

POD Meet D - 11/6/2016**Results****Event 1 Women 400 Yard Medley Relay**

Team	Relay	Seed Time	Finals Time
1 James Madison University-VA	A	NT	3:49.47
1) Ortman, Abby 20	2) Parker, Katie 20	3) Breeger, Jillian R 19	4) Zhang, Bonnie 19
28.06 57.74 (57.74)	1:12.26 (14.52)	1:27.31 (29.57)	
2:01.42 (34.11)	2:28.28 (1:00.97)	2:58.91 (30.63)	3:49.47 (1:21.19)
2 University of North Carolina W-N	A	NT	3:55.37
1) Knowles, Caroline A 18	2) Kathryn, Ostrom 21	3) Louviere, Viv G 18	4) Martinez, Marissa 21
28.97 59.33 (59.33)	1:29.08 (29.75)	2:03.45 (1:04.12)	
2:30.24 (26.79)	3:01.65 (58.20)	3:27.22 (25.57)	3:55.37 (53.72)
3 James Madison University-VA	B	NT	3:55.69
1) Haddock, Logan C 20	2) Marsh, Megan C 18	3) Clarke, Courtney 20	4) Darmody, Kristie L 19
28.79 59.57 (59.57)	1:29.81 (30.24)	2:04.45 (1:04.88)	
2:31.58 (27.13)	3:02.57 (58.12)	3:27.67 (25.10)	3:55.69 (53.12)
4 James Madison University-VA	C	NT	x4:02.34
1) Gourdie, Emma L 18	2) Lagod, Hannah B 18	3) Massey, Maddie 20	4) Barney, Katie 21
28.72 58.53 (58.53)	1:30.40 (31.87)	2:07.59 (1:09.06)	
2:35.48 (27.89)	3:07.90 (1:00.31)	3:33.97 (26.07)	4:02.34 (54.44)
5 University of North Carolina W-N	B	NT	4:04.56
1) Cheripka, Alicia M 22	2) Hunter, Kayla M 19	3) Didawick, Amanda R 21	4) Deforest, Leigh L 20
30.08 1:01.50 (1:01.50)	1:32.86 (31.36)	2:08.35 (1:06.85)	
2:35.78 (27.43)	3:08.72 (1:00.37)	3:35.04 (26.32)	4:04.56 (55.84)
6 James Madison University-VA	D	NT	x4:07.63
1) DiSilvestro, Brianna 20	2) Murphy, Maddy 22	3) Tremols, Nina 21	4) Pierce, Jessica L 18
30.88 1:03.12 (1:03.12)	1:35.01 (31.89)	2:11.51 (1:08.39)	
2:38.85 (27.34)	3:11.69 (1:00.18)	3:38.48 (26.79)	4:07.63 (55.94)

Event 2 Men 400 Yard Medley Relay

Team	Relay	Seed Time	Finals Time
1 East Carolina University-NC	A	NT	3:23.44
1) De Pawlikowski, Boleck 20	2) Craven, Erle B 23	3) Demsar, Blaz 19	4) Martins Dos Santos, Victor 19
24.81 50.91 (50.91)	1:17.12 (26.21)	1:47.25 (56.34)	
2:10.06 (22.81)	2:36.95 (49.70)	2:59.15 (22.20)	3:23.44 (46.49)
2 University of North Carolina W-N	A	NT	3:24.10
1) Spence, Tad T 21	2) Ryan, Will J 21	3) Forsythe, Connor C 18	4) Cosgrove, Jack T 18
25.12 50.89 (50.89)	1:17.05 (26.16)	1:47.39 (56.50)	
2:11.11 (23.72)	2:38.09 (50.70)	3:00.08 (21.99)	3:24.10 (46.01)
3 East Carolina University-NC	B	NT	3:28.21
1) Krznaric, Fran 22	2) Queen, Andrew C 20	3) Zieg, Tyler K 20	4) Barnhill, Kelly K 19
25.56 51.84 (51.84)	1:18.33 (26.49)	1:49.23 (57.39)	
2:12.57 (23.34)	2:39.79 (50.56)	3:02.48 (22.69)	3:28.21 (48.42)
4 East Carolina University-NC	C	NT	x3:33.20
1) Reams, Thomas J 20	2) Dilks, Danny L 18	3) Webb, Zachary T 21	4) Pofahl, Trey E 19
25.97 53.62 (53.62)	1:21.12 (27.50)	1:52.30 (58.68)	
2:17.23 (24.93)	2:45.62 (53.32)	3:08.29 (22.67)	3:33.20 (47.58)
5 University of North Carolina W-N	B	NT	3:34.15
1) Peterson, Cole R 18	2) Whitty, Ben C 18	3) Becouvarakis, Zach G 19	4) Allison, Brad E 19
26.14 53.65 (53.65)	1:21.21 (27.56)	1:52.40 (58.75)	
2:17.11 (24.71)	2:45.76 (53.36)	3:08.94 (23.18)	3:34.15 (48.39)

