

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Commonwealth Cup 07-Nov-25 to 09-Nov-25 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Benjamin Costa (15) M						
1:55.59Y	P # 2	Male 13 & Over 200 Free	LY-VA	108	---	-0.93
	25.98	55.76 1:25.32 1:55.59				
	(25.98)	(29.78) (29.56) (30.27)				
26.27Y	P # 4	Male 13 & Over 50 Back	LY-VA	29	---	-1.19
57.34Y	P # 8	Male 13 & Over 100 Fly	LY-VA	91	---	0.47
	26.60	57.34				
	(26.60)	(30.74)				
Tyler Eakkhattiyakorn (14) M						
2:06.25Y	P # 2	Male 13 & Over 200 Free	LY-VA	136	---	-3.70
	29.34	1:01.40 1:34.10 2:06.25				
	(29.34)	(32.06) (32.70) (32.15)				
1:07.47Y	P # 6	Male 13 & Over 100 Breast	LY-VA	85	---	-2.16
	32.41	1:07.47				
	(32.41)	(35.06)				
26.56Y	P # 18	Male 13 & Over 50 Free	LY-VA	141	---	-0.31
2:24.41Y	F # 20	Male 13 & Over 200 Breast	LY-VA	29	---	-6.52
	32.40	1:08.35 1:46.24 2:24.41				
	(32.40)	(35.95) (37.89) (38.17)				
2:26.67Y	P # 20	Male 13 & Over 200 Breast	LY-VA	63	---	-4.26
	33.51	1:10.69 1:48.68 2:26.67				
	(33.51)	(37.18) (37.99) (37.99)				
5:39.69Y	P # 24	Male 13 & Over 500 Free	LY-VA	88	---	-12.85
	30.45	1:04.08 1:39.22 2:14.01	2:48.76 3:23.94 3:59.15 4:33.64			
	(30.45)	(33.63) (35.14) (34.79)	(34.75) (35.18) (35.21) (34.49)			
	5:07.79	5:39.69				
	(34.15)	(31.90)				
30.83Y	F # 32	Male 13 & Over 50 Breast	LY-VA	28	---	-1.75
30.93Y	P # 32	Male 13 & Over 50 Breast	LY-VA	54	---	-1.65
57.74Y	P # 34	Male 13 & Over 100 Free	LY-VA	156	---	-1.64
	28.60	57.74				
	(28.60)	(29.14)				
2:23.68Y	P # 36	Male 13 & Over 200 IM	LY-VA	113	---	-1.36
	33.44	1:12.48 1:51.85 2:23.68				
	(33.44)	(39.04) (39.37) (31.83)				

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Time	F/P/S	Event	Place	Points	Improv	
Chandler Henry (17) M						
1:53.49Y	P # 2	Male 13 & Over 200 Free	LY-VA	93	---	-4.87
	26.48	55.91 1:25.02 1:53.49				
	(26.48)	(29.43) (29.11) (28.47)				
1:05.09Y	P # 6	Male 13 & Over 100 Breast	LY-VA	61	---	-0.10
	30.71	1:05.09				
	(30.71)	(34.38)				
4:29.23Y	P # 10	Male 13 & Over 400 IM	LY-VA	37	---	-7.52
	27.87	59.78 1:34.89 2:10.38 2:49.27 3:27.60 3:59.01 4:29.23				
	(27.87)	(31.91) (35.11) (35.49) (38.89) (38.33) (31.41) (30.22)				
30.10Y	P # 32	Male 13 & Over 50 Breast	LY-VA	43	---	-0.66
52.64Y	P # 34	Male 13 & Over 100 Free	LY-VA	126	---	0.01
	25.14	52.64				
	(25.14)	(27.50)				
2:06.11Y	P # 36	Male 13 & Over 200 IM	LY-VA	60	---	-2.01
	26.68	58.74 1:36.25 2:06.11				
	(26.68)	(32.06) (37.51) (29.86)				

