

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv
Quentin Bailey (10) M					
3:18.16L	P # 28A	Male 10 & Under 200 Free	LY-VA	17	---
	45.04	1:36.46 --- 3:18.16			
	(45.04)	(51.42) --- (3:18.16)			
1:47.88L	P # 36A	Male 10 & Under 100 Back	LY-VA	23	---
	---	1:47.88			
	---	(1:47.88)			
56.20L	P # 40A	Male 10 & Under 50 Breast	LY-VA	18	---
Shirley Barger (15) F					
31.72L	P # 5B	Female 15 & Over 50 Free	LY-VA	35	---
1:32.86L	P # 17B	Female 15 & Over 100 Breast	LY-VA	19	---
	44.25	1:32.86			
	(44.25)	(48.61)			
5:14.47L	F # 21B	Female 15 & Over 400 Free	LY-VA	32	---
	36.41	1:15.43 1:55.72 2:35.26 3:16.08 3:56.28 4:36.67 5:14.47			
	(36.41)	(39.02) (40.29) (39.54) (40.82) (40.20) (40.39) (37.80)			
2:28.49L	P # 25B	Female 15 & Over 200 Free	LY-VA	38	---
	34.70	1:11.98 1:50.25 2:28.49			
	(34.70)	(37.28) (38.27) (38.24)			
1:25.81L	P # 33B	Female 15 & Over 100 Back	LY-VA	34	---
	43.08	1:25.81			
	(43.08)	(42.73)			
6:08.31L	F # 41B	Female 15 & Over 400 IM	LY-VA	18	---
	38.99	1:24.69 2:16.34 3:05.33 3:57.88 4:50.23 5:30.35 6:08.31			
	(38.99)	(45.70) (51.65) (48.99) (52.55) (52.35) (40.12) (37.96)			
1:09.48L	P # 49B	Female 15 & Over 100 Free	LY-VA	49	---
	33.14	1:09.48			
	(33.14)	(36.34)			
3:18.54L	P # 53B	Female 15 & Over 200 Breast	LY-VA	16	---
	44.54	1:34.90 2:26.46 3:18.54			
	(44.54)	(50.36) (51.56) (52.08)			
3:18.93L	F # 53B	Female 15 & Over 200 Breast	LY-VA	12	---
	44.84	1:34.95 2:27.80 3:18.93			
	(44.84)	(50.11) (52.85) (51.13)			
10:47.64L	F # 69B	Female 15 & Over 800 Free	LY-VA	16	---
	37.19	1:17.38 1:57.98 2:38.50 3:18.99 3:59.38 7:23.86 5:20.35			
	(37.19)	(40.19) (40.60) (40.52) (40.49) (40.39) (3:24.48) (123.51)			
	---	6:42.76 --- --- --- 9:26.98 10:07.99 10:47.64			
	---	(6:42.76) --- --- --- (9:26.98) (41.01) (39.65)			

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Time	F/P/S	Event	Place	Points	Improv			
Cole Campbell (16) M								
27.34L	P # 6B	Male 15 & Over 50 Free	LY-VA	34	---	1.52		
2:39.07L	P # 10B	Male 15 & Over 200 IM	LY-VA	32	---	11.72		
	31.23	1:14.00	2:01.44	2:39.07				
	(31.23)	(42.77)	(47.44)	(37.63)				
1:20.12L	P # 18B	Male 15 & Over 100 Breast	LY-VA	34	---	4.75		
	37.17	1:20.12						
	(37.17)	(42.95)						
1:01.73L	P # 50B	Male 15 & Over 100 Free	LY-VA	40	---	5.10		
	28.24	1:01.73						
	(28.24)	(33.49)						
2:57.66L	P # 54B	Male 15 & Over 200 Breast	LY-VA	24	---	3.21		
	38.86	1:22.83	2:08.88	2:57.66				
	(38.86)	(43.97)	(46.05)	(48.78)				
28.52L	P # 62B	Male 15 & Over 50 Fly	LY-VA	20	---	-0.88		
Ben Cook (8) M								
59.25L	P # 16A	Male 10 & Under 50 Back	LY-VA	33	---	---		
2:19.49L	P # 20A	Male 10 & Under 100 Breast	LY-VA	20	---	6.53		
	1:05.38	2:19.49						
	(1:05.38)	(1:14.11)						
7:55.04L	F # 24A	Male 10 & Under 400 Free	LY-VA	9	---	10.47		
	52.25	1:52.73	---	3:57.42	---	---	7:02.00	7:55.04
	(52.25)	(1:00.48)	---	(3:57.42)	---	---	(7:02.00)	(53.04)
3:36.55L	P # 28A	Male 10 & Under 200 Free	LY-VA	26	---	---		
	47.94	1:45.47	2:42.25	3:36.55				
	(47.94)	(57.53)	(56.78)	(54.30)				
1:01.38L	P # 40A	Male 10 & Under 50 Breast	LY-VA	28	---	---		
9:22.56L	F # 44A	Male 10 & Under 400 IM	LY-VA	3	---	---		
	1:15.57	2:50.53	3:56.93	5:04.40	6:14.34	7:25.17	8:25.02	9:22.56
	(1:15.57)	(1:34.96)	(1:06.40)	(1:07.47)	(1:09.94)	(1:10.83)	(59.85)	(57.54)
16:07.96L	F # 72A	Male 10 & Under 800 Free	LY-VA	4	---	---		
	52.84	1:50.61	2:50.31	3:51.26	4:52.09	5:55.11	6:58.75	8:02.61
	(52.84)	(57.77)	(59.70)	(1:00.95)	(1:00.83)	(1:03.02)	(1:03.64)	(1:03.86)
	9:07.16	10:14.17	11:16.47	12:19.23	13:06.53	14:18.06	15:18.11	16:07.96
	(1:04.55)	(1:07.01)	(1:02.30)	(1:02.76)	(47.30)	(1:11.53)	(1:00.05)	(49.85)

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Time	F/P/S	Event	Place	Points	Improv			
Isaac Cook (14) M								
28.07L	P # 6A	Male 13-14 50 Free	LY-VA	11	---	0.02		
28.45L	F # 6A	Male 13-14 50 Free	LY-VA	14	---	0.40		
2:32.76L	P # 10A	Male 13-14 200 IM	LY-VA	5	---	---		
	31.67	1:12.22	1:56.97	2:32.76				
	(31.67)	(40.55)	(44.75)	(35.79)				
2:32.97L	F # 10A	Male 13-14 200 IM	LY-VA	6	---	---		
	31.47	1:10.87	1:55.95	2:32.97				
	(31.47)	(39.40)	(45.08)	(37.02)				
1:21.88L	F # 18A	Male 13-14 100 Breast	LY-VA	10	---	---		
	38.88	1:21.88						
	(38.88)	(43.00)						
1:22.62L	P # 18A	Male 13-14 100 Breast	LY-VA	12	---	---		
	39.23	1:22.62						
	(39.23)	(43.39)						
1:07.64L	P # 30A	Male 13-14 100 Fly	LY-VA	6	---	-4.10		
	31.35	1:07.64						
	(31.35)	(36.29)						
1:07.86L	F # 30A	Male 13-14 100 Fly	LY-VA	6	---	-3.88		
	31.33	1:07.86						
	(31.33)	(36.53)						
1:11.61L	P # 34A	Male 13-14 100 Back	LY-VA	6	---	-1.16		
	34.88	1:11.61						
	(34.88)	(36.73)						
1:12.72L	F # 34A	Male 13-14 100 Back	LY-VA	8	---	-0.05		
	35.30	1:12.72						
	(35.30)	(37.42)						
5:35.24L	F # 42A	Male 13-14 400 IM	LY-VA	4	---	-6.68		
	34.78	1:15.67	2:01.27	2:44.48	3:32.03	4:18.36	4:58.42	5:35.24
	(34.78)	(40.89)	(45.60)	(43.21)	(47.55)	(46.33)	(40.06)	(36.82)
1:01.75L	F # 50A	Male 13-14 100 Free	LY-VA	11	---	-2.62		
	29.68	1:01.75						
	(29.68)	(32.07)						
1:02.18L	P # 50A	Male 13-14 100 Free	LY-VA	10	---	-2.19		
	30.20	1:02.18						
	(30.20)	(31.98)						

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Time	F/P/S	Event	Place	Points	Improv	
Matthew Cook (12) M						
3:16.12L	P # 12B	Male 11-12 200 IM	LY-VA	26	---	-5.41
	44.17	1:33.53 2:34.04 3:16.12				
	(44.17)	(49.36) (1:00.51) (42.08)				
41.65L	P # 16B	Male 11-12 50 Back	LY-VA	26	---	---
5:55.98L	F # 24B	Male 11-12 400 Free	LY-VA	22	---	1.59
	38.78	1:24.07 2:09.92 2:56.51 3:41.87 4:29.06 5:13.95 5:55.98				
	(38.78)	(45.29) (45.85) (46.59) (45.36) (47.19) (44.89) (42.03)				
2:47.72L	P # 28B	Male 11-12 200 Free	LY-VA	35	---	1.41
	38.18	1:20.98 2:06.23 2:47.72				
	(38.18)	(42.80) (45.25) (41.49)				
1:36.95L	P # 32B	Male 11-12 100 Fly	LY-VA	28	---	---
	45.92	1:36.95				
	(45.92)	(51.03)				
49.53L	P # 40B	Male 11-12 50 Breast	LY-VA	36	---	---
Anderson Cox (9) M						
41.66L	P # 8A	Male 10 & Under 50 Free	LY-VA	22	---	-3.17
56.82L	P # 16A	Male 10 & Under 50 Back	LY-VA	29	---	---
1:50.03L	F # 20A	Male 10 & Under 100 Breast	LY-VA	4	---	-25.79
	52.92	1:50.03				
	(52.92)	(57.11)				
1:56.05L	P # 20A	Male 10 & Under 100 Breast	LY-VA	4	---	-19.77
	53.84	1:56.05				
	(53.84)	(1:02.21)				
3:18.29L	P # 28A	Male 10 & Under 200 Free	LY-VA	18	---	-25.99
	45.15	1:34.15 2:26.62 3:18.29				
	(45.15)	(49.00) (52.47) (51.67)				
2:06.66L	P # 36A	Male 10 & Under 100 Back	LY-VA	34	---	---
	1:00.38	2:06.66				
	(1:00.38)	(1:06.28)				
53.29L DQ	P # 40A	Male 10 & Under 50 Breast	LY-VA	---	---	---
Clayton Cox (12) M						
2:46.83L	P # 28B	Male 11-12 200 Free	LY-VA	34	---	-2.78
	38.08	1:21.64 2:06.32 2:46.83				
	(38.08)	(43.56) (44.68) (40.51)				
1:35.38L	P # 32B	Male 11-12 100 Fly	LY-VA	27	---	---
	43.59	1:35.38				
	(43.59)	(51.79)				
52.08L	P # 40B	Male 11-12 50 Breast	LY-VA	38	---	-19.22
1:17.89L	P # 52B	Male 11-12 100 Free	LY-VA	45	---	---
	37.45	1:17.89				
	(37.45)	(40.44)				
3:21.79L	P # 60B	Male 11-12 200 Back	LY-VA	24	---	---
	48.92	1:39.74 --- 3:21.79				
	(48.92)	(50.82) --- (3:21.79)				
39.87L	P # 64B	Male 11-12 50 Fly	LY-VA	34	---	-1.62

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Time	F/P/S	Event				Place				Points	Improv
Liam Cox (11) M											
37.94L	P # 8B	Male	11-12 50 Free			LY-VA		43	---	0.85	
42.48L	P # 16B	Male	11-12 50 Back			LY-VA		29	---	-2.56	
5:55.60L	F # 24B	Male	11-12 400 Free			LY-VA		21	---	-3.69	
	39.08	1:24.09	2:10.15	2:56.23	3:43.01	4:28.35	5:14.37	5:55.60			
	(39.08)	(45.01)	(46.06)	(46.08)	(46.78)	(45.34)	(46.02)	(41.23)			
2:53.55L	P # 28B	Male	11-12 200 Free			LY-VA		40	---	1.83	
	40.00	1:24.99	2:09.76	2:53.55							
	(40.00)	(44.99)	(44.77)	(43.79)							
1:33.47L	P # 36B	Male	11-12 100 Back			LY-VA		35	---	-1.98	
	46.25	1:33.47									
	(46.25)	(47.22)									
53.52L	P # 40B	Male	11-12 50 Breast			LY-VA		40	---	0.40	
1:20.82L	P # 52B	Male	11-12 100 Free			LY-VA		47	---	-1.56	
	38.93	1:20.82									
	(38.93)	(41.89)									
47.12L	P # 64B	Male	11-12 50 Fly			LY-VA		43	---	-0.84	
12:06.22L	F # 72B	Male	11-12 800 Free			LY-VA		7	---	-5.78	
	40.38	1:25.22	2:11.34	2:56.48	3:42.87	4:28.96	5:15.83	6:02.05			
	(40.38)	(44.84)	(46.12)	(45.14)	(46.39)	(46.09)	(46.87)	(46.22)			
	6:49.84	7:35.60	8:23.36	9:08.92	9:54.51	10:40.25	11:24.58	12:06.22			
	(47.79)	(45.76)	(47.76)	(45.56)	(45.59)	(45.74)	(44.33)	(41.64)			
Lucas Cox (15) M											
32.53L	P # 6B	Male	15 & Over 50 Free			LY-VA		60	---	-0.88	
3:08.13L	P # 10B	Male	15 & Over 200 IM			LY-VA		42	---	0.09	
	47.82	1:37.17	2:29.95	3:08.13							
	(47.82)	(49.35)	(52.78)	(38.18)							
5:31.45L	F # 22B	Male	15 & Over 400 Free			LY-VA		30	---	-13.61	
	37.44	1:18.58	2:01.48	2:44.87	---	4:11.44	---	5:31.45			
	(37.44)	(41.14)	(42.90)	(43.39)	---	(4:11.44)	---	(5:31.45)			
3:23.36L	P # 54B	Male	15 & Over 200 Breast			LY-VA		33	---	-11.31	
	47.49	1:39.69	2:33.25	3:23.36							
	(47.49)	(52.20)	(53.56)	(50.11)							
41.23L	P # 62B	Male	15 & Over 50 Fly			LY-VA		50	---	-10.71	
11:32.74L	F # 70B	Male	15 & Over 800 Free			LY-VA		16	---	-2.36	
	37.38	1:20.56	2:04.50	2:48.05	3:31.55	4:15.33	6:29.22	5:43.88			
	(37.38)	(43.18)	(43.94)	(43.55)	(43.50)	(43.78)	(2:13.89)	(45.34)			
	7:59.47	7:14.25	9:29.37	8:43.96	---	10:11.97	10:52.89	11:32.74			
	(2:15.59)	(45.22)	(2:15.12)	(45.41)	---	(10:11.97)	(40.92)	(39.85)			

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Meredith Cox (13) F											
36.47L	P # 5A	Female	13-14	50 Free	LY-VA		41		---	-4.84	
3:18.39L	P # 9A	Female	13-14	200 IM	LY-VA		30		---	-12.61	
	46.49	1:36.91	2:34.87	3:18.39							
	(46.49)	(50.42)	(57.96)	(43.52)							
6:13.43L	F # 21A	Female	13-14	400 Free	LY-VA		28		---	-44.47	
	43.74	1:31.48	2:20.32	3:08.49	3:56.95	4:44.23	5:30.99	6:13.43			
	(43.74)	(47.74)	(48.84)	(48.17)	(48.46)	(47.28)	(46.76)	(42.44)			
2:51.02L	P # 25A	Female	13-14	200 Free	LY-VA		41		---	-12.56	
	42.21	1:26.17	2:09.85	2:51.02							
	(42.21)	(43.96)	(43.68)	(41.17)							
1:31.43L	P # 33A	Female	13-14	100 Back	LY-VA		34		---	-9.74	
	45.41	1:31.43									
	(45.41)	(46.02)									
52.13L	P # 37A	Female	13-14	50 Breast	LY-VA		33		---	-1.05	
Grey Dawson (9) M											
47.86L	P # 8A	Male	10 & Under	50 Free	LY-VA		33		---	---	
56.57L	P # 16A	Male	10 & Under	50 Back	LY-VA		28		---	---	
2:19.01L	P # 20A	Male	10 & Under	100 Breast	LY-VA		19		---	---	
	1:06.84	2:19.01									
	(1:06.84)	(1:12.17)									
Avery Duff (14) F											
34.18L	P # 5A	Female	13-14	50 Free	LY-VA		36		---	0.14	
3:31.51L	P # 9A	Female	13-14	200 IM	LY-VA		31		---	-14.88	
	45.40	1:39.96	2:47.83	3:31.51							
	(45.40)	(54.56)	(1:07.87)	(43.68)							
45.26L	P # 13A	Female	13-14	50 Back	LY-VA		29		---	-1.21	
2:51.59L	P # 25A	Female	13-14	200 Free	LY-VA		42		---	2.00	
	---	1:21.93	2:08.08	2:51.59							
	---	(1:21.93)	(46.15)	(43.51)							
1:42.28L	P # 29A	Female	13-14	100 Fly	LY-VA		26		---	-4.36	
	46.19	1:42.28									
	(46.19)	(56.09)									
1:41.05L	P # 33A	Female	13-14	100 Back	LY-VA		42		---	3.60	
	49.17	1:41.05									
	(49.17)	(51.88)									
1:16.50L	P # 49A	Female	13-14	100 Free	LY-VA		39		---	-0.12	
	36.17	1:16.50									
	(36.17)	(40.33)									
3:33.83L	P # 57A	Female	13-14	200 Back	LY-VA		28		---	-2.51	
	50.27	1:45.56	2:41.66	3:33.83							
	(50.27)	(55.29)	(56.10)	(52.17)							
41.83L	P # 61A	Female	13-14	50 Fly	LY-VA		38		---	-6.79	

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Tammy Eakkhattiyakorn (12) F								
34.89L	P # 7B	Female	11-12 50 Free	LY-VA	46	---	-3.62	
42.87L	P # 15B	Female	11-12 50 Back	LY-VA	31	---	-0.71	
6:04.79L	F # 23B	Female	11-12 400 Free	LY-VA	22	---	---	
	41.32	1:27.94	2:15.39	3:03.64	3:50.81	4:37.27	5:21.17	6:04.79
	(41.32)	(46.62)	(47.45)	(48.25)	(47.17)	(46.46)	(43.90)	(43.62)
2:47.30L	P # 27B	Female	11-12 200 Free	LY-VA	38	---	-5.69	
	37.86	1:19.87	2:04.66	2:47.30				
	(37.86)	(42.01)	(44.79)	(42.64)				
1:31.28L	P # 35B	Female	11-12 100 Back	LY-VA	37	---	-2.64	
	44.61	1:31.28						
	(44.61)	(46.67)						
47.27L	P # 39B	Female	11-12 50 Breast	LY-VA	36	---	-2.26	
1:16.39L	P # 51B	Female	11-12 100 Free	LY-VA	42	---	-4.59	
	37.34	1:16.39						
	(37.34)	(39.05)						
3:38.03L	P # 55B	Female	11-12 200 Breast	LY-VA	22	---	-34.91	
	49.38	1:45.45	2:41.86	3:38.03				
	(49.38)	(56.07)	(56.41)	(56.17)				
44.91L	P # 63B	Female	11-12 50 Fly	LY-VA	55	---	-0.75	