POD Meet D - 11/6/2016**Results****Event 3 Women 1650 Yard Freestyle**

Name	Age	School	Seed Time	Finals Time
1 Oster, Madi G	20	James Madison University-VA	NT	17:34.71
30.05	1:01.71 (31.66)	1:33.60 (31.89)	2:05.52 (31.92)	
2:37.57 (32.05)	3:09.67 (32.10)	3:41.55 (31.88)	4:13.61 (32.06)	
4:45.54 (31.93)	5:17.45 (31.91)	5:49.42 (31.97)	6:21.49 (32.07)	
6:53.50 (32.01)	7:25.47 (31.97)	7:57.70 (32.23)	8:29.74 (32.04)	
9:01.64 (31.90)	9:33.71 (32.07)	10:05.63 (31.92)	10:37.86 (32.23)	
11:10.00 (32.14)	11:42.16 (32.16)	12:14.31 (32.15)	12:46.41 (32.10)	
13:18.70 (32.29)	13:51.06 (32.36)	14:23.25 (32.19)	14:55.78 (32.53)	
15:27.69 (31.91)	16:00.04 (32.35)	16:31.92 (31.88)	17:04.18 (32.26)	17:34.71 (30.53)
2 Adkins, Claire	21	James Madison University-VA	NT	17:49.48
30.50	1:02.89 (32.39)	1:35.48 (32.59)	2:07.95 (32.47)	
2:40.43 (32.48)	3:13.16 (32.73)	3:45.70 (32.54)	4:18.26 (32.56)	
4:50.72 (32.46)	5:23.21 (32.49)	5:55.47 (32.26)	6:27.63 (32.16)	
6:59.86 (32.23)	7:32.01 (32.15)	8:04.48 (32.47)	8:36.58 (32.10)	
9:08.61 (32.03)	9:40.64 (32.03)	10:12.80 (32.16)	10:45.07 (32.27)	
11:16.97 (31.90)	11:49.28 (32.31)	12:21.63 (32.35)	12:54.16 (32.53)	
13:26.90 (32.74)	13:59.51 (32.61)	14:32.95 (33.44)	15:05.79 (32.84)	
15:38.89 (33.10)	16:12.26 (33.37)	16:44.99 (32.73)	17:17.95 (32.96)	17:49.48 (31.53)
3 Johnson, Meagan P	18	University of North Carolina W-NC	NT	17:57.76
30.33	1:02.95 (32.62)	1:35.71 (32.76)	2:08.65 (32.94)	
2:41.53 (32.88)	3:14.41 (32.88)	3:47.32 (32.91)	4:20.15 (32.83)	
4:52.77 (32.62)	5:25.66 (32.89)	5:58.53 (32.87)	6:31.24 (32.71)	
7:04.18 (32.94)	7:37.06 (32.88)	8:10.03 (32.97)	8:42.94 (32.91)	
9:15.87 (32.93)	9:48.55 (32.68)	10:21.40 (32.85)	10:53.93 (32.53)	
11:26.44 (32.51)	11:58.81 (32.37)	12:31.19 (32.38)	13:03.64 (32.45)	
13:36.36 (32.72)	14:09.05 (32.69)	14:41.98 (32.93)	15:14.82 (32.84)	
15:47.67 (32.85)	16:20.64 (32.97)	16:53.24 (32.60)	17:26.07 (32.83)	17:57.76 (31.69)
4 Long, Kelly A	19	James Madison University-VA	NT	18:00.75
31.10	1:04.14 (33.04)	1:37.38 (33.24)	2:10.74 (33.36)	
2:44.07 (33.33)	3:17.28 (33.21)	3:50.33 (33.05)	4:23.52 (33.19)	
4:56.85 (33.33)	5:29.77 (32.92)	6:02.59 (32.82)	6:35.38 (32.79)	
7:07.97 (32.59)	7:40.25 (32.28)	8:12.67 (32.42)	8:45.05 (32.38)	
9:17.48 (32.43)	9:50.48 (33.00)	10:23.21 (32.73)	10:56.16 (32.95)	
11:28.70 (32.54)	12:01.34 (32.64)	12:33.98 (32.64)	13:07.09 (33.11)	
13:39.78 (32.69)	14:12.45 (32.67)	14:45.11 (32.66)	15:17.88 (32.77)	
15:50.84 (32.96)	16:23.18 (32.34)	16:55.92 (32.74)	17:28.55 (32.63)	18:00.75 (32.20)
5 Namestnik, Lexy R	20	University of North Carolina W-NC	NT	18:07.18
30.96	1:04.03 (33.07)	1:36.94 (32.91)	2:09.96 (33.02)	
2:42.81 (32.85)	3:15.59 (32.78)	3:48.39 (32.80)	4:21.32 (32.93)	
4:54.21 (32.89)	5:26.97 (32.76)	5:59.61 (32.64)	6:32.27 (32.66)	
7:04.81 (32.54)	7:37.82 (33.01)	8:10.63 (32.81)	8:43.35 (32.72)	
9:16.09 (32.74)	9:49.10 (33.01)	10:21.93 (32.83)	10:54.81 (32.88)	
11:27.75 (32.94)	12:00.78 (33.03)	12:34.08 (33.30)	13:07.45 (33.37)	
13:40.78 (33.33)	14:14.38 (33.60)	14:47.57 (33.19)	15:20.73 (33.16)	
15:54.41 (33.68)	16:28.12 (33.71)	17:01.30 (33.18)	17:34.70 (33.40)	18:07.18 (32.48)
6 Dougherty, Erin P	19	James Madison University-VA	NT	x18:21.07
29.84	1:02.36 (32.52)	1:35.27 (32.91)	2:08.40 (33.13)	
2:41.48 (33.08)	3:14.73 (33.25)	3:48.04 (33.31)	4:21.39 (33.35)	
4:54.45 (33.06)	5:27.92 (33.47)	6:01.10 (33.18)	6:34.66 (33.56)	
7:08.29 (33.63)	7:41.77 (33.48)	8:15.25 (33.48)	8:48.63 (33.38)	
9:22.34 (33.71)	9:55.80 (33.46)	10:29.43 (33.63)	11:02.96 (33.53)	
11:36.77 (33.81)	12:10.33 (33.56)	12:44.26 (33.93)	13:18.16 (33.90)	
13:52.04 (33.88)	14:26.00 (33.96)	14:59.56 (33.56)	15:33.24 (33.68)	
16:07.30 (34.06)	16:41.21 (33.91)	17:14.78 (33.57)	17:48.40 (33.62)	18:21.07 (32.67)

