

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****Event 1 Women 400 Yard Medley Relay**

Team	Relay	Seed Time	Finals Time	Points
1 James Madison University-VA	A	NT	3:50.13	
1) Edsall, Kacy	2) Won, Sin Hye 22	3) Criscuolo, Melissa 21	4) Gingher, Susanne 21	
28.10	59.24 (59.24)	1:28.12 (28.88)	2:02.27 (1:03.03)	
2:28.58 (26.31)	2:59.26 (56.99)	3:23.36 (24.10)	3:50.13 (50.87)	
2 University of North Carolina W-NC	A	NT	3:51.67	
1) Stephenson, Hannah S 20	2) Engen, Jenson N 19	3) Gargula, Catherine M 20	4) Sears, Rachel A 21	
27.84	57.21 (57.21)	1:27.65 (30.44)	2:01.82 (1:04.61)	
2:28.06 (26.24)	2:59.36 (57.54)	3:24.10 (24.74)	3:51.67 (52.31)	
3 James Madison University-VA	B	NT	3:55.04	
1) Clarke, Stephanie	2) Presgraves, Amanda	3) Clark, Ashley	4) Molano, Carli	
28.66	58.80 (58.80)	1:28.69 (29.89)	2:03.25 (1:04.45)	
2:29.75 (26.50)	3:02.93 (59.68)	3:27.51 (24.58)	3:55.04 (52.11)	
4 William and Mary-VA	B	NT	3:55.34	
1) Rittenhouse, Sophie C 18	2) Christy, Allie L 19	3) Crompton, Georgie R 18	4) Bentley, Jen K 21	
27.55	56.75 (56.75)	1:28.07 (31.32)	2:05.06 (1:08.31)	
2:31.54 (26.48)	3:02.65 (57.59)	3:27.66 (25.01)	3:55.34 (52.69)	
5 William and Mary-VA	A	NT	3:55.59	
1) Glenn, Liz L 21	2) Mizerak, Courtney G 19	3) Ustjanauskas, Jessie C 19	4) Miller, Jaimie C 18	
28.28	57.47 (57.47)	1:28.91 (31.44)	2:06.13 (1:08.66)	
2:32.18 (26.05)	3:03.45 (57.32)	3:27.90 (24.45)	3:55.59 (52.14)	
6 Delaware-MA	A	3:48.41	3:56.01	
1) Sanders, Alyssa M 19	2) Nunes, Annie E 18	3) Wolla, Kaitlin A 21	4) Harris, Mary Kay R 22	
28.69	59.77 (59.77)	1:29.58 (29.81)	2:04.50 (1:04.73)	
2:31.06 (26.56)	3:02.30 (57.80)	3:27.45 (25.15)	3:56.01 (53.71)	
7 University of North Carolina W-NC	B	NT	3:59.33	
1) Harrison, Thalia 20	2) Ostrom, Kathryn M 18	3) Werkiser, Emma M 19	4) Tomko, Chelsea M 20	
29.37	1:00.36 (1:00.36)	1:30.70 (30.34)	2:06.44 (1:06.08)	
2:34.19 (27.75)	3:06.34 (59.90)	3:31.13 (24.79)	3:59.33 (52.99)	
8 Delaware-MA	B	3:50.69	4:02.53	
1) Santangelo, Alyssa L 18	2) Pate, Emily B 19	3) Gillespie, Tori A 21	4) Askin, Laura V 20	
28.78	1:00.13 (1:00.13)	1:31.62 (31.49)	2:07.56 (1:07.43)	
2:34.31 (26.75)	3:06.65 (59.09)	3:33.46 (26.81)	4:02.53 (55.88)	

Event 2 Men 400 Yard Medley Relay

Team	Relay	Seed Time	Finals Time	Points
1 William and Mary-VA	A	NT	3:20.79	
1) Manion, Will G 20	2) Strait, Andrew W 21	3) Barden, Justin A 19	4) Russell, Billy N 19	
23.95	49.61 (49.61)	1:15.31 (25.70)	1:44.75 (55.14)	
2:07.37 (22.62)	2:34.73 (49.98)	2:56.51 (21.78)	3:20.79 (46.06)	
2 University of North Carolina W-NC	A	NT	3:23.30	
1) Halonen, Valtteri A 21	2) Baric, Michael J 21	3) Sowers, Zach B 19	4) Thran, Gabe D 21	
24.11	49.95 (49.95)	1:16.42 (26.47)	1:47.66 (57.71)	
2:10.66 (23.00)	2:37.64 (49.98)	2:59.03 (21.39)	3:23.30 (45.66)	
3 University of North Carolina W-NC	B	NT	3:26.67	
1) Conrad, Eric V 21	2) Dozier, Daniel A 19	3) Tyler, Ned J 21	4) Salzman, Adam J 20	
25.10	51.73 (51.73)	1:18.56 (26.83)	1:49.99 (58.26)	
2:13.05 (23.06)	2:40.08 (50.09)	3:01.91 (21.83)	3:26.67 (46.59)	
4 William and Mary-VA	B	NT	3:28.71	
1) Glass, Austin R 19	2) Dong, Chris 19	3) Natal, Ryan R 19	4) Clarke, Taegan M 20	
25.67	53.48 (53.48)	1:20.11 (26.63)	1:51.11 (57.63)	
2:14.55 (23.44)	2:42.34 (51.23)	3:04.55 (22.21)	3:28.71 (46.37)	

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 2 Men 400 Yard Medley Relay)**

Team	Relay	Seed Time	Finals Time	Points
5 Delaware-MA	A	3:23.94	3:30.02	
1) Ware, Timothy F 20	2) Tooley, Alex L 19	3) Clark, Cole M 21	4) Hillsley, Alex V 18	
25.41	52.69 (52.69)	1:20.84 (28.15)	1:52.36 (59.67)	
2:15.69 (23.33)	2:42.61 (50.25)	3:05.02 (22.41)	3:30.02 (47.41)	
6 Delaware-MA	B	3:29.51	3:35.41	
1) Marquez, Matthew T 21	2) DeLuce, Peter D 19	3) Lowe, Zachary S 21	4) Dearstyne, Trevor K 18	
25.98	53.35 (53.35)	1:21.61 (28.26)	1:54.80 (1:01.45)	
2:18.94 (24.14)	2:47.34 (52.54)	3:09.94 (22.60)	3:35.41 (48.07)	

Event 3 Women 1650 Yard Freestyle

Name	Age	School	Seed Time	Finals Time	Points
1 Hooper, Aimee	20	James Madison University-VA	NT	17:24.50	
29.32	1:01.02 (31.70)	1:33.07 (32.05)	2:05.10 (32.03)		
2:37.35 (32.25)	3:09.67 (32.32)	3:41.74 (32.07)	4:13.73 (31.99)		
4:45.68 (31.95)	5:17.43 (31.75)	5:49.45 (32.02)	6:21.22 (31.77)		
6:52.99 (31.77)	7:25.04 (32.05)	7:56.91 (31.87)	8:29.14 (32.23)		
9:01.27 (32.13)	9:33.22 (31.95)	10:04.74 (31.52)	10:36.64 (31.90)		
11:08.19 (31.55)	11:39.62 (31.43)	12:11.30 (31.68)	12:43.02 (31.72)		
13:14.55 (31.53)	13:46.36 (31.81)	14:18.15 (31.79)	14:49.41 (31.26)		
15:20.60 (31.19)	15:52.29 (31.69)	16:24.03 (31.74)	16:55.06 (31.03)	17:24.50 (29.44)	
2 Adkins, Claire	18	James Madison University-VA	NT	17:32.82	
3 Farrell, Hailey C	20	Delaware-MA	NT	17:33.14	
29.97	1:01.71 (31.74)	1:33.76 (32.05)	2:06.02 (32.26)		
2:38.35 (32.33)	3:10.53 (32.18)	3:42.85 (32.32)	4:14.97 (32.12)		
4:47.29 (32.32)	5:19.50 (32.21)	5:51.51 (32.01)	6:23.63 (32.12)		
6:55.62 (31.99)	7:27.65 (32.03)	7:59.58 (31.93)	8:31.47 (31.89)		
9:03.51 (32.04)	9:35.44 (31.93)	10:07.43 (31.99)	10:39.45 (32.02)		
11:11.53 (32.08)	11:43.57 (32.04)	12:15.54 (31.97)	12:47.32 (31.78)		
13:19.30 (31.98)	13:51.32 (32.02)	14:23.34 (32.02)	14:55.29 (31.95)		
15:26.99 (31.70)	15:58.81 (31.82)	16:30.56 (31.75)	17:02.34 (31.78)	17:33.14 (30.80)	
4 Vester, Hannah R	19	William and Mary-VA	NT	17:35.86	
29.17	1:00.90 (31.73)	1:33.00 (32.10)	2:05.21 (32.21)		
2:37.52 (32.31)	3:09.71 (32.19)	3:41.89 (32.18)	4:13.97 (32.08)		
4:46.08 (32.11)	5:18.06 (31.98)	5:49.93 (31.87)	6:22.07 (32.14)		
6:54.08 (32.01)	7:26.10 (32.02)	7:58.04 (31.94)	8:30.09 (32.05)		
9:02.24 (32.15)	9:34.36 (32.12)	10:06.46 (32.10)	10:38.51 (32.05)		
11:10.52 (32.01)	11:42.61 (32.09)	12:14.71 (32.10)	12:46.87 (32.16)		
13:19.24 (32.37)	13:51.47 (32.23)	14:23.71 (32.24)	14:56.16 (32.45)		
15:28.41 (32.25)	16:00.53 (32.12)	16:32.62 (32.09)	17:04.58 (31.96)	17:35.86 (31.28)	
5 Solt, Shea S	21	Delaware-MA	NT	17:41.39	
29.31	1:00.99 (31.68)	1:33.19 (32.20)	2:05.47 (32.28)		
2:37.72 (32.25)	3:10.12 (32.40)	3:42.62 (32.50)	4:14.79 (32.17)		
4:47.01 (32.22)	5:19.24 (32.23)	5:51.50 (32.26)	6:23.58 (32.08)		
6:55.70 (32.12)	7:27.93 (32.23)	8:00.13 (32.20)	8:32.34 (32.21)		
9:04.33 (31.99)	9:36.55 (32.22)	10:08.95 (32.40)	10:41.11 (32.16)		
11:13.19 (32.08)	11:45.52 (32.33)	12:18.11 (32.59)	12:50.46 (32.35)		
13:22.84 (32.38)	13:55.38 (32.54)	14:27.90 (32.52)	15:00.18 (32.28)		
15:32.60 (32.42)	16:05.04 (32.44)	16:37.48 (32.44)	17:09.58 (32.10)	17:41.39 (31.81)	

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 3 Women 1650 Yard Freestyle)**

Name	Age	School	Seed Time	Finals Time	Points
6 Fuller, Selina D	18	William and Mary-VA	NT	17:50.02	
30.29	1:02.63 (32.34)	1:35.00 (32.37)	2:07.24 (32.24)		
2:39.67 (32.43)	3:11.76 (32.09)	3:44.13 (32.37)	4:16.69 (32.56)		
4:49.14 (32.45)	5:21.24 (32.10)	5:53.74 (32.50)	6:26.75 (33.01)		
6:59.23 (32.48)	7:31.72 (32.49)	8:04.91 (33.19)	8:37.64 (32.73)		
9:10.22 (32.58)	9:42.80 (32.58)	10:15.50 (32.70)	10:48.05 (32.55)		
11:20.33 (32.28)	11:52.69 (32.36)	12:25.32 (32.63)	12:57.89 (32.57)		
13:30.25 (32.36)	14:02.70 (32.45)	14:35.29 (32.59)	15:07.92 (32.63)		
15:40.79 (32.87)	16:13.63 (32.84)	16:46.19 (32.56)	17:18.53 (32.34)	17:50.02 (31.49)	
7 Johnson, Morgan	21	James Madison University-VA	NT	17:53.69	
29.87	1:01.64 (31.77)	1:33.71 (32.07)	2:05.73 (32.02)		
2:37.73 (32.00)	3:09.92 (32.19)	3:42.37 (32.45)	4:14.77 (32.40)		
4:46.95 (32.18)	5:19.18 (32.23)	5:51.40 (32.22)	6:23.84 (32.44)		
6:56.56 (32.72)	7:28.84 (32.28)	8:01.13 (32.29)	8:33.63 (32.50)		
9:06.22 (32.59)	9:38.68 (32.46)	10:11.49 (32.81)	10:44.03 (32.54)		
11:16.63 (32.60)	11:49.43 (32.80)	12:22.12 (32.69)	12:55.25 (33.13)		
13:29.06 (33.81)	14:02.34 (33.28)	14:35.59 (33.25)	15:08.90 (33.31)		
15:42.04 (33.14)	16:15.33 (33.29)	16:48.28 (32.95)	17:21.37 (33.09)	17:53.69 (32.32)	
8 Northshield, Megan M	21	Delaware-MA	NT	17:54.06	
9 Binkauskas, Danielle A	19	University of North Carolina W-NC	NT	17:58.62	
29.86	1:01.51 (31.65)	1:33.39 (31.88)	2:05.45 (32.06)		
2:37.58 (32.13)	3:09.92 (32.34)	3:42.34 (32.42)	4:14.62 (32.28)		
4:47.10 (32.48)	5:19.55 (32.45)	5:52.18 (32.63)	6:24.58 (32.40)		
6:57.33 (32.75)	7:30.01 (32.68)	8:02.86 (32.85)	8:35.87 (33.01)		
9:08.43 (32.56)	9:41.17 (32.74)	10:14.14 (32.97)	10:46.88 (32.74)		
11:19.94 (33.06)	11:53.02 (33.08)	12:26.14 (33.12)	12:59.45 (33.31)		
13:32.78 (33.33)	14:06.21 (33.43)	14:39.52 (33.31)	15:12.75 (33.23)		
15:46.25 (33.50)	16:19.72 (33.47)	16:53.01 (33.29)	17:26.25 (33.24)	17:58.62 (32.37)	
10 Smith, Ashley A	21	University of North Carolina W-NC	NT	18:01.13	
29.37	1:00.81 (31.44)	1:32.72 (31.91)	2:04.86 (32.14)		
2:37.19 (32.33)	3:09.41 (32.22)	3:41.64 (32.23)	4:13.98 (32.34)		
4:46.27 (32.29)	5:18.58 (32.31)	5:51.13 (32.55)	6:23.91 (32.78)		
6:56.38 (32.47)	7:29.05 (32.67)	8:01.76 (32.71)	8:34.82 (33.06)		
9:07.92 (33.10)	9:41.20 (33.28)	10:14.34 (33.14)	10:47.60 (33.26)		
11:21.12 (33.52)	11:54.66 (33.54)	12:27.67 (33.01)	13:01.07 (33.40)		
13:34.78 (33.71)	14:08.25 (33.47)	14:41.59 (33.34)	15:14.94 (33.35)		
15:48.42 (33.48)	16:21.87 (33.45)	16:55.64 (33.77)	17:28.98 (33.34)	18:01.13 (32.15)	
11 Marsilii, Elena E	20	William and Mary-VA	NT	18:22.51	

