

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

CA-Y November YMCA 23-Nov-25 Yards

Location: Brooks Familv YMCA

Time	F/P/S	Event	Place	Points	Improv	
Tessa Akershoek (13) F						
1:23.49Y	F # 7	Female 13 & Over 100 Back	LY-VA	25	---	1.34
	40.86	1:23.49				
	(40.86)	(42.63)				
33.24Y	F # 13	Female 13 & Over 50 Free	LY-VA	32	---	0.87
1:15.27Y	F # 15	Female 13 & Over 100 Free	LY-VA	18	---	-0.51
	35.30	1:15.27				
	(35.30)	(39.97)				
Sydney Ayers (15) F						
1:24.49Y	F # 7	Female 13 & Over 100 Back	LY-VA	26	---	1.09
	41.53	1:24.49				
	(41.53)	(42.96)				
32.70Y	F # 13	Female 13 & Over 50 Free	LY-VA	30	---	0.43
1:12.78Y	F # 15	Female 13 & Over 100 Free	LY-VA	15	---	3.39
	34.93	1:12.78				
	(34.93)	(37.85)				
3:09.28Y	F # 25	Female 13 & Over 200 IM	LY-VA	13	---	10.94
	40.49	1:28.65 2:24.40 3:09.28				
	(40.49)	(48.16) (55.75) (44.88)				
Shirley Barger (15) F						
2:08.45Y	F # 5	Female 13 & Over 200 Free	LY-VA	12	---	3.44
	30.66	1:03.44 1:35.99 2:08.45				
	(30.66)	(32.78) (32.55) (32.46)				
NS	F # 9	Female 13 & Over 100 Breast	LY-VA	---	---	---
59.36Y	F # 15	Female 13 & Over 100 Free	LY-VA	2	---	0.91
	29.06	59.36				
	(29.06)	(30.30)				
5:41.71Y	F # 21	Female 13 & Over 500 Free	LY-VA	2	---	6.51
	31.24	1:05.55 1:40.20 2:15.28 2:50.39 3:25.41 4:00.32 4:34.69				
	(31.24)	(34.31) (34.65) (35.08) (35.11) (35.02) (34.91) (34.37)				
	---	5:41.71				
	---	(5:41.71)				
Jackson Barksdale (14) M						
1:09.54Y	F # 8	Male 13 & Over 100 Back	LY-VA	12	---	1.06
	34.21	1:09.54				
	(34.21)	(35.33)				
25.68Y	F # 14	Male 13 & Over 50 Free	LY-VA	25	---	-0.69
59.24Y	F # 16	Male 13 & Over 100 Free	LY-VA	9	---	1.17
	28.67	59.24				
	(28.67)	(30.57)				
5:58.65Y	F # 22	Male 13 & Over 500 Free	LY-VA	6	---	6.19
	31.15	1:05.96 1:42.07 2:18.67 2:56.33 3:33.71 4:09.93 4:46.80				
	(31.15)	(34.81) (36.11) (36.60) (37.66) (37.38) (36.22) (36.87)				
	5:23.78	5:58.65				
	(36.98)	(34.87)				

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Location: Brooks Familv YMCA

Time	F/P/S	Event	Place	Points	Improv	
Isaac Cook (14) M						
1:57.57Y	F # 6	Male 13 & Over 200 Free	LY-VA	18	---	-6.33
	27.22	57.02 1:27.57 1:57.57				
	(27.22)	(29.80) (30.55) (30.00)				
23.94Y	F # 14	Male 13 & Over 50 Free	LY-VA	13	---	-0.76
2:25.47Y	F # 20	Male 13 & Over 200 Breast	LY-VA	3	---	-1.66
	34.30	1:11.71 1:49.13 2:25.47				
	(34.30)	(37.41) (37.42) (36.34)				
24.07Y	F # 28	200 Free Relay Lead Off	LY-VA	---	---	-0.63
Sunday Cook (14) F						
2:45.65Y	F # 5	Female 13 & Over 200 Free	LY-VA	22	---	-3.97
	37.75	1:19.58 2:02.85 2:45.65				
	(37.75)	(41.83) (43.27) (42.80)				
1:25.10Y	F # 7	Female 13 & Over 100 Back	LY-VA	27	---	-2.46
	---	1:25.10				
	---	(1:25.10)				
34.23Y	F # 13	Female 13 & Over 50 Free	LY-VA	33	---	-0.08
3:01.30Y	F # 17	Female 13 & Over 200 Back	LY-VA	16	---	-8.48
	42.97	--- --- 3:01.30				
	(42.97)	--- --- (3:01.30)				
Benjamin Costa (15) M						
27.44Y	F # 2	200 Medley Relay Lead Off	LY-VA	---	---	1.17
59.78Y	F # 8	Male 13 & Over 100 Back	LY-VA	6	---	1.63
	29.04	59.78				
	(29.04)	(30.74)				
24.37Y	F # 14	Male 13 & Over 50 Free	LY-VA	16	---	0.01
57.85Y	F # 24	Male 13 & Over 100 Fly	LY-VA	4	---	0.98
	26.97	57.85				
	(26.97)	(30.88)				
Meredith Cox (14) F						
1:19.80Y	F # 7	Female 13 & Over 100 Back	LY-VA	22	---	-0.08
	40.35	1:19.80				
	(40.35)	(39.45)				
1:11.18Y	F # 15	Female 13 & Over 100 Free	LY-VA	14	---	-1.30
	35.04	1:11.18				
	(35.04)	(36.14)				
6:33.10Y	F # 21	Female 13 & Over 500 Free	LY-VA	8	---	0.11
	38.37	1:17.63 1:58.00 2:38.13	3:18.51 3:58.15 4:37.92 5:17.78			
	(38.37)	(39.26) (40.37) (40.13)	(40.38) (39.64) (39.77) (39.86)			
	5:56.17	6:33.10				
	(38.39)	(36.93)				
2:55.61Y	F # 25	Female 13 & Over 200 IM	LY-VA	12	---	3.50
	39.46	1:25.91 2:17.24 2:55.61				
	(39.46)	(46.45) (51.33) (38.37)				