POD Meet D - 11/6/2016**Results****(Event 3 Women 1650 Yard Freestyle)**

Name	Age	School	Seed Time	Finals Time
7 Williams, Caroline P	20	University of North Carolina W-NC	NT	18:39.14
30.89	1:04.44 (33.55)	1:38.48 (34.04)	2:12.53 (34.05)	
2:46.86 (34.33)	3:20.90 (34.04)	3:55.00 (34.10)	4:28.81 (33.81)	
5:02.82 (34.01)	5:36.72 (33.90)	6:10.56 (33.84)	6:44.57 (34.01)	
7:18.47 (33.90)	7:52.19 (33.72)	8:26.12 (33.93)	9:00.12 (34.00)	
9:34.08 (33.96)	10:08.46 (34.38)	10:42.53 (34.07)	11:16.68 (34.15)	
11:50.78 (34.10)	12:25.12 (34.34)	12:59.19 (34.07)	13:33.44 (34.25)	
14:07.65 (34.21)	14:41.73 (34.08)	15:15.96 (34.23)	15:50.25 (34.29)	
16:24.33 (34.08)	16:58.59 (34.26)	17:32.75 (34.16)	18:06.43 (33.68)	18:39.14 (32.71)

Event 4 Men 1650 Yard Freestyle

Name	Age	School	Seed Time	Finals Time
1 Popovic, Grega	18	East Carolina University-NC	NT	16:19.71
26.71	56.42 (29.71)	1:26.23 (29.81)	1:56.05 (29.82)	
2:25.90 (29.85)	2:55.76 (29.86)	3:25.28 (29.52)	3:55.08 (29.80)	
4:24.80 (29.72)	4:54.26 (29.46)	5:24.00 (29.74)	5:53.52 (29.52)	
6:23.37 (29.85)	6:53.16 (29.79)	7:22.91 (29.75)	7:52.60 (29.69)	
8:22.49 (29.89)	8:52.41 (29.92)	9:22.34 (29.93)	9:52.32 (29.98)	
10:22.32 (30.00)	10:52.06 (29.74)	11:21.74 (29.68)	11:51.89 (30.15)	
12:22.19 (30.30)	12:52.05 (29.86)	13:22.20 (30.15)	13:52.36 (30.16)	
14:22.46 (30.10)	14:52.33 (29.87)	15:22.38 (30.05)	15:52.47 (30.09)	16:19.71 (27.24)
2 Vlahos, George A	19	University of North Carolina W-NC	NT	16:30.91
27.67	57.57 (29.90)	1:27.78 (30.21)	1:57.98 (30.20)	
2:28.52 (30.54)	2:59.11 (30.59)	3:29.49 (30.38)	3:59.79 (30.30)	
4:30.15 (30.36)	5:00.33 (30.18)	5:30.31 (29.98)	6:00.41 (30.10)	
6:30.46 (30.05)	7:00.68 (30.22)	7:30.98 (30.30)	8:01.45 (30.47)	
8:31.64 (30.19)	9:01.92 (30.28)	9:32.31 (30.39)	10:02.84 (30.53)	
10:33.20 (30.36)	11:03.44 (30.24)	11:33.92 (30.48)	12:03.81 (29.89)	
12:33.71 (29.90)	13:03.68 (29.97)	13:33.64 (29.96)	14:03.80 (30.16)	
14:33.57 (29.77)	15:03.34 (29.77)	15:33.01 (29.67)	16:02.54 (29.53)	16:30.91 (28.37)
3 Alvarez Garcia, Manu A	19	East Carolina University-NC	NT	16:32.01
27.41	57.36 (29.95)	1:27.57 (30.21)	1:57.96 (30.39)	
2:28.52 (30.56)	2:58.92 (30.40)	3:29.53 (30.61)	3:59.94 (30.41)	
4:30.23 (30.29)	5:00.69 (30.46)	5:30.86 (30.17)	6:01.30 (30.44)	
6:31.63 (30.33)	7:01.81 (30.18)	7:32.41 (30.60)	8:02.56 (30.15)	
8:32.81 (30.25)	9:03.00 (30.19)	9:33.19 (30.19)	10:03.50 (30.31)	
10:33.70 (30.20)	11:03.98 (30.28)	11:34.41 (30.43)	12:04.85 (30.44)	
12:35.26 (30.41)	13:05.78 (30.52)	13:36.41 (30.63)	14:07.02 (30.61)	
14:37.32 (30.30)	15:07.29 (29.97)	15:36.71 (29.42)	16:05.78 (29.07)	16:32.01 (26.23)
4 Cooper, Graham N	18	University of North Carolina W-NC	NT	16:32.09