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Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Ann-Margaret Holt (16) F						
1:53.87Y	F # 1	Female 13 & Over 200 Free	LY-VA	17	---	2.07
	26.74	55.32 1:24.48 1:53.87				
	(26.74)	(28.58) (29.16) (29.39)				
1:55.13Y	P # 1	Female 13 & Over 200 Free	LY-VA	18	---	3.33
	26.81	55.92 1:25.59 1:55.13				
	(26.81)	(29.11) (29.67) (29.54)				
1:00.59Y	P # 7	Female 13 & Over 100 Fly	LY-VA	29	---	0.76
	29.30	1:00.59				
	(29.30)	(31.29)				
2:02.66Y	F # 11	800 Free Relay Lead Off	LY-VA	---	---	10.86
	26.55	55.58 1:25.55				
	(26.55)	(29.03) (29.97)				
25.12Y	P # 17	Female 13 & Over 50 Free	LY-VA	31	---	0.63
5:05.96Y	F # 23	Female 13 & Over 500 Free	LY-VA	19	---	6.97
	27.11	56.60 1:27.03 1:58.16 2:29.40 3:00.93 3:32.61 4:04.38				
	(27.11)	(29.49) (30.43) (31.13) (31.24) (31.53) (31.68) (31.77)				
	4:35.81	5:05.96				
	(31.43)	(30.15)				
5:08.72Y	P # 23	Female 13 & Over 500 Free	LY-VA	19	---	9.73
	28.32	58.84 1:29.95 2:01.26 2:32.51 3:04.04 3:35.45 4:06.81				
	(28.32)	(30.52) (31.11) (31.31) (31.25) (31.53) (31.41) (31.36)				
	4:37.92	5:08.72				
	(31.11)	(30.80)				
2:05.60Y	F # 29	Female 13 & Over 200 Back	LY-VA	10	7	-2.25
	30.45	1:01.97 1:33.78 2:05.60				
	(30.45)	(31.52) (31.81) (31.82)				
2:09.57Y	P # 29	Female 13 & Over 200 Back	LY-VA	15	---	1.72
	31.04	1:03.76 1:37.14 2:09.57				
	(31.04)	(32.72) (33.38) (32.43)				
52.86Y	F # 33	Female 13 & Over 100 Free	LY-VA	19	---	1.00
	25.48	52.86				
	(25.48)	(27.38)				
53.22Y	P # 33	Female 13 & Over 100 Free	LY-VA	19	---	1.36
	25.64	53.22				
	(25.64)	(27.58)				

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Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Luke Hottle (16) M						
1:46.46Y	P # 2	Male 13 & Over 200 Free	LY-VA	33	---	2.44
	24.89	51.91 1:19.69 1:46.46				
	(24.89)	(27.02) (27.78) (26.77)				
1:00.44Y	P # 6	Male 13 & Over 100 Breast	LY-VA	20	---	0.79
	28.91	1:00.44				
	(28.91)	(31.53)				
1:00.50Y	F # 6	Male 13 & Over 100 Breast	LY-VA	19	---	0.85
	28.50	1:00.50				
	(28.50)	(32.00)				
4:10.81Y	F # 10	Male 13 & Over 400 IM	LY-VA	13	4	8.87
	26.47	56.81 1:29.95 2:02.47	2:37.58 3:13.32 3:42.93 4:10.81			
	(26.47)	(30.34) (33.14) (32.52)	(35.11) (35.74) (29.61) (27.88)			
4:11.37Y	P # 10	Male 13 & Over 400 IM	LY-VA	15	---	9.43
	26.56	56.83 1:30.06 2:03.19	2:38.69 3:14.37 3:43.62 4:11.37			
	(26.56)	(30.27) (33.23) (33.13)	(35.50) (35.68) (29.25) (27.75)			
1:59.29Y	P # 16	Male 13 & Over 200 Fly	LY-VA	26	---	4.95
	26.77	57.64 1:28.94 1:59.29				
	(26.77)	(30.87) (31.30) (30.35)				
2:08.17Y	F # 20	Male 13 & Over 200 Breast	LY-VA	17	---	-0.71
	28.90	1:01.62 1:35.11 2:08.17				
	(28.90)	(32.72) (33.49) (33.06)				
2:14.88Y	P # 20	Male 13 & Over 200 Breast	LY-VA	22	---	6.00
	30.48	1:05.32 1:40.20 2:14.88				
	(30.48)	(34.84) (34.88) (34.68)				
4:52.99Y	P # 24	Male 13 & Over 500 Free	LY-VA	30	---	8.51
	25.72	54.71 1:23.77 1:53.68	2:23.51 2:53.46 3:23.67 3:53.84			
	(25.72)	(28.99) (29.06) (29.91)	(29.83) (29.95) (30.21) (30.17)			
	4:23.72	4:52.99				
	(29.88)	(29.27)				
27.09Y	F # 32	Male 13 & Over 50 Breast	LY-VA	9	9	-1.45
27.56Y	P # 32	Male 13 & Over 50 Breast	LY-VA	11	---	-0.98
47.74Y	P # 34	Male 13 & Over 100 Free	LY-VA	15	---	-0.42
	23.27	47.74				
	(23.27)	(24.47)				
1:53.17Y	F # 36	Male 13 & Over 200 IM	LY-VA	2	17	-0.71
	24.47	54.33 1:26.91 1:53.17				
	(24.47)	(29.86) (32.58) (26.26)				
1:53.32Y	P # 36	Male 13 & Over 200 IM	LY-VA	2	---	-0.56
	24.79	54.70 1:27.34 1:53.32				
	(24.79)	(29.91) (32.64) (25.98)				
Kathleen King (15) F						
27.31Y	P # 17	Female 13 & Over 50 Free	LY-VA	142	---	1.16
1:05.19Y	P # 21	Female 13 & Over 100 Back	LY-VA	82	---	4.82
	31.53	1:05.19				
	(31.53)	(33.66)				