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Location: Brooks Familv YMCA

Time	F/P/S	Event	Place	Points	Improv	
Avery Duff (15) F						
1:19.66Y	F # 7	Female 13 & Over 100 Back	LY-VA	21	---	1.18
	38.21	1:19.66				
	(38.21)	(41.45)				
28.71Y	F # 13	Female 13 & Over 50 Free	LY-VA	16	---	0.25
1:03.94Y	F # 15	Female 13 & Over 100 Free	LY-VA	10	---	1.29
	30.58	1:03.94				
	(30.58)	(33.36)				
1:20.73Y	F # 23	Female 13 & Over 100 Fly	LY-VA	10	---	-2.29
	37.35	1:20.73				
	(37.35)	(43.38)				
Tyler Eakkhattiyakorn (14) M						
1:07.89Y	F # 10	Male 13 & Over 100 Breast	LY-VA	9	---	0.42
	32.34	1:07.89				
	(32.34)	(35.55)				
57.94Y	F # 16	Male 13 & Over 100 Free	LY-VA	6	---	0.20
	28.42	57.94				
	(28.42)	(29.52)				
2:28.09Y	F # 20	Male 13 & Over 200 Breast	LY-VA	6	---	3.68
	34.01	1:11.02 1:49.69 2:28.09				
	(34.01)	(37.01) (38.67) (38.40)				
2:25.29Y DQ	F # 26	Male 13 & Over 200 IM	LY-VA	---	---	---
	33.01	1:13.72 1:51.39 2:25.29				
	(33.01)	(40.71) (37.67) (33.90)				
Sam Edwards (14) M						
28.88Y	F # 2	200 Medley Relay Lead Off	LY-VA	---	---	0.68
1:02.62Y	F # 8	Male 13 & Over 100 Back	LY-VA	9	---	3.12
	29.86	1:02.62				
	(29.86)	(32.76)				
2:16.80Y	F # 18	Male 13 & Over 200 Back	LY-VA	7	---	9.83
	30.99	1:05.92 1:41.56 2:16.80				
	(30.99)	(34.93) (35.64) (35.24)				
5:43.58Y	F # 22	Male 13 & Over 500 Free	LY-VA	2	---	27.87
	---	1:35.14 2:10.33 2:45.97	---	---	---	
	---	(1:35.14) (35.19) (35.64)	---	---	---	
	---	5:43.58				
	---	(5:43.58)				
2:21.51Y	F # 26	Male 13 & Over 200 IM	LY-VA	9	---	7.01
	29.98	1:07.51 1:48.73 2:21.51				
	(29.98)	(37.53) (41.22) (32.78)				
26.14Y	F # 28	200 Free Relay Lead Off	LY-VA	---	---	0.65

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Evan Fong (16) M						
27.91Y	F # 2	200 Medley Relay Lead Off	LY-VA	---	---	0.80
59.90Y	F # 8	Male 13 & Over 100 Back	LY-VA	7	---	2.94
	29.86	59.90				
	(29.86)	(30.04)				
25.43Y	F # 14	Male 13 & Over 50 Free	LY-VA	22	---	1.18
59.11Y	F # 24	Male 13 & Over 100 Fly	LY-VA	6	---	1.18
	27.12	59.11				
	(27.12)	(31.99)				
2:22.55Y	F # 26	Male 13 & Over 200 IM	LY-VA	10	---	12.87
	29.17	1:05.29 1:48.34 2:22.55				
	(29.17)	(36.12) (43.05) (34.21)				
Daniel Gustafson (13) M						
1:09.61Y	F # 10	Male 13 & Over 100 Breast	LY-VA	12	---	-2.38
	34.10	1:09.61				
	(34.10)	(35.51)				
58.81Y	F # 16	Male 13 & Over 100 Free	LY-VA	8	---	-0.95
	28.49	58.81				
	(28.49)	(30.32)				
2:36.66Y	F # 20	Male 13 & Over 200 Breast	LY-VA	9	---	0.79
	37.08	1:17.42 1:58.63 2:36.66				
	(37.08)	(40.34) (41.21) (38.03)				
2:24.99Y	F # 26	Male 13 & Over 200 IM	LY-VA	12	---	0.53
	32.07	1:13.39 1:55.01 2:24.99				
	(32.07)	(41.32) (41.62) (29.98)				
26.78Y	F # 28	200 Free Relay Lead Off	LY-VA	---	---	-0.23
Zelynn Gustafson (16) F						
2:18.63Y	F # 5	Female 13 & Over 200 Free	LY-VA	15	---	4.34
	31.88	1:06.90 1:42.88 2:18.63				
	(31.88)	(35.02) (35.98) (35.75)				
1:18.06Y	F # 7	Female 13 & Over 100 Back	LY-VA	19	---	1.99
	38.63	1:18.06				
	(38.63)	(39.43)				
28.87Y	F # 13	Female 13 & Over 50 Free	LY-VA	17	---	0.45
1:01.93Y	F # 15	Female 13 & Over 100 Free	LY-VA	9	---	-0.38
	29.96	1:01.93				
	(29.96)	(31.97)				
Cheyenne Henderson (13) F						
1:29.80Y	F # 9	Female 13 & Over 100 Breast	LY-VA	15	---	-8.18
	41.01	1:29.80				
	(41.01)	(48.79)				
31.25Y	F # 13	Female 13 & Over 50 Free	LY-VA	27	---	0.04

