

### Seton Swimming

#### Relay Top Times

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 20 Convert To: Yards Print: Yards

Time	P/F/S	Relay							
<b>Male Senior 200 Medley Relay</b>									
1	1:39.82 Y	F	A Relay	2/17/2006	VSIS 2006 State Championship				
						Kevin Koehr (SR)	Nevin Cook (SR)	Bryan Morch (SR)	Sean Koehr (SR)
						24.52 (24.52)	51.57 (27.05)	1:16.64 (25.07)	1:39.82 (23.18)
2	1:41.38 Y	P	A Relay	2/17/2006	VSIS 2006 State Championship				
						Kevin Koehr (SR)	Nevin Cook (SR)	Bryan Morch (SR)	Sean Koehr (SR)
						24.51 (24.51)	52.15 (27.64)	1:18.03 (25.88)	1:41.38 (23.35)
3	1:41.87 Y	F	A Relay	2/19/2010	2010 VSIS Swimming & Diving Championships				
						Connor Cook (SR)	Daniel Koehr (SR)	Catfish Dunn (SR)	David Basinger (SR)
						26.25 (26.25)	54.51 (28.26)	1:19.08 (24.57)	1:41.87 (22.79)
4	1:42.38 Y	F	A Relay	1/28/2006	2006 National Catholic Championship				
						Kevin Koehr (SR)	Nevin Cook (SR)	Bryan Morch (SR)	Sean Koehr (SR)
						24.87 (24.87)	52.61 (27.74)	1:18.59 (25.98)	1:42.38 (23.79)
5	1:42.83 Y	P	A Relay	1/28/2006	2006 National Catholic Championship				
						Kevin Koehr (SR)	Nevin Cook (SR)	Bryan Morch (SR)	Sean Koehr (SR)
						53.16 (53.16)	1:19.15 (25.99)	1:42.83 (23.68)	
6	1:42.89 Y	F	A Relay	1/16/2010	SST Swim Meet 1-16-10				
						Connor Cook (SR)	Daniel Koehr (SR)	David Basinger (SR)	Jameson Hill (SR)
						27.30 (27.30)	56.46 (29.16)	1:21.97 (25.51)	1:42.89 (20.92)
7	1:42.99 Y	F	A Relay	1/20/2006	SST vs Woodberry, St. Margaret's				
						Kevin Koehr (SR)	Nevin Cook (SR)	Bryan Morch (SR)	Sean Koehr (SR)
8	1:43.04 Y	F	A Relay	2/15/2008	2008 VSIS State Championships				
						Connor Cook (SR)	Nevin Cook (SR)	Daniel Koehr (SR)	Sean Koehr (SR)
						26.87 (26.87)	53.46 (26.59)	1:20.38 (26.92)	1:43.04 (22.66)
9	1:43.15 Y	F	A Relay	2/13/2009	2009 VSIS Swimming & Diving Championships				
						Connor Cook (SR)	Daniel Koehr (SR)	David Basinger (SR)	Jameson Hill (SR)
						26.27 (26.27)	55.06 (28.79)	1:21.29 (26.23)	1:43.15 (21.86)
10	1:43.20 Y	F	A Relay	1/6/2006	SST vs. Paul VI High School				
						Kevin Koehr (SR)	Nevin Cook (SR)	Bryan Morch (SR)	Sean Koehr (SR)
11	1:43.47 Y	F	A Relay	2/18/2005	2005 VSIS State Championship				
						Kevin Koehr (SR)	Nevin Cook (SR)	Bryan Morch (SR)	Sean Koehr (SR)
						25.30 (25.30)	53.30 (28.00)	1:18.80 (25.50)	1:43.47 (24.67)
12	1:43.49 Y	F	A Relay	2/4/2006	2006 DAC Championships				
						Kevin Koehr (SR)	Nevin Cook (SR)	Bryan Morch (SR)	Sean Koehr (SR)
						25.32 (25.32)	53.36 (28.04)	1:19.71 (26.35)	1:43.49 (23.78)
13	1:43.63 Y	P	A Relay	2/15/2008	2008 VSIS State Championships				
						Connor Cook (SR)	Nevin Cook (SR)	Daniel Koehr (SR)	Sean Koehr (SR)
						27.08 (27.08)	53.89 (26.81)	1:20.75 (26.86)	1:43.63 (22.88)
14	1:43.64 Y	P	A Relay	2/13/2009	2009 VSIS Swimming & Diving Championships				
						Connor Cook (SR)	Daniel Koehr (SR)	David Basinger (SR)	Jameson Hill (SR)
						26.50 (26.50)	55.63 (29.13)	1:22.03 (26.40)	1:43.64 (21.61)
15	1:44.08 Y	P	A Relay	2/19/2010	2010 VSIS Swimming & Diving Championships				
						Connor Cook (SR)	Daniel Koehr (SR)	David Basinger (SR)	Catfish Dunn (SR)
						26.72 (26.72)	55.38 (28.66)	1:20.72 (25.34)	1:44.08 (23.36)
16	1:44.13 Y	P	A Relay	2/18/2005	2005 VSIS State Championship				
						Kevin Koehr (SR)	Nevin Cook (SR)	Bryan Morch (SR)	Sean Koehr (SR)
						53.61 (53.61)	1:19.73 (26.12)	1:44.13 (24.40)	
17	1:44.28 Y	F	A Relay	1/31/2009	2009 National Catholic HS Championships				
						Connor Cook (SR)	Daniel Koehr (SR)	David Basinger (SR)	Jameson Hill (SR)
						27.02 (27.02)	57.06 (30.04)	1:22.77 (25.71)	1:44.28 (21.51)