Event 4 Men 1650 Yard Freestyle

Name	Age	School	Seed Time	Finals Time	Points
1 Eiden, Joe P	18	William and Mary-VA	NT	16:27.18	
26.98	56.49 (29.51)	1:26.95 (30.46)	1:57.32 (30.37)		
2:27.15 (29.83)	2:57.40 (30.25)	3:27.97 (30.57)	3:58.02 (30.05)		
4:28.30 (30.28)	4:58.58 (30.28)	5:28.38 (29.80)	5:58.31 (29.93)		
6:28.27 (29.96)	6:58.48 (30.21)	7:28.21 (29.73)	7:58.19 (29.98)		
8:28.34 (30.15)	8:58.58 (30.24)	9:28.51 (29.93)	9:58.55 (30.04)		
10:29.02 (30.47)	10:59.12 (30.10)	11:29.32 (30.20)	11:59.46 (30.14)		
12:29.56 (30.10)	12:59.65 (30.09)	13:29.96 (30.31)	14:00.12 (30.16)		
14:30.04 (29.92)	15:00.08 (30.04)	15:29.75 (29.67)	15:59.05 (29.30)	16:27.18 (28.13)	
2 Camp, Cory D	18	Delaware-MA	NT	16:34.31	

2013 CAA POD Meet - 11/1/2013 to 11/2/2013

Results

(Event 4 Men 1650 Yard Freestyle)

Name	Age	School	Seed Time	Finals Time	Points
3 Wyand, Ross R	18	University of North Carolina W-NC	NT	16:35.50	
27.77	58.23 (30.46)	1:29.12 (30.89)	1:59.85 (30.73)		
2:30.35 (30.50)	3:00.89 (30.54)	3:31.61 (30.72)	4:02.18 (30.57)		
4:33.23 (31.05)	5:03.33 (30.10)	5:33.08 (29.75)	6:03.16 (30.08)		
6:33.61 (30.45)	7:04.03 (30.42)	7:34.16 (30.13)	8:04.39 (30.23)		
8:34.62 (30.23)	9:04.74 (30.12)	9:34.88 (30.14)	10:05.13 (30.25)		
10:35.29 (30.16)	11:05.41 (30.12)	11:35.67 (30.26)	12:05.87 (30.20)		
12:36.15 (30.28)	13:06.31 (30.16)	13:36.67 (30.36)	14:06.80 (30.13)		
14:36.74 (29.94)	15:06.72 (29.98)	15:36.70 (29.98)	16:06.70 (30.00)	16:35.50 (28.80)	
4 Cremer, Christian H	21	University of North Carolina W-NC	NT	16:39.78	
27.73	57.57 (29.84)	1:27.90 (30.33)	1:58.44 (30.54)		
2:29.00 (30.56)	2:59.70 (30.70)	3:30.27 (30.57)	4:01.01 (30.74)		
4:31.83 (30.82)	5:02.55 (30.72)	5:33.13 (30.58)	6:03.85 (30.72)		
6:34.45 (30.60)	7:05.08 (30.63)	7:35.75 (30.67)	8:06.49 (30.74)		
8:37.09 (30.60)	9:07.51 (30.42)	9:37.83 (30.32)	10:08.26 (30.43)		
10:38.61 (30.35)	11:09.06 (30.45)	11:39.66 (30.60)	12:10.29 (30.63)		
12:40.67 (30.38)	13:11.10 (30.43)	13:41.61 (30.51)	14:11.99 (30.38)		
14:42.27 (30.28)	15:12.96 (30.69)	15:42.28 (29.32)	16:11.33 (29.05)	16:39.78 (28.45)	
5 Poling, Tyler C	21	William and Mary-VA	NT	16:49.12	
6 Sharesky, Garrett B	19	Delaware-MA	NT	16:51.98	
27.13	57.23 (30.10)	1:27.33 (30.10)	1:57.90 (30.57)		
2:28.54 (30.64)	2:58.85 (30.31)	3:29.27 (30.42)	4:00.30 (31.03)		
4:31.44 (31.14)	5:02.18 (30.74)	5:32.99 (30.81)	6:03.72 (30.73)		
6:34.33 (30.61)	7:05.28 (30.95)	7:36.19 (30.91)	8:07.03 (30.84)		
8:38.06 (31.03)	9:09.62 (31.56)	9:40.41 (30.79)	10:11.49 (31.08)		
10:42.20 (30.71)	11:13.49 (31.29)	11:44.63 (31.14)	12:16.05 (31.42)		
12:46.75 (30.70)	13:17.51 (30.76)	13:48.28 (30.77)	14:19.39 (31.11)		
14:50.30 (30.91)	15:21.86 (31.56)	15:52.78 (30.92)	16:22.96 (30.18)	16:51.98 (29.02)	
7 Dempsey, Lukas A	20	William and Mary-VA	NT	17:05.63	
27.15	57.44 (30.29)	1:28.20 (30.76)	1:58.84 (30.64)		
2:29.58 (30.74)	3:00.42 (30.84)	3:31.45 (31.03)	4:02.22 (30.77)		
4:33.15 (30.93)	5:04.20 (31.05)	5:35.07 (30.87)	6:06.45 (31.38)		
6:37.76 (31.31)	7:09.28 (31.52)	7:40.65 (31.37)	8:12.09 (31.44)		
8:43.55 (31.46)	9:14.87 (31.32)	9:46.17 (31.30)	10:17.45 (31.28)		
10:48.71 (31.26)	11:20.16 (31.45)	11:51.48 (31.32)	12:23.01 (31.53)		
12:54.71 (31.70)	13:26.42 (31.71)	13:58.01 (31.59)	14:29.97 (31.96)		
15:01.80 (31.83)	15:33.72 (31.92)	16:04.86 (31.14)	16:35.77 (30.91)	17:05.63 (29.86)	
8 Cremer, Andrew B	19	University of North Carolina W-NC	NT	17:07.76	
9 Cudahy, Conor J	18	William and Mary-VA	NT	x17:09.98	
27.77	58.61 (30.84)	1:29.68 (31.07)	2:00.86 (31.18)		
2:31.65 (30.79)	3:02.88 (31.23)	3:33.82 (30.94)	4:05.07 (31.25)		
4:36.32 (31.25)	5:07.68 (31.36)	5:39.02 (31.34)	6:10.14 (31.12)		
6:41.20 (31.06)	7:12.48 (31.28)	7:43.78 (31.30)	8:15.13 (31.35)		
8:46.87 (31.74)	9:18.38 (31.51)	9:49.62 (31.24)	10:21.20 (31.58)		
10:52.91 (31.71)	11:24.38 (31.47)	11:55.98 (31.60)	12:27.58 (31.60)		
12:59.11 (31.53)	13:31.12 (32.01)	14:02.67 (31.55)	14:34.12 (31.45)		
15:05.55 (31.43)	15:37.33 (31.78)	16:08.85 (31.52)	16:39.95 (31.10)	17:09.98 (30.03)	

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 4 Men 1650 Yard Freestyle)**

Name	Age	School	Seed Time	Finals Time	Points
10 Kolwyck, Justin M	19	Delaware-MA	NT	17:15.84	
27.45	57.91 (30.46)	1:29.08 (31.17)	2:00.15 (31.07)		
2:31.74 (31.59)	3:03.25 (31.51)	3:34.64 (31.39)	4:06.04 (31.40)		
4:37.52 (31.48)	5:08.93 (31.41)	5:40.33 (31.40)	6:11.80 (31.47)		
6:43.25 (31.45)	7:14.86 (31.61)	7:46.40 (31.54)	8:17.91 (31.51)		
8:49.70 (31.79)	9:21.47 (31.77)	9:53.22 (31.75)	10:25.03 (31.81)		
10:56.91 (31.88)	11:28.71 (31.80)	12:00.46 (31.75)	12:32.10 (31.64)		
13:03.82 (31.72)	13:35.70 (31.88)	14:07.51 (31.81)	14:39.38 (31.87)		
15:11.09 (31.71)	15:42.67 (31.58)	16:14.39 (31.72)	16:45.51 (31.12)	17:15.84 (30.33)	

Event 5 Women 200 Yard Freestyle

Name	Age	School	Seed Time	Finals Time	Points
1 Holmgard, Kelsey	22	James Madison University-VA	NT	1:52.26	
26.89	54.94 (28.05)	1:23.45 (28.51)	1:52.26 (28.81)		
2 Bentley, Jen K	21	William and Mary-VA	NT	1:54.15	
27.08	56.32 (29.24)	1:25.48 (29.16)	1:54.15 (28.67)		
3 Molano, Carli		James Madison University-VA	NT	1:54.25	
27.13	55.79 (28.66)	1:25.00 (29.21)	1:54.25 (29.25)		
4 Zielinski, Kristen	19	James Madison University-VA	NT	1:55.56	
26.59	55.69 (29.10)	1:25.78 (30.09)	1:55.56 (29.78)		
*5 Fuller, Selina D	18	William and Mary-VA	NT	1:56.59	
27.62	57.21 (29.59)	1:27.56 (30.35)	1:56.59 (29.03)		
*5 Lazear, Brittany C	21	Delaware-MA	1:56.86	1:56.59	
26.88	56.30 (29.42)	1:26.13 (29.83)	1:56.59 (30.46)		
7 Klockner, Noelle A	19	William and Mary-VA	NT	1:56.71	
27.75	57.74 (29.99)	1:27.19 (29.45)	1:56.71 (29.52)		
8 Moore, Kelsey E	18	University of North Carolina W-NC	NT	1:56.78	
27.21	56.64 (29.43)	1:26.70 (30.06)	1:56.78 (30.08)		
9 Schwartz, Emily R	21	University of North Carolina W-NC	NT	1:56.83	
28.07	57.87 (29.80)	1:27.87 (30.00)	1:56.83 (28.96)		
10 Askin, Laura V	20	Delaware-MA	1:57.94	1:57.90	
28.18	58.62 (30.44)	1:28.96 (30.34)	1:57.90 (28.94)		
11 Weidner, Amanda F	19	William and Mary-VA	NT	x1:57.94	
27.33	57.10 (29.77)	1:27.54 (30.44)	1:57.94 (30.40)		
12 Rogers, Hunter H	18	University of North Carolina W-NC	NT	1:58.38	
28.15	58.50 (30.35)	1:28.72 (30.22)	1:58.38 (29.66)		
*13 Adkins, Claire	18	James Madison University-VA	NT	x1:58.49	
28.42	59.21 (30.79)	1:29.29 (30.08)	1:58.49 (29.20)		
*13 Montoya, Dominique L	19	Delaware-MA	1:55.86	1:58.49	
27.84	57.55 (29.71)	1:27.97 (30.42)	1:58.49 (30.52)		
15 Shaver, Heather D	19	University of North Carolina W-NC	NT	x1:59.04	
27.76	57.63 (29.87)	1:28.17 (30.54)	1:59.04 (30.87)		
16 Baird, Joanna B	20	Delaware-MA	NT	x2:02.90	
27.96	58.42 (30.46)	1:30.47 (32.05)	2:02.90 (32.43)		

