

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards
Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Eli Aguayo (10) M					
3:00.51Y	F # 32B	Male 9-10 100 Free	LY-VA	17	---
	---	3:00.51			---
	---	(3:00.51)			
2:49.83Y	F # 42B	Male 9-10 100 Back	LY-VA	15	---
	---	2:49.83			---
	---	(2:49.83)			
1:17.09Y	F # 88B	Male 9-10 50 Back	LY-VA	19	---
1:22.12Y	F # 96B	Male 9-10 50 Free	LY-VA	19	---
Zack Akins (7) M					
1:06.23Y	F # 22	100 Free Relay Lead Off	LY-VA	---	---
32.11Y	F # 34	Male 8 & Under 25 Back	LY-VA	9	---
NS	F # 74	Male 8 & Under 25 Free	LY-VA	---	---
NS	F # 88A	Male 8 & Under 50 Back	LY-VA	---	---
NS	F # 96A	Male 8 & Under 50 Free	LY-VA	---	---
Zoey Akins (10) F					
1:55.78Y	F # 31B	Female 9-10 100 Free	LY-VA	10	---
	53.30	1:55.78			
	(53.30)	(1:02.48)			
2:03.42Y	F # 41B	Female 9-10 100 Back	LY-VA	7	---
	1:00.11	2:03.42			
	(1:00.11)	(1:03.31)			
NS	F # 87B	Female 9-10 50 Back	LY-VA	---	---
NS	F # 95B	Female 9-10 50 Free	LY-VA	---	---
Sydney Ayers (14) F					
3:05.04Y	F # 1A	Female 13-14 200 IM	LY-VA	8	---
	37.98	1:24.73 2:22.44 3:05.04			4.74
	(37.98)	(46.75) (57.71) (42.60)			
7:12.01Y	F # 5D	Female 13-14 500 Free	LY-VA	6	---
	35.40	1:16.88 2:00.38 2:45.70 3:30.97 4:16.82 5:01.56 5:47.29			-4.00
	(35.40)	(41.48) (43.50) (45.32) (45.27) (45.85) (44.74) (45.73)			
	6:31.22	7:12.01			
	(43.93)	(40.79)			
1:26.27Y	F # 9A	Female 13-14 100 Back	LY-VA	8	---
	41.87	1:26.27			2.15
	(41.87)	(44.40)			
1:12.94Y	F # 13A	Female 13-14 100 Free	LY-VA	10	---
	34.72	1:12.94			2.32
	(34.72)	(38.22)			
1:38.45Y	F # 15A	Female 13-14 100 Breast	LY-VA	7	---
	45.91	1:38.45			5.21
	(45.91)	(52.54)			
40.79Y	F # 17A	Female 13-14 50 Fly	LY-VA	9	---
6:46.88Y	F # 19A	Female 13-14 400 IM	LY-VA	5	---
	42.45	1:35.21 2:27.13 3:19.71 4:17.16 5:15.83 6:01.23 6:46.88			2.02
	(42.45)	(52.76) (51.92) (52.58) (57.45) (58.67) (45.40) (45.65)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Sydney Ayers (14) F											
38.92Y	F # 53A	Female	13-14	50 Back	LY-VA		8		---	-0.76	
2:36.25Y	F # 55A	Female	13-14	200 Free	LY-VA		8		---	-2.96	
	35.93	1:15.88	1:55.88	2:36.25							
	(35.93)	(39.95)	(40.00)	(40.37)							
41.62Y	F # 57A	Female	13-14	50 Breast	LY-VA		6		---	-4.05	
1:29.06Y	F # 59A	Female	13-14	100 Fly	LY-VA		4		---	0.81	
	40.67	1:29.06									
	(40.67)	(48.39)									
32.76Y	F # 65A	Female	13-14	50 Free	LY-VA		11		---	0.49	
Quentin Bailey (11) M											
3:08.77Y	DQ	F # 4C	Male	11-12	200 IM	LY-VA		---		---	
		42.99	1:32.29	2:26.68	3:08.77						
		(42.99)	(49.30)	(54.39)	(42.09)						
2T Delay initiating turn after past vertical - back											
7:46.83Y	F # 6C	Male	11-12	500 Free	LY-VA		11		---	-81.23	
	40.84	1:27.16	2:15.52	3:01.51	3:50.45	4:40.34	5:28.50	6:16.39			
	(40.84)	(46.32)	(48.36)	(45.99)	(48.94)	(49.89)	(48.16)	(47.89)			
	7:04.88	7:46.83									
	(48.49)	(41.95)									
1:20.45Y	F # 30	Male	11-12	100 Free	LY-VA		11		---	-9.55	
	38.72	1:20.45									
	(38.72)	(41.73)									
47.28Y	F # 36	Male	11-12	50 Breast	LY-VA		10		---	-6.73	
1:37.63Y	F # 40	Male	11-12	100 Back	LY-VA		11		---	-15.32	
	48.49	1:37.63									
	(48.49)	(49.14)									
40.66Y	F # 44	Male	11-12	50 Fly	LY-VA		10		---	-10.54	
1:32.62Y	F # 48	Male	11-12	100 IM	LY-VA		12		---	-8.08	
	45.69	1:32.62									
	(45.69)	(46.93)									
Webster Bailey (6) M											
2:04.79Y	F # 32A	Male	8 & Under	100 Free	LY-VA		5		---	---	
	57.64	2:04.79									
	(57.64)	(1:07.15)									
28.00Y	F # 34	Male	8 & Under	25 Back	LY-VA		5		---	---	
1:36.91Y	DQ	F # 38A	Male	8 & Under	50 Breast	LY-VA		---		---	
3A Alternating Kick											
Shirley Barger (15) F											
2:30.85Y	F # 1B	Female	15 & Over	200 IM	LY-VA		5		---	6.65	
	32.83	1:12.50	1:57.35	2:30.85							
	(32.83)	(39.67)	(44.85)	(33.50)							

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Shirley Barger (15) F						
5:48.24Y	F # 5E	Female 15 & Over 500 Free	LY-VA	6	---	13.04
	31.99	1:07.20 1:42.44 2:17.78	2:53.08 3:28.73	4:04.13 4:39.68		
	(31.99)	(35.21) (35.24) (35.34)	(35.30) (35.65)	(35.40) (35.55)		
	5:14.39	5:48.24				
	(34.71)	(33.85)				
1:10.54Y	F # 9B	Female 15 & Over 100 Back	LY-VA	8	---	1.83
	34.63	1:10.54				
	(34.63)	(35.91)				
1:00.82Y	F # 13B	Female 15 & Over 100 Free	LY-VA	6	---	2.37
	29.57	1:00.82				
	(29.57)	(31.25)				
1:20.40Y	F # 15B	Female 15 & Over 100 Breast	LY-VA	4	---	4.50
	39.07	1:20.40				
	(39.07)	(41.33)				
31.71Y	F # 17B	Female 15 & Over 50 Fly	LY-VA	8	---	-0.70
5:19.42Y	F # 19B	Female 15 & Over 400 IM	LY-VA	4	---	16.54
	34.28	1:13.99 1:56.39 2:38.34	3:24.65 4:09.78	4:44.95 5:19.42		
	(34.28)	(39.71) (42.40) (41.95)	(46.31) (45.13)	(35.17) (34.47)		
2:09.28Y	F # 55B	Female 15 & Over 200 Free	LY-VA	5	---	4.27
	30.73	1:03.71 1:37.00 2:09.28				
	(30.73)	(32.98) (33.29) (32.28)				
37.47Y	F # 57B	Female 15 & Over 50 Breast	LY-VA	4	---	-6.08
1:10.69Y	F # 59B	Female 15 & Over 100 Fly	LY-VA	5	---	1.87
	33.35	1:10.69				
	(33.35)	(37.34)				
2:51.07Y	F # 63B	Female 15 & Over 200 Breast	LY-VA	3	---	8.06
	39.82	1:23.53 2:07.56 2:51.07				
	(39.82)	(43.71) (44.03) (43.51)				
28.30Y	F # 65B	Female 15 & Over 50 Free	LY-VA	8	---	1.64
Jackson Barksdale (14) M						
2:32.57Y	F # 2A	Male 13-14 200 IM	LY-VA	6	---	0.37
	34.15	1:12.15 1:58.83 2:32.57				
	(34.15)	(38.00) (46.68) (33.74)				
5:52.77Y	F # 6D	Male 13-14 500 Free	LY-VA	4	---	0.17
	31.95	1:07.56 1:43.27 2:19.63	2:55.90 3:32.03	4:08.20 4:44.01		
	(31.95)	(35.61) (35.71) (36.36)	(36.27) (36.13)	(36.17) (35.81)		
	5:20.11	5:52.77				
	(36.10)	(32.66)				
26.37Y	F # 8	200 Free Relay Lead Off	LY-VA	---	---	-0.24
1:10.39Y	F # 10A	Male 13-14 100 Back	LY-VA	4	---	1.91
	34.87	1:10.39				
	(34.87)	(35.52)				
1:00.19Y	F # 14A	Male 13-14 100 Free	LY-VA	6	---	2.12
	29.00	1:00.19				
	(29.00)	(31.19)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Jackson Barksdale (14) M						
1:25.70Y	F # 16A	Male 13-14 100 Breast	LY-VA	6	---	3.24
	40.69	1:25.70				
	(40.69)	(45.01)				
32.80Y	F # 18A	Male 13-14 50 Fly	LY-VA	9	---	-1.41
5:34.28Y	F # 20A	Male 13-14 400 IM	LY-VA	4	---	-23.38
	36.27	1:20.59 2:03.90 2:46.66 3:36.02 4:25.92 5:00.76 5:34.28				
	(36.27)	(44.32) (43.31) (42.76) (49.36) (49.90) (34.84) (33.52)				
32.56Y	F # 54A	Male 13-14 50 Back	LY-VA	4	---	-2.37
2:13.14Y	F # 56A	Male 13-14 200 Free	LY-VA	5	---	0.90
	30.96	1:04.78 1:39.16 2:13.14				
	(30.96)	(33.82) (34.38) (33.98)				
39.57Y	F # 58A	Male 13-14 50 Breast	LY-VA	5	---	-1.27
1:16.61Y	F # 60A	Male 13-14 100 Fly	LY-VA	7	---	1.35
	36.64	1:16.61				
	(36.64)	(39.97)				
26.37Y	F # 66A	Male 13-14 50 Free	LY-VA	3	---	-0.24
Avi Bourque (12) F						
1:30.62Y	F # 29	Female 11-12 100 Free	LY-VA	9	---	---
	41.30	1:30.62				
	(41.30)	(49.32)				
55.77Y	F # 35	Female 11-12 50 Breast	LY-VA	8	---	---
1:44.11Y	F # 39	Female 11-12 100 Back	LY-VA	6	---	---
	---	1:44.11				
	---	(1:44.11)				
46.38Y	F # 43	Female 11-12 50 Fly	LY-VA	9	---	---
1:49.08Y	F # 47	Female 11-12 100 IM	LY-VA	9	---	---
	52.20	1:49.08				
	(52.20)	(56.88)				
Boaz Bourque (9) M						
1:33.06Y	F # 32B	Male 9-10 100 Free	LY-VA	11	---	---
	43.52	1:33.06				
	(43.52)	(49.54)				
1:11.27Y	F # 38B	Male 9-10 50 Breast	LY-VA	13	---	---
2:04.05Y	F # 42B	Male 9-10 100 Back	LY-VA	11	---	---
	1:03.10	2:04.05				
	(1:03.10)	(1:00.95)				
56.34Y	F # 46B	Male 9-10 50 Fly	LY-VA	10	---	---
2:02.48Y DQ	F # 50B	Male 9-10 100 IM	LY-VA	---	---	---
	59.59	2:02.48				
	(59.59)	(1:02.89)				
5P Strokes out of sequence - IM						
Jesse Bourque (11) M						
1:20.65Y	F # 26	200 Free Relay Lead Off	LY-VA	---	---	---
1:36.20Y	F # 30	Male 11-12 100 Free	LY-VA	15	---	---
1:02.63Y	F # 36	Male 11-12 50 Breast	LY-VA	18	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Jesse Bourque (11) M					
1:53.13Y DQ	F # 40	Male 11-12 100 Back	LY-VA	---	---
	55.17	1:53.13			
	(55.17)	(57.96)			
2T Delay initiating turn after past vertical					
52.37Y	F # 44	Male 11-12 50 Fly	LY-VA	15	---
1:49.79Y	F # 48	Male 11-12 100 IM	LY-VA	15	---
	49.70	1:49.79			
	(49.70)	(1:00.09)			
Silas Bourque (13) M					
1:34.43Y	F # 10A	Male 13-14 100 Back	LY-VA	13	---
	43.75	1:34.43			
	(43.75)	(50.68)			
1:21.92Y	F # 14A	Male 13-14 100 Free	LY-VA	15	---
	39.67	1:21.92			
	(39.67)	(42.25)			
1:43.55Y	F # 16A	Male 13-14 100 Breast	LY-VA	12	---
	49.73	1:43.55			
	(49.73)	(53.82)			
42.67Y	F # 18A	Male 13-14 50 Fly	LY-VA	12	---
Avery Burkhardt (6) F					
2:17.40Y	F # 31A	Female 8 & Under 100 Free	LY-VA	7	---
32.45Y	F # 33	Female 8 & Under 25 Back	LY-VA	8	---
23.75Y	F # 73	Female 8 & Under 25 Free	LY-VA	11	---
1:02.30Y	F # 95A	Female 8 & Under 50 Free	LY-VA	12	---
George Burkhardt (8) M					
43.78Y	F # 22	100 Free Relay Lead Off	LY-VA	---	24.57
1:32.10Y	F # 32A	Male 8 & Under 100 Free	LY-VA	1	---
	42.84	1:32.10			
	(42.84)	(49.26)			
23.46Y	F # 34	Male 8 & Under 25 Back	LY-VA	2	---
1:00.32Y	F # 46A	Male 8 & Under 50 Fly	LY-VA	2	---
1:58.67Y	F # 50A	Male 8 & Under 100 IM	LY-VA	3	---
	57.71	1:58.67			
	(57.71)	(1:00.96)			
17.24Y	F # 74	Male 8 & Under 25 Free	LY-VA	1	---
3:26.24Y	F # 78A	Male 8 & Under 200 Free	LY-VA	2	---
	45.19	1:38.33 2:30.19 3:26.24			
	(45.19)	(53.14) (51.86) (56.05)			
27.83Y	F # 80	Male 8 & Under 25 Breast	LY-VA	3	---
41.23Y	F # 96A	Male 8 & Under 50 Free	LY-VA	2	---
Ben Cook (8) M					
3:35.24Y	F # 4A	Male 8 & Under 200 IM	LY-VA	1	---
	53.48	1:51.01 2:46.83 3:35.24			
	(53.48)	(57.53) (55.82) (48.41)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Ben Cook (8) M						
8:40.24Y	F # 6A	Male 8 & Under 500 Free	LY-VA	1	---	-95.09
	41.33	1:31.64 2:25.60 3:18.83	4:13.20 5:08.85 6:05.26	6:57.80		
	(41.33)	(50.31) (53.96) (53.23)	(54.37) (55.65) (56.41)	(52.54)		
	7:51.98	8:40.24				
	(54.18)	(48.26)				
22.80Y	F # 28	Male 8 & Under 25 Fly	LY-VA	1	---	-9.87
1:32.61Y	F # 32A	Male 8 & Under 100 Free	LY-VA	2	---	-18.00
	41.99	1:32.61				
	(41.99)	(50.62)				
51.24Y	F # 38A	Male 8 & Under 50 Breast	LY-VA	1	---	-5.10
53.98Y	F # 46A	Male 8 & Under 50 Fly	LY-VA	1	---	-20.30
1:43.64Y	F # 50A	Male 8 & Under 100 IM	LY-VA	1	---	-7.55
	53.53	1:43.64				
	(53.53)	(50.11)				
3:11.84Y	F # 78A	Male 8 & Under 200 Free	LY-VA	1	---	-34.16
	40.87	1:30.85 2:24.03 3:11.84				
	(40.87)	(49.98) (53.18) (47.81)				
23.90Y	F # 80	Male 8 & Under 25 Breast	LY-VA	1	---	-2.50
51.65Y	F # 88A	Male 8 & Under 50 Back	LY-VA	1	---	-12.06
2:06.27Y	F # 92A	Male 8 & Under 100 Fly	LY-VA	1	---	---
	58.99	2:06.27				
	(58.99)	(1:07.28)				
42.07Y	F # 96A	Male 8 & Under 50 Free	LY-VA	3	---	0.12
Daniel Cook (17) M						
1:23.11Y	F # 10B	Male 15 & Over 100 Back	LY-VA	23	---	-8.69
	40.39	1:23.11				
	(40.39)	(42.72)				
1:01.40Y	F # 14B	Male 15 & Over 100 Free	LY-VA	23	---	-1.69
	29.84	1:01.40				
	(29.84)	(31.56)				
1:38.22Y	F # 16B	Male 15 & Over 100 Breast	LY-VA	19	---	-1.09
	45.96	1:38.22				
	(45.96)	(52.26)				
29.88Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	19	---	-3.99
6:37.79Y	F # 20B	Male 15 & Over 400 IM	LY-VA	13	---	---
	39.31	1:26.32 2:23.60 3:20.18	4:18.34 5:17.35 5:58.50	6:37.79		
	(39.31)	(47.01) (57.28) (56.58)	(58.16) (59.01) (41.15)	(39.29)		
Isaac Cook (14) M						
2:10.46Y	F # 2A	Male 13-14 200 IM	LY-VA	1	---	-6.41
	26.94	1:01.30 1:39.90 2:10.46				
	(26.94)	(34.36) (38.60) (30.56)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Isaac Cook (14) M						
5:19.06Y	F # 6D	Male 13-14 500 Free	LY-VA	1	---	-56.40
	28.51	1:00.87 1:33.54 2:06.42	2:39.23 3:12.13 3:44.78 4:17.11			
	(28.51)	(32.36) (32.67) (32.88)	(32.81) (32.90) (32.65) (32.33)			
	4:49.10	5:19.06				
	(31.99)	(29.96)				
2:16.49Y	F # 12A	Male 13-14 200 Fly	LY-VA	1	---	-12.81
	31.90	1:05.91 1:41.80 2:16.49				
	(31.90)	(34.01) (35.89) (34.69)				
53.36Y	F # 14A	Male 13-14 100 Free	LY-VA	2	---	-2.17
	25.68	53.36				
	(25.68)	(27.68)				
1:09.27Y	F # 16A	Male 13-14 100 Breast	LY-VA	1	---	0.17
	33.32	1:09.27				
	(33.32)	(35.95)				
26.38Y	F # 18A	Male 13-14 50 Fly	LY-VA	1	---	---
4:45.18Y	F # 20A	Male 13-14 400 IM	LY-VA	1	---	-13.35
	32.56	1:08.74 1:45.57 2:23.05 3:02.78 3:42.35 4:14.28 4:45.18				
	(32.56)	(36.18) (36.83) (37.48)	(39.73) (39.57) (31.93) (30.90)			
Matthew Cook (12) M						
2:43.03Y	F # 4C	Male 11-12 200 IM	LY-VA	5	---	-21.25
	35.98	1:17.87 2:07.10 2:43.03				
	(35.98)	(41.89) (49.23) (35.93)				
6:10.37Y	F # 6C	Male 11-12 500 Free	LY-VA	4	---	-49.30
	32.77	1:09.73 1:47.29 2:24.52 3:02.05 3:39.81 4:18.45 4:55.74				
	(32.77)	(36.96) (37.56) (37.23)	(37.53) (37.76) (38.64) (37.29)			
	5:34.22	6:10.37				
	(38.48)	(36.15)				
30.61Y	F # 26	200 Free Relay Lead Off	LY-VA	---	---	-2.97
1:05.60Y	F # 30	Male 11-12 100 Free	LY-VA	3	---	-6.87
	31.32	1:05.60				
	(31.32)	(34.28)				
41.28Y	F # 36	Male 11-12 50 Breast	LY-VA	6	---	-3.81
1:17.37Y	F # 40	Male 11-12 100 Back	LY-VA	4	---	-5.48
	38.11	1:17.37				
	(38.11)	(39.26)				
34.97Y	F # 44	Male 11-12 50 Fly	LY-VA	6	---	-6.05
1:16.94Y	F # 48	Male 11-12 100 IM	LY-VA	3	---	-6.23
	35.79	1:16.94				
	(35.79)	(41.15)				
2:19.34Y	F # 76	Male 11-12 200 Free	LY-VA	2	---	-15.08
	31.53	1:06.65 1:42.83 2:19.34				
	(31.53)	(35.12) (36.18) (36.51)				
1:28.17Y	F # 82	Male 11-12 100 Breast	LY-VA	5	---	-10.36
	42.14	1:28.17				
	(42.14)	(46.03)				
35.46Y	F # 86	Male 11-12 50 Back	LY-VA	3	---	-3.09

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Matthew Cook (12) M						
1:19.30Y	F # 90	Male 11-12 100 Fly	LY-VA	3	---	-17.87
	36.97	1:19.30				
	(36.97)	(42.33)				
30.24Y	F # 94	Male 11-12 50 Free	LY-VA	4	---	-3.34
Arbor Cooksey (9) F						
1:22.23Y	F # 95B	Female 9-10 50 Free	LY-VA	13	---	---
Sunday Cook (13) F						
3:07.08Y	F # 1A	Female 13-14 200 IM	LY-VA	9	---	-11.12
	41.30	1:27.49 2:24.85 3:07.08				
	(41.30)	(46.19) (57.36) (42.23)				
NS	F # 5D	Female 13-14 500 Free	LY-VA	---	---	---
NS	F # 9A	Female 13-14 100 Back	LY-VA	---	---	---
NS	F # 13A	Female 13-14 100 Free	LY-VA	---	---	---
NS	F # 15A	Female 13-14 100 Breast	LY-VA	---	---	---
NS	F # 17A	Female 13-14 50 Fly	LY-VA	---	---	---
Benjamin Costa (15) M						
2:17.25Y	F # 2B	Male 15 & Over 200 IM	LY-VA	13	---	2.42
	27.81	1:02.68 1:46.37 2:17.25				
	(27.81)	(34.87) (43.69) (30.88)				
5:30.69Y	F # 6E	Male 15 & Over 500 Free	LY-VA	13	---	1.11
	28.16	59.95 1:33.51 2:07.39 2:41.20 3:15.43 3:49.63 4:23.82				
	(28.16)	(31.79) (33.56) (33.88) (33.81) (34.23) (34.20) (34.19)				
	4:57.88	5:30.69				
	(34.06)	(32.81)				
59.98Y	F # 10B	Male 15 & Over 100 Back	LY-VA	9	---	1.83
	29.14	59.98				
	(29.14)	(30.84)				
2:15.72Y	F # 12B	Male 15 & Over 200 Fly	LY-VA	7	---	5.47
	29.95	1:03.89 1:39.35 2:15.72				
	(29.95)	(33.94) (35.46) (36.37)				
54.47Y	F # 14B	Male 15 & Over 100 Free	LY-VA	12	---	1.78
	26.24	54.47				
	(26.24)	(28.23)				
NS	F # 16B	Male 15 & Over 100 Breast	LY-VA	---	---	---
26.05Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	7	---	0.13
27.78Y	F # 54B	Male 15 & Over 50 Back	LY-VA	5	---	0.32
2:02.03Y	F # 56B	Male 15 & Over 200 Free	LY-VA	11	---	5.51
	27.88	59.30 1:30.77 2:02.03				
	(27.88)	(31.42) (31.47) (31.26)				
58.59Y	F # 60B	Male 15 & Over 100 Fly	LY-VA	9	---	1.72
	27.08	58.59				
	(27.08)	(31.51)				
2:14.95Y	F # 62B	Male 15 & Over 200 Back	LY-VA	3	---	4.99
	32.49	1:06.93 1:41.87 2:14.95				
	(32.49)	(34.44) (34.94) (33.08)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Benjamin Costa (15) M						
25.19Y	F # 66B	Male 15 & Over 50 Free	LY-VA	19	---	0.83
Clayton Cox (12) M						
1:06.56Y	F # 30	Male 11-12 100 Free	LY-VA	4	---	0.09
	33.21	1:06.56				
	(33.21)	(33.35)				
DQ	F # 36	Male 11-12 50 Breast	LY-VA	---	---	---
70 False start						
NS	F # 40	Male 11-12 100 Back	LY-VA	---	---	---
33.57Y	F # 44	Male 11-12 50 Fly	LY-VA	3	---	-3.11
1:20.41Y	F # 48	Male 11-12 100 IM	LY-VA	7	---	-4.98
	38.12	1:20.41				
	(38.12)	(42.29)				
2:29.16Y	F # 76	Male 11-12 200 Free	LY-VA	7	---	-10.15
	---	---				
	---	---				
		2:29.16				
		(2:29.16)				
1:38.59Y	F # 82	Male 11-12 100 Breast	LY-VA	9	---	-6.59
	46.09	1:38.59				
	(46.09)	(52.50)				
39.66Y	F # 86	Male 11-12 50 Back	LY-VA	6	---	-1.33
1:23.19Y	F # 90	Male 11-12 100 Fly	LY-VA	5	---	-6.98
	38.21	1:23.19				
	(38.21)	(44.98)				
31.30Y	F # 94	Male 11-12 50 Free	LY-VA	6	---	1.70
Liam Cox (11) M						
2:51.33Y	F # 4C	Male 11-12 200 IM	LY-VA	6	---	-19.15
	38.84	1:22.87				
		2:14.29				
		2:51.33				
	(38.84)	(44.03)				
		(51.42)				
		(37.04)				
6:21.34Y	F # 6C	Male 11-12 500 Free	LY-VA	7	---	-16.27
	35.03	1:13.21				
		1:51.98				
		2:30.73				
		3:10.50				
		3:49.35				
		4:29.07				
		5:07.29				
	(35.03)	(38.18)				
		(38.77)				
		(38.75)				
		(39.77)				
		(38.85)				
		(39.72)				
		(38.22)				
	5:45.68	6:21.34				
	(38.39)	(35.66)				
32.89Y	F # 26	200 Free Relay Lead Off	LY-VA	---	---	-0.60
1:09.39Y	F # 30	Male 11-12 100 Free	LY-VA	7	---	-5.21
	---	1:09.39				
	---	(1:09.39)				
45.06Y	F # 36	Male 11-12 50 Breast	LY-VA	9	---	-5.48
1:23.43Y	F # 40	Male 11-12 100 Back	LY-VA	6	---	-3.30
	40.30	1:23.43				
	(40.30)	(43.13)				
36.89Y	F # 44	Male 11-12 50 Fly	LY-VA	7	---	-5.66
1:20.14Y	F # 48	Male 11-12 100 IM	LY-VA	6	---	-11.24
	37.66	1:20.14				
	(37.66)	(42.48)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Liam Cox (11) M						
2:27.59Y	F # 76	Male 11-12 200 Free	LY-VA	5	---	-12.53
	34.70	1:12.95 1:51.33 2:27.59				
	(34.70)	(38.25) (38.38) (36.26)				
1:38.33Y	F # 82	Male 11-12 100 Breast	LY-VA	8	---	-14.26
	46.74	1:38.33				
	(46.74)	(51.59)				
38.18Y	F # 86	Male 11-12 50 Back	LY-VA	5	---	-2.48
1:29.05Y	F # 90	Male 11-12 100 Fly	LY-VA	7	---	---
	42.46	1:29.05				
	(42.46)	(46.59)				
32.51Y	F # 94	Male 11-12 50 Free	LY-VA	7	---	-0.98
Lucas Cox (15) M						
2:36.81Y	F # 2B	Male 15 & Over 200 IM	LY-VA	17	---	-14.93
	38.50	--- 2:04.29 2:36.81				
	(38.50)	--- (2:04.29) (32.52)				
6:00.26Y	F # 6E	Male 15 & Over 500 Free	LY-VA	17	---	-15.02
	32.63	1:09.39 1:46.20 2:23.53 3:00.47 3:36.50 4:13.72 4:50.59				
	(32.63)	(36.76) (36.81) (37.33) (36.94) (36.03) (37.22) (36.87)				
	5:26.54	6:00.26				
	(35.95)	(33.72)				
1:20.12Y	F # 10B	Male 15 & Over 100 Back	LY-VA	22	---	1.11
	39.31	1:20.12				
	(39.31)	(40.81)				
1:02.94Y	F # 14B	Male 15 & Over 100 Free	LY-VA	24	---	-2.26
	30.69	1:02.94				
	(30.69)	(32.25)				
1:23.71Y	F # 16B	Male 15 & Over 100 Breast	LY-VA	18	---	-6.06
	40.02	1:23.71				
	(40.02)	(43.69)				
37.54Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	22	---	---
Grey Dawson (9) M						
1:23.12Y	F # 32B	Male 9-10 100 Free	LY-VA	9	---	-16.87
	39.20	1:23.12				
	(39.20)	(43.92)				
54.57Y	F # 38B	Male 9-10 50 Breast	LY-VA	8	---	1.03
1:48.87Y	F # 42B	Male 9-10 100 Back	LY-VA	9	---	-18.72
	2:01.29	1:48.87				
	(2:01.29)	(12.42)				
50.54Y	F # 46B	Male 9-10 50 Fly	LY-VA	8	---	---
1:42.45Y DQ	F # 50B	Male 9-10 100 IM	LY-VA	---	---	---
	53.66	1:42.45				
	(53.66)	(48.79)				

