) (38.01)			
1:14.90L	F # 34	Male 13 & Over 100 Back	LY-VA	17	---
	36.48	1:14.90			-2.17
	(36.48)	(38.42)			
1:16.99L	F # 38	Male 13 & Over 100 Breast	LY-VA	10	---
	37.10	1:16.99			1.77
	(37.10)	(39.89)			
28.82L	F # 40	Male 13 & Over 50 Free	LY-VA	30	---
2:38.63L	F # 42	Male 13 & Over 200 IM	LY-VA	19	---
	34.66	1:17.49 2:03.02 2:38.63			-6.50
	(34.66)	(42.83) (45.53) (35.61)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
Titus Wu (9) M						
3:09.62L	F # 4C	Male 9-9 200 IM	LY-VA	1	---	-19.52
	43.01	1:32.02 2:27.51 3:09.62				
	(43.01)	(49.01) (55.49) (42.11)				
5:55.38L	F # 8C	Male 9-9 400 Free	LY-VA	1	---	-24.49
	38.36	1:23.79 2:09.42 2:55.33 3:41.20 4:27.22 5:12.08 5:55.38				
	(38.36)	(45.43) (45.63) (45.91) (45.87) (46.02) (44.86) (43.30)				
40.52L	F # 20C	Male 9-9 50 Fly	LY-VA	1	20	-5.34
2:49.91L	F # 22C	Male 9-9 200 Free	LY-VA	1	---	-11.85
	38.02	1:22.62 2:07.05 2:49.91				
	(38.02)	(44.60) (44.43) (42.86)				
1:47.71L	F # 24C	Male 9-9 100 Breast	LY-VA	1	---	-2.49
	52.75	1:47.71				
	(52.75)	(54.96)				
1:29.16L	F # 26C	Male 9-9 100 Back	LY-VA	1	---	-7.72
	43.26	1:29.16				
	(43.26)	(45.90)				
41.20L	F # 44C	Male 9-9 50 Back	LY-VA	1	---	-3.64
48.01L	F # 46C	Male 9-9 50 Breast	LY-VA	1	---	-4.77
1:17.92L	F # 48C	Male 9-9 100 Free	LY-VA	1	---	-5.97
	36.66	1:17.92				
	(36.66)	(41.26)				
1:32.35L	F # 52C	Male 9-9 100 Fly	LY-VA	1	---	-20.50
	43.38	1:32.35				
	(43.38)	(48.97)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 HOKI May Day Invite 02-May-25 to 04-May-25 LC Meters

Location: Christiansburg Aquatic Center

Time	F/P/S	Event	Place	Points	Improv	
George Xu (17) M						
2:36.47L	F # 10	Male 13 & Over 200 Fly	LY-VA	9	---	16.84
	32.63	1:10.71 1:52.18 2:36.47				
	(32.63)	(38.08) (41.47) (44.29)				
59.94L	F # 12	Male 13 & Over 100 Free	LY-VA	14	---	2.68
	28.88	59.94				
	(28.88)	(31.06)				
4:56.04L	F # 16	Male 13 & Over 400 Free	LY-VA	9	---	22.71
	34.09	1:11.21 1:49.63 2:27.54 3:05.02 3:43.05 4:20.01 4:56.04				
	(34.09)	(37.12) (38.42) (37.91) (37.48) (38.03) (36.96) (36.03)				
1:05.65L	F # 32	Male 13 & Over 100 Fly	LY-VA	11	---	4.35
	30.64	1:05.65				
	(30.64)	(35.01)				
1:10.23L	F # 34	Male 13 & Over 100 Back	LY-VA	9	---	4.35
	34.36	1:10.23				
	(34.36)	(35.87)				
2:33.51L	F # 36	Male 13 & Over 200 Back	LY-VA	6	---	11.82
	35.76	1:14.09 1:53.97 2:33.51				
	(35.76)	(38.33) (39.88) (39.54)				
27.11L	F # 40	Male 13 & Over 50 Free	LY-VA	17	---	-0.09
2:30.03L	F # 42	Male 13 & Over 200 IM	LY-VA	9	---	10.01
	30.62	1:08.50 1:54.83 2:30.03				
	(30.62)	(37.88) (46.33) (35.20)				