Event 6 Men 200 Yard Freestyle

Name	Age	School	Seed Time	Finals Time	Points
1 Russell, Billy N	19	William and Mary-VA	NT	1:42.04	
24.06	50.11 (26.05)	1:16.27 (26.16)	1:42.04 (25.77)		
2 Thran, Gabe D	21	University of North Carolina W-NC	NT	1:42.56	
24.62	51.10 (26.48)	1:16.64 (25.54)	1:42.56 (25.92)		
3 Albert, Everett H	19	Delaware-MA	1:44.23	1:44.22	
25.10	51.76 (26.66)	1:18.07 (26.31)	1:44.22 (26.15)		

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 6 Men 200 Yard Freestyle)**

	Name	Age	School	Seed Time	Finals Time	Points
4	Labonge, Alex A	20	University of North Carolina W-NC	NT	1:44.57	
	24.14	50.76 (26.62)	1:17.77 (27.01)	1:44.57 (26.80)		
5	O'Donnell, Jeremiah J	19	William and Mary-VA	NT	1:44.76	
	24.37	50.94 (26.57)	1:17.99 (27.05)	1:44.76 (26.77)		
6	Liu, Sihan	19	Delaware-MA	1:45.50	1:44.85	
	24.00	50.59 (26.59)	1:17.42 (26.83)	1:44.85 (27.43)		
7	Clarke, Taegan M	20	William and Mary-VA	NT	1:44.94	
	24.51	51.03 (26.52)	1:18.02 (26.99)	1:44.94 (26.92)		
8	Dove, Sawyer S	19	University of North Carolina W-NC	NT	1:45.39	
	24.84	51.39 (26.55)	1:17.97 (26.58)	1:45.39 (27.42)		
9	Clarke, Risten J	18	William and Mary-VA	NT	x1:46.28	
	25.15	52.26 (27.11)	1:18.95 (26.69)	1:46.28 (27.33)		
10	Hammond, Nik S	19	University of North Carolina W-NC	NT	x1:46.55	
	24.00	50.41 (26.41)	1:18.31 (27.90)	1:46.55 (28.24)		
11	Camp, Cory D	18	Delaware-MA	NT	1:47.70	
	24.84	51.97 (27.13)	1:19.80 (27.83)	1:47.70 (27.90)		
12	Kuriga, Lucas A	20	Delaware-MA	1:49.22	x1:49.75	
	25.09	52.83 (27.74)	1:21.40 (28.57)	1:49.75 (28.35)		

Event 7 Women 100 Yard Backstroke

	Name	Age	School	Seed Time	Finals Time	Points
1	Rittenhouse, Sophie C	18	William and Mary-VA	NT	56.95	
	28.02	56.95 (28.93)				
2	Glenn, Liz L	21	William and Mary-VA	NT	57.56	
	28.49	57.56 (29.07)				
3	Stephenson, Hannah S	20	University of North Carolina W-NC	NT	57.72	
	28.36	57.72 (29.36)				
4	Gargula, Catherine M	20	University of North Carolina W-NC	NT	58.87	
	28.47	58.87 (30.40)				
5	Sanders, Alyssa M	19	Delaware-MA	58.99	59.22	
	28.84	59.22 (30.38)				
6	Edsall, Kacy		James Madison University-VA	NT	59.26	
	28.67	59.26 (30.59)				
7	Clarke, Stephanie		James Madison University-VA	NT	59.30	
	28.78	59.30 (30.52)				
8	Russell, Jessica E	18	William and Mary-VA	NT	59.82	
	28.89	59.82 (30.93)				
9	Vieni, Jennifer	18	James Madison University-VA	NT	59.94	
	29.27	59.94 (30.67)				
10	Thomas, Katie M	20	William and Mary-VA	NT	x1:00.54	
	29.90	1:00.54 (30.64)				
11	Santangelo, Alyssa L	18	Delaware-MA	1:00.54	1:00.58	
	29.16	1:00.58 (31.42)				
12	Crawford, Jackie		James Madison University-VA	NT	x1:00.85	
	29.86	1:00.85 (30.99)				
13	Harrison, Thalia	20	University of North Carolina W-NC	NT	1:01.20	
	29.92	1:01.20 (31.28)				
14	Folmar, Bailey A	18	University of North Carolina W-NC	NT	x1:01.23	
	29.52	1:01.23 (31.71)				
15	Tracy, Maggie E	20	Delaware-MA	NT	1:01.73	
	30.09	1:01.73 (31.64)				
16	Ogden, Katie L	18	Delaware-MA	1:02.93	x1:02.88	
	30.61	1:02.88 (32.27)				

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****Event 8 Men 100 Yard Backstroke**

	Name	Age	School	Seed Time	Finals Time	Points
1	Manion, Will G	20	William and Mary-VA	NT	49.89	
	24.21	49.89 (25.68)				
2	Halonon, Valtteri A	21	University of North Carolina W-NC	NT	50.09	
	24.11	50.09 (25.98)				
3	Baric, Michael J	21	University of North Carolina W-NC	NT	50.77	
	24.77	50.77 (26.00)				
4	Conrad, Eric V	21	University of North Carolina W-NC	NT	51.62	
	24.96	51.62 (26.66)				
5	Barden, Justin A	19	William and Mary-VA	NT	51.84	
	24.95	51.84 (26.89)				
6	Ware, Timothy F	20	Delaware-MA	51.77	52.14	
	25.14	52.14 (27.00)				
7	Hillsley, Alex V	18	Delaware-MA	52.29	52.76	
	25.72	52.76 (27.04)				
8	Glass, Austin R	19	William and Mary-VA	NT	53.46	
	25.89	53.46 (27.57)				
9	Copeland, Chase W	21	University of North Carolina W-NC	NT	x54.32	
	26.27	54.32 (28.05)				
10	Henderson, Alex A	18	William and Mary-VA	NT	x54.95	
	26.82	54.95 (28.13)				
11	Panaccione, AJ J	20	Delaware-MA	54.69	55.21	
	26.74	55.21 (28.47)				
---	Nowakowski, Chad T	20	William and Mary-VA	NT	X56.25	
	27.32	56.25 (28.93)				

Event 9 Women 100 Yard Breaststroke

	Name	Age	School	Seed Time	Finals Time	Points
1	Won, Sin Hye	22	James Madison University-VA	NT	1:04.03	
	30.18	1:04.03 (33.85)				
2	Engen, Jenson N	19	University of North Carolina W-NC	NT	1:04.78	
	30.85	1:04.78 (33.93)				
3	Souther, Christine A	19	University of North Carolina W-NC	NT	1:05.42	
	30.86	1:05.42 (34.56)				
4	Dubay, Shannon	21	James Madison University-VA	NT	1:05.63	
	31.54	1:05.63 (34.09)				
5	Presgraves, Amanda		James Madison University-VA	NT	1:05.87	
	31.03	1:05.87 (34.84)				
6	Nunes, Annie E	18	Delaware-MA	1:05.66	1:06.10	
	30.97	1:06.10 (35.13)				
7	Ostrom, Kathryn M	18	University of North Carolina W-NC	NT	1:06.32	
	31.35	1:06.32 (34.97)				
8	Smith, Sara M	20	University of North Carolina W-NC	NT	x1:08.15	
	32.70	1:08.15 (35.45)				
9	Pate, Emily B	19	Delaware-MA	1:08.50	1:08.66	
	32.66	1:08.66 (36.00)				
10	Christy, Allie L	19	William and Mary-VA	NT	1:09.62	
	32.58	1:09.62 (37.04)				
11	Gargula, Mary	22	James Madison University-VA	NT	x1:09.84	
	32.81	1:09.84 (37.03)				
12	Mizerak, Courtney G	19	William and Mary-VA	NT	1:10.11	
	32.45	1:10.11 (37.66)				
13	Montoya, Dominique L	19	Delaware-MA	NT	1:10.14	
	32.81	1:10.14 (37.33)				

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 9 Women 100 Yard Breaststroke)**

Name	Age	School	Seed Time	Finals Time	Points
14 Novak, Haley M	19	Delaware-MA	1:10.05	x1:10.99	
33.70	1:10.99 (37.29)				
15 Shaner, Sara A	22	William and Mary-VA	NT	1:11.50	
33.45	1:11.50 (38.05)				
16 Collins, Liz B	20	William and Mary-VA	NT	x1:12.12	
33.89	1:12.12 (38.23)				

Event 10 Men 100 Yard Breaststroke

Name	Age	School	Seed Time	Finals Time	Points
1 Strait, Andrew W	21	William and Mary-VA	NT	56.32	
26.65	56.32 (29.67)				
2 Dong, Chris	19	William and Mary-VA	NT	58.31	
27.27	58.31 (31.04)				
3 Dozier, Daniel A	19	University of North Carolina W-NC	NT	59.19	
27.81	59.19 (31.38)				
4 Zimmt, Josh B	18	William and Mary-VA	NT	59.26	
27.62	59.26 (31.64)				
5 Head, Carter L	20	William and Mary-VA	NT	x1:00.12	
28.08	1:00.12 (32.04)				
6 Brittain, Marc W	18	University of North Carolina W-NC	NT	1:01.08	
28.63	1:01.08 (32.45)				
7 DeLuce, Peter D	19	Delaware-MA	1:01.99	1:01.93	
29.05	1:01.93 (32.88)				
8 Beinhart, Corey A	18	Delaware-MA	1:01.42	1:02.52	
29.12	1:02.52 (33.40)				
9 Murphy, Brian R	19	Delaware-MA	1:03.07	1:02.84	
29.48	1:02.84 (33.36)				
10 Bechtold, Leander A	17	Delaware-MA	NT	x1:05.80	
30.93	1:05.80 (34.87)				

Event 11 Women 200 Yard Butterfly

Name	Age	School	Seed Time	Finals Time	Points
1 Criscuolo, Melissa	21	James Madison University-VA	NT	2:06.85	
29.26	1:01.03 (31.77)	1:33.75 (32.72)	2:06.85 (33.10)		
2 Hooper, Aimee	20	James Madison University-VA	NT	2:08.58	
29.53	1:01.77 (32.24)	1:34.90 (33.13)	2:08.58 (33.68)		
3 Ustjanskas, Jessie C	19	William and Mary-VA	NT	2:09.60	
28.43	1:01.26 (32.83)	1:34.48 (33.22)	2:09.60 (35.12)		
*4 Northshield, Megan M	21	Delaware-MA	2:09.40	2:09.61	
29.33	1:01.84 (32.51)	1:35.53 (33.69)	2:09.61 (34.08)		
*4 Martin, Cameron		James Madison University-VA	NT	2:09.61	
29.72	1:02.40 (32.68)	1:35.97 (33.57)	2:09.61 (33.64)		
6 Yi, Lauren G	18	William and Mary-VA	NT	2:10.77	
29.57	1:02.85 (33.28)	1:36.93 (34.08)	2:10.77 (33.84)		
7 Wolla, Kaitlin A	21	Delaware-MA	2:09.63	2:10.86	
30.03	1:03.64 (33.61)	1:37.35 (33.71)	2:10.86 (33.51)		
8 Smith, Sara M	20	University of North Carolina W-NC	NT	2:11.41	
29.93	1:03.55 (33.62)	1:37.21 (33.66)	2:11.41 (34.20)		
9 Werkiser, Emma M	19	University of North Carolina W-NC	NT	2:13.00	
30.52	1:04.45 (33.93)	1:38.69 (34.24)	2:13.00 (34.31)		
10 Spicher, Rebecca L	20	William and Mary-VA	NT	2:13.06	
30.23	1:03.76 (33.53)	1:37.91 (34.15)	2:13.06 (35.15)		
11 Marrese, Kathleen P	21	University of North Carolina W-NC	NT	2:13.13	
30.42	1:04.23 (33.81)	1:38.76 (34.53)	2:13.13 (34.37)		

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 11 Women 200 Yard Butterfly)**

Name	Age	School	Seed Time	Finals Time	Points
12 Lazear, Brittany C	21	Delaware-MA	NT	2:15.25	
29.98	1:03.03 (33.05)	1:38.47 (35.44)	2:15.25 (36.78)		

Event 12 Men 200 Yard Butterfly

Name	Age	School	Seed Time	Finals Time	Points
1 Natal, Ryan R	19	William and Mary-VA	NT	1:54.93	
26.03	55.47 (29.44)	1:25.07 (29.60)	1:54.93 (29.86)		
2 Higgins, Sean M	18	William and Mary-VA	NT	1:55.08	
26.74	55.94 (29.20)	1:25.65 (29.71)	1:55.08 (29.43)		
3 Marquez, Matthew T	21	Delaware-MA	1:54.17	1:55.10	
26.07	55.53 (29.46)	1:25.67 (30.14)	1:55.10 (29.43)		
4 Sowers, Zach B	19	University of North Carolina W-NC	NT	1:55.15	
26.22	55.91 (29.69)	1:25.04 (29.13)	1:55.15 (30.11)		
5 Laliberte, Jeff D	19	University of North Carolina W-NC	NT	1:57.56	
26.48	55.67 (29.19)	1:26.04 (30.37)	1:57.56 (31.52)		
6 Lowe, Zachary S	21	Delaware-MA	1:58.65	1:59.25	
26.36	56.03 (29.67)	1:27.34 (31.31)	1:59.25 (31.91)		
7 West, Timothy K	20	Delaware-MA	2:01.46	1:59.46	
26.36	56.58 (30.22)	1:27.80 (31.22)	1:59.46 (31.66)		
8 DeLeon, Nick M	18	William and Mary-VA	NT	1:59.98	
26.89	56.82 (29.93)	1:27.51 (30.69)	1:59.98 (32.47)		
9 Rittenhouse, John H	22	William and Mary-VA	NT	x2:01.13	
26.54	56.32 (29.78)	1:27.24 (30.92)	2:01.13 (33.89)		
10 Daniel, Matt R	18	Delaware-MA	2:02.19	x2:02.13	
26.25	56.38 (30.13)	1:27.73 (31.35)	2:02.13 (34.40)		