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Time	F/P/S	Event	Place	Points	Improv	
Chandler Henry (17) M						
1:56.07Y	F # 6	Male 13 & Over 200 Free	LY-VA	15	---	2.58
	27.52	57.02 1:26.57 1:56.07				
	(27.52)	(29.50) (29.55) (29.50)				
1:06.04Y	F # 10	Male 13 & Over 100 Breast	LY-VA	6	---	0.95
	31.27	1:06.04				
	(31.27)	(34.77)				
2:25.77Y	F # 20	Male 13 & Over 200 Breast	LY-VA	4	---	5.85
	32.98	1:10.42 1:48.24 2:25.77				
	(32.98)	(37.44) (37.82) (37.53)				
2:09.51Y	F # 26	Male 13 & Over 200 IM	LY-VA	3	---	3.40
	28.25	1:01.39 1:39.26 2:09.51				
	(28.25)	(33.14) (37.87) (30.25)				
24.38Y	F # 28	200 Free Relay Lead Off	LY-VA	---	---	0.17
Trevor Henry (15) M						
2:26.87Y	F # 12	Male 13 & Over 200 Fly	LY-VA	8	---	-9.59
	31.58	1:07.26 1:46.19 2:26.87				
	(31.58)	(35.68) (38.93) (40.68)				
1:00.48Y	F # 16	Male 13 & Over 100 Free	LY-VA	10	---	-1.94
	28.90	1:00.48				
	(28.90)	(31.58)				
5:47.82Y	F # 22	Male 13 & Over 500 Free	LY-VA	3	---	-6.26
	31.00	1:05.46 1:40.72 2:15.39 2:50.78 3:26.66 4:02.41 4:38.24				
	(31.00)	(34.46) (35.26) (34.67) (35.39) (35.88) (35.75) (35.83)				
	5:14.32	5:47.82				
	(36.08)	(33.50)				
1:12.49Y	F # 24	Male 13 & Over 100 Fly	LY-VA	13	---	1.77
	31.81	1:12.49				
	(31.81)	(40.68)				
Ellington Hermosa (14) F						
2:31.04Y	F # 5	Female 13 & Over 200 Free	LY-VA	20	---	-3.10
	31.80	1:09.54 1:50.57 2:31.04				
	(31.80)	(37.74) (41.03) (40.47)				
29.04Y	F # 13	Female 13 & Over 50 Free	LY-VA	19	---	-0.78
1:06.83Y	F # 15	Female 13 & Over 100 Free	LY-VA	12	---	-0.22
	31.68	1:06.83				
	(31.68)	(35.15)				
1:16.67Y	F # 23	Female 13 & Over 100 Fly	LY-VA	9	---	-2.90
	---	1:16.67				
	---	(1:16.67)				

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Time	F/P/S	Event	Place	Points	Improv	
Sydney Hill (15) F						
2:18.20Y	F # 5	Female 13 & Over 200 Free	LY-VA	14	---	2.69
	31.68	1:06.70 1:43.41 2:18.20				
	(31.68)	(35.02) (36.71) (34.79)				
1:10.28Y	F # 7	Female 13 & Over 100 Back	LY-VA	11	---	2.24
	34.86	1:10.28				
	(34.86)	(35.42)				
1:00.29Y	F # 15	Female 13 & Over 100 Free	LY-VA	4	---	2.82
	29.37	1:00.29				
	(29.37)	(30.92)				
6:07.33Y	F # 21	Female 13 & Over 500 Free	LY-VA	6	---	-2.45
	33.65	1:10.07 1:46.97 2:24.43	3:02.37 3:40.43 4:18.78 4:57.79			
	(33.65)	(36.42) (36.90) (37.46)	(37.94) (38.06) (38.35) (39.01)			
	5:34.20	6:07.33				
	(36.41)	(33.13)				
Cooper Holofchak (13) M						
1:33.07Y DQ	F # 10	Male 13 & Over 100 Breast	LY-VA	---	---	---
	43.42	1:33.07				
	(43.42)	(49.65)				
30.36Y	F # 14	Male 13 & Over 50 Free	LY-VA	34	---	0.60
1:11.24Y	F # 16	Male 13 & Over 100 Free	LY-VA	19	---	1.14
	34.60	1:11.24				
	(34.60)	(36.64)				
3:35.17Y DQ	F # 20	Male 13 & Over 200 Breast	LY-VA	---	---	---
	47.85	1:43.48 2:38.30 3:35.17				
	(47.85)	(55.63) (54.82) (56.87)				
Ann-Margaret Holt (16) F						
1:01.34Y	F # 7	Female 13 & Over 100 Back	LY-VA	2	---	2.57
	29.82	1:01.34				
	(29.82)	(31.52)				
54.17Y	F # 15	Female 13 & Over 100 Free	LY-VA	1	---	2.31
	25.95	54.17				
	(25.95)	(28.22)				
1:01.93Y	F # 23	Female 13 & Over 100 Fly	LY-VA	3	---	2.10
	29.20	1:01.93				
	(29.20)	(32.73)				
2:16.23Y	F # 25	Female 13 & Over 200 IM	LY-VA	2	---	-0.23
	29.47	1:04.38 1:46.47 2:16.23				
	(29.47)	(34.91) (42.09) (29.76)				
25.53Y	F # 27	200 Free Relay Lead Off	LY-VA	---	---	1.04