26.77	56.63 (29.86)	1:26.67 (30.04)	1:57.05 (30.38)	
2:27.39 (30.34)	2:57.98 (30.59)	3:28.07 (30.09)	3:58.50 (30.43)	
4:28.75 (30.25)	4:58.87 (30.12)	5:29.16 (30.29)	5:59.39 (30.23)	
6:29.95 (30.56)	7:00.19 (30.24)	7:30.80 (30.61)	8:01.13 (30.33)	
8:32.14 (31.01)	9:02.53 (30.39)	9:32.76 (30.23)	10:03.34 (30.58)	
10:33.68 (30.34)	11:04.24 (30.56)	11:34.80 (30.56)	12:05.17 (30.37)	
12:35.45 (30.28)	13:06.16 (30.71)	13:36.65 (30.49)	14:06.72 (30.07)	
14:37.46 (30.74)	15:07.65 (30.19)	15:37.59 (29.94)	16:06.18 (28.59)	16:32.09 (25.91)

Event 5 Women 200 Yard Freestyle

Name	Age	School	Seed Time	Finals Time
1 MacMillan, Quinn	20	James Madison University-VA	NT	1:52.71
27.55	57.01 (29.46)	1:25.17 (28.16)	1:52.71 (27.54)	
2 Warhol, MaryElizabeth	21	James Madison University-VA	NT	1:54.33
27.57	56.71 (29.14)	1:25.57 (28.86)	1:54.33 (28.76)	

POD Meet D - 11/6/2016**Results****(Event 5 Women 200 Yard Freestyle)**

Name	Age	School	Seed Time	Finals Time
3 Schemmel, Kyra L	19	University of North Carolina W-NC	NT	1:55.50
27.59	56.86 (29.27)	1:26.16 (29.30)	1:55.50 (29.34)	
4 Haddock, Logan C	20	James Madison University-VA	NT	1:57.18
28.04	57.57 (29.53)	1:27.44 (29.87)	1:57.18 (29.74)	
5 Martinez, Marissa	21	University of North Carolina W-NC	NT	1:58.02
27.50	57.02 (29.52)	1:27.00 (29.98)	1:58.02 (31.02)	
6 Lagod, Hannah B	18	James Madison University-VA	NT	x1:58.59
28.93	59.05 (30.12)	1:28.75 (29.70)	1:58.59 (29.84)	
7 Darling, Taylor R	19	University of North Carolina W-NC	NT	2:00.06
28.57	58.83 (30.26)	1:29.66 (30.83)	2:00.06 (30.40)	
8 Howell, Shannon M	19	University of North Carolina W-NC	NT	x2:01.30
28.69	59.26 (30.57)	1:30.24 (30.98)	2:01.30 (31.06)	

Event 6 Men 200 Yard Freestyle

Name	Age	School	Seed Time	Finals Time
1 Owens, Ryan C	19	East Carolina University-NC	1:44.38	1:42.49
23.86	49.85 (25.99)	1:15.96 (26.11)	1:42.49 (26.53)	
2 Spence, Tad T	21	University of North Carolina W-NC	NT	1:43.37
24.87	50.89 (26.02)	1:17.16 (26.27)	1:43.37 (26.21)	
3 Demsar, Blaz	19	East Carolina University-NC	1:44.03	1:43.83
24.04	50.61 (26.57)	1:17.23 (26.62)	1:43.83 (26.60)	
4 Taylor, Tristan T	19	East Carolina University-NC	1:43.70	1:44.08
25.01	51.58 (26.57)	1:17.55 (25.97)	1:44.08 (26.53)	
5 Pofahl, Trey E	19	East Carolina University-NC	1:45.85	x1:44.52
24.77	51.83 (27.06)	1:18.44 (26.61)	1:44.52 (26.08)	
6 Allison, Brad E	19	University of North Carolina W-NC	NT	1:45.19
24.65	51.20 (26.55)	1:18.01 (26.81)	1:45.19 (27.18)	
7 Cosgrove, Jack T	18	University of North Carolina W-NC	NT	1:45.68
24.51	51.61 (27.10)	1:18.48 (26.87)	1:45.68 (27.20)	
8 Kriegler, Joey J	19	University of North Carolina W-NC	NT	x1:50.47
25.63	53.07 (27.44)	1:21.30 (28.23)	1:50.47 (29.17)	