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Time	F/P/S	Event	Place	Points	Improv	
Tyler Eakkhattiyakorn (14) M						
31.35L	P # 6A	Male 13-14 50 Free	LY-VA	32	---	-0.39
2:54.70L	P # 10A	Male 13-14 200 IM	LY-VA	16	---	-0.72
	38.32	1:25.57	2:11.70	2:54.70		
	(38.32)	(47.25)	(46.13)	(43.00)		
2:55.52L	F # 10A	Male 13-14 200 IM	LY-VA	16	---	0.10
	39.64	1:25.73	2:13.15	2:55.52		
	(39.64)	(46.09)	(47.42)	(42.37)		
1:22.23L	F # 18A	Male 13-14 100 Breast	LY-VA	12	---	-2.73
	39.18	1:22.23				
	(39.18)	(43.05)				
1:24.37L	P # 18A	Male 13-14 100 Breast	LY-VA	16	---	-0.59
	40.13	1:24.37				
	(40.13)	(44.24)				
2:40.34L	P # 26A	Male 13-14 200 Free	LY-VA	29	---	1.36
	35.90	1:17.25	1:59.26	2:40.34		
	(35.90)	(41.35)	(42.01)	(41.08)		
1:26.18L	P # 34A	Male 13-14 100 Back	LY-VA	29	---	-5.69
	42.54	1:26.18				
	(42.54)	(43.64)				
36.80L	F # 38A	Male 13-14 50 Breast	LY-VA	7	---	-0.34
36.93L	P # 38A	Male 13-14 50 Breast	LY-VA	8	---	-0.21
1:11.80L	P # 50A	Male 13-14 100 Free	LY-VA	33	---	2.19
	33.97	1:11.80				
	(33.97)	(37.83)				
3:01.85L	P # 54A	Male 13-14 200 Breast	LY-VA	9	---	1.54
	40.32	1:25.80	2:14.43	3:01.85		
	(40.32)	(45.48)	(48.63)	(47.42)		
3:02.58L	F # 54A	Male 13-14 200 Breast	LY-VA	9	---	2.27
	41.14	1:28.24	2:15.95	3:02.58		
	(41.14)	(47.10)	(47.71)	(46.63)		
39.11L	P # 62A	Male 13-14 50 Fly	LY-VA	31	---	-5.15

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
Evy Edwards (11) F						
38.95L	P # 7B	Female 11-12 50 Free	LY-VA	56	---	-2.56
48.90L	P # 15B	Female 11-12 50 Back	LY-VA	42	---	-4.63
1:51.93L	P # 19B	Female 11-12 100 Breast	LY-VA	31	---	-31.80
	53.41	1:51.93				
	(53.41)	(58.52)				
3:10.52L	P # 27B	Female 11-12 200 Free	LY-VA	54	---	-37.07
	41.23	1:30.24 2:21.18 3:10.52				
	(41.23)	(49.01) (50.94) (49.34)				
1:45.10L	P # 35B	Female 11-12 100 Back	LY-VA	50	---	-19.21
	---	1:45.10				
	---	(1:45.10)				
52.90L	P # 39B	Female 11-12 50 Breast	LY-VA	48	---	-4.44
1:30.11L	P # 51B	Female 11-12 100 Free	LY-VA	67	---	-16.10
	40.87	1:30.11				
	(40.87)	(49.24)				
42.60L	P # 63B	Female 11-12 50 Fly	LY-VA	50	---	-5.23

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv					
Sam Edwards (14) M										
29.64L	P # 6A	Male 13-14 50 Free	LY-VA	19	---	-0.91				
32.85L	F # 14A	Male 13-14 50 Back	LY-VA	4	---	-0.39				
32.96L	P # 14A	Male 13-14 50 Back	LY-VA	3	---	-0.28				
4:54.77L	F # 22A	Male 13-14 400 Free	LY-VA	4	15	1.31				
	33.21	1:09.28	1:46.86	2:24.33	3:01.91	3:39.79	4:18.14	4:54.77		
	(33.21)	(36.07)	(37.58)	(37.47)	(37.58)	(37.88)	(38.35)	(36.63)		
2:18.08L	P # 26A	Male 13-14 200 Free	LY-VA	5	---	1.24				
	31.68	1:06.71	1:43.24	2:18.08						
	(31.68)	(35.03)	(36.53)	(34.84)						
2:19.84L	F # 26A	Male 13-14 200 Free	LY-VA	9	---	3.00				
	31.47	1:06.50	1:43.92	2:19.84						
	(31.47)	(35.03)	(37.42)	(35.92)						
1:11.21L	F # 34A	Male 13-14 100 Back	LY-VA	5	---	-0.16				
	34.81	1:11.21								
	(34.81)	(36.40)								
1:12.20L	P # 34A	Male 13-14 100 Back	LY-VA	7	---	0.83				
	34.84	1:12.20								
	(34.84)	(37.36)								
5:29.27L	F # 42A	Male 13-14 400 IM	LY-VA	3	---	-0.05				
	34.97	1:14.97	1:57.83	2:39.19	3:26.92	4:14.73	4:52.85	5:29.27		
	(34.97)	(40.00)	(42.86)	(41.36)	(47.73)	(47.81)	(38.12)	(36.42)		
1:05.19L	P # 50A	Male 13-14 100 Free	LY-VA	20	---	1.10				
	31.25	1:05.19								
	(31.25)	(33.94)								
1:05.76L	F # 50A	Male 13-14 100 Free	LY-VA	18	---	1.67				
	31.43	1:05.76								
	(31.43)	(34.33)								
2:32.52L	P # 58A	Male 13-14 200 Back	LY-VA	2	---	-0.53				
	35.65	1:14.91	1:54.39	2:32.52						
	(35.65)	(39.26)	(39.48)	(38.13)						
2:32.69L	F # 58A	Male 13-14 200 Back	LY-VA	3	---	-0.36				
	35.70	1:14.88	1:55.06	2:32.69						
	(35.70)	(39.18)	(40.18)	(37.63)						
10:08.24L	F # 70A	Male 13-14 800 Free	LY-VA	2	---	12.81				
	34.09	1:12.13	1:50.56	2:28.89	3:07.77	3:46.53	4:25.26	5:03.96		
	(34.09)	(38.04)	(38.43)	(38.33)	(38.88)	(38.76)	(38.73)	(38.70)		
	5:42.28	6:20.79	6:58.74	7:37.39	8:15.86	8:54.15	9:21.42	10:08.24		
	(38.32)	(38.51)	(37.95)	(38.65)	(38.47)	(38.29)	(27.27)	(46.82)		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv
Eli Fleenor (15) M					
29.64L	P # 6B	Male 15 & Over 50 Free	LY-VA	54	---
1:42.50L	P # 18B	Male 15 & Over 100 Breast	LY-VA	46	---
	47.78	1:42.50			
	(47.78)	(54.72)			
2:32.00L	P # 26B	Male 15 & Over 200 Free	LY-VA	46	---
	33.70	1:13.49 1:54.03 2:32.00			
	(33.70)	(39.79) (40.54) (37.97)			
42.37L	P # 38B	Male 15 & Over 50 Breast	LY-VA	40	---
1:07.99L	P # 50B	Male 15 & Over 100 Free	LY-VA	63	---
	31.53	1:07.99			
	(31.53)	(36.46)			
3:41.81L	P # 54B	Male 15 & Over 200 Breast	LY-VA	34	---
	47.17	1:43.60 2:43.87 3:41.81			
	(47.17)	(56.43) (1:00.27) (57.94)			
37.24L	P # 62B	Male 15 & Over 50 Fly	LY-VA	48	---
Evan Fong (16) M					
28.18L	P # 6B	Male 15 & Over 50 Free	LY-VA	46	---
2:32.33L	P # 10B	Male 15 & Over 200 IM	LY-VA	25	---
	31.06	1:09.72 1:55.20 2:32.33			
	(31.06)	(38.66) (45.48) (37.13)			
1:19.66L	P # 18B	Male 15 & Over 100 Breast	LY-VA	32	---
	36.91	1:19.66			
	(36.91)	(42.75)			
1:05.63L	F # 34B	Male 15 & Over 100 Back	LY-VA	11	---
	32.19	1:05.63			
	(32.19)	(33.44)			
1:05.88L	P # 34B	Male 15 & Over 100 Back	LY-VA	12	---
	31.67	1:05.88			
	(31.67)	(34.21)			
35.84L	P # 38B	Male 15 & Over 50 Breast	LY-VA	25	---
5:35.85L	F # 42B	Male 15 & Over 400 IM	LY-VA	19	---
	33.79	1:15.17 1:59.74 2:42.95 3:31.06 4:19.69 4:59.49 5:35.85			
	(33.79)	(41.38) (44.57) (43.21) (48.11) (48.63) (39.80) (36.36)			
1:01.15L	P # 50B	Male 15 & Over 100 Free	LY-VA	35	---
	29.75	1:01.15			
	(29.75)	(31.40)			
2:57.31L	P # 54B	Male 15 & Over 200 Breast	LY-VA	22	---
	39.47	1:25.40 2:12.14 2:57.31			
	(39.47)	(45.93) (46.74) (45.17)			
29.84L	P # 62B	Male 15 & Over 50 Fly	LY-VA	32	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Zachary Fong (11) M						
43.11L	P # 8B	Male 11-12 50 Free	LY-VA	46	---	-3.61
49.75L	P # 16B	Male 11-12 50 Back	LY-VA	31	---	-0.63
2:05.69L	P # 20B	Male 11-12 100 Breast	LY-VA	27	---	-11.97
	57.95	2:05.69				
	(57.95)	(1:07.74)				
3:15.38L	P # 28B	Male 11-12 200 Free	LY-VA	47	---	-22.11
	43.48	1:33.67 2:26.53 3:15.38				
	(43.48)	(50.19) (52.86) (48.85)				
1:43.07L	P # 36B	Male 11-12 100 Back	LY-VA	41	---	-6.93
	48.62	1:43.07				
	(48.62)	(54.45)				
55.53L	P # 40B	Male 11-12 50 Breast	LY-VA	43	---	-7.42
1:35.51L	P # 52B	Male 11-12 100 Free	LY-VA	53	---	---
	---	1:35.51				
	---	(1:35.51)				
52.49L	P # 64B	Male 11-12 50 Fly	LY-VA	47	---	---
Jocelyn French (14) F						
33.75L	P # 5A	Female 13-14 50 Free	LY-VA	34	---	-4.03
3:11.86L	P # 9A	Female 13-14 200 IM	LY-VA	29	---	-37.71
	39.42	1:33.07 2:29.36 3:11.86				
	(39.42)	(53.65) (56.29) (42.50)				
1:34.25L	P # 17A	Female 13-14 100 Breast	LY-VA	16	---	---
	45.43	1:34.25				
	(45.43)	(48.82)				
1:34.45L	F # 17A	Female 13-14 100 Breast	LY-VA	17	---	---
	44.74	1:34.45				
	(44.74)	(49.71)				
2:47.08L	P # 25A	Female 13-14 200 Free	LY-VA	38	---	-31.06
	38.77	1:21.72 2:06.96 2:47.08				
	(38.77)	(42.95) (45.24) (40.12)				
1:38.77L	P # 33A	Female 13-14 100 Back	LY-VA	39	---	---
	48.02	1:38.77				
	(48.02)	(50.75)				
41.73L	F # 37A	Female 13-14 50 Breast	LY-VA	16	---	-7.29
42.77L	P # 37A	Female 13-14 50 Breast	LY-VA	16	---	-6.25
1:17.38L	P # 49A	Female 13-14 100 Free	LY-VA	40	---	-12.87
	36.08	1:17.38				
	(36.08)	(41.30)				
3:22.90L	F # 53A	Female 13-14 200 Breast	LY-VA	12	---	-34.59
	47.05	1:40.76 2:33.72 3:22.90				
	(47.05)	(53.71) (52.96) (49.18)				
3:29.67L	P # 53A	Female 13-14 200 Breast	LY-VA	14	---	-27.82
	49.18	1:44.49 2:39.69 3:29.67				
	(49.18)	(55.31) (55.20) (49.98)				
39.97L	P # 61A	Female 13-14 50 Fly	LY-VA	35	---	-11.79

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv
Emma Graterol Quijada (8) F					
51.69L	P # 7A	Female 10 & Under 50 Free	LY-VA	37	---
59.69L	P # 15A	Female 10 & Under 50 Back	LY-VA	28	---
2:09.96L	P # 35A	Female 10 & Under 100 Back	LY-VA	43	---
	1:01.80	2:09.96			
	(1:01.80)	(1:08.16)			
1:17.16L	P # 39A	Female 10 & Under 50 Breast	LY-VA	42	---
1:53.51L	P # 51A	Female 10 & Under 100 Free	LY-VA	43	---
	52.10	1:53.51			
	(52.10)	(1:01.41)			
1:24.55L DQ	P # 63A	Female 10 & Under 50 Fly	LY-VA	---	---
Zelynn Gustafson (16) F					
33.11L	P # 5B	Female 15 & Over 50 Free	LY-VA	40	---
3:05.67L	P # 9B	Female 15 & Over 200 IM	LY-VA	36	---
	45.37	1:33.88	2:27.88	3:05.67	
	(45.37)	(48.51)	(54.00)	(37.79)	
5:39.89L	F # 21B	Female 15 & Over 400 Free	LY-VA	40	---
	37.71	1:19.64	2:03.42	2:46.05	3:30.15
	(37.71)	(41.93)	(43.78)	(42.63)	(44.10)
					(44.05)
					(43.64)
					(42.05)
2:34.76L	P # 25B	Female 15 & Over 200 Free	LY-VA	48	---
	35.32	1:13.89	1:54.51	2:34.76	
	(35.32)	(38.57)	(40.62)	(40.25)	
1:30.45L	P # 33B	Female 15 & Over 100 Back	LY-VA	40	---
	45.30	1:30.45			
	(45.30)	(45.15)			
48.23L	P # 37B	Female 15 & Over 50 Breast	LY-VA	21	---
1:12.53L	P # 49B	Female 15 & Over 100 Free	LY-VA	55	---
	34.91	1:12.53			
	(34.91)	(37.62)			
3:12.05L	P # 57B	Female 15 & Over 200 Back	LY-VA	31	---
	2:24.09	1:34.63	---	3:12.05	
	(2:24.09)	(49.46)	---	(3:12.05)	
11:51.26L	F # 69B	Female 15 & Over 800 Free	LY-VA	21	---
	39.89	1:23.54	2:08.56	2:53.41	---
	(39.89)	(43.65)	(45.02)	(44.85)	---
	---	7:25.59	---	8:56.64	---
	---	(7:25.59)	---	(8:56.64)	---

					(11:51.26)

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Chandler Henry (17) M						
5:25.08L	F # 42B	Male 15 & Over 400 IM	LY-VA	12	---	-12.34
	33.58	1:11.57 1:55.28 2:38.02	3:23.77 4:09.62 4:48.08	5:25.08		
	(33.58)	(37.99) (43.71) (42.74)	(45.75) (45.85) (38.46)	(37.00)		
1:03.88L	P # 50B	Male 15 & Over 100 Free	LY-VA	53	---	-0.64
	30.44	1:03.88				
	(30.44)	(33.44)				
2:53.81L	F # 54B	Male 15 & Over 200 Breast	LY-VA	16	---	-1.01
	38.81	1:23.58 2:08.48 2:53.81				
	(38.81)	(44.77) (44.90) (45.33)				
2:57.15L	P # 54B	Male 15 & Over 200 Breast	LY-VA	20	---	2.33
	37.46	1:21.72 2:09.09 2:57.15				
	(37.46)	(44.26) (47.37) (48.06)				
10:25.92L	F # 70B	Male 15 & Over 800 Free	LY-VA	12	---	---
	33.83	1:13.34 1:52.83 2:32.44	3:11.25 3:50.78 4:30.06	5:09.50		
	(33.83)	(39.51) (39.49) (39.61)	(38.81) (39.53) (39.28)	(39.44)		
	5:48.99	6:28.31 7:08.71 7:48.98	8:28.80 9:08.49 9:47.74	10:25.92		
	(39.49)	(39.32) (40.40) (40.27)	(39.82) (39.69) (39.25)	(38.18)		
Connor Henry (12) M						
36.75L	P # 8B	Male 11-12 50 Free	LY-VA	42	---	0.46
3:37.21L	P # 12B	Male 11-12 200 IM	LY-VA	29	---	---
	52.29	1:52.14 2:49.05 3:37.21				
	(52.29)	(59.85) (56.91) (48.16)				
6:26.96L	F # 24B	Male 11-12 400 Free	LY-VA	24	---	---
	40.50	1:30.87 2:19.76 3:09.89	3:59.61 4:50.00 5:40.55	6:26.96		
	(40.50)	(50.37) (48.89) (50.13)	(49.72) (50.39) (50.55)	(46.41)		
3:01.16L	P # 28B	Male 11-12 200 Free	LY-VA	42	---	-24.69
	40.92	1:29.80 2:17.07 3:01.16				
	(40.92)	(48.88) (47.27) (44.09)				
1:57.15L	P # 32B	Male 11-12 100 Fly	LY-VA	33	---	4.20
	51.84	1:57.15				
	(51.84)	(1:05.31)				
49.31L	P # 40B	Male 11-12 50 Breast	LY-VA	34	---	0.72
1:23.66L	P # 52B	Male 11-12 100 Free	LY-VA	49	---	-2.92
	39.80	1:23.66				
	(39.80)	(43.86)				
3:40.78L	F # 56B	Male 11-12 200 Breast	LY-VA	16	---	-41.09
	49.07	1:46.22 2:43.83 3:40.78				
	(49.07)	(57.15) (57.61) (56.95)				
3:47.73L	P # 56B	Male 11-12 200 Breast	LY-VA	19	---	-34.14
	50.28	1:51.22 2:49.49 3:47.73				
	(50.28)	(1:00.94) (58.27) (58.24)				
49.32L	P # 64B	Male 11-12 50 Fly	LY-VA	44	---	2.66