3E Hands brought beyond the hipline during stroke - breast

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Grey Dawson (9) M						
3:09.29Y	F # 78B	Male 9-10 200 Free	LY-VA	11	---	-26.72
	42.16	1:31.72 2:20.32 3:09.29				
	(42.16)	(49.56) (48.60) (48.97)				
1:53.63Y	F # 84B	Male 9-10 100 Breast	LY-VA	8	---	-7.41
	54.29	1:53.63				
	(54.29)	(59.34)				
52.87Y	F # 88B	Male 9-10 50 Back	LY-VA	13	---	3.01
39.61Y	F # 96B	Male 9-10 50 Free	LY-VA	10	---	-2.78
Jack Deacon (6) M						
2:24.29Y	F # 32A	Male 8 & Under 100 Free	LY-VA	7	---	---
	---	2:24.29				
	---	(2:24.29)				
34.77Y	F # 34	Male 8 & Under 25 Back	LY-VA	10	---	---
27.53Y	F # 74	Male 8 & Under 25 Free	LY-VA	10	---	-5.82
39.65Y DQ	F # 80	Male 8 & Under 25 Breast	LY-VA	---	---	---
3A Alternating Kick						
1:33.20Y	F # 88A	Male 8 & Under 50 Back	LY-VA	7	---	---
1:17.62Y	F # 96A	Male 8 & Under 50 Free	LY-VA	12	---	-8.18
Maddie Deacon (9) F						
1:23.71Y	F # 31B	Female 9-10 100 Free	LY-VA	5	---	-14.97
	39.58	1:23.71				
	(39.58)	(44.13)				
47.66Y	F # 37B	Female 9-10 50 Breast	LY-VA	5	---	---
1:51.07Y	F # 41B	Female 9-10 100 Back	LY-VA	6	---	---
	54.68	1:51.07				
	(54.68)	(56.39)				
52.45Y	F # 45B	Female 9-10 50 Fly	LY-VA	6	---	---
1:41.86Y	F # 49B	Female 9-10 100 IM	LY-VA	5	---	-20.56
	50.55	1:41.86				
	(50.55)	(51.31)				
1:41.33Y	F # 83B	Female 9-10 100 Breast	LY-VA	3	---	---
	47.51	1:41.33				
	(47.51)	(53.82)				
49.62Y	F # 87B	Female 9-10 50 Back	LY-VA	8	---	-8.04
37.37Y	F # 95B	Female 9-10 50 Free	LY-VA	6	---	-6.38
Evie Douglas (9) F						
1:54.22Y	F # 31B	Female 9-10 100 Free	LY-VA	9	---	---
1:05.10Y	F # 37B	Female 9-10 50 Breast	LY-VA	8	---	---
2:15.56Y	F # 49B	Female 9-10 100 IM	LY-VA	9	---	---
	1:13.04	2:15.56				
	(1:13.04)	(1:02.52)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Evie Douglas (9) F					
2:20.45Y DQ	F # 83B	Female 9-10 100 Breast	LY-VA	---	---
	1:07.74	2:20.45			
	(1:07.74)	(1:12.71)			
	3] One hand touch				
1:05.93Y	F # 87B	Female 9-10 50 Back	LY-VA	12	---
54.00Y	F # 95B	Female 9-10 50 Free	LY-VA	11	---
Avery Duff (14) F					
2:54.74Y	F # 1A	Female 13-14 200 IM	LY-VA	6	---
	37.86	1:22.73 2:17.26 2:54.74			
	(37.86)	(44.87) (54.53) (37.48)			
6:47.64Y	F # 5D	Female 13-14 500 Free	LY-VA	5	---
	35.18	1:15.31 1:56.66 2:38.59 3:20.80 4:03.01 4:45.29 5:27.53			
	(35.18)	(40.13) (41.35) (41.93) (42.21) (42.21) (42.28) (42.24)			
	6:08.94	6:47.64			
	(41.41)	(38.70)			
1:20.77Y	F # 9A	Female 13-14 100 Back	LY-VA	7	---
	39.15	1:20.77			
	(39.15)	(41.62)			
1:06.80Y	F # 13A	Female 13-14 100 Free	LY-VA	7	---
	31.65	1:06.80			
	(31.65)	(35.15)			
37.82Y	F # 17A	Female 13-14 50 Fly	LY-VA	8	---
6:25.39Y	F # 19A	Female 13-14 400 IM	LY-VA	4	---
	41.46	1:30.80 2:20.56 3:09.94 4:06.28 5:04.52 5:45.61 6:25.39			
	(41.46)	(49.34) (49.76) (49.38) (56.34) (58.24) (41.09) (39.78)			
37.09Y	F # 53A	Female 13-14 50 Back	LY-VA	7	---
2:32.46Y	F # 55A	Female 13-14 200 Free	LY-VA	6	---
	34.81	1:13.51 1:53.73 2:32.46			
	(34.81)	(38.70) (40.22) (38.73)			
1:24.99Y	F # 59A	Female 13-14 100 Fly	LY-VA	3	---
	38.49	1:24.99			
	(38.49)	(46.50)			
2:58.20Y	F # 61A	Female 13-14 200 Back	LY-VA	5	---
	42.67	1:28.16 2:14.47 2:58.20			
	(42.67)	(45.49) (46.31) (43.73)			
29.69Y	F # 65A	Female 13-14 50 Free	LY-VA	6	---
Tammy Eakkhattiyakorn (12) F					
2:45.42Y	F # 3C	Female 11-12 200 IM	LY-VA	2	---
	38.99	1:18.84 2:07.74 2:45.42			
	(38.99)	(39.85) (48.90) (37.68)			
6:46.81Y	F # 5C	Female 11-12 500 Free	LY-VA	4	---
	35.68	1:16.11 1:58.02 2:40.25 3:23.19 4:05.38 4:47.48 5:27.89			
	(35.68)	(40.43) (41.91) (42.23) (42.94) (42.19) (42.10) (40.41)			
	6:08.34	6:46.81			
	(40.45)	(38.47)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Tammy Eakkhattiyakorn (12) F											
1:08.12Y	F # 29	Female	11-12	100 Free	LY-VA	4		---		-3.82	
	33.07	1:08.12									
	(33.07)	(35.05)									
40.64Y	F # 35	Female	11-12	50 Breast	LY-VA	3		---		-4.18	
1:18.08Y	F # 39	Female	11-12	100 Back	LY-VA	5		---		-7.45	
	37.94	1:18.08									
	(37.94)	(40.14)									
38.36Y	F # 43	Female	11-12	50 Fly	LY-VA	8		---		-1.79	
1:18.37Y	F # 47	Female	11-12	100 IM	LY-VA	3		---		-3.68	
	37.06	1:18.37									
	(37.06)	(41.31)									
2:30.18Y	F # 75	Female	11-12	200 Free	LY-VA	3		---		-0.65	
	34.42	1:12.89	1:52.77	2:30.18							
	(34.42)	(38.47)	(39.88)	(37.41)							
1:29.18Y	F # 81	Female	11-12	100 Breast	LY-VA	2		---		-5.03	
	41.91	1:29.18									
	(41.91)	(47.27)									
37.08Y	F # 85	Female	11-12	50 Back	LY-VA	5		---		-0.85	
1:28.86Y	F # 89	Female	11-12	100 Fly	LY-VA	4		---		-8.10	
	40.25	1:28.86									
	(40.25)	(48.61)									
31.54Y	F # 93	Female	11-12	50 Free	LY-VA	5		---		-1.06	
Tyler Eakkhattiyakorn (14) M											
2:27.85Y	F # 2A	Male	13-14	200 IM	LY-VA	5		---		-0.10	
	34.92	1:15.06	1:53.11	2:27.85							
	(34.92)	(40.14)	(38.05)	(34.74)							
5:55.36Y	F # 6D	Male	13-14	500 Free	LY-VA	5		---		-17.93	
	32.53	1:07.19	1:42.34	2:19.11	2:56.26	3:32.96	4:09.50	4:45.33			
	(32.53)	(34.66)	(35.15)	(36.77)	(37.15)	(36.70)	(36.54)	(35.83)			
	5:21.75	5:55.36									
	(36.42)	(33.61)									
27.37Y	F # 8	200 Free Relay Lead Off			LY-VA	---		---		-0.96	
1:13.56Y	F # 10A	Male	13-14	100 Back	LY-VA	5		---		0.07	
	36.51	1:13.56									
	(36.51)	(37.05)									
1:01.57Y	F # 14A	Male	13-14	100 Free	LY-VA	7		---		-0.60	
	30.87	1:01.57									
	(30.87)	(30.70)									
1:13.53Y DQ	F # 16A	Male	13-14	100 Breast	LY-VA	---		---		---	
	35.38	1:13.53									
	(35.38)	(38.15)									
3C Downward butterfly kick											
32.25Y	F # 18A	Male	13-14	50 Fly	LY-VA	7		---		-6.89	
5:20.07Y	F # 20A	Male	13-14	400 IM	LY-VA	3		---		-23.00	
	36.13	1:17.68	2:00.34	2:43.38	3:25.29	4:08.95	4:46.05	5:20.07			
	(36.13)	(41.55)	(42.66)	(43.04)	(41.91)	(43.66)	(37.10)	(34.02)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Tyler Eakkhattiyakorn (14) M						
34.56Y	F # 54A	Male 13-14 50 Back	LY-VA	6	---	-5.23
2:12.81Y	F # 56A	Male 13-14 200 Free	LY-VA	4	---	-4.77
	31.82	1:06.24	1:40.76	2:12.81		
	(31.82)	(34.42)	(34.52)	(32.05)		
32.58Y	F # 58A	Male 13-14 50 Breast	LY-VA	1	---	-1.95
2:34.76Y	F # 64A	Male 13-14 200 Breast	LY-VA	1	---	-1.21
	35.63	1:15.12	1:56.37	2:34.76		
	(35.63)	(39.49)	(41.25)	(38.39)		
27.38Y	F # 66A	Male 13-14 50 Free	LY-VA	6	---	-0.95
Evy Edwards (12) F						
3:03.74Y	F # 3C	Female 11-12 200 IM	LY-VA	4	---	-15.70
	38.52	1:27.69	2:22.85	3:03.74		
	(38.52)	(49.17)	(55.16)	(40.89)		
1:19.37Y	F # 29	Female 11-12 100 Free	LY-VA	8	---	-0.64
	37.27	1:19.37				
	(37.27)	(42.10)				
45.22Y	F # 35	Female 11-12 50 Breast	LY-VA	7	---	-1.90
36.58Y	F # 43	Female 11-12 50 Fly	LY-VA	4	---	-1.44
1:31.53Y	F # 47	Female 11-12 100 IM	LY-VA	8	---	3.27
	41.91	1:31.53				
	(41.91)	(49.62)				
1:40.35Y	F # 81	Female 11-12 100 Breast	LY-VA	5	---	0.78
	48.00	1:40.35				
	(48.00)	(52.35)				
40.66Y	F # 85	Female 11-12 50 Back	LY-VA	7	---	-3.81
1:27.21Y	F # 89	Female 11-12 100 Fly	LY-VA	3	---	-2.14
	39.85	1:27.21				
	(39.85)	(47.36)				
35.00Y	F # 93	Female 11-12 50 Free	LY-VA	6	---	0.73
Sam Edwards (14) M						
2:14.50Y	F # 2A	Male 13-14 200 IM	LY-VA	2	---	-5.65
	28.32	1:01.96	1:42.12	2:14.50		
	(28.32)	(33.64)	(40.16)	(32.38)		
28.72Y	F # 52	200 Medley Relay Lead Off	LY-VA	---	---	0.52
28.91Y	F # 54A	Male 13-14 50 Back	LY-VA	1	---	0.71
2:04.47Y	F # 56A	Male 13-14 200 Free	LY-VA	2	---	7.24
	27.93	58.91	1:31.62	2:04.47		
	(27.93)	(30.98)	(32.71)	(32.85)		
1:02.69Y	F # 60A	Male 13-14 100 Fly	LY-VA	1	---	2.14
	29.08	1:02.69				
	(29.08)	(33.61)				
2:14.45Y	F # 62A	Male 13-14 200 Back	LY-VA	1	---	7.48
	31.28	1:05.60	1:40.70	2:14.45		
	(31.28)	(34.32)	(35.10)	(33.75)		
26.48Y	F # 66A	Male 13-14 50 Free	LY-VA	5	---	0.99

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Oliver Emery (8) M					
44.13Y	DQ F # 34	Male 8 & Under 25 Back	LY-VA	---	---
		2L Shoulders past vertical toward breast			
1:33.23Y	DQ F # 38A	Male 8 & Under 50 Breast	LY-VA	---	---
		3A Alternating Kick			
Evan Fong (16) M					
2:09.68Y	F # 2B	Male 15 & Over 200 IM	LY-VA	8	---
		27.45 59.67 1:38.96 2:09.68			
		(27.45) (32.22) (39.29) (30.72)			
5:24.30Y	F # 6E	Male 15 & Over 500 Free	LY-VA	12	---
		28.86 1:00.13 1:32.65 2:05.18 2:38.78 3:11.70 3:44.19 4:17.74			
		(28.86) (31.27) (32.52) (32.53) (33.60) (32.92) (32.49) (33.55)			
		4:51.79 5:24.30			
		(34.05) (32.51)			
24.25Y	F # 8	200 Free Relay Lead Off	LY-VA	---	---
56.96Y	F # 10B	Male 15 & Over 100 Back	LY-VA	4	---
		27.85 56.96			
		(27.85) (29.11)			
53.34Y	F # 14B	Male 15 & Over 100 Free	LY-VA	10	---
		25.99 53.34			
		(25.99) (27.35)			
1:08.52Y	F # 16B	Male 15 & Over 100 Breast	LY-VA	9	---
		32.11 1:08.52			
		(32.11) (36.41)			
26.32Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	9	---
4:50.70Y	F # 20B	Male 15 & Over 400 IM	LY-VA	10	---
		29.56 1:04.35 1:41.82 2:18.41 3:02.98 3:45.55 4:18.59 4:50.70			
		(29.56) (34.79) (37.47) (36.59) (44.57) (42.57) (33.04) (32.11)			
27.11Y	F # 52	200 Medley Relay Lead Off	LY-VA	---	---
27.88Y	F # 54B	Male 15 & Over 50 Back	LY-VA	6	---
31.01Y	F # 58B	Male 15 & Over 50 Breast	LY-VA	8	---
57.93Y	F # 60B	Male 15 & Over 100 Fly	LY-VA	7	---
		27.12 57.93			
		(27.12) (30.81)			
2:11.49Y	F # 62B	Male 15 & Over 200 Back	LY-VA	2	---
		30.94 1:05.33 1:39.98 2:11.49			
		(30.94) (34.39) (34.65) (31.51)			
24.61Y	F # 66B	Male 15 & Over 50 Free	LY-VA	11	---
Zachary Fong (11) M					
3:12.77Y	F # 4C	Male 11-12 200 IM	LY-VA	9	---
		43.58 1:32.08 2:26.16 3:12.77			
		(43.58) (48.50) (54.08) (46.61)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Zachary Fong (11) M					
7:24.59Y	F # 6C	Male 11-12 500 Free	LY-VA 10	---	-52.01
	39.19	1:23.78 2:10.60 2:57.13 3:43.22 4:27.78 5:13.19 5:58.05			
	(39.19)	(44.59) (46.82) (46.53) (46.09) (44.56) (45.41) (44.86)			
	6:42.13	7:24.59			
	(44.08)	(42.46)			
1:30.04Y	F # 30	Male 11-12 100 Free	LY-VA 14	---	2.51
	41.25	1:30.04			
	(41.25)	(48.79)			
47.33Y	F # 36	Male 11-12 50 Breast	LY-VA 11	---	-9.21
1:31.21Y	F # 40	Male 11-12 100 Back	LY-VA 8	---	---
	43.80	1:31.21			
	(43.80)	(47.41)			
44.56Y	F # 44	Male 11-12 50 Fly	LY-VA 13	---	---
1:32.93Y	F # 48	Male 11-12 100 IM	LY-VA 13	---	-28.76
	44.28	1:32.93			
	(44.28)	(48.65)			
2:59.78Y	F # 76	Male 11-12 200 Free	LY-VA 11	---	-10.95
	40.26	1:29.12 2:19.06 2:59.78			
	(40.26)	(48.86) (49.94) (40.72)			
1:44.43Y	F # 82	Male 11-12 100 Breast	LY-VA 11	---	-14.89
	50.35	1:44.43			
	(50.35)	(54.08)			
43.29Y	F # 86	Male 11-12 50 Back	LY-VA 9	---	-0.68
37.43Y	F # 94	Male 11-12 50 Free	LY-VA 14	---	-4.52
Jocelyn French (15) F					
2:44.00Y	F # 1B	Female 15 & Over 200 IM	LY-VA 9	---	-8.00
	34.91	1:19.31 2:06.99 2:44.00			
	(34.91)	(44.40) (47.68) (37.01)			
6:33.24Y	F # 5E	Female 15 & Over 500 Free	LY-VA 10	---	-28.95
	34.85	1:14.12 1:54.48 2:34.93 3:14.55 3:54.35 4:34.13 5:14.75			
	(34.85)	(39.27) (40.36) (40.45) (39.62) (39.80) (39.78) (40.62)			
	5:55.50	6:33.24			
	(40.75)	(37.74)			
30.81Y	F # 7	200 Free Relay Lead Off	LY-VA ---	---	-1.48
1:26.92Y	F # 9B	Female 15 & Over 100 Back	LY-VA 14	---	1.03
	---	1:26.92			
	---	(1:26.92)			
1:09.10Y	F # 13B	Female 15 & Over 100 Free	LY-VA 15	---	2.74
	32.69	1:09.10			
	(32.69)	(36.41)			
1:25.53Y	F # 15B	Female 15 & Over 100 Breast	LY-VA 8	---	3.51
	41.29	1:25.53			
	(41.29)	(44.24)			
34.95Y	F # 17B	Female 15 & Over 50 Fly	LY-VA 12	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Jocelyn French (15) F					
6:02.81Y	F # 19B	Female 15 & Over 400 IM	LY-VA 6	---	---
	37.67	1:22.74 2:12.86 3:03.18 3:50.86 4:38.87 5:21.43 6:02.81			
	(37.67)	(45.07) (50.12) (50.32) (47.68) (48.01) (42.56) (41.38)			
40.88Y	F # 53B	Female 15 & Over 50 Back	LY-VA 10	---	1.40
2:29.52Y	F # 55B	Female 15 & Over 200 Free	LY-VA 13	---	-3.95
	34.43	1:13.01 1:52.68 2:29.52			
	(34.43)	(38.58) (39.67) (36.84)			
38.39Y	F # 57B	Female 15 & Over 50 Breast	LY-VA 6	---	-1.54
3:06.67Y	F # 63B	Female 15 & Over 200 Breast	LY-VA 6	---	4.60
	41.27	1:28.79 --- 3:06.67			
	(41.27)	(47.52) --- (3:06.67)			
31.26Y	F # 65B	Female 15 & Over 50 Free	LY-VA 15	---	-1.03
Emma Graterol Quijada (8) F					
25.63Y	F # 27	Female 8 & Under 25 Fly	LY-VA 3	---	---
1:34.49Y	F # 31A	Female 8 & Under 100 Free	LY-VA 3	---	-21.18
	45.14	1:34.49			
	(45.14)	(49.35)			
22.72Y	F # 33	Female 8 & Under 25 Back	LY-VA 1	---	-1.41
1:04.14Y	F # 37A	Female 8 & Under 50 Breast	LY-VA 5	---	-14.63
1:52.26Y	F # 49A	Female 8 & Under 100 IM	LY-VA 2	---	---
	---	1:52.26			
	---	(1:52.26)			
21.76Y	F # 73	Female 8 & Under 25 Free	LY-VA 9	---	-1.65
30.48Y	F # 79	Female 8 & Under 25 Breast	LY-VA 6	---	-6.12
2:18.67Y	F # 83A	Female 8 & Under 100 Breast	LY-VA 3	---	---
	1:05.01	2:18.67			
	(1:05.01)	(1:13.66)			
51.10Y	F # 87A	Female 8 & Under 50 Back	LY-VA 3	---	-3.61
46.93Y	F # 95A	Female 8 & Under 50 Free	LY-VA 4	---	-3.27
Walker Graves (9) M					
1:59.32Y	F # 32B	Male 9-10 100 Free	LY-VA 16	---	6.94
	51.48	1:59.32			
	(51.48)	(1:07.84)			
1:21.57Y DQ	F # 38B	Male 9-10 50 Breast	LY-VA ---	---	---
3] One hand touch					
2:26.98Y	F # 42B	Male 9-10 100 Back	LY-VA 14	---	5.67
	1:06.53	2:26.98			
	(1:06.53)	(1:20.45)			
4:23.56Y	F # 78B	Male 9-10 200 Free	LY-VA 14	---	---
	51.59	2:01.48 --- 4:23.56			
	(51.59)	(1:09.89) --- (4:23.56)			
1:09.52Y	F # 88B	Male 9-10 50 Back	LY-VA 17	---	7.98
53.43Y	F # 96B	Male 9-10 50 Free	LY-VA 17	---	6.41