Event 7 Women 50 Yard Freestyle

Name	Age	School	Seed Time	Finals Time
1 Zhang, Bonnie	19	James Madison University-VA	NT	24.10
2 Lahr, Meghan E	19	University of North Carolina W-NC	NT	24.60
3 Gring, Mackenzie	18	James Madison University-VA	NT	24.81
4 Barney, Katie	21	James Madison University-VA	NT	25.17
5 Louviere, Viv G	18	University of North Carolina W-NC	NT	25.24
6 Cockcroft, Caitlin A	19	University of North Carolina W-NC	NT	25.25
7 Shirk, Annie G	19	University of North Carolina W-NC	NT	x25.35
8 Darmody, Kristie L	19	James Madison University-VA	NT	x25.67

Event 8 Men 50 Yard Freestyle

Name	Age	School	Seed Time	Finals Time
1 Cadiat, Maxime	18	East Carolina University-NC	21.44	21.17
2 Cannon, Sean D	18	University of North Carolina W-NC	NT	21.35
3 Craven, Erle B	23	East Carolina University-NC	21.28	21.47
4 Reams, Thomas J	20	East Carolina University-NC	21.68	21.81
5 Suits, Jon D	18	University of North Carolina W-NC	NT	22.03
6 Barnhill, Kelly K	19	East Carolina University-NC	21.87	x22.11

POD Meet D - 11/6/2016**Results****Event 9 Women 100 Yard IM**

Name	Age	School	Seed Time	Finals Time
1 Parker, Katie	20	James Madison University-VA	NT	58.51
28.10	58.51 (30.41)			
2 Marsh, Megan C	18	James Madison University-VA	NT	1:00.46
28.48	1:00.46 (31.98)			
3 Breeger, Jillian R	19	James Madison University-VA	NT	1:01.20
28.65	1:01.20 (32.55)			
4 Albanese, Hannah R	18	University of North Carolina W-NC	NT	1:01.92
28.94	1:01.92 (32.98)			
5 Groves, Rebecca M	18	University of North Carolina W-NC	NT	1:02.19
28.89	1:02.19 (33.30)			
6 Kathryn, Ostrom	21	University of North Carolina W-NC	NT	1:02.62
32.15	1:02.62 (30.47)			
7 Tremols, Nina	21	James Madison University-VA	NT	x1:02.75
28.00	1:02.75 (34.75)			
8 Hawkes, Abby P	18	University of North Carolina W-NC	NT	x1:03.15
28.65	1:03.15 (34.50)			

Event 10 Men 100 Yard IM

Name	Age	School	Seed Time	Finals Time
1 Hicks, Will L	21	East Carolina University-NC	NT	52.77
24.23	52.77 (28.54)			
2 Araya, Esteban	20	East Carolina University-NC	NT	54.12
25.02	54.12 (29.10)			
3 Rayle, Alex S	21	University of North Carolina W-NC	NT	54.21
25.18	54.21 (29.03)			
4 Cahan, Noah	18	University of North Carolina W-NC	NT	54.39
24.77	54.39 (29.62)			
5 De Pawlikowski, Boleck	20	East Carolina University-NC	NT	54.84
24.76	54.84 (30.08)			
6 Forsythe, Connor C	18	University of North Carolina W-NC	NT	55.21
25.80	55.21 (29.41)			
7 Zieg, Tyler K	20	East Carolina University-NC	NT	x56.26
25.46	56.26 (30.80)			

Event 11 Women 50 Yard Butterfly

Name	Age	School	Seed Time	Finals Time
1 Cockcroft, Caitlin A	19	University of North Carolina W-NC	NT	26.03
2 Breeger, Jillian R	19	James Madison University-VA	NT	26.19
3 Louviere, Viv G	18	University of North Carolina W-NC	NT	26.39
4 Tremols, Nina A	21	James Madison University-VA	NT	26.97
5 Hawkes, Abby P	18	University of North Carolina W-NC	NT	27.54
6 Hunter, Kayla M	19	University of North Carolina W-NC	NT	x27.66
7 Murphy, Maddy	22	James Madison University-VA	NT	27.82
8 DiSilvestro, Brianna	20	James Madison University-VA	NT	x28.86