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
Myer Henry (8) M						
1:14.25L	P # 8A	Male 10 & Under 50 Free	LY-VA	42	---	---
1:18.00L	P # 16A	Male 10 & Under 50 Back	LY-VA	38	---	---
1:27.65L	P # 40A	Male 10 & Under 50 Breast	LY-VA	35	---	---
Trevor Henry (14) M						
1:16.65L	P # 50A	Male 13-14 100 Free	LY-VA	39	---	1.19
	37.26	1:16.65				
	(37.26)	(39.39)				
3:09.17L	P # 58A	Male 13-14 200 Back	LY-VA	15	---	-2.79
	45.31	1:33.79 2:22.67 3:09.17				
	(45.31)	(48.48) (48.88) (46.50)				
3:13.31L	F # 58A	Male 13-14 200 Back	LY-VA	12	---	1.35
	46.09	1:35.59 2:26.23 3:13.31				
	(46.09)	(49.50) (50.64) (47.08)				
38.48L	P # 62A	Male 13-14 50 Fly	LY-VA	30	---	-7.95
Ty Henry (9) M						
41.77L	P # 8A	Male 10 & Under 50 Free	LY-VA	23	---	-9.97
50.32L	P # 16A	Male 10 & Under 50 Back	LY-VA	18	---	-4.12
1:57.53L	F # 20A	Male 10 & Under 100 Breast	LY-VA	7	---	-12.72
	56.26	1:57.53				
	(56.26)	(1:01.27)				
2:02.07L	P # 20A	Male 10 & Under 100 Breast	LY-VA	7	---	-8.18
	57.00	2:02.07				
	(57.00)	(1:05.07)				
3:22.44L	P # 28A	Male 10 & Under 200 Free	LY-VA	21	---	---
	44.82	1:36.31 2:32.37 3:22.44				
	(44.82)	(51.49) (56.06) (50.07)				
1:47.79L	P # 36A	Male 10 & Under 100 Back	LY-VA	22	---	-8.70
	53.24	1:47.79				
	(53.24)	(54.55)				
56.63L	P # 40A	Male 10 & Under 50 Breast	LY-VA	21	---	1.89
1:36.03L	P # 52A	Male 10 & Under 100 Free	LY-VA	27	---	-6.52
	45.54	1:36.03				
	(45.54)	(50.49)				
55.93L	P # 64A	Male 10 & Under 50 Fly	LY-VA	23	---	-0.22
Margaret Herman (7) F						
52.54L	P # 7A	Female 10 & Under 50 Free	LY-VA	38	---	---
1:10.03L	P # 15A	Female 10 & Under 50 Back	LY-VA	34	---	---
2:36.83L	P # 19A	Female 10 & Under 100 Breast	LY-VA	26	---	---
	1:14.19	2:36.83				
	(1:14.19)	(1:22.64)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv
Nathaniel Herman (9) M					
44.21L	P # 8A	Male 10 & Under 50 Free	LY-VA	28	---
58.70L	P # 16A	Male 10 & Under 50 Back	LY-VA	32	---
7:27.24L	F # 24A	Male 10 & Under 400 Free	LY-VA	8	---
	48.48	1:44.22 2:42.63 3:39.42	4:39.24 5:37.20 6:34.82	7:27.24	
	(48.48)	(55.74) (58.41) (56.79)	(59.82) (57.96) (57.62)	(52.42)	
Ellington Hermosa (13) F					
34.91L	P # 5A	Female 13-14 50 Free	LY-VA	38	---
44.41L	P # 13A	Female 13-14 50 Back	LY-VA	28	---
6:03.83L	F # 21A	Female 13-14 400 Free	LY-VA	27	---
	---	2:10.45 2:56.63	---	4:30.96	---
	---	(2:10.45) (46.18)	---	(4:30.96)	---
2:54.17L	P # 25A	Female 13-14 200 Free	LY-VA	44	---
	---	1:22.69 2:10.91 2:54.17			
	---	(1:22.69) (48.22) (43.26)			
1:34.80L	P # 29A	Female 13-14 100 Fly	LY-VA	25	---
	41.31	1:34.80			
	(41.31)	(53.49)			
1:38.90L	P # 33A	Female 13-14 100 Back	LY-VA	40	---
	---	1:38.90			
	---	(1:38.90)			
1:19.87L	P # 49A	Female 13-14 100 Free	LY-VA	43	---
	37.88	1:19.87			
	(37.88)	(41.99)			
3:26.10L	P # 57A	Female 13-14 200 Back	LY-VA	27	---
	2:34.67	---			
	(2:34.67)	---			
35.95L	P # 61A	Female 13-14 50 Fly	LY-VA	25	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv
Sebastian Hermosa (15) M					
30.11L	P # 6B	Male 15 & Over 50 Free	LY-VA	55	---
3:05.02L	P # 10B	Male 15 & Over 200 IM	LY-VA	41	---
	36.20	1:22.68 2:24.90 3:05.02			
	(36.20)	(46.48) (1:02.22) (40.12)			
5:46.91L	F # 22B	Male 15 & Over 400 Free	LY-VA	31	---
	2:06.02	1:20.88 --- 2:51.38 3:37.03 4:22.25	---	5:46.91	
	(2:06.02)	(45.14) --- (2:51.38) (45.65) (45.22)	---	(5:46.91)	
2:42.16L	P # 26B	Male 15 & Over 200 Free	LY-VA	48	---
	34.47	1:14.74 --- 2:42.16			
	(34.47)	(40.27) --- (2:42.16)			
1:23.38L	P # 34B	Male 15 & Over 100 Back	LY-VA	39	---
	39.95	1:23.38			
	(39.95)	(43.43)			
42.32L	P # 38B	Male 15 & Over 50 Breast	LY-VA	39	---
1:09.21L	P # 50B	Male 15 & Over 100 Free	LY-VA	64	---
	32.39	1:09.21			
	(32.39)	(36.82)			
2:58.34L	F # 58B	Male 15 & Over 200 Back	LY-VA	17	---
	41.80	1:26.86 2:12.42 2:58.34			
	(41.80)	(45.06) (45.56) (45.92)			
3:00.13L	P # 58B	Male 15 & Over 200 Back	LY-VA	26	---
	41.86	1:25.79 2:15.21 3:00.13			
	(41.86)	(43.93) (49.42) (44.92)			
33.45L	P # 62B	Male 15 & Over 50 Fly	LY-VA	47	---
Carson Hill (10) M					
48.47L	P # 8A	Male 10 & Under 50 Free	LY-VA	35	---
58.17L	P # 16A	Male 10 & Under 50 Back	LY-VA	31	---
2:21.04L DQ	P # 20A	Male 10 & Under 100 Breast	LY-VA	---	---
	1:06.54	2:21.04			
	(1:06.54)	(1:14.50)			
3:54.81L	P # 28A	Male 10 & Under 200 Free	LY-VA	33	---
	50.21	1:54.26 2:55.67 3:54.81			
	(50.21)	(1:04.05) (1:01.41) (59.14)			
2:08.84L	P # 36A	Male 10 & Under 100 Back	LY-VA	35	---
	---	2:08.84			-1.40
	---	(2:08.84)			
59.53L	P # 40A	Male 10 & Under 50 Breast	LY-VA	25	---
1:51.31L	P # 52A	Male 10 & Under 100 Free	LY-VA	39	---
	49.59	1:51.31			3.40
	(49.59)	(1:01.72)			
1:03.50L	P # 64A	Male 10 & Under 50 Fly	LY-VA	28	---
					-6.08

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters
Location: Liberty University Natatorium

Time	F/P/S	Event				Place		Points	Improv	
Sydney Hill (14) F										
31.23L	P # 5A	Female 13-14 50 Free				LY-VA		17	---	-0.77
31.51L	F # 5A	Female 13-14 50 Free				LY-VA		17	---	-0.49
3:08.11L	P # 9A	Female 13-14 200 IM				LY-VA		28	---	-7.36
	42.21	1:29.97	2:26.35	3:08.11						
	(42.21)	(47.76)	(56.38)	(41.76)						
5:36.37L	F # 21A	Female 13-14 400 Free				LY-VA		23	---	-16.88
	36.95	1:18.48	---	2:44.88	3:28.25	4:12.27	4:56.60	5:36.37		
	(36.95)	(41.53)	---	(2:44.88)	(43.37)	(44.02)	(44.33)	(39.77)		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event				Place			Points	Improv
Ann-Margaret Holt (15) F										
28.52L	F # 5B	Female 15 & Over 50 Free				LY-VA		12	---	0.29
29.20L	P # 5B	Female 15 & Over 50 Free				LY-VA		18	---	0.97
33.00L	F # 13B	Female 15 & Over 50 Back				LY-VA		7	---	-0.82
33.38L	P # 13B	Female 15 & Over 50 Back				LY-VA		7	---	-0.44
4:36.58L	F # 21B	Female 15 & Over 400 Free				LY-VA		7	12	1.61
	32.04	1:06.29	1:41.33	2:16.27	2:51.41	3:26.95	4:02.30	4:36.58		
	(32.04)	(34.25)	(35.04)	(34.94)	(35.14)	(35.54)	(35.35)	(34.28)		
2:09.37L	F # 25B	Female 15 & Over 200 Free				LY-VA		6	---	0.92
	29.79	1:02.49	1:36.02	2:09.37						
	(29.79)	(32.70)	(33.53)	(33.35)						
2:10.82L	P # 25B	Female 15 & Over 200 Free				LY-VA		7	---	2.37
	30.99	1:03.75	1:37.71	2:10.82						
	(30.99)	(32.76)	(33.96)	(33.11)						
1:11.56L	F # 29B	Female 15 & Over 100 Fly				LY-VA		15	---	0.95
	33.69	1:11.56								
	(33.69)	(37.87)								
1:12.20L	P # 29B	Female 15 & Over 100 Fly				LY-VA		16	---	1.59
	33.85	1:12.20								
	(33.85)	(38.35)								
1:11.18L	F # 33B	Female 15 & Over 100 Back				LY-VA		10	---	1.44
	35.45	1:11.18								
	(35.45)	(35.73)								
1:12.02L	P # 33B	Female 15 & Over 100 Back				LY-VA		10	---	2.28
	35.17	1:12.02								
	(35.17)	(36.85)								
1:00.43L	F # 49B	Female 15 & Over 100 Free				LY-VA		13	---	-0.58
	29.13	1:00.43								
	(29.13)	(31.30)								
1:01.72L	P # 49B	Female 15 & Over 100 Free				LY-VA		16	---	0.71
	29.79	1:01.72								
	(29.79)	(31.93)								
2:32.05L	F # 57B	Female 15 & Over 200 Back				LY-VA		7	---	3.25
	36.01	1:14.42	1:53.38	2:32.05						
	(36.01)	(38.41)	(38.96)	(38.67)						
2:35.39L	P # 57B	Female 15 & Over 200 Back				LY-VA		9	---	6.59
	37.55	1:16.95	1:56.74	2:35.39						
	(37.55)	(39.40)	(39.79)	(38.65)						
9:45.65L	F # 69B	Female 15 & Over 800 Free				LY-VA		6	---	20.54
	32.68	1:08.05	1:44.43	2:21.74	2:59.21	3:36.47	4:13.45	4:51.26		
	(32.68)	(35.37)	(36.38)	(37.31)	(37.47)	(37.26)	(36.98)	(37.81)		
	5:28.07	6:05.47	6:42.27	7:19.13	7:55.55	8:32.26	9:09.48	9:45.65		
	(36.81)	(37.40)	(36.80)	(36.86)	(36.42)	(36.71)	(37.22)	(36.17)		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Davis Hottle (18) M						
26.50L	P # 6B	Male 15 & Over 50 Free	LY-VA	20	---	1.02
2:33.04L	P # 10B	Male 15 & Over 200 IM	LY-VA	26	---	6.85
	30.05	1:08.14 1:55.18 2:33.04				
	(30.05)	(38.09) (47.04) (37.86)				
29.92L	F # 14B	Male 15 & Over 50 Back	LY-VA	7	---	0.54
30.49L	P # 14B	Male 15 & Over 50 Back	LY-VA	6	---	1.11
2:06.11L	P # 26B	Male 15 & Over 200 Free	LY-VA	11	---	2.19
	28.92	1:00.57 1:33.67 2:06.11				
	(28.92)	(31.65) (33.10) (32.44)				
1:05.57L	P # 30B	Male 15 & Over 100 Fly	LY-VA	30	---	4.76
	30.88	1:05.57				
	(30.88)	(34.69)				
1:05.51L	P # 34B	Male 15 & Over 100 Back	LY-VA	11	---	2.22
	32.00	1:05.51				
	(32.00)	(33.51)				
Luke Hottle (16) M						
2:16.88L	F # 2B	Male 15 & Over 200 Fly	LY-VA	9	---	0.89
	30.75	1:05.68 1:41.85 2:16.88				
	(30.75)	(34.93) (36.17) (35.03)				
2:16.95L	P # 2B	Male 15 & Over 200 Fly	LY-VA	8	---	0.96
	31.20	1:05.86 1:42.70 2:16.95				
	(31.20)	(34.66) (36.84) (34.25)				
2:15.46L	F # 10B	Male 15 & Over 200 IM	LY-VA	3	---	4.17
	29.22	1:06.22 1:45.28 2:15.46				
	(29.22)	(37.00) (39.06) (30.18)				
2:16.29L	P # 10B	Male 15 & Over 200 IM	LY-VA	3	---	5.00
	29.59	1:06.49 1:45.28 2:16.29				
	(29.59)	(36.90) (38.79) (31.01)				
1:10.41L	F # 18B	Male 15 & Over 100 Breast	LY-VA	10	---	2.45
	33.71	1:10.41				
	(33.71)	(36.70)				
1:10.56L	P # 18B	Male 15 & Over 100 Breast	LY-VA	11	---	2.60
	33.58	1:10.56				
	(33.58)	(36.98)				
2:06.39L	P # 26B	Male 15 & Over 200 Free	LY-VA	12	---	4.11
	29.01	1:00.40 1:34.72 2:06.39				
	(29.01)	(31.39) (34.32) (31.67)				
1:01.15L	P # 30B	Male 15 & Over 100 Fly	LY-VA	14	---	0.36
	29.05	1:01.15				
	(29.05)	(32.10)				
4:57.28L	F # 42B	Male 15 & Over 400 IM	LY-VA	6	---	15.06
	30.74	1:05.68 1:45.91 2:25.07 3:05.94 3:47.46 4:23.49 4:57.28				
	(30.74)	(34.94) (40.23) (39.16) (40.87) (41.52) (36.03) (33.79)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Jaewon Hur (12) M						
3:26.77L	P # 28B	Male 11-12 200 Free	LY-VA	49	---	-22.31
	38.66	1:30.86 2:27.57 3:26.77				
	(38.66)	(52.20) (56.71) (59.20)				
1:54.10L	P # 36B	Male 11-12 100 Back	LY-VA	44	---	-21.08
	---	1:54.10				
	---	(1:54.10)				
48.13L	P # 40B	Male 11-12 50 Breast	LY-VA	31	---	---
1:26.83L	P # 52B	Male 11-12 100 Free	LY-VA	51	---	-14.85
	39.02	1:26.83				
	(39.02)	(47.81)				
3:41.23L	P # 56B	Male 11-12 200 Breast	LY-VA	16	---	---
	49.06	1:44.87 2:43.71 3:41.23				
	(49.06)	(55.81) (58.84) (57.52)				
50.36L	P # 64B	Male 11-12 50 Fly	LY-VA	45	---	-11.62
Eva Kendall (13) F						
33.71L	P # 5A	Female 13-14 50 Free	LY-VA	33	---	-0.51
40.49L	P # 13A	Female 13-14 50 Back	LY-VA	26	---	---
5:34.76L	F # 21A	Female 13-14 400 Free	LY-VA	21	---	-28.57
	37.89	1:20.83 2:04.54 2:48.24 3:30.71 4:13.86 4:54.40 5:34.76				
	(37.89)	(42.94) (43.71) (43.70) (42.47) (43.15) (40.54) (40.36)				
2:38.98L	P # 25A	Female 13-14 200 Free	LY-VA	33	---	-5.65
	36.78	1:17.67 1:59.66 2:38.98				
	(36.78)	(40.89) (41.99) (39.32)				
1:28.24L	P # 33A	Female 13-14 100 Back	LY-VA	30	---	0.34
	42.45	1:28.24				
	(42.45)	(45.79)				
44.10L DQ	P # 37A	Female 13-14 50 Breast	LY-VA	---	---	---
1:13.18L	P # 49A	Female 13-14 100 Free	LY-VA	33	---	-1.69
	34.89	1:13.18				
	(34.89)	(38.29)				
3:25.20L	F # 53A	Female 13-14 200 Breast	LY-VA	13	---	-6.17
	47.15	1:39.00 2:32.48 3:25.20				
	(47.15)	(51.85) (53.48) (52.72)				
3:27.10L	P # 53A	Female 13-14 200 Breast	LY-VA	13	---	-4.27
	46.18	1:40.01 2:33.95 3:27.10				
	(46.18)	(53.83) (53.94) (53.15)				
3:04.95L	P # 57A	Female 13-14 200 Back	LY-VA	21	---	---
	44.37	1:31.16 2:19.87 3:04.95				
	(44.37)	(46.79) (48.71) (45.08)				
3:05.66L	F # 57A	Female 13-14 200 Back	LY-VA	18	---	---
	43.82	1:30.94 2:18.57 3:05.66				
	(43.82)	(47.12) (47.63) (47.09)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Kathleen King (15) F						
31.79L	P # 5B	Female 15 & Over 50 Free	LY-VA	36	---	1.21
34.21L	F # 13B	Female 15 & Over 50 Back	LY-VA	11	---	-3.33
35.49L	P # 13B	Female 15 & Over 50 Back	LY-VA	17	---	-2.05
5:41.84L	F # 21B	Female 15 & Over 400 Free	LY-VA	41	---	17.61
	37.51	1:19.47 2:03.28 2:46.87	3:31.90 4:15.90 5:00.34	5:41.84		
	(37.51)	(41.96) (43.81) (43.59)	(45.03) (44.00) (44.44)	(41.50)		
2:31.26L	P # 25B	Female 15 & Over 200 Free	LY-VA	44	---	5.15
	34.80	1:13.20 1:52.62 2:31.26				
	(34.80)	(38.40) (39.42) (38.64)				
1:18.59L	P # 29B	Female 15 & Over 100 Fly	LY-VA	26	---	-1.52
	36.40	1:18.59				
	(36.40)	(42.19)				
1:19.11L	P # 33B	Female 15 & Over 100 Back	LY-VA	28	---	4.17
	38.54	1:19.11				
	(38.54)	(40.57)				
1:09.33L	P # 49B	Female 15 & Over 100 Free	LY-VA	48	---	2.13
	32.98	1:09.33				
	(32.98)	(36.35)				
2:48.40L	P # 57B	Female 15 & Over 200 Back	LY-VA	23	---	3.83
	40.87	1:24.14 2:07.46 2:48.40				
	(40.87)	(43.27) (43.32) (40.94)				
33.78L	P # 61B	Female 15 & Over 50 Fly	LY-VA	25	---	-4.59