## Seton Swimming

---

### Relay Top Times

**Seton Swimming [SST] Coach: Jim Koehr**  
**Number of Top Times: 20 Convert To: Yards Print: Yards**

<b>Time</b>	<b>P/F/S</b>	<b>Relay</b>			
18	1:44.63 Y	F	A Relay	12/17/2005	SST vs COOL, TES
	Kevin Koehr (SR)		Nevin Cook (SR)	Bryan Morch (SR)	Sean Koehr (SR)
	26.69 (26.69)	53.25	(26.56)	1:19.50	(26.25) 1:44.63 (25.13)
19	1:44.66 Y	F	A Relay	2/18/2011	2011 VSIS Swimming & Diving Championships
	Catfish Dunn (SR)		Michael Hill (SR)	David Basinger (SR)	Joseph Kenna (FR)
	25.69 (25.69)	56.54	(30.85)	1:20.57	(24.03) 1:44.66 (24.09)
20	1:44.74 Y	F	A Relay	1/29/2005	2005 National Catholic Championship
	Kevin Koehr (SR)		Nevin Cook (SR)	Bryan Morch (SR)	Sean Koehr (SR)

## Seton Swimming

---

### Individual Top Times

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 20 Convert To: Yards Print: Yards

	Time	P/F/S	Name	Age/Yr		
<b>Male Senior 200 Free</b>						
1	1:38.54 Y	F	*I Steven Jameson Hill	SR	1/30/2010	2010 National Catholic HS Champs
2	1:46.66 Y	F	*I Nevin Cook	SR	1/4/2008	SST, Paul VI @ Collegiate-Jan4,07
3	1:51.85 Y	F	*I David Basinger	SR	1/22/2011	SST-2011 Varsity-Meet-Jan22-11
4	1:52.21 Y	F	*I Connor Cook	SR	1/12/2008	SST @ Woodberry, Madiera, FCS-Jan12,08
5	1:52.40 Y	F	*I Vincent Dunn	SR	1/9/2010	SSTvNSA-FHS-FCS-QMHS-JPG1-9-10
6	1:55.15 Y	F	*I Kevin Koehr	SR	1/29/2005	2005 National Catholic Championship
7	2:01.90 Y	F	*I Ryan Sweeney		2/2/2002	FA, FCS, RMA vs Seton
8	2:02.03 Y	F	*I Joseph Kenna	FR	2/5/2011	2011 VSIS Division II Invitational
9	2:03.72 Y	F	*I Jamie Smith	FR	12/18/2010	SST Homecoming Swim Meet 12-18-10
10	2:04.03 Y	F	*I Alex Ceol	SR	2/11/2017	DAC Championship 2017
11	2:04.19 Y	F	*I Joe Kosten	SR	12/8/2012	SST Swim Meet 12-08-12
12	2:05.43 Y	F	*I Tommy Flook	SR	2/7/2015	Delaney Athletic Conference Championship
13	2:05.53 Y	F	*I Ben Mann	SR	2/28/2003	2003 VSIS State Championships
14	2:05.67 Y	F	*I Peter Quinan	SR	2/9/2013	DAC Championship Meet
15	2:05.86 Y	F	*I Ray Bennett	JR	12/7/2002	SST vs. FA, Wakefield, Highland
16	2:06.28 Y	F	*I William Corkery	SR	1/20/2007	SST at TES, NSA, Covenant
17	2:06.44 Y	F	*I Matthew Fioramonti	SR	12/4/2015	Seton Icebreaker Invitational - Dec 4, 2015
18	2:06.48 Y	F	Jerry Dalrymple	SO	2/11/2017	DAC Championship 2017
19	2:07.51 Y	F	Jacob Alsup	JR	2/9/2019	2019 DAC Championship Meet
20	2:07.92 Y	F	*I Andrew Quinan	SR	2/13/2016	2016 DAC Champs

## Seton Swimming

---

### Individual Top Times

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 20 Convert To: Yards Print: Yards

	Time	P/F/S	Name	Age/Yr		
<b>Male Senior 200 IM</b>						
1	1:54.70 Y	F	*I Nevin Cook	SR	2/15/2008	2008 VSIS State Championships
2	1:59.19 Y	P	*I David Basinger	SR	2/18/2011	2011 VSIS Swimming & Diving Championsf
3	2:00.98 Y	F	*I Steven Jameson Hill	SR	2/7/2009	2009 DAC Champs
4	2:03.04 Y	F	*I Connor Cook	SR	2/13/2009	2009 VSIS Swimming & Diving Championsf
5	2:05.64 Y	F	*I Kevin Koehr	SR	2/18/2005	2005 VSIS State Championship
6	2:08.26 Y	F	*I Vincent Dunn	SR	1/22/2011	SST-2011 Varsity-Meet-Jan22-11
7	2:11.37 Y	F	*I Ryan Sweeney		2/15/2002	2002 VSIS State Championships
8	2:13.12 Y	F	Joe Kosten	SR	2/1/2014	2014 VISAA Division II Invitational
9	2:15.00 Y	P	*I Daniel Koehr	SR	2/13/2009	2009 VSIS Swimming & Diving Championsf
10	2:16.05 Y	P	*I Jamie Smith	FR	2/18/2011	2011 VSIS Swimming & Diving Championsf
11	2:19.14 Y	F	David Flook	JR	2/11/2017	DAC Championship 2017
12	2:20.61 Y	P	*I Bryan Morch	SR	2/20/2004	2004 VSIS State Championship
13	2:21.61 Y	F	*I Patrick Rooney		12/15/2001	SST vs. Central
14	2:21.82 Y	F	*I Andrew Quinan	SR	2/6/2016	10th Annual VISAA Division II Invitational
15	2:21.92 Y	F	*I Patrick Lytle	8	11/19/2004	2004-2005 Pre-Season Time Trials
16	2:23.87 Y	F	*I Tommy Flook	SR	12/20/2014	Seton Homecoming Invitational - Dec 20, 2014
17	2:24.66 Y	F	*I Brian Koehr	SR	12/12/2014	SST @ Trinity Episcopal-Dec12,14
18	2:26.70 Y	F	Jerry Dalrymple	SO	1/12/2019	2019 NoVa Catholic Invitational Championsf
19	2:27.00 Y	F	*I Casey Rafter	SR	11/11/2002	Time Trials
20	2:27.22 Y	F	*I Sean Koehr	SR	1/21/2006	SST vs ECS, Highland, Quantico