Event 12 Men 50 Yard Butterfly

Name	Age	School	Seed Time	Finals Time
1 Hicks, Will L	21	East Carolina University-NC	NT	22.94
2 Cadiat, Maxime	18	East Carolina University-NC	NT	23.26
3 Zieg, Tyler K	20	East Carolina University-NC	NT	23.50
4 Forsythe, Connor C	18	University of North Carolina W-NC	NT	23.56
5 Cooper, Graham N	18	University of North Carolina W-NC	NT	23.92
6 Trivette, Mason D	21	University of North Carolina W-NC	NT	24.23

POD Meet D - 11/6/2016**Results****(Event 12 Men 50 Yard Butterfly)**

Name	Age	School	Seed Time	Finals Time
7 Becouvarakis, Zach G	19	University of North Carolina W-NC	NT	x24.62
8 Webb, Zachary T	21	East Carolina University-NC	NT	x24.66

Event 13 Women 100 Yard Freestyle

Name	Age	School	Seed Time	Finals Time
1 MacMillan, Quinn	20	James Madison University-VA	NT	52.54
25.57	52.54 (26.97)			
2 Lahr, Meghan E	19	University of North Carolina W-NC	NT	53.86
26.40	53.86 (27.46)			
3 Shirk, Annie G	19	University of North Carolina W-NC	NT	54.26
26.21	54.26 (28.05)			
4 Darmody, Kristie L	19	James Madison University-VA	NT	54.56
26.73	54.56 (27.83)			
5 Barney, Katie	21	James Madison University-VA	NT	54.68
26.64	54.68 (28.04)			
6 Howell, Shannon M	19	University of North Carolina W-NC	NT	57.77
27.92	57.77 (29.85)			

Event 14 Men 100 Yard Freestyle

Name	Age	School	Seed Time	Finals Time
1 Martins Dos Santos, Victor	19	East Carolina University-NC	NT	46.45
22.41	46.45 (24.04)			
2 Cannon, Sean D	18	University of North Carolina W-NC	NT	47.33
22.58	47.33 (24.75)			
3 Cosgrove, Jack T	18	University of North Carolina W-NC	NT	47.45
23.10	47.45 (24.35)			
4 Owens, Ryan C	19	East Carolina University-NC	47.56	47.67
23.25	47.67 (24.42)			
5 Suits, Jon D	18	University of North Carolina W-NC	NT	48.47
23.35	48.47 (25.12)			
6 Barnhill, Kelly K	19	East Carolina University-NC	48.68	48.49
23.12	48.49 (25.37)			
7 Popovic, Grega	18	East Carolina University-NC	47.73	x48.91
23.73	48.91 (25.18)			
8 Allison, Brad E	19	University of North Carolina W-NC	NT	x49.43
24.07	49.43 (25.36)			

Event 15 Women 50 Yard Backstroke

Name	Age	School	Seed Time	Finals Time
1 Clarke, Courtney	20	James Madison University-VA	NT	27.41
2 Knowles, Caroline A	18	University of North Carolina W-NC	NT	27.81
3 Gring, Mackenzie	18	James Madison University-VA	NT	27.91
4 Haddock, Logan C	20	James Madison University-VA	NT	28.23
5 Cheripka, Alicia M	22	University of North Carolina W-NC	NT	28.49
6 Deforest, Leigh L	20	University of North Carolina W-NC	NT	29.12
7 Didawick, Amanda R	21	University of North Carolina W-NC	NT	x29.56

Event 16 Men 50 Yard Backstroke

Name	Age	School	Seed Time	Finals Time
1 Spence, Tad T	21	University of North Carolina W-NC	NT	23.41
2 De Pawlikowski, Boleck	20	East Carolina University-NC	23.97	24.12
3 Taylor, Tristan T	19	East Carolina University-NC	24.01	24.25
4 Rayle, Alex S	21	University of North Carolina W-NC	NT	24.69
5 Reams, Thomas J	20	East Carolina University-NC	24.85	24.70

POD Meet D - 11/6/2016**Results****(Event 16 Men 50 Yard Backstroke)**

Name	Age	School	Seed Time	Finals Time
6 Peterson, Cole R	18	University of North Carolina W-NC	NT	25.17

Event 17 Women 200 Yard IM

Name	Age	School	Seed Time	Finals Time
1 Gourdie, Emma L	18	James Madison University-VA	NT	2:08.05
28.83	59.43 (30.60)	1:38.28 (38.85)	2:08.05 (29.77)	
2 Ortman, Abby	20	James Madison University-VA	NT	2:10.20
28.64	1:00.25 (31.61)	1:39.79 (39.54)	2:10.20 (30.41)	
3 Schemmel, Kyra L	19	University of North Carolina W-NC	NT	2:10.98
28.81	1:01.86 (33.05)	1:41.10 (39.24)	2:10.98 (29.88)	
4 Groves, Rebecca M	18	University of North Carolina W-NC	NT	2:11.87
28.61	1:01.10 (32.49)	1:40.85 (39.75)	2:11.87 (31.02)	
5 Johnson, Meagan P	18	University of North Carolina W-NC	NT	2:12.69
28.82	1:03.58 (34.76)	1:41.80 (38.22)	2:12.69 (30.89)	
6 Massey, Maddie	20	James Madison University-VA	NT	2:13.04
28.32	1:02.58 (34.26)	1:42.26 (39.68)	2:13.04 (30.78)	
7 Lagod, Hannah B	18	James Madison University-VA	NT	x2:13.26
28.76	1:04.40 (35.64)	1:42.39 (37.99)	2:13.26 (30.87)	
8 Albanese, Hannah R	18	University of North Carolina W-NC	NT	x2:13.83
30.07	1:04.81 (34.74)	1:42.34 (37.53)	2:13.83 (31.49)	