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Time	F/P/S	Event	Place	Points	Improv	
Jacob Leger (16) M						
1:51.63Y	P # 2	Male 13 & Over 200 Free	LY-VA	82	---	-4.15
	27.14	56.16 1:24.09 1:51.63				
	(27.14)	(29.02) (27.93) (27.54)				
1:11.04Y	P # 6	Male 13 & Over 100 Breast	LY-VA	99	---	1.27
	33.61	1:11.04				
	(33.61)	(37.43)				
57.19Y	P # 8	Male 13 & Over 100 Fly	LY-VA	89	---	-1.40
	27.00	57.19				
	(27.00)	(30.19)				
2:02.53Y	P # 16	Male 13 & Over 200 Fly	LY-VA	39	---	-5.46
	27.05	59.29 1:30.24 2:02.53				
	(27.05)	(32.24) (30.95) (32.29)				
24.47Y	P # 18	Male 13 & Over 50 Free	LY-VA	127	---	0.96
2:33.25Y	P # 20	Male 13 & Over 200 Breast	LY-VA	79	---	-2.80
	33.98	1:13.69 1:53.73 2:33.25				
	(33.98)	(39.71) (40.04) (39.52)				
Luke Morrison (16) M						
2:03.81Y	P # 16	Male 13 & Over 200 Fly	LY-VA	43	---	-5.32
	27.65	58.87 1:30.74 2:03.81				
	(27.65)	(31.22) (31.87) (33.07)				
23.93Y	P # 18	Male 13 & Over 50 Free	LY-VA	104	---	-0.27
4:57.82Y	P # 24	Male 13 & Over 500 Free	LY-VA	44	---	-2.92
	27.57	57.41 1:27.89 1:58.37 2:28.69 2:59.08 3:29.50 3:59.31				
	(27.57)	(29.84) (30.48) (30.48) (30.32) (30.39) (30.42) (29.81)				
	4:28.70	4:57.82				
	(29.39)	(29.12)				
51.25Y	P # 34	Male 13 & Over 100 Free	LY-VA	93	---	-0.80
	24.52	51.25				
	(24.52)	(26.73)				
2:07.14Y	P # 36	Male 13 & Over 200 IM	LY-VA	67	---	-4.79
	27.42	1:00.01 1:38.04 2:07.14				
	(27.42)	(32.59) (38.03) (29.10)				
25.92Y	P # 38	Male 13 & Over 50 Fly	LY-VA	53	---	-1.14

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Time	F/P/S	Event	Place	Points	Improv	
Broderick Nelson (15) M						
1:47.18Y	P # 2	Male 13 & Over 200 Free	LY-VA	36	---	-4.26
	25.17	52.29 1:19.65 1:47.18				
	(25.17)	(27.12) (27.36) (27.53)				
1:01.23Y	P # 6	Male 13 & Over 100 Breast	LY-VA	29	---	0.34
	28.67	1:01.23				
	(28.67)	(32.56)				
4:07.65Y	F # 10	Male 13 & Over 400 IM	LY-VA	12	5	-6.03
	26.02	55.20 1:27.10 1:58.50 2:33.82 3:09.31 3:38.72 4:07.65				
	(26.02)	(29.18) (31.90) (31.40) (35.32) (35.49) (29.41) (28.93)				
4:11.84Y	P # 10	Male 13 & Over 400 IM	LY-VA	16	---	-1.84
	26.02	56.40 1:29.12 2:01.06 2:36.74 3:12.71 3:42.82 4:11.84				
	(26.02)	(30.38) (32.72) (31.94) (35.68) (35.97) (30.11) (29.02)				
2:14.30Y	P # 20	Male 13 & Over 200 Breast	LY-VA	20	---	1.90
	30.40	1:04.24 1:38.94 2:14.30				
	(30.40)	(33.84) (34.70) (35.36)				
2:15.27Y	F # 20	Male 13 & Over 200 Breast	LY-VA	22	---	2.87
	30.28	1:04.70 1:39.72 2:15.27				
	(30.28)	(34.42) (35.02) (35.55)				
56.24Y	P # 22	Male 13 & Over 100 Back	LY-VA	46	---	-1.66
	28.08	56.24				
	(28.08)	(28.16)				
1:57.47Y	P # 30	Male 13 & Over 200 Back	LY-VA	15	---	-3.81
	28.28	57.92 1:27.73 1:57.47				
	(28.28)	(29.64) (29.81) (29.74)				
1:57.92Y	F # 30	Male 13 & Over 200 Back	LY-VA	14	3	-3.36
	28.51	58.18 1:28.19 1:57.92				
	(28.51)	(29.67) (30.01) (29.73)				
27.98Y	F # 32	Male 13 & Over 50 Breast	LY-VA	18	---	-1.98
28.30Y	P # 32	Male 13 & Over 50 Breast	LY-VA	17	---	-1.66
1:57.45Y	P # 36	Male 13 & Over 200 IM	LY-VA	13	---	-0.95
	25.28	54.84 1:28.43 1:57.45				
	(25.28)	(29.56) (33.59) (29.02)				
1:58.31Y	F # 36	Male 13 & Over 200 IM	LY-VA	14	3	-0.09
	25.46	56.17 1:30.57 1:58.31				
	(25.46)	(30.71) (34.40) (27.74)				