**Seton Swimming**

**Individual Top Times**

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 20 Convert To: Yards Print: Yards

	Time	P/F/S	Name	Age/Yr		
<b>Male Senior 50 Free</b>						
1	21.22 Y L	P	*I Steven Jameson Hill	SR	2/19/2010	2010 VSIS Swimming & Diving Championst
2	22.12 Y	F	*I Nevin Cook	SR	12/14/2007	NVSC Conference Regular Season-Dec14,I
3	22.96 Y L	F	*I Kevin Koehr	SR	2/5/2005	2005 DAC Championships
4	23.38 Y L	P	*I Vincent Dunn	SR	2/17/2012	2012 VSIS Swimming & Diving Championst
5	23.48 Y	F	*I Ray Bennett	JR	2/28/2003	2003 VSIS State Championships
6	23.55 Y	P	*I Sean Koehr	SR	2/15/2008	2008 VSIS State Championships
7	23.56 Y	F	*I David Basinger	SR	1/16/2010	SST Swim Meet 1-16-10
8	23.67 Y	P	*I Luke Marrazzo	SR	2/15/2013	2013 VISAA Swimming & Diving Champions
9	23.80 Y	P	*I Andrew Quinan	SR	2/19/2016	VISAA States 2016
10	23.82 Y	P	*I Daniel Koehr	SR	2/19/2010	2010 VSIS Swimming & Diving Championst
11	23.89 Y	P	Jack Santschi	SO	2/15/2019	2019 VISAA Swimming & Diving Champions
12	23.91 Y	P	*I Brian Koehr	SR	1/24/2015	National Catholic H.S. Championship 2015
13	24.04 Y	P	*I Joe Kosten	SR	1/26/2014	2014 East Coast Catholic Championships
14	24.13 Y L	P	*I Grant Mantooth	SR	2/17/2017	VISAA States 2017
15	24.21 Y	F	*I Connor Cook	SR	12/12/2009	SSTvWAKE-HIGH-QMHS-RCS-NDA12-12-
16	24.23 Y	P	*I Joseph Kenna	FR	1/29/2011	2011 National Catholic HS Champs
17	24.38 Y	F	*I Brendan Koehr	SR	2/5/2011	2011 VSIS Division II Invitational
18	24.51 Y	F	Jerry Dalrymple	SO	2/15/2019	2019 VISAA Swimming & Diving Champions
19	24.56 Y	F	*I Kevin Geiran	SR	2/16/2018	2018 VISAA Swimming & Diving Champions
20	24.59 Y	F	*I Patrick Lytle	8	11/19/2004	2004-2005 Pre-Season Time Trials

**Seton Swimming**

**Individual Top Times**

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 20 Convert To: Yards Print: Yards

	<b>Time</b>	<b>P/F/S</b>	<b>Name</b>	<b>Age/Yr</b>		
<b>Male Senior 1 Meter 6 Dives</b>						
1	207.40	F	*I Joseph Duran	JR	1/19/2013	Woodberry Forest Invitational
2	146.30	F	*I Joey Rubin	SR	1/3/2009	SST vs StC, Woodberry, BI, SBHS-Jan3,09
3	142.88	F	*I David Basinger	SR	12/20/2008	Seton Homecoming vs COOL, PVI, Wake a
4	135.30	F	*I Patrick Kenna	SR	12/20/2008	Seton Homecoming vs COOL, PVI, Wake a
5	127.10	F	*I Michael Manley	SO	12/17/2011	SST Swim Meet 12-17-11
6	111.40	F	*I Joe Kosten	SR	12/17/2011	SST Swim Meet 12-17-11
7	103.40	F	*I Michael Ostrich	JR	12/3/2011	Seton Icebreaker Invitational
8	82.40	F	*I Guppy Higginbottom	8	12/17/2005	SST vs COOL, TES
9	81.65	F	*I Kevin Rafter	SR	12/17/2005	SST vs COOL, TES
10	74.20	F	*I Joseph Zapiain	JR	1/5/2013	2013 NOVA_Catholic_Invite

**Seton Swimming**

---

**Individual Top Times**

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 20 Convert To: Yards Print: Yards

	<b>Time</b>	<b>P/F/S</b>	<b>Name</b>	<b>Age/Yr</b>		
<b>Male Senior 1 Meter 11 Dives</b>						
1	351.15	F *I	Joseph Duran	JR	2/15/2013	2013 VISAA Swimming & Diving Champions
2	221.70	F *I	Joey Rubin	SR	2/18/2011	2011 VSIS Swimming & Diving Champions
3	197.95	F *I	David Basinger	SR	2/13/2009	2009 VSIS Swimming & Diving Champions
4	183.20	F *I	Michael Manley	SO	2/18/2011	2011 VSIS Swimming & Diving Champions
5	131.10	F *I	Patrick Kenna	SR	2/13/2009	2009 VSIS Swimming & Diving Champions
6	123.85	F *I	Joe Kosten	SR	2/17/2012	2012 VSIS Swimming & Diving Champions

## Seton Swimming

---

### Individual Top Times

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 20 Convert To: Yards Print: Yards