Camille Greenlaw (12) F

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Camille Greenlaw (12) F						
2:53.29Y	F # 3C	Female 11-12 200 IM	LY-VA	3	---	-2.82
	39.82	1:22.81 2:15.35 2:53.29				
	(39.82)	(42.99) (52.54) (37.94)				
6:34.92Y	F # 5C	Female 11-12 500 Free	LY-VA	3	---	-0.08
	34.01	1:13.00 1:53.45 2:34.17 3:14.04 3:55.18 4:36.00 5:15.11				
	(34.01)	(38.99) (40.45) (40.72) (39.87) (41.14) (40.82) (39.11)				
	5:55.95	6:34.92				
	(40.84)	(38.97)				
1:17.63Y	F # 39	Female 11-12 100 Back	LY-VA	4	---	0.54
	38.17	1:17.63				
	(38.17)	(39.46)				
36.99Y	F # 43	Female 11-12 50 Fly	LY-VA	5	---	-3.13
1:19.96Y	F # 47	Female 11-12 100 IM	LY-VA	5	---	1.21
	38.52	1:19.96				
	(38.52)	(41.44)				
35.06Y	F # 71	200 Medley Relay Lead Off	LY-VA	---	---	-0.63
2:29.01Y	F # 75	Female 11-12 200 Free	LY-VA	2	---	3.26
	33.78	1:11.50 1:50.01 2:29.01				
	(33.78)	(37.72) (38.51) (39.00)				
1:33.78Y	F # 81	Female 11-12 100 Breast	LY-VA	4	---	1.89
	45.15	1:33.78				
	(45.15)	(48.63)				
35.47Y	F # 85	Female 11-12 50 Back	LY-VA	3	---	-0.22
1:30.87Y	F # 89	Female 11-12 100 Fly	LY-VA	5	---	-4.77
	41.92	1:30.87				
	(41.92)	(48.95)				
30.85Y	F # 93	Female 11-12 50 Free	LY-VA	3	---	0.94
Daniel Gustafson (13) M						
2:24.46Y	F # 2A	Male 13-14 200 IM	LY-VA	4	---	-6.97
	31.39	1:11.98 1:53.37 2:24.46				
	(31.39)	(40.59) (41.39) (31.09)				
6:02.98Y	F # 6D	Male 13-14 500 Free	LY-VA	6	---	-55.60
	32.02	1:09.14 1:46.75 2:23.04 3:01.13 3:37.63 4:14.86 4:52.11				
	(32.02)	(37.12) (37.61) (36.29) (38.09) (36.50) (37.23) (37.25)				
	5:28.16	6:02.98				
	(36.05)	(34.82)				
1:15.53Y	F # 10A	Male 13-14 100 Back	LY-VA	8	---	-5.26
	---	1:15.53				
	---	(1:15.53)				
59.76Y	F # 14A	Male 13-14 100 Free	LY-VA	5	---	-2.86
	28.80	59.76				
	(28.80)	(30.96)				
1:11.99Y	F # 16A	Male 13-14 100 Breast	LY-VA	3	---	-0.50
	34.69	1:11.99				
	(34.69)	(37.30)				
31.20Y	F # 18A	Male 13-14 50 Fly	LY-VA	6	---	0.64

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Daniel Gustafson (13) M											
5:39.87Y	F # 20A	Male	13-14	400 IM		LY-VA		5	---	7.51	
	37.60	1:21.88	2:08.99	2:55.43	3:42.06	4:27.50	5:05.67	5:39.87			
	(37.60)	(44.28)	(47.11)	(46.44)	(46.63)	(45.44)	(38.17)	(34.20)			
33.49Y	F # 54A	Male	13-14	50 Back		LY-VA		5	---	-2.43	
2:20.19Y	F # 56A	Male	13-14	200 Free		LY-VA		6	---	-4.80	
	33.49	1:10.99	1:47.07	2:20.19							
	(33.49)	(37.50)	(36.08)	(33.12)							
1:12.93Y	F # 60A	Male	13-14	100 Fly		LY-VA		5	---	2.95	
	34.64	1:12.93									
	(34.64)	(38.29)									
2:35.87Y	F # 64A	Male	13-14	200 Breast		LY-VA		3	---	-2.69	
	35.65	1:16.21	1:57.17	2:35.87							
	(35.65)	(40.56)	(40.96)	(38.70)							
27.82Y	F # 66A	Male	13-14	50 Free		LY-VA		8	---	-1.25	
Zelynn Gustafson (16) F											
2:35.26Y	F # 1B	Female	15 & Over	200 IM		LY-VA		6	---	-7.91	
	34.71	1:15.50	2:01.61	2:35.26							
	(34.71)	(40.79)	(46.11)	(33.65)							
6:08.68Y	F # 5E	Female	15 & Over	500 Free		LY-VA		8	---	7.41	
	34.39	1:11.21	1:49.10	2:26.77	3:04.68	3:42.25	4:19.63	4:56.60			
	(34.39)	(36.82)	(37.89)	(37.67)	(37.91)	(37.57)	(37.38)	(36.97)			
	5:33.50	6:08.68									
	(36.90)	(35.18)									
1:18.73Y	F # 9B	Female	15 & Over	100 Back		LY-VA		12	---	2.66	
	39.31	1:18.73									
	(39.31)	(39.42)									
1:04.14Y	F # 13B	Female	15 & Over	100 Free		LY-VA		11	---	1.83	
	31.05	1:04.14									
	(31.05)	(33.09)									
1:30.20Y	F # 15B	Female	15 & Over	100 Breast		LY-VA		10	---	5.40	
	43.96	1:30.20									
	(43.96)	(46.24)									
33.24Y	F # 17B	Female	15 & Over	50 Fly		LY-VA		11	---	-6.70	
5:54.57Y	F # 19B	Female	15 & Over	400 IM		LY-VA		5	---	-18.84	
	41.18	1:32.57	2:16.60	3:01.20	3:50.45	4:39.97	5:17.66	5:54.57			
	(41.18)	(51.39)	(44.03)	(44.60)	(49.25)	(49.52)	(37.69)	(36.91)			
36.72Y	F # 53B	Female	15 & Over	50 Back		LY-VA		9	---	-1.10	
2:22.02Y	F # 55B	Female	15 & Over	200 Free		LY-VA		9	---	7.73	
	34.91	1:12.81	1:48.55	2:22.02							
	(34.91)	(37.90)	(35.74)	(33.47)							
40.72Y	F # 57B	Female	15 & Over	50 Breast		LY-VA		7	---	-1.26	
2:49.10Y	F # 61B	Female	15 & Over	200 Back		LY-VA		6	---	5.00	
	42.86	1:26.20	2:07.85	2:49.10							
	(42.86)	(43.34)	(41.65)	(41.25)							
29.20Y	F # 65B	Female	15 & Over	50 Free		LY-VA		10	---	0.78	

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Chandler Henry (17) M						
2:08.12Y	F # 2B	Male 15 & Over 200 IM	LY-VA	6	---	-2.45
	27.27	59.80 1:36.88 2:08.12				
	(27.27)	(32.53) (37.08) (31.24)				
5:13.80Y	F # 6E	Male 15 & Over 500 Free	LY-VA	8	---	-7.83
	27.75	58.63 1:30.53 2:02.78 2:35.20 3:07.30 3:39.77 4:11.52				
	(27.75)	(30.88) (31.90) (32.25) (32.42) (32.10) (32.47) (31.75)				
	4:42.98	5:13.80				
	(31.46)	(30.82)				
59.27Y	F # 10B	Male 15 & Over 100 Back	LY-VA	8	---	-5.99
	28.79	59.27				
	(28.79)	(30.48)				
52.98Y	F # 14B	Male 15 & Over 100 Free	LY-VA	8	---	-0.82
	25.57	52.98				
	(25.57)	(27.41)				
1:07.31Y	F # 16B	Male 15 & Over 100 Breast	LY-VA	7	---	2.12
	31.90	1:07.31				
	(31.90)	(35.41)				
26.15Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	8	---	---
4:38.61Y	F # 20B	Male 15 & Over 400 IM	LY-VA	6	---	1.86
	29.59	1:03.11 1:40.08 2:16.72 2:55.81 3:34.97 4:07.35 4:38.61				
	(29.59)	(33.52) (36.97) (36.64) (39.09) (39.16) (32.38) (31.26)				
27.75Y	F # 52	200 Medley Relay Lead Off	LY-VA	---	---	-3.58
1:58.60Y	F # 56B	Male 15 & Over 200 Free	LY-VA	9	---	0.24
	27.09	56.63 1:27.34 1:58.60				
	(27.09)	(29.54) (30.71) (31.26)				
30.76Y	F # 58B	Male 15 & Over 50 Breast	LY-VA	7	---	-2.12
57.23Y	F # 60B	Male 15 & Over 100 Fly	LY-VA	4	---	-2.36
	26.72	57.23				
	(26.72)	(30.51)				
2:25.32Y	F # 64B	Male 15 & Over 200 Breast	LY-VA	4	---	5.40
	33.17	1:10.28 1:47.71 2:25.32				
	(33.17)	(37.11) (37.43) (37.61)				
24.86Y	F # 66B	Male 15 & Over 50 Free	LY-VA	16	---	0.65
Connor Henry (12) M						
3:01.79Y	F # 4C	Male 11-12 200 IM	LY-VA	8	---	-10.83
	41.72	1:31.49 2:20.28 3:01.79				
	(41.72)	(49.77) (48.79) (41.51)				
6:59.84Y	F # 6C	Male 11-12 500 Free	LY-VA	9	---	-35.20
	1:18.32	2:00.85 2:43.93 --- 3:26.95 4:10.24 4:52.79 5:36.10				
	(1:18.32)	(42.53) (43.08) --- (3:26.95) (43.29) (42.55) (43.31)				
	6:19.90	6:59.84				
	(43.80)	(39.94)				
1:13.49Y	F # 30	Male 11-12 100 Free	LY-VA	9	---	-4.21
	33.71	1:13.49				
	(33.71)	(39.78)				
40.97Y	F # 36	Male 11-12 50 Breast	LY-VA	4	---	-0.48

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Connor Henry (12) M						
1:35.91Y	F # 40	Male 11-12 100 Back	LY-VA	10	---	-5.22
	46.80	1:35.91				
	(46.80)	(49.11)				
41.61Y	F # 44	Male 11-12 50 Fly	LY-VA	11	---	-3.37
1:25.25Y	F # 48	Male 11-12 100 IM	LY-VA	10	---	-4.42
	43.23	1:25.25				
	(43.23)	(42.02)				
2:47.00Y	F # 76	Male 11-12 200 Free	LY-VA	9	---	-4.85
	35.73	1:19.43 2:03.92 2:47.00				
	(35.73)	(43.70) (44.49) (43.08)				
1:33.47Y	F # 82	Male 11-12 100 Breast	LY-VA	7	---	-2.98
	43.39	1:33.47				
	(43.39)	(50.08)				
44.71Y	F # 86	Male 11-12 50 Back	LY-VA	11	---	-0.73
1:39.36Y	F # 90	Male 11-12 100 Fly	LY-VA	10	---	-4.62
	44.67	1:39.36				
	(44.67)	(54.69)				
34.53Y	F # 94	Male 11-12 50 Free	LY-VA	10	---	2.45
Myer Henry (8) M						
26.53Y	F # 28	Male 8 & Under 25 Fly	LY-VA	2	---	---
2:06.67Y	F # 32A	Male 8 & Under 100 Free	LY-VA	6	---	-61.38
	57.98	2:06.67				
	(57.98)	(1:08.69)				
27.59Y	F # 34	Male 8 & Under 25 Back	LY-VA	4	---	-7.28
1:11.97Y	F # 38A	Male 8 & Under 50 Breast	LY-VA	4	---	---
23.32Y	F # 74	Male 8 & Under 25 Free	LY-VA	6	---	-11.90
32.41Y	F # 80	Male 8 & Under 25 Breast	LY-VA	6	---	-11.75
1:03.80Y	F # 88A	Male 8 & Under 50 Back	LY-VA	4	---	-23.87
54.96Y	F # 96A	Male 8 & Under 50 Free	LY-VA	7	---	-20.80
Trevor Henry (15) M						
5:59.21Y	F # 6E	Male 15 & Over 500 Free	LY-VA	16	---	-29.83
	29.15	1:04.81 1:41.17 2:17.32 2:55.00 3:31.18 4:08.78 4:47.51				
	(29.15)	(35.66) (36.36) (36.15) (37.68) (36.18) (37.60) (38.73)				
	5:24.27	5:59.21				
	(36.76)	(34.94)				
1:16.13Y	F # 10B	Male 15 & Over 100 Back	LY-VA	21	---	-3.03
	35.95	1:16.13				
	(35.95)	(40.18)				
2:40.72Y	F # 12B	Male 15 & Over 200 Fly	LY-VA	11	---	-15.21
	34.17	1:15.80 1:58.57 2:40.72				
	(34.17)	(41.63) (42.77) (42.15)				
1:03.70Y	F # 14B	Male 15 & Over 100 Free	LY-VA	26	---	-2.41
	30.94	1:03.70				
	(30.94)	(32.76)				
31.87Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	20	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Trevor Henry (15) M					
33.80Y	F # 52	200 Medley Relay Lead Off	LY-VA	---	-3.23
33.99Y	F # 54B	Male 15 & Over 50 Back	LY-VA	---	-3.04
2:14.76Y	F # 56B	Male 15 & Over 200 Free	LY-VA	---	-13.47
	30.18	1:05.12 1:40.27 2:14.76			
	(30.18)	(34.94) (35.15) (34.49)			
1:12.68Y	F # 60B	Male 15 & Over 100 Fly	LY-VA	---	-10.50
	32.95	1:12.68			
	(32.95)	(39.73)			
2:44.81Y	F # 62B	Male 15 & Over 200 Back	LY-VA	---	-3.91
	39.86	1:22.24 2:04.30 2:44.81			
	(39.86)	(42.38) (42.06) (40.51)			
28.72Y	F # 66B	Male 15 & Over 50 Free	LY-VA	---	4.25
Ty Henry (10) M					
3:18.66Y	F # 4B	Male 9-10 200 IM	LY-VA	---	-19.39
	46.02	1:35.26 2:35.86 3:18.66			
	(46.02)	(49.24) (1:00.60) (42.80)			
7:21.82Y	F # 6B	Male 9-10 500 Free	LY-VA	---	-84.98
	38.51	1:23.77 2:11.10 2:57.45 3:42.68 4:27.02 5:13.55 5:57.54			
	(38.51)	(45.26) (47.33) (46.35) (45.23) (44.34) (46.53) (43.99)			
	6:41.49	7:21.82			
	(43.95)	(40.33)			
37.01Y	F # 24	200 Free Relay Lead Off	LY-VA	---	-1.10
1:21.38Y	F # 32B	Male 9-10 100 Free	LY-VA	---	-8.48
	38.40	1:21.38			
	(38.40)	(42.98)			
48.62Y	F # 38B	Male 9-10 50 Breast	LY-VA	---	-3.30
1:36.99Y	F # 42B	Male 9-10 100 Back	LY-VA	---	-9.63
	47.69	1:36.99			
	(47.69)	(49.30)			
46.61Y	F # 46B	Male 9-10 50 Fly	LY-VA	---	-6.93
1:38.45Y DQ	F # 50B	Male 9-10 100 IM	LY-VA	---	---
	46.64	1:38.45			
	(46.64)	(51.81)			
2K Not on back off wall - back					
2:49.46Y	F # 78B	Male 9-10 200 Free	LY-VA	---	-29.70
	39.18	1:24.47 2:09.06 2:49.46			
	(39.18)	(45.29) (44.59) (40.40)			
1:45.77Y	F # 84B	Male 9-10 100 Breast	LY-VA	---	-11.20
	51.78	1:45.77			
	(51.78)	(53.99)			
43.83Y	F # 88B	Male 9-10 50 Back	LY-VA	---	-5.68
1:43.58Y	F # 92B	Male 9-10 100 Fly	LY-VA	---	---
	50.94	1:43.58			
	(50.94)	(52.64)			
37.39Y	F # 96B	Male 9-10 50 Free	LY-VA	---	-0.72

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Margaret Herman (8) F						
1:47.50Y	F # 31A	Female 8 & Under 100 Free	LY-VA	5	---	-17.89
	---	1:47.50				
	---	(1:47.50)				
25.38Y	F # 33	Female 8 & Under 25 Back	LY-VA	4	---	-4.07
59.46Y	F # 37A	Female 8 & Under 50 Breast	LY-VA	3	---	-11.47
1:05.80Y	F # 45A	Female 8 & Under 50 Fly	LY-VA	4	---	---
2:02.05Y	F # 49A	Female 8 & Under 100 IM	LY-VA	3	---	-21.54
	59.64	2:02.05				
	(59.64)	(1:02.41)				
21.11Y	F # 73	Female 8 & Under 25 Free	LY-VA	6	---	-1.09
26.07Y	F # 79	Female 8 & Under 25 Breast	LY-VA	3	---	-4.66
2:07.69Y	F # 83A	Female 8 & Under 100 Breast	LY-VA	2	---	---
	1:00.96	2:07.69				
	(1:00.96)	(1:06.73)				
59.99Y	F # 87A	Female 8 & Under 50 Back	LY-VA	7	---	-2.01
48.98Y	F # 95A	Female 8 & Under 50 Free	LY-VA	5	---	-1.33
Nathaniel Herman (9) M						
1:21.19Y	F # 32B	Male 9-10 100 Free	LY-VA	6	---	-5.65
	37.55	1:21.19				
	(37.55)	(43.64)				
54.12Y	F # 38B	Male 9-10 50 Breast	LY-VA	7	---	-15.14
1:43.14Y	F # 42B	Male 9-10 100 Back	LY-VA	8	---	-10.90
	50.11	1:43.14				
	(50.11)	(53.03)				
48.24Y	F # 46B	Male 9-10 50 Fly	LY-VA	7	---	-3.51
1:40.92Y	F # 50B	Male 9-10 100 IM	LY-VA	6	---	-7.67
	49.14	1:40.92				
	(49.14)	(51.78)				
2:54.42Y	F # 78B	Male 9-10 200 Free	LY-VA	7	---	-20.91
	40.34	1:26.44 2:12.35 2:54.42				
	(40.34)	(46.10) (45.91) (42.07)				
2:02.17Y	F # 84B	Male 9-10 100 Breast	LY-VA	9	---	---
	59.30	2:02.17				
	(59.30)	(1:02.87)				
47.11Y	F # 88B	Male 9-10 50 Back	LY-VA	7	---	-4.71
1:44.81Y	F # 92B	Male 9-10 100 Fly	LY-VA	6	---	---
	50.31	1:44.81				
	(50.31)	(54.50)				
35.75Y	F # 96B	Male 9-10 50 Free	LY-VA	5	---	-3.18
Ellington Hermosa (13) F						
2:34.14Y	F # 55A	Female 13-14 200 Free	LY-VA	7	---	-3.36
	33.15	1:12.51 1:54.00 2:34.14				
	(33.15)	(39.36) (41.49) (40.14)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Ellington Hermosa (13) F						
1:19.57Y	F # 59A	Female 13-14 100 Fly	LY-VA	2	---	-5.75
	35.72	1:19.57				
	(35.72)	(43.85)				
30.94Y	F # 65A	Female 13-14 50 Free	LY-VA	9	---	1.12
Sebastian Hermosa (15) M						
32.14Y	F # 54B	Male 15 & Over 50 Back	LY-VA	12	---	---
2:22.78Y	F # 56B	Male 15 & Over 200 Free	LY-VA	19	---	---
	31.91	1:09.15 1:49.41 2:22.78				
	(31.91)	(37.24) (40.26) (33.37)				
1:10.35Y	F # 60B	Male 15 & Over 100 Fly	LY-VA	20	---	---
	33.65	1:10.35				
	(33.65)	(36.70)				
26.40Y	F # 66B	Male 15 & Over 50 Free	LY-VA	21	---	0.17
Carson Hill (11) M						
NS	F # 4C	Male 11-12 200 IM	LY-VA	---	---	---
NS	F # 6C	Male 11-12 500 Free	LY-VA	---	---	---
1:40.07Y	F # 30	Male 11-12 100 Free	LY-VA	17	---	7.25
	46.27	1:40.07				
	(46.27)	(53.80)				
55.99Y	F # 36	Male 11-12 50 Breast	LY-VA	17	---	-0.78
1:55.30Y	F # 40	Male 11-12 100 Back	LY-VA	13	---	6.75
	57.15	1:55.30				
	(57.15)	(58.15)				
50.33Y DQ	F # 44	Male 11-12 50 Fly	LY-VA	---	---	---
1F Arms underwater recovery						
1:55.63Y	F # 48	Male 11-12 100 IM	LY-VA	16	---	8.02
	55.30	1:55.63				
	(55.30)	(1:00.33)				
3:27.33Y	F # 76	Male 11-12 200 Free	LY-VA	13	---	-12.29
	46.42	1:40.20 2:37.32 3:27.33				
	(46.42)	(53.78) (57.12) (50.01)				
1:56.95Y	F # 82	Male 11-12 100 Breast	LY-VA	15	---	-9.84
	55.67	1:56.95				
	(55.67)	(1:01.28)				
54.57Y	F # 86	Male 11-12 50 Back	LY-VA	14	---	0.82
41.78Y	F # 94	Male 11-12 50 Free	LY-VA	15	---	2.66
Rory Hill (6) F						
33.40Y	F # 33	Female 8 & Under 25 Back	LY-VA	9	---	---
25.91Y	F # 73	Female 8 & Under 25 Free	LY-VA	14	---	---
51.95Y DQ	F # 79	Female 8 & Under 25 Breast	LY-VA	---	---	---
3E Hands brought beyond the hipline during stroke						
1:18.62Y DQ	F # 87A	Female 8 & Under 50 Back	LY-VA	---	---	---
2L Shoulders past vertical toward breast						
1:15.97Y	F # 95A	Female 8 & Under 50 Free	LY-VA	15	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Sydney Hill (14) F						
2:35.60Y	F # 1A	Female 13-14 200 IM	LY-VA	1	---	-1.76
	34.13	1:12.65 2:00.76 2:35.60				
	(34.13)	(38.52) (48.11) (34.84)				
6:09.78Y	F # 5D	Female 13-14 500 Free	LY-VA	2	---	-0.99
	33.32	1:10.45 1:48.22 2:26.05 3:03.96 3:41.94 4:19.85 4:57.76				
	(33.32)	(37.13) (37.77) (37.83) (37.91) (37.98) (37.91) (37.91)				
	5:35.59	6:09.78				
	(37.83)	(34.19)				
1:12.85Y	F # 9A	Female 13-14 100 Back	LY-VA	2	---	4.81
	35.97	1:12.85				
	(35.97)	(36.88)				
1:01.36Y	F # 13A	Female 13-14 100 Free	LY-VA	1	---	3.89
	30.35	1:01.36				
	(30.35)	(31.01)				
1:28.75Y	F # 15A	Female 13-14 100 Breast	LY-VA	5	---	3.33
	42.08	1:28.75				
	(42.08)	(46.67)				
33.88Y	F # 17A	Female 13-14 50 Fly	LY-VA	4	---	-6.81
5:47.82Y	F # 19A	Female 13-14 400 IM	LY-VA	2	---	-8.57
	38.58	1:24.62 2:07.92 2:49.77 3:41.47 4:33.14 5:12.30 5:47.82				
	(38.58)	(46.04) (43.30) (41.85) (51.70) (51.67) (39.16) (35.52)				
33.47Y	F # 53A	Female 13-14 50 Back	LY-VA	2	---	-0.02
2:22.06Y	F # 55A	Female 13-14 200 Free	LY-VA	3	---	5.83
	34.90	1:13.03 1:48.88 2:22.06				
	(34.90)	(38.13) (35.85) (33.18)				
40.41Y	F # 57A	Female 13-14 50 Breast	LY-VA	5	---	0.55
2:35.47Y	F # 61A	Female 13-14 200 Back	LY-VA	2	---	6.70
	37.73	1:18.00 1:57.81 2:35.47				
	(37.73)	(40.27) (39.81) (37.66)				
28.99Y	F # 65A	Female 13-14 50 Free	LY-VA	3	---	1.47
Oscar Hipkind (9) M						
1:13.39Y	F # 88B	Male 9-10 50 Back	LY-VA	18	---	---
1:04.54Y	F # 96B	Male 9-10 50 Free	LY-VA	18	---	---
Ann-Margaret Holt (16) F						
2:16.46Y	F # 1B	Female 15 & Over 200 IM	LY-VA	2	---	-2.17
	29.83	1:03.34 1:46.31 2:16.46				
	(29.83)	(33.51) (42.97) (30.15)				
5:08.30Y	F # 5E	Female 15 & Over 500 Free	LY-VA	1	---	9.31
	28.52	59.04 1:29.98 2:00.88 2:31.86 3:03.11 3:34.46 4:05.71				
	(28.52)	(30.52) (30.94) (30.90) (30.98) (31.25) (31.35) (31.25)				
	4:37.33	5:08.30				
	(31.62)	(30.97)				
25.56Y	F # 7	200 Free Relay Lead Off	LY-VA	---	---	1.07