Event 18 Men 200 Yard IM

Name	Age	School	Seed Time	Finals Time
1 Ryan, Will J	21	University of North Carolina W-NC	NT	1:53.74
25.24	54.95 (29.71)	1:26.34 (31.39)	1:53.74 (27.40)	
2 Krznaric, Fran	22	East Carolina University-NC	1:58.54	1:54.64
24.23	53.59 (29.36)	1:26.84 (33.25)	1:54.64 (27.80)	
3 Whitty, Ben C	18	University of North Carolina W-NC	NT	1:57.05
26.15	56.13 (29.98)	1:29.51 (33.38)	1:57.05 (27.54)	
4 Parmenter, Josh W	17	East Carolina University-NC	1:57.27	1:57.15
24.90	55.70 (30.80)	1:28.65 (32.95)	1:57.15 (28.50)	
5 Araya, Esteban	20	East Carolina University-NC	1:54.55	1:57.71
25.06	55.19 (30.13)	1:29.54 (34.35)	1:57.71 (28.17)	
6 Cahan, Noah	18	University of North Carolina W-NC	NT	1:59.65
25.12	55.77 (30.65)	1:31.43 (35.66)	1:59.65 (28.22)	
7 Pierce, Jake E	20	East Carolina University-NC	NT	x2:02.27
26.21	58.25 (32.04)	1:33.94 (35.69)	2:02.27 (28.33)	
8 Vlahos, George A	19	University of North Carolina W-NC	NT	x2:03.51
26.53	57.70 (31.17)	1:33.68 (35.98)	2:03.51 (29.83)	

Event 19 Women 50 Yard Breaststroke

Name	Age	School	Seed Time	Finals Time
1 Kathryn, Ostrom	21	University of North Carolina W-NC	NT	29.94
2 Hunter, Kayla M	19	University of North Carolina W-NC	NT	30.77
3 Woodworth, Karen A	19	University of North Carolina W-NC	NT	33.12
--- Parker, Katie	20	James Madison University-VA	NT	X29.58
--- Marsh, Megan C	18	James Madison University-VA	NT	X30.32
--- Murphy, Maddy	22	James Madison University-VA	NT	X32.28
--- Pierce, Jessica L	18	James Madison University-VA	NT	X32.79

Event 20 Men 50 Yard Breaststroke

Name	Age	School	Seed Time	Finals Time
1 Hicks, Will L	21	East Carolina University-NC	NT	26.09
2 Whitty, Ben C	18	University of North Carolina W-NC	NT	26.93

POD Meet D - 11/6/2016**Results****(Event 20 Men 50 Yard Breaststroke)**

Name	Age	School	Seed Time	Finals Time
3 Ryan, Will J	21	University of North Carolina W-NC	NT	26.96
4 Queen, Andrew C	20	East Carolina University-NC	NT	27.02
5 Dilks, Danny L	18	East Carolina University-NC	NT	27.49
6 Parmenter, Josh W	17	East Carolina University-NC	NT	x27.71
7 Trivette, Mason D	21	University of North Carolina W-NC	NT	28.10

Event 21 Women 400 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 University of North Carolina W-NC	A	NT	3:35.51
1) Lahr, Meghan E 19	2) Groves, Rebecca M 18	3) Schemmel, Kyra L 19	4) Martinez, Marissa 21
26.07 53.69 (53.69)	1:19.85 (26.16)	1:47.96 (54.27)	
2:13.61 (25.65)	2:41.30 (53.34)	3:06.96 (25.66)	3:35.51 (54.21)
2 University of North Carolina W-NC	B	NT	3:40.21
1) Cockcroft, Caitlin A 19	2) Knowles, Caroline A 18	3) Howell, Shannon M 19	4) Shirk, Annie G 19
27.08 55.25 (55.25)	1:21.42 (26.17)	1:49.68 (54.43)	
2:16.66 (26.98)	2:45.96 (56.28)	3:12.00 (26.04)	3:40.21 (54.25)
3 University of North Carolina W-NC	D	NT	x3:46.21
1) Albanese, Hannah R 18	2) Didawick, Amanda R 21	3) Deforest, Leigh L 20	4) Cheripka, Alicia M 22
27.37 56.59 (56.59)	1:24.47 (27.88)	1:54.27 (57.68)	
2:20.32 (26.05)	2:49.98 (55.71)	3:05.12 (15.14)	3:46.21 (56.23)
4 University of North Carolina W-NC	C	NT	x3:47.74
1) Johnson, Meagan P 18	2) Namestnik, Lexy R 20	3) Williams, Caroline P 20	4) Darling, Taylor R 19
27.24 56.15 (56.15)	1:23.35 (27.20)	1:53.57 (57.42)	
2:21.03 (27.46)	2:51.39 (57.82)	3:18.31 (26.92)	3:47.74 (56.35)
--- James Madison University-VA	A	NT	X3:30.97
1) Gring, Mackenzie 18	2) Gourdie, Emma L 18	3) MacMillan, Quinn 20	4) Zhang, Bonnie 19
26.18 53.98 (53.98)	1:19.47 (25.49)	1:47.05 (53.07)	
2:12.76 (25.71)	2:40.27 (53.22)	3:04.57 (24.30)	3:30.97 (50.70)
--- James Madison University-VA	B	NT	X3:44.46
1) Long, Kelly A 19	2) Adkins, Claire 21	3) Oster, Madi G 20	4) Dougherty, Erin P 19
26.79 56.63 (56.63)	1:22.56 (25.93)	1:51.50 (54.87)	
2:18.43 (26.93)	2:48.47 (56.97)	3:14.97 (26.50)	3:44.46 (55.99)