Event 13 Women 50 Yard Freestyle

Name	Age	School	Seed Time	Finals Time	Points
1 Gingher, Susanne	21	James Madison University-VA	NT	23.54	
2 Howard, Megan D	20	William and Mary-VA	NT	23.58	
3 Miller, Jaimie C	18	William and Mary-VA	NT	24.32	
4 Sears, Rachel A	21	University of North Carolina W-NC	NT	24.42	
5 Whyte, Morgan M	19	Delaware-MA	23.86	24.43	
6 Tracy, Maggie E	20	Delaware-MA	24.50	24.48	
7 Klockner, Noelle A	19	William and Mary-VA	NT	24.68	
8 Tomko, Chelsea M	20	University of North Carolina W-NC	NT	24.75	
9 Schneider, Greta L	20	William and Mary-VA	NT	x25.04	
*10 Dubay, Shannon	21	James Madison University-VA	NT	25.06	
*10 Harris, Mary Kay R	22	Delaware-MA	25.00	25.06	
12 Lohr, Katie M	21	University of North Carolina W-NC	NT	25.19	
13 Dangremond, Courtney L	20	University of North Carolina W-NC	NT	x25.20	
14 Clark, Ashley		James Madison University-VA	NT	25.42	
15 Askin, Laura V	20	Delaware-MA	NT	x25.79	
16 Tremols, Nina	18	James Madison University-VA	NT	x27.19	

Event 14 Men 50 Yard Freestyle

Name	Age	School	Seed Time	Finals Time	Points
1 Gallene, Joe A	21	University of North Carolina W-NC	NT	21.15	
2 Labonge, Alex A	20	University of North Carolina W-NC	NT	21.33	
3 Russell, Billy N	19	William and Mary-VA	NT	21.38	
4 Gaertner, Drew T	20	University of North Carolina W-NC	NT	21.55	
5 Salzman, Adam J	20	University of North Carolina W-NC	NT	x21.71	
6 Montes de Oca, Alex F	18	William and Mary-VA	NT	21.86	

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 14 Men 50 Yard Freestyle)**

Name	Age	School	Seed Time	Finals Time	Points
7 Liu, Sihan	19	Delaware-MA	21.83	21.89	
8 Clark, Cole M	21	Delaware-MA	22.03	21.97	
9 Rogers, Greg C	18	William and Mary-VA	NT	22.00	
10 Dearstyne, Trevor K	18	Delaware-MA	22.20	22.18	
11 Robert, Ian M	19	William and Mary-VA	NT	x22.26	
12 Elder, Tomas	18	Delaware-MA	22.10	x22.36	

Event 15 Women 400 Yard IM

Name	Age	School	Seed Time	Finals Time	Points
1 Holmgaard, Kelsey	22	James Madison University-VA	NT	4:31.98	
27.71	59.44 (31.73)	1:34.51 (35.07)	2:09.03 (34.52)		
2:48.38 (39.35)	3:27.39 (39.01)	4:00.08 (32.69)	4:31.98 (31.90)		
2 Morrison, Addy	21	James Madison University-VA	NT	4:39.03	
30.39	1:04.56 (34.17)	1:39.90 (35.34)	2:14.91 (35.01)		
2:53.47 (38.56)	3:33.14 (39.67)	4:06.44 (33.30)	4:39.03 (32.59)		
3 Solt, Shea S	21	Delaware-MA	4:35.11	4:40.32	
29.68	1:03.96 (34.28)	1:41.05 (37.09)	2:17.16 (36.11)		
2:57.41 (40.25)	3:38.25 (40.84)	4:10.47 (32.22)	4:40.32 (29.85)		
4 Boyle, Casie N	20	University of North Carolina W-NC	NT	4:40.41	
30.14	1:04.06 (33.92)	1:40.64 (36.58)	2:15.89 (35.25)		
2:56.95 (41.06)	3:37.73 (40.78)	4:09.77 (32.04)	4:40.41 (30.64)		
5 Farrell, Hailey C	20	Delaware-MA	NT	4:41.44	
30.75	1:05.74 (34.99)	1:41.72 (35.98)	2:17.05 (35.33)		
2:57.21 (40.16)	3:37.79 (40.58)	4:10.07 (32.28)	4:41.44 (31.37)		
6 Ahrens, Lauren M	21	Delaware-MA	4:39.33	4:41.89	
29.62	1:03.47 (33.85)	1:40.46 (36.99)	2:16.78 (36.32)		
2:56.79 (40.01)	3:38.17 (41.38)	4:10.15 (31.98)	4:41.89 (31.74)		
7 Moore, Kelsey E	18	University of North Carolina W-NC	NT	4:42.49	
29.67	1:04.44 (34.77)	1:39.91 (35.47)	2:14.95 (35.04)		
2:55.90 (40.95)	3:38.02 (42.12)	4:10.67 (32.65)	4:42.49 (31.82)		
8 McDonald, Delaney R	18	University of North Carolina W-NC	NT	4:43.45	
29.63	1:03.77 (34.14)	1:40.47 (36.70)	2:16.85 (36.38)		
2:56.73 (39.88)	3:37.66 (40.93)	4:11.02 (33.36)	4:43.45 (32.43)		
9 Henry, Devin N	21	William and Mary-VA	NT	4:43.94	
30.25	1:04.58 (34.33)	1:40.61 (36.03)	2:16.28 (35.67)		
2:56.91 (40.63)	3:38.53 (41.62)	4:11.33 (32.80)	4:43.94 (32.61)		
10 Lomicka, Jenny A	19	William and Mary-VA	NT	4:47.06	
30.58	1:06.01 (35.43)	1:43.50 (37.49)	2:20.70 (37.20)		
3:01.24 (40.54)	3:42.07 (40.83)	4:15.01 (32.94)	4:47.06 (32.05)		
11 Johnson, Morgan	21	James Madison University-VA	NT	4:48.46	
30.39	1:05.13 (34.74)	1:42.07 (36.94)	2:17.53 (35.46)		
3:00.43 (42.90)	3:43.71 (43.28)	4:16.23 (32.52)	4:48.46 (32.23)		
12 Novak, Haley M	19	Delaware-MA	NT	x4:53.15	
30.66	1:06.25 (35.59)	1:45.73 (39.48)	2:24.07 (38.34)		
3:04.10 (40.03)	3:45.25 (41.15)	4:19.58 (34.33)	4:53.15 (33.57)		
13 Collins, Liz B	20	William and Mary-VA	NT	4:54.27	
32.07	1:07.77 (35.70)	1:48.26 (40.49)	2:26.61 (38.35)		
3:07.35 (40.74)	3:47.76 (40.41)	4:21.53 (33.77)	4:54.27 (32.74)		
14 Carpenter, Emma K	20	William and Mary-VA	NT	x5:00.02	
31.88	1:08.53 (36.65)	1:47.58 (39.05)	2:25.89 (38.31)		
3:07.86 (41.97)	3:50.19 (42.33)	4:25.77 (35.58)	5:00.02 (34.25)		

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****Event 16 Men 400 Yard IM**

Name	Age	School	Seed Time	Finals Time	Points
1 Tooley, Alex L	19	Delaware-MA	4:05.30	4:06.97	
26.01	55.37 (29.36)	1:27.96 (32.59)	2:01.07 (33.11)		
2:35.46 (34.39)	3:10.33 (34.87)	3:38.92 (28.59)	4:06.97 (28.05)		
2 O'Donnell, Jeremiah J	19	William and Mary-VA	NT	4:07.17	
25.96	55.53 (29.57)	1:28.37 (32.84)	2:00.79 (32.42)		
2:35.50 (34.71)	3:11.13 (35.63)	3:39.78 (28.65)	4:07.17 (27.39)		
3 Higgins, Sean M	18	William and Mary-VA	NT	4:10.77	
26.78	56.31 (29.53)	1:28.97 (32.66)	2:00.95 (31.98)		
2:37.28 (36.33)	3:13.99 (36.71)	3:43.26 (29.27)	4:10.77 (27.51)		
4 Nyce, Andrew S	19	William and Mary-VA	NT	4:10.79	
26.11	55.90 (29.79)	1:28.57 (32.67)	2:00.41 (31.84)		
2:35.97 (35.56)	3:12.09 (36.12)	3:41.94 (29.85)	4:10.79 (28.85)		
5 Bowles, Charley P	19	William and Mary-VA	NT	x4:14.49	
16.30	57.58 (41.28)	1:29.83 (32.25)	2:01.66 (31.83)		
2:37.92 (36.26)	3:14.90 (36.98)	3:44.89 (29.99)	4:14.49 (29.60)		
6 Rayle, Alex S	18	University of North Carolina W-NC	NT	4:16.11	
27.78	58.77 (30.99)	1:30.80 (32.03)	2:02.86 (32.06)		
2:39.06 (36.20)	3:15.73 (36.67)	3:46.34 (30.61)	4:16.11 (29.77)		
7 Rios, Jorge G	18	Delaware-MA	4:16.19	4:16.17	
25.84	55.73 (29.89)	1:27.19 (31.46)	1:58.44 (31.25)		
2:36.80 (38.36)	3:16.17 (39.37)	3:46.44 (30.27)	4:16.17 (29.73)		
8 West, Timothy K	20	Delaware-MA	4:18.24	4:19.31	
26.71	56.97 (30.26)	1:31.42 (34.45)	2:05.29 (33.87)		
2:43.11 (37.82)	3:20.31 (37.20)	3:50.73 (30.42)	4:19.31 (28.58)		
9 Wyand, Ross R	18	University of North Carolina W-NC	NT	4:19.54	
26.58	57.66 (31.08)	1:32.27 (34.61)	2:05.99 (33.72)		
2:42.85 (36.86)	3:19.77 (36.92)	3:50.38 (30.61)	4:19.54 (29.16)		
10 Copeland, Chase W	21	University of North Carolina W-NC	NT	4:22.29	
28.14	1:00.12 (31.98)	1:33.19 (33.07)	2:06.67 (33.48)		
2:43.95 (37.28)	3:22.00 (38.05)	3:52.49 (30.49)	4:22.29 (29.80)		
11 Topping, Stephen A	20	University of North Carolina W-NC	NT	x4:24.35	
26.13	55.89 (29.76)	1:29.75 (33.86)	2:03.46 (33.71)		
2:43.54 (40.08)	3:24.77 (41.23)	3:55.36 (30.59)	4:24.35 (28.99)		
12 Panaccione, AJ J	20	Delaware-MA	NT	x4:30.18	
27.94	1:00.86 (32.92)	1:33.57 (32.71)	2:06.53 (32.96)		
2:47.14 (40.61)	3:27.88 (40.74)	3:59.63 (31.75)	4:30.18 (30.55)		
--- Head, Carter L	20	William and Mary-VA	NT	X4:17.55	
26.76	57.57 (30.81)	1:30.67 (33.10)	2:03.64 (32.97)		
2:40.10 (36.46)	3:17.00 (36.90)	3:47.62 (30.62)	4:17.55 (29.93)		

Event 17 Women 200 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time	Points
1 William and Mary-VA	A	NT	1:36.06	
1) Howard, Megan D 20	2) Miller, Jaimie C 18	3) Klockner, Noelle A 19	4) Ustjanauskas, Jessie C 19	
23.87	47.90 (24.03)	1:11.80 (23.90)	1:36.06 (24.26)	
2 Delaware-MA	A	1:34.39	1:36.34	
1) Tracy, Maggie E 20	2) Harris, Mary Kay R 22	3) Montoya, Dominique L 19	4) Whyte, Morgan M 19	
24.61	48.63 (24.02)	1:12.88 (24.25)	1:36.34 (23.46)	
3 James Madison University-VA	A	NT	1:36.91	
1) Molano, Carli	2) Zielinski, Kristen 19	3) Dubay, Shannon 21	4) Gingham, Susanne 21	
24.66	49.61 (24.95)	1:13.94 (24.33)	1:36.91 (22.97)	
4 University of North Carolina W-NC	A	NT	1:37.32	
1) Tomko, Chelsea M 20	2) Lohr, Katie M 21	3) Dangremond, Courtney L 20	4) Sears, Rachel A 21	
24.77	49.28 (24.51)	1:13.61 (24.33)	1:37.32 (23.71)	