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Colt Kirby (14) M						
30.07L	P # 6A	Male 13-14 50 Free	LY-VA	26	---	-1.89
2:40.30L	P # 10A	Male 13-14 200 IM	LY-VA	8	---	-21.21
	35.10	1:18.97 2:05.72 2:40.30				
	(35.10)	(43.87) (46.75) (34.58)				
5:05.43L	F # 22A	Male 13-14 400 Free	LY-VA	8	11	-8.44
	34.67	1:13.89 1:53.79 2:32.95 3:12.45 3:51.01 4:29.55 5:05.43				
	(34.67)	(39.22) (39.90) (39.16) (39.50) (38.56) (38.54) (35.88)				
2:21.47L	F # 26A	Male 13-14 200 Free	LY-VA	15	---	-4.12
	32.28	1:08.87 1:46.80 2:21.47				
	(32.28)	(36.59) (37.93) (34.67)				
2:21.69L	P # 26A	Male 13-14 200 Free	LY-VA	13	---	-3.90
	32.78	1:08.86 1:47.00 2:21.69				
	(32.78)	(36.08) (38.14) (34.69)				
1:12.25L	F # 30A	Male 13-14 100 Fly	LY-VA	8	---	-3.55
	33.27	1:12.25				
	(33.27)	(38.98)				
1:12.70L	P # 30A	Male 13-14 100 Fly	LY-VA	8	---	-3.10
	34.31	1:12.70				
	(34.31)	(38.39)				
1:18.78L	P # 34A	Male 13-14 100 Back	LY-VA	20	---	-12.89
	39.09	1:18.78				
	(39.09)	(39.69)				
1:06.18L	P # 50A	Male 13-14 100 Free	LY-VA	22	---	-0.62
	32.40	1:06.18				
	(32.40)	(33.78)				
2:45.14L	F # 58A	Male 13-14 200 Back	LY-VA	9	---	-20.15
	39.22	1:21.80 2:04.71 2:45.14				
	(39.22)	(42.58) (42.91) (40.43)				
2:45.55L	P # 58A	Male 13-14 200 Back	LY-VA	9	---	-19.74
	40.93	1:23.47 2:06.39 2:45.55				
	(40.93)	(42.54) (42.92) (39.16)				
32.08L	F # 62A	Male 13-14 50 Fly	LY-VA	13	---	---
32.97L	P # 62A	Male 13-14 50 Fly	LY-VA	20	---	---
Amelia Kobek (10) F						
1:29.58L	P # 51A	Female 10 & Under 100 Free	LY-VA	19	---	---
	42.83	1:29.58				
	(42.83)	(46.75)				
3:41.05L	P # 59A	Female 10 & Under 200 Back	LY-VA	9	---	---
	55.91	1:51.68 2:48.16 3:41.05				
	(55.91)	(55.77) (56.48) (52.89)				
3:34.88L DQ	F # 59A	Female 10 & Under 200 Back	LY-VA	---	---	---
	54.13	1:48.11 2:44.34 3:34.88				
	(54.13)	(53.98) (56.23) (50.54)				
43.27L	P # 63A	Female 10 & Under 50 Fly	LY-VA	7	---	---
43.89L	F # 63A	Female 10 & Under 50 Fly	LY-VA	7	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv			
Jefferson Koscielny (13) M								
34.61L	P # 6A	Male 13-14 50 Free	LY-VA	39	---	0.73		
3:05.01L	F # 10A	Male 13-14 200 IM	LY-VA	18	---	-23.28		
	39.22	1:29.20	2:25.27	3:05.01				
	(39.22)	(49.98)	(56.07)	(39.74)				
3:19.95L	P # 10A	Male 13-14 200 IM	LY-VA	19	---	-8.34		
	46.04	1:39.10	2:38.30	3:19.95				
	(46.04)	(53.06)	(59.20)	(41.65)				
6:07.35L	F # 22A	Male 13-14 400 Free	LY-VA	15	2	---		
	39.47	1:25.06	2:13.07	2:59.16	3:48.08	---	5:24.37	6:07.35
	(39.47)	(45.59)	(48.01)	(46.09)	(48.92)	---	(5:24.37)	(42.98)
2:49.04L	P # 26A	Male 13-14 200 Free	LY-VA	35	---	-5.58		
	37.65	1:21.13	2:06.34	2:49.04				
	(37.65)	(43.48)	(45.21)	(42.70)				
1:28.02L	P # 30A	Male 13-14 100 Fly	LY-VA	21	---	-16.43		
	39.96	1:28.02						
	(39.96)	(48.06)						
49.35L DQ	P # 38A	Male 13-14 50 Breast	LY-VA	---	---	---		
Jacob Kovarik (15) M								
29.19L	P # 6B	Male 15 & Over 50 Free	LY-VA	53	---	1.20		
3:03.86L	P # 10B	Male 15 & Over 200 IM	LY-VA	40	---	13.26		
	37.89	1:24.82	2:19.77	3:03.86				
	(37.89)	(46.93)	(54.95)	(44.09)				
1:33.04L	P # 18B	Male 15 & Over 100 Breast	LY-VA	45	---	8.95		
	41.18	1:33.04						
	(41.18)	(51.86)						

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event				Place				Points	Improv
Benjamin Leger (9) M											
37.64L	P # 8A	Male 10 & Under 50 Free				LY-VA		11		---	-4.04
3:21.69L	F # 12A	Male 10 & Under 200 IM				LY-VA		5		---	-24.75
	45.14	1:38.61	2:38.33	3:21.69							
	(45.14)	(53.47)	(59.72)	(43.36)							
3:22.08L	P # 12A	Male 10 & Under 200 IM				LY-VA		5		---	-24.36
	46.49	1:40.22	2:38.85	3:22.08							
	(46.49)	(53.73)	(58.63)	(43.23)							
6:03.82L	F # 24A	Male 10 & Under 400 Free				LY-VA		4		---	-33.15
	41.09	1:27.48	2:14.54	3:01.44	3:47.94	4:34.64	5:19.98	6:03.82			
	(41.09)	(46.39)	(47.06)	(46.90)	(46.50)	(46.70)	(45.34)	(43.84)			
2:57.06L	P # 28A	Male 10 & Under 200 Free				LY-VA		6		---	-10.77
	40.39	1:26.18	2:13.59	2:57.06							
	(40.39)	(45.79)	(47.41)	(43.47)							
2:58.71L	F # 28A	Male 10 & Under 200 Free				LY-VA		5		---	-9.12
	41.16	1:28.45	2:16.86	2:58.71							
	(41.16)	(47.29)	(48.41)	(41.85)							
1:39.13L	P # 32A	Male 10 & Under 100 Fly				LY-VA		4		---	-8.62
	45.30	1:39.13									
	(45.30)	(53.83)									
1:40.83L	F # 32A	Male 10 & Under 100 Fly				LY-VA		4		---	-6.92
	46.36	1:40.83									
	(46.36)	(54.47)									
54.80L	P # 40A	Male 10 & Under 50 Breast				LY-VA		13		---	-1.25
1:21.72L	P # 52A	Male 10 & Under 100 Free				LY-VA		8		---	-7.43
	39.30	1:21.72									
	(39.30)	(42.42)									
1:25.52L	F # 52A	Male 10 & Under 100 Free				LY-VA		9		---	-3.63
	40.36	1:25.52									
	(40.36)	(45.16)									
43.89L	P # 64A	Male 10 & Under 50 Fly				LY-VA		10		---	-1.48
12:35.45L	F # 72A	Male 10 & Under 800 Free				LY-VA		3		---	-62.13
	42.42	1:30.64	2:18.20	3:07.13	3:54.75	4:43.22	5:31.03	6:18.87			
	(42.42)	(48.22)	(47.56)	(48.93)	(47.62)	(48.47)	(47.81)	(47.84)			
	7:06.70	7:54.42	8:42.97	9:31.22	10:18.63	11:06.50	11:51.87	12:35.45			
	(47.83)	(47.72)	(48.55)	(48.25)	(47.41)	(47.87)	(45.37)	(43.58)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
Jacob Leger (16) M						
2:33.49L	F # 2B	Male 15 & Over 200 Fly	LY-VA	16	---	-5.07
	33.35	1:12.55 1:53.38 2:33.49				
	(33.35)	(39.20) (40.83) (40.11)				
2:38.53L	P # 2B	Male 15 & Over 200 Fly	LY-VA	17	---	-0.03
	34.15	1:17.51 1:59.24 2:38.53				
	(34.15)	(43.36) (41.73) (39.29)				
28.21L	P # 6B	Male 15 & Over 50 Free	LY-VA	47	---	-1.07
2:40.11L	P # 10B	Male 15 & Over 200 IM	LY-VA	34	---	-16.83
	32.39	1:17.72 2:05.35 2:40.11				
	(32.39)	(45.33) (47.63) (34.76)				
2:15.50L	P # 26B	Male 15 & Over 200 Free	LY-VA	30	---	-6.93
	---	1:07.19 1:43.04 2:15.50				
	---	(1:07.19) (35.85) (32.46)				
1:06.79L	P # 30B	Male 15 & Over 100 Fly	LY-VA	35	---	-3.83
	31.83	1:06.79				
	(31.83)	(34.96)				
39.39L	P # 38B	Male 15 & Over 50 Breast	LY-VA	36	---	-3.56
1:02.82L	P # 50B	Male 15 & Over 100 Free	LY-VA	46	---	-2.57
	30.93	1:02.82				
	(30.93)	(31.89)				
3:06.88L DQ	P # 54B	Male 15 & Over 200 Breast	LY-VA	---	---	---
	42.88	1:31.70 2:20.67 3:06.88				
	(42.88)	(48.82) (48.97) (46.21)				
30.36L	P # 62B	Male 15 & Over 50 Fly	LY-VA	35	---	-1.34

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event				Place				Points	Improv
Noah Leger (12) M											
33.70L	P # 8B	Male	11-12 50 Free			LY-VA		33		---	-0.82
2:59.09L	F # 12B	Male	11-12 200 IM			LY-VA		15		---	-3.07
	42.61	1:31.29	2:21.28	2:59.09							
	(42.61)	(48.68)	(49.99)	(37.81)							
3:02.12L	P # 12B	Male	11-12 200 IM			LY-VA		17		---	-0.04
	42.75	1:31.32	2:22.79	3:02.12							
	(42.75)	(48.57)	(51.47)	(39.33)							
5:34.32L	F # 24B	Male	11-12 400 Free			LY-VA		17		---	-27.78
	37.44	1:21.02	2:04.20	2:48.30	3:30.20	4:12.68	4:54.16	5:34.32			
	(37.44)	(43.58)	(43.18)	(44.10)	(41.90)	(42.48)	(41.48)	(40.16)			
2:42.31L	P # 28B	Male	11-12 200 Free			LY-VA		28		---	-0.52
	36.82	1:18.75	2:01.34	2:42.31							
	(36.82)	(41.93)	(42.59)	(40.97)							
1:25.74L	P # 36B	Male	11-12 100 Back			LY-VA		24		---	-2.87
	41.49	1:25.74									
	(41.49)	(44.25)									
6:29.38L	F # 44B	Male	11-12 400 IM			LY-VA		7		---	-5.92
	43.63	1:36.04	4:09.73	3:17.75	---	5:05.17	---	6:29.38			
	(43.63)	(52.41)	(2:33.69)	(51.98)	---	(5:05.17)	---	(6:29.38)			
1:13.68L	P # 52B	Male	11-12 100 Free			LY-VA		33		---	-1.22
	34.71	1:13.68									
	(34.71)	(38.97)									
3:11.48L	P # 60B	Male	11-12 200 Back			LY-VA		22		---	2.58
	45.43	1:36.69	2:26.38	3:11.48							
	(45.43)	(51.26)	(49.69)	(45.10)							
11:31.81L	F # 72B	Male	11-12 800 Free			LY-VA		3		---	-70.84
	38.03	1:22.54	3:37.61	2:53.41	5:05.03	4:21.19	6:33.99	5:49.30			
	(38.03)	(44.51)	(2:15.07)	(44.20)	(2:11.62)	(43.84)	(2:12.80)	(44.69)			
	---	7:16.77	8:00.45	8:43.99	9:28.34	10:11.99	10:54.26	11:31.81			
	---	(7:16.77)	(43.68)	(43.54)	(44.35)	(43.65)	(42.27)	(37.55)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv
Lawson McSwain (11) M					
34.55L	P # 8B	Male 11-12 50 Free	LY-VA	37	---
3:03.63L	P # 12B	Male 11-12 200 IM	LY-VA	19	---
	42.82	1:30.44 2:22.89 3:03.63			
	(42.82)	(47.62) (52.45) (40.74)			
41.91L	P # 16B	Male 11-12 50 Back	LY-VA	28	---
2:39.29L	P # 28B	Male 11-12 200 Free	LY-VA	24	---
	36.36	1:16.50 1:58.63 2:39.29			
	(36.36)	(40.14) (42.13) (40.66)			
1:29.52L	P # 36B	Male 11-12 100 Back	LY-VA	32	---
	43.80	1:29.52			
	(43.80)	(45.72)			
48.73L	P # 40B	Male 11-12 50 Breast	LY-VA	32	---
1:14.07L	P # 52B	Male 11-12 100 Free	LY-VA	36	---
	35.92	1:14.07			
	(35.92)	(38.15)			
2:59.94L	F # 60B	Male 11-12 200 Back	LY-VA	17	---
	43.86	1:30.51 2:16.37 2:59.94			
	(43.86)	(46.65) (45.86) (43.57)			
3:01.92L	P # 60B	Male 11-12 200 Back	LY-VA	18	---
	43.72	1:30.38 2:18.19 3:01.92			
	(43.72)	(46.66) (47.81) (43.73)			
44.68L	P # 64B	Male 11-12 50 Fly	LY-VA	41	---
Collins Melcher (7) F					
56.53L	P # 7A	Female 10 & Under 50 Free	LY-VA	41	---
1:06.24L	P # 15A	Female 10 & Under 50 Back	LY-VA	33	---
2:16.27L	P # 35A	Female 10 & Under 100 Back	LY-VA	46	---
	---	2:16.27			
	---	(2:16.27)			
1:25.97L DQ	P # 39A	Female 10 & Under 50 Breast	LY-VA	---	---
Jack Mills (19) M					
24.83L	F # 6B	Male 15 & Over 50 Free	LY-VA	2	1.29
25.27L	P # 6B	Male 15 & Over 50 Free	LY-VA	3	1.73
57.73L	F # 30B	Male 15 & Over 100 Fly	LY-VA	5	2.97
	26.93	57.73			
	(26.93)	(30.80)			
58.38L	P # 30B	Male 15 & Over 100 Fly	LY-VA	4	3.62
	27.48	58.38			
	(27.48)	(30.90)			
54.05L	P # 50B	Male 15 & Over 100 Free	LY-VA	5	2.86
	26.29	54.05			
	(26.29)	(27.76)			
26.51L	P # 62B	Male 15 & Over 50 Fly	LY-VA	3	1.24

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Aidan Moss (13) M						
32.14L	P # 6A	Male 13-14 50 Free	LY-VA	35	---	-1.93
2:46.30L	F # 10A	Male 13-14 200 IM	LY-VA	14	---	-13.12
	34.66	1:16.55 2:07.42 2:46.30				
	(34.66)	(41.89) (50.87) (38.88)				
2:47.16L	P # 10A	Male 13-14 200 IM	LY-VA	14	---	-12.26
	34.55	1:16.82 2:07.86 2:47.16				
	(34.55)	(42.27) (51.04) (39.30)				
35.72L	P # 14A	Male 13-14 50 Back	LY-VA	9	---	-1.66
36.16L	F # 14A	Male 13-14 50 Back	LY-VA	9	---	-1.22
2:33.39L	P # 26A	Male 13-14 200 Free	LY-VA	26	---	-7.13
	33.90	1:12.82 1:53.30 2:33.39				
	(33.90)	(38.92) (40.48) (40.09)				
1:14.86L	F # 30A	Male 13-14 100 Fly	LY-VA	14	---	-10.05
	34.52	1:14.86				
	(34.52)	(40.34)				
1:16.08L	P # 30A	Male 13-14 100 Fly	LY-VA	14	---	-8.83
	35.05	1:16.08				
	(35.05)	(41.03)				
1:15.18L	F # 34A	Male 13-14 100 Back	LY-VA	15	---	-4.76
	37.07	1:15.18				
	(37.07)	(38.11)				
1:15.25L	P # 34A	Male 13-14 100 Back	LY-VA	12	---	-4.69
	36.93	1:15.25				
	(36.93)	(38.32)				
1:10.16L	P # 50A	Male 13-14 100 Free	LY-VA	32	---	-4.18
	33.66	1:10.16				
	(33.66)	(36.50)				
2:37.67L	P # 58A	Male 13-14 200 Back	LY-VA	6	---	-7.90
	37.78	1:17.31 1:58.30 2:37.67				
	(37.78)	(39.53) (40.99) (39.37)				
2:38.33L	F # 58A	Male 13-14 200 Back	LY-VA	7	---	-7.24
	37.02	1:17.25 1:57.95 2:38.33				
	(37.02)	(40.23) (40.70) (40.38)				
33.83L	P # 62A	Male 13-14 50 Fly	LY-VA	22	---	-1.65

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
William Moss (10) M						
40.77L	P # 8A	Male 10 & Under 50 Free	LY-VA	18	---	-9.50
3:37.14L	F # 12A	Male 10 & Under 200 IM	LY-VA	9	---	---
	---	1:44.33 2:47.36 3:37.14				
	---	(1:44.33) (1:03.03) (49.78)				
3:45.43L	P # 12A	Male 10 & Under 200 IM	LY-VA	9	---	---
	---	1:49.79 2:55.68 3:45.43				
	---	(1:49.79) (1:05.89) (49.75)				
47.12L	P # 16A	Male 10 & Under 50 Back	LY-VA	13	---	-6.08
3:09.43L	P # 28A	Male 10 & Under 200 Free	LY-VA	14	---	-59.86
		41.27 1:30.08 2:20.53 3:09.43				
		(41.27) (48.81) (50.45) (48.90)				
1:39.43L	P # 36A	Male 10 & Under 100 Back	LY-VA	13	---	-13.46
		48.14 1:39.43				
		(48.14) (51.29)				
53.86L	P # 40A	Male 10 & Under 50 Breast	LY-VA	10	---	---
1:29.25L	P # 52A	Male 10 & Under 100 Free	LY-VA	18	---	-23.21
		41.42 1:29.25				
		(41.42) (47.83)				
3:18.54L	P # 60A	Male 10 & Under 200 Back	LY-VA	7	---	-36.72
		46.81 1:36.63 2:28.20 3:18.54				
		(46.81) (49.82) (51.57) (50.34)				
3:19.41L	F # 60A	Male 10 & Under 200 Back	LY-VA	9	---	-35.85
		45.76 1:36.51 2:27.63 3:19.41				
		(45.76) (50.75) (51.12) (51.78)				
48.59L	P # 64A	Male 10 & Under 50 Fly	LY-VA	18	---	-17.05