	Time	P/F/S	Name	Age/Yr		
<b>Male Senior 100 Fly</b>						
1	51.76 Y	F	*I Steven Jameson Hill	SR	1/16/2010	SST Swim Meet 1-16-10
2	52.80 Y	F	*I Vincent Dunn	SR	2/17/2012	2012 VSIS Swimming & Diving Champions
3	53.15 Y	F	*I Nevin Cook	SR	12/14/2007	NVSC Conference Regular Season-Dec14,
4	54.82 Y	F	*I David Basinger	SR	1/29/2011	2011 National Catholic HS Champs
5	55.78 Y	F	*I Kevin Koehr	SR	1/21/2006	SST vs ECS, Highland, Quantico
6	57.09 Y	F	*I Bryan Morch	SR	2/17/2006	VSIS 2006 State Championship
7	58.39 Y	F	*I Connor Cook	SR	2/9/2008	NVSC Champs
8	59.86 Y	F	*I Patrick Rooney		2/15/2002	2002 VSIS State Championships
9	1:00.70 Y	F	*I Ray Bennett	JR	11/11/2002	Time Trials
10	1:00.85 Y	F	*I Ryan Sweeney		12/15/2001	SST vs. Central
11	1:00.98 Y	F	*I Alex Ceol	SR	1/6/2018	Highland Invitational - Jan 06, 2018
12	1:01.37 Y	F	Jerry Dalrymple	SO	2/9/2019	2019 DAC Championship Meet
13	1:01.97 Y	F	*I Tommy Flook	SR	12/5/2014	Seton Ice Breaker Invitational - Dec 5, 2014
14	1:02.42 Y	F	*I Joe Kosten	SR	12/14/2013	SST Swim Meet 14-Dec-2013
15	1:02.44 Y	F	*I Patrick Lytle	8	11/19/2004	2004-2005 Pre-Season Time Trials
16	1:04.45 Y	F	*I Stephen Shaw	SR	12/10/2011	SST Swim Meet 12-10-11
17	1:04.56 Y	F	Jacob Alsup	JR	12/1/2018	Dec. 1st STC Invitational
18	1:04.92 Y	F	*I William Arnold	SR	2/6/2016	10th Annual VISAA Division II Invitational
19	1:06.14 Y	F	Jack Santschi	SO	12/9/2017	Seton Ice Breaker Invitational - Dec 9, 2017
20	1:06.21 Y	F	David Flook	JR	1/13/2018	2018 NoVa Catholic Invitational Champions



**Seton Swimming**

**Individual Top Times**

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 20 Convert To: Yards Print: Yards

	Time	P/F/S	Name	Age/Yr		
<b>Male Senior 100 Free</b>						
1	45.67 Y L	P	*I Steven Jameson Hill	SR	2/19/2010	2010 VSIS Swimming & Diving Champions
2	48.69 Y	P	*I Kevin Koehr	SR	2/17/2006	VSIS 2006 State Championship
3	48.84 Y	F	*I Nevin Cook	SR	12/15/2007	SST vs SBHS,PCHS-Dec15,07
4	49.05 Y	F	*I David Basinger	SR	2/18/2011	2011 VSIS Swimming & Diving Champions
5	50.18 Y L	F	*I Vincent Dunn	SR	2/18/2011	2011 VSIS Swimming & Diving Champions
6	51.35 Y	P	*I Luke Marrazzo	SR	2/15/2013	2013 VISAA Swimming & Diving Champions
7	51.90 Y	F	*I Ray Bennett	JR	2/28/2003	2003 VSIS State Championships
8	52.18 Y L	P	*I Connor Cook	SR	1/31/2009	2009 National Catholic HS Championships
9	52.94 Y	F	*I Ryan Sweeney		2/15/2002	2002 VSIS State Championships
10	53.56 Y	P	*I Brian Koehr	SR	1/24/2015	National Catholic H.S. Championship 2015
11	53.59 Y	F	Jack Santschi	SO	2/9/2019	2019 DAC Championship Meet
12	53.61 Y L	P	*I Andrew Quinan	SR	2/19/2016	VISAA States 2016
13	53.87 Y L	P	Jerry Dalrymple	SO	2/15/2019	2019 VISAA Swimming & Diving Champions
14	53.98 Y	F	*I Joseph Kenna	FR	2/5/2011	2011 VSIS Division II Invitational
15	54.00 Y	F	*I Alex Ceol	SR	1/21/2017	Seton Winter Invitational - January 21, 2017
16	54.30 Y	F	*I Sean Koehr	SR	2/2/2008	VSIS Division II Swimming Invitational
17	54.48 Y	F	*I Brendan Koehr	SR	2/5/2011	2011 VSIS Division II Invitational
18	54.70 Y L	P	*I Joe Kosten	SR	2/14/2014	2014 VISAA Swimming & Diving Champions
19	55.03 Y	F	*I Patrick Lytle	8	11/19/2004	2004-2005 Pre-Season Time Trials
20	55.61 Y	F	Shane Koehr	JR	2/9/2019	2019 DAC Championship Meet

## Seton Swimming

---

### Individual Top Times

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 20 Convert To: Yards Print: Yards