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 17 Women 200 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
5 William and Mary-VA	B	NT	1:38.25	
1) Schad, Sara E 19	2) Schneider, Greta L 20	3) Crompton, Georgie R 18	4) Shaner, Sara A 22	
25.00	49.00 (24.00)	1:13.71 (24.71)	1:38.25 (24.54)	
6 James Madison University-VA	B	NT	1:39.23	
1) Vieni, Jennifer 18	2) Clark, Ashley	3) Edsall, Kacy	4) Clarke, Stephanie	
25.26	50.00 (24.74)	1:14.83 (24.83)	1:39.23 (24.40)	
7 University of North Carolina W-NC	B	NT	1:40.26	
1) Souther, Christine A 19	2) Shaver, Heather D 19	3) Rogers, Hunter H 18	4) Werkiser, Emma M 19	
25.15	50.52 (25.37)	1:15.38 (24.86)	1:40.26 (24.88)	
8 Delaware-MA	B	1:36.92	1:41.55	
1) Santangelo, Alyssa L 18	2) Lazear, Brittany C 21	3) Askin, Laura V 20	4) Gillespie, Tori A 21	
25.70	50.89 (25.19)	1:16.38 (25.49)	1:41.55 (25.17)	

Event 18 Men 200 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time	Points
1 University of North Carolina W-NC	A	NT	1:24.63	
1) Gaertner, Drew T 20	2) Sowers, Zach B 19	3) Salzman, Adam J 20	4) Gallene, Joe A 21	
21.60	43.05 (21.45)	1:04.24 (21.19)	1:24.63 (20.39)	
2 William and Mary-VA	B	NT	1:24.89	
1) Russell, Billy N 19	2) Rogers, Greg C 18	3) Montes de Oca, Alex F 18	4) Eiden, Joe P 18	
21.39	42.83 (21.44)	1:03.73 (20.90)	1:24.89 (21.16)	
3 University of North Carolina W-NC	B	NT	1:25.01	
1) Labonge, Alex A 20	2) Dove, Sawyer S 19	3) Tyler, Ned J 21	4) Thran, Gabe D 21	
21.53	43.31 (21.78)	1:04.25 (20.94)	1:25.01 (20.76)	
4 Delaware-MA	A	1:26.81	1:26.65	
1) Liu, Sihan 19	2) Elder, Tomas 18	3) Dearstyne, Trevor K 18	4) Clark, Cole M 21	
21.88	43.54 (21.66)	1:05.12 (21.58)	1:26.65 (21.53)	
5 William and Mary-VA	A	NT	1:26.88	
1) Clarke, Taegan M 20	2) Clarke, Risten J 18	3) Robert, Ian M 19	4) Natal, Ryan R 19	
21.90	43.53 (21.63)	1:05.32 (21.79)	1:26.88 (21.56)	
6 Delaware-MA	B	1:29.99	1:32.46	
1) Kuriga, Lucas A 20	2) Daniel, Matt R 18	3) Camp, Cory D 18	4) Bechtold, Leander A 17	
23.01	45.27 (22.26)	1:08.46 (23.19)	1:32.46 (24.00)	

Event 19 Women 1 mtr Diving

Name	Age	School	Finals Score	Points
1 Congdon, Kristina K	19	Delaware-MA	266.32	250.65
2 McLaughlin, Taryn		James Madison University-VA	NP	247.20
3 Lehman, Olivia	18	James Madison University-VA	NP	232.85
4 Alexander, Carly		James Madison University-VA	NP	230.70
5 Keefer, Lize A	20	Delaware-MA	236.40	209.55
6 Stockwell, Caitlin L	19	Delaware-MA	257.03	209.05
7 Sheppard, Katie	18	James Madison University-VA	NP	x200.65
8 Kotowski, Kyle-Lynn L	21	University of North Carolina W-NC	NP	163.65
9 Caruso, Kimberly L	19	Delaware-MA	NP	x161.35
10 Reilly, Nathalie A	21	University of North Carolina W-NC	NP	143.90

Event 20 Men 1 mtr Diving

Name	Age	School	Finals Score	Points
1 Crosby, Allen W	18	University of North Carolina W-NC	NP	279.10
2 McCann, Patrick C	19	Delaware-MA	225.45	258.15
3 Seymour, Chase R	21	University of North Carolina W-NC	NP	246.70
4 Hall, Colin T	19	Delaware-MA	244.13	236.90
5 Lane, Nathan A	19	University of North Carolina W-NC	NP	234.15

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 20 Men 1 mtr Diving)**

Name	Age	School	Finals Score	Points
6 Green, Brian D	17	Delaware-MA	244.95	233.30

Event 21 Women 3 mtr Diving

Name	Age	School	Finals Score	Points
1 McLaughlin, Taryn		James Madison University-VA	NP	284.90
2 Congdon, Kristina K	19	Delaware-MA	281.02	253.35
3 Alexander, Carly		James Madison University-VA	NP	245.95
4 Stockwell, Caitlin L	19	Delaware-MA	252.07	228.70
5 Lehman, Olivia	18	James Madison University-VA	NP	224.20
6 Keefer, Lize A	20	Delaware-MA	241.57	219.55
7 Sheppard, Katie	18	James Madison University-VA	NP	x206.65
8 Caruso, Kimberly L	19	Delaware-MA	NP	x191.25
9 Reilly, Nathalie A	21	University of North Carolina W-NC	NP	162.25
10 Kotowski, Kyle-Lynn L	21	University of North Carolina W-NC	NP	122.05

Event 22 Men 3 mtr Diving

Name	Age	School	Finals Score	Points
1 Green, Brian D	17	Delaware-MA	227.40	268.60
2 Crosby, Allen W	18	University of North Carolina W-NC	NP	253.70
3 McCann, Patrick C	19	Delaware-MA	220.72	246.30
4 Seymour, Chase R	21	University of North Carolina W-NC	NP	223.75
5 Lane, Nathan A	19	University of North Carolina W-NC	NP	161.15

Event 23 Women 200 Yard Medley Relay

Team	Relay	Seed Time	Finals Time	Points
1 James Madison University-VA	A	NT	1:45.51	
1) Edsall, Kacy	2) Won, Sin Hye 22	3) Dubay, Shannon 21	4) Gingher, Susanne 21	
27.94	56.90 (28.96)	1:22.22 (25.32)	1:45.51 (23.29)	
2 William and Mary-VA	A	NT	1:47.53	
1) Rittenhouse, Sophie C 18	2) Mizerak, Courtney G 19	3) Ustjanauskas, Jessie C 19	4) Schneider, Greta L 20	
27.24	58.10 (30.86)	1:23.38 (25.28)	1:47.53 (24.15)	
3 Delaware-MA	A	1:46.19	1:47.87	
1) Sanders, Alyssa M 19	2) Nunes, Annie E 18	3) Gillespie, Tori A 21	4) Whyte, Morgan M 19	
28.02	57.65 (29.63)	1:23.72 (26.07)	1:47.87 (24.15)	
4 University of North Carolina W-NC	A	NT	1:47.89	
1) Stephenson, Hannah S 20	2) Engen, Jenson N 19	3) Gargula, Catherine M 20	4) Sears, Rachel A 21	
27.72	58.32 (30.60)	1:24.38 (26.06)	1:47.89 (23.51)	
5 James Madison University-VA	B	NT	1:49.04	
1) Clarke, Stephanie	2) Presgraves, Amanda	3) Criscuolo, Melissa 21	4) Vieni, Jennifer 18	
28.26	58.27 (30.01)	1:24.42 (26.15)	1:49.04 (24.62)	
6 William and Mary-VA	B	NT	1:49.38	
1) Klockner, Noelle A 19	2) Christy, Allie L 19	3) Schad, Sara E 19	4) Shaner, Sara A 22	
27.75	59.18 (31.43)	1:25.07 (25.89)	1:49.38 (24.31)	
7 University of North Carolina W-NC	B	NT	1:50.75	
1) Harrison, Thalia 20	2) Ostrom, Kathryn M 18	3) Werkiser, Emma M 19	4) Dangremond, Courtney L 20	
28.70	59.12 (30.42)	1:26.09 (26.97)	1:50.75 (24.66)	
8 Delaware-MA	B	NT	1:52.00	
1) Santangelo, Alyssa L 18	2) Pate, Emily B 19	3) Wolla, Kaitlin A 21	4) Solt, Shea S 21	
28.15	59.48 (31.33)	1:26.02 (26.54)	1:52.00 (25.98)	

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****Event 24 Men 200 Yard Medley Relay**

Team	Relay	Seed Time	Finals Time	Points
1 William and Mary-VA	A	NT	1:32.14	
1) Manion, Will G 20	2) Strait, Andrew W 21	3) Barden, Justin A 19	4) Russell, Billy N 19	
23.82	49.36 (25.54)	1:11.71 (22.35)	1:32.14 (20.43)	
2 University of North Carolina W-NC	A	NT	1:32.65	
1) Halonen, Valtteri A 21	2) Baric, Michael J 21	3) Sowers, Zach B 19	4) Gallene, Joe A 21	
23.42	49.57 (26.15)	1:12.15 (22.58)	1:32.65 (20.50)	
3 University of North Carolina W-NC	B	NT	1:35.19	
1) Conrad, Eric V 21	2) Dozier, Daniel A 19	3) Tyler, Ned J 21	4) Gaertner, Drew T 20	
24.23	51.13 (26.90)	1:14.10 (22.97)	1:35.19 (21.09)	
4 Delaware-MA	A	1:35.12	1:36.53	
1) Ware, Timothy F 20	2) Beinhart, Corey A 18	3) Clark, Cole M 21	4) Dearnstye, Trevor K 18	
24.15	52.70 (28.55)	1:15.08 (22.38)	1:36.53 (21.45)	
5 William and Mary-VA	B	NT	1:38.13	
1) Glass, Austin R 19	2) Dong, Chris 19	3) Rogers, Greg C 18	4) Eiden, Joe P 18	
27.44	53.93 (26.49)	1:16.95 (23.02)	1:38.13 (21.18)	
6 William and Mary-VA	C	NT	x1:39.79	
1) Henderson, Alex A 18	2) Nyce, Andrew S 19	3) Rittenhouse, John H 22	4) Robert, Ian M 19	
26.33	54.14 (27.81)	1:17.66 (23.52)	1:39.79 (22.13)	
7 Delaware-MA	B	NT	1:40.33	
1) Rios, Jorge G 18	2) Albert, Everett H 19	3) Lowe, Zachary S 21	4) DeLuce, Peter D 19	
26.11	54.00 (27.89)	1:17.54 (23.54)	1:40.33 (22.79)	

Event 25 Women 100 Yard Freestyle

Name	Age	School	Seed Time	Finals Time	Points
1 Howard, Megan D	20	William and Mary-VA	NT	51.91	
25.15	51.91 (26.76)				
2 Holmgaard, Kelsey	22	James Madison University-VA	NT	52.76	
25.22	52.76 (27.54)				
3 Molano, Carli		James Madison University-VA	NT	53.09	
25.51	53.09 (27.58)				
4 Tracy, Maggie E	20	Delaware-MA	53.56	53.77	
25.53	53.77 (28.24)				
5 Miller, Jaimie C	18	William and Mary-VA	NT	53.79	
25.69	53.79 (28.10)				
6 Montoya, Dominique L	19	Delaware-MA	53.11	53.87	
25.73	53.87 (28.14)				
7 Crompton, Georgie R	18	William and Mary-VA	NT	54.04	
26.28	54.04 (27.76)				
8 Harris, Mary Kay R	22	Delaware-MA	53.77	54.06	
26.33	54.06 (27.73)				
9 Zielinski, Kristen	19	James Madison University-VA	NT	54.25	
26.28	54.25 (27.97)				
10 Tomko, Chelsea M	20	University of North Carolina W-NC	NT	54.27	
26.18	54.27 (28.09)				
11 Weidner, Amanda F	19	William and Mary-VA	NT	x54.48	
26.20	54.48 (28.28)				
12 Clark, Ashley		James Madison University-VA	NT	x54.76	
26.36	54.76 (28.40)				
13 Lohr, Katie M	21	University of North Carolina W-NC	NT	55.24	
26.77	55.24 (28.47)				
14 Rogers, Hunter H	18	University of North Carolina W-NC	NT	55.33	
26.79	55.33 (28.54)				

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 25 Women 100 Yard Freestyle)**

	Name	Age	School	Seed Time	Finals Time	Points
15	Shaver, Heather D	19	University of North Carolina W-NC	NT	x55.36	
	26.65	55.36 (28.71)				
16	Askin, Laura V	20	Delaware-MA	54.26	x55.88	
	27.19	55.88 (28.69)				

Event 26 Men 100 Yard Freestyle

	Name	Age	School	Seed Time	Finals Time	Points
1	Thran, Gabe D	21	University of North Carolina W-NC	NT	46.07	
	22.26	46.07 (23.81)				
2	Labonge, Alex A	20	University of North Carolina W-NC	NT	47.40	
	22.88	47.40 (24.52)				
3	Salzman, Adam J	20	University of North Carolina W-NC	NT	47.44	
	23.15	47.44 (24.29)				
4	Clarke, Taegan M	20	William and Mary-VA	NT	47.57	
	23.04	47.57 (24.53)				
5	Liu, Sihan	19	Delaware-MA	47.30	47.97	
	22.98	47.97 (24.99)				
6	Montes de Oca, Alex F	18	William and Mary-VA	NT	48.06	
	23.00	48.06 (25.06)				
7	Clarke, Risten J	18	William and Mary-VA	NT	48.22	
	23.32	48.22 (24.90)				
8	Albert, Everett H	19	Delaware-MA	48.40	48.43	
	23.31	48.43 (25.12)				
9	Elder, Tomas	18	Delaware-MA	48.53	49.02	
	23.62	49.02 (25.40)				
10	Rogers, Greg C	18	William and Mary-VA	NT	x49.37	
	23.58	49.37 (25.79)				
11	Dearstyne, Trevor K	18	Delaware-MA	48.89	x49.98	
	24.07	49.98 (25.91)				
12	Gallene, Joe A	21	University of North Carolina W-NC	NT	x52.80	
	25.15	52.80 (27.65)				