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Broderick Nelson (15) M						
2:24.50L	F # 2B	Male 15 & Over 200 Fly	LY-VA	12	---	4.92
	31.58	1:08.17 1:47.40 2:24.50				
	(31.58)	(36.59) (39.23) (37.10)				
2:34.97L	P # 2B	Male 15 & Over 200 Fly	LY-VA	15	---	15.39
	32.23	1:10.17 1:52.52 2:34.97				
	(32.23)	(37.94) (42.35) (42.45)				
2:28.75L	F # 10B	Male 15 & Over 200 IM	LY-VA	17	---	13.06
	31.06	1:10.18 1:54.69 2:28.75				
	(31.06)	(39.12) (44.51) (34.06)				
2:29.28L	P # 10B	Male 15 & Over 200 IM	LY-VA	18	---	13.59
	30.16	1:09.19 1:53.83 2:29.28				
	(30.16)	(39.03) (44.64) (35.45)				
1:21.29L	P # 18B	Male 15 & Over 100 Breast	LY-VA	39	---	11.91
	37.68	1:21.29				
	(37.68)	(43.61)				
1:05.46L	P # 30B	Male 15 & Over 100 Fly	LY-VA	29	---	-1.67
	30.54	1:05.46				
	(30.54)	(34.92)				
35.03L	P # 38B	Male 15 & Over 50 Breast	LY-VA	22	---	0.34
5:30.36L	F # 42B	Male 15 & Over 400 IM	LY-VA	16	---	44.47
	32.92	1:13.76 3:24.56 2:37.95	---	4:13.01	4:51.56 5:30.36	
	(32.92)	(40.84) (2:10.80) (46.61)	---	(4:13.01)	(38.55) (38.80)	
2:58.58L	P # 54B	Male 15 & Over 200 Breast	LY-VA	28	---	26.65
	38.84	1:23.54 2:11.44 2:58.58				
	(38.84)	(44.70) (47.90) (47.14)				
2:25.88L	F # 58B	Male 15 & Over 200 Back	LY-VA	6	---	-4.06
	34.73	1:11.17 --- 2:25.88				
	(34.73)	(36.44) --- (2:25.88)				
2:33.65L	P # 58B	Male 15 & Over 200 Back	LY-VA	13	---	3.71
	36.45	1:14.97 1:55.40 2:33.65				
	(36.45)	(38.52) (40.43) (38.25)				
9:59.72L	F # 70B	Male 15 & Over 800 Free	LY-VA	9	---	23.53
	33.46	1:10.27 1:47.88 2:25.32	3:03.62	3:41.29	4:20.05 4:57.77	
	(33.46)	(36.81) (37.61) (37.44)	(38.30)	(37.67)	(38.76) (37.72)	
	5:36.16	6:13.86 6:52.56 7:30.64	8:09.81	8:46.10	9:24.97 9:59.72	
	(38.39)	(37.70) (38.70) (38.08)	(39.17)	(36.29)	(38.87) (34.75)	

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Caroline Nelson (12) F						
30.50L	P # 7B	Female 11-12 50 Free	LY-VA	5	---	-0.85
30.62L	F # 7B	Female 11-12 50 Free	LY-VA	9	---	-0.73
2:43.29L	P # 11B	Female 11-12 200 IM	LY-VA	3	---	-12.05
	35.34	1:18.59 2:07.92 2:43.29				
	(35.34)	(43.25) (49.33) (35.37)				
2:46.31L	F # 11B	Female 11-12 200 IM	LY-VA	6	---	-9.03
	35.94	1:19.38 2:08.59 2:46.31				
	(35.94)	(43.44) (49.21) (37.72)				
1:29.33L	P # 19B	Female 11-12 100 Breast	LY-VA	5	---	1.12
	42.73	1:29.33				
	(42.73)	(46.60)				
1:29.58L	F # 19B	Female 11-12 100 Breast	LY-VA	6	---	1.37
	41.56	1:29.58				
	(41.56)	(48.02)				
1:16.64L	F # 31B	Female 11-12 100 Fly	LY-VA	7	---	-2.03
	36.01	1:16.64				
	(36.01)	(40.63)				
1:16.70L	P # 31B	Female 11-12 100 Fly	LY-VA	8	---	-1.97
	35.77	1:16.70				
	(35.77)	(40.93)				
40.05L	F # 39B	Female 11-12 50 Breast	LY-VA	1	---	-0.58
40.94L	P # 39B	Female 11-12 50 Breast	LY-VA	2	---	0.31
5:55.21L	F # 43B	Female 11-12 400 IM	LY-VA	2	---	-42.75
	37.24	1:19.10 2:05.85 2:52.10 3:42.82 4:34.97 5:16.00 5:55.21				
	(37.24)	(41.86) (46.75) (46.25) (50.72) (52.15) (41.03) (39.21)				
1:07.54L	F # 51B	Female 11-12 100 Free	LY-VA	10	---	-3.13
	32.95	1:07.54				
	(32.95)	(34.59)				
1:08.43L	P # 51B	Female 11-12 100 Free	LY-VA	12	---	-2.24
	32.34	1:08.43				
	(32.34)	(36.09)				
3:09.27L	F # 55B	Female 11-12 200 Breast	LY-VA	5	---	-2.21
	43.44	1:32.39 2:21.42 3:09.27				
	(43.44)	(48.95) (49.03) (47.85)				
3:12.87L	P # 55B	Female 11-12 200 Breast	LY-VA	6	---	1.39
	44.09	1:33.94 2:25.40 3:12.87				
	(44.09)	(49.85) (51.46) (47.47)				
35.74L	P # 63B	Female 11-12 50 Fly	LY-VA	21	---	-0.29

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
Selah Parish (12) F						
30.25L	F # 7B	Female 11-12 50 Free	LY-VA	7	---	-3.47
30.46L	P # 7B	Female 11-12 50 Free	LY-VA	4	---	-3.26
2:47.94L	F # 11B	Female 11-12 200 IM	LY-VA	8	---	-43.95
	37.01	1:22.13 2:11.93 2:47.94				
	(37.01)	(45.12) (49.80) (36.01)				
2:51.01L	P # 11B	Female 11-12 200 IM	LY-VA	9	---	-40.88
	37.93	1:22.56 2:13.20 2:51.01				
	(37.93)	(44.63) (50.64) (37.81)				
36.71L	F # 15B	Female 11-12 50 Back	LY-VA	9	---	-4.97
37.28L	P # 15B	Female 11-12 50 Back	LY-VA	7	---	-4.40
2:38.43L	P # 27B	Female 11-12 200 Free	LY-VA	26	---	-22.07
	1:58.48	1:16.90 --- 2:38.43				
	(1:58.48)	(41.58) --- (2:38.43)				
1:16.41L	F # 31B	Female 11-12 100 Fly	LY-VA	10	---	-27.64
	37.04	1:16.41				
	(37.04)	(39.37)				
1:21.50L	P # 31B	Female 11-12 100 Fly	LY-VA	15	---	-22.55
	36.04	1:21.50				
	(36.04)	(45.46)				
1:18.96L	F # 35B	Female 11-12 100 Back	LY-VA	12	---	-19.52
	37.75	1:18.96				
	(37.75)	(41.21)				
1:20.00L	P # 35B	Female 11-12 100 Back	LY-VA	12	---	-18.48
	---	1:20.00				
	---	(1:20.00)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Aidan Parker (15) M						
33.02L	P # 6B	Male 15 & Over 50 Free	LY-VA	62	---	-0.97
3:16.08L	P # 10B	Male 15 & Over 200 IM	LY-VA	43	---	3.75
	45.76	1:37.01 2:32.26 3:16.08				
	(45.76)	(51.25) (55.25) (43.82)				
1:42.85L	P # 18B	Male 15 & Over 100 Breast	LY-VA	47	---	7.08
	49.05	1:42.85				
	(49.05)	(53.80)				
2:48.45L	P # 26B	Male 15 & Over 200 Free	LY-VA	50	---	2.13
	38.24	1:22.37 2:06.96 2:48.45				
	(38.24)	(44.13) (44.59) (41.49)				
1:32.61L	P # 34B	Male 15 & Over 100 Back	LY-VA	41	---	-3.21
	42.68	1:32.61				
	(42.68)	(49.93)				
45.70L	P # 38B	Male 15 & Over 50 Breast	LY-VA	41	---	-3.14
1:19.31L	P # 50B	Male 15 & Over 100 Free	LY-VA	67	---	2.79
	36.57	1:19.31				
	(36.57)	(42.74)				
3:40.26L DQ	P # 54B	Male 15 & Over 200 Breast	LY-VA	---	---	---
	48.53	1:44.48 2:41.99 3:40.26				
	(48.53)	(55.95) (57.51) (58.27)				
43.96L	P # 62B	Male 15 & Over 50 Fly	LY-VA	51	---	-3.24
Mason Patterson (12) M						
31.46L	P # 8B	Male 11-12 50 Free	LY-VA	10	---	-0.55
31.71L	F # 8B	Male 11-12 50 Free	LY-VA	10	---	-0.30
2:46.81L	P # 12B	Male 11-12 200 IM	LY-VA	6	---	1.73
	36.84	1:20.32 2:10.43 2:46.81				
	(36.84)	(43.48) (50.11) (36.38)				
2:48.82L	F # 12B	Male 11-12 200 IM	LY-VA	9	---	3.74
	37.60	1:22.90 2:11.76 2:48.82				
	(37.60)	(45.30) (48.86) (37.06)				
5:02.06L	F # 24B	Male 11-12 400 Free	LY-VA	5	---	-2.65
	33.63	1:11.10 1:49.59 2:28.10 3:06.56 3:45.80 4:24.54 5:02.06				
	(33.63)	(37.47) (38.49) (38.51) (38.46) (39.24) (38.74) (37.52)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Ella Pennington (15) F						
3:00.69L	P # 9B	Female 15 & Over 200 IM	LY-VA	32	---	10.75
	38.93	1:24.69 2:20.11 3:00.69				
	(38.93)	(45.76) (55.42) (40.58)				
1:41.20L	P # 17B	Female 15 & Over 100 Breast	LY-VA	24	---	8.95
	46.91	1:41.20				
	(46.91)	(54.29)				
NS	F # 21B	Female 15 & Over 400 Free	LY-VA	---	---	---
1:14.79L	P # 49B	Female 15 & Over 100 Free	LY-VA	62	---	2.52
	36.03	1:14.79				
	(36.03)	(38.76)				
2:53.71L DQ	P # 57B	Female 15 & Over 200 Back	LY-VA	---	---	---
	41.57	1:25.15 2:10.61 2:53.71				
	(41.57)	(43.58) (45.46) (43.10)				
11:18.82L	F # 69B	Female 15 & Over 800 Free	LY-VA	20	---	-11.79
	37.86	1:19.58 2:01.71 2:43.97 3:26.72 4:09.02 4:51.80 5:34.20				
	(37.86)	(41.72) (42.13) (42.26) (42.75) (42.30) (42.78) (42.40)				
	6:16.87	6:58.76 7:41.65 8:24.62 9:08.92 9:52.18 10:36.40 11:18.82				
	(42.67)	(41.89) (42.89) (42.97) (44.30) (43.26) (44.22) (42.42)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event				Place				Points	Improv
Lainey Pennington (13) F											
3:08.99L	P # 1A	Female	13-14	200 Fly	LY-VA		7		---	5.06	
	39.55	1:27.23	2:18.32	3:08.99							
	(39.55)	(47.68)	(51.09)	(50.67)							
2:59.00L DQ	F # 1A	Female	13-14	200 Fly	LY-VA		---		---	---	
	37.07	1:23.40	2:10.38	2:59.00							
	(37.07)	(46.33)	(46.98)	(48.62)							
2:57.95L	P # 9A	Female	13-14	200 IM	LY-VA		23		---	2.04	
	38.53	1:24.53	2:19.88	2:57.95							
	(38.53)	(46.00)	(55.35)	(38.07)							
5:24.19L	F # 21A	Female	13-14	400 Free	LY-VA		16		1	5.78	
	36.60	1:17.32	1:58.54	2:40.00	3:21.06	4:02.89	4:44.10	5:24.19			
	(36.60)	(40.72)	(41.22)	(41.46)	(41.06)	(41.83)	(41.21)	(40.09)			
2:28.09L	F # 25A	Female	13-14	200 Free	LY-VA		15		---	-3.09	
	33.48	1:10.83	---	2:28.09							
	(33.48)	(37.35)	---	(2:28.09)							
2:32.08L	P # 25A	Female	13-14	200 Free	LY-VA		22		---	0.90	
	34.49	1:13.05	1:53.19	2:32.08							
	(34.49)	(38.56)	(40.14)	(38.89)							
1:20.54L	F # 29A	Female	13-14	100 Fly	LY-VA		14		---	-1.66	
	36.18	1:20.54									
	(36.18)	(44.36)									
1:21.67L	P # 29A	Female	13-14	100 Fly	LY-VA		14		---	-0.53	
	37.76	1:21.67									
	(37.76)	(43.91)									
45.77L	P # 37A	Female	13-14	50 Breast	LY-VA		25		---	-0.42	
1:10.96L	P # 49A	Female	13-14	100 Free	LY-VA		30		---	0.68	
	33.47	1:10.96									
	(33.47)	(37.49)									
35.91L	P # 61A	Female	13-14	50 Fly	LY-VA		24		---	0.01	
10:53.79L	F # 69A	Female	13-14	800 Free	LY-VA		4		---	-18.07	
	35.84	1:15.31	1:55.80	2:36.22	4:41.14	3:59.03	6:05.78	5:23.07			
	(35.84)	(39.47)	(40.49)	(40.42)	(2:04.92)	(42.11)	(2:06.75)	(42.71)			
	7:29.41	6:47.19	8:52.12	8:10.39	10:14.41	9:33.07	---	10:53.79			
	(2:06.34)	(42.22)	(2:04.93)	(41.73)	(2:04.02)	(41.34)	---	(10:53.79)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event		Place				Points	Improv
Charlotte Pickeral (10) F									
35.04L	F # 7A	Female 10 & Under 50 Free		LY-VA		3		---	-1.35
36.01L	P # 7A	Female 10 & Under 50 Free		LY-VA		3		---	-0.38
45.84L	F # 15A	Female 10 & Under 50 Back		LY-VA		8		---	-2.68
46.28L	P # 15A	Female 10 & Under 50 Back		LY-VA		8		---	-2.24
6:02.61L	F # 23A	Female 10 & Under 400 Free		LY-VA		5		---	0.06
	39.52	1:24.57	2:12.77	3:00.68	3:45.07	4:31.83	5:18.01	6:02.61	
	(39.52)	(45.05)	(48.20)	(47.91)	(44.39)	(46.76)	(46.18)	(44.60)	
2:52.87L	F # 27A	Female 10 & Under 200 Free		LY-VA		6		---	-2.72
	38.99	1:24.57	2:09.86	2:52.87					
	(38.99)	(45.58)	(45.29)	(43.01)					
2:54.09L	P # 27A	Female 10 & Under 200 Free		LY-VA		6		---	-1.50
	39.12	1:24.97	2:11.21	2:54.09					
	(39.12)	(45.85)	(46.24)	(42.88)					
1:45.35L	F # 31A	Female 10 & Under 100 Fly		LY-VA		5		---	-22.07
	47.02	1:45.35							
	(47.02)	(58.33)							
1:45.63L	P # 31A	Female 10 & Under 100 Fly		LY-VA		5		---	-21.79
	48.69	1:45.63							
	(48.69)	(56.94)							
1:41.66L	P # 35A	Female 10 & Under 100 Back		LY-VA		14		---	2.38
	50.09	1:41.66							
	(50.09)	(51.57)							
1:25.79L	F # 51A	Female 10 & Under 100 Free		LY-VA		9		---	3.45
	39.11	1:25.79							
	(39.11)	(46.68)							
1:21.30L	P # 51A	Female 10 & Under 100 Free		LY-VA		6		---	-1.04
	37.93	1:21.30							
	(37.93)	(43.37)							
46.40L	P # 63A	Female 10 & Under 50 Fly		LY-VA		13		---	3.98
12:39.50L	F # 71A	Female 10 & Under 800 Free		LY-VA		2		---	---
	42.08	1:28.33	2:17.07	3:06.23	3:56.37	4:43.32	5:33.12	6:21.23	
	(42.08)	(46.25)	(48.74)	(49.16)	(50.14)	(46.95)	(49.80)	(48.11)	
	7:11.10	7:59.45	8:47.30	9:34.55	10:22.43	11:09.50	11:55.41	12:39.50	
	(49.87)	(48.35)	(47.85)	(47.25)	(47.88)	(47.07)	(45.91)	(44.09)	

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event		Place				Points	Improv
Owen Porter (15) M									
30.17L	P # 6B	Male 15 & Over 50 Free		LY-VA		57		---	0.43
2:41.24L	P # 10B	Male 15 & Over 200 IM		LY-VA		36		---	0.75
	35.81	1:19.15	2:05.10	2:41.24					
	(35.81)	(43.34)	(45.95)	(36.14)					
1:21.53L	P # 18B	Male 15 & Over 100 Breast		LY-VA		40		---	4.47
	39.20	1:21.53							
	(39.20)	(42.33)							
2:25.79L	P # 26B	Male 15 & Over 200 Free		LY-VA		43		---	4.91
	33.24	1:09.96	1:48.61	2:25.79					
	(33.24)	(36.72)	(38.65)	(37.18)					
36.29L	P # 38B	Male 15 & Over 50 Breast		LY-VA		29		---	-0.37
6:02.11L	F # 42B	Male 15 & Over 400 IM		LY-VA		23		---	2.87
	38.17	1:24.23	---	3:00.39	3:50.00	4:40.61	5:21.77	6:02.11	
	(38.17)	(46.06)	---	(3:00.39)	(49.61)	(50.61)	(41.16)	(40.34)	
1:05.44L	P # 50B	Male 15 & Over 100 Free		LY-VA		58		---	-3.27
	31.53	1:05.44							
	(31.53)	(33.91)							
3:00.94L	P # 54B	Male 15 & Over 200 Breast		LY-VA		29		---	11.59
	39.88	1:26.34	2:14.03	3:00.94					
	(39.88)	(46.46)	(47.69)	(46.91)					
32.82L	P # 62B	Male 15 & Over 50 Fly		LY-VA		46		---	-3.65