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Time	F/P/S	Event	Place	Points	Improv	
Eva Kendall (14) F						
2:19.30Y	F # 5	Female 13 & Over 200 Free	LY-VA	16	---	-2.31
	32.40	1:08.33 1:44.79 2:19.30				
	(32.40)	(35.93) (36.46) (34.51)				
29.21Y	F # 13	Female 13 & Over 50 Free	LY-VA	22	---	-0.35
6:07.30Y	F # 21	Female 13 & Over 500 Free	LY-VA	5	---	0.59
	33.31	1:10.64 1:48.42 2:25.72 3:02.70 3:39.52 4:16.97 4:54.46				
	(33.31)	(37.33) (37.78) (37.30) (36.98) (36.82) (37.45) (37.49)				
	5:32.48	6:07.30				
	(38.02)	(34.82)				
2:40.31Y	F # 25	Female 13 & Over 200 IM	LY-VA	11	---	0.63
	36.26	1:19.41 2:03.89 2:40.31				
	(36.26)	(43.15) (44.48) (36.42)				
Kathleen King (15) F						
30.96Y	F # 1	200 Medley Relay Lead Off	LY-VA	---	---	2.01
1:07.53Y	F # 7	Female 13 & Over 100 Back	LY-VA	8	---	7.16
	32.59	1:07.53				
	(32.59)	(34.94)				
27.73Y	F # 13	Female 13 & Over 50 Free	LY-VA	12	---	1.58
2:27.96Y	F # 17	Female 13 & Over 200 Back	LY-VA	9	---	10.60
	35.30	1:13.71 1:51.59 2:27.96				
	(35.30)	(38.41) (37.88) (36.37)				
28.14Y	F # 27	200 Free Relay Lead Off	LY-VA	---	---	1.99
Colt Kirby (14) M						
2:03.29Y	F # 6	Male 13 & Over 200 Free	LY-VA	20	---	-1.95
	28.72	1:00.55 1:32.46 2:03.29				
	(28.72)	(31.83) (31.91) (30.83)				
2:17.29Y	F # 12	Male 13 & Over 200 Fly	LY-VA	7	---	-2.81
	30.91	1:06.76 1:42.54 2:17.29				
	(30.91)	(35.85) (35.78) (34.75)				
56.97Y	F # 16	Male 13 & Over 100 Free	LY-VA	5	---	0.30
	28.00	56.97				
	(28.00)	(28.97)				
1:01.44Y	F # 24	Male 13 & Over 100 Fly	LY-VA	10	---	-1.58
	---	1:01.44				
	---	(1:01.44)				

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Evangeline Korby (14) F						
2:21.87Y	F # 5	Female 13 & Over 200 Free	LY-VA	18	---	-2.60
	32.48	1:08.76 1:46.06 2:21.87				
	(32.48)	(36.28) (37.30) (35.81)				
1:24.85Y	F # 9	Female 13 & Over 100 Breast	LY-VA	11	---	-3.11
	40.04	--- 1:24.85				
	(40.04)	--- (1:24.85)				
1:04.94Y	F # 15	Female 13 & Over 100 Free	LY-VA	11	---	2.33
	31.13	1:04.94				
	(31.13)	(33.81)				
6:28.97Y	F # 21	Female 13 & Over 500 Free	LY-VA	7	---	4.07
	34.70	1:13.54 1:53.05 2:32.42	3:12.87 3:52.72 4:32.37 5:12.39			
	(34.70)	(38.84) (39.51) (39.37)	(40.45) (39.85) (39.65) (40.02)			
	5:52.73	6:28.97				
	(40.34)	(36.24)				
Jon Korby (14) M						
2:20.59Y	F # 6	Male 13 & Over 200 Free	LY-VA	27	---	-0.36
	31.74	1:07.16 1:44.41 2:20.59				
	(31.74)	(35.42) (37.25) (36.18)				
1:19.57Y	F # 10	Male 13 & Over 100 Breast	LY-VA	18	---	-0.34
	37.69	1:19.57				
	(37.69)	(41.88)				
1:03.15Y	F # 16	Male 13 & Over 100 Free	LY-VA	14	---	0.15
	30.52	1:03.15				
	(30.52)	(32.63)				
2:53.24Y DQ	F # 20	Male 13 & Over 200 Breast	LY-VA	---	---	---
	38.18	1:22.91 2:08.97 2:53.24				
	(38.18)	(44.73) (46.06) (44.27)				
28.67Y	F # 28	200 Free Relay Lead Off	LY-VA	---	---	-0.07
Jefferson Koscielny (14) M						
2:32.46Y	F # 6	Male 13 & Over 200 Free	LY-VA	28	---	5.82
	33.63	1:14.26 1:55.09 2:32.46				
	(33.63)	(40.63) (40.83) (37.37)				
1:09.25Y	F # 16	Male 13 & Over 100 Free	LY-VA	18	---	2.29
	33.13	1:09.25				
	(33.13)	(36.12)				
6:30.14Y	F # 22	Male 13 & Over 500 Free	LY-VA	10	---	-0.94
	32.98	1:10.17 1:50.70 2:30.06	3:09.92 3:51.16 4:31.07 5:10.56			
	(32.98)	(37.19) (40.53) (39.36)	(39.86) (41.24) (39.91) (39.49)			
	5:52.00	6:30.14				
	(41.44)	(38.14)				
2:50.50Y	F # 26	Male 13 & Over 200 IM	LY-VA	18	---	7.26
	36.93	1:23.54 2:12.65 2:50.50				
	(36.93)	(46.61) (49.11) (37.85)				

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CA-Y November YMCA 23-Nov-25 Yards