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Ann-Margaret Holt (16) F						
1:02.43Y	F # 9B	Female 15 & Over 100 Back	LY-VA	1	---	3.66
	30.56	1:02.43				
	(30.56)	(31.87)				
2:18.09Y	F # 11B	Female 15 & Over 200 Fly	LY-VA	4	---	7.31
	31.84	1:06.90 1:42.53 2:18.09				
	(31.84)	(35.06) (35.63) (35.56)				
55.22Y	F # 13B	Female 15 & Over 100 Free	LY-VA	1	---	3.36
	26.76	55.22				
	(26.76)	(28.46)				
1:16.69Y	F # 15B	Female 15 & Over 100 Breast	LY-VA	3	---	-5.57
	36.31	1:16.69				
	(36.31)	(40.38)				
28.34Y	F # 17B	Female 15 & Over 50 Fly	LY-VA	1	---	-5.29
28.59Y	F # 51	200 Medley Relay Lead Off	LY-VA	---	---	-0.58
28.97Y	F # 53B	Female 15 & Over 50 Back	LY-VA	1	---	-0.20
1:58.50Y	F # 55B	Female 15 & Over 200 Free	LY-VA	1	---	6.70
	27.72	57.37 1:28.03 1:58.50				
	(27.72)	(29.65) (30.66) (30.47)				
1:03.55Y	F # 59B	Female 15 & Over 100 Fly	LY-VA	3	---	3.72
	29.97	1:03.55				
	(29.97)	(33.58)				
2:15.66Y	F # 61B	Female 15 & Over 200 Back	LY-VA	1	---	7.81
	32.29	1:06.30 1:41.24 2:15.66				
	(32.29)	(34.01) (34.94) (34.42)				
25.74Y	F # 65B	Female 15 & Over 50 Free	LY-VA	1	---	1.25
Luke Hottle (16) M						
1:57.09Y	F # 2B	Male 15 & Over 200 IM	LY-VA	1	---	3.21
	25.64	56.89 1:30.20 1:57.09				
	(25.64)	(31.25) (33.31) (26.89)				
4:58.61Y	F # 6E	Male 15 & Over 500 Free	LY-VA	2	---	14.13
	26.38	55.44 1:25.52 1:55.76 2:26.78 2:57.51 3:28.07 3:58.44				
	(26.38)	(29.06) (30.08) (30.24) (31.02) (30.73) (30.56) (30.37)				
	4:28.86	4:58.61				
	(30.42)	(29.75)				
54.97Y	F # 10B	Male 15 & Over 100 Back	LY-VA	2	---	-1.50
	27.20	54.97				
	(27.20)	(27.77)				
2:03.62Y	F # 12B	Male 15 & Over 200 Fly	LY-VA	2	---	9.28
	27.85	59.82 1:32.00 2:03.62				
	(27.85)	(31.97) (32.18) (31.62)				
49.86Y	F # 14B	Male 15 & Over 100 Free	LY-VA	2	---	1.70
	24.64	49.86				
	(24.64)	(25.22)				
1:03.12Y	F # 16B	Male 15 & Over 100 Breast	LY-VA	2	---	3.47
	30.02	1:03.12				
	(30.02)	(33.10)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Luke Hottle (16) M						
4:19.55Y	F # 20B	Male 15 & Over 400 IM	LY-VA	2	---	17.61
	27.38	59.30 1:32.59 2:06.27	2:42.90 3:19.84 3:50.23	4:19.55		
	(27.38)	(31.92) (33.29) (33.68)	(36.63) (36.94) (30.39)	(29.32)		
25.67Y	F # 54B	Male 15 & Over 50 Back	LY-VA	2	---	-1.28
28.54Y	F # 58B	Male 15 & Over 50 Breast	LY-VA	1	---	-0.27
54.15Y	F # 60B	Male 15 & Over 100 Fly	LY-VA	3	---	1.72
	26.06	54.15				
	(26.06)	(28.09)				
2:15.90Y	F # 64B	Male 15 & Over 200 Breast	LY-VA	1	---	7.02
	30.72	1:05.14 1:40.63 2:15.90				
	(30.72)	(34.42) (35.49) (35.27)				
22.58Y	F # 66B	Male 15 & Over 50 Free	LY-VA	2	---	0.76
Jaewon Hur (12) M						
NS	F # 4C	Male 11-12 200 IM	LY-VA	---	---	---
7:47.72Y	F # 6C	Male 11-12 500 Free	LY-VA	12	---	---
	35.61	1:19.14 2:06.43 2:56.03	3:44.90 4:36.06 5:24.65	6:15.30		
	(35.61)	(43.53) (47.29) (49.60)	(48.87) (51.16) (48.59)	(50.65)		
	7:05.76	7:47.72				
	(50.46)	(41.96)				
1:20.29Y	F # 30	Male 11-12 100 Free	LY-VA	10	---	-0.02
	37.23	1:20.29				
	(37.23)	(43.06)				
40.98Y	F # 36	Male 11-12 50 Breast	LY-VA	5	---	-1.33
1:39.30Y	F # 40	Male 11-12 100 Back	LY-VA	12	---	0.11
	46.16	1:39.30				
	(46.16)	(53.14)				
41.62Y	F # 44	Male 11-12 50 Fly	LY-VA	12	---	-10.36
1:27.50Y	F # 48	Male 11-12 100 IM	LY-VA	11	---	-8.37
	44.52	1:27.50				
	(44.52)	(42.98)				
2:56.17Y	F # 76	Male 11-12 200 Free	LY-VA	10	---	-6.82
	39.44	1:24.66 2:12.51 2:56.17				
	(39.44)	(45.22) (47.85) (43.66)				
1:26.07Y	F # 82	Male 11-12 100 Breast	LY-VA	3	---	-15.78
	41.23	1:26.07				
	(41.23)	(44.84)				
42.44Y	F # 86	Male 11-12 50 Back	LY-VA	8	---	-0.17
1:34.75Y	F # 90	Male 11-12 100 Fly	LY-VA	8	---	-12.12
	42.15	1:34.75				
	(42.15)	(52.60)				
35.01Y	F # 94	Male 11-12 50 Free	LY-VA	11	---	-0.34
Ky?mani Joseph (10) M						
3:13.37Y	F # 78B	Male 9-10 200 Free	LY-VA	12	---	---
	45.34	1:35.47 --- 3:13.37				
	(45.34)	(50.13) --- (3:13.37)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Ky?mani Joseph (10) M					
2:02.65Y	F # 84B	Male 9-10 100 Breast	LY-VA	10	---
	---	2:02.65			---
	---	(2:02.65)			
48.73Y	F # 88B	Male 9-10 50 Back	LY-VA	11	---
42.82Y	F # 96B	Male 9-10 50 Free	LY-VA	14	---
Raymond Kariuki (7) M					
48.41Y	F # 34	Male 8 & Under 25 Back	LY-VA	11	---
NS	F # 74	Male 8 & Under 25 Free	LY-VA	---	---
1:11.86Y	F # 96A	Male 8 & Under 50 Free	LY-VA	11	---
Eva Kendall (14) F					
2:40.16Y	F # 1A	Female 13-14 200 IM	LY-VA	3	---
	36.18	1:17.67 2:03.46 2:40.16			-10.58
	(36.18)	(41.49) (45.79) (36.70)			
6:12.11Y	F # 5D	Female 13-14 500 Free	LY-VA	3	---
	32.89	1:09.55 1:47.30 2:26.51 3:05.82 3:43.99 4:22.64 5:00.93			-76.02
	(32.89)	(36.66) (37.75) (39.21) (39.31) (38.17) (38.65) (38.29)			
	5:38.15	6:12.11			
	(37.22)	(33.96)			
29.70Y	F # 7	200 Free Relay Lead Off	LY-VA	---	---
1:14.97Y	F # 9A	Female 13-14 100 Back	LY-VA	4	---
	---	1:14.97			-3.79
	---	(1:14.97)			
1:04.14Y	F # 13A	Female 13-14 100 Free	LY-VA	3	---
	30.73	1:04.14			-3.39
	(30.73)	(33.41)			
1:26.66Y	F # 15A	Female 13-14 100 Breast	LY-VA	3	---
	41.35	1:26.66			0.50
	(41.35)	(45.31)			
35.45Y	F # 17A	Female 13-14 50 Fly	LY-VA	5	---
38.48Y	F # 51	200 Medley Relay Lead Off	LY-VA	---	---
36.33Y	F # 53A	Female 13-14 50 Back	LY-VA	6	---
2:25.24Y	F # 55A	Female 13-14 200 Free	LY-VA	4	---
	34.06	1:11.72 1:49.32 2:25.24			-4.39
	(34.06)	(37.66) (37.60) (35.92)			
40.04Y	F # 57A	Female 13-14 50 Breast	LY-VA	4	---
2:45.57Y	F # 61A	Female 13-14 200 Back	LY-VA	4	---
	39.16	1:21.78 2:04.13 2:45.57			0.12
	(39.16)	(42.62) (42.35) (41.44)			
30.11Y	F # 65A	Female 13-14 50 Free	LY-VA	7	---
					-0.77
Phillip Kendall (12) M					
1:21.60Y	F # 30	Male 11-12 100 Free	LY-VA	12	---
	39.17	1:21.60			-3.25
	(39.17)	(42.43)			
52.08Y	F # 36	Male 11-12 50 Breast	LY-VA	16	---
					-3.85

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Phillip Kendall (12) M					
1:31.45Y	F # 40	Male 11-12 100 Back	9	---	-9.55
	46.37	1:31.45			
	(46.37)	(45.08)			
50.17Y	F # 44	Male 11-12 50 Fly	14	---	0.36
1:42.12Y	F # 48	Male 11-12 100 IM	14	---	2.58
	---	1:42.12			
	---	(1:42.12)			
Abbi Kenny (12) F					
1:38.53Y	F # 29	Female 11-12 100 Free	10	---	---
	---	1:38.53			
	---	(1:38.53)			
55.72Y DQ	F # 35	Female 11-12 50 Breast	---	---	---
		3Q Incomplete stroke cycle other than one pull followed by one kick			
2:02.06Y DQ	F # 39	Female 11-12 100 Back	---	---	---
	---	2:02.06			
	---	(2:02.06)			
		2K Not on back off wall			
1:59.52Y DQ	F # 47	Female 11-12 100 IM	---	---	---
	1:00.82	1:59.52			
	(1:00.82)	(58.70)			
		2L Shoulders past vertical toward breast - back			
3:33.93Y	F # 75	Female 11-12 200 Free	5	---	---
	46.71	1:41.27 2:39.47 3:33.93			
	(46.71)	(54.56) (58.20) (54.46)			
1:59.76Y DQ	F # 81	Female 11-12 100 Breast	---	---	---
	58.28	1:59.76			
	(58.28)	(1:01.48)			
		3C Downward butterfly kick			
55.49Y	F # 85	Female 11-12 50 Back	11	---	---
44.14Y	F # 93	Female 11-12 50 Free	8	---	---
Montana Kimball (10) F					
2:03.57Y	F # 31B	Female 9-10 100 Free	12	---	---
	---	2:03.57			
	---	(2:03.57)			
1:10.01Y DQ	F # 37B	Female 9-10 50 Breast	---	---	---
		3K No touch			
2:23.35Y	F # 41B	Female 9-10 100 Back	10	---	---
	---	2:23.35			
	---	(2:23.35)			
2:36.19Y DQ	F # 83B	Female 9-10 100 Breast	---	---	---
	---	2:36.19			
	---	(2:36.19)			
		3J One hand touch			
1:08.55Y	F # 87B	Female 9-10 50 Back	13	---	---
54.88Y	F # 95B	Female 9-10 50 Free	12	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Kathleen King (15) F						
1:07.03Y	F # 9B	Female 15 & Over 100 Back	LY-VA	5	---	6.66
	32.86	1:07.03				
	(32.86)	(34.17)				
1:03.32Y	F # 13B	Female 15 & Over 100 Free	LY-VA	10	---	5.87
	30.61	1:03.32				
	(30.61)	(32.71)				
30.63Y	F # 17B	Female 15 & Over 50 Fly	LY-VA	7	---	-1.05
38.04Y	F # 51	200 Medley Relay Lead Off	LY-VA	---	---	9.09
31.66Y	F # 53B	Female 15 & Over 50 Back	LY-VA	6	---	2.71
2:19.28Y	F # 55B	Female 15 & Over 200 Free	LY-VA	6	---	13.90
	32.21	1:08.56 1:44.88 2:19.28				
	(32.21)	(36.35) (36.32) (34.40)				
1:11.52Y	F # 59B	Female 15 & Over 100 Fly	LY-VA	6	---	7.42
	33.44	1:11.52				
	(33.44)	(38.08)				
2:31.62Y	F # 61B	Female 15 & Over 200 Back	LY-VA	5	---	14.26
	36.43	1:15.20 --- 2:31.62				
	(36.43)	(38.77) --- (2:31.62)				
29.36Y	F # 65B	Female 15 & Over 50 Free	LY-VA	11	---	3.21
Colt Kirby (14) M						
2:18.42Y	F # 2A	Male 13-14 200 IM	LY-VA	3	---	-5.86
	29.16	1:05.51 1:47.16 2:18.42				
	(29.16)	(36.35) (41.65) (31.26)				
5:30.63Y	F # 6D	Male 13-14 500 Free	LY-VA	3	---	-21.16
	29.70	1:02.47 1:35.90 2:09.62 2:43.65 3:17.43 3:51.24 4:24.96				
	(29.70)	(32.77) (33.43) (33.72) (34.03) (33.78) (33.81) (33.72)				
	4:58.71	5:30.63				
	(33.75)	(31.92)				
1:04.93Y	F # 10A	Male 13-14 100 Back	LY-VA	2	---	-3.99
	32.14	1:04.93				
	(32.14)	(32.79)				
2:20.10Y	F # 12A	Male 13-14 200 Fly	LY-VA	2	---	-9.05
	31.34	1:08.06 1:44.77 2:20.10				
	(31.34)	(36.72) (36.71) (35.33)				
58.14Y	F # 14A	Male 13-14 100 Free	LY-VA	4	---	-0.34
	28.25	58.14				
	(28.25)	(29.89)				
28.96Y	F # 18A	Male 13-14 50 Fly	LY-VA	3	---	-2.19
5:04.14Y	F # 20A	Male 13-14 400 IM	LY-VA	2	---	-5.80
	33.02	1:11.27 1:50.44 2:29.96 3:12.98 3:57.02 4:31.53 5:04.14				
	(33.02)	(38.25) (39.17) (39.52) (43.02) (44.04) (34.51) (32.61)				
2:05.24Y	F # 56A	Male 13-14 200 Free	LY-VA	3	---	-5.73
	28.65	1:00.21 1:33.17 2:05.24				
	(28.65)	(31.56) (32.96) (32.07)				
34.45Y	F # 58A	Male 13-14 50 Breast	LY-VA	3	---	-5.95

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Colt Kirby (14) M						
1:03.02Y	F # 60A	Male 13-14 100 Fly	LY-VA	2	---	-3.27
	30.43	1:03.02				
	(30.43)	(32.59)				
2:46.12Y	F # 64A	Male 13-14 200 Breast	LY-VA	4	---	-6.31
	38.94	1:23.76 2:05.69 2:46.12				
	(38.94)	(44.82) (41.93) (40.43)				
26.38Y	F # 66A	Male 13-14 50 Free	LY-VA	4	---	-0.45
Amelia Kobek (10) F						
1:15.28Y	F # 31B	Female 9-10 100 Free	LY-VA	3	---	-7.89
	35.07	1:15.28				
	(35.07)	(40.21)				
46.47Y	F # 37B	Female 9-10 50 Breast	LY-VA	4	---	-3.21
1:26.97Y	F # 41B	Female 9-10 100 Back	LY-VA	3	---	-7.93
	42.35	1:26.97				
	(42.35)	(44.62)				
38.04Y	F # 45B	Female 9-10 50 Fly	LY-VA	3	---	-0.79
1:26.21Y	F # 49B	Female 9-10 100 IM	LY-VA	3	---	-5.84
	40.16	1:26.21				
	(40.16)	(46.05)				
39.74Y	F # 69	200 Medley Relay Lead Off	LY-VA	---	---	-4.56
2:46.97Y	F # 77B	Female 9-10 200 Free	LY-VA	4	---	-16.63
	37.37	1:20.77 2:05.57 2:46.97				
	(37.37)	(43.40) (44.80) (41.40)				
1:41.59Y	F # 83B	Female 9-10 100 Breast	LY-VA	4	---	-9.68
	48.78	1:41.59				
	(48.78)	(52.81)				
41.90Y	F # 87B	Female 9-10 50 Back	LY-VA	5	---	-2.40
1:27.50Y	F # 91B	Female 9-10 100 Fly	LY-VA	3	---	-6.17
	40.35	1:27.50				
	(40.35)	(47.15)				
33.09Y	F # 95B	Female 9-10 50 Free	LY-VA	3	---	-4.96
Jefferson Koscielny (13) M						
2:43.24Y	F # 2A	Male 13-14 200 IM	LY-VA	7	---	-6.66
	34.52	1:18.47 2:06.11 2:43.24				
	(34.52)	(43.95) (47.64) (37.13)				
6:31.08Y	F # 6D	Male 13-14 500 Free	LY-VA	8	---	-37.22
	33.02	1:09.71 1:49.33 2:29.65 3:09.81 3:50.60 4:31.57 5:13.22				
	(33.02)	(36.69) (39.62) (40.32) (40.16) (40.79) (40.97) (41.65)				
	5:52.70	6:31.08				
	(39.48)	(38.38)				
1:24.58Y	F # 10A	Male 13-14 100 Back	LY-VA	12	---	-5.74
	41.39	1:24.58				
	(41.39)	(43.19)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Jefferson Koscielny (13) M						
1:07.82Y	F # 14A	Male 13-14 100 Free	LY-VA	12	---	-2.27
	32.45	1:07.82				
	(32.45)	(35.37)				
1:36.73Y	F # 16A	Male 13-14 100 Breast	LY-VA	11	---	0.65
	45.72	1:36.73				
	(45.72)	(51.01)				
32.64Y	F # 18A	Male 13-14 50 Fly	LY-VA	8	---	-3.87
6:04.93Y	F # 20A	Male 13-14 400 IM	LY-VA	8	---	---
	35.32	1:19.80 2:09.79 2:58.76	3:51.38 4:45.61 5:23.06 6:04.93			
	(35.32)	(44.48) (49.99) (48.97)	(52.62) (54.23) (37.45) (41.87)			
42.33Y	F # 54A	Male 13-14 50 Back	LY-VA	9	---	-1.59
2:31.24Y	F # 56A	Male 13-14 200 Free	LY-VA	10	---	3.61
	35.94	1:15.28 1:55.34 2:31.24				
	(35.94)	(39.34) (40.06) (35.90)				
NS	F # 58A	Male 13-14 50 Breast	LY-VA	---	---	---
1:17.51Y	F # 60A	Male 13-14 100 Fly	LY-VA	8	---	-11.03
	37.41	1:17.51				
	(37.41)	(40.10)				
30.94Y	F # 66A	Male 13-14 50 Free	LY-VA	12	---	0.27
Katherine Kovarik (17) F						
2:37.45Y	F # 1B	Female 15 & Over 200 IM	LY-VA	7	---	14.61
	34.13	1:14.00 2:01.25 2:37.45				
	(34.13)	(39.87) (47.25) (36.20)				
6:01.34Y	F # 5E	Female 15 & Over 500 Free	LY-VA	7	---	31.23
	32.75	1:08.50 1:45.06 2:21.62 2:58.53 3:35.09 4:11.86 4:48.56				
	(32.75)	(35.75) (36.56) (36.56) (36.91) (36.56) (36.77) (36.70)				
	5:25.60	6:01.34				
	(37.04)	(35.74)				
Hank Lancaster (10) M						
1:36.88Y	F # 32B	Male 9-10 100 Free	LY-VA	12	---	---
	2:06.63	1:36.88				
	(2:06.63)	(29.75)				
1:12.80Y	F # 38B	Male 9-10 50 Breast	LY-VA	14	---	---
2:06.60Y DQ	F # 42B	Male 9-10 100 Back	LY-VA	---	---	---
	58.05	2:06.60				
	(58.05)	(1:08.55)				
	2L Shoulders past vertical toward breast					
52.39Y DQ	F # 46B	Male 9-10 50 Fly	LY-VA	---	---	---
	1E Non-simultaneous arms					
2:07.97Y	F # 50B	Male 9-10 100 IM	LY-VA	9	---	---
	58.23	2:07.97				
	(58.23)	(1:09.74)				
3:30.27Y	F # 78B	Male 9-10 200 Free	LY-VA	13	---	---
	45.78	1:42.87 2:31.40 3:30.27				
	(45.78)	(57.09) (48.53) (58.87)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Hank Lancaster (10) M						
56.50Y	F # 88B	Male 9-10 50 Back	LY-VA	14	---	---
42.54Y	F # 96B	Male 9-10 50 Free	LY-VA	13	---	---
Yeva Langeland (8) F						
19.54Y	F # 27	Female 8 & Under 25 Fly	LY-VA	1	---	1.04
1:30.76Y	F # 31A	Female 8 & Under 100 Free	LY-VA	2	---	-2.69
	43.46	1:30.76				
	(43.46)	(47.30)				
52.54Y	F # 37A	Female 8 & Under 50 Breast	LY-VA	1	---	1.51
49.85Y	F # 45A	Female 8 & Under 50 Fly	LY-VA	1	---	2.27
1:47.66Y	F # 49A	Female 8 & Under 100 IM	LY-VA	1	---	-3.83
	49.19	1:47.66				
	(49.19)	(58.47)				
16.68Y	F # 73	Female 8 & Under 25 Free	LY-VA	1	---	-0.71
23.50Y	F # 79	Female 8 & Under 25 Breast	LY-VA	1	---	0.51
49.67Y	F # 87A	Female 8 & Under 50 Back	LY-VA	2	---	-1.68
1:55.27Y	F # 91A	Female 8 & Under 100 Fly	LY-VA	1	---	---
	---	1:55.27				
	---	(1:55.27)				
44.16Y	F # 95A	Female 8 & Under 50 Free	LY-VA	2	---	2.46
Abby Lawrence (9) F						
2:02.19Y	F # 31B	Female 9-10 100 Free	LY-VA	11	---	---
1:10.63Y DQ	F # 37B	Female 9-10 50 Breast	LY-VA	---	---	---
3J One hand touch						
2:08.74Y	F # 41B	Female 9-10 100 Back	LY-VA	8	---	---
	1:00.30	2:08.74				
	(1:00.30)	(1:08.44)				
2:44.46Y DQ	F # 83B	Female 9-10 100 Breast	LY-VA	---	---	---
	---	2:44.46				
	---	(2:44.46)				
3D Scissors kick						
1:01.77Y	F # 87B	Female 9-10 50 Back	LY-VA	11	---	---
52.14Y	F # 95B	Female 9-10 50 Free	LY-VA	10	---	---
Lennon Leedy (7) F						
3:49.97Y	F # 3A	Female 8 & Under 200 IM	LY-VA	1	---	---
	52.36	1:50.77 2:58.01 3:49.97				
	(52.36)	(58.41) (1:07.24) (51.96)				
39.65Y	F # 21	100 Free Relay Lead Off	LY-VA	---	---	21.62
1:28.35Y	F # 31A	Female 8 & Under 100 Free	LY-VA	1	---	-14.90
	---	1:28.35				
	---	(1:28.35)				
56.15Y	F # 37A	Female 8 & Under 50 Breast	LY-VA	2	---	-3.37
52.93Y	F # 45A	Female 8 & Under 50 Fly	LY-VA	2	---	-11.52
17.38Y	F # 73	Female 8 & Under 25 Free	LY-VA	2	---	-0.65