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Time	F/P/S	Event		Place	Points	Improv
Caroline Nelson (13) F						
2:06.38Y	P # 1	Female 13 & Over 200 Free	LY-VA	104	---	-0.44
	29.55	1:02.00 1:35.03 2:06.38				
	(29.55)	(32.45) (33.03) (31.35)				
1:16.67Y	P # 5	Female 13 & Over 100 Breast	LY-VA	82	---	3.26
	36.53	1:16.67				
	(36.53)	(40.14)				
1:08.81Y	P # 7	Female 13 & Over 100 Fly	LY-VA	107	---	3.59
	31.82	1:08.81				
	(31.82)	(36.99)				
26.99Y	P # 17	Female 13 & Over 50 Free	LY-VA	132	---	0.24
2:37.31Y	F # 19	Female 13 & Over 200 Breast	LY-VA	32	---	-1.47
	35.73	1:16.07 1:57.05 2:37.31				
	(35.73)	(40.34) (40.98) (40.26)				
2:37.48Y	P # 19	Female 13 & Over 200 Breast	LY-VA	53	---	-1.30
	35.48	1:15.34 1:57.49 2:37.48				
	(35.48)	(39.86) (42.15) (39.99)				
34.69Y	P # 31	Female 13 & Over 50 Breast	LY-VA	53	---	1.12
59.39Y	P # 33	Female 13 & Over 100 Free	LY-VA	138	---	0.17
	28.95	59.39				
	(28.95)	(30.44)				
2:23.21Y	P # 35	Female 13 & Over 200 IM	LY-VA	74	---	1.57
	31.92	1:08.88 1:49.68 2:23.21				
	(31.92)	(36.96) (40.80) (33.53)				
Owen Porter (15) M						
1:06.80Y	P # 6	Male 13 & Over 100 Breast	LY-VA	78	---	2.34
	31.29	1:06.80				
	(31.29)	(35.51)				
1:04.19Y	P # 8	Male 13 & Over 100 Fly	LY-VA	119	---	1.04
	---	1:04.19				
	---	(1:04.19)				
NS	P # 10	Male 13 & Over 400 IM	LY-VA	---	---	---
NS	P # 18	Male 13 & Over 50 Free	LY-VA	---	---	---
NS	P # 20	Male 13 & Over 200 Breast	LY-VA	---	---	---
NS	P # 22	Male 13 & Over 100 Back	LY-VA	---	---	---

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Hudson Rice (16) M						
24.98Y	F # 4	Male 13 & Over 50 Back	LY-VA	17	---	-0.54
25.34Y	P # 4	Male 13 & Over 50 Back	LY-VA	19	---	-0.18
53.27Y	P # 8	Male 13 & Over 100 Fly	LY-VA	30	---	1.96
	25.21	53.27				
	(25.21)	(28.06)				
4:05.04Y	F # 10	Male 13 & Over 400 IM	LY-VA	10	7	3.18
	25.71	55.43 1:27.72 1:58.75	2:34.21 3:09.59 3:37.62	4:05.04		
	(25.71)	(29.72) (32.29) (31.03)	(35.46) (35.38) (28.03)	(27.42)		
4:11.08Y	P # 10	Male 13 & Over 400 IM	LY-VA	13	---	9.22
	26.35	57.04 1:30.00 2:01.41	2:36.87 3:13.81 3:43.04	4:11.08		
	(26.35)	(30.69) (32.96) (31.41)	(35.46) (36.94) (29.23)	(28.04)		
1:46.84Y	F # 12	800 Free Relay Lead Off	LY-VA	---	---	2.24
	24.10	51.00 1:18.95				
	(24.10)	(26.90) (27.95)				
1:51.03Y	F # 16	Male 13 & Over 200 Fly	LY-VA	2	17	-4.42
	24.93	53.41 1:22.19 1:51.03				
	(24.93)	(28.48) (28.78) (28.84)				
1:54.53Y	P # 16	Male 13 & Over 200 Fly	LY-VA	7	---	-0.92
	25.34	54.61 1:24.61 1:54.53				
	(25.34)	(29.27) (30.00) (29.92)				
21.96Y	F # 18	Male 13 & Over 50 Free	LY-VA	18	---	-0.46
22.21Y	P # 18	Male 13 & Over 50 Free	LY-VA	22	---	-0.21
4:39.01Y	F # 24	Male 13 & Over 500 Free	LY-VA	17	---	-1.12
	25.51	53.43 1:21.75 1:50.37	2:18.63 2:47.27 3:15.93	3:44.20		
	(25.51)	(27.92) (28.32) (28.62)	(28.26) (28.64) (28.66)	(28.27)		
	4:12.75	4:39.01				
	(28.55)	(26.26)				
4:46.83Y	P # 24	Male 13 & Over 500 Free	LY-VA	17	---	6.70
	25.96	54.69 1:23.58 1:52.84	2:21.99 2:51.52 3:21.18	3:50.44		
	(25.96)	(28.73) (28.89) (29.26)	(29.15) (29.53) (29.66)	(29.26)		
	4:19.43	4:46.83				
	(28.99)	(27.40)				
47.97Y	F # 34	Male 13 & Over 100 Free	LY-VA	18	---	-0.96
	23.29	47.97				
	(23.29)	(24.68)				
48.03Y	P # 34	Male 13 & Over 100 Free	LY-VA	19	---	-0.90
	23.24	48.03				
	(23.24)	(24.79)				
1:56.94Y	F # 36	Male 13 & Over 200 IM	LY-VA	18	---	0.06
	25.97	56.86 1:31.38 1:56.94				
	(25.97)	(30.89) (34.52) (25.56)				
2:00.58Y	P # 36	Male 13 & Over 200 IM	LY-VA	25	---	3.70
	25.53	56.52 1:32.67 2:00.58				
	(25.53)	(30.99) (36.15) (27.91)				