	Time	P/F/S	Name	Age/Yr		
<b>Male Senior 500 Free</b>						
1	4:27.19 Y	F	*I Steven Jameson Hill	SR	1/30/2010	2010 National Catholic HS Champs
2	4:46.52 Y	F	*I Nevin Cook	SR	1/4/2008	SST, Paul VI @ Collegiate-Jan4,07
3	5:00.65 Y	F	*I Vincent Dunn	SR	2/5/2011	2011 VSIS Division II Invitational
4	5:03.29 Y	F	*I Connor Cook	SR	1/12/2008	SST @ Woodberry, Madiera, FCS-Jan12,08
5	5:16.29 Y	F	*I David Basinger	SR	1/9/2010	SSTvNSA-FHS-FCS-QMHS-JPG1-9-10
6	5:16.57 Y	F	*I Kevin Koehr	SR	12/2/2005	SST vs FCS, Wakefield, WoL
7	5:26.36 Y	P	*I Jamie Smith	FR	2/18/2011	2011 VSIS Swimming & Diving Champions
8	5:41.00 Y	F	*I Ray Bennett	JR	11/11/2002	Time Trials
9	5:42.43 Y	F	*I Ryan Sweeney		12/15/2001	SST vs. Central
10	5:44.69 Y	F	*I Sean Bartnick	SR	2/9/2008	NVSC Champs - Converted 400m times
11	5:46.90 Y	F	Jerry Dalrymple	SO	2/11/2017	DAC Championship 2017
12	5:50.21 Y	F	David Flook	JR	2/11/2017	DAC Championship 2017
13	5:54.95 Y	F	*I Patrick Rooney		1/26/2002	RMA vs SETON
14	5:55.56 Y	F	*I Tommy Flook	SR	1/17/2015	Seton Winter Invitational-Jan 17, 2015
15	5:56.08 Y	F	*I Ben Mann	SR	12/1/2001	SST v PVI
16	5:57.30 Y	F	*I Joe Kosten	SR	1/5/2013	2013 NOVA_Catholic_Invite
17	6:00.59 Y	F	*I Peter Quinan	SR	2/9/2013	DAC Championship Meet
18	6:04.50 Y	F	*I Daniel Koehr	SR	1/20/2007	SST at TES, NSA, Covenant
19	6:05.71 Y	F	*I Dominic Wittlinger	JR	2/11/2017	DAC Championship 2017
20	6:08.41 Y	F	*I Patrick Lytle	8	11/19/2004	2004-2005 Pre-Season Time Trials

## Seton Swimming

### Relay Top Times

**Seton Swimming [SST] Coach: Jim Koehr**  
**Number of Top Times: 20 Convert To: Yards Print: Yards**

Time	P/F/S	Relay							
<b>Male Senior 200 Free Relay</b>									
1	1:30.07 Y	F	A Relay	2/19/2010	2010 VSIS Swimming & Diving Championships				
	Jameson Hill (SR)		Daniel Koehr (SR)	Connor Cook (SR)	David Basinger (SR)				
	21.36 (21.36)	44.36	(23.00)	1:07.08	(22.72)	1:30.07	(22.99)		
2	1:30.53 Y	P	A Relay	2/19/2010	2010 VSIS Swimming & Diving Championships				
	Jameson Hill (SR)		Daniel Koehr (SR)	Connor Cook (SR)	David Basinger (SR)				
	21.22 (21.22)	44.29	(23.07)	1:07.40	(23.11)	1:30.53	(23.13)		
3	1:32.13 Y	F	A Relay	1/30/2010	2010 National Catholic HS Champs				
	Jameson Hill (SR)		Daniel Koehr (SR)	Connor Cook (SR)	David Basinger (SR)				
	21.74 (21.74)	45.42	(23.68)	1:09.22	(23.80)	1:32.13	(22.91)		
4	1:33.21 Y	F	A Relay	2/15/2008	2008 VSIS State Championships				
	Nevin Cook (SR)		Daniel Koehr (SR)	Connor Cook (SR)	Sean Koehr (SR)				
	22.59 (22.59)	46.77	(24.18)	1:10.28	(23.51)	1:33.21	(22.93)		
5	1:33.32 Y	F	A Relay	2/17/2006	VSIS 2006 State Championship				
	Kevin Koehr (SR)		Sean Koehr (SR)	Bryan Morch (SR)	Nevin Cook (SR)				
6	1:33.43 Y	F	A Relay	1/23/2010	SST @ Woodberry-Jan 23, 2010				
	Jameson Hill (SR)		Daniel Koehr (SR)	Connor Cook (SR)	David Basinger (SR)				
	21.61 (21.61)	45.54	(23.93)	1:09.78	(24.24)	1:33.43	(23.65)		
7	1:33.74 Y	F	A Relay	2/2/2008	VSIS Division II Swimming Invitational				
	Nevin Cook (SR)		Daniel Koehr (SR)	Connor Cook (SR)	Sean Koehr (SR)				
	22.32 (22.32)	47.02	(24.70)	1:10.60	(23.58)	1:33.74	(23.14)		
8	1:33.91 Y	P	A Relay	1/30/2010	2010 National Catholic HS Champs				
	Jameson Hill (SR)		Connor Cook (SR)	Daniel Koehr (SR)	David Basinger (SR)				
	22.11 (22.11)	46.18	(24.07)	1:10.66	(24.48)	1:33.91	(23.25)		
9	1:34.03 Y	P	A Relay	2/15/2008	2008 VSIS State Championships				
	Nevin Cook (SR)		Daniel Koehr (SR)	Connor Cook (SR)	Sean Koehr (SR)				
	42.95 (42.95)	1:07.32	(24.37)	1:31.23	(23.91)	1:34.03	(2.80)		
10	1:34.59 Y	P	A Relay	2/17/2006	VSIS 2006 State Championship				
	Sean Koehr (SR)		Bryan Morch (SR)	Nevin Cook (SR)	Kevin Koehr (SR)				
11	1:35.03 Y	F	A Relay	1/28/2006	2006 National Catholic Championship				
	Nevin Cook (SR)		Bryan Morch (SR)	Sean Koehr (SR)	Kevin Koehr (SR)				
	23.33 (23.33)	48.54	(25.21)	1:12.26	(23.72)	1:35.03	(22.77)		
12	1:35.05 Y	F	A Relay	12/20/2008	Seton Homecoming vs COOL, PVI, Wake and JPtG				
	Jameson Hill (SR)		Catfish Dunn (SR)	Patrick Kenna (SR)	Daniel Koehr (SR)				
	21.90 (21.90)	46.25	(24.35)	1:10.43	(24.18)	1:35.05	(24.62)		
13	1:35.08 Y	F	A Relay	1/10/2009	SST vs WFS, TES, DAC, JPtG-Jan10,09				
	Connor Cook (SR)		Daniel Koehr (SR)	David Basinger (SR)	Jameson Hill (SR)				
	24.68 (24.68)	49.11	(24.43)	1:14.11	(25.00)	1:35.08	(20.97)		
14	1:35.11 Y	F	A Relay	2/4/2006	2006 DAC Championships				
	Kevin Koehr (SR)		Bryan Morch (SR)	Sean Koehr (SR)	Nevin Cook (SR)				
	23.42 (23.42)	47.83	(24.41)	1:12.16	(24.33)	1:35.11	(22.95)		
15	1:35.17 Y	F	A Relay	2/13/2009	2009 VSIS Swimming & Diving Championships				
	Daniel Koehr (SR)		Patrick Kenna (SR)	Catfish Dunn (SR)	David Basinger (SR)				
	24.01 (24.01)	48.25	(24.24)	1:12.21	(23.96)	1:35.17	(22.96)		
16	1:35.39 Y	F	A Relay	1/20/2006	SST vs Woodberry, St. Margaret's				
	Kevin Koehr (SR)		Sean Koehr (SR)	Bryan Morch (SR)	Nevin Cook (SR)				
17	1:35.60 Y	F	A Relay	1/29/2011	2011 National Catholic HS Champs				
	Joseph Kenna (FR)		Catfish Dunn (SR)	Patrick Kenna (SR)	David Basinger (SR)				
	24.52 (24.52)	48.04	(23.52)	1:12.72	(24.68)	1:35.60	(22.88)		
18	1:35.70 Y	F	A Relay	1/6/2006	SST vs. Paul VI High School				
	Bryan Morch (SR)		Sean Koehr (SR)	Nevin Cook (SR)	Kevin Koehr (SR)				