Location: Brooks Family YMCA

Time	F/P/S	Event		Place	Points	Improv
Jacob Kovarik (16) M						
1:17.58Y	F # 10	Male 13 & Over 100 Breast	LY-VA	17	---	7.20
	35.30	1:17.58				
	(35.30)	(42.28)				
25.43Y	F # 14	Male 13 & Over 50 Free	LY-VA	22	---	0.70
2:58.74Y	F # 20	Male 13 & Over 200 Breast	LY-VA	12	---	18.75
	39.62	1:25.18 2:12.83 2:58.74				
	(39.62)	(45.56) (47.65) (45.91)				
Katherine Kovarik (17) F						
1:11.47Y	F # 7	Female 13 & Over 100 Back	LY-VA	13	---	8.62
	34.26	1:11.47				
	(34.26)	(37.21)				
28.06Y	F # 13	Female 13 & Over 50 Free	LY-VA	14	---	2.32
2:36.63Y	F # 17	Female 13 & Over 200 Back	LY-VA	11	---	18.49
	36.18	1:15.91 1:56.28 2:36.63				
	(36.18)	(39.73) (40.37) (40.35)				
Jacob Leger (16) M						
2:11.59Y	F # 12	Male 13 & Over 200 Fly	LY-VA	6	---	9.06
	29.21	1:02.93 1:36.99 2:11.59				
	(29.21)	(33.72) (34.06) (34.60)				
53.72Y	F # 16	Male 13 & Over 100 Free	LY-VA	2	---	0.71
	25.99	53.72				
	(25.99)	(27.73)				
58.97Y	F # 24	Male 13 & Over 100 Fly	LY-VA	5	---	1.78
	27.84	58.97				
	(27.84)	(31.13)				
Noah Leger (13) M						
35.22Y	F # 2	200 Medley Relay Lead Off	LY-VA	---	---	1.82
2:17.56Y	F # 6	Male 13 & Over 200 Free	LY-VA	25	---	-0.18
	32.13	1:08.04 1:44.07 2:17.56				
	(32.13)	(35.91) (36.03) (33.49)				
1:24.56Y	F # 10	Male 13 & Over 100 Breast	LY-VA	19	---	2.10
	39.89	1:24.56				
	(39.89)	(44.67)				
NS	F # 20	Male 13 & Over 200 Breast	LY-VA	---	---	---
2:36.32Y	F # 26	Male 13 & Over 200 IM	LY-VA	14	---	4.54
	35.93	1:17.90 2:03.24 2:36.32				
	(35.93)	(41.97) (45.34) (33.08)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

CA-Y November YMCA 23-Nov-25 Yards

Location: Brooks Familv YMCA

Time	F/P/S	Event		Place	Points	Improv
Luke Morrison (16) M						
1:53.86Y	F # 6	Male 13 & Over 200 Free	LY-VA	13	---	1.68
	26.97	56.69 1:25.51 1:53.86				
	(26.97)	(29.72) (28.82) (28.35)				
2:10.72Y	F # 12	Male 13 & Over 200 Fly	LY-VA	5	---	6.91
	29.54	1:02.92 1:36.43 2:10.72				
	(29.54)	(33.38) (33.51) (34.29)				
57.29Y	F # 24	Male 13 & Over 100 Fly	LY-VA	2	---	0.31
	27.25	57.29				
	(27.25)	(30.04)				
Aidan Moss (14) M						
1:03.34Y	F # 8	Male 13 & Over 100 Back	LY-VA	10	---	-1.02
	31.07	1:03.34				
	(31.07)	(32.27)				
26.87Y	F # 14	Male 13 & Over 50 Free	LY-VA	28	---	-1.17
2:17.63Y	F # 18	Male 13 & Over 200 Back	LY-VA	8	---	1.23
	32.64	1:07.47 1:42.91 2:17.63				
	(32.64)	(34.83) (35.44) (34.72)				
1:04.79Y	F # 24	Male 13 & Over 100 Fly	LY-VA	12	---	-0.27
	30.60	1:04.79				
	(30.60)	(34.19)				
Broderick Nelson (15) M						
2:05.85Y	F # 12	Male 13 & Over 200 Fly	LY-VA	3	---	0.87
	28.50	1:00.70 1:33.42 2:05.85				
	(28.50)	(32.20) (32.72) (32.43)				
2:21.88Y	F # 20	Male 13 & Over 200 Breast	LY-VA	2	---	9.48
	32.18	1:08.75 1:45.62 2:21.88				
	(32.18)	(36.57) (36.87) (36.26)				
2:03.61Y	F # 26	Male 13 & Over 200 IM	LY-VA	1	---	6.16
	26.48	58.15 1:34.35 2:03.61				
	(26.48)	(31.67) (36.20) (29.26)				
23.69Y	F # 28	200 Free Relay Lead Off	LY-VA	---	---	0.19
Caroline Nelson (13) F						
1:16.03Y	F # 9	Female 13 & Over 100 Breast	LY-VA	6	---	2.62
	35.67	1:16.03				
	(35.67)	(40.36)				
1:01.41Y	F # 15	Female 13 & Over 100 Free	LY-VA	8	---	2.19
	30.02	1:01.41				
	(30.02)	(31.39)				
2:45.33Y	F # 19	Female 13 & Over 200 Breast	LY-VA	3	---	8.02
	37.06	1:19.41 2:04.05 2:45.33				
	(37.06)	(42.35) (44.64) (41.28)				
1:09.66Y	F # 23	Female 13 & Over 100 Fly	LY-VA	7	---	4.44
	32.31	1:09.66				
	(32.31)	(37.35)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