Event 22 Men 400 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time
1 University of North Carolina W-NC	A	NT	3:12.80
1) Cannon, Sean D 18	2) Suits, Jon D 18	3) Rayle, Alex S 21	4) Cooper, Graham N 18
23.11 47.78 (47.78)	1:10.63 (22.85)	1:35.90 (48.12)	
1:51.19 (15.29)	2:24.01 (48.11)	2:47.36 (23.35)	3:12.80 (48.79)
--- East Carolina University-NC	A	3:08.04	X3:05.80
1) Martins Dos Santos, Victor 19	2) Cadiat, Maxime 18	3) Craven, Erle B 23	4) Demsar, Blaz 19
23.02 47.25 (47.25)	1:09.24 (21.99)	1:33.15 (45.90)	
1:55.15 (22.00)	2:19.75 (46.60)	2:41.54 (21.79)	3:05.80 (46.05)
--- East Carolina University-NC	B	NT	X3:10.24
1) Krznaric, Fran 22	2) Taylor, Tristan T 19	3) Owens, Ryan C 19	4) Popovic, Grega 18
22.90 47.79 (47.79)	1:10.14 (22.35)	1:35.10 (47.31)	
1:57.37 (22.27)	2:22.37 (47.27)	2:45.47 (23.10)	3:10.24 (47.87)
--- East Carolina University-NC	C	NT	X3:15.90
1) Pofahl, Trey E 19	2) Pierce, Jake E 20	3) Araya, Esteban 20	4) Alvarez Garcia, Manu A 19
22.99 47.80 (47.80)	1:11.67 (23.87)	1:37.70 (49.90)	
2:00.95 (23.25)	2:26.42 (48.72)	2:50.03 (23.61)	3:15.90 (49.48)

Event 23 Women 1 mtr Diving

Name	Age	School	Finals Score
1 Lehman, Olivia	18	James Madison University-VA	NP 266.20

POD Meet D - 11/6/2016**Results****(Event 23 Women 1 mtr Diving)**

	Name	Age	School		Finals Score
2	Lowe, Adyson B	19	University of North Carolina W-NC	NP	248.35
3	Byrum, Hope H	18	James Madison University-VA	NP	241.75
4	Urich, Bri	19	University of North Carolina W-NC	NP	214.35
5	McCormick, Rachel	20	University of North Carolina W-NC	NP	181.90

Event 24 Men 1 mtr Diving

	Name	Age	School		Finals Score
1	Breedlove, Andrew	19	University of North Carolina W-NC	NP	219.65
2	Lane, Nathan	22	University of North Carolina W-NC	NP	218.45
---	Mullen, Matt D	20	East Carolina University-NC	NP	X281.25
---	Berkey, Taylor J	20	East Carolina University-NC	NP	X259.95
---	Duval, Zach E	22	East Carolina University-NC	NP	X223.00

Event 25 Women 3 mtr Diving

	Name	Age	School		Finals Score
1	Lehman, Olivia	18	James Madison University-VA	NP	281.70
2	Lowe, Adyson B	19	University of North Carolina W-NC	NP	249.90
3	McCormick, Rachel	20	University of North Carolina W-NC	NP	229.35
4	Byrum, Hope H	18	James Madison University-VA	NP	218.65
5	Urich, Bri	19	University of North Carolina W-NC	NP	194.80

Event 26 Men 3 mtr Diving

	Name	Age	School		Finals Score
1	Mullen, Matt D	20	East Carolina University-NC	NP	286.30
2	Lane, Nathan	22	University of North Carolina W-NC	NP	240.90
3	Breedlove, Andrew	19	University of North Carolina W-NC	NP	227.85
4	Berkey, Taylor J	20	East Carolina University-NC	NP	227.00