Event 27 Women 200 Yard Backstroke

	Name	Age	School	Seed Time	Finals Time	Points
1	Glenn, Liz L	21	William and Mary-VA	NT	2:01.27	
	29.40	59.76 (30.36)	1:30.67 (30.91)	2:01.27 (30.60)		
2	Rittenhouse, Sophie C	18	William and Mary-VA	NT	2:04.04	
	29.56	1:00.29 (30.73)	1:32.20 (31.91)	2:04.04 (31.84)		
3	Stephenson, Hannah S	20	University of North Carolina W-NC	NT	2:07.70	
	30.58	1:02.85 (32.27)	1:35.36 (32.51)	2:07.70 (32.34)		
4	Gargula, Catherine M	20	University of North Carolina W-NC	NT	2:09.67	
	30.21	1:02.41 (32.20)	1:36.08 (33.67)	2:09.67 (33.59)		
5	Russell, Jessica E	18	William and Mary-VA	NT	2:09.69	
	30.41	1:02.92 (32.51)	1:36.11 (33.19)	2:09.69 (33.58)		
6	Clarke, Stephanie		James Madison University-VA	NT	2:10.27	
	30.68	1:03.13 (32.45)	1:36.28 (33.15)	2:10.27 (33.99)		
7	Edsall, Kacy		James Madison University-VA	NT	2:10.38	
	30.37	1:02.76 (32.39)	1:36.49 (33.73)	2:10.38 (33.89)		
8	Thomas, Katie M	20	William and Mary-VA	NT	x2:11.40	
	31.40	1:04.91 (33.51)	1:38.94 (34.03)	2:11.40 (32.46)		
9	Vieni, Jennifer	18	James Madison University-VA	NT	2:11.91	
	31.24	1:04.38 (33.14)	1:38.40 (34.02)	2:11.91 (33.51)		
10	Harrison, Thalia	20	University of North Carolina W-NC	NT	2:11.96	
	31.14	1:04.84 (33.70)	1:38.78 (33.94)	2:11.96 (33.18)		

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 27 Women 200 Yard Backstroke)**

Name	Age	School	Seed Time	Finals Time	Points
11 Santangelo, Alyssa L	18	Delaware-MA	2:11.17	2:12.78	
31.30	1:04.87 (33.57)	1:38.83 (33.96)	2:12.78 (33.95)		
12 Folmar, Bailey A	18	University of North Carolina W-NC	NT	x2:14.19	
31.32	1:05.09 (33.77)	1:39.53 (34.44)	2:14.19 (34.66)		
13 Tremols, Nina	18	James Madison University-VA	NT	x2:14.71	
31.21	1:04.98 (33.77)	1:40.40 (35.42)	2:14.71 (34.31)		
14 Ahrens, Lauren M	21	Delaware-MA	2:18.49	2:16.66	
32.04	1:06.33 (34.29)	1:41.76 (35.43)	2:16.66 (34.90)		
15 Ogden, Katie L	18	Delaware-MA	2:15.50	2:16.85	
31.78	1:06.04 (34.26)	1:41.63 (35.59)	2:16.85 (35.22)		
16 Sanders, Alyssa M	19	Delaware-MA	2:13.34	x2:17.47	
31.08	1:04.96 (33.88)	1:40.72 (35.76)	2:17.47 (36.75)		

Event 28 Men 200 Yard Backstroke

Name	Age	School	Seed Time	Finals Time	Points
1 Manion, Will G	20	William and Mary-VA	NT	1:49.73	
25.46	52.57 (27.11)	1:20.84 (28.27)	1:49.73 (28.89)		
2 Halonen, Valtteri A	21	University of North Carolina W-NC	NT	1:50.10	
26.15	53.85 (27.70)	1:21.97 (28.12)	1:50.10 (28.13)		
3 Conrad, Eric V	21	University of North Carolina W-NC	NT	1:53.09	
26.50	55.16 (28.66)	1:24.16 (29.00)	1:53.09 (28.93)		
4 Barden, Justin A	19	William and Mary-VA	NT	1:53.26	
26.13	54.16 (28.03)	1:23.37 (29.21)	1:53.26 (29.89)		
5 Ware, Timothy F	20	Delaware-MA	1:54.99	1:55.58	
26.45	54.96 (28.51)	1:24.85 (29.89)	1:55.58 (30.73)		
6 Hillsley, Alex V	18	Delaware-MA	1:54.82	1:56.11	
26.67	55.90 (29.23)	1:26.11 (30.21)	1:56.11 (30.00)		
7 Dove, Sawyer S	19	University of North Carolina W-NC	NT	1:56.15	
27.46	56.90 (29.44)	1:26.73 (29.83)	1:56.15 (29.42)		
8 Rios, Jorge G	18	Delaware-MA	1:54.51	1:56.21	
27.02	55.76 (28.74)	1:25.64 (29.88)	1:56.21 (30.57)		
9 Glass, Austin R	19	William and Mary-VA	NT	1:57.11	
27.52	57.07 (29.55)	1:27.91 (30.84)	1:57.11 (29.20)		
10 Copeland, Chase W	21	University of North Carolina W-NC	NT	x1:57.60	
28.24	58.40 (30.16)	1:28.03 (29.63)	1:57.60 (29.57)		
11 Panaccione, AJ J	20	Delaware-MA	2:04.29	x1:58.26	
27.85	57.39 (29.54)	1:27.92 (30.53)	1:58.26 (30.34)		
12 Henderson, Alex A	18	William and Mary-VA	NT	x1:58.67	
28.22	58.62 (30.40)	1:29.02 (30.40)	1:58.67 (29.65)		
--- Nowakowski, Chad T	20	William and Mary-VA	NT	X1:57.69	
27.79	57.21 (29.42)	1:27.25 (30.04)	1:57.69 (30.44)		

Event 29 Women 200 Yard Breaststroke

Name	Age	School	Seed Time	Finals Time	Points
1 Won, Sin Hye	22	James Madison University-VA	NT	2:20.95	
31.77	1:07.11 (35.34)	1:43.53 (36.42)	2:20.95 (37.42)		
2 Engen, Jenson N	19	University of North Carolina W-NC	NT	2:20.99	
32.79	1:08.48 (35.69)	1:44.43 (35.95)	2:20.99 (36.56)		
3 Souther, Christine A	19	University of North Carolina W-NC	NT	2:22.89	
32.76	1:08.38 (35.62)	1:45.00 (36.62)	2:22.89 (37.89)		
4 Presgraves, Amanda		James Madison University-VA	NT	2:22.90	
32.41	1:08.17 (35.76)	1:45.05 (36.88)	2:22.90 (37.85)		
5 Nunes, Annie E	18	Delaware-MA	2:22.34	2:23.83	
33.28	1:10.14 (36.86)	1:46.91 (36.77)	2:23.83 (36.92)		

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 29 Women 200 Yard Breaststroke)**

Name	Age	School	Seed Time	Finals Time	Points
6 Morrison, Addy	21	James Madison University-VA	NT	2:25.41	
33.71	1:10.33 (36.62)	1:47.57 (37.24)	2:25.41 (37.84)		
7 Murphy, Maddy		James Madison University-VA	NT	x2:27.34	
33.89	1:11.11 (37.22)	1:48.95 (37.84)	2:27.34 (38.39)		
8 Lomicka, Jenny A	19	William and Mary-VA	NT	2:27.96	
33.86	1:11.83 (37.97)	1:50.01 (38.18)	2:27.96 (37.95)		
9 Christy, Allie L	19	William and Mary-VA	NT	2:29.03	
34.19	1:11.58 (37.39)	1:49.95 (38.37)	2:29.03 (39.08)		
10 Novak, Haley M	19	Delaware-MA	2:29.68	2:29.15	
34.01	1:11.63 (37.62)	1:50.11 (38.48)	2:29.15 (39.04)		
11 Ostrom, Kathryn M	18	University of North Carolina W-NC	NT	2:29.39	
34.05	1:12.63 (38.58)	1:51.42 (38.79)	2:29.39 (37.97)		
12 Pate, Emily B	19	Delaware-MA	2:30.81	2:31.07	
35.10	1:13.11 (38.01)	1:51.88 (38.77)	2:31.07 (39.19)		
13 Carpenter, Emma K	20	William and Mary-VA	NT	2:35.46	
35.58	1:14.81 (39.23)	1:55.17 (40.36)	2:35.46 (40.29)		
14 Collins, Liz B	20	William and Mary-VA	NT	x2:36.06	
35.23	1:14.69 (39.46)	1:54.71 (40.02)	2:36.06 (41.35)		
15 Thomesen, Kaitlyn E	18	Delaware-MA	2:41.96	x2:36.78	
35.96	1:15.61 (39.65)	1:56.14 (40.53)	2:36.78 (40.64)		
--- Richer, Emma		James Madison University-VA	NT	X2:29.41	
34.57	1:12.54 (37.97)	1:50.81 (38.27)	2:29.41 (38.60)		

Event 30 Men 200 Yard Breaststroke

Name	Age	School	Seed Time	Finals Time	Points
1 Strait, Andrew W	21	William and Mary-VA	NT	2:05.89	
28.54	1:00.70 (32.16)	1:32.94 (32.24)	2:05.89 (32.95)		
2 Nyce, Andrew S	19	William and Mary-VA	NT	2:08.22	
28.98	1:01.25 (32.27)	1:34.15 (32.90)	2:08.22 (34.07)		
3 Dong, Chris	19	William and Mary-VA	NT	2:09.52	
28.56	1:01.14 (32.58)	1:34.79 (33.65)	2:09.52 (34.73)		
4 Zimmt, Josh B	18	William and Mary-VA	NT	x2:10.37	
28.91	1:01.50 (32.59)	1:35.16 (33.66)	2:10.37 (35.21)		
5 Baric, Michael J	21	University of North Carolina W-NC	NT	2:11.69	
29.78	1:03.18 (33.40)	1:37.31 (34.13)	2:11.69 (34.38)		
6 Rayle, Alex S	18	University of North Carolina W-NC	NT	2:13.35	
30.33	1:03.67 (33.34)	1:38.13 (34.46)	2:13.35 (35.22)		
7 Dozier, Daniel A	19	University of North Carolina W-NC	NT	2:13.73	
29.75	1:03.12 (33.37)	1:37.80 (34.68)	2:13.73 (35.93)		
8 Murphy, Brian R	19	Delaware-MA	2:23.18	2:17.06	
30.67	1:04.92 (34.25)	1:40.26 (35.34)	2:17.06 (36.80)		
9 Beinhart, Corey A	18	Delaware-MA	2:16.27	2:17.38	
31.32	1:06.13 (34.81)	1:41.59 (35.46)	2:17.38 (35.79)		
10 DeLuce, Peter D	19	Delaware-MA	2:15.88	2:17.91	
30.63	1:04.38 (33.75)	1:39.99 (35.61)	2:17.91 (37.92)		
11 Bechtold, Leander A	17	Delaware-MA	2:26.23	x2:20.31	
31.52	1:06.99 (35.47)	1:43.59 (36.60)	2:20.31 (36.72)		
12 Brittain, Marc W	18	University of North Carolina W-NC	NT	x2:27.39	
31.03	1:08.17 (37.14)	1:47.52 (39.35)	2:27.39 (39.87)		
--- Bowles, Charley P	19	William and Mary-VA	NT	X2:15.52	
30.01	1:04.03 (34.02)	1:39.14 (35.11)	2:15.52 (36.38)		

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****Event 31 Women 500 Yard Freestyle**