CA-Y November YMCA 23-Nov-25 Yards

Location: Brooks Familv YMCA

Time	F/P/S	Event		Place	Points	Improv
Aidan Parker (16) M						
1:10.69Y	F # 8	Male 13 & Over 100 Back	LY-VA	13	---	-0.55
	32.72	1:10.69				
	(32.72)	(37.97)				
28.59Y	F # 14	Male 13 & Over 50 Free	LY-VA	30	---	1.09
2:46.15Y	F # 18	Male 13 & Over 200 Back	LY-VA	11	---	15.66
	39.59	1:19.40 --- 2:46.15				
	(39.59)	(39.81) --- (2:46.15)				
2:39.09Y	F # 26	Male 13 & Over 200 IM	LY-VA	15	---	2.88
	36.87	1:19.66 2:05.70 2:39.09				
	(36.87)	(42.79) (46.04) (33.39)				
Ella Pennington (15) F						
33.11Y	F # 1	200 Medley Relay Lead Off	LY-VA	---	---	-1.47
1:09.86Y	F # 7	Female 13 & Over 100 Back	LY-VA	10	---	1.70
	33.84	1:09.86				
	(33.84)	(36.02)				
2:25.99Y	F # 17	Female 13 & Over 200 Back	LY-VA	6	---	0.91
	35.30	1:11.93 1:48.73 2:25.99				
	(35.30)	(36.63) (36.80) (37.26)				
2:34.30Y	F # 25	Female 13 & Over 200 IM	LY-VA	10	---	11.29
	33.59	1:12.72 1:57.79 2:34.30				
	(33.59)	(39.13) (45.07) (36.51)				
30.71Y	F # 27	200 Free Relay Lead Off	LY-VA	---	---	1.86
Ava Rempfer (14) F						
1:16.40Y	F # 7	Female 13 & Over 100 Back	LY-VA	17	---	-16.51
	36.40	1:16.40				
	(36.40)	(40.00)				
27.82Y	F # 13	Female 13 & Over 50 Free	LY-VA	13	---	-0.28
1:06.86Y	F # 15	Female 13 & Over 100 Free	LY-VA	13	---	-22.45
	31.69	1:06.86				
	(31.69)	(35.17)				
Hudson Rice (16) M						
25.32Y	F # 2	200 Medley Relay Lead Off	LY-VA	---	---	0.34
1:49.52Y	F # 6	Male 13 & Over 200 Free	LY-VA	5	---	4.92
	25.38	53.03 1:21.35 1:49.52				
	(25.38)	(27.65) (28.32) (28.17)				
1:58.57Y	F # 18	Male 13 & Over 200 Back	LY-VA	1	---	-3.91
	28.50	59.21 1:29.10 1:58.57				
	(28.50)	(30.71) (29.89) (29.47)				
54.27Y	F # 24	Male 13 & Over 100 Fly	LY-VA	1	---	2.96
	25.60	54.27				
	(25.60)	(28.67)				
22.52Y	F # 28	200 Free Relay Lead Off	LY-VA	---	---	0.56

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

CA-Y November YMCA 23-Nov-25 Yards

Location: Brooks Familv YMCA

Time	F/P/S	Event				Place				Points	Improv
Mitchell Rogers (15) M											
10:47.95Y	F # 4	Male 13 & Over 1000 Free				LY-VA		3	---	28.62	
	28.73	1:00.21	1:32.67	2:05.35	2:38.60	3:12.07	3:45.24	4:18.31			
	(28.73)	(31.48)	(32.46)	(32.68)	(33.25)	(33.47)	(33.17)	(33.07)			
	4:51.60	5:24.74	5:57.87	6:30.83	7:03.83	7:36.36	8:09.27	8:41.87			
	(33.29)	(33.14)	(33.13)	(32.96)	(33.00)	(32.53)	(32.91)	(32.60)			
	9:14.64	9:46.29	10:17.91	10:47.95							
	(32.77)	(31.65)	(31.62)	(30.04)							
2:08.61Y	F # 12	Male 13 & Over 200 Fly				LY-VA		4	---	7.01	
	27.80	1:00.05	1:33.85	2:08.61							
	(27.80)	(32.25)	(33.80)	(34.76)							
59.94Y	F # 24	Male 13 & Over 100 Fly				LY-VA		7	---	3.83	
	---	59.94									
	---	(59.94)									
2:12.60Y	F # 26	Male 13 & Over 200 IM				LY-VA		4	---	4.73	
	28.10	1:01.91	1:40.77	2:12.60							
	(28.10)	(33.81)	(38.86)	(31.83)							
Ava Shopbell (16) F											
2:07.66Y	F # 11	Female 13 & Over 200 Fly				LY-VA		1	---	3.97	
	29.08	1:01.54	1:34.45	2:07.66							
	(29.08)	(32.46)	(32.91)	(33.21)							
2:15.56Y	F # 17	Female 13 & Over 200 Back				LY-VA		1	---	-0.58	
	32.46	1:06.84	1:41.50	2:15.56							
	(32.46)	(34.38)	(34.66)	(34.06)							
1:00.80Y	F # 23	Female 13 & Over 100 Fly				LY-VA		2	---	2.74	
	---	1:00.80									
	---	(1:00.80)									
Addy Smith (14) F											
31.59Y	F # 1	200 Medley Relay Lead Off				LY-VA		---	---	-0.43	
1:07.69Y	F # 7	Female 13 & Over 100 Back				LY-VA		9	---	-0.04	
	33.16	1:07.69									
	(33.16)	(34.53)									
29.02Y	F # 13	Female 13 & Over 50 Free				LY-VA		18	---	-0.30	
2:26.88Y	F # 17	Female 13 & Over 200 Back				LY-VA		7	---	-2.21	
	35.82	1:13.17	1:50.79	2:26.88							
	(35.82)	(37.35)	(37.62)	(36.09)							
6:00.28Y	F # 21	Female 13 & Over 500 Free				LY-VA		3	---	-7.37	
	34.55	1:10.83	1:47.83	2:24.80	3:01.22	3:37.54	4:13.47	4:49.85			
	(34.55)	(36.28)	(37.00)	(36.97)	(36.42)	(36.32)	(35.93)	(36.38)			
	5:25.70	6:00.28									
	(35.85)	(34.58)									