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Hudson Rice (16) M						
2:12.23L	F # 2B	Male 15 & Over 200 Fly	LY-VA	3	---	1.63
	29.42	1:02.48 1:37.15 2:12.23				
	(29.42)	(33.06) (34.67) (35.08)				
2:14.13L	P # 2B	Male 15 & Over 200 Fly	LY-VA	4	---	3.53
	29.35	1:03.26 1:38.47 2:14.13				
	(29.35)	(33.91) (35.21) (35.66)				
2:15.80L	F # 10B	Male 15 & Over 200 IM	LY-VA	5	---	-1.62
	29.21	1:04.21 1:45.74 2:15.80				
	(29.21)	(35.00) (41.53) (30.06)				
2:16.42L	P # 10B	Male 15 & Over 200 IM	LY-VA	4	---	-1.00
	29.41	1:05.37 1:45.73 2:16.42				
	(29.41)	(35.96) (40.36) (30.69)				
4:18.29L	F # 22B	Male 15 & Over 400 Free	LY-VA	3	16	3.98
	29.41	1:01.01 1:33.75 2:06.34	2:40.03 3:13.28 3:46.95 4:18.29			
	(29.41)	(31.60) (32.74) (32.59)	(33.69) (33.25) (33.67) (31.34)			
2:00.21L	F # 26B	Male 15 & Over 200 Free	LY-VA	3	---	-1.27
	28.01	58.23 1:29.46 2:00.21				
	(28.01)	(30.22) (31.23) (30.75)				
2:02.28L	P # 26B	Male 15 & Over 200 Free	LY-VA	5	---	0.80
	28.56	59.53 1:31.19 2:02.28				
	(28.56)	(30.97) (31.66) (31.09)				
59.65L	F # 30B	Male 15 & Over 100 Fly	LY-VA	10	---	-1.26
	28.27	59.65				
	(28.27)	(31.38)				
1:00.69L	P # 30B	Male 15 & Over 100 Fly	LY-VA	12	---	-0.22
	28.33	1:00.69				
	(28.33)	(32.36)				
4:48.17L	F # 42B	Male 15 & Over 400 IM	LY-VA	3	---	5.01
	30.32	1:05.47 1:43.99 2:20.79	3:03.37 3:45.36 4:17.24 4:48.17			
	(30.32)	(35.15) (38.52) (36.80)	(42.58) (41.99) (31.88) (30.93)			
55.34L	F # 50B	Male 15 & Over 100 Free	LY-VA	10	---	-0.49
	26.73	55.34				
	(26.73)	(28.61)				
56.60L	P # 50B	Male 15 & Over 100 Free	LY-VA	11	---	0.77
	27.43	56.60				
	(27.43)	(29.17)				
27.04L	F # 62B	Male 15 & Over 50 Fly	LY-VA	9	---	-5.79
27.29L	P # 62B	Male 15 & Over 50 Fly	LY-VA	11	---	-5.54
8:56.01L	F # 70B	Male 15 & Over 800 Free	LY-VA	2	---	-1.40
	30.28	1:03.20 1:37.04 2:10.53	2:44.77 3:18.10 3:52.35 4:25.85			
	(30.28)	(32.92) (33.84) (33.49)	(34.24) (33.33) (34.25) (33.50)			
	5:00.37	5:34.49 6:08.97 6:43.01	7:17.16 7:50.81 8:23.91 8:56.01			
	(34.52)	(34.12) (34.48) (34.04)	(34.15) (33.65) (33.10) (32.10)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters
Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv
Hadley Saechao (9) F					
3:43.62L	P # 27A	Female 10 & Under 200 Free	LY-VA	30	---
	---	1:46.95 --- 3:43.62			
	---	(1:46.95) --- (3:43.62)			
1:56.19L	P # 35A	Female 10 & Under 100 Back	LY-VA	28	---
	---	1:56.19			
	---	(1:56.19)			
55.38L	P # 39A	Female 10 & Under 50 Breast	LY-VA	16	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
Max Schonfelder (18) M						
25.21L	F # 6B	Male 15 & Over 50 Free	LY-VA	5	---	0.31
25.93L	P # 6B	Male 15 & Over 50 Free	LY-VA	8	---	1.03
2:18.07L	F # 10B	Male 15 & Over 200 IM	LY-VA	6	---	5.20
	28.90	1:05.58 1:45.63 2:18.07				
	(28.90)	(36.68) (40.05) (32.44)				
2:20.04L	P # 10B	Male 15 & Over 200 IM	LY-VA	8	---	7.17
	29.71	1:05.93 1:47.57 2:20.04				
	(29.71)	(36.22) (41.64) (32.47)				
1:11.09L	F # 18B	Male 15 & Over 100 Breast	LY-VA	12	---	3.39
	33.39	1:11.09				
	(33.39)	(37.70)				
1:12.02L	P # 18B	Male 15 & Over 100 Breast	LY-VA	14	---	4.32
	34.12	1:12.02				
	(34.12)	(37.90)				
59.90L	F # 30B	Male 15 & Over 100 Fly	LY-VA	6	---	1.90
	27.81	59.90				
	(27.81)	(32.09)				
1:00.36L	P # 30B	Male 15 & Over 100 Fly	LY-VA	9	---	2.36
	28.63	1:00.36				
	(28.63)	(31.73)				
1:03.26L	F # 34B	Male 15 & Over 100 Back	LY-VA	6	---	-0.82
	31.21	1:03.26				
	(31.21)	(32.05)				
1:03.58L	P # 34B	Male 15 & Over 100 Back	LY-VA	6	---	-0.50
	30.46	1:03.58				
	(30.46)	(33.12)				
31.14L	F # 38B	Male 15 & Over 50 Breast	LY-VA	6	---	-0.86
32.28L	P # 38B	Male 15 & Over 50 Breast	LY-VA	9	---	0.28
55.04L	F # 50B	Male 15 & Over 100 Free	LY-VA	7	---	0.92
	26.50	55.04				
	(26.50)	(28.54)				
56.37L	P # 50B	Male 15 & Over 100 Free	LY-VA	10	---	2.25
	27.75	56.37				
	(27.75)	(28.62)				
2:38.98L	F # 54B	Male 15 & Over 200 Breast	LY-VA	6	---	10.03
	35.32	1:15.56 1:56.67 2:38.98				
	(35.32)	(40.24) (41.11) (42.31)				
2:42.52L	P # 54B	Male 15 & Over 200 Breast	LY-VA	9	---	13.57
	36.46	1:17.80 2:00.86 2:42.52				
	(36.46)	(41.34) (43.06) (41.66)				
27.52L	P # 62B	Male 15 & Over 50 Fly	LY-VA	13	---	-0.01
27.52L	F # 62B	Male 15 & Over 50 Fly	LY-VA	10	---	-0.01

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Ava Shopbell (16) F						
2:23.71L	F # 1B	Female 15 & Over 200 Fly	LY-VA	3	---	5.30
	32.51	1:08.50 1:46.19 2:23.71				
	(32.51)	(35.99) (37.69) (37.52)				
2:25.33L	P # 1B	Female 15 & Over 200 Fly	LY-VA	2	---	6.92
	33.00	1:09.49 1:47.70 2:25.33				
	(33.00)	(36.49) (38.21) (37.63)				
2:37.09L	F # 9B	Female 15 & Over 200 IM	LY-VA	17	---	6.21
	32.57	1:14.27 2:00.96 2:37.09				
	(32.57)	(41.70) (46.69) (36.13)				
2:37.58L	P # 9B	Female 15 & Over 200 IM	LY-VA	16	---	6.70
	33.17	1:14.07 2:01.16 2:37.58				
	(33.17)	(40.90) (47.09) (36.42)				
4:56.40L	F # 21B	Female 15 & Over 400 Free	LY-VA	20	---	2.33
	34.20	1:11.48 1:49.09 2:26.50 3:04.23 3:42.12 4:19.82 4:56.40				
	(34.20)	(37.28) (37.61) (37.41) (37.73) (37.89) (37.70) (36.58)				
NS	P # 29B	Female 15 & Over 100 Fly	LY-VA	---	---	---
1:14.53L	P # 33B	Female 15 & Over 100 Back	LY-VA	19	---	-2.53
	36.04	1:14.53				
	(36.04)	(38.49)				
1:14.78L	F # 33B	Female 15 & Over 100 Back	LY-VA	18	---	-2.28
	35.87	1:14.78				
	(35.87)	(38.91)				
2:35.82L	F # 57B	Female 15 & Over 200 Back	LY-VA	13	---	1.25
	36.47	1:15.39 1:55.80 2:35.82				
	(36.47)	(38.92) (40.41) (40.02)				
2:37.81L	P # 57B	Female 15 & Over 200 Back	LY-VA	15	---	3.24
	37.13	1:16.78 1:57.34 2:37.81				
	(37.13)	(39.65) (40.56) (40.47)				
NS	P # 61B	Female 15 & Over 50 Fly	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Addy Smith (14) F						
33.89L	P # 5A	Female 13-14 50 Free	LY-VA	35	---	-0.41
35.90L	F # 13A	Female 13-14 50 Back	LY-VA	10	---	-1.86
37.35L	P # 13A	Female 13-14 50 Back	LY-VA	15	---	-0.41
5:40.28L	F # 21A	Female 13-14 400 Free	LY-VA	24	---	-27.06
	38.81	1:21.57 2:05.03 2:47.99	3:31.12 4:14.92 4:58.60	5:40.28		
	(38.81)	(42.76) (43.46) (42.96)	(43.13) (43.80) (43.68)	(41.68)		
2:37.81L	P # 25A	Female 13-14 200 Free	LY-VA	31	---	-11.52
	36.63	1:17.30 1:57.97 2:37.81				
	(36.63)	(40.67) (40.67) (39.84)				
1:20.00L	P # 33A	Female 13-14 100 Back	LY-VA	19	---	-0.31
	37.96	1:20.00				
	(37.96)	(42.04)				
1:20.03L	F # 33A	Female 13-14 100 Back	LY-VA	17	---	-0.28
	37.74	1:20.03				
	(37.74)	(42.29)				
1:14.81L	P # 49A	Female 13-14 100 Free	LY-VA	36	---	-2.05
	36.28	1:14.81				
	(36.28)	(38.53)				
2:50.79L	F # 57A	Female 13-14 200 Back	LY-VA	12	---	-8.02
	39.96	1:24.14 2:07.71 2:50.79				
	(39.96)	(44.18) (43.57) (43.08)				
2:56.40L	P # 57A	Female 13-14 200 Back	LY-VA	19	---	-2.41
	42.25	1:28.35 2:13.58 2:56.40				
	(42.25)	(46.10) (45.23) (42.82)				
38.57L	P # 61A	Female 13-14 50 Fly	LY-VA	32	---	-4.84

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event				Place		Points	Improv	
Avery Snyder (16) M										
27.46L	P # 6B	Male 15 & Over 50 Free				LY-VA		36	---	0.20
1:11.75L	P # 18B	Male 15 & Over 100 Breast				LY-VA		13	---	-0.91
	33.10	1:11.75								
	(33.10)	(38.65)								
1:12.29L	F # 18B	Male 15 & Over 100 Breast				LY-VA		13	---	-0.37
	33.23	1:12.29								
	(33.23)	(39.06)								
4:42.67L	F # 22B	Male 15 & Over 400 Free				LY-VA		12	5	9.75
	32.20	1:06.23	1:42.40	2:17.76	2:54.46	3:30.65	---	4:42.67		
	(32.20)	(34.03)	(36.17)	(35.36)	(36.70)	(36.19)	---	(4:42.67)		
2:07.99L	P # 26B	Male 15 & Over 200 Free				LY-VA		19	---	0.28
	29.81	1:01.71	1:34.85	2:07.99						
	(29.81)	(31.90)	(33.14)	(33.14)						
2:10.28L	F # 26B	Male 15 & Over 200 Free				LY-VA		15	---	2.57
	29.37	1:01.65	1:35.68	2:10.28						
	(29.37)	(32.28)	(34.03)	(34.60)						
1:05.29L	P # 30B	Male 15 & Over 100 Fly				LY-VA		26	---	-0.82
	30.54	1:05.29								
	(30.54)	(34.75)								
32.08L	F # 38B	Male 15 & Over 50 Breast				LY-VA		9	---	-1.94
32.31L	P # 38B	Male 15 & Over 50 Breast				LY-VA		10	---	-1.71
59.03L	P # 50B	Male 15 & Over 100 Free				LY-VA		26	---	-0.97
	28.05	59.03								
	(28.05)	(30.98)								
2:43.24L	P # 54B	Male 15 & Over 200 Breast				LY-VA		10	---	1.06
	36.07	1:17.86	2:00.29	2:43.24						
	(36.07)	(41.79)	(42.43)	(42.95)						
2:46.08L	F # 54B	Male 15 & Over 200 Breast				LY-VA		9	---	3.90
	36.03	1:17.90	2:01.36	2:46.08						
	(36.03)	(41.87)	(43.46)	(44.72)						
9:26.23L	F # 70B	Male 15 & Over 800 Free				LY-VA		5	---	3.17
	31.58	1:06.41	1:41.49	2:17.01	2:52.98	3:28.97	4:05.24	4:41.39		
	(31.58)	(34.83)	(35.08)	(35.52)	(35.97)	(35.99)	(36.27)	(36.15)		
	5:17.43	5:53.68	6:30.05	7:06.06	7:41.81	8:17.67	8:52.37	9:26.23		
	(36.04)	(36.25)	(36.37)	(36.01)	(35.75)	(35.86)	(34.70)	(33.86)		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Seth Snyder (9) M						
42.70L	F # 16A	Male 10 & Under 50 Back	LY-VA	7	---	-11.38
43.53L	P # 16A	Male 10 & Under 50 Back	LY-VA	7	---	-10.55
1:59.16L	P # 20A	Male 10 & Under 100 Breast	LY-VA	6	---	---
	57.47	1:59.16				
	(57.47)	(1:01.69)				
1:59.66L	F # 20A	Male 10 & Under 100 Breast	LY-VA	8	---	---
	56.22	1:59.66				
	(56.22)	(1:03.44)				
6:11.68L	F # 24A	Male 10 & Under 400 Free	LY-VA	6	---	---
	43.63	1:32.40 2:20.73 3:09.46 5:27.78 4:42.76	---	6:11.68		
	(43.63)	(48.77) (48.33) (48.73) (2:18.32) (45.02)	---	(6:11.68)		
3:02.12L	F # 28A	Male 10 & Under 200 Free	LY-VA	9	---	2.76
	43.11	1:30.75 2:17.78 3:02.12				
	(43.11)	(47.64) (47.03) (44.34)				
3:02.34L	P # 28A	Male 10 & Under 200 Free	LY-VA	8	---	2.98
	42.18	1:29.79 2:17.94 3:02.34				
	(42.18)	(47.61) (48.15) (44.40)				
1:46.19L	F # 32A	Male 10 & Under 100 Fly	LY-VA	6	---	-3.98
	48.33	1:46.19				
	(48.33)	(57.86)				
1:50.25L	P # 32A	Male 10 & Under 100 Fly	LY-VA	7	---	0.08
	49.77	1:50.25				
	(49.77)	(1:00.48)				
1:36.65L	P # 36A	Male 10 & Under 100 Back	LY-VA	11	---	-2.89
	47.30	1:36.65				
	(47.30)	(49.35)				
1:25.19L	P # 52A	Male 10 & Under 100 Free	LY-VA	17	---	-0.57
	40.83	1:25.19				
	(40.83)	(44.36)				
3:13.70L	F # 60A	Male 10 & Under 200 Back	LY-VA	4	---	-40.14
	47.05	1:37.60 2:26.53 3:13.70				
	(47.05)	(50.55) (48.93) (47.17)				
3:20.82L	P # 60A	Male 10 & Under 200 Back	LY-VA	8	---	-33.02
	50.20	1:42.44 2:32.57 3:20.82				
	(50.20)	(52.24) (50.13) (48.25)				
42.64L	F # 64A	Male 10 & Under 50 Fly	LY-VA	8	---	-1.99
43.39L	P # 64A	Male 10 & Under 50 Fly	LY-VA	9	---	-1.24

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
Emerson Stauder (9) F						
38.61L	P # 7A	Female 10 & Under 50 Free	LY-VA	13	---	-4.92
49.72L	P # 15A	Female 10 & Under 50 Back	LY-VA	13	---	-5.66
1:57.05L	P # 19A	Female 10 & Under 100 Breast	LY-VA	10	---	-19.55
	57.11	1:57.05				
	(57.11)	(59.94)				
1:29.90L	P # 51A	Female 10 & Under 100 Free	LY-VA	20	---	---
	42.45	1:29.90				
	(42.45)	(47.45)				
4:13.19L	P # 55A	Female 10 & Under 200 Breast	LY-VA	11	---	---
	59.62	2:04.10 3:11.64 4:13.19				
	(59.62)	(1:04.48) (1:07.54) (1:01.55)				
54.31L	P # 63A	Female 10 & Under 50 Fly	LY-VA	25	---	---
Keaton Tanner (9) M						
41.26L	P # 8A	Male 10 & Under 50 Free	LY-VA	21	---	---
55.97L	P # 16A	Male 10 & Under 50 Back	LY-VA	27	---	---
3:29.22L	P # 28A	Male 10 & Under 200 Free	LY-VA	22	---	---
	44.22	1:40.97 2:35.59 3:29.22				
	(44.22)	(56.75) (54.62) (53.63)				
1:53.96L	P # 36A	Male 10 & Under 100 Back	LY-VA	30	---	---
	57.02	1:53.96				
	(57.02)	(56.94)				
1:07.35L	P # 40A	Male 10 & Under 50 Breast	LY-VA	32	---	---
1:37.47L	P # 52A	Male 10 & Under 100 Free	LY-VA	28	---	---
	44.05	1:37.47				
	(44.05)	(53.42)				
1:10.56L	P # 64A	Male 10 & Under 50 Fly	LY-VA	32	---	---
Wave Thomasey (11) F						
33.48L	P # 7B	Female 11-12 50 Free	LY-VA	34	---	-3.22
41.14L	P # 15B	Female 11-12 50 Back	LY-VA	26	---	-3.37
1:48.42L	P # 19B	Female 11-12 100 Breast	LY-VA	29	---	---
	49.06	1:48.42				
	(49.06)	(59.36)				
1:17.60L	P # 51B	Female 11-12 100 Free	LY-VA	46	---	-5.49
	35.15	1:17.60				
	(35.15)	(42.45)				
3:24.04L	P # 59B	Female 11-12 200 Back	LY-VA	23	---	---
	46.52	1:39.27 2:34.60 3:24.04				
	(46.52)	(52.75) (55.33) (49.44)				
41.12L	P # 63B	Female 11-12 50 Fly	LY-VA	45	---	-0.75