	Name	Age	School	Seed Time	Finals Time	Points
1	Hooper, Aimee	20	James Madison University-VA	NT	5:02.24	
	28.60	58.93 (30.33)	1:29.39 (30.46)	1:59.84 (30.45)		
	2:30.38 (30.54)	3:00.86 (30.48)	3:31.44 (30.58)	4:01.76 (30.32)		
	4:32.28 (30.52)	5:02.24 (29.96)				
2	Adkins, Claire	18	James Madison University-VA	NT	5:07.99	
	29.40	1:00.71 (31.31)	1:32.31 (31.60)	2:03.82 (31.51)		
	2:35.17 (31.35)	3:06.84 (31.67)	3:37.55 (30.71)	4:07.97 (30.42)		
	4:38.41 (30.44)	5:07.99 (29.58)				
3	Fuller, Selina D	18	William and Mary-VA	NT	5:09.56	
	28.58	59.24 (30.66)	1:30.76 (31.52)	2:02.40 (31.64)		
	2:34.30 (31.90)	3:06.16 (31.86)	3:37.69 (31.53)	4:09.06 (31.37)		
	4:40.09 (31.03)	5:09.56 (29.47)				
4	Bentley, Jen K	21	William and Mary-VA	NT	5:09.93	
	28.71	59.86 (31.15)	1:31.33 (31.47)	2:03.08 (31.75)		
	2:34.73 (31.65)	3:06.42 (31.69)	3:38.09 (31.67)	4:09.62 (31.53)		
	4:40.50 (30.88)	5:09.93 (29.43)				
5	Johnson, Morgan	21	James Madison University-VA	NT	5:10.02	
	29.12	1:00.24 (31.12)	1:31.76 (31.52)	2:03.23 (31.47)		
	2:34.64 (31.41)	3:06.30 (31.66)	3:38.03 (31.73)	4:09.12 (31.09)		
	4:40.10 (30.98)	5:10.02 (29.92)				
6	Vester, Hannah R	19	William and Mary-VA	NT	5:10.12	
	28.76	59.91 (31.15)	1:31.40 (31.49)	2:03.01 (31.61)		
	2:34.59 (31.58)	3:06.28 (31.69)	3:37.92 (31.64)	4:09.35 (31.43)		
	4:40.40 (31.05)	5:10.12 (29.72)				
7	Solt, Shea S	21	Delaware-MA	5:14.00	5:11.94	
	29.05	1:00.05 (31.00)	1:31.57 (31.52)	2:03.42 (31.85)		
	2:34.95 (31.53)	3:06.49 (31.54)	3:38.45 (31.96)	4:10.33 (31.88)		
	4:41.49 (31.16)	5:11.94 (30.45)				
8	Zielinski, Kristen	19	James Madison University-VA	NT	x5:14.29	
	27.88	57.94 (30.06)	1:29.05 (31.11)	2:00.68 (31.63)		
	2:32.42 (31.74)	3:04.33 (31.91)	3:36.60 (32.27)	4:09.25 (32.65)		
	4:42.30 (33.05)	5:14.29 (31.99)				
9	Smith, Ashley A	21	University of North Carolina W-NC	NT	5:14.47	
	29.10	1:00.06 (30.96)	1:31.32 (31.26)	2:02.92 (31.60)		
	2:35.11 (32.19)	3:06.65 (31.54)	3:38.72 (32.07)	4:10.95 (32.23)		
	4:43.10 (32.15)	5:14.47 (31.37)				
10	Binkauskas, Danielle A	19	University of North Carolina W-NC	NT	5:14.99	
	28.33	59.16 (30.83)	1:30.86 (31.70)	2:02.79 (31.93)		
	2:34.87 (32.08)	3:06.82 (31.95)	3:39.06 (32.24)	4:11.56 (32.50)		
	4:43.82 (32.26)	5:14.99 (31.17)				
11	Moore, Kelsey E	18	University of North Carolina W-NC	NT	5:15.17	
	28.44	59.88 (31.44)	1:31.19 (31.31)	2:02.85 (31.66)		
	2:34.67 (31.82)	3:06.55 (31.88)	3:39.01 (32.46)	4:11.33 (32.32)		
	4:43.64 (32.31)	5:15.17 (31.53)				
12	Farrell, Hailey C	20	Delaware-MA	5:25.97	5:16.42	
	29.45	1:01.08 (31.63)	1:33.04 (31.96)	2:05.03 (31.99)		
	2:37.00 (31.97)	3:08.58 (31.58)	3:40.60 (32.02)	4:12.86 (32.26)		
	4:44.95 (32.09)	5:16.42 (31.47)				
13	Northshield, Megan M	21	Delaware-MA	NT	5:18.77	
	29.00	1:00.76 (31.76)	1:32.75 (31.99)	2:05.01 (32.26)		
	2:37.41 (32.40)	3:09.94 (32.53)	3:42.66 (32.72)	4:15.15 (32.49)		
	4:47.15 (32.00)	5:18.77 (31.62)				

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 31 Women 500 Yard Freestyle)**

Name	Age	School	Seed Time	Finals Time	Points
14 Lazear, Brittany C	21	Delaware-MA	5:09.86	x5:19.53	
28.60	59.31 (30.71)	1:30.69 (31.38)	2:02.17 (31.48)		
2:34.14 (31.97)	3:06.41 (32.27)	3:38.99 (32.58)	4:11.84 (32.85)		
4:45.86 (34.02)	5:19.53 (33.67)				
15 Marsilii, Elena E	20	William and Mary-VA	NT	x5:20.18	
29.13	1:00.50 (31.37)	1:32.46 (31.96)	2:04.71 (32.25)		
2:37.22 (32.51)	3:09.72 (32.50)	3:42.58 (32.86)	4:15.81 (33.23)		
4:48.50 (32.69)	5:20.18 (31.68)				
16 Schwartz, Emily R	21	University of North Carolina W-NC	NT	x5:20.34	
29.17	1:00.40 (31.23)	1:32.31 (31.91)	2:04.21 (31.90)		
2:35.89 (31.68)	3:07.86 (31.97)	3:40.22 (32.36)	4:13.41 (33.19)		
4:46.82 (33.41)	5:20.34 (33.52)				

Event 32 Men 500 Yard Freestyle

Name	Age	School	Seed Time	Finals Time	Points
1 Camp, Cory D	18	Delaware-MA	4:43.92	4:43.52	
25.94	54.15 (28.21)	1:22.98 (28.83)	1:51.66 (28.68)		
2:19.93 (28.27)	2:48.27 (28.34)	3:17.09 (28.82)	3:46.03 (28.94)		
4:15.37 (29.34)	4:43.52 (28.15)				
2 Cremer, Christian H	21	University of North Carolina W-NC	NT	4:44.42	
26.08	54.12 (28.04)	1:22.80 (28.68)	1:51.77 (28.97)		
2:20.90 (29.13)	2:50.03 (29.13)	3:17.98 (27.95)	3:46.41 (28.43)		
4:15.26 (28.85)	4:44.42 (29.16)				
3 Tooley, Alex L	19	Delaware-MA	NT	4:46.05	
25.58	53.61 (28.03)	1:22.62 (29.01)	1:51.86 (29.24)		
2:21.14 (29.28)	2:50.33 (29.19)	3:19.76 (29.43)	3:49.11 (29.35)		
4:18.17 (29.06)	4:46.05 (27.88)				
4 Eiden, Joe P	18	William and Mary-VA	NT	4:46.09	
25.65	53.87 (28.22)	1:23.13 (29.26)	1:51.87 (28.74)		
2:21.11 (29.24)	2:50.57 (29.46)	3:19.78 (29.21)	3:49.27 (29.49)		
4:18.54 (29.27)	4:46.09 (27.55)				
5 Dempsey, Lukas A	20	William and Mary-VA	NT	4:46.42	
25.98	54.15 (28.17)	1:22.72 (28.57)	1:51.44 (28.72)		
2:20.55 (29.11)	2:49.57 (29.02)	3:19.08 (29.51)	3:48.57 (29.49)		
4:17.97 (29.40)	4:46.42 (28.45)				
6 Higgins, Sean M	18	William and Mary-VA	NT	4:47.72	
26.44	55.33 (28.89)	1:24.80 (29.47)	1:54.22 (29.42)		
2:23.46 (29.24)	2:52.95 (29.49)	3:22.40 (29.45)	3:51.65 (29.25)		
4:20.46 (28.81)	4:47.72 (27.26)				
7 Cremer, Andrew B	19	University of North Carolina W-NC	NT	4:49.55	
26.22	54.88 (28.66)	1:23.68 (28.80)	1:52.86 (29.18)		
2:21.91 (29.05)	2:51.32 (29.41)	3:20.92 (29.60)	3:51.05 (30.13)		
4:21.11 (30.06)	4:49.55 (28.44)				
8 Poling, Tyler C	21	William and Mary-VA	NT	x4:49.68	
26.78	55.72 (28.94)	1:25.17 (29.45)	1:54.81 (29.64)		
2:24.41 (29.60)	2:53.95 (29.54)	3:22.97 (29.02)	3:52.38 (29.41)		
4:21.62 (29.24)	4:49.68 (28.06)				
9 Dove, Sawyer S	19	University of North Carolina W-NC	NT	4:50.94	
26.29	55.03 (28.74)	1:24.25 (29.22)	1:53.66 (29.41)		
2:23.18 (29.52)	2:52.92 (29.74)	3:22.52 (29.60)	3:52.31 (29.79)		
4:22.01 (29.70)	4:50.94 (28.93)				
10 Sharesky, Garrett B	19	Delaware-MA	4:53.98	4:51.90	
26.17	55.75 (29.58)	1:25.22 (29.47)	1:55.18 (29.96)		
2:25.51 (30.33)	2:55.53 (30.02)	3:25.37 (29.84)	3:55.01 (29.64)		
4:24.23 (29.22)	4:51.90 (27.67)				

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 32 Men 500 Yard Freestyle)**

Name	Age	School	Seed Time	Finals Time	Points
11 Wyand, Ross R	18	University of North Carolina W-NC	NT	x4:52.13	
26.52	55.59 (29.07)	1:25.08 (29.49)	1:54.53 (29.45)		
2:24.38 (29.85)	2:54.23 (29.85)	3:24.25 (30.02)	3:54.05 (29.80)		
4:23.71 (29.66)	4:52.13 (28.42)				
12 Topping, Stephen A	20	University of North Carolina W-NC	NT	x4:55.55	
26.47	55.65 (29.18)	1:25.29 (29.64)	1:55.27 (29.98)		
2:25.45 (30.18)	2:55.54 (30.09)	3:25.67 (30.13)	3:56.26 (30.59)		
4:26.31 (30.05)	4:55.55 (29.24)				
13 Kolwyck, Justin M	19	Delaware-MA	4:54.36	x4:59.25	
26.02	55.29 (29.27)	1:25.17 (29.88)	1:55.75 (30.58)		
2:26.37 (30.62)	2:57.26 (30.89)	3:27.97 (30.71)	3:58.84 (30.87)		
4:29.47 (30.63)	4:59.25 (29.78)				
14 Hammond, Nik S	19	University of North Carolina W-NC	NT	x5:03.22	
26.38	55.40 (29.02)	1:25.22 (29.82)	1:55.10 (29.88)		
2:25.25 (30.15)	2:55.88 (30.63)	3:27.57 (31.69)	3:59.68 (32.11)		
4:32.02 (32.34)	5:03.22 (31.20)				
--- Cudahy, Conor J	18	William and Mary-VA	NT	X4:56.06	
26.13	55.11 (28.98)	1:24.89 (29.78)	1:55.26 (30.37)		
2:25.80 (30.54)	2:55.78 (29.98)	3:25.80 (30.02)	3:56.04 (30.24)		
4:26.36 (30.32)	4:56.06 (29.70)				

Event 33 Women 100 Yard Butterfly

Name	Age	School	Seed Time	Finals Time	Points
1 Howard, Megan D	20	William and Mary-VA	NT	57.39	
26.88	57.39 (30.51)				
2 Ustjanauskas, Jessie C	19	William and Mary-VA	NT	57.43	
26.74	57.43 (30.69)				
3 Criscuolo, Melissa	21	James Madison University-VA	NT	58.05	
27.43	58.05 (30.62)				
4 Dubay, Shannon	21	James Madison University-VA	NT	58.19	
27.80	58.19 (30.39)				
5 Crompton, Georgie R	18	William and Mary-VA	NT	58.33	
27.58	58.33 (30.75)				
6 Gargula, Catherine M	20	University of North Carolina W-NC	NT	58.52	
27.48	58.52 (31.04)				
7 Gillespie, Tori A	21	Delaware-MA	58.58	58.90	
27.77	58.90 (31.13)				
8 Wolla, Kaitlin A	21	Delaware-MA	58.51	59.09	
27.79	59.09 (31.30)				
9 Martin, Cameron		James Madison University-VA	NT	59.38	
28.44	59.38 (30.94)				
10 Werkiser, Emma M	19	University of North Carolina W-NC	NT	59.60	
27.99	59.60 (31.61)				
11 Smith, Sara M	20	University of North Carolina W-NC	NT	1:00.14	
28.45	1:00.14 (31.69)				
12 Tremols, Nina	18	James Madison University-VA	NT	x1:00.35	
28.23	1:00.35 (32.12)				
13 Harris, Mary Kay R	22	Delaware-MA	1:00.02	1:00.58	
27.92	1:00.58 (32.66)				
14 Yi, Lauren G	18	William and Mary-VA	NT	x1:00.67	
28.65	1:00.67 (32.02)				
15 Marrese, Kathleen P	21	University of North Carolina W-NC	NT	x1:01.05	
29.13	1:01.05 (31.92)				

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 33 Women 100 Yard Butterfly)**

Name	Age	School	Seed Time	Finals Time	Points
16 Marando, Calli M	21	Delaware-MA	1:02.88	x1:03.18	
29.50	1:03.18 (33.68)				