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Lennon Leedy (7) F						
3:17.07Y	F # 77A	Female 8 & Under 200 Free	LY-VA	1	---	-25.34
	42.25	1:34.22 2:28.11 3:17.07				
	(42.25)	(51.97) (53.89) (48.96)				
26.37Y	F # 79	Female 8 & Under 25 Breast	LY-VA	4	---	-0.76
49.53Y	F # 87A	Female 8 & Under 50 Back	LY-VA	1	---	0.10
40.35Y	F # 95A	Female 8 & Under 50 Free	LY-VA	1	---	-1.24
Jacob Leger (16) M						
2:10.63Y	F # 2B	Male 15 & Over 200 IM	LY-VA	10	---	0.10
	26.54	1:01.81 1:41.34 2:10.63				
	(26.54)	(35.27) (39.53) (29.29)				
5:24.13Y	F # 6E	Male 15 & Over 500 Free	LY-VA	11	---	-10.28
	28.40	1:00.55 1:34.06 2:08.08 2:42.23 3:16.50 3:49.53 4:21.89				
	(28.40)	(32.15) (33.51) (34.02) (34.15) (34.27) (33.03) (32.36)				
	4:53.73	5:24.13				
	(31.84)	(30.40)				
Noah Leger (12) M						
2:31.78Y	F # 4C	Male 11-12 200 IM	LY-VA	2	---	-2.66
	34.84	1:17.10 2:00.08 2:31.78				
	(34.84)	(42.26) (42.98) (31.70)				
6:04.38Y	F # 6C	Male 11-12 500 Free	LY-VA	3	---	-12.79
	32.80	1:09.93 1:48.04 2:24.57 3:01.93 3:40.06 4:17.78 4:55.11				
	(32.80)	(37.13) (38.11) (36.53) (37.36) (38.13) (37.72) (37.33)				
	5:30.77	6:04.38				
	(35.66)	(33.61)				
Tanner Malone (16) M						
25.31Y	F # 8	200 Free Relay Lead Off	LY-VA	---	---	-3.65
1:12.63Y	F # 10B	Male 15 & Over 100 Back	LY-VA	19	---	2.37
	35.88	1:12.63				
	(35.88)	(36.75)				
56.38Y	F # 14B	Male 15 & Over 100 Free	LY-VA	18	---	-3.01
	26.60	56.38				
	(26.60)	(29.78)				
1:11.63Y	F # 16B	Male 15 & Over 100 Breast	LY-VA	13	---	-3.32
	34.10	1:11.63				
	(34.10)	(37.53)				
28.85Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	17	---	-7.69
5:30.70Y	F # 20B	Male 15 & Over 400 IM	LY-VA	12	---	---
	34.08	1:18.84 2:03.87 2:49.36 3:33.59 4:17.78 4:55.66 5:30.70				
	(34.08)	(44.76) (45.03) (45.49) (44.23) (44.19) (37.88) (35.04)				
Eli McGee (7) M						
2:04.76Y	F # 32A	Male 8 & Under 100 Free	LY-VA	4	---	---
	55.60	2:04.76				
	(55.60)	(1:09.16)				
31.42Y	F # 34	Male 8 & Under 25 Back	LY-VA	8	---	---
22.83Y	F # 74	Male 8 & Under 25 Free	LY-VA	5	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Eli McGee (7) M					
32.95Y	F # 80	Male 8 & Under 25 Breast	LY-VA	7	---
1:18.13Y	F # 88A	Male 8 & Under 50 Back	LY-VA	6	---
54.05Y	F # 96A	Male 8 & Under 50 Free	LY-VA	6	---
Lawson McSwain (11) M					
2:44.81Y DQ	F # 4C	Male 11-12 200 IM	LY-VA	---	---
	38.79	1:20.25 2:08.14 2:44.81			
	(38.79)	(41.46) (47.89) (36.67)			
5P Strokes out of sequence - IM					
6:25.84Y	F # 6C	Male 11-12 500 Free	LY-VA	8	---
	36.14	1:15.58 1:55.52 2:35.46 3:14.22 3:52.65 4:31.34 5:09.97			
	(36.14)	(39.44) (39.94) (39.94) (38.76) (38.43) (38.69) (38.63)			
	5:48.56	6:25.84			
	(38.59)	(37.28)			
1:07.53Y	F # 30	Male 11-12 100 Free	LY-VA	6	---
	32.92	1:07.53			
	(32.92)	(34.61)			
41.95Y	F # 36	Male 11-12 50 Breast	LY-VA	7	---
1:19.32Y	F # 40	Male 11-12 100 Back	LY-VA	5	---
	39.11	1:19.32			
	(39.11)	(40.21)			
37.44Y	F # 44	Male 11-12 50 Fly	LY-VA	8	---
1:18.39Y	F # 48	Male 11-12 100 IM	LY-VA	5	---
	---	1:18.39			
	---	(1:18.39)			
38.39Y	F # 72	200 Medley Relay Lead Off	LY-VA	---	---
2:25.39Y	F # 76	Male 11-12 200 Free	LY-VA	4	---
	33.16	1:10.22 1:48.59 2:25.39			
	(33.16)	(37.06) (38.37) (36.80)			
1:30.16Y	F # 82	Male 11-12 100 Breast	LY-VA	6	---
	43.25	1:30.16			
	(43.25)	(46.91)			
37.50Y	F # 86	Male 11-12 50 Back	LY-VA	4	---
1:24.29Y	F # 90	Male 11-12 100 Fly	LY-VA	6	---
	38.81	1:24.29			
	(38.81)	(45.48)			
31.07Y	F # 94	Male 11-12 50 Free	LY-VA	5	---
Collins Melcher (7) F					
30.02Y	F # 21	100 Free Relay Lead Off	LY-VA	---	---
27.24Y	F # 27	Female 8 & Under 25 Fly	LY-VA	4	---
1:51.59Y	F # 31A	Female 8 & Under 100 Free	LY-VA	6	---
	50.59	1:51.59			
	(50.59)	(1:01.00)			
23.46Y	F # 33	Female 8 & Under 25 Back	LY-VA	3	---

Lynchburg YMCA Swim Team

Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv			
Collins Melcher (7) F								
2:02.46Y	F # 41A	Female 8 & Under 100 Back	LY-VA	2	---	-13.50		
	56.72	2:02.46						
	(56.72)	(1:05.74)						
19.43Y	F # 73	Female 8 & Under 25 Free	LY-VA	4	---	-4.73		
31.33Y	F # 79	Female 8 & Under 25 Breast	LY-VA	7	---	---		
54.89Y	F # 87A	Female 8 & Under 50 Back	LY-VA	4	---	-1.44		
50.66Y	F # 95A	Female 8 & Under 50 Free	LY-VA	6	---	-3.86		
Ren Mobley (9) M								
1:55.77Y	F # 32B	Male 9-10 100 Free	LY-VA	15	---	---		
	55.29	1:55.77						
	(55.29)	(1:00.48)						
1:09.45Y	F # 38B	Male 9-10 50 Breast	LY-VA	12	---	---		
2:01.87Y	F # 42B	Male 9-10 100 Back	LY-VA	10	---	-1.58		
	59.65	2:01.87						
	(59.65)	(1:02.22)						
2:09.60Y	F # 50B	Male 9-10 100 IM	LY-VA	10	---	---		
	1:02.35	2:09.60						
	(1:02.35)	(1:07.25)						
2:19.04Y	F # 84B	Male 9-10 100 Breast	LY-VA	12	---	---		
	---	2:19.04						
	---	(2:19.04)						
58.43Y	F # 88B	Male 9-10 50 Back	LY-VA	15	---	0.87		
51.75Y	F # 96B	Male 9-10 50 Free	LY-VA	16	---	-5.34		
Julius Moore (13) M								
26.91Y	F # 8	200 Free Relay Lead Off	LY-VA	---	---	-4.39		
1:14.80Y	F # 10A	Male 13-14 100 Back	LY-VA	7	---	-6.23		
	37.90	1:14.80						
	(37.90)	(36.90)						
1:01.62Y	F # 14A	Male 13-14 100 Free	LY-VA	8	---	-4.68		
	30.73	1:01.62						
	(30.73)	(30.89)						
1:22.16Y	F # 16A	Male 13-14 100 Breast	LY-VA	5	---	-25.78		
	39.74	1:22.16						
	(39.74)	(42.42)						
29.96Y	F # 18A	Male 13-14 50 Fly	LY-VA	5	---	-4.14		
5:49.89Y	F # 20A	Male 13-14 400 IM	LY-VA	6	---	---		
	38.92	1:24.67	2:12.05	3:00.60	3:47.77	4:37.06	5:14.08	5:49.89
	(38.92)	(45.75)	(47.38)	(48.55)	(47.17)	(49.29)	(37.02)	(35.81)
Dabney Morrison (10) F								
2:46.08Y	F # 3B	Female 9-10 200 IM	LY-VA	1	---	-5.30		
	34.45	1:18.45	2:08.90	2:46.08				
	(34.45)	(44.00)	(50.45)	(37.18)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Dabney Morrison (10) F					
6:48.84Y	F # 5B	Female 9-10 500 Free	LY-VA 2	---	-19.13
	35.23	1:15.75 1:57.63 2:39.63 3:21.40 4:03.80 4:45.40 5:27.64			
	(35.23)	(40.52) (41.88) (42.00) (41.77) (42.40) (41.60) (42.24)			
	6:08.97	6:48.84			
	(41.33)	(39.87)			
32.61Y	F # 23	200 Free Relay Lead Off	LY-VA ---	---	-0.92
1:10.82Y	F # 31B	Female 9-10 100 Free	LY-VA 2	---	-2.49
	33.61	1:10.82			
	(33.61)	(37.21)			
42.06Y	F # 37B	Female 9-10 50 Breast	LY-VA 1	---	-1.40
1:21.43Y	F # 41B	Female 9-10 100 Back	LY-VA 1	---	-0.14
	40.05	1:21.43			
	(40.05)	(41.38)			
34.86Y	F # 45B	Female 9-10 50 Fly	LY-VA 1	---	0.45
1:19.96Y	F # 49B	Female 9-10 100 IM	LY-VA 1	---	-0.19
	36.95	1:19.96			
	(36.95)	(43.01)			
2:28.27Y	F # 77B	Female 9-10 200 Free	LY-VA 2	---	-13.58
	33.98	1:11.82 1:50.77 2:28.27			
	(33.98)	(37.84) (38.95) (37.50)			
1:33.69Y	F # 83B	Female 9-10 100 Breast	LY-VA 1	---	-2.20
	44.79	1:33.69			
	(44.79)	(48.90)			
38.64Y	F # 87B	Female 9-10 50 Back	LY-VA 2	---	0.05
1:15.97Y	F # 91B	Female 9-10 100 Fly	LY-VA 2	---	-4.19
	35.49	1:15.97			
	(35.49)	(40.48)			
32.40Y	F # 95B	Female 9-10 50 Free	LY-VA 2	---	-1.13
Luke Morrison (15) M					
2:12.77Y	F # 2B	Male 15 & Over 200 IM	LY-VA 12	---	0.84
	28.30	1:01.63 1:42.01 2:12.77			
	(28.30)	(33.33) (40.38) (30.76)			
5:18.25Y	F # 6E	Male 15 & Over 500 Free	LY-VA 10	---	17.51
	28.96	1:00.49 1:32.87 2:04.72 2:36.48 3:08.78 3:40.89 4:13.40			
	(28.96)	(31.53) (32.38) (31.85) (31.76) (32.30) (32.11) (32.51)			
	4:45.95	5:18.25			
	(32.55)	(32.30)			
1:02.64Y	F # 10B	Male 15 & Over 100 Back	LY-VA 11	---	1.25
	30.78	1:02.64			
	(30.78)	(31.86)			
2:17.48Y	F # 12B	Male 15 & Over 200 Fly	LY-VA 8	---	8.35
	30.07	1:04.64 1:40.63 2:17.48			
	(30.07)	(34.57) (35.99) (36.85)			
54.89Y	F # 14B	Male 15 & Over 100 Free	LY-VA 14	---	2.84
	26.70	54.89			
	(26.70)	(28.19)			

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Luke Morrison (15) M						
27.06Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	14	---	-0.47
4:49.28Y	F # 20B	Male 15 & Over 400 IM	LY-VA	9	---	10.87
	29.78	1:04.39 1:41.45 2:18.01 3:00.70 3:44.50 4:16.97 4:49.28				
	(29.78)	(34.61) (37.06) (36.56) (42.69) (43.80) (32.47) (32.31)				
29.94Y	F # 54B	Male 15 & Over 50 Back	LY-VA	11	---	-0.78
1:57.40Y	F # 56B	Male 15 & Over 200 Free	LY-VA	8	---	5.22
	27.22	57.19 1:27.41 1:57.40				
	(27.22)	(29.97) (30.22) (29.99)				
1:00.16Y	F # 60B	Male 15 & Over 100 Fly	LY-VA	12	---	3.18
	28.70	1:00.16				
	(28.70)	(31.46)				
2:15.88Y	F # 62B	Male 15 & Over 200 Back	LY-VA	5	---	1.62
	33.61	1:07.97 1:42.38 2:15.88				
	(33.61)	(34.36) (34.41) (33.50)				
24.79Y	F # 66B	Male 15 & Over 50 Free	LY-VA	15	---	0.59
Mac Morrison (12) M						
2:32.47Y	F # 4C	Male 11-12 200 IM	LY-VA	3	---	-2.62
	33.17	1:12.62 2:00.22 2:32.47				
	(33.17)	(39.45) (47.60) (32.25)				
5:52.74Y	F # 6C	Male 11-12 500 Free	LY-VA	2	---	-5.37
	31.80	1:07.83 1:43.00 2:19.24 2:55.98 3:33.42 4:09.60 4:44.95				
	(31.80)	(36.03) (35.17) (36.24) (36.74) (37.44) (36.18) (35.35)				
	5:19.79	5:52.74				
	(34.84)	(32.95)				
1:01.20Y	F # 30	Male 11-12 100 Free	LY-VA	2	---	1.70
	29.86	1:01.20				
	(29.86)	(31.34)				
43.48Y	F # 36	Male 11-12 50 Breast	LY-VA	8	---	-1.71
1:16.06Y	F # 40	Male 11-12 100 Back	LY-VA	2	---	2.53
	37.32	1:16.06				
	(37.32)	(38.74)				
30.17Y	F # 44	Male 11-12 50 Fly	LY-VA	1	---	0.91
1:13.34Y	F # 48	Male 11-12 100 IM	LY-VA	2	---	2.10
	34.06	1:13.34				
	(34.06)	(39.28)				
NS	F # 76	Male 11-12 200 Free	LY-VA	---	---	---
NS	F # 82	Male 11-12 100 Breast	LY-VA	---	---	---
NS	F # 86	Male 11-12 50 Back	LY-VA	---	---	---
NS	F # 90	Male 11-12 100 Fly	LY-VA	---	---	---
NS	F # 94	Male 11-12 50 Free	LY-VA	---	---	---
Aidan Moss (13) M						
1:06.34Y	F # 10A	Male 13-14 100 Back	LY-VA	3	---	1.44
	32.50	1:06.34				
	(32.50)	(33.84)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Aidan Moss (13) M						
2:38.06Y	F # 12A	Male 13-14 200 Fly	LY-VA	3	---	8.25
	32.92	1:12.06	---	2:38.06		
	(32.92)	(39.14)	---	(2:38.06)		
1:03.59Y	F # 14A	Male 13-14 100 Free	LY-VA	9	---	2.81
	30.20	1:03.59				
	(30.20)	(33.39)				
29.92Y	F # 18A	Male 13-14 50 Fly	LY-VA	4	---	-0.41
NS	F # 20A	Male 13-14 400 IM	LY-VA	---	---	---
William Moss (10) M						
1:17.28Y	F # 32B	Male 9-10 100 Free	LY-VA	4	---	-4.92
	36.72	1:17.28				
	(36.72)	(40.56)				
47.30Y	F # 38B	Male 9-10 50 Breast	LY-VA	3	---	-0.60
1:24.89Y	F # 42B	Male 9-10 100 Back	LY-VA	4	---	-0.41
	42.50	1:24.89				
	(42.50)	(42.39)				
43.96Y	F # 46B	Male 9-10 50 Fly	LY-VA	4	---	1.90
1:27.61Y	F # 50B	Male 9-10 100 IM	LY-VA	4	---	-1.34
	40.30	1:27.61				
	(40.30)	(47.31)				
Sara Mrabet (10) F						
1:49.21Y	F # 31B	Female 9-10 100 Free	LY-VA	8	---	---
	49.39	1:49.21				
	(49.39)	(59.82)				
1:10.03Y	F # 37B	Female 9-10 50 Breast	LY-VA	9	---	---
2:17.23Y	F # 41B	Female 9-10 100 Back	LY-VA	9	---	---
	1:03.33	2:17.23				
	(1:03.33)	(1:13.90)				
2:05.62Y	F # 49B	Female 9-10 100 IM	LY-VA	8	---	---
	---	2:05.62				
	---	(2:05.62)				
3:56.77Y	F # 77B	Female 9-10 200 Free	LY-VA	7	---	---
	47.94	---	---	3:56.77		
	(47.94)	---	---	(3:56.77)		
2:21.98Y DQ	F # 83B	Female 9-10 100 Breast	LY-VA	---	---	---
	---	2:21.98				
	---	(2:21.98)				
3D Scissors kick						
1:01.12Y	F # 87B	Female 9-10 50 Back	LY-VA	10	---	---
45.96Y	F # 95B	Female 9-10 50 Free	LY-VA	9	---	---
Broderick Nelson (15) M						
2:04.58Y	F # 2B	Male 15 & Over 200 IM	LY-VA	4	---	6.18
	26.08	58.35	1:34.35	2:04.58		
	(26.08)	(32.27)	(36.00)	(30.23)		

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Broderick Nelson (15) M					
5:09.03Y	F # 6E	Male 15 & Over 500 Free	LY-VA 4	---	11.40
	27.44	57.61 1:28.73 2:00.07	2:31.47 3:02.21 3:33.90 4:05.50		
	(27.44)	(30.17) (31.12) (31.34)	(31.40) (30.74) (31.69) (31.60)		
	4:37.37	5:09.03			
	(31.87)	(31.66)			
59.11Y	F # 10B	Male 15 & Over 100 Back	LY-VA 7	---	1.21
	29.19	59.11			
	(29.19)	(29.92)			
53.16Y	F # 14B	Male 15 & Over 100 Free	LY-VA 9	---	1.54
	25.39	53.16			
	(25.39)	(27.77)			
1:07.45Y	F # 16B	Male 15 & Over 100 Breast	LY-VA 8	---	6.56
	31.85	1:07.45			
	(31.85)	(35.60)			
4:28.56Y	F # 20B	Male 15 & Over 400 IM	LY-VA 3	---	14.88
	27.78	59.77 1:34.37 2:08.04	2:46.50 3:25.32 3:56.88 4:28.56		
	(27.78)	(31.99) (34.60) (33.67)	(38.46) (38.82) (31.56) (31.68)		
1:55.93Y	F # 56B	Male 15 & Over 200 Free	LY-VA 6	---	4.49
	26.32	56.21 1:25.74 1:55.93			
	(26.32)	(29.89) (29.53) (30.19)			
29.96Y	F # 58B	Male 15 & Over 50 Breast	LY-VA 5	---	-1.10
57.71Y	F # 60B	Male 15 & Over 100 Fly	LY-VA 6	---	2.18
	26.64	57.71			
	(26.64)	(31.07)			
2:32.38Y	F # 64B	Male 15 & Over 200 Breast	LY-VA 6	---	19.98
	33.30	1:11.44 1:51.72 2:32.38			
	(33.30)	(38.14) (40.28) (40.66)			
24.44Y	F # 66B	Male 15 & Over 50 Free	LY-VA 9	---	0.94
Caroline Nelson (12) F					
2:21.64Y	F # 3C	Female 11-12 200 IM	LY-VA 1	---	-0.05
	30.73	1:08.07 1:49.26 2:21.64			
	(30.73)	(37.34) (41.19) (32.38)			
5:38.87Y	F # 5C	Female 11-12 500 Free	LY-VA 1	---	-2.26
	31.07	1:05.23 1:39.20 2:13.61	2:47.95 3:23.06 3:56.93 4:31.96		
	(31.07)	(34.16) (33.97) (34.41)	(34.34) (35.11) (33.87) (35.03)		
	5:07.16	5:38.87			
	(35.20)	(31.71)			
59.22Y	F # 29	Female 11-12 100 Free	LY-VA 2	---	-0.66
	28.83	59.22			
	(28.83)	(30.39)			
34.66Y	F # 35	Female 11-12 50 Breast	LY-VA 1	---	1.09
1:10.70Y	F # 39	Female 11-12 100 Back	LY-VA 2	---	-0.83
	34.77	1:10.70			
	(34.77)	(35.93)			
31.18Y	F # 43	Female 11-12 50 Fly	LY-VA 2	---	0.60

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Caroline Nelson (12) F						
1:08.74Y	F # 47	Female 11-12 100 IM	LY-VA	1	---	3.47
	34.88	1:08.74				
	(34.88)	(33.86)				
2:06.84Y	F # 75	Female 11-12 200 Free	LY-VA	1	---	0.02
	29.77	1:01.89 1:34.69 2:06.84				
	(29.77)	(32.12) (32.80) (32.15)				
1:19.87Y	F # 81	Female 11-12 100 Breast	LY-VA	1	---	6.46
	38.11	1:19.87				
	(38.11)	(41.76)				
32.82Y	F # 85	Female 11-12 50 Back	LY-VA	1	---	-5.05
1:10.49Y	F # 89	Female 11-12 100 Fly	LY-VA	1	---	5.27
	32.82	1:10.49				
	(32.82)	(37.67)				
27.79Y	F # 93	Female 11-12 50 Free	LY-VA	1	---	1.04
Kaitlyn Nordquist (12) F						
32.89Y	F # 25	200 Free Relay Lead Off	LY-VA	---	---	---
1:12.37Y	F # 29	Female 11-12 100 Free	LY-VA	7	---	---
	35.70	1:12.37				
	(35.70)	(36.67)				
42.51Y	F # 35	Female 11-12 50 Breast	LY-VA	5	---	---
37.26Y	F # 43	Female 11-12 50 Fly	LY-VA	6	---	---
Selah Parish (12) F						
2:25.03Y DQ	F # 3C	Female 11-12 200 IM	LY-VA	---	---	---
	29.58	1:07.89 1:51.13 2:25.03				
	(29.58)	(38.31) (43.24) (33.90)				
2K Not on back off wall - back						
5:52.47Y	F # 5C	Female 11-12 500 Free	LY-VA	2	---	-12.02
	32.51	1:09.01 1:48.03 2:23.04 2:58.01 3:34.49 4:11.46 4:45.60				
	(32.51)	(36.50) (39.02) (35.01) (34.97) (36.48) (36.97) (34.14)				
	5:20.40	5:52.47				
	(34.80)	(32.07)				
27.86Y	F # 25	200 Free Relay Lead Off	LY-VA	---	---	1.04
58.95Y	F # 29	Female 11-12 100 Free	LY-VA	1	---	0.03
	28.77	58.95				
	(28.77)	(30.18)				
36.17Y	F # 35	Female 11-12 50 Breast	LY-VA	2	---	-1.29
1:09.91Y	F # 39	Female 11-12 100 Back	LY-VA	1	---	0.11
	33.93	1:09.91				
	(33.93)	(35.98)				
29.54Y	F # 43	Female 11-12 50 Fly	LY-VA	1	---	0.86
1:09.21Y	F # 47	Female 11-12 100 IM	LY-VA	2	---	-0.26
	33.18	1:09.21				
	(33.18)	(36.03)				