## Seton Swimming

---

### Relay Top Times

**Seton Swimming [SST] Coach: Jim Koehr**

**Number of Top Times: 20 Convert To: Yards Print: Yards**

<b>Time</b>	<b>P/F/S</b>	<b>Relay</b>				
19	1:35.73 Y	P	A Relay	1/28/2006	2006 National Catholic Championship	
	Kevin Koehr (SR)		Bryan Morch (SR)	Sean Koehr (SR)	Nevin Cook (SR)	
	48.62 (48.62)	1:12.65	(24.03)	1:35.73	(23.08)	
20	1:35.78 Y	P	A Relay	1/26/2008	2008 National Catholic HS Championship	
	Nevin Cook (SR)		Daniel Koehr (SR)	Connor Cook (SR)	Sean Koehr (SR)	
	22.46 (22.46)	47.29	(24.83)	1:11.65	(24.36)	1:35.78 (24.13)

## Seton Swimming

---

### Individual Top Times

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 20 Convert To: Yards Print: Yards

	Time	P/F/S	Name	Age/Yr	
<b>Male Senior 100 Back</b>					
1	51.48 Y	F	*I Kevin Koehr	SR	1/20/2006 SST vs Woodberry, St. Margaret's
2	52.79 Y	F	*I Steven Jameson Hill	SR	1/3/2009 SST vs StC, Woodberry, BI, SBHS-Jan3,09
3	54.00 Y	P	*I Vincent Dunn	SR	2/17/2012 2012 VSIS Swimming & Diving Championsf
4	55.02 Y	F	*I Connor Cook	SR	2/19/2010 2010 VSIS Swimming & Diving Championsf
5	55.11 Y	F	*I Nevin Cook	SR	1/6/2007 SST vs PVI
6	1:01.59 Y	F	Shane Koehr	JR	2/9/2019 2019 DAC Championship Meet
7	1:02.26 Y	F	*I David Basinger	SR	11/19/2010 2010 Time Trials
8	1:03.02 Y	F	David Flook	JR	1/14/2017 2017 NoVa Catholic Invitational Champions
9	1:03.72 Y	F	*I Matthew Fioramonti	SR	2/13/2016 2016 DAC Champs
10	1:03.77 Y	F	*I Brian Koehr	SR	1/17/2015 Seton Winter Invitational-Jan 17, 2015
11	1:04.50 Y	F	*I Ryan Sweeney		12/1/2001 SST v PVI
12	1:04.70 Y	F	*I Ray Bennett	JR	11/11/2002 Time Trials
13	1:04.91 Y	F	*I John Pretz	SO	1/24/2004 SST vs. Woodberry Forest, Flint Hill
14	1:05.03 Y	F	*I Joe Kosten	SR	2/1/2014 2014 VISAA Division II Invitational
15	1:05.30 Y	F	*I Daniel Koehr	SR	1/13/2007 SST vs FCS
16	1:05.75 Y	F	*I Patrick Kenna	SR	2/12/2011 2011 DAC Championship Meet
17	1:06.22 Y	F	*I Tommy Flook	SR	2/8/2014 Delaney Athletic Conference Championship
18	1:06.94 Y	F	*I Jamie Smith	FR	2/5/2011 2011 VSIS Division II Invitational
19	1:07.22 Y	F	*I Stephen Shaw	SR	1/23/2010 SST @ Woodberry-Jan 23, 2010
20	1:07.83 Y	F	*I Patrick Koehr	SR	12/8/2012 SST Swim Meet 12-08-12

**Seton Swimming**

**Individual Top Times**

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 20 Convert To: Yards Print: Yards