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Hudson Rice (16) M							
16:32.13Y	F # 42	Male 13 & Over 1650 Free	LY-VA	12	5	11.22	
26.44	55.60	1:25.39	1:55.28	2:25.43	2:55.21	3:25.09	3:55.13
(26.44)	(29.16)	(29.79)	(29.89)	(30.15)	(29.78)	(29.88)	(30.04)
4:25.41	4:55.69	5:25.31	5:55.52	6:25.39	6:55.35	7:25.43	7:55.46
(30.28)	(30.28)	(29.62)	(30.21)	(29.87)	(29.96)	(30.08)	(30.03)
8:25.51	8:55.90	9:26.20	9:56.79	10:27.22	10:57.49	11:27.82	11:58.28
(30.05)	(30.39)	(30.30)	(30.59)	(30.43)	(30.27)	(30.33)	(30.46)
12:29.02	12:59.39	13:29.95	14:00.46	14:31.22	15:01.41	15:32.08	16:02.51
(30.74)	(30.37)	(30.56)	(30.51)	(30.76)	(30.19)	(30.67)	(30.43)
16:32.13							
(29.62)							
Mitchell Rogers (15) M							
1:06.01Y	P # 6	Male 13 & Over 100 Breast	LY-VA	73	---	0.27	
31.01	1:06.01						
(31.01)	(35.00)						
56.11Y	P # 8	Male 13 & Over 100 Fly	LY-VA	71	---	-1.91	
26.08	56.11						
(26.08)	(30.03)						
4:21.76Y	P # 10	Male 13 & Over 400 IM	LY-VA	29	---	-9.97	
28.34	58.94	1:33.34	2:06.64	2:44.40	3:21.60	3:52.27	4:21.76
(28.34)	(30.60)	(34.40)	(33.30)	(37.76)	(37.20)	(30.67)	(29.49)
2:01.60Y	P # 16	Male 13 & Over 200 Fly	LY-VA	34	---	-5.27	
26.64	56.84	1:28.76	2:01.60				
(26.64)	(30.20)	(31.92)	(32.84)				
24.05Y	P # 18	Male 13 & Over 50 Free	LY-VA	111	---	-0.42	
5:00.86Y	P # 24	Male 13 & Over 500 Free	LY-VA	52	---	0.49	
26.85	56.69	1:26.90	1:57.54	2:28.11	2:58.78	3:29.33	3:59.79
(26.85)	(29.84)	(30.21)	(30.64)	(30.57)	(30.67)	(30.55)	(30.46)
4:30.42	5:00.86						
(30.63)	(30.44)						
31.72Y	P # 32	Male 13 & Over 50 Breast	LY-VA	61	---	-0.26	
52.47Y	P # 34	Male 13 & Over 100 Free	LY-VA	123	---	-0.72	
25.30	52.47						
(25.30)	(27.17)						
2:07.87Y	P # 36	Male 13 & Over 200 IM	LY-VA	72	---	-0.32	
26.83	59.72	1:37.32	2:07.87				
(26.83)	(32.89)	(37.60)	(30.55)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Commonwealth Cup 07-Nov-25 to 09-Nov-25 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event		Place	Points	Improv
Ava Shopbell (16) F						
1:00.36Y	P # 7	Female 13 & Over 100 Fly	LY-VA	25	---	2.30
	28.28	1:00.36				
	(28.28)	(32.08)				
4:34.77Y	P # 9	Female 13 & Over 400 IM	LY-VA	9	---	3.77
	29.20	1:01.08 1:35.73 2:10.06	2:49.56 3:30.85 4:03.09	4:34.77		
	(29.20)	(31.88) (34.65) (34.33)	(39.50) (41.29) (32.24)	(31.68)		
4:35.73Y	F # 9	Female 13 & Over 400 IM	LY-VA	11	6	4.73
	29.26	1:00.60 1:36.12 2:10.74	2:51.48 3:32.64 4:04.27	4:35.73		
	(29.26)	(31.34) (35.52) (34.62)	(40.74) (41.16) (31.63)	(31.46)		
2:04.04Y	P # 15	Female 13 & Over 200 Fly	LY-VA	3	---	0.35
	27.72	59.35 1:31.31 2:04.04				
	(27.72)	(31.63) (31.96) (32.73)				
2:05.28Y	F # 15	Female 13 & Over 200 Fly	LY-VA	4	15	1.59
	27.53	58.79 1:31.60 2:05.28				
	(27.53)	(31.26) (32.81) (33.68)				
1:03.09Y	P # 21	Female 13 & Over 100 Back	LY-VA	59	---	-0.26
	30.53	1:03.09				
	(30.53)	(32.56)				
2:12.14Y	F # 35	Female 13 & Over 200 IM	LY-VA	21	---	2.64
	27.78	1:01.15 1:40.77 2:12.14				
	(27.78)	(33.37) (39.62) (31.37)				
2:12.94Y	P # 35	Female 13 & Over 200 IM	LY-VA	22	---	3.44
	27.92	1:01.52 1:41.43 2:12.94				
	(27.92)	(33.60) (39.91) (31.51)				
27.76Y	P # 37	Female 13 & Over 50 Fly	LY-VA	35	---	-1.02