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event		Place	Points	Improv
Hadley Tinnell (9) F						
38.24L	P # 7A	Female 10 & Under 50 Free	LY-VA	12	---	---
3:34.09L	P # 11A	Female 10 & Under 200 IM	LY-VA	4	---	---
	49.34	1:45.86 2:49.59 3:34.09				
	(49.34)	(56.52) (1:03.73) (44.50)				
3:38.57L	F # 11A	Female 10 & Under 200 IM	LY-VA	3	---	---
	49.91	1:47.31 2:52.63 3:38.57				
	(49.91)	(57.40) (1:05.32) (45.94)				
48.65L	P # 15A	Female 10 & Under 50 Back	LY-VA	12	---	---
3:08.64L	P # 27A	Female 10 & Under 200 Free	LY-VA	13	---	---
	42.13	1:29.89 2:19.97 3:08.64				
	(42.13)	(47.76) (50.08) (48.67)				
1:47.40L	P # 35A	Female 10 & Under 100 Back	LY-VA	20	---	---
	51.38	1:47.40				
	(51.38)	(56.02)				
54.75L	P # 39A	Female 10 & Under 50 Breast	LY-VA	14	---	---
1:26.14L	P # 51A	Female 10 & Under 100 Free	LY-VA	11	---	---
	41.71	1:26.14				
	(41.71)	(44.43)				
3:32.27L	F # 59A	Female 10 & Under 200 Back	LY-VA	5	---	---
	48.85	1:42.47 2:37.64 3:32.27				
	(48.85)	(53.62) (55.17) (54.63)				
3:36.20L	P # 59A	Female 10 & Under 200 Back	LY-VA	5	---	---
	51.43	1:46.87 2:44.55 3:36.20				
	(51.43)	(55.44) (57.68) (51.65)				
46.56L	P # 63A	Female 10 & Under 50 Fly	LY-VA	14	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Syrus Tracey (10) M						
35.05L	P # 8A	Male 10 & Under 50 Free	LY-VA	4	---	-0.96
35.61L	F # 8A	Male 10 & Under 50 Free	LY-VA	4	---	-0.40
3:22.04L	F # 12A	Male 10 & Under 200 IM	LY-VA	6	---	---
	47.15	1:39.89	2:38.40	3:22.04		
	(47.15)	(52.74)	(58.51)	(43.64)		
3:22.68L	P # 12A	Male 10 & Under 200 IM	LY-VA	6	---	---
	45.50	1:38.53	2:37.58	3:22.68		
	(45.50)	(53.03)	(59.05)	(45.10)		
6:10.92L	F # 24A	Male 10 & Under 400 Free	LY-VA	5	---	---
	39.27	1:26.84	2:15.41	3:05.49	3:53.80	4:40.74
	(39.27)	(47.57)	(48.57)	(50.08)	(48.31)	(46.94)
					(5:27.58)	(6:10.92)
					(46.84)	(43.34)
2:57.01L	P # 28A	Male 10 & Under 200 Free	LY-VA	5	---	---
	38.33	1:24.23	2:12.61	2:57.01		
	(38.33)	(45.90)	(48.38)	(44.40)		
2:57.59L	F # 28A	Male 10 & Under 200 Free	LY-VA	4	---	---
	38.57	1:25.06	2:12.91	2:57.59		
	(38.57)	(46.49)	(47.85)	(44.68)		
1:47.32L	P # 32A	Male 10 & Under 100 Fly	LY-VA	5	---	---
	48.74	1:47.32				
	(48.74)	(58.58)				
1:49.67L	F # 32A	Male 10 & Under 100 Fly	LY-VA	7	---	---
	49.34	1:49.67				
	(49.34)	(1:00.33)				
50.36L	F # 40A	Male 10 & Under 50 Breast	LY-VA	5	---	---
51.81L	P # 40A	Male 10 & Under 50 Breast	LY-VA	5	---	---
1:20.68L	F # 52A	Male 10 & Under 100 Free	LY-VA	5	---	---
	37.30	1:20.68				
	(37.30)	(43.38)				
1:20.75L	P # 52A	Male 10 & Under 100 Free	LY-VA	5	---	---
	37.01	1:20.75				
	(37.01)	(43.74)				
3:21.53L DQ	P # 60A	Male 10 & Under 200 Back	LY-VA	---	---	---
	47.85	1:39.95	2:32.33	3:21.53		
	(47.85)	(52.10)	(52.38)	(49.20)		
46.66L	P # 64A	Male 10 & Under 50 Fly	LY-VA	17	---	0.12

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Kinley Tuck (14) F						
36.51L	P # 5A	Female 13-14 50 Free	LY-VA	42	---	-3.53
41.44L	P # 13A	Female 13-14 50 Back	LY-VA	27	---	-4.65
6:15.01L	F # 21A	Female 13-14 400 Free	LY-VA	29	---	-23.24
	43.35	1:31.27 2:18.54 3:06.82	---	4:42.15 5:29.36 6:15.01		
	(43.35)	(47.92) (47.27) (48.28)	---	(4:42.15) (47.21) (45.65)		
3:00.16L	P # 25A	Female 13-14 200 Free	LY-VA	47	---	-7.20
	43.16	1:28.92 2:15.00 3:00.16				
	(43.16)	(45.76) (46.08) (45.16)				
1:28.50L	P # 33A	Female 13-14 100 Back	LY-VA	31	---	-12.45
	43.18	1:28.50				
	(43.18)	(45.32)				
51.32L	P # 37A	Female 13-14 50 Breast	LY-VA	32	---	-1.93
1:22.50L	P # 49A	Female 13-14 100 Free	LY-VA	45	---	-6.98
	39.43	1:22.50				
	(39.43)	(43.07)				
3:07.89L	P # 57A	Female 13-14 200 Back	LY-VA	24	---	-24.75
	45.19	1:33.29 2:21.99 3:07.89				
	(45.19)	(48.10) (48.70) (45.90)				
43.88L	P # 61A	Female 13-14 50 Fly	LY-VA	39	---	-5.72

Lynchburg YMCA Swim Team
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Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv
Brody Wall (15) M					
2:22.61L	F # 2B	Male 15 & Over 200 Fly	LY-VA	10	---
	31.43	1:07.23 1:45.67 2:22.61			
	(31.43)	(35.80) (38.44) (36.94)			
2:23.53L	P # 2B	Male 15 & Over 200 Fly	LY-VA	10	---
	29.84	1:05.14 1:42.42 2:23.53			
	(29.84)	(35.30) (37.28) (41.11)			
26.50L	P # 6B	Male 15 & Over 50 Free	LY-VA	20	---
4:45.89L	F # 22B	Male 15 & Over 400 Free	LY-VA	15	2
	---	1:08.34 1:45.32 2:22.75 2:59.76 3:35.58 4:10.69 4:45.89			
	---	(1:08.34) (36.98) (37.43) (37.01) (35.82) (35.11) (35.20)			
1:00.02L	F # 30B	Male 15 & Over 100 Fly	LY-VA	8	---
	27.55	1:00.02			
	(27.55)	(32.47)			
1:00.23L	P # 30B	Male 15 & Over 100 Fly	LY-VA	8	---
	27.48	1:00.23			
	(27.48)	(32.75)			
1:12.05L	P # 34B	Male 15 & Over 100 Back	LY-VA	24	---
	35.66	1:12.05			
	(35.66)	(36.39)			
5:28.29L	F # 42B	Male 15 & Over 400 IM	LY-VA	15	---
	32.74	1:10.11 1:54.26 2:36.54 3:26.70 4:15.92 5:28.29			
	(32.74)	(37.37) (44.15) (42.28) (50.16) (49.22) (5:28.29)			
57.30L	F # 50B	Male 15 & Over 100 Free	LY-VA	15	---
	28.03	57.30			
	(28.03)	(29.27)			
57.77L	P # 50B	Male 15 & Over 100 Free	LY-VA	19	---
	28.24	57.77			
	(28.24)	(29.53)			
2:35.69L	F # 58B	Male 15 & Over 200 Back	LY-VA	13	---
	36.87	1:16.25 1:56.77 2:35.69			
	(36.87)	(39.38) (40.52) (38.92)			
2:36.70L	P # 58B	Male 15 & Over 200 Back	LY-VA	18	---
	36.71	1:16.48 1:56.82 2:36.70			
	(36.71)	(39.77) (40.34) (39.88)			
26.72L	P # 62B	Male 15 & Over 50 Fly	LY-VA	5	---
26.78L	F # 62B	Male 15 & Over 50 Fly	LY-VA	6	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Sarah Warren (16) F						
2:28.58L	F # 1B	Female 15 & Over 200 Fly	LY-VA	7	---	1.63
	33.70	1:11.10 1:49.34 2:28.58				
	(33.70)	(37.40) (38.24) (39.24)				
2:30.49L	P # 1B	Female 15 & Over 200 Fly	LY-VA	5	---	3.54
	34.11	1:11.88 1:50.94 2:30.49				
	(34.11)	(37.77) (39.06) (39.55)				
2:37.39L	F # 9B	Female 15 & Over 200 IM	LY-VA	18	---	2.48
	33.05	1:13.79 2:00.69 2:37.39				
	(33.05)	(40.74) (46.90) (36.70)				
2:38.77L	P # 9B	Female 15 & Over 200 IM	LY-VA	17	---	3.86
	33.42	1:13.23 2:01.87 2:38.77				
	(33.42)	(39.81) (48.64) (36.90)				
34.91L	F # 13B	Female 15 & Over 50 Back	LY-VA	15	---	-0.23
35.21L	P # 13B	Female 15 & Over 50 Back	LY-VA	16	---	0.07
1:07.90L	F # 29B	Female 15 & Over 100 Fly	LY-VA	10	---	0.73
	31.82	1:07.90				
	(31.82)	(36.08)				
1:09.38L	P # 29B	Female 15 & Over 100 Fly	LY-VA	12	---	2.21
	32.39	1:09.38				
	(32.39)	(36.99)				
1:15.84L	P # 33B	Female 15 & Over 100 Back	LY-VA	21	---	3.45
	36.83	1:15.84				
	(36.83)	(39.01)				
5:30.36L	F # 41B	Female 15 & Over 400 IM	LY-VA	10	---	2.27
	34.20	1:12.42 1:54.88 2:36.55	3:27.13 4:16.18 4:53.77 5:30.36			
	(34.20)	(38.22) (42.46) (41.67)	(50.58) (49.05) (37.59) (36.59)			
1:07.28L	P # 49B	Female 15 & Over 100 Free	LY-VA	42	---	1.61
	32.14	1:07.28				
	(32.14)	(35.14)				
2:37.99L	F # 57B	Female 15 & Over 200 Back	LY-VA	15	---	2.01
	37.19	1:16.19 1:57.57 2:37.99				
	(37.19)	(39.00) (41.38) (40.42)				
2:41.64L	P # 57B	Female 15 & Over 200 Back	LY-VA	20	---	5.66
	38.27	1:19.18 2:01.16 2:41.64				
	(38.27)	(40.91) (41.98) (40.48)				
32.05L	P # 61B	Female 15 & Over 50 Fly	LY-VA	16	---	0.47
32.13L	F # 61B	Female 15 & Over 50 Fly	LY-VA	15	---	0.55

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Broughton Webb (15) F						
2:28.78L	F # 9B	Female 15 & Over 200 IM	LY-VA	11	---	-2.35
	33.45	1:11.42 1:55.33 2:28.78				
	(33.45)	(37.97) (43.91) (33.45)				
2:32.85L	P # 9B	Female 15 & Over 200 IM	LY-VA	11	---	1.72
	32.83	1:12.21 1:56.68 2:32.85				
	(32.83)	(39.38) (44.47) (36.17)				
1:20.52L	F # 17B	Female 15 & Over 100 Breast	LY-VA	7	---	2.11
	37.57	1:20.52				
	(37.57)	(42.95)				
1:22.24L	P # 17B	Female 15 & Over 100 Breast	LY-VA	7	---	3.83
	38.95	1:22.24				
	(38.95)	(43.29)				
4:37.65L	F # 21B	Female 15 & Over 400 Free	LY-VA	9	9	5.09
	31.24	1:05.29 1:40.71 2:16.22	2:51.75 3:27.36 4:03.16 4:37.65			
	(31.24)	(34.05) (35.42) (35.51)	(35.53) (35.61) (35.80) (34.49)			
2:14.78L	F # 25B	Female 15 & Over 200 Free	LY-VA	15	---	0.89
	31.03	1:05.23 1:40.17 2:14.78				
	(31.03)	(34.20) (34.94) (34.61)				
2:17.30L	P # 25B	Female 15 & Over 200 Free	LY-VA	19	---	3.41
	31.39	1:05.90 1:42.04 2:17.30				
	(31.39)	(34.51) (36.14) (35.26)				
37.10L	F # 37B	Female 15 & Over 50 Breast	LY-VA	6	---	-2.36
37.23L	P # 37B	Female 15 & Over 50 Breast	LY-VA	6	---	-2.23
5:11.33L	F # 41B	Female 15 & Over 400 IM	LY-VA	3	---	1.17
	34.20	1:12.67 1:53.89 2:32.89	3:16.74 4:00.63 4:36.91 5:11.33			
	(34.20)	(38.47) (41.22) (39.00)	(43.85) (43.89) (36.28) (34.42)			
1:05.10L	P # 49B	Female 15 & Over 100 Free	LY-VA	32	---	1.35
	31.44	1:05.10				
	(31.44)	(33.66)				
2:49.32L	F # 53B	Female 15 & Over 200 Breast	LY-VA	6	---	4.62
	37.89	1:21.60 2:05.05 2:49.32				
	(37.89)	(43.71) (43.45) (44.27)				
2:54.02L	P # 53B	Female 15 & Over 200 Breast	LY-VA	6	---	9.32
	39.91	1:24.40 2:09.49 2:54.02				
	(39.91)	(44.49) (45.09) (44.53)				
9:24.71L	F # 69B	Female 15 & Over 800 Free	LY-VA	1	---	4.61
	32.47	1:07.33 1:43.01 2:18.51	2:54.80 3:30.15 4:06.10 4:41.50			
	(32.47)	(34.86) (35.68) (35.50)	(36.29) (35.35) (35.95) (35.40)			
	5:17.10	5:51.88 6:27.97 7:03.28	7:39.09 8:14.33 8:50.19 9:24.71			
	(35.60)	(34.78) (36.09) (35.31)	(35.81) (35.24) (35.86) (34.52)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Adam Wells (15) M						
26.34L	F # 6B	Male 15 & Over 50 Free	LY-VA	16	---	-0.35
26.38L	P # 6B	Male 15 & Over 50 Free	LY-VA	15	---	-0.31
31.96L	P # 14B	Male 15 & Over 50 Back	LY-VA	10	---	-3.10
32.47L	F # 14B	Male 15 & Over 50 Back	LY-VA	14	---	-2.59
5:02.02L	F # 22B	Male 15 & Over 400 Free	LY-VA	23	---	-17.46
	32.94	1:11.23 1:50.50 2:28.82	3:07.98 3:47.45 4:26.40	5:02.02		
	(32.94)	(38.29) (39.27) (38.32)	(39.16) (39.47) (38.95)	(35.62)		
2:20.95L	P # 26B	Male 15 & Over 200 Free	LY-VA	38	---	-2.60
	31.09	1:07.18 1:45.10 2:20.95				
	(31.09)	(36.09) (37.92) (35.85)				
1:07.46L	P # 30B	Male 15 & Over 100 Fly	LY-VA	38	---	1.80
	31.39	1:07.46				
	(31.39)	(36.07)				
1:13.94L	P # 34B	Male 15 & Over 100 Back	LY-VA	28	---	-8.15
	36.76	1:13.94				
	(36.76)	(37.18)				
1:00.35L	P # 50B	Male 15 & Over 100 Free	LY-VA	31	---	-0.52
	28.92	1:00.35				
	(28.92)	(31.43)				
2:42.34L	F # 58B	Male 15 & Over 200 Back	LY-VA	15	---	-17.12
	37.60	1:19.63 2:03.48 2:42.34				
	(37.60)	(42.03) (43.85) (38.86)				
2:48.20L	P # 58B	Male 15 & Over 200 Back	LY-VA	24	---	-11.26
	39.00	1:25.89 2:08.54 2:48.20				
	(39.00)	(46.89) (42.65) (39.66)				
28.50L	P # 62B	Male 15 & Over 50 Fly	LY-VA	19	---	-1.23
28.79L	F # 62B	Male 15 & Over 50 Fly	LY-VA	18	---	-0.94

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event					Place		Points	Improv	
Noah Wells (17) M											
26.40L	P # 6B	Male 15 & Over 50 Free					LY-VA	17	---	0.61	
26.48L	F # 6B	Male 15 & Over 50 Free					LY-VA	17	---	0.69	
33.24L	P # 14B	Male 15 & Over 50 Back					LY-VA	16	---	-3.69	
33.31L	F # 14B	Male 15 & Over 50 Back					LY-VA	16	---	-3.62	
4:51.60L	F # 22B	Male 15 & Over 400 Free					LY-VA	19	---	-18.17	
	32.45	1:08.70	1:45.07	2:21.51	2:58.58	3:36.26	4:14.98	4:51.60			
	(32.45)	(36.25)	(36.37)	(36.44)	(37.07)	(37.68)	(38.72)	(36.62)			
2:10.76L	P # 26B	Male 15 & Over 200 Free					LY-VA	23	---	-5.17	
	29.53	1:01.55	1:36.26	2:10.76							
	(29.53)	(32.02)	(34.71)	(34.50)							
2:11.07L	F # 26B	Male 15 & Over 200 Free					LY-VA	17	---	-4.86	
	29.72	1:02.43	1:36.51	2:11.07							
	(29.72)	(32.71)	(34.08)	(34.56)							
1:12.09L	P # 30B	Male 15 & Over 100 Fly					LY-VA	47	---	6.50	
	34.15	1:12.09									
	(34.15)	(37.94)									
1:13.43L	P # 34B	Male 15 & Over 100 Back					LY-VA	27	---	6.01	
	35.11	1:13.43									
	(35.11)	(38.32)									
57.27L	P # 50B	Male 15 & Over 100 Free					LY-VA	15	---	-0.14	
	27.15	57.27									
	(27.15)	(30.12)									
2:34.85L	P # 58B	Male 15 & Over 200 Back					LY-VA	16	---	0.55	
	36.77	1:16.75	1:56.50	2:34.85							
	(36.77)	(39.98)	(39.75)	(38.35)							
29.50L	P # 62B	Male 15 & Over 50 Fly					LY-VA	29	---	-2.71	