	Time	P/F/S	Name	Age/Yr	
<b>Male Senior 100 Breast</b>					
1	58.53 Y	F	*I Nevin Cook	SR	1/27/2007 2007 National Catholic HS Championship
2	1:03.28 Y	F	*I Daniel Koehr	SR	2/19/2010 2010 VSIS Swimming & Diving Championst
3	1:04.48 Y	F	*I Steven Jameson Hill	SR	11/20/2009 2009 Time Trials
4	1:05.27 Y	F	*I Kevin Koehr	SR	1/21/2006 SST vs ECS, Highland, Quantico
5	1:05.66 Y	F	*I Sean Koehr	SR	2/17/2006 VSIS 2006 State Championship
6	1:07.12 Y	P	*I Joe Kosten	SR	2/15/2013 2013 VISAA Swimming & Diving Champions
7	1:07.28 Y	P	David Flook	JR	2/16/2018 2018 VISAA Swimming & Diving Champions
8	1:07.85 Y	F	*I Connor Cook	SR	11/21/2008 2008 Time Trials
9	1:08.68 Y	F	*I David Basinger	SR	11/19/2010 2010 Time Trials
10	1:08.78 Y	F	*I Vincent Dunn	SR	11/18/2011 2011 Time Trials
11	1:09.11 Y	P	*I Michael Hill	SR	2/18/2011 2011 VSIS Swimming & Diving Champions
12	1:09.16 Y	P	*I William Rogers		2/15/2002 2002 VSIS State Championships
13	1:09.42 Y	P	*I Patrick Rooney		2/15/2002 2002 VSIS State Championships
14	1:09.80 Y	F	*I Patrick Pennefather	SR	12/5/2014 Seton Ice Breaker Invitational - Dec 5, 2014
15	1:10.24 Y	F	*I Martin Quinan	JR	2/13/2016 2016 DAC Champs
16*	1:10.75 Y	F	*I Brian Koehr	SR	1/31/2015 2015 VISAA Division II Invitational
16*	1:10.75 Y	P	*I Casey Rafter	SR	2/15/2002 2002 VSIS State Championships
18	1:11.02 Y	F	*I Patrick Lytle	8	11/19/2004 2004-2005 Pre-Season Time Trials
19	1:11.15 Y	F	*I Jonathan Rosato	SR	2/12/2011 2011 DAC Championship Meet
20	1:12.31 Y	F	*I Seamus Koehr	SR	2/11/2017 DAC Championship 2017

### Seton Swimming

#### Relay Top Times

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 20 Convert To: Yards Print: Yards

	Time	P/F/S	Relay							
<b>Male Senior 400 Free Relay</b>										
1	3:17.05	Y	F	A Relay	2/19/2010	2010 VSIS Swimming & Diving Championships				
					Jameson Hill (SR)	Connor Cook (SR)	Catfish Dunn (SR)	David Basinger (SR)		
	22.09	(22.09)	45.69	(45.69)	1:09.52	(23.83)	1:35.89	(50.20)		
	1:59.56	(23.67)	2:26.23	(50.34)	2:49.78	(23.55)	3:17.05	(50.82)		
2	3:18.81	Y	P	A Relay	2/19/2010	2010 VSIS Swimming & Diving Championships				
					Jameson Hill (SR)	Connor Cook (SR)	Catfish Dunn (SR)	David Basinger (SR)		
	22.03	(22.03)	45.67	(45.67)	1:09.56	(23.89)	1:35.97	(50.30)		
	2:00.24	(24.27)	2:26.47	(50.50)	2:50.98	(24.51)	3:18.81	(52.34)		
3	3:20.62	Y	F	A Relay	2/13/2009	2009 VSIS Swimming & Diving Championships				
					Jameson Hill (SR)	Connor Cook (SR)	Catfish Dunn (SR)	David Basinger (SR)		
	22.19	(22.19)	46.28	(46.28)	1:10.19	(23.91)	1:36.85	(50.57)		
	2:01.46	(24.61)	2:28.56	(51.71)	2:53.05	(24.49)	3:20.62	(52.06)		
4	3:21.38	Y	F	A Relay	1/30/2010	2010 National Catholic HS Champs				
					Jameson Hill (SR)	Connor Cook (SR)	Catfish Dunn (SR)	David Basinger (SR)		
	22.24	(22.24)	46.13	(46.13)	1:10.76	(24.63)	1:38.30	(52.17)		
	2:02.40	(24.10)	2:29.29	(50.99)	2:53.77	(24.48)	3:21.38	(52.09)		
5	3:22.56	Y	F	A Relay	1/16/2010	SST Swim Meet 1-16-10				
					Jameson Hill (SR)	Connor Cook (SR)	Catfish Dunn (SR)	David Basinger (SR)		
	22.44	(22.44)	46.87	(46.87)	1:12.05	(25.18)	1:39.38	(52.51)		
	2:03.97	(24.59)	2:30.89	(51.51)	2:48.66	(17.77)	3:22.56	(51.67)		
6	3:23.35	Y	F	A Relay	1/23/2010	SST @ Woodberry-Jan 23, 2010				
					Jameson Hill (SR)	Connor Cook (SR)	Catfish Dunn (SR)	David Basinger (SR)		
	22.37	(22.37)	45.80	(45.80)	1:10.78	(24.98)	1:38.27	(52.47)		
	2:02.68	(24.41)	2:29.56	(51.29)	2:54.88	(25.32)	3:23.35	(53.79)		
7	3:23.73	Y	P	A Relay	2/13/2009	2009 VSIS Swimming & Diving Championships				
					Jameson Hill (SR)	Connor Cook (SR)	Catfish Dunn (SR)	David Basinger (SR)		
	22.45	(22.45)	46.69	(46.69)	1:02.43	(15.74)	1:36.99	(50.30)		
	2:02.28	(25.29)	2:29.82	(52.83)	2:54.89	(25.07)	3:23.73	(53.91)		
8	3:23.86	Y	F	A Relay	1/31/2009	2009 National Catholic HS Championships				
					Jameson Hill (SR)	Connor Cook (SR)	Catfish Dunn (SR)	David Basinger (SR)		
	22.36	(22.36)	46.42	(46.42)	1:11.26	(24.84)	1:38.39	(51.97)		
	2:03.15	(24.76)	2:30.64	(52.25)	2:55.33	(24.69)	3:23.86	(53.22)		
9	3:24.41	Y	P	A Relay	1/30/2010	2010 National Catholic HS Champs				
					Jameson Hill (SR)	Connor Cook (SR)	Catfish Dunn (SR)	David Basinger (SR)		
	22.75	(22.75)	46.83	(46.83)	1:11.84	(25.01)	1:39.74	(52.91)		
	2:04.13	(24.39)	2:31.31	(51.57)	2:56.34	(25.03)	3:24.41	(53.10)		
10	3:25.66	Y	F	A Relay	1/10/2009	SST vs WFS, TES, DAC, JPTG-Jan10,09				
					Jameson Hill (SR)	David Basinger (SR)	Catfish Dunn (SR)	Connor Cook (SR)		
	22.48	(22.48)	46.99	(46.99)	1:12.88	(25.89)	1:41.70	(54.71)		
	2:06.89	(25.19)	2:34.38	(52.68)	2:58.93	(24.55)	3:25.66	(51.28)		
11	3:26.77	Y	F	A Relay	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS				
					Jameson Hill (SR)	David Basinger (SR)	Catfish Dunn (SR)	Connor Cook (SR)		
12	3:27.20	Y	F	A Relay	1/3/2009	SST vs StC, Woodberry, BI, SBHS-Jan3,09				
					Jameson Hill (SR)	David Basinger (SR)	Catfish Dunn (SR)	Connor Cook (SR)		
	23.11	(23.11)	47.71	(47.71)	1:13.84	(26.13)	1:43.27	(55.56)		
	2:08.53	(25.26)	2:35.89	(52.62)	2:52.51	(16.62)	3:27.20	(51.31)		