Event 34 Men 100 Yard Butterfly

Name	Age	School	Seed Time	Finals Time	Points
1 Barden, Justin A	19	William and Mary-VA	NT	49.80	
23.37	49.80 (26.43)				
2 Sowers, Zach B	19	University of North Carolina W-NC	NT	50.66	
23.64	50.66 (27.02)				
3 Tyler, Ned J	21	University of North Carolina W-NC	NT	50.94	
23.89	50.94 (27.05)				
4 Clark, Cole M	21	Delaware-MA	51.40	51.22	
23.87	51.22 (27.35)				
5 Conrad, Eric V	21	University of North Carolina W-NC	NT	51.48	
23.98	51.48 (27.50)				
6 Montes de Oca, Alex F	18	William and Mary-VA	NT	51.74	
24.03	51.74 (27.71)				
7 Natal, Ryan R	19	William and Mary-VA	NT	51.76	
24.08	51.76 (27.68)				
8 Laliberte, Jeff D	19	University of North Carolina W-NC	NT	x52.89	
24.79	52.89 (28.10)				
9 Lowe, Zachary S	21	Delaware-MA	52.96	52.91	
24.89	52.91 (28.02)				
10 Rittenhouse, John H	22	William and Mary-VA	NT	x53.04	
24.44	53.04 (28.60)				
11 Elder, Tomas	18	Delaware-MA	53.24	53.10	
24.94	53.10 (28.16)				
12 Daniel, Matt R	18	Delaware-MA	54.09	x55.21	
25.32	55.21 (29.89)				
--- DeLeon, Nick M	18	William and Mary-VA	NT	X55.33	
25.43	55.33 (29.90)				

Event 35 Women 200 Yard IM

Name	Age	School	Seed Time	Finals Time	Points
1 Souther, Christine A	19	University of North Carolina W-NC	NT	2:08.41	
27.47	1:00.62 (33.15)	1:37.70 (37.08)	2:08.41 (30.71)		
2 Nunes, Annie E	18	Delaware-MA	2:08.88	2:08.99	
28.47	1:02.31 (33.84)	1:38.82 (36.51)	2:08.99 (30.17)		
3 Won, Sin Hye	22	James Madison University-VA	NT	2:10.63	
28.71	1:02.93 (34.22)	1:39.13 (36.20)	2:10.63 (31.50)		
4 Sanders, Alyssa M	19	Delaware-MA	2:14.05	2:12.10	
28.68	1:02.30 (33.62)	1:41.14 (38.84)	2:12.10 (30.96)		
5 Morrison, Addy	21	James Madison University-VA	NT	2:12.58	
29.54	1:02.92 (33.38)	1:40.83 (37.91)	2:12.58 (31.75)		
6 Boyle, Casie N	20	University of North Carolina W-NC	NT	2:13.22	
29.23	1:02.78 (33.55)	1:42.28 (39.50)	2:13.22 (30.94)		
7 Henry, Devin N	21	William and Mary-VA	NT	2:13.98	
29.38	1:02.49 (33.11)	1:42.12 (39.63)	2:13.98 (31.86)		
8 Mizerak, Courtney G	19	William and Mary-VA	NT	2:14.78	
28.01	1:02.60 (34.59)	1:41.47 (38.87)	2:14.78 (33.31)		
9 Lomicka, Jenny A	19	William and Mary-VA	NT	2:15.02	
29.48	1:05.50 (36.02)	1:44.64 (39.14)	2:15.02 (30.38)		
10 McDonald, Delaney R	18	University of North Carolina W-NC	NT	2:15.15	
28.69	1:03.32 (34.63)	1:42.78 (39.46)	2:15.15 (32.37)		

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 35 Women 200 Yard IM)**

Name	Age	School	Seed Time	Finals Time	Points
11 Christy, Allie L	19	William and Mary-VA	NT	x2:16.17	
29.90	1:05.89 (35.99)	1:44.58 (38.69)	2:16.17 (31.59)		
12 Ahrens, Lauren M	21	Delaware-MA	2:13.57	2:16.37	
29.51	1:04.56 (35.05)	1:44.77 (40.21)	2:16.37 (31.60)		
13 Ostrom, Kathryn M	18	University of North Carolina W-NC	NT	x2:16.88	
28.77	1:07.06 (38.29)	1:45.39 (38.33)	2:16.88 (31.49)		
14 Pate, Emily B	19	Delaware-MA	2:14.49	x2:16.95	
30.44	1:05.84 (35.40)	1:45.64 (39.80)	2:16.95 (31.31)		
15 Murphy, Maddy		James Madison University-VA	NT	2:18.74	
29.83	1:06.02 (36.19)	1:45.41 (39.39)	2:18.74 (33.33)		

Event 36 Men 200 Yard IM

Name	Age	School	Seed Time	Finals Time	Points
1 Strait, Andrew W	21	William and Mary-VA	NT	1:53.24	
24.87	54.67 (29.80)	1:26.94 (32.27)	1:53.24 (26.30)		
2 O'Donnell, Jeremiah J	19	William and Mary-VA	NT	1:53.58	
24.98	54.01 (29.03)	1:26.97 (32.96)	1:53.58 (26.61)		
3 Nyce, Andrew S	19	William and Mary-VA	NT	1:57.34	
25.38	55.43 (30.05)	1:29.59 (34.16)	1:57.34 (27.75)		
4 Baric, Michael J	21	University of North Carolina W-NC	NT	1:57.75	
26.07	54.83 (28.76)	1:28.97 (34.14)	1:57.75 (28.78)		
5 Albert, Everett H	19	Delaware-MA	NT	1:57.82	
26.17	56.63 (30.46)	1:31.15 (34.52)	1:57.82 (26.67)		
6 Hillsley, Alex V	18	Delaware-MA	1:58.62	1:58.27	
25.59	55.48 (29.89)	1:31.35 (35.87)	1:58.27 (26.92)		
7 Rayle, Alex S	18	University of North Carolina W-NC	NT	1:58.69	
26.42	55.62 (29.20)	1:30.42 (34.80)	1:58.69 (28.27)		
8 Dozier, Daniel A	19	University of North Carolina W-NC	NT	1:59.08	
25.19	56.11 (30.92)	1:30.14 (34.03)	1:59.08 (28.94)		
9 Tooley, Alex L	19	Delaware-MA	1:55.94	1:59.12	
26.21	57.36 (31.15)	1:31.86 (34.50)	1:59.12 (27.26)		
10 Rios, Jorge G	18	Delaware-MA	1:57.27	x1:59.19	
25.78	54.88 (29.10)	1:30.97 (36.09)	1:59.19 (28.22)		
11 Bowles, Charley P	19	William and Mary-VA	NT	x1:59.31	
26.38	56.40 (30.02)	1:31.55 (35.15)	1:59.31 (27.76)		
12 Topping, Stephen A	20	University of North Carolina W-NC	NT	x2:05.53	
26.68	57.77 (31.09)	1:36.58 (38.81)	2:05.53 (28.95)		
--- Head, Carter L	20	William and Mary-VA	NT	X1:59.69	
25.70	56.26 (30.56)	1:31.14 (34.88)	1:59.69 (28.55)		

Event 37 Women 400 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time	Points
1 James Madison University-VA	A	NT	3:28.74	
1) Holmgaard, Kelsey 22	2) Molano, Carli	3) Zielinski, Kristen 19	4) Gingher, Susanne 21	
25.42	52.41 (52.41)	1:17.13 (24.72)	1:44.49 (52.08)	
2:10.26 (25.77)	2:37.89 (53.40)	3:01.81 (23.92)	3:28.74 (50.85)	
2 William and Mary-VA	A	NT	3:29.68	
1) Howard, Megan D 20	2) Miller, Jaimie C 18	3) Bentley, Jen K 21	4) Klockner, Noelle A 19	
25.07	51.83 (51.83)	1:16.77 (24.94)	1:44.56 (52.73)	
2:09.61 (25.05)	2:37.27 (52.71)	3:01.88 (24.61)	3:29.68 (52.41)	
3 Delaware-MA	A	3:27.92	3:34.54	
1) Tracy, Maggie E 20	2) Lazear, Brittany C 21	3) Whyte, Morgan M 19	4) Montoya, Dominique L 19	
25.74	53.72 (53.72)	1:09.32 (15.60)	1:47.77 (54.05)	
2:13.27 (25.50)	2:42.10 (54.33)	3:07.22 (25.12)	3:34.54 (52.44)	

2013 CAA POD Meet - 11/1/2013 to 11/2/2013**Results****(Event 37 Women 400 Yard Freestyle Relay)**

Team	Relay	Seed Time	Finals Time	Points
4 James Madison University-VA	B	NT	3:35.57	
1) Martin, Cameron	2) Vieni, Jennifer 18	3) Criscuolo, Melissa 21	4) Hooper, Aimee 20	
26.34	53.90 (53.90)	1:19.82 (25.92)	1:47.94 (54.04)	
2:14.11 (26.17)	2:42.53 (54.59)	3:07.97 (25.44)	3:35.57 (53.04)	
5 University of North Carolina W-1	A	NT	3:36.25	
1) Tomko, Chelsea M 20	2) Rogers, Hunter H 18	3) Lohr, Katie M 21	4) Sears, Rachel A 21	
26.59	54.30 (54.30)	1:20.64 (26.34)	1:49.27 (54.97)	
2:15.14 (25.87)	2:43.75 (54.48)	3:08.84 (25.09)	3:36.25 (52.50)	
6 University of North Carolina W-1	B	NT	3:39.14	
1) Dangremond, Courtney L 20	2) Schwartz, Emily R 21	3) Shaver, Heather D 19	4) Moore, Kelsey E 18	
26.49	54.87 (54.87)	1:20.99 (26.12)	1:49.15 (54.28)	
2:15.25 (26.10)	2:43.67 (54.52)	3:10.01 (26.34)	3:39.14 (55.47)	
7 William and Mary-VA	B	NT	3:39.81	
1) Schneider, Greta L 20	2) Makepeace, Chandler G 18	3) Shaner, Sara A 22	4) Russell, Jessica E 18	
26.16	55.16 (55.16)	1:21.04 (25.88)	1:50.40 (55.24)	
2:16.43 (26.03)	2:45.23 (54.83)	3:11.18 (25.95)	3:39.81 (54.58)	
8 Delaware-MA	B	3:39.13	3:48.66	
1) Wolla, Kaitlin A 21	2) Marando, Calli M 21	3) Solt, Shea S 21	4) Gillespie, Tori A 21	
28.07	57.85 (57.85)	1:25.27 (27.42)	1:55.67 (57.82)	
2:22.55 (26.88)	2:51.80 (56.13)	3:18.74 (26.94)	3:48.66 (56.86)	

Event 38 Men 400 Yard Freestyle Relay

Team	Relay	Seed Time	Finals Time	Points
1 University of North Carolina W-1	A	NT	3:04.78	
1) Halonen, Valtteri A 21	2) Salzman, Adam J 20	3) Labonge, Alex A 20	4) Thran, Gabe D 21	
22.66	46.63 (46.63)	1:08.69 (22.06)	1:33.33 (46.70)	
1:55.64 (22.31)	2:19.70 (46.37)	2:41.08 (21.38)	3:04.78 (45.08)	
2 William and Mary-VA	A	NT	3:06.60	
1) Montes de Oca, Alex F 18	2) Manion, Will G 20	3) Eiden, Joe P 18	4) Clarke, Taegan M 20	
22.45	47.17 (47.17)	1:09.10 (21.93)	1:33.68 (46.51)	
1:55.92 (22.24)	2:20.24 (46.56)	2:42.34 (22.10)	3:06.60 (46.36)	
3 William and Mary-VA	B	NT	3:09.75	
1) Rogers, Greg C 18	2) Clarke, Risten J 18	3) Dempsey, Lukas A 20	4) Natal, Ryan R 19	
22.80	48.02 (48.02)	1:10.50 (22.48)	1:35.60 (47.58)	
1:58.03 (22.43)	2:22.70 (47.10)	2:45.11 (22.41)	3:09.75 (47.05)	
4 University of North Carolina W-1	B	NT	3:10.25	
1) Gaertner, Drew T 20	2) Cremer, Christian H 21	3) Dove, Sawyer S 19	4) Gallene, Joe A 21	
22.51	47.85 (47.85)	1:11.27 (23.42)	1:35.99 (48.14)	
1:58.57 (22.58)	2:23.42 (47.43)	2:45.97 (22.55)	3:10.25 (46.83)	
5 Delaware-MA	A	3:09.27	3:11.68	
1) Hillsley, Alex V 18	2) Albert, Everett H 19	3) Marquez, Matthew T 21	4) Liu, Sihan 19	
23.45	48.40 (48.40)	1:11.32 (22.92)	1:36.68 (48.28)	
1:59.34 (22.66)	2:24.45 (47.77)	2:46.73 (22.28)	3:11.68 (47.23)	
6 Delaware-MA	B	3:12.04	3:16.91	
1) Tooley, Alex L 19	2) Elder, Tomas 18	3) Kuriga, Lucas A 20	4) Camp, Cory D 18	
24.08	49.67 (49.67)	1:12.10 (22.43)	1:37.81 (48.14)	
2:00.92 (23.11)	2:27.59 (49.78)	2:51.26 (23.67)	3:16.91 (49.32)	
--- William and Mary-VA	C	NT	X3:22.39	
1) Zimmt, Josh B 18	2) Henderson, Alex A 18	3) Poling, Tyler C 21	4) DeLeon, Nick M 18	
24.32	50.57 (50.57)	1:13.97 (23.40)	1:39.97 (49.40)	
2:04.26 (24.29)	2:30.74 (50.77)	2:55.02 (24.28)	3:22.39 (51.65)	