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event				Place				Points	Improv
Sammy Wells (10) M											
34.90L	P # 8A	Male 10 & Under 50 Free				LY-VA		2	---	-2.81	
35.31L	F # 8A	Male 10 & Under 50 Free				LY-VA		3	---	-2.40	
3:21.80L DQ	P # 12A	Male 10 & Under 200 IM				LY-VA		---	---	---	
	42.10	1:35.82	2:40.36	3:21.80							
	(42.10)	(53.72)	(1:04.54)	(41.44)							
5:45.45L	F # 24A	Male 10 & Under 400 Free				LY-VA		2	---	-35.76	
	37.84	1:20.48	2:04.98	2:49.25	3:34.84	4:18.87	5:03.52	5:45.45			
	(37.84)	(42.64)	(44.50)	(44.27)	(45.59)	(44.03)	(44.65)	(41.93)			
2:42.85L	F # 28A	Male 10 & Under 200 Free				LY-VA		2	---	-18.54	
	36.80	1:18.44	2:02.24	2:42.85							
	(36.80)	(41.64)	(43.80)	(40.61)							
2:44.21L	P # 28A	Male 10 & Under 200 Free				LY-VA		3	---	-17.18	
	37.01	1:18.09	2:01.33	2:44.21							
	(37.01)	(41.08)	(43.24)	(42.88)							
1:26.08L	F # 32A	Male 10 & Under 100 Fly				LY-VA		2	---	---	
	40.51	1:26.08									
	(40.51)	(45.57)									
1:30.58L	P # 32A	Male 10 & Under 100 Fly				LY-VA		1	---	---	
	41.50	1:30.58									
	(41.50)	(49.08)									
1:34.54L	P # 36A	Male 10 & Under 100 Back				LY-VA		9	---	-3.14	
	47.29	1:34.54									
	(47.29)	(47.25)									
1:39.67L	F # 36A	Male 10 & Under 100 Back				LY-VA		8	---	1.99	
	46.93	1:39.67									
	(46.93)	(52.74)									
1:31.25L	S # 36S	Male 12 & Under 100 Back				LY-VA		1	---	-6.43	
1:17.76L	P # 52A	Male 10 & Under 100 Free				LY-VA		3	---	-7.30	
	36.97	1:17.76									
	(36.97)	(40.79)									
1:18.34L	F # 52A	Male 10 & Under 100 Free				LY-VA		4	---	-6.72	
	36.65	1:18.34									
	(36.65)	(41.69)									
37.98L DQ	P # 64A	Male 10 & Under 50 Fly				LY-VA		---	---	---	
11:41.45L	F # 72A	Male 10 & Under 800 Free				LY-VA		1	---	---	
	37.16	1:19.68	2:04.13	2:48.13	3:32.96	4:16.71	5:02.30	5:47.23			
	(37.16)	(42.52)	(44.45)	(44.00)	(44.83)	(43.75)	(45.59)	(44.93)			
	6:31.02	7:16.65	8:01.28	8:45.65	9:28.89	10:13.72	10:58.12	11:41.45			
	(43.79)	(45.63)	(44.63)	(44.37)	(43.24)	(44.83)	(44.40)	(43.33)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event				Place		Points	Improv
Austin Woodruff (12) M									
34.38L	P # 8B	Male	11-12	50 Free	LY-VA	36	---	0.82	
39.11L	P # 16B	Male	11-12	50 Back	LY-VA	17	---	0.77	
39.39L	F # 16B	Male	11-12	50 Back	LY-VA	18	---	1.05	
5:32.61L	F # 24B	Male	11-12	400 Free	LY-VA	16	---	5.25	
	---	1:17.77	---	2:41.47	---	4:07.46	---	5:32.61	
	---	(1:17.77)	---	(2:41.47)	---	(4:07.46)	---	(5:32.61)	
2:39.14L	P # 28B	Male	11-12	200 Free	LY-VA	23	---	2.37	
	36.65	1:18.16	1:59.42	2:39.14					
	(36.65)	(41.51)	(41.26)	(39.72)					
1:25.65L	P # 36B	Male	11-12	100 Back	LY-VA	22	---	-0.77	
	41.34	1:25.65							
	(41.34)	(44.31)							
46.81L	P # 40B	Male	11-12	50 Breast	LY-VA	29	---	-0.36	
1:13.81L	P # 52B	Male	11-12	100 Free	LY-VA	35	---	-0.36	
	36.06	1:13.81							
	(36.06)	(37.75)							
3:06.36L	P # 60B	Male	11-12	200 Back	LY-VA	21	---	0.79	
	42.66	1:30.39	2:18.55	3:06.36					
	(42.66)	(47.73)	(48.16)	(47.81)					
11:20.54L	F # 72B	Male	11-12	800 Free	LY-VA	2	---	-9.51	
	2:02.98	1:20.36	3:28.19	2:44.73	---	4:10.24	---	5:35.80	
	(2:02.98)	(42.62)	(2:07.83)	(43.46)	---	(4:10.24)	---	(5:35.80)	
	---	7:01.81	---	8:29.08	9:12.82	9:55.50	10:38.93	11:20.54	
	---	(7:01.81)	---	(8:29.08)	(43.74)	(42.68)	(43.43)	(41.61)	

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event				Place				Points	Improv
Graham Woodruff (16) M											
26.51L	P # 6B	Male 15 & Over 50 Free				LY-VA		22	---	1.44	
30.89L	F # 14B	Male 15 & Over 50 Back				LY-VA		10	---	0.44	
32.94L	P # 14B	Male 15 & Over 50 Back				LY-VA		15	---	2.49	
4:45.62L	F # 22B	Male 15 & Over 400 Free				LY-VA		14	3	24.34	
	30.95	1:05.52	1:41.34	2:18.47	2:55.85	3:33.65	4:10.77	4:45.62			
	(30.95)	(34.57)	(35.82)	(37.13)	(37.38)	(37.80)	(37.12)	(34.85)			
2:06.18L	F # 26B	Male 15 & Over 200 Free				LY-VA		11	---	2.53	
	29.74	1:01.92	1:35.40	2:06.18							
	(29.74)	(32.18)	(33.48)	(30.78)							
2:07.58L	P # 26B	Male 15 & Over 200 Free				LY-VA		15	---	3.93	
	29.46	1:01.52	1:36.09	2:07.58							
	(29.46)	(32.06)	(34.57)	(31.49)							
1:12.39L	P # 30B	Male 15 & Over 100 Fly				LY-VA		49	---	10.24	
	31.64	1:12.39									
	(31.64)	(40.75)									
1:06.30L	F # 34B	Male 15 & Over 100 Back				LY-VA		12	---	0.95	
	32.67	1:06.30									
	(32.67)	(33.63)									
1:08.42L	P # 34B	Male 15 & Over 100 Back				LY-VA		17	---	3.07	
	34.26	1:08.42									
	(34.26)	(34.16)									
59.83L	P # 50B	Male 15 & Over 100 Free				LY-VA		29	---	4.82	
	28.60	59.83									
	(28.60)	(31.23)									
2:17.82L	F # 58B	Male 15 & Over 200 Back				LY-VA		4	---	-6.83	
	32.38	1:07.72	1:43.79	2:17.82							
	(32.38)	(35.34)	(36.07)	(34.03)							
2:25.18L	P # 58B	Male 15 & Over 200 Back				LY-VA		8	---	0.53	
	34.64	1:10.98	1:48.76	2:25.18							
	(34.64)	(36.34)	(37.78)	(36.42)							
9:39.48L	F # 70B	Male 15 & Over 800 Free				LY-VA		6	---	20.91	
	32.68	1:08.44	1:44.85	2:21.55	2:57.63	3:33.71	4:10.86	4:48.50			
	(32.68)	(35.76)	(36.41)	(36.70)	(36.08)	(36.08)	(37.15)	(37.64)			
	5:25.66	6:02.72	6:39.10	7:15.18	7:52.18	8:29.04	9:04.97	9:39.48			
	(37.16)	(37.06)	(36.38)	(36.08)	(37.00)	(36.86)	(35.93)	(34.51)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Taylor Woodruff (14) F						
2:21.46L	F # 1A	Female 13-14 200 Fly	LY-VA	2	---	-0.82
	32.67	1:08.60 1:45.29 2:21.46				
	(32.67)	(35.93) (36.69) (36.17)				
2:24.21L	P # 1A	Female 13-14 200 Fly	LY-VA	1	---	1.93
	32.89	1:09.43 1:47.06 2:24.21				
	(32.89)	(36.54) (37.63) (37.15)				
33.38L	P # 13A	Female 13-14 50 Back	LY-VA	2	---	0.11
33.49L	F # 13A	Female 13-14 50 Back	LY-VA	3	---	0.22
4:47.67L	F # 21A	Female 13-14 400 Free	LY-VA	3	16	6.83
	32.69	1:08.91 1:46.17 2:22.71 2:59.59 3:36.46 4:12.49 4:47.67				
	(32.69)	(36.22) (37.26) (36.54) (36.88) (36.87) (36.03) (35.18)				
2:16.78L	F # 25A	Female 13-14 200 Free	LY-VA	3	---	-3.21
	31.60	1:06.60 1:41.89 2:16.78				
	(31.60)	(35.00) (35.29) (34.89)				
2:19.07L	P # 25A	Female 13-14 200 Free	LY-VA	3	---	-0.92
	31.77	1:06.91 1:43.69 2:19.07				
	(31.77)	(35.14) (36.78) (35.38)				
1:07.50L	F # 29A	Female 13-14 100 Fly	LY-VA	2	---	1.01
	31.82	1:07.50				
	(31.82)	(35.68)				
1:10.67L	P # 29A	Female 13-14 100 Fly	LY-VA	3	---	4.18
	32.85	1:10.67				
	(32.85)	(37.82)				
1:12.65L	F # 33A	Female 13-14 100 Back	LY-VA	4	---	1.87
	35.55	1:12.65				
	(35.55)	(37.10)				
1:15.01L	P # 33A	Female 13-14 100 Back	LY-VA	7	---	4.23
	36.11	1:15.01				
	(36.11)	(38.90)				
1:04.71L	F # 49A	Female 13-14 100 Free	LY-VA	6	---	0.57
	32.10	1:04.71				
	(32.10)	(32.61)				
1:06.08L	P # 49A	Female 13-14 100 Free	LY-VA	12	---	1.94
	30.90	1:06.08				
	(30.90)	(35.18)				
30.99L	F # 61A	Female 13-14 50 Fly	LY-VA	1	---	-0.81
31.37L	P # 61A	Female 13-14 50 Fly	LY-VA	2	---	-0.43
10:00.12L	F # 69A	Female 13-14 800 Free	LY-VA	2	---	29.30
	33.75	1:11.32 1:48.50 2:25.97 3:03.62 3:41.19 4:19.43 4:57.48				
	(33.75)	(37.57) (37.18) (37.47) (37.65) (37.57) (38.24) (38.05)				
	5:36.01	6:14.51 6:52.19 7:30.65 8:08.17 8:46.75 9:24.71 10:00.12				
	(38.53)	(38.50) (37.68) (38.46) (37.52) (38.58) (37.96) (35.41)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
Caleb Wu (14) M						
28.83L	F # 6A	Male 13-14 50 Free	LY-VA	16	---	0.16
28.93L	P # 6A	Male 13-14 50 Free	LY-VA	16	---	0.26
2:39.58L	F # 10A	Male 13-14 200 IM	LY-VA	10	---	0.95
	35.19	1:17.87 2:04.17 2:39.58				
	(35.19)	(42.68) (46.30) (35.41)				
2:43.00L	P # 10A	Male 13-14 200 IM	LY-VA	11	---	4.37
	35.44	1:19.10 2:05.01 2:43.00				
	(35.44)	(43.66) (45.91) (37.99)				
1:17.27L	F # 18A	Male 13-14 100 Breast	LY-VA	3	---	2.05
	36.13	1:17.27				
	(36.13)	(41.14)				
1:19.03L	P # 18A	Male 13-14 100 Breast	LY-VA	4	---	3.81
	36.98	1:19.03				
	(36.98)	(42.05)				
2:24.24L	P # 26A	Male 13-14 200 Free	LY-VA	20	---	2.37
	31.66	1:08.21 1:46.14 2:24.24				
	(31.66)	(36.55) (37.93) (38.10)				
1:14.25L	P # 34A	Male 13-14 100 Back	LY-VA	10	---	-0.65
	36.47	1:14.25				
	(36.47)	(37.78)				
34.92L	P # 38A	Male 13-14 50 Breast	LY-VA	3	---	-0.26
Karis Wu (12) F						
3:14.64L	P # 27B	Female 11-12 200 Free	LY-VA	58	---	-8.30
	42.63	1:33.08 2:25.70 3:14.64				
	(42.63)	(50.45) (52.62) (48.94)				
1:46.31L	P # 35B	Female 11-12 100 Back	LY-VA	52	---	-5.64
	53.96	1:46.31				
	(53.96)	(52.35)				
50.82L	P # 39B	Female 11-12 50 Breast	LY-VA	46	---	-4.64
1:26.21L	P # 51B	Female 11-12 100 Free	LY-VA	61	---	-7.49
	41.34	1:26.21				
	(41.34)	(44.87)				
3:55.00L	P # 55B	Female 11-12 200 Breast	LY-VA	30	---	-47.41
	54.56	1:55.64 2:55.99 3:55.00				
	(54.56)	(1:01.08) (1:00.35) (59.01)				
49.19L	P # 63B	Female 11-12 50 Fly	LY-VA	61	---	-0.73

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters
Location: Liberty University Natatorium

Time	F/P/S	Event				Place		Points	Improv
Titus Wu (9) M									
34.52L	F # 8A	Male 10 & Under 50 Free				LY-VA	1	---	-2.65
34.77L	P # 8A	Male 10 & Under 50 Free				LY-VA	1	---	-2.40
40.86L	F # 16A	Male 10 & Under 50 Back				LY-VA	2	---	-0.34
41.38L	P # 16A	Male 10 & Under 50 Back				LY-VA	2	---	0.18
1:41.19L	F # 20A	Male 10 & Under 100 Breast				LY-VA	2	---	-6.52
	49.32	1:41.19							
	(49.32)	(51.87)							
1:45.27L	P # 20A	Male 10 & Under 100 Breast				LY-VA	2	---	-2.44
	50.10	1:45.27							
	(50.10)	(55.17)							
1:33.32L	F # 32A	Male 10 & Under 100 Fly				LY-VA	3	---	0.97
	43.25	1:33.32							
	(43.25)	(50.07)							
1:34.81L	P # 32A	Male 10 & Under 100 Fly				LY-VA	3	---	2.46
	43.18	1:34.81							
	(43.18)	(51.63)							
1:28.45L	F # 36A	Male 10 & Under 100 Back				LY-VA	2	---	-0.71
	43.68	1:28.45							
	(43.68)	(44.77)							
1:30.37L	P # 36A	Male 10 & Under 100 Back				LY-VA	2	---	1.21
	43.54	1:30.37							
	(43.54)	(46.83)							
48.23L	F # 40A	Male 10 & Under 50 Breast				LY-VA	2	---	0.22
48.39L	P # 40A	Male 10 & Under 50 Breast				LY-VA	2	---	0.38
1:16.21L	F # 52A	Male 10 & Under 100 Free				LY-VA	3	---	-1.71
	35.97	1:16.21							
	(35.97)	(40.24)							
1:18.33L	P # 52A	Male 10 & Under 100 Free				LY-VA	4	---	0.41
	36.21	1:18.33							
	(36.21)	(42.12)							
39.38L	F # 64A	Male 10 & Under 50 Fly				LY-VA	3	---	-1.14
40.31L	P # 64A	Male 10 & Under 50 Fly				LY-VA	4	---	-0.21
12:09.58L	F # 72A	Male 10 & Under 800 Free				LY-VA	2	---	-239.71
	38.64	1:24.09	2:11.14	2:57.46	3:44.20	4:30.74	5:16.94	6:04.20	
	(38.64)	(45.45)	(47.05)	(46.32)	(46.74)	(46.54)	(46.20)	(47.26)	
	6:51.65	7:38.37	8:25.42	9:11.40	9:57.03	10:42.50	11:19.42	12:09.58	
	(47.45)	(46.72)	(47.05)	(45.98)	(45.63)	(45.47)	(36.92)	(50.16)	

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Virginia Commonwealth Games 20-Jun-25 to 22-Jun-25 LC Meters

Location: Liberty University Natatorium

Time	F/P/S	Event	Place	Points	Improv	
George Xu (18) M						
2:26.70L	F # 2B	Male 15 & Over 200 Fly	LY-VA	14	---	7.07
	---	1:08.79 1:47.87 2:26.70				
	---	(1:08.79) (39.08) (38.83)				
2:28.03L	P # 2B	Male 15 & Over 200 Fly	LY-VA	13	---	8.40
	31.28	1:07.36 1:46.79 2:28.03				
	(31.28)	(36.08) (39.43) (41.24)				
2:27.93L	F # 10B	Male 15 & Over 200 IM	LY-VA	16	---	7.91
	30.83	1:08.66 1:53.61 2:27.93				
	(30.83)	(37.83) (44.95) (34.32)				
2:28.17L	P # 10B	Male 15 & Over 200 IM	LY-VA	16	---	8.15
	31.22	1:08.88 1:53.86 2:28.17				
	(31.22)	(37.66) (44.98) (34.31)				
31.34L	F # 14B	Male 15 & Over 50 Back	LY-VA	11	---	0.21
32.05L	P # 14B	Male 15 & Over 50 Back	LY-VA	11	---	0.92
1:02.96L	P # 30B	Male 15 & Over 100 Fly	LY-VA	21	---	1.66
	29.78	1:02.96				
	(29.78)	(33.18)				
1:07.63L	P # 34B	Male 15 & Over 100 Back	LY-VA	14	---	1.75
	32.95	1:07.63				
	(32.95)	(34.68)				
5:20.81L	F # 42B	Male 15 & Over 400 IM	LY-VA	9	---	---
	31.96	1:09.51 1:49.93 2:30.74	3:17.39 4:06.11 4:43.38 5:20.81			
	(31.96)	(37.55) (40.42) (40.81)	(46.65) (48.72) (37.27) (37.43)			
Spence Young (10) M						
3:07.03L	P # 28A	Male 10 & Under 200 Free	LY-VA	12	---	---
	41.02	--- 2:21.33 3:07.03				
	(41.02)	--- (2:21.33) (45.70)				
1:50.98L	P # 36A	Male 10 & Under 100 Back	LY-VA	27	---	-5.87
	---	1:50.98				
	---	(1:50.98)				
54.91L	P # 40A	Male 10 & Under 50 Breast	LY-VA	14	---	---