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Commonwealth Cup 07-Nov-25 to 09-Nov-25 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Avery Snyder (17) M						
1:48.20Y	P # 2	Male 13 & Over 200 Free	LY-VA	47	---	-2.92
	25.01	52.55 1:19.92 1:48.20				
	(25.01)	(27.54) (27.37) (28.28)				
1:01.12Y	P # 6	Male 13 & Over 100 Breast	LY-VA	25	---	-0.43
	28.64	1:01.12				
	(28.64)	(32.48)				
23.24Y	P # 18	Male 13 & Over 50 Free	LY-VA	73	---	-0.63
2:15.34Y	P # 20	Male 13 & Over 200 Breast	LY-VA	23	---	-1.40
	30.43	1:05.07 1:39.86 2:15.34				
	(30.43)	(34.64) (34.79) (35.48)				
2:17.82Y	F # 20	Male 13 & Over 200 Breast	LY-VA	24	---	1.08
	30.41	1:04.87 1:40.72 2:17.82				
	(30.41)	(34.46) (35.85) (37.10)				
4:54.59Y	P # 24	Male 13 & Over 500 Free	LY-VA	33	---	-7.26
	26.73	56.41 1:26.16 1:55.73 2:25.38 2:55.37 3:25.49 3:55.73				
	(26.73)	(29.68) (29.75) (29.57) (29.65) (29.99) (30.12) (30.24)				
	4:25.45	4:54.59				
	(29.72)	(29.14)				
28.05Y	P # 32	Male 13 & Over 50 Breast	LY-VA	16	---	-1.17
28.14Y	F # 32	Male 13 & Over 50 Breast	LY-VA	15	2	-1.08
50.38Y	P # 34	Male 13 & Over 100 Free	LY-VA	73	---	-1.72
	24.03	50.38				
	(24.03)	(26.35)				
16:46.03Y	F # 42	Male 13 & Over 1650 Free	LY-VA	16	1	-23.70
	27.49	58.10 1:28.43 1:59.04 2:29.93 3:00.92 3:31.02 4:01.27				
	(27.49)	(30.61) (30.33) (30.61) (30.89) (30.99) (30.10) (30.25)				
	4:31.45	5:01.70 5:31.79 6:02.39 6:32.71 7:02.95 7:33.26 8:03.88				
	(30.18)	(30.25) (30.09) (30.60) (30.32) (30.24) (30.31) (30.62)				
	8:34.12	9:04.46 9:34.68 10:05.20 10:35.57 11:06.35 11:37.10 12:08.03				
	(30.24)	(30.34) (30.22) (30.52) (30.37) (30.78) (30.75) (30.93)				
	12:39.40	13:10.59 13:42.12 14:13.31 14:44.17 15:15.45 15:47.01 16:17.64				
	(31.37)	(31.19) (31.53) (31.19) (30.86) (31.28) (31.56) (30.63)				
	16:46.03					
	(28.39)					
10:05.20Y	P # 200	Mixed Open 1000 Free	LY-VA	4	---	-7.54

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Commonwealth Cup 07-Nov-25 to 09-Nov-25 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event		Place	Points	Improv
Brody Wall (15) M						
1:45.54Y	P # 2	Male 13 & Over 200 Free	LY-VA	26	---	-1.20
	24.69	51.66 1:18.87 1:45.54				
	(24.69)	(26.97) (27.21) (26.67)				
50.46Y	F # 8	Male 13 & Over 100 Fly	LY-VA	9	8	-1.01
	23.39	50.46				
	(23.39)	(27.07)				
51.36Y	P # 8	Male 13 & Over 100 Fly	LY-VA	9	---	-0.11
	24.19	51.36				
	(24.19)	(27.17)				
22.29Y	P # 18	Male 13 & Over 50 Free	LY-VA	27	---	0.38
57.34Y	P # 22	Male 13 & Over 100 Back	LY-VA	58	---	-0.88
	28.36	57.34				
	(28.36)	(28.98)				
47.83Y	F # 34	Male 13 & Over 100 Free	LY-VA	17	---	-0.55
	22.91	47.83				
	(22.91)	(24.92)				
48.41Y	P # 34	Male 13 & Over 100 Free	LY-VA	25	---	0.03
	23.56	48.41				
	(23.56)	(24.85)				
23.09Y	P # 38	Male 13 & Over 50 Fly	LY-VA	5	---	-0.05
23.29Y	F # 38	Male 13 & Over 50 Fly	LY-VA	7	12	0.15