Aidan Parker (15) M

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Aidan Parker (15) M						
2:36.21Y	F # 2B	Male 15 & Over 200 IM	LY-VA	16	---	-5.81
	35.50	1:13.08 1:59.24 2:36.21				
	(35.50)	(37.58) (46.16) (36.97)				
6:17.93Y	F # 6E	Male 15 & Over 500 Free	LY-VA	18	---	-10.05
	33.77	1:11.77 1:49.33 2:27.70 3:05.19 3:43.68 4:20.84 4:59.07				
	(33.77)	(38.00) (37.56) (38.37) (37.49) (38.49) (37.16) (38.23)				
	5:38.35	6:17.93				
	(39.28)	(39.58)				
1:14.10Y	F # 10B	Male 15 & Over 100 Back	LY-VA	20	---	0.77
	36.57	1:14.10				
	(36.57)	(37.53)				
1:03.38Y	F # 14B	Male 15 & Over 100 Free	LY-VA	25	---	0.02
	30.14	1:03.38				
	(30.14)	(33.24)				
1:20.65Y	F # 16B	Male 15 & Over 100 Breast	LY-VA	17	---	-0.32
	---	1:20.65				
	---	(1:20.65)				
35.88Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	21	---	-2.03
33.29Y	F # 54B	Male 15 & Over 50 Back	LY-VA	13	---	-4.94
2:17.35Y	F # 56B	Male 15 & Over 200 Free	LY-VA	18	---	1.58
	33.19	1:09.43 1:45.68 2:17.35				
	(33.19)	(36.24) (36.25) (31.67)				
38.96Y	F # 58B	Male 15 & Over 50 Breast	LY-VA	12	---	-2.51
2:34.11Y	F # 62B	Male 15 & Over 200 Back	LY-VA	8	---	-12.33
	36.84	1:15.41 1:54.90 2:34.11				
	(36.84)	(38.57) (39.49) (39.21)				
28.34Y	F # 66B	Male 15 & Over 50 Free	LY-VA	23	---	-0.91
Mason Patterson (12) M						
2:26.56Y	F # 4C	Male 11-12 200 IM	LY-VA	1	---	---
	32.56	1:11.15 1:54.20 2:26.56				
	(32.56)	(38.59) (43.05) (32.36)				
5:34.59Y	F # 6C	Male 11-12 500 Free	LY-VA	1	---	---
	30.64	1:04.11 1:37.82 2:11.68 2:45.88 3:20.12 3:54.21 4:28.36				
	(30.64)	(33.47) (33.71) (33.86) (34.20) (34.24) (34.09) (34.15)				
	5:02.35	5:34.59				
	(33.99)	(32.24)				
28.15Y	F # 26	200 Free Relay Lead Off	LY-VA	---	---	-23.98
1:00.26Y	F # 30	Male 11-12 100 Free	LY-VA	1	---	---
	29.59	1:00.26				
	(29.59)	(30.67)				
35.01Y	F # 36	Male 11-12 50 Breast	LY-VA	1	---	-43.53
1:10.70Y	F # 40	Male 11-12 100 Back	LY-VA	1	---	-63.96
	34.85	1:10.70				
	(34.85)	(35.85)				
32.31Y	F # 44	Male 11-12 50 Fly	LY-VA	2	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Mason Patterson (12) M						
1:10.34Y	F # 48	Male 11-12 100 IM	LY-VA	1	---	-62.95
	33.39	1:10.34				
	(33.39)	(36.95)				
2:06.86Y	F # 76	Male 11-12 200 Free	LY-VA	1	---	---
	28.89	1:01.13 1:34.51 2:06.86				
	(28.89)	(32.24) (33.38) (32.35)				
1:18.21Y	F # 82	Male 11-12 100 Breast	LY-VA	1	---	---
	37.49	1:18.21				
	(37.49)	(40.72)				
33.85Y	F # 86	Male 11-12 50 Back	LY-VA	2	---	-26.66
1:11.48Y	F # 90	Male 11-12 100 Fly	LY-VA	1	---	---
	33.40	1:11.48				
	(33.40)	(38.08)				
28.35Y	F # 94	Male 11-12 50 Free	LY-VA	1	---	-23.78
Addison Pavao (10) M						
3:38.72Y	F # 4B	Male 9-10 200 IM	LY-VA	6	---	-17.33
	56.03	2:52.44 3:38.76 3:38.72				
	(56.03)	(1:56.41) (46.32) (.04)				
8:03.48Y	F # 6B	Male 9-10 500 Free	LY-VA	6	---	-59.86
	41.95	1:30.69 2:22.04 3:11.86 4:02.51 4:53.19 5:42.67 6:31.70				
	(41.95)	(48.74) (51.35) (49.82) (50.65) (50.68) (49.48) (49.03)				
	7:18.07	8:03.48				
	(46.37)	(45.41)				
2:56.85Y	F # 78B	Male 9-10 200 Free	LY-VA	8	---	-33.00
	41.22	1:27.25 2:13.48 2:56.85				
	(41.22)	(46.03) (46.23) (43.37)				
1:49.16Y	F # 84B	Male 9-10 100 Breast	LY-VA	7	---	-7.45
	52.12	1:49.16				
	(52.12)	(57.04)				
47.23Y	F # 88B	Male 9-10 50 Back	LY-VA	9	---	-2.85
37.00Y	F # 96B	Male 9-10 50 Free	LY-VA	8	---	-4.45
Hayes Pavao (6) M						
27.35Y	F # 74	Male 8 & Under 25 Free	LY-VA	9	---	-4.87
36.16Y DQ	F # 80	Male 8 & Under 25 Breast	LY-VA	---	---	---
3C Downward butterfly kick						
1:15.65Y	F # 88A	Male 8 & Under 50 Back	LY-VA	5	---	---
1:04.30Y	F # 96A	Male 8 & Under 50 Free	LY-VA	9	---	-14.98
Ella Pennington (15) F						
NS	F # 1B	Female 15 & Over 200 IM	LY-VA	---	---	---
NS	F # 5E	Female 15 & Over 500 Free	LY-VA	---	---	---
NS	F # 9B	Female 15 & Over 100 Back	LY-VA	---	---	---
NS	F # 13B	Female 15 & Over 100 Free	LY-VA	---	---	---
NS	F # 15B	Female 15 & Over 100 Breast	LY-VA	---	---	---
NS	F # 17B	Female 15 & Over 50 Fly	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Ella Pennington (15) F					
NS	F # 55B	Female 15 & Over 200 Free	LY-VA	---	---
NS	F # 57B	Female 15 & Over 50 Breast	LY-VA	---	---
NS	F # 59B	Female 15 & Over 100 Fly	LY-VA	---	---
NS	F # 61B	Female 15 & Over 200 Back	LY-VA	---	---
NS	F # 65B	Female 15 & Over 50 Free	LY-VA	---	---
Max Pennington (8) M					
NS	F # 32A	Male 8 & Under 100 Free	LY-VA	---	---
NS	F # 34	Male 8 & Under 25 Back	LY-VA	---	---
NS	F # 38A	Male 8 & Under 50 Breast	LY-VA	---	---
NS	F # 46A	Male 8 & Under 50 Fly	LY-VA	---	---
NS	F # 50A	Male 8 & Under 100 IM	LY-VA	---	---
NS	F # 74	Male 8 & Under 25 Free	LY-VA	---	---
NS	F # 80	Male 8 & Under 25 Breast	LY-VA	---	---
NS	F # 84A	Male 8 & Under 100 Breast	LY-VA	---	---
NS	F # 88A	Male 8 & Under 50 Back	LY-VA	---	---
NS	F # 96A	Male 8 & Under 50 Free	LY-VA	---	---
Charlotte Pickeral (10) F					
2:56.29Y	F # 3B	Female 9-10 200 IM	LY-VA	2	---
	38.63	1:22.19 2:16.68 2:56.29			
	(38.63)	(43.56) (54.49) (39.61)			
6:25.32Y	F # 5B	Female 9-10 500 Free	LY-VA	1	---
	35.36	1:14.19 1:54.36 2:33.97 3:13.32 3:52.29 4:31.24 5:10.21			
	(35.36)	(38.83) (40.17) (39.61) (39.35) (38.97) (38.95) (38.97)			
	5:48.86	6:25.32			
	(38.65)	(36.46)			
1:08.59Y	F # 31B	Female 9-10 100 Free	LY-VA	1	---
	32.83	1:08.59			
	(32.83)	(35.76)			
43.02Y	F # 37B	Female 9-10 50 Breast	LY-VA	2	---
1:24.35Y	F # 41B	Female 9-10 100 Back	LY-VA	2	---
	41.62	1:24.35			
	(41.62)	(42.73)			
37.54Y	F # 45B	Female 9-10 50 Fly	LY-VA	2	---
1:23.21Y	F # 49B	Female 9-10 100 IM	LY-VA	2	---
	40.34	1:23.21			
	(40.34)	(42.87)			
2:26.66Y	F # 77B	Female 9-10 200 Free	LY-VA	1	---
	34.40	--- 1:50.68 2:26.66			
	(34.40)	--- (1:50.68) (35.98)			
1:35.30Y	F # 83B	Female 9-10 100 Breast	LY-VA	2	---
	46.65	1:35.30			
	(46.65)	(48.65)			
39.33Y	F # 87B	Female 9-10 50 Back	LY-VA	3	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Charlotte Pickeral (10) F						
1:34.51Y	F # 91B	Female 9-10 100 Fly	LY-VA	4	---	-9.82
	42.10	1:34.51				
	(42.10)	(52.41)				
31.44Y	F # 95B	Female 9-10 50 Free	LY-VA	1	---	-0.80
Owen Porter (15) M						
2:22.15Y	F # 2B	Male 15 & Over 200 IM	LY-VA	15	---	7.62
	30.03	1:07.77 1:49.10 2:22.15				
	(30.03)	(37.74) (41.33) (33.05)				
5:58.51Y	F # 6E	Male 15 & Over 500 Free	LY-VA	15	---	18.11
	31.99	1:06.27 1:41.88 2:17.94 2:54.95 3:31.70 4:08.35 4:45.12				
	(31.99)	(34.28) (35.61) (36.06) (37.01) (36.75) (36.65) (36.77)				
	5:21.90	5:58.51				
	(36.78)	(36.61)				
1:08.47Y	F # 10B	Male 15 & Over 100 Back	LY-VA	16	---	1.68
	33.81	1:08.47				
	(33.81)	(34.66)				
57.96Y	F # 14B	Male 15 & Over 100 Free	LY-VA	20	---	1.72
	27.75	57.96				
	(27.75)	(30.21)				
1:11.15Y	F # 16B	Male 15 & Over 100 Breast	LY-VA	12	---	6.69
	33.92	1:11.15				
	(33.92)	(37.23)				
29.34Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	18	---	-3.96
5:17.06Y	F # 20B	Male 15 & Over 400 IM	LY-VA	11	---	21.72
	33.91	1:13.20 1:55.53 2:37.92 3:22.05 4:07.34 4:42.46 5:17.06				
	(33.91)	(39.29) (42.33) (42.39) (44.13) (45.29) (35.12) (34.60)				
Ava Rainsford (8) F						
20.41Y	F # 73	Female 8 & Under 25 Free	LY-VA	5	---	---
1:08.30Y	F # 87A	Female 8 & Under 50 Back	LY-VA	9	---	---
53.34Y	F # 95A	Female 8 & Under 50 Free	LY-VA	7	---	---
Liam Ray (11) M						
1:22.95Y	F # 30	Male 11-12 100 Free	LY-VA	13	---	---
48.27Y	F # 36	Male 11-12 50 Breast	LY-VA	12	---	---
1:41.44Y DQ	F # 40	Male 11-12 100 Back	LY-VA	---	---	---
	46.91	1:41.44				
	(46.91)	(54.53)				
2K Not on back off wall						
52.75Y	F # 44	Male 11-12 50 Fly	LY-VA	16	---	---
1:36.76Y DQ	F # 48	Male 11-12 100 IM	LY-VA	---	---	---
	48.81	1:36.76				
	(48.81)	(47.95)				
2L Shoulders past vertical toward breast - back						
53.09Y	F # 72	200 Medley Relay Lead Off	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Liam Ray (11) M					
3:01.46Y	F # 76	Male 11-12 200 Free	LY-VA	12	---
	38.77	1:25.59 2:15.56 3:01.46			
	(38.77)	(46.82) (49.97) (45.90)			
1:46.76Y	F # 82	Male 11-12 100 Breast	LY-VA	14	---
	50.61	1:46.76			
	(50.61)	(56.15)			
45.32Y	F # 86	Male 11-12 50 Back	LY-VA	12	---
36.03Y	F # 94	Male 11-12 50 Free	LY-VA	12	---
Ava Rempfer (14) F					
2:42.86Y	F # 1A	Female 13-14 200 IM	LY-VA	4	---
	32.34	1:14.22 2:04.98 2:42.86			
	(32.34)	(41.88) (50.76) (37.88)			
NS	F # 9A	Female 13-14 100 Back	LY-VA	---	---
NS	F # 13A	Female 13-14 100 Free	LY-VA	---	---
NS	F # 15A	Female 13-14 100 Breast	LY-VA	---	---
NS	F # 17A	Female 13-14 50 Fly	LY-VA	---	---
34.19Y	F # 53A	Female 13-14 50 Back	LY-VA	3	-10.18
38.20Y	F # 57A	Female 13-14 50 Breast	LY-VA	2	-8.61
NS	F # 59A	Female 13-14 100 Fly	LY-VA	---	---
28.10Y	F # 65A	Female 13-14 50 Free	LY-VA	2	-6.33
Hudson Rice (16) M					
1:57.17Y	F # 2B	Male 15 & Over 200 IM	LY-VA	2	0.29
	25.08	55.16 1:30.41 1:57.17			
	(25.08)	(30.08) (35.25) (26.76)			
4:48.19Y	F # 6E	Male 15 & Over 500 Free	LY-VA	1	8.06
	25.76	54.09 1:23.05 1:52.58 2:21.78 2:51.29 3:20.71 3:50.13			
	(25.76)	(28.33) (28.96) (29.53) (29.20) (29.51) (29.42) (29.42)			
	4:19.59	4:48.19			
	(29.46)	(28.60)			
54.69Y	F # 10B	Male 15 & Over 100 Back	LY-VA	1	-0.96
	27.08	54.69			
	(27.08)	(27.61)			
1:58.12Y	F # 12B	Male 15 & Over 200 Fly	LY-VA	1	2.67
	26.82	56.92 1:27.56 1:58.12			
	(26.82)	(30.10) (30.64) (30.56)			
49.62Y	F # 14B	Male 15 & Over 100 Free	LY-VA	1	0.11
	24.27	49.62			
	(24.27)	(25.35)			
24.78Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	2	0.30
4:14.24Y	F # 20B	Male 15 & Over 400 IM	LY-VA	1	12.38
	26.96	57.94 1:30.62 2:03.00 2:39.30 3:15.81 3:45.66 4:14.24			
	(26.96)	(30.98) (32.68) (32.38) (36.30) (36.51) (29.85) (28.58)			
25.80Y	F # 52	200 Medley Relay Lead Off	LY-VA	---	---
25.52Y	F # 54B	Male 15 & Over 50 Back	LY-VA	1	-3.87

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Hudson Rice (16) M						
1:47.64Y	F # 56B	Male 15 & Over 200 Free	LY-VA	1	---	3.04
	25.20	52.57 1:20.43 1:47.64				
	(25.20)	(27.37) (27.86) (27.21)				
53.94Y	F # 60B	Male 15 & Over 100 Fly	LY-VA	2	---	2.63
	25.57	53.94				
	(25.57)	(28.37)				
2:18.48Y	F # 64B	Male 15 & Over 200 Breast	LY-VA	2	---	2.68
	31.83	1:07.52 1:43.48 2:18.48				
	(31.83)	(35.69) (35.96) (35.00)				
22.42Y	F # 66B	Male 15 & Over 50 Free	LY-VA	1	---	-0.20
Trey Robbins (9) M						
8:06.71Y	F # 6B	Male 9-10 500 Free	LY-VA	7	---	-31.87
	40.05	1:27.93 2:16.53 3:06.61 3:57.38 4:48.75 5:40.53 6:30.85				
	(40.05)	(47.88) (48.60) (50.08) (50.77) (51.37) (51.78) (50.32)				
	7:18.99	8:06.71				
	(48.14)	(47.72)				
38.31Y	F # 24	200 Free Relay Lead Off	LY-VA	---	---	-6.74
1:24.42Y	F # 32B	Male 9-10 100 Free	LY-VA	10	---	-11.54
	39.19	1:24.42				
	(39.19)	(45.23)				
58.89Y	F # 38B	Male 9-10 50 Breast	LY-VA	10	---	---
1:37.49Y	F # 42B	Male 9-10 100 Back	LY-VA	6	---	-13.65
	46.85	1:37.49				
	(46.85)	(50.64)				
52.64Y	F # 46B	Male 9-10 50 Fly	LY-VA	9	---	-7.56
1:43.99Y	F # 50B	Male 9-10 100 IM	LY-VA	7	---	-21.62
	49.12	1:43.99				
	(49.12)	(54.87)				
3:04.95Y	F # 78B	Male 9-10 200 Free	LY-VA	10	---	-19.30
	41.19	1:28.22 2:18.36 3:04.95				
	(41.19)	(47.03) (50.14) (46.59)				
47.16Y	F # 88B	Male 9-10 50 Back	LY-VA	8	---	-9.78
40.29Y	F # 96B	Male 9-10 50 Free	LY-VA	11	---	-4.76
Mitchell Rogers (15) M						
2:11.90Y	F # 2B	Male 15 & Over 200 IM	LY-VA	11	---	3.71
	26.77	1:02.09 1:41.11 2:11.90				
	(26.77)	(35.32) (39.02) (30.79)				
5:11.86Y	F # 6E	Male 15 & Over 500 Free	LY-VA	7	---	11.49
	27.24	57.81 1:29.32 2:01.49 2:33.58 3:05.62 3:37.54 4:09.31				
	(27.24)	(30.57) (31.51) (32.17) (32.09) (32.04) (31.92) (31.77)				
	4:40.79	5:11.86				
	(31.48)	(31.07)				
1:08.82Y	F # 10B	Male 15 & Over 100 Back	LY-VA	17	---	5.85
	---	1:08.82				
	---	(1:08.82)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Mitchell Rogers (15) M						
2:09.53Y	F # 12B	Male 15 & Over 200 Fly	LY-VA	3	---	2.66
	28.49	1:00.93 1:35.08 2:09.53				
	(28.49)	(32.44) (34.15) (34.45)				
53.97Y	F # 14B	Male 15 & Over 100 Free	LY-VA	11	---	0.78
	25.90	53.97				
	(25.90)	(28.07)				
26.91Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	13	---	-0.88
4:38.03Y	F # 20B	Male 15 & Over 400 IM	LY-VA	5	---	6.30
	28.52	1:01.25 1:39.47 2:16.70 2:55.59 3:35.16 4:06.97 4:38.03				
	(28.52)	(32.73) (38.22) (37.23) (38.89) (39.57) (31.81) (31.06)				
1:57.02Y	F # 56B	Male 15 & Over 200 Free	LY-VA	7	---	-0.47
	26.81	56.16 1:26.51 1:57.02				
	(26.81)	(29.35) (30.35) (30.51)				
31.98Y	F # 58B	Male 15 & Over 50 Breast	LY-VA	9	---	-0.35
58.02Y	F # 60B	Male 15 & Over 100 Fly	LY-VA	8	---	-0.52
	27.13	58.02				
	(27.13)	(30.89)				
2:36.46Y	F # 64B	Male 15 & Over 200 Breast	LY-VA	7	---	9.84
	34.53	1:14.90 1:55.37 2:36.46				
	(34.53)	(40.37) (40.47) (41.09)				
24.72Y	F # 66B	Male 15 & Over 50 Free	LY-VA	13	---	0.25
Elijah Roh (8) M						
2:32.70Y	F # 32A	Male 8 & Under 100 Free	LY-VA	8	---	---
	1:10.29	2:32.70				
	(1:10.29)	(1:22.41)				
29.24Y	F # 34	Male 8 & Under 25 Back	LY-VA	6	---	---
1:50.89Y DQ	F # 38A	Male 8 & Under 50 Breast	LY-VA	---	---	---
3J One hand touch						
Jayden Roh (12) M						
1:39.24Y	F # 30	Male 11-12 100 Free	LY-VA	16	---	-23.03
50.87Y	F # 36	Male 11-12 50 Breast	LY-VA	14	---	---
2:07.12Y	F # 40	Male 11-12 100 Back	LY-VA	14	---	---
	---	2:07.12				
	---	(2:07.12)				
1:06.40Y	F # 44	Male 11-12 50 Fly	LY-VA	17	---	---
2:02.04Y	F # 48	Male 11-12 100 IM	LY-VA	17	---	---
	---	2:02.04				
	---	(2:02.04)				
Ben Schewel (7) M						
26.54Y	F # 28	Male 8 & Under 25 Fly	LY-VA	3	---	---
22.23Y	F # 34	Male 8 & Under 25 Back	LY-VA	1	---	-2.75
58.15Y	F # 38A	Male 8 & Under 50 Breast	LY-VA	2	---	-10.82
1:50.43Y	F # 42A	Male 8 & Under 100 Back	LY-VA	1	---	-9.10
	53.24	1:50.43				
	(53.24)	(57.19)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Ben Schewel (7) M						
1:56.60Y	F # 50A	Male 8 & Under 100 IM	LY-VA	2	---	-21.80
	56.94	1:56.60				
	(56.94)	(59.66)				
51.01Y	F # 68	100 Medley Relay Lead Off	LY-VA	---	---	26.03
19.89Y	F # 74	Male 8 & Under 25 Free	LY-VA	4	---	-1.25
3:39.85Y	F # 78A	Male 8 & Under 200 Free	LY-VA	3	---	-36.42
	47.71	1:43.94 --- 3:39.85				
	(47.71)	(56.23) --- (3:39.85)				
25.35Y	F # 80	Male 8 & Under 25 Breast	LY-VA	2	---	-4.33
54.35Y	F # 88A	Male 8 & Under 50 Back	LY-VA	2	---	-2.20
46.96Y	F # 96A	Male 8 & Under 50 Free	LY-VA	5	---	-3.53
Ava Schuckert (8) F						
36.52Y	F # 33	Female 8 & Under 25 Back	LY-VA	10	---	---
37.34Y	F # 73	Female 8 & Under 25 Free	LY-VA	17	---	---
1:23.83Y	F # 87A	Female 8 & Under 50 Back	LY-VA	11	---	---
Sawyer Shindle (10) M						
1:37.74Y	F # 32B	Male 9-10 100 Free	LY-VA	13	---	---
	---	1:37.74				
	---	(1:37.74)				
1:02.41Y	F # 38B	Male 9-10 50 Breast	LY-VA	11	---	---
2:06.24Y	F # 42B	Male 9-10 100 Back	LY-VA	13	---	---
	58.80	2:06.24				
	(58.80)	(1:07.44)				
2:18.41Y DQ	F # 84B	Male 9-10 100 Breast	LY-VA	---	---	---
	---	2:18.41				
	---	(2:18.41)				
3D Scissors kick						
1:00.53Y	F # 88B	Male 9-10 50 Back	LY-VA	16	---	---
45.05Y	F # 96B	Male 9-10 50 Free	LY-VA	15	---	---
Ava Shopbell (16) F						
2:18.07Y	F # 1B	Female 15 & Over 200 IM	LY-VA	3	---	8.57
	29.24	1:04.04 1:44.74 2:18.07				
	(29.24)	(34.80) (40.70) (33.33)				
5:36.09Y	F # 5E	Female 15 & Over 500 Free	LY-VA	5	---	12.20
	30.29	1:03.38 1:36.88 2:10.74 2:44.75 3:18.99 3:53.37 4:27.82				
	(30.29)	(33.09) (33.50) (33.86) (34.01) (34.24) (34.38) (34.45)				
	5:02.28	5:36.09				
	(34.46)	(33.81)				
2:12.11Y	F # 11B	Female 15 & Over 200 Fly	LY-VA	1	---	8.42
	29.86	1:02.85 1:37.32 2:12.11				
	(29.86)	(32.99) (34.47) (34.79)				
1:00.48Y	F # 13B	Female 15 & Over 100 Free	LY-VA	5	---	3.24
	29.38	1:00.48				
	(29.38)	(31.10)				
NS	F # 15B	Female 15 & Over 100 Breast	LY-VA	---	---	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Ava Shopbell (16) F						
28.78Y	F # 17B	Female 15 & Over 50 Fly	LY-VA	2	---	-0.19
4:49.45Y	F # 19B	Female 15 & Over 400 IM	LY-VA	2	---	18.45
	30.21	1:04.04 1:41.76 2:18.09 2:58.93 3:41.18 4:15.96 4:49.45				
	(30.21)	(33.83) (37.72) (36.33) (40.84) (42.25) (34.78) (33.49)				
31.15Y	F # 53B	Female 15 & Over 50 Back	LY-VA	4	---	-2.29
2:06.85Y	F # 55B	Female 15 & Over 200 Free	LY-VA	4	---	1.28
	29.61	1:01.95 1:34.82 2:06.85				
	(29.61)	(32.34) (32.87) (32.03)				
1:01.33Y	F # 59B	Female 15 & Over 100 Fly	LY-VA	2	---	3.27
	29.42	1:01.33				
	(29.42)	(31.91)				
NS	F # 63B	Female 15 & Over 200 Breast	LY-VA	---	---	---
27.81Y	F # 65B	Female 15 & Over 50 Free	LY-VA	6	---	1.45
Addy Smith (14) F						
2:37.42Y	F # 1A	Female 13-14 200 IM	LY-VA	2	---	-0.47
	33.07	1:10.26 2:02.40 2:37.42				
	(33.07)	(37.19) (52.14) (35.02)				
6:07.65Y	F # 5D	Female 13-14 500 Free	LY-VA	1	---	-12.12
	34.24	1:11.44 1:49.39 2:26.54 3:03.29 3:40.43 4:17.41 4:55.31				
	(34.24)	(37.20) (37.95) (37.15) (36.75) (37.14) (36.98) (37.90)				
	5:32.37	6:07.65				
	(37.06)	(35.28)				
1:08.83Y	F # 9A	Female 13-14 100 Back	LY-VA	1	---	0.76
	33.73	1:08.83				
	(33.73)	(35.10)				
1:04.43Y	F # 13A	Female 13-14 100 Free	LY-VA	4	---	-1.19
	31.90	1:04.43				
	(31.90)	(32.53)				
32.08Y	F # 17A	Female 13-14 50 Fly	LY-VA	3	---	-5.77
5:40.07Y	F # 19A	Female 13-14 400 IM	LY-VA	1	---	-28.08
	36.38	1:18.08 2:01.08 2:43.18 3:35.73 4:28.47 5:05.49 5:40.07				
	(36.38)	(41.70) (43.00) (42.10) (52.55) (52.74) (37.02) (34.58)				
34.33Y	F # 51	200 Medley Relay Lead Off	LY-VA	---	---	0.98
32.14Y	F # 53A	Female 13-14 50 Back	LY-VA	1	---	-1.21
2:21.60Y	F # 55A	Female 13-14 200 Free	LY-VA	2	---	0.20
	35.33	1:12.60 --- 2:21.60				
	(35.33)	(37.27) --- (2:21.60)				
1:15.30Y	F # 59A	Female 13-14 100 Fly	LY-VA	1	---	-1.21
	35.47	1:15.30				
	(35.47)	(39.83)				
2:30.64Y	F # 61A	Female 13-14 200 Back	LY-VA	1	---	0.10
	36.43	1:14.12 1:52.92 2:30.64				
	(36.43)	(37.69) (38.80) (37.72)				
29.62Y	F # 65A	Female 13-14 50 Free	LY-VA	5	---	-0.25

Elaine Smith (10) F

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Elaine Smith (10) F					
8:57.88Y	F # 5B	Female 9-10 500 Free	LY-VA 4	---	---
	43.57	1:34.78 3:25.73 4:24.07 5:20.58 6:16.48 7:12.38 8:09.48			
	(43.57)	(51.21) (1:50.95) (58.34) (56.51) (55.90) (55.90) (57.10)			
	---	8:57.88			
	---	(8:57.88)			
39.76Y	F # 23	200 Free Relay Lead Off	LY-VA ---	---	-12.21
1:28.61Y	F # 31B	Female 9-10 100 Free	LY-VA 6	---	-30.61
	41.53	1:28.61			
	(41.53)	(47.08)			
51.13Y	F # 37B	Female 9-10 50 Breast	LY-VA 7	---	-18.20
2:07.69Y DQ	F # 41B	Female 9-10 100 Back	LY-VA ---	---	---
	1:00.03	2:07.69			
	(1:00.03)	(1:07.66)			
21 No touch at turn					
1:04.00Y	F # 45B	Female 9-10 50 Fly	LY-VA 7	---	---
1:46.95Y	F # 49B	Female 9-10 100 IM	LY-VA 6	---	---
	55.88	1:46.95			
	(55.88)	(51.07)			
Avery Snyder (16) M					
2:08.34Y	F # 2B	Male 15 & Over 200 IM	LY-VA 7	---	3.18
	26.86	1:00.27 1:38.30 2:08.34			
	(26.86)	(33.41) (38.03) (30.04)			
5:11.71Y	F # 6E	Male 15 & Over 500 Free	LY-VA 6	---	9.86
	27.34	57.82 1:28.82 2:00.58 2:32.22 3:03.72 3:35.73 4:08.12			
	(27.34)	(30.48) (31.00) (31.76) (31.64) (31.50) (32.01) (32.39)			
	4:40.31	5:11.71			
	(32.19)	(31.40)			
23.87Y	F # 8	200 Free Relay Lead Off	LY-VA ---	---	-0.42
2:09.65Y	F # 12B	Male 15 & Over 200 Fly	LY-VA 4	---	-4.66
	27.49	59.52 1:33.49 2:09.65			
	(27.49)	(32.03) (33.97) (36.16)			
52.91Y	F # 14B	Male 15 & Over 100 Free	LY-VA 7	---	0.81
	25.54	52.91			
	(25.54)	(27.37)			
1:04.64Y	F # 16B	Male 15 & Over 100 Breast	LY-VA 4	---	3.09
	30.70	1:04.64			
	(30.70)	(33.94)			
26.74Y	F # 18B	Male 15 & Over 50 Fly	LY-VA 11	---	-9.60
4:43.10Y	F # 20B	Male 15 & Over 400 IM	LY-VA 8	---	12.51
	28.10	1:01.30 1:38.24 2:15.99 2:55.49 3:37.77 4:10.35 4:43.10			
	(28.10)	(33.20) (36.94) (37.75) (39.50) (42.28) (32.58) (32.75)			
1:55.06Y	F # 56B	Male 15 & Over 200 Free	LY-VA 5	---	3.94
	26.49	55.36 1:24.84 1:55.06			
	(26.49)	(28.87) (29.48) (30.22)			
29.22Y	F # 58B	Male 15 & Over 50 Breast	LY-VA 4	---	-0.89