### Seton Swimming

#### Relay Top Times

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 20 Convert To: Yards Print: Yards

Time	P/F/S	Relay						
13	3:27.40 Y	F	A Relay	2/18/2011	2011 VSIS Swimming & Diving Championships			
	Catfish Dunn (SR)		Brendan Koehr (SR)		Joseph Kenna (FR)		David Basinger (SR)	
	24.04 (24.04)	50.18	(50.18)	1:15.07	(24.89)	1:44.03	(53.85)	
	2:09.02 (24.99)	2:37.98	(53.95)	3:01.28	(23.30)	3:27.40	(49.42)	
14	3:27.94 Y	F	A Relay	12/20/2008	Seton Homecoming vs COOL, PVI, Wake and JPtG			
	Jameson Hill (SR)		David Basinger (SR)		Catfish Dunn (SR)		Connor Cook (SR)	
	47.59 (47.59)	---	---	---	---	---	---	
	---	---	---	---	---	3:27.94	(3:27.94)	
15	3:28.55 Y	P	A Relay	2/18/2011	2011 VSIS Swimming & Diving Championships			
	Catfish Dunn (SR)		Brendan Koehr (SR)		Joseph Kenna (FR)		David Basinger (SR)	
	24.60 (24.60)	50.84	(50.84)	1:15.67	(24.83)	1:45.16	(54.32)	
	2:09.93 (24.77)	2:38.65	(53.49)	3:02.04	(23.39)	3:28.55	(49.90)	
16	3:28.94 Y	P	A Relay	1/31/2009	2009 National Catholic HS Championships			
	Connor Cook (SR)		David Basinger (SR)		Catfish Dunn (SR)		Jameson Hill (SR)	
	25.37 (25.37)	52.18	(52.18)	1:17.80	(25.62)	1:47.22	(55.04)	
	2:12.63 (25.41)	2:41.57	(54.35)	3:04.23	(22.66)	3:28.94	(47.37)	
17	3:29.67 Y	F	A Relay	1/29/2011	2011 National Catholic HS Champs			
	Joseph Kenna (FR)		David Basinger (SR)		Brendan Koehr (SR)		Catfish Dunn (SR)	
	26.14 (26.14)	54.40	(54.40)	1:18.21	(23.81)	1:45.10	(50.70)	
	2:09.93 (24.83)	2:39.22	(54.12)	3:03.47	(24.25)	3:29.67	(50.45)	
18	3:32.85 Y	P	A Relay	1/29/2011	2011 National Catholic HS Champs			
	David Basinger (SR)		Joseph Kenna (FR)		Brendan Koehr (SR)		Catfish Dunn (SR)	
	24.66 (24.66)	51.51	(51.51)	1:17.87	(26.36)	1:46.42	(54.91)	
	2:11.69 (25.27)	2:41.04	(54.62)	3:06.01	(24.97)	3:32.85	(51.81)	
19	3:33.85 Y	F	A Relay	2/5/2011	2011 VSIS Division II Invitational			
	Catfish Dunn (SR)		Joseph Kenna (FR)		Brendan Koehr (SR)		David Basinger (SR)	
	24.43 (24.43)	50.63	(50.63)	1:17.66	(27.03)	1:46.76	(56.13)	
	2:11.98 (25.22)	2:41.64	(54.88)	3:06.00	(24.36)	3:33.85	(52.21)	
20	3:35.08 Y	F	A Relay	2/13/2010	2010 DAC Championship			
	Jameson Hill (SR)		Connor Cook (SR)		Catfish Dunn (SR)		David Basinger (SR)	
	25.78 (25.78)	54.15	(54.15)	1:23.46	(29.31)	1:56.41	(1:02.26)	
	2:24.85 (28.44)	2:56.87	(1:00.46)	3:25.68	(28.81)	3:58.74	(1:01.87)	