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Commonwealth Cup 07-Nov-25 to 09-Nov-25 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event				Place				Points	Improv
Sarah Warren (16) F											
30.24Y	P # 3	Female 13 & Over 50 Back				LY-VA		36	---	0.89	
1:02.87Y	P # 7	Female 13 & Over 100 Fly				LY-VA		62	---	3.90	
	29.59	1:02.87									
	(29.59)	(33.28)									
4:58.98Y DQ	P # 9	Female 13 & Over 400 IM				LY-VA		---	---	---	
	30.39	1:04.45	1:41.51	2:17.99	3:04.32	3:50.06	4:24.77	4:58.98			
	(30.39)	(34.06)	(37.06)	(36.48)	(46.33)	(45.74)	(34.71)	(34.21)			
2:13.61Y	F # 15	Female 13 & Over 200 Fly				LY-VA		18	---	5.22	
	30.59	1:04.44	1:38.77	2:13.61							
	(30.59)	(33.85)	(34.33)	(34.84)							
2:13.86Y	P # 15	Female 13 & Over 200 Fly				LY-VA		18	---	5.47	
	31.06	1:04.79	1:38.37	2:13.86							
	(31.06)	(33.73)	(33.58)	(35.49)							
1:04.05Y	P # 21	Female 13 & Over 100 Back				LY-VA		68	---	1.83	
	31.23	1:04.05									
	(31.23)	(32.82)									
5:26.11Y	P # 23	Female 13 & Over 500 Free				LY-VA		45	---	-4.72	
	30.85	1:04.26	1:37.59	2:10.53	2:43.53	3:16.38	3:49.11	4:21.65			
	(30.85)	(33.41)	(33.33)	(32.94)	(33.00)	(32.85)	(32.73)	(32.54)			
	4:54.02	5:26.11									
	(32.37)	(32.09)									
2:19.61Y	P # 29	Female 13 & Over 200 Back				LY-VA		59	---	3.29	
	32.39	1:06.95	1:43.03	2:19.61							
	(32.39)	(34.56)	(36.08)	(36.58)							
58.54Y	P # 33	Female 13 & Over 100 Free				LY-VA		124	---	-0.03	
	28.25	58.54									
	(28.25)	(30.29)									
29.50Y	P # 37	Female 13 & Over 50 Fly				LY-VA		80	---	0.08	

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Commonwealth Cup 07-Nov-25 to 09-Nov-25 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event	Place	Points	Improv	
Broughton Webb (15) F						
1:57.93Y	P # 1	Female 13 & Over 200 Free	LY-VA	35	---	2.58
	27.28	57.19 1:27.73 1:57.93				
	(27.28)	(29.91) (30.54) (30.20)				
1:10.39Y	P # 5	Female 13 & Over 100 Breast	LY-VA	32	---	3.26
	32.77	1:10.39				
	(32.77)	(37.62)				
4:30.11Y	F # 9	Female 13 & Over 400 IM	LY-VA	9	9	-0.54
	29.18	1:02.46 1:36.63 2:10.53 2:48.38 3:27.62 3:59.21 4:30.11				
	(29.18)	(33.28) (34.17) (33.90) (37.85) (39.24) (31.59) (30.90)				
4:36.29Y	P # 9	Female 13 & Over 400 IM	LY-VA	10	---	5.64
	30.45	1:05.36 1:41.15 2:15.84 2:54.88 3:34.68 4:06.12 4:36.29				
	(30.45)	(34.91) (35.79) (34.69) (39.04) (39.80) (31.44) (30.17)				
26.24Y	P # 17	Female 13 & Over 50 Free	LY-VA	91	---	0.12
2:25.74Y	F # 19	Female 13 & Over 200 Breast	LY-VA	19	---	0.26
	32.41	1:09.52 1:47.82 2:25.74				
	(32.41)	(37.11) (38.30) (37.92)				
2:29.44Y	P # 19	Female 13 & Over 200 Breast	LY-VA	18	---	3.96
	33.75	1:12.56 1:50.91 2:29.44				
	(33.75)	(38.81) (38.35) (38.53)				
5:05.81Y	F # 23	Female 13 & Over 500 Free	LY-VA	18	---	2.15
	27.98	58.54 1:29.57 2:00.98 2:32.20 3:03.58 3:34.79 4:05.83				
	(27.98)	(30.56) (31.03) (31.41) (31.22) (31.38) (31.21) (31.04)				
	4:36.39	5:05.81				
	(30.56)	(29.42)				
5:10.38Y	P # 23	Female 13 & Over 500 Free	LY-VA	20	---	6.72
	28.40	59.48 1:31.08 2:02.47 2:33.70 3:05.27 3:36.63 4:08.10				
	(28.40)	(31.08) (31.60) (31.39) (31.23) (31.57) (31.36) (31.47)				
	4:39.51	5:10.38				
	(31.41)	(30.87)				
2:15.67Y	P # 29	Female 13 & Over 200 Back	LY-VA	37	---	5.22
	31.38	1:05.81 1:40.56 2:15.67				
	(31.38)	(34.43) (34.75) (35.11)				
56.01Y	P # 33	Female 13 & Over 100 Free	LY-VA	61	---	0.07
	26.91	56.01				
	(26.91)	(29.10)				
2:15.77Y	P # 35	Female 13 & Over 200 IM	LY-VA	32	---	5.94
	30.55	1:05.29 1:44.14 2:15.77				
	(30.55)	(34.74) (38.85) (31.63)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Commonwealth Cup 07-Nov-25 to 09-Nov-25 Yards