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

CA-Y November YMCA 23-Nov-25 Yards

Location: Brooks Family YMCA

Time	F/P/S	Event	Place	Points	Improv	
Avery Snyder (17) M						
10:27.37Y	F # 4	Male 13 & Over 1000 Free	LY-VA	2	---	22.17
	28.36	59.56 1:31.46 2:03.55	2:35.51 3:07.50	3:39.23 4:10.76		
	(28.36)	(31.20) (31.90) (32.09)	(31.96) (31.99)	(31.73) (31.53)		
	4:42.11	5:13.45 5:44.13 6:14.95	6:46.23 7:17.68	7:49.50 8:21.21		
	(31.35)	(31.34) (30.68) (30.82)	(31.28) (31.45)	(31.82) (31.71)		
	8:53.07	9:24.96 9:56.60 10:27.37				
	(31.86)	(31.89) (31.64) (30.77)				
1:02.92Y	F # 10	Male 13 & Over 100 Breast	LY-VA	1	---	1.80
	29.47	1:02.92				
	(29.47)	(33.45)				
2:20.63Y	F # 20	Male 13 & Over 200 Breast	LY-VA	1	---	5.29
	31.84	1:08.24 1:44.13 2:20.63				
	(31.84)	(36.40) (35.89) (36.50)				
57.36Y	F # 24	Male 13 & Over 100 Fly	LY-VA	3	---	-0.50
	26.24	57.36				
	(26.24)	(31.12)				
Bailie Stickle (14) F						
1:27.32Y	F # 9	Female 13 & Over 100 Breast	LY-VA	14	---	-2.50
	41.18	1:27.32				
	(41.18)	(46.14)				
32.70Y	F # 13	Female 13 & Over 50 Free	LY-VA	30	---	-0.65
1:13.48Y	F # 15	Female 13 & Over 100 Free	LY-VA	17	---	1.77
	---	1:13.48				
	---	(1:13.48)				
3:16.39Y	F # 19	Female 13 & Over 200 Breast	LY-VA	5	---	-4.11
	43.36	1:33.83 2:26.08 3:16.39				
	(43.36)	(50.47) (52.25) (50.31)				
Tyler Stickle (16) M						
59.35Y	F # 8	Male 13 & Over 100 Back	LY-VA	5	---	-2.14
	28.42	59.35				
	(28.42)	(30.93)				
24.54Y	F # 14	Male 13 & Over 50 Free	LY-VA	17	---	0.07
2:21.39Y	F # 18	Male 13 & Over 200 Back	LY-VA	9	---	0.38
	32.58	1:07.86 1:44.43 2:21.39				
	(32.58)	(35.28) (36.57) (36.96)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

CA-Y November YMCA 23-Nov-25 Yards

Location: Brooks Family YMCA

Time	F/P/S	Event	Place	Points	Improv	
Brandon Thomas (13) M						
1:14.44Y	F # 8	Male 13 & Over 100 Back	LY-VA	15	---	-2.58
	35.37	1:14.44				
	(35.37)	(39.07)				
1:03.24Y	F # 16	Male 13 & Over 100 Free	LY-VA	15	---	0.04
	30.57	1:03.24				
	(30.57)	(32.67)				
5:58.00Y	F # 22	Male 13 & Over 500 Free	LY-VA	5	---	-16.98
	31.93	1:07.32 1:44.02 --- 2:57.92 3:35.08 4:12.13 4:49.09				
	(31.93)	(35.39) (36.70) --- (2:57.92) (37.16) (37.05) (36.96)				
	5:24.76	5:58.00				
	(35.67)	(33.24)				
Hallie Townsend (13) F						
38.16Y	F # 1	200 Medley Relay Lead Off	LY-VA	---	---	3.63
1:20.39Y	F # 7	Female 13 & Over 100 Back	LY-VA	24	---	3.45
	39.85	1:20.39				
	(39.85)	(40.54)				
31.24Y	F # 13	Female 13 & Over 50 Free	LY-VA	26	---	0.43
2:57.98Y	F # 17	Female 13 & Over 200 Back	LY-VA	15	---	---
	41.71	1:28.91 2:17.38 2:57.98				
	(41.71)	(47.20) (48.47) (40.60)				
3:02.41Y DQ	F # 25	Female 13 & Over 200 IM	LY-VA	---	---	---
	40.10	1:28.03 2:21.46 3:02.41				
	(40.10)	(47.93) (53.43) (40.95)				
32.15Y	F # 27	200 Free Relay Lead Off	LY-VA	---	---	1.34
Kinley Tuck (14) F						
1:14.84Y	F # 7	Female 13 & Over 100 Back	LY-VA	16	---	0.38
	36.75	1:14.84				
	(36.75)	(38.09)				
2:44.79Y	F # 11	Female 13 & Over 200 Fly	LY-VA	6	---	-2.78
	37.48	1:19.59 --- 2:44.79				
	(37.48)	(42.11) --- (2:44.79)				
2:45.09Y	F # 17	Female 13 & Over 200 Back	LY-VA	13	---	8.50
	39.99	1:22.09 --- 2:45.09				
	(39.99)	(42.10) --- (2:45.09)				
6:36.74Y	F # 21	Female 13 & Over 500 Free	LY-VA	9	---	9.41
	37.25	1:18.09 --- 2:40.92 3:21.53 4:01.59 4:42.17 5:20.70				
	(37.25)	(40.84) --- (2:40.92) (40.61) (40.06) (40.58) (38.53)				
	5:59.53	6:36.74				
	(38.83)	(37.21)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