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Avery Snyder (16) M						
1:01.28Y	F # 60B	Male 15 & Over 100 Fly	LY-VA	16	---	3.42
	28.11	1:01.28				
	(28.11)	(33.17)				
2:27.57Y	F # 64B	Male 15 & Over 200 Breast	LY-VA	5	---	10.83
	31.88	1:09.61 1:47.77 2:27.57				
	(31.88)	(37.73) (38.16) (39.80)				
24.53Y	F # 66B	Male 15 & Over 50 Free	LY-VA	10	---	0.24
Seth Snyder (9) M						
2:56.06Y	F # 4B	Male 9-10 200 IM	LY-VA	4	---	-7.84
	37.46	1:21.92 2:16.94 2:56.06				
	(37.46)	(44.46) (55.02) (39.12)				
6:41.11Y	F # 6B	Male 9-10 500 Free	LY-VA	2	---	-9.92
	36.80	1:17.45 1:58.86 2:39.50 3:20.65 4:02.23 4:43.46 5:22.58				
	(36.80)	(40.65) (41.41) (40.64) (41.15) (41.58) (41.23) (39.12)				
	6:02.62	6:41.11				
	(40.04)	(38.49)				
1:13.03Y	F # 32B	Male 9-10 100 Free	LY-VA	3	---	-2.68
	34.56	1:13.03				
	(34.56)	(38.47)				
47.96Y	F # 38B	Male 9-10 50 Breast	LY-VA	4	---	-3.36
1:20.56Y	F # 42B	Male 9-10 100 Back	LY-VA	2	---	-4.33
	39.79	1:20.56				
	(39.79)	(40.77)				
34.23Y	F # 46B	Male 9-10 50 Fly	LY-VA	2	---	-3.08
1:26.68Y	F # 50B	Male 9-10 100 IM	LY-VA	3	---	-2.79
	38.33	1:26.68				
	(38.33)	(48.35)				
2:30.43Y	F # 78B	Male 9-10 200 Free	LY-VA	2	---	-7.76
	35.74	1:14.88 1:53.65 2:30.43				
	(35.74)	(39.14) (38.77) (36.78)				
1:41.62Y	F # 84B	Male 9-10 100 Breast	LY-VA	3	---	-11.08
	49.66	1:41.62				
	(49.66)	(51.96)				
36.61Y	F # 88B	Male 9-10 50 Back	LY-VA	2	---	-1.87
1:22.65Y	F # 92B	Male 9-10 100 Fly	LY-VA	2	---	-9.41
	39.51	1:22.65				
	(39.51)	(43.14)				
33.72Y	F # 96B	Male 9-10 50 Free	LY-VA	4	---	-1.02
Audrey Spivey (8) F						
3:59.35Y	F # 3A	Female 8 & Under 200 IM	LY-VA	2	---	-33.52
	55.17	1:57.24 --- 3:59.35				
	(55.17)	(1:02.07) --- (3:59.35)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Audrey Spivey (8) F					
9:37.88Y	F # 5A	Female 8 & Under 500 Free	LY-VA 2	---	---
	50.72	1:50.08 2:50.95 3:51.84	4:49.77 5:48.12 6:49.37 7:49.08		
	(50.72)	(59.36) (1:00.87) (1:00.89)	(57.93) (58.35) (1:01.25) (59.71)		
	8:45.26	9:37.88			
	(56.18)	(52.62)			
1:39.27Y	F # 31A	Female 8 & Under 100 Free	LY-VA 4	---	-14.86
	44.30	1:39.27			
	(44.30)	(54.97)			
23.38Y	F # 33	Female 8 & Under 25 Back	LY-VA 2	---	-2.93
1:01.38Y	F # 37A	Female 8 & Under 50 Breast	LY-VA 4	---	-8.61
1:53.23Y	F # 41A	Female 8 & Under 100 Back	LY-VA 1	---	---
	54.19	1:53.23			
	(54.19)	(59.04)			
58.00Y	F # 45A	Female 8 & Under 50 Fly	LY-VA 3	---	---
Jude Spivey (10) M					
3:24.88Y DQ	F # 4B	Male 9-10 200 IM	LY-VA ---	---	---
	48.34	1:43.45 2:42.75 3:24.88			
	(48.34)	(55.11) (59.30) (42.13)			
	2K Not on back off wall - back				
7:32.18Y	F # 6B	Male 9-10 500 Free	LY-VA 5	---	-22.75
	39.43	1:24.06 2:10.70 2:57.86	3:45.64 4:32.03 5:18.74 6:03.77		
	(39.43)	(44.63) (46.64) (47.16)	(47.78) (46.39) (46.71) (45.03)		
	6:49.10	7:32.18			
	(45.33)	(43.08)			
1:17.83Y	F # 32B	Male 9-10 100 Free	LY-VA 5	---	-3.28
	36.93	1:17.83			
	(36.93)	(40.90)			
48.41Y	F # 38B	Male 9-10 50 Breast	LY-VA 5	---	-0.81
1:39.13Y DQ	F # 42B	Male 9-10 100 Back	LY-VA ---	---	---
	1:39.48	1:39.13			
	(1:39.48)	(.35)			
	2T Delay initiating turn after past vertical				
46.06Y	F # 46B	Male 9-10 50 Fly	LY-VA 5	---	-0.44
1:36.83Y	F # 50B	Male 9-10 100 IM	LY-VA 5	---	2.64
	48.17	1:36.83			
	(48.17)	(48.66)			
Ruby Spivey (4) F					
44.84Y	F # 33	Female 8 & Under 25 Back	LY-VA 11	---	---
Aidan Stawasz (10) M					
2:54.56Y	F # 4B	Male 9-10 200 IM	LY-VA 2	---	---
	36.62	1:22.35 2:17.77 2:54.56			
	(36.62)	(45.73) (55.42) (36.79)			
36.94Y	F # 70	200 Medley Relay Lead Off	LY-VA ---	---	-9.06

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Aidan Stawasz (10) M					
2:35.23Y	F # 78B	Male 9-10 200 Free	LY-VA	3	---
	34.32	1:15.23 1:56.38 2:35.23			
	(34.32)	(40.91) (41.15) (38.85)			
1:48.47Y	F # 84B	Male 9-10 100 Breast	LY-VA	6	---
	52.50	1:48.47			
	(52.50)	(55.97)			
37.23Y	F # 88B	Male 9-10 50 Back	LY-VA	3	---
1:23.11Y	F # 92B	Male 9-10 100 Fly	LY-VA	3	---
	39.58	1:23.11			
	(39.58)	(43.53)			
31.26Y	F # 96B	Male 9-10 50 Free	LY-VA	3	---
Paige Stawasz (10) F					
3:21.30Y	F # 3B	Female 9-10 200 IM	LY-VA	4	---
	47.90	1:36.26 2:36.23 3:21.30			
	(47.90)	(48.36) (59.97) (45.07)			
42.05Y	F # 69	200 Medley Relay Lead Off	LY-VA	---	---
3:05.15Y	F # 77B	Female 9-10 200 Free	LY-VA	6	---
	41.24	1:29.47 2:18.45 3:05.15			
	(41.24)	(48.23) (48.98) (46.70)			
1:51.12Y	F # 83B	Female 9-10 100 Breast	LY-VA	7	---
	52.96	1:51.12			
	(52.96)	(58.16)			
43.23Y	F # 87B	Female 9-10 50 Back	LY-VA	6	---
36.41Y	F # 95B	Female 9-10 50 Free	LY-VA	5	---
Colby Stewart (10) M					
1:41.61Y	F # 32B	Male 9-10 100 Free	LY-VA	14	---
	47.11	1:41.61			
	(47.11)	(54.50)			
1:14.65Y DQ	F # 38B	Male 9-10 50 Breast	LY-VA	---	---
	3E Hands brought beyond the hipline during stroke				
2:05.51Y	F # 42B	Male 9-10 100 Back	LY-VA	12	---
	---	2:05.51			
	---	(2:05.51)			
Keaton Tanner (9) M					
8:45.40Y	F # 6B	Male 9-10 500 Free	LY-VA	8	---
	38.78	1:26.50 2:16.13 3:23.73 4:12.21 5:06.91 6:14.59 7:05.03			
	(38.78)	(47.72) (49.63) (1:07.60) (48.48) (54.70) (1:07.68) (50.44)			
	7:55.32	8:45.40			
	(50.29)	(50.08)			
1:21.99Y	F # 32B	Male 9-10 100 Free	LY-VA	8	---
	39.25	1:21.99			
	(39.25)	(42.74)			
56.88Y	F # 38B	Male 9-10 50 Breast	LY-VA	9	---

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Keaton Tanner (9) M						
1:37.69Y	F # 42B	Male 9-10 100 Back	LY-VA	7	---	-0.06
	47.15	1:37.69				
	(47.15)	(50.54)				
58.93Y	F # 46B	Male 9-10 50 Fly	LY-VA	11	---	-0.72
1:46.81Y	F # 50B	Male 9-10 100 IM	LY-VA	8	---	-1.71
	51.15	1:46.81				
	(51.15)	(55.66)				
43.47Y	F # 70	200 Medley Relay Lead Off	LY-VA	---	---	-1.55
3:01.55Y	F # 78B	Male 9-10 200 Free	LY-VA	9	---	-20.79
	39.81	1:27.68 2:16.19 3:01.55				
	(39.81)	(47.87) (48.51) (45.36)				
2:08.78Y	F # 84B	Male 9-10 100 Breast	LY-VA	11	---	---
	1:00.77	2:08.78				
	(1:00.77)	(1:08.01)				
47.75Y	F # 88B	Male 9-10 50 Back	LY-VA	10	---	2.73
36.48Y	F # 96B	Male 9-10 50 Free	LY-VA	7	---	-2.47
Alaina Thomas (11) F						
4:22.65Y DQ	F # 3C	Female 11-12 200 IM	LY-VA	---	---	---
	1:00.43	2:01.43 3:26.64 4:22.65				
	(1:00.43)	(1:01.00) (1:25.21) (56.01)				
2T Delay initiating turn after past vertical - back						
9:37.78Y	F # 5C	Female 11-12 500 Free	LY-VA	6	---	0.31
	2:48.71	3:50.54 --- 5:49.82 6:51.06 7:51.29	---	---		
	(2:48.71)	(1:01.83) --- (5:49.82) (1:01.24) (1:00.23)	---	---		
	---	9:37.78				
	---	(9:37.78)				
1:42.05Y	F # 29	Female 11-12 100 Free	LY-VA	11	---	5.74
	47.78	1:42.05				
	(47.78)	(54.27)				
1:07.00Y	F # 35	Female 11-12 50 Breast	LY-VA	9	---	-13.14
1:47.38Y	F # 39	Female 11-12 100 Back	LY-VA	7	---	-3.02
	51.35	1:47.38				
	(51.35)	(56.03)				
1:02.04Y	F # 43	Female 11-12 50 Fly	LY-VA	10	---	-0.02
2:02.76Y DQ	F # 47	Female 11-12 100 IM	LY-VA	---	---	---
	---	2:02.76				
	---	(2:02.76)				
1A Alternating Kick - fly						
3:39.03Y	F # 75	Female 11-12 200 Free	LY-VA	6	---	-9.58
	49.82	1:45.78 --- 3:39.03				
	(49.82)	(55.96) --- (3:39.03)				
2:24.05Y	F # 81	Female 11-12 100 Breast	LY-VA	7	---	---
	1:07.39	2:24.05				
	(1:07.39)	(1:16.66)				
48.64Y	F # 85	Female 11-12 50 Back	LY-VA	9	---	-1.04

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event				Place				Points	Improv
Alaina Thomas (11) F											
46.30Y	F # 93	Female	11-12	50 Free	LY-VA	10			---	5.30	
Brandon Thomas (13) M											
2:46.14Y	F # 2A	Male	13-14	200 IM	LY-VA	8			---	-12.90	
	35.97	1:18.42	2:10.02	2:46.14							
	(35.97)	(42.45)	(51.60)	(36.12)							
6:14.98Y	F # 6D	Male	13-14	500 Free	LY-VA	7			---	-44.09	
	32.48	1:09.18	1:47.41	2:26.18	---	3:43.41	4:21.56	---			
	(32.48)	(36.70)	(38.23)	(38.77)	---	(3:43.41)	(38.15)	---			
	---	6:14.98									
	---	(6:14.98)									
1:17.02Y	F # 10A	Male	13-14	100 Back	LY-VA	9			---	-6.47	
	37.71	1:17.02									
	(37.71)	(39.31)									
1:05.94Y	F # 14A	Male	13-14	100 Free	LY-VA	11			---	-1.40	
	31.71	1:05.94									
	(31.71)	(34.23)									
1:33.44Y	F # 16A	Male	13-14	100 Breast	LY-VA	8			---	-9.21	
	44.65	1:33.44									
	(44.65)	(48.79)									
36.06Y	F # 18A	Male	13-14	50 Fly	LY-VA	10			---	-4.60	
6:02.29Y	F # 20A	Male	13-14	400 IM	LY-VA	7			---	-49.65	
	41.03	1:28.55	3:01.79	3:55.90	4:47.27	5:26.08	6:02.40	6:02.29			
	(41.03)	(47.52)	(1:33.24)	(54.11)	(51.37)	(38.81)	(36.32)	(.11)			
34.96Y	F # 54A	Male	13-14	50 Back	LY-VA	7			---	-1.93	
2:22.95Y	F # 56A	Male	13-14	200 Free	LY-VA	7			---	-5.67	
	32.80	---	1:47.34	2:22.95							
	(32.80)	---	(1:47.34)	(35.61)							
1:29.39Y	F # 60A	Male	13-14	100 Fly	LY-VA	10			---	-1.03	
	41.60	1:29.39									
	(41.60)	(47.79)									
2:48.67Y	F # 62A	Male	13-14	200 Back	LY-VA	4			---	-2.49	
	39.66	---	---	2:48.67							
	(39.66)	---	---	(2:48.67)							
29.42Y	F # 66A	Male	13-14	50 Free	LY-VA	10			---	-1.13	
Camryn Thomas (6) F											
52.37Y	F # 27	Female	8 & Under	25 Fly	LY-VA	6			---	---	
2:20.89Y	F # 31A	Female	8 & Under	100 Free	LY-VA	8			---	---	
31.79Y	F # 33	Female	8 & Under	25 Back	LY-VA	7			---	-12.85	
28.04Y	F # 73	Female	8 & Under	25 Free	LY-VA	16			---	-7.30	
43.38Y DQ	F # 79	Female	8 & Under	25 Breast	LY-VA	---			---	---	
3A Alternating Kick											
1:23.12Y	F # 87A	Female	8 & Under	50 Back	LY-VA	10			---	-16.49	
1:13.90Y	F # 95A	Female	8 & Under	50 Free	LY-VA	13			---	-9.26	

Hadley Tinnell (9) F

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Hadley Tinnell (9) F					
3:01.99Y	F # 3B	Female 9-10 200 IM	LY-VA	3	---
	40.84	1:29.17 2:24.47 3:01.99			
	(40.84)	(48.33) (55.30) (37.52)			
7:22.22Y	F # 5B	Female 9-10 500 Free	LY-VA	3	---
	38.38	1:21.36 2:06.06 2:52.32 3:38.49 4:24.02 5:09.16 5:55.29			
	(38.38)	(42.98) (44.70) (46.26) (46.17) (45.53) (45.14) (46.13)			
	6:41.72	7:22.22			
	(46.43)	(40.50)			
1:16.15Y	F # 31B	Female 9-10 100 Free	LY-VA	4	---
	35.46	1:16.15			
	(35.46)	(40.69)			
45.65Y	F # 37B	Female 9-10 50 Breast	LY-VA	3	---
1:32.03Y	F # 41B	Female 9-10 100 Back	LY-VA	4	---
	43.39	1:32.03			
	(43.39)	(48.64)			
41.95Y	F # 45B	Female 9-10 50 Fly	LY-VA	4	---
1:31.37Y	F # 49B	Female 9-10 100 IM	LY-VA	4	---
	41.84	1:31.37			
	(41.84)	(49.53)			
2:47.58Y	F # 77B	Female 9-10 200 Free	LY-VA	5	---
	37.42	1:20.59 2:06.45 2:47.58			
	(37.42)	(43.17) (45.86) (41.13)			
1:42.64Y	F # 83B	Female 9-10 100 Breast	LY-VA	5	---
	49.34	1:42.64			
	(49.34)	(53.30)			
40.99Y	F # 87B	Female 9-10 50 Back	LY-VA	4	---
1:37.29Y	F # 91B	Female 9-10 100 Fly	LY-VA	5	---
	44.15	1:37.29			
	(44.15)	(53.14)			
35.07Y	F # 95B	Female 9-10 50 Free	LY-VA	4	---
Bri Torrence (11) F					
3:16.29Y	F # 3C	Female 11-12 200 IM	LY-VA	5	---
	43.45	1:32.24 2:36.16 3:16.29			
	(43.45)	(48.79) (1:03.92) (40.13)			
7:24.81Y	F # 5C	Female 11-12 500 Free	LY-VA	5	---
	39.61	1:25.11 2:11.69 2:57.54 3:43.84 4:29.16 5:14.63 6:00.50			
	(39.61)	(45.50) (46.58) (45.85) (46.30) (45.32) (45.47) (45.87)			
	6:45.19	7:24.81			
	(44.69)	(39.62)			
2:51.89Y	F # 75	Female 11-12 200 Free	LY-VA	4	---
	38.52	1:23.95 2:09.54 2:51.89			
	(38.52)	(45.43) (45.59) (42.35)			
2:00.37Y	F # 81	Female 11-12 100 Breast	LY-VA	6	---
	58.41	2:00.37			
	(58.41)	(1:01.96)			
42.99Y	F # 85	Female 11-12 50 Back	LY-VA	8	---
					0.75

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Bri Torrence (11) F						
1:50.06Y	F # 89	Female 11-12 100 Fly	LY-VA	6	---	0.78
	48.06	1:50.06				
	(48.06)	(1:02.00)				
35.31Y	F # 93	Female 11-12 50 Free	LY-VA	7	---	-0.08
Hallie Townsend (13) F						
2:55.79Y	F # 1A	Female 13-14 200 IM	LY-VA	7	---	---
	37.04	1:23.36 2:17.22 2:55.79				
	(37.04)	(46.32) (53.86) (38.57)				
1:16.94Y	F # 9A	Female 13-14 100 Back	LY-VA	5	---	-9.00
	38.66	1:16.94				
	(38.66)	(38.28)				
1:07.80Y	F # 13A	Female 13-14 100 Free	LY-VA	8	---	-8.66
	33.35	1:07.80				
	(33.35)	(34.45)				
1:41.21Y	F # 15A	Female 13-14 100 Breast	LY-VA	8	---	---
	47.68	1:41.21				
	(47.68)	(53.53)				
36.88Y	F # 17A	Female 13-14 50 Fly	LY-VA	7	---	-4.25
34.53Y	F # 53A	Female 13-14 50 Back	LY-VA	4	---	-3.36
2:38.37Y	F # 55A	Female 13-14 200 Free	LY-VA	9	---	-6.41
	37.57	1:18.82 2:00.65 2:38.37				
	(37.57)	(41.25) (41.83) (37.72)				
45.77Y	F # 57A	Female 13-14 50 Breast	LY-VA	8	---	-1.47
30.81Y	F # 65A	Female 13-14 50 Free	LY-VA	8	---	-2.77
Aj Tracey (7) M						
53.14Y DQ	F # 34	Male 8 & Under 25 Back	LY-VA	---	---	---
	2L Shoulders past vertical toward breast					
38.11Y	F # 74	Male 8 & Under 25 Free	LY-VA	11	---	---
1:34.27Y	F # 88A	Male 8 & Under 50 Back	LY-VA	8	---	---
1:28.92Y	F # 96A	Male 8 & Under 50 Free	LY-VA	13	---	---
Syrus Tracey (10) M						
2:54.65Y	F # 4B	Male 9-10 200 IM	LY-VA	3	---	-8.82
	1:05.09	1:54.69 2:34.08 2:54.65				
	(1:05.09)	(49.60) (39.39) (20.57)				
6:50.63Y	F # 6B	Male 9-10 500 Free	LY-VA	3	---	3.95
	35.57	1:17.79 1:59.73 2:41.16 3:23.08 4:04.79 4:46.31 5:28.45				
	(35.57)	(42.22) (41.94) (41.43) (41.92) (41.71) (41.52) (42.14)				
	6:10.77	6:50.63				
	(42.32)	(39.86)				
31.07Y	F # 24	200 Free Relay Lead Off	LY-VA	---	---	-0.25
1:09.42Y	F # 32B	Male 9-10 100 Free	LY-VA	2	---	-3.33
	---	1:09.42				
	---	(1:09.42)				
43.00Y	F # 38B	Male 9-10 50 Breast	LY-VA	2	---	-1.11

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Syrus Tracey (10) M						
1:22.52Y	F # 42B	Male 9-10 100 Back	LY-VA	3	---	1.65
	40.47	1:22.52				
	(40.47)	(42.05)				
37.27Y	F # 46B	Male 9-10 50 Fly	LY-VA	3	---	-5.48
1:20.45Y	F # 50B	Male 9-10 100 IM	LY-VA	2	---	-4.68
	39.24	1:20.45				
	(39.24)	(41.21)				
2:38.54Y	F # 78B	Male 9-10 200 Free	LY-VA	4	---	-3.95
	36.00	1:16.82 1:57.92 2:38.54				
	(36.00)	(40.82) (41.10) (40.62)				
1:35.67Y	F # 84B	Male 9-10 100 Breast	LY-VA	2	---	-11.31
	46.21	1:35.67				
	(46.21)	(49.46)				
38.63Y	F # 88B	Male 9-10 50 Back	LY-VA	4	---	0.74
1:38.58Y	F # 92B	Male 9-10 100 Fly	LY-VA	4	---	-11.36
	44.37	1:38.58				
	(44.37)	(54.21)				
30.97Y	F # 96B	Male 9-10 50 Free	LY-VA	2	---	-0.35
Eli Trosper (13) M						
2:56.92Y	F # 2A	Male 13-14 200 IM	LY-VA	9	---	-25.19
	38.09	1:26.09 2:17.51 2:56.92				
	(38.09)	(48.00) (51.42) (39.41)				
6:47.57Y	F # 6D	Male 13-14 500 Free	LY-VA	10	---	---
	32.21	1:11.33 1:52.28 2:33.72 3:17.74 4:01.45 4:45.21 5:27.82				
	(32.21)	(39.12) (40.95) (41.44) (44.02) (43.71) (43.76) (42.61)				
	6:08.74	6:47.57				
	(40.92)	(38.83)				
1:23.14Y	F # 10A	Male 13-14 100 Back	LY-VA	11	---	-8.91
	---	1:23.14				
	---	(1:23.14)				
1:08.66Y	F # 14A	Male 13-14 100 Free	LY-VA	13	---	-4.80
	31.87	1:08.66				
	(31.87)	(36.79)				
1:34.20Y	F # 16A	Male 13-14 100 Breast	LY-VA	9	---	-1.12
	43.69	1:34.20				
	(43.69)	(50.51)				
39.72Y	F # 18A	Male 13-14 50 Fly	LY-VA	11	---	-11.02
38.54Y	F # 54A	Male 13-14 50 Back	LY-VA	8	---	-0.30
2:37.54Y	F # 56A	Male 13-14 200 Free	LY-VA	11	---	-17.88
	---	1:13.76 --- 2:37.54				
	---	(1:13.76) --- (2:37.54)				
41.78Y	F # 58A	Male 13-14 50 Breast	LY-VA	6	---	-1.67
3:18.44Y	F # 64A	Male 13-14 200 Breast	LY-VA	5	---	---
	43.42	1:34.36 2:26.45 3:18.44				
	(43.42)	(50.94) (52.09) (51.99)				
30.52Y	F # 66A	Male 13-14 50 Free	LY-VA	11	---	-3.35