Location: SwimRVA-CSAC

Time	F/P/S	Event		Place	Points	Improv
Taylor Woodruff (15) F						
1:56.89Y	P # 1	Female 13 & Over 200 Free	LY-VA	29	---	0.22
	27.73	57.97 1:28.02 1:56.89				
	(27.73)	(30.24) (30.05) (28.87)				
27.81Y	P # 3	Female 13 & Over 50 Back	LY-VA	10	---	-0.32
27.87Y	F # 3	Female 13 & Over 50 Back	LY-VA	11	6	-0.26
58.65Y	F # 7	Female 13 & Over 100 Fly	LY-VA	17	---	1.12
	27.82	58.65				
	(27.82)	(30.83)				
59.08Y	P # 7	Female 13 & Over 100 Fly	LY-VA	18	---	1.55
	28.09	59.08				
	(28.09)	(30.99)				
2:04.50Y	F # 15	Female 13 & Over 200 Fly	LY-VA	3	16	0.58
	28.47	1:00.29 1:32.30 2:04.50				
	(28.47)	(31.82) (32.01) (32.20)				
2:06.77Y	P # 15	Female 13 & Over 200 Fly	LY-VA	7	---	2.85
	28.69	1:01.09 1:33.94 2:06.77				
	(28.69)	(32.40) (32.85) (32.83)				
59.01Y	F # 21	Female 13 & Over 100 Back	LY-VA	19	---	-0.97
	29.09	59.01				
	(29.09)	(29.92)				
59.34Y	P # 21	Female 13 & Over 100 Back	LY-VA	17	---	-0.64
	29.09	59.34				
	(29.09)	(30.25)				
5:08.58Y	P # 23	Female 13 & Over 500 Free	LY-VA	16	---	-7.79
	28.27	59.37 1:31.09 2:02.58	2:34.06 3:05.32 3:36.83 4:08.05			
	(28.27)	(31.10) (31.72) (31.49) (31.48) (31.26) (31.51) (31.22)				
	4:39.16	5:08.58				
	(31.11)	(29.42)				
2:08.67Y	F # 29	Female 13 & Over 200 Back	LY-VA	19	---	-0.72
	31.06	1:04.92 1:38.02 2:08.67				
	(31.06)	(33.86) (33.10) (30.65)				
2:11.97Y	P # 29	Female 13 & Over 200 Back	LY-VA	21	---	2.58
	30.74	1:05.00 1:39.77 2:11.97				
	(30.74)	(34.26) (34.77) (32.20)				
55.72Y	P # 33	Female 13 & Over 100 Free	LY-VA	54	---	1.09
	26.73	55.72				
	(26.73)	(28.99)				

Lynchburg YMCA Swim Team
Head Coach Ryan Woodruff

Individual Meet Results

2025 Commonwealth Cup 07-Nov-25 to 09-Nov-25 Yards
Location: SwimRVA-CSAC

Time	F/P/S	Event		Place		Points	Improv	
Taylor Woodruff (15) F								
17:30.38Y	F # 41	Female 13 & Over 1650 Free		LY-VA		6	13	-2.63
29.15	1:00.57	1:32.58	2:04.51	2:35.75	3:07.48	3:39.48	4:11.62	
(29.15)	(31.42)	(32.01)	(31.93)	(31.24)	(31.73)	(32.00)	(32.14)	
4:43.96	5:15.95	5:47.72	6:20.29	6:52.45	7:25.06	7:57.48	8:29.77	
(32.34)	(31.99)	(31.77)	(32.57)	(32.16)	(32.61)	(32.42)	(32.29)	
9:01.98	9:34.04	10:06.18	10:38.66	11:11.10	11:43.28	12:15.14	12:47.48	
(32.21)	(32.06)	(32.14)	(32.48)	(32.44)	(32.18)	(31.86)	(32.34)	
13:19.62	13:51.64	14:23.60	14:55.23	15:26.76	15:58.15	16:29.73	17:00.95	
(32.14)	(32.02)	(31.96)	(31.63)	(31.53)	(31.39)	(31.58)	(31.22)	
17:30.38								
(29.43)								