CA-Y November YMCA 23-Nov-25 Yards

Location: Brooks Familv YMCA

Time	F/P/S	Event	Place	Points	Improv	
Sarah Warren (16) F						
1:04.81Y	F # 7	Female 13 & Over 100 Back	LY-VA	3	---	2.59
	31.70	1:04.81				
	(31.70)	(33.11)				
2:25.38Y	F # 17	Female 13 & Over 200 Back	LY-VA	5	---	9.06
	34.56	1:09.89 1:46.76 2:25.38				
	(34.56)	(35.33) (36.87) (38.62)				
2:21.38Y	F # 25	Female 13 & Over 200 IM	LY-VA	3	---	5.74
	30.21	1:05.82 1:48.42 2:21.38				
	(30.21)	(35.61) (42.60) (32.96)				
27.40Y	F # 27	200 Free Relay Lead Off	LY-VA	---	---	0.31
Broughton Webb (15) F						
2:00.58Y	F # 5	Female 13 & Over 200 Free	LY-VA	6	---	5.23
	28.37	59.36 1:30.41 2:00.58				
	(28.37)	(30.99) (31.05) (30.17)				
2:29.65Y	F # 19	Female 13 & Over 200 Breast	LY-VA	1	---	4.17
	33.78	1:12.61 1:50.92 2:29.65				
	(33.78)	(38.83) (38.31) (38.73)				
2:12.77Y	F # 25	Female 13 & Over 200 IM	LY-VA	1	---	2.94
	29.65	1:03.42 1:41.25 2:12.77				
	(29.65)	(33.77) (37.83) (31.52)				
Adam Wells (15) M						
23.68Y	F # 14	Male 13 & Over 50 Free	LY-VA	10	---	0.84
55.37Y	F # 16	Male 13 & Over 100 Free	LY-VA	4	---	2.49
	26.34	55.37				
	(26.34)	(29.03)				
1:01.41Y	F # 24	Male 13 & Over 100 Fly	LY-VA	9	---	3.65
	28.98	1:01.41				
	(28.98)	(32.43)				
Noah Wells (18) M						
1:00.56Y	F # 8	Male 13 & Over 100 Back	LY-VA	8	---	2.29
	29.49	1:00.56				
	(29.49)	(31.07)				
22.73Y	F # 14	Male 13 & Over 50 Free	LY-VA	3	---	0.36
5:12.94Y	F # 22	Male 13 & Over 500 Free	LY-VA	1	---	-2.59
	26.33	57.16 1:28.47 1:59.39 2:30.59 3:02.55 3:35.08 4:08.19				
	(26.33)	(30.83) (31.31) (30.92) (31.20) (31.96) (32.53) (33.11)				
	4:41.34	5:12.94				
	(33.15)	(31.60)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

CA-Y November YMCA 23-Nov-25 Yards

Location: Brooks Familv YMCA

Time	F/P/S	Event		Place	Points	Improv
Austin Woodruff (13) M						
33.06Y	F # 2	200 Medley Relay Lead Off	LY-VA	---	---	0.86
1:13.83Y	F # 8	Male 13 & Over 100 Back	LY-VA	14	---	3.43
	35.44	1:13.83				
	(35.44)	(38.39)				
29.36Y	F # 14	Male 13 & Over 50 Free	LY-VA	31	---	0.61
2:34.62Y	F # 18	Male 13 & Over 200 Back	LY-VA	10	---	0.20
	36.77	1:16.36 1:55.75 2:34.62				
	(36.77)	(39.59) (39.39) (38.87)				
Graham Woodruff (16) M						
55.20Y	F # 8	Male 13 & Over 100 Back	LY-VA	1	---	2.15
	26.94	55.20				
	(26.94)	(28.26)				
22.39Y	F # 14	Male 13 & Over 50 Free	LY-VA	1	---	1.08
2:02.82Y	F # 18	Male 13 & Over 200 Back	LY-VA	2	---	5.65
	28.95	59.34 1:30.44 2:02.82				
	(28.95)	(30.39) (31.10) (32.38)				
Taylor Woodruff (15) F						
29.55Y	F # 1	200 Medley Relay Lead Off	LY-VA	---	---	1.74
1:05.55Y	F # 7	Female 13 & Over 100 Back	LY-VA	5	---	6.54
	31.44	1:05.55				
	(31.44)	(34.11)				
2:10.12Y	F # 11	Female 13 & Over 200 Fly	LY-VA	3	---	6.20
	30.04	1:03.32 1:36.95 2:10.12				
	(30.04)	(33.28) (33.63) (33.17)				
1:00.29Y	F # 23	Female 13 & Over 100 Fly	LY-VA	1	---	2.76
	28.81	1:00.29				
	(28.81)	(31.48)				
Caleb Wu (15) M						
1:09.34Y	F # 10	Male 13 & Over 100 Breast	LY-VA	11	---	5.14
	32.86	1:09.34				
	(32.86)	(36.48)				
2:33.74Y	F # 20	Male 13 & Over 200 Breast	LY-VA	8	---	14.33
	34.97	1:13.94 1:53.06 2:33.74				
	(34.97)	(38.97) (39.12) (40.68)				
2:20.91Y	F # 26	Male 13 & Over 200 IM	LY-VA	8	---	4.64
	29.67	1:07.15 1:47.62 2:20.91				
	(29.67)	(37.48) (40.47) (33.29)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

CA-Y November YMCA 23-Nov-25 Yards
Location: Brooks Familv YMCA

Time	F/P/S	Event		Place	Points	Improv
Ark Zhao (17) M						
27.56Y	F # 2	200 Medley Relay Lead Off	LY-VA	---	---	0.19
1:03.71Y	F # 10	Male 13 & Over 100 Breast	LY-VA	2	---	0.20
	30.40	1:03.71				
	(30.40)	(33.31)				
2:26.68Y	F # 20	Male 13 & Over 200 Breast	LY-VA	5	---	-0.74
	33.57	1:10.28 1:48.64 2:26.68				
	(33.57)	(36.71) (38.36) (38.04)				
1:01.29Y	F # 24	Male 13 & Over 100 Fly	LY-VA	8	---	2.12
	28.45	1:01.29				
	(28.45)	(32.84)				