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Kinley Tuck (14) F						
2:46.24Y	F # 1A	Female 13-14 200 IM	LY-VA	5	---	1.05
	37.25	1:18.92 2:07.96 2:46.24				
	(37.25)	(41.67) (49.04) (38.28)				
6:27.33Y	F # 5D	Female 13-14 500 Free	LY-VA	4	---	-16.83
	35.32	1:14.34 1:54.45 2:34.35 3:14.11 3:53.66 4:32.86 5:11.73				
	(35.32)	(39.02) (40.11) (39.90) (39.76) (39.55) (39.20) (38.87)				
	5:49.99	6:27.33				
	(38.26)	(37.34)				
1:14.73Y	F # 9A	Female 13-14 100 Back	LY-VA	3	---	-0.29
	36.87	1:14.73				
	(36.87)	(37.86)				
1:10.13Y	F # 13A	Female 13-14 100 Free	LY-VA	9	---	2.09
	33.62	1:10.13				
	(33.62)	(36.51)				
1:30.05Y	F # 15A	Female 13-14 100 Breast	LY-VA	6	---	0.06
	42.73	1:30.05				
	(42.73)	(47.32)				
36.86Y	F # 17A	Female 13-14 50 Fly	LY-VA	6	---	0.61
5:48.29Y	F # 19A	Female 13-14 400 IM	LY-VA	3	---	-23.46
	39.06	1:22.74 2:06.02 2:47.92 3:40.16 4:31.97 5:11.27 5:48.29				
	(39.06)	(43.68) (43.28) (41.90) (52.24) (51.81) (39.30) (37.02)				
36.20Y	F # 53A	Female 13-14 50 Back	LY-VA	5	---	-0.40
2:28.87Y	F # 55A	Female 13-14 200 Free	LY-VA	5	---	-2.51
	35.04	1:13.71 1:52.23 2:28.87				
	(35.04)	(38.67) (38.52) (36.64)				
42.08Y	F # 57A	Female 13-14 50 Breast	LY-VA	7	---	-1.49
2:40.61Y	F # 61A	Female 13-14 200 Back	LY-VA	3	---	4.02
	39.72	1:20.69 2:01.11 2:40.61				
	(39.72)	(40.97) (40.42) (39.50)				
31.53Y	F # 65A	Female 13-14 50 Free	LY-VA	10	---	0.79
Brody Wall (15) M						
2:07.48Y	F # 2B	Male 15 & Over 200 IM	LY-VA	5	---	2.49
	26.38	1:00.74 1:40.71 2:07.48				
	(26.38)	(34.36) (39.97) (26.77)				
5:11.51Y	F # 6E	Male 15 & Over 500 Free	LY-VA	5	---	-14.92
	28.35	59.60 1:32.23 2:05.01 2:38.11 3:09.47 3:40.52 4:11.81				
	(28.35)	(31.25) (32.63) (32.78) (33.10) (31.36) (31.05) (31.29)				
	4:43.10	5:11.51				
	(31.29)	(28.41)				
22.52Y	F # 8	200 Free Relay Lead Off	LY-VA	---	---	0.61
1:03.39Y	F # 10B	Male 15 & Over 100 Back	LY-VA	12	---	5.17
	31.39	1:03.39				
	(31.39)	(32.00)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Brody Wall (15) M						
2:13.42Y	F # 12B	Male 15 & Over 200 Fly	LY-VA	6	---	9.44
	29.05	1:02.50 1:38.16 2:13.42				
	(29.05)	(33.45) (35.66) (35.26)				
50.74Y	F # 14B	Male 15 & Over 100 Free	LY-VA	3	---	2.36
	24.90	50.74				
	(24.90)	(25.84)				
23.91Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	1	---	0.77
4:42.95Y	F # 20B	Male 15 & Over 400 IM	LY-VA	7	---	-11.16
	28.26	1:01.31 1:41.36 2:19.17 3:02.99 3:45.29 4:14.84 4:42.95				
	(28.26)	(33.05) (40.05) (37.81) (43.82) (42.30) (29.55) (28.11)				
28.05Y	F # 54B	Male 15 & Over 50 Back	LY-VA	7	---	-1.05
1:52.65Y	F # 56B	Male 15 & Over 200 Free	LY-VA	3	---	5.91
	26.55	55.04 1:23.84 1:52.65				
	(26.55)	(28.49) (28.80) (28.81)				
53.44Y	F # 60B	Male 15 & Over 100 Fly	LY-VA	1	---	1.97
	25.30	53.44				
	(25.30)	(28.14)				
2:14.96Y	F # 62B	Male 15 & Over 200 Back	LY-VA	4	---	-9.34
	32.97	1:07.51 1:41.85 2:14.96				
	(32.97)	(34.54) (34.34) (33.11)				
22.73Y	F # 66B	Male 15 & Over 50 Free	LY-VA	3	---	0.82
Sarah Warren (16) F						
2:18.90Y	F # 1B	Female 15 & Over 200 IM	LY-VA	4	---	3.26
	29.75	1:04.73 1:46.61 2:18.90				
	(29.75)	(34.98) (41.88) (32.29)				
5:30.83Y	F # 5E	Female 15 & Over 500 Free	LY-VA	4	---	-4.06
	30.66	1:03.92 1:37.49 2:11.02 2:44.76 3:18.63 3:51.97 4:24.96				
	(30.66)	(33.26) (33.57) (33.53) (33.74) (33.87) (33.34) (32.99)				
	4:58.02	5:30.83				
	(33.06)	(32.81)				
1:04.85Y	F # 9B	Female 15 & Over 100 Back	LY-VA	3	---	2.63
	31.73	1:04.85				
	(31.73)	(33.12)				
2:17.91Y	F # 11B	Female 15 & Over 200 Fly	LY-VA	3	---	9.52
	31.43	1:06.30 1:42.08 2:17.91				
	(31.43)	(34.87) (35.78) (35.83)				
1:00.96Y	F # 13B	Female 15 & Over 100 Free	LY-VA	7	---	2.39
	29.26	1:00.96				
	(29.26)	(31.70)				
29.42Y	F # 17B	Female 15 & Over 50 Fly	LY-VA	5	---	-0.03
5:05.91Y	F # 19B	Female 15 & Over 400 IM	LY-VA	3	---	22.53
	31.46	1:06.27 1:45.36 2:23.90 3:09.00 3:54.47 4:31.03 5:05.91				
	(31.46)	(34.81) (39.09) (38.54) (45.10) (45.47) (36.56) (34.88)				

Broughton Webb (15) F

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Broughton Webb (15) F						
2:13.76Y	F # 1B	Female 15 & Over 200 IM	LY-VA	1	---	3.93
	29.88	1:03.56 1:41.91 2:13.76				
	(29.88)	(33.68) (38.35) (31.85)				
5:13.43Y	F # 5E	Female 15 & Over 500 Free	LY-VA	2	---	9.77
	29.28	1:00.21 1:31.47 2:02.93 2:34.64 3:06.54 3:38.40 4:10.12				
	(29.28)	(30.93) (31.26) (31.46) (31.71) (31.90) (31.86) (31.72)				
	4:42.08	5:13.43				
	(31.96)	(31.35)				
1:05.86Y	F # 9B	Female 15 & Over 100 Back	LY-VA	4	---	2.98
	32.29	1:05.86				
	(32.29)	(33.57)				
58.16Y	F # 13B	Female 15 & Over 100 Free	LY-VA	2	---	2.22
	28.31	58.16				
	(28.31)	(29.85)				
1:11.06Y	F # 15B	Female 15 & Over 100 Breast	LY-VA	1	---	3.93
	33.39	1:11.06				
	(33.39)	(37.67)				
29.79Y	F # 17B	Female 15 & Over 50 Fly	LY-VA	6	---	-2.80
4:42.74Y	F # 19B	Female 15 & Over 400 IM	LY-VA	1	---	12.09
	30.91	1:05.44 1:41.68 2:16.62 2:56.70 3:37.50 4:10.81 4:42.74				
	(30.91)	(34.53) (36.24) (34.94) (40.08) (40.80) (33.31) (31.93)				
2:01.74Y	F # 55B	Female 15 & Over 200 Free	LY-VA	2	---	6.39
	28.24	58.60 1:30.37 2:01.74				
	(28.24)	(30.36) (31.77) (31.37)				
33.12Y	F # 57B	Female 15 & Over 50 Breast	LY-VA	1	---	0.56
2:18.83Y	F # 61B	Female 15 & Over 200 Back	LY-VA	2	---	8.38
	32.75	1:07.82 1:43.51 2:18.83				
	(32.75)	(35.07) (35.69) (35.32)				
2:32.84Y	F # 63B	Female 15 & Over 200 Breast	LY-VA	1	---	7.36
	35.05	1:14.52 1:53.89 2:32.84				
	(35.05)	(39.47) (39.37) (38.95)				
27.50Y	F # 65B	Female 15 & Over 50 Free	LY-VA	5	---	1.38
Adam Wells (15) M						
29.04Y	F # 54B	Male 15 & Over 50 Back	LY-VA	8	---	-0.27
2:09.01Y	F # 56B	Male 15 & Over 200 Free	LY-VA	15	---	11.75
	28.18	1:00.74 1:34.98 2:09.01				
	(28.18)	(32.56) (34.24) (34.03)				
1:03.21Y	F # 60B	Male 15 & Over 100 Fly	LY-VA	18	---	5.45
	---	1:03.21				
	---	(1:03.21)				
2:35.74Y	F # 62B	Male 15 & Over 200 Back	LY-VA	9	---	22.58
	35.57	1:15.47 1:56.50 2:35.74				
	(35.57)	(39.90) (41.03) (39.24)				
24.31Y	F # 66B	Male 15 & Over 50 Free	LY-VA	8	---	1.47
Noah Wells (17) M						

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Noah Wells (17) M						
29.26Y	F # 54B	Male 15 & Over 50 Back	LY-VA	9	---	1.79
1:59.26Y	F # 56B	Male 15 & Over 200 Free	LY-VA	10	---	10.59
	26.82	57.03	1:27.64	1:59.26		
	(26.82)	(30.21)	(30.61)	(31.62)		
1:00.54Y	F # 60B	Male 15 & Over 100 Fly	LY-VA	15	---	3.83
	27.36	1:00.54				
	(27.36)	(33.18)				
2:25.24Y	F # 62B	Male 15 & Over 200 Back	LY-VA	7	---	15.62
	33.05	1:09.36	1:47.35	2:25.24		
	(33.05)	(36.31)	(37.99)	(37.89)		
23.81Y	F # 66B	Male 15 & Over 50 Free	LY-VA	5	---	1.44
Sammy Wells (11) M						
2:56.40Y	F # 4C	Male 11-12 200 IM	LY-VA	7	---	1.38
	36.13	1:20.73	2:18.41	2:56.40		
	(36.13)	(44.60)	(57.68)	(37.99)		
6:20.03Y	F # 6C	Male 11-12 500 Free	LY-VA	5	---	-4.19
	33.59	1:10.31	1:48.58	2:26.23	3:05.62	3:44.98
	(33.59)	(36.72)	(38.27)	(37.65)	(39.39)	(39.36)
	5:42.36	6:20.03				
	(38.98)	(37.67)				
1:10.11Y	F # 30	Male 11-12 100 Free	LY-VA	8	---	1.83
	32.84	1:10.11				
	(32.84)	(37.27)				
49.48Y	F # 36	Male 11-12 50 Breast	LY-VA	13	---	-1.59
1:26.17Y	F # 40	Male 11-12 100 Back	LY-VA	7	---	1.08
	---	1:26.17				
	---	(1:26.17)				
34.52Y	F # 44	Male 11-12 50 Fly	LY-VA	5	---	1.02
1:24.61Y	F # 48	Male 11-12 100 IM	LY-VA	8	---	1.31
	38.18	1:24.61				
	(38.18)	(46.43)				
2:28.63Y	F # 76	Male 11-12 200 Free	LY-VA	6	---	1.11
	33.21	1:11.56	1:50.09	2:28.63		
	(33.21)	(38.35)	(38.53)	(38.54)		
1:44.71Y	F # 82	Male 11-12 100 Breast	LY-VA	12	---	-3.50
	50.92	1:44.71				
	(50.92)	(53.79)				
40.80Y	F # 86	Male 11-12 50 Back	LY-VA	7	---	0.49
1:18.38Y	F # 90	Male 11-12 100 Fly	LY-VA	2	---	1.71
	36.21	1:18.38				
	(36.21)	(42.17)				
32.96Y	F # 94	Male 11-12 50 Free	LY-VA	9	---	1.33

Ruby Wood (8) F

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv
Ruby Wood (8) F					
9:21.61Y	F # 5A	Female 8 & Under 500 Free	LY-VA	1	---
	50.21	1:46.31 2:44.67 3:42.60 4:40.89 5:40.25 6:36.58 7:33.70			
	(50.21)	(56.10) (58.36) (57.93) (58.29) (59.36) (56.33) (57.12)			
	---	9:21.61			
	---	(9:21.61)			
21.45Y	F # 73	Female 8 & Under 25 Free	LY-VA	8	---
3:47.01Y	F # 77A	Female 8 & Under 200 Free	LY-VA	2	---
	52.33	1:52.21 2:54.02 3:47.01			
	(52.33)	(59.88) (1:01.81) (52.99)			
24.92Y	F # 79	Female 8 & Under 25 Breast	LY-VA	2	---
1:59.07Y	F # 83A	Female 8 & Under 100 Breast	LY-VA	1	---
	58.79	1:59.07			
	(58.79)	(1:00.28)			
56.14Y	F # 87A	Female 8 & Under 50 Back	LY-VA	6	---
Austin Woodruff (12) M					
2:41.28Y	F # 4C	Male 11-12 200 IM	LY-VA	4	---
	35.43	1:17.16 2:05.41 2:41.28			2.59
	(35.43)	(41.73) (48.25) (35.87)			
6:20.67Y	F # 6C	Male 11-12 500 Free	LY-VA	6	---
	34.04	1:12.66 1:50.44 2:28.09 3:06.80 3:45.70 4:24.88 5:03.78			19.24
	(34.04)	(38.62) (37.78) (37.65) (38.71) (38.90) (39.18) (38.90)			
	5:42.54	6:20.67			
	(38.76)	(38.13)			
1:07.06Y	F # 30	Male 11-12 100 Free	LY-VA	5	---
	31.85	1:07.06			2.91
	(31.85)	(35.21)			
39.17Y	F # 36	Male 11-12 50 Breast	LY-VA	3	---
1:17.24Y	F # 40	Male 11-12 100 Back	LY-VA	3	---
	37.95	1:17.24			6.84
	(37.95)	(39.29)			
34.24Y	F # 44	Male 11-12 50 Fly	LY-VA	4	---
1:17.04Y	F # 48	Male 11-12 100 IM	LY-VA	4	---
	36.05	1:17.04			-0.23
	(36.05)	(40.99)			0.11
2:23.40Y	F # 76	Male 11-12 200 Free	LY-VA	3	---
	32.67	1:09.32 1:46.95 2:23.40			6.31
	(32.67)	(36.65) (37.63) (36.45)			
1:27.45Y	F # 82	Male 11-12 100 Breast	LY-VA	4	---
	40.95	1:27.45			0.98
	(40.95)	(46.50)			
33.31Y	F # 86	Male 11-12 50 Back	LY-VA	1	---
1:22.12Y	F # 90	Male 11-12 100 Fly	LY-VA	4	---
	37.72	1:22.12			1.11
	(37.72)	(44.40)			3.30
30.03Y	F # 94	Male 11-12 50 Free	LY-VA	3	---
					1.28

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Graham Woodruff (16) M						
2:03.45Y	F # 2B	Male 15 & Over 200 IM	LY-VA	3	---	1.13
	26.68	57.93 1:34.58 2:03.45				
	(26.68)	(31.25) (36.65) (28.87)				
5:03.97Y	F # 6E	Male 15 & Over 500 Free	LY-VA	3	---	21.07
	27.29	57.77 1:28.99 2:00.12 2:31.55 3:02.09 3:33.19 4:04.10				
	(27.29)	(30.48) (31.22) (31.13) (31.43) (30.54) (31.10) (30.91)				
	4:35.05	5:03.97				
	(30.95)	(28.92)				
58.34Y	F # 10B	Male 15 & Over 100 Back	LY-VA	5	---	5.29
	27.83	58.34				
	(27.83)	(30.51)				
52.69Y	F # 14B	Male 15 & Over 100 Free	LY-VA	6	---	5.51
	25.00	52.69				
	(25.00)	(27.69)				
1:07.00Y	F # 16B	Male 15 & Over 100 Breast	LY-VA	6	---	2.02
	31.44	1:07.00				
	(31.44)	(35.56)				
25.36Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	3	---	0.50
4:34.43Y	F # 20B	Male 15 & Over 400 IM	LY-VA	4	---	8.62
	28.08	1:01.99 1:36.74 2:11.02 2:51.35 3:32.27 4:04.92 4:34.43				
	(28.08)	(33.91) (34.75) (34.28) (40.33) (40.92) (32.65) (29.51)				
27.42Y	F # 54B	Male 15 & Over 50 Back	LY-VA	4	---	2.56
1:49.92Y	F # 56B	Male 15 & Over 200 Free	LY-VA	2	---	6.99
	25.35	52.64 1:21.08 1:49.92				
	(25.35)	(27.29) (28.44) (28.84)				
30.64Y	F # 58B	Male 15 & Over 50 Breast	LY-VA	6	---	-3.63
2:07.43Y	F # 62B	Male 15 & Over 200 Back	LY-VA	1	---	10.26
	29.81	1:01.74 1:35.01 2:07.43				
	(29.81)	(31.93) (33.27) (32.42)				
23.07Y	F # 66B	Male 15 & Over 50 Free	LY-VA	4	---	1.76
Taylor Woodruff (15) F						
5:22.79Y	F # 5E	Female 15 & Over 500 Free	LY-VA	3	---	6.42
	28.88	1:00.57 1:32.97 2:05.20 2:38.37 3:11.01 3:44.08 4:17.72				
	(28.88)	(31.69) (32.40) (32.23) (33.17) (32.64) (33.07) (33.64)				
	4:51.19	5:22.79				
	(33.47)	(31.60)				
27.05Y	F # 7	200 Free Relay Lead Off	LY-VA	---	---	1.74
1:03.49Y	F # 9B	Female 15 & Over 100 Back	LY-VA	2	---	3.51
	30.61	1:03.49				
	(30.61)	(32.88)				
2:13.71Y	F # 11B	Female 15 & Over 200 Fly	LY-VA	2	---	9.79
	30.75	1:04.75 1:38.84 2:13.71				
	(30.75)	(34.00) (34.09) (34.87)				
58.70Y	F # 13B	Female 15 & Over 100 Free	LY-VA	3	---	4.07
	28.90	58.70				
	(28.90)	(29.80)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Taylor Woodruff (15) F						
28.91Y	F # 17B	Female 15 & Over 50 Fly	LY-VA	3	---	1.51
29.47Y	F # 53B	Female 15 & Over 50 Back	LY-VA	2	---	1.34
2:06.54Y	F # 55B	Female 15 & Over 200 Free	LY-VA	3	---	9.87
	30.35	1:03.02	1:35.72	2:06.54		
	(30.35)	(32.67)	(32.70)	(30.82)		
1:01.14Y	F # 59B	Female 15 & Over 100 Fly	LY-VA	1	---	3.61
	29.03	1:01.14				
	(29.03)	(32.11)				
2:24.19Y	F # 61B	Female 15 & Over 200 Back	LY-VA	3	---	14.80
	34.40	1:11.74	1:49.23	2:24.19		
	(34.40)	(37.34)	(37.49)	(34.96)		
27.09Y	F # 65B	Female 15 & Over 50 Free	LY-VA	4	---	1.78
Daniel Wu (6) M						
28.02Y	F # 28	Male 8 & Under 25 Fly	LY-VA	4	---	---
1:34.70Y	F # 32A	Male 8 & Under 100 Free	LY-VA	3	---	---
	44.49	1:34.70				
	(44.49)	(50.21)				
26.21Y	F # 34	Male 8 & Under 25 Back	LY-VA	3	---	-4.86
1:07.06Y	F # 38A	Male 8 & Under 50 Breast	LY-VA	3	---	---
2:03.90Y	F # 50A	Male 8 & Under 100 IM	LY-VA	4	---	---
	1:02.66	2:03.90				
	(1:02.66)	(1:01.24)				
19.29Y	F # 74	Male 8 & Under 25 Free	LY-VA	3	---	-3.33
28.45Y	F # 80	Male 8 & Under 25 Breast	LY-VA	4	---	---
58.18Y	F # 88A	Male 8 & Under 50 Back	LY-VA	3	---	-17.22
44.63Y	F # 96A	Male 8 & Under 50 Free	LY-VA	4	---	-11.82
Titus Wu (10) M						
2:45.47Y	F # 4B	Male 9-10 200 IM	LY-VA	1	---	-1.28
	36.27	1:18.29	2:07.49	2:45.47		
	(36.27)	(42.02)	(49.20)	(37.98)		
6:25.36Y	F # 6B	Male 9-10 500 Free	LY-VA	1	---	-0.88
	33.38	1:11.84	1:50.87	2:29.91	3:09.47	3:49.39
	(33.38)	(38.46)	(39.03)	(39.04)	(39.56)	(39.92)
	5:47.41	6:25.36			4:28.09	5:07.79
	(39.62)	(37.95)			(38.70)	(39.70)
1:06.87Y	F # 32B	Male 9-10 100 Free	LY-VA	1	---	-0.93
	31.64	1:06.87				
	(31.64)	(35.23)				
40.95Y	F # 38B	Male 9-10 50 Breast	LY-VA	1	---	-0.32
1:16.10Y	F # 42B	Male 9-10 100 Back	LY-VA	1	---	0.61
	37.68	1:16.10				
	(37.68)	(38.42)				
34.14Y	F # 46B	Male 9-10 50 Fly	LY-VA	1	---	-0.41

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: lamerson YMCA

Time	F/P/S	Event	Place	Points	Improv	
Titus Wu (10) M						
1:17.62Y	F # 50B	Male 9-10 100 IM	LY-VA	1	---	0.43
	36.47	1:17.62				
	(36.47)	(41.15)				
2:26.89Y	F # 78B	Male 9-10 200 Free	LY-VA	1	---	-1.68
	33.43	1:11.04 1:49.85 2:26.89				
	(33.43)	(37.61) (38.81) (37.04)				
1:30.66Y	F # 84B	Male 9-10 100 Breast	LY-VA	1	---	1.60
	42.88	1:30.66				
	(42.88)	(47.78)				
35.72Y	F # 88B	Male 9-10 50 Back	LY-VA	1	---	-0.11
1:18.89Y	F # 92B	Male 9-10 100 Fly	LY-VA	1	---	-3.67
	37.42	1:18.89				
	(37.42)	(41.47)				
30.43Y	F # 96B	Male 9-10 50 Free	LY-VA	1	---	-0.65
Julia Young (7) F						
27.23Y	F # 73	Female 8 & Under 25 Free	LY-VA	15	---	---
39.37Y DQ	F # 79	Female 8 & Under 25 Breast	LY-VA	---	---	---
3E Hands brought beyond the hipline during stroke						
1:36.01Y	F # 87A	Female 8 & Under 50 Back	LY-VA	12	---	---
1:15.30Y	F # 95A	Female 8 & Under 50 Free	LY-VA	14	---	---
Spence Young (10) M						
2:49.54Y	F # 78B	Male 9-10 200 Free	LY-VA	6	---	-15.31
	39.37	1:24.35 --- 2:49.54				
	(39.37)	(44.98) --- (2:49.54)				
1:41.63Y	F # 84B	Male 9-10 100 Breast	LY-VA	4	---	-4.19
	46.76	1:41.63				
	(46.76)	(54.87)				
46.00Y	F # 88B	Male 9-10 50 Back	LY-VA	6	---	0.58
1:50.42Y	F # 92B	Male 9-10 100 Fly	LY-VA	7	---	0.51
	51.85	1:50.42				
	(51.85)	(58.57)				
36.17Y	F # 96B	Male 9-10 50 Free	LY-VA	6	---	1.13
Ark Zhao (16) M						
2:10.45Y	F # 2B	Male 15 & Over 200 IM	LY-VA	9	---	---
	27.79	1:00.93 1:38.10 2:10.45				
	(27.79)	(33.14) (37.17) (32.35)				
5:44.30Y	F # 6E	Male 15 & Over 500 Free	LY-VA	14	---	---
	31.15	1:05.67 1:39.89 2:15.25 2:50.70 3:26.16 4:01.50 4:36.88				
	(31.15)	(34.52) (34.22) (35.36) (35.45) (35.46) (35.34) (35.38)				
	5:11.96	5:44.30				
	(35.08)	(32.34)				
58.98Y	F # 10B	Male 15 & Over 100 Back	LY-VA	6	---	---
	28.86	58.98				
	(28.86)	(30.12)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 LY Season Opener 19-Sep-25 to 21-Sep-25 Yards

Location: Jamerson YMCA

Time	F/P/S	Event		Place	Points	Improv
Ark Zhao (16) M						
2:23.21Y	F # 12B	Male 15 & Over 200 Fly	LY-VA	10	---	---
	31.17	1:06.70 1:44.83 2:23.21				
	(31.17)	(35.53) (38.13) (38.38)				
55.96Y	F # 14B	Male 15 & Over 100 Free	LY-VA	17	---	---
	28.12	55.96				
	(28.12)	(27.84)				
1:03.51Y	F # 16B	Male 15 & Over 100 Breast	LY-VA	3	---	---
	30.39	1:03.51				
	(30.39)	(33.12)				
26.74Y	F # 18B	Male 15 & Over 50 Fly	LY-VA	11	---	---
27.37Y	F # 54B	Male 15 & Over 50 Back	LY-VA	3	---	---
2:04.51Y	F # 56B	Male 15 & Over 200 Free	LY-VA	14	---	---
	28.60	1:00.02 1:32.42 2:04.51				
	(28.60)	(31.42) (32.40) (32.09)				
59.17Y	F # 60B	Male 15 & Over 100 Fly	LY-VA	11	---	---
	28.45	59.17				
	(28.45)	(30.72)				
2:20.42Y	F # 62B	Male 15 & Over 200 Back	LY-VA	6	---	---
	33.10	1:08.55 1:45.31 2:20.42				
	(33.10)	(35.45) (36.76) (35.11)				
24.74Y	F # 66B	Male 15 & Over 50 Free	LY-VA	14	---	---