

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							
Female Senior 200 Medley Relay									
1	1:50.25 Y	F	A Relay			2/18/2011	2011 VSIS Swimming & Diving Championships		
	Alex Doonis (SR)		Cat Rogers (SR)			Bridget Wunderly (SR)	Lauren Donohoe (SR)		
	28.77 (28.77)	59.43	(30.66)	1:26.26	(26.83)	1:50.25	(23.99)		
2	1:51.92 Y	P	A Relay			2/18/2011	2011 VSIS Swimming & Diving Championships		
	Alex Doonis (SR)		Cat Rogers (SR)			Bridget Wunderly (SR)	Lauren Donohoe (SR)		
	28.97 (28.97)	59.91	(30.94)	1:27.28	(27.37)	1:51.92	(24.64)		
3	1:52.90 Y	F	A Relay			2/13/2015	2015 VISAA Swimming & Diving Champs		
	Anna Kenna (SR)		Emily Heim (SR)			Alex Sinner (SR)	Claire Kenna (SR)		
	27.03 (27.03)	59.12	(32.09)	1:27.43	(28.31)	1:52.90	(25.47)		
4	1:53.25 Y	F	A Relay			2/14/2014	2014 VISAA Swimming & Diving Championships		
	Anna Kenna (SR)		Emily Heim (SR)			Kimberly Rector (SR)	Claire Kenna (SR)		
	27.34 (27.34)	59.30	(31.96)	1:28.17	(28.87)	1:53.25	(25.08)		
5	1:53.62 Y	P	A Relay			2/14/2014	2014 VISAA Swimming & Diving Championships		
	Anna Kenna (SR)		Emily Heim (SR)			Kimberly Rector (SR)	Claire Kenna (SR)		
	27.90 (27.90)	59.87	(31.97)	1:28.50	(28.63)	1:53.62	(25.12)		
6	1:54.15 Y	P	A Relay			2/13/2015	2015 VISAA Swimming & Diving Champs		
	Anna Kenna (SR)		Emily Heim (SR)			Alex Sinner (SR)	Claire Kenna (SR)		
	27.28 (27.28)	1:00.18	(32.90)	1:28.35	(28.17)	1:54.15	(25.80)		
7	1:54.43 Y	F	A Relay			1/29/2011	2011 National Catholic HS Champs		
	Alex Doonis (SR)		Cat Rogers (SR)			Bridget Wunderly (SR)	Lauren Donohoe (SR)		
	28.79 (28.79)	1:00.80	(32.01)	1:28.96	(28.16)	1:54.43	(25.47)		
8	1:54.70 Y	F	A Relay			1/24/2015	National Catholic H.S. Championship 2015		
	Anna Kenna (SR)		Emily Heim (SR)			Alex Sinner (SR)	Claire Kenna (SR)		
	27.57 (27.57)	1:00.68	(33.11)	1:28.95	(28.27)	1:54.70	(25.75)		
9	1:54.96 Y	F	A Relay			12/18/2010	SST Homecoming Swim Meet 12-18-10		
	Alex Doonis (SR)		Cat Rogers (SR)			Bridget Wunderly (SR)	Lauren Donohoe (SR)		
	29.72 (29.72)	1:01.70	(31.98)	1:29.91	(28.21)	1:54.96	(25.05)		
10	1:55.03 Y	F	A Relay			2/17/2017	VISAA States 2017		
	Anna Kenna (SR)		Reilly Cuccinelli (SR)			Mairead Geiran (SO)	Dani Flook (SR)		
	27.08 (27.08)	1:00.50	(33.42)	1:28.37	(27.87)	1:55.03	(26.66)		
11	1:55.10 Y	P	A Relay			2/15/2019	2019 VISAA Swimming & Diving Championship		
	Caroline Griffin (JR)		Mary Heim (SR)			Mairead Geiran (SO)	Mary Pennefather (8)		
	29.29 (29.29)	1:02.57	(33.28)	1:29.86	(27.29)	1:55.10	(25.24)		
12	1:55.19 Y	F	A Relay			2/19/2016	VISAA States 2016		
	Anna Kenna (SR)		Emily Heim (SR)			Kimberly Rector (SR)	Claire Kenna (SR)		
	27.47 (27.47)	59.92	(32.45)	1:29.45	(29.53)	1:55.19	(25.74)		
13	1:55.43 Y	P	A Relay			2/19/2016	VISAA States 2016		
	Anna Kenna (SR)		Emily Heim (SR)			Kimberly Rector (SR)	Claire Kenna (SR)		
	27.33 (27.33)	1:00.14	(32.81)	1:29.67	(29.53)	1:55.43	(25.76)		
14	1:55.82 Y	P	A Relay			1/29/2011	2011 National Catholic HS Champs		
	Alex Doonis (SR)		Cat Rogers (SR)			Bridget Wunderly (SR)	Lauren Donohoe (SR)		
	29.47 (29.47)	1:01.82	(32.35)	1:30.02	(28.20)	1:55.82	(25.80)		
15	1:55.84 Y	P	A Relay			1/28/2012	2012 National Catholic HS Champs		
	Alex Doonis (SR)		Cat Rogers (SR)			Alex Sinner (SR)	Claire Kenna (SR)		
	28.92 (28.92)	59.81	(30.89)	1:29.69	(29.88)	1:55.84	(26.15)		
16	1:56.09 Y	F	A Relay			2/9/2019	2019 DAC Championship Meet		
	Caroline Griffin (JR)		Mary Heim (SR)			Mairead Geiran (SO)	Mary Pennefather (8)		
	29.22 (29.22)	1:03.31	(34.09)	1:30.91	(27.60)	1:56.09	(25.18)		

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Seton Swimming [SST] Coach: Jim Koehr
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Time	P/F/S	Relay						
17	1:56.10 Y	F	A Relay			2/19/2010	2010 VSIS Swimming & Diving Championships	
				Bridget Wunderly (SR)	Cat Rogers (SR)		Carolyn Claybrooks (SR)	Laura Talbott (SR)
				30.07 (30.07)	1:02.30 (32.23)	1:29.92 (27.62)	1:56.10 (26.18)	
18	1:56.28 Y	F	A Relay			2/12/2011	2011 DAC Championship Meet	
				Alex Doonis (SR)	Cat Rogers (SR)		Bridget Wunderly (SR)	Lauren Donohoe (SR)
				29.80 (29.80)	1:01.81 (32.01)	1:30.15 (28.34)	1:56.28 (26.13)	
19	1:56.29 Y	F	A Relay			1/31/2015	2015 VISAA Division II Invitational	
				Anna Kenna (SR)	Emily Heim (SR)		Alex Sinner (SR)	Claire Kenna (SR)
				28.34 (28.34)	1:01.71 (33.37)	1:30.62 (28.91)	1:56.29 (25.67)	
20	2:00.92 Y	F	A Relay			2/7/2009	2009 DAC Champs	
				Alex Doonis (SR)	Mary-Kate Kenna (SR)		Bridget Wunderly (SR)	Lauren Donohoe (SR)
				33.55 (33.55)	1:12.23 (38.68)	1:45.62 (33.39)	2:14.22 (28.60)	

Seton Swimming

Individual Top Times

Seton Swimming [SST] Coach: Jim Koehr

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	Time	P/F/S	Name	Age/Yr	
Female Senior 200 Free					
1	1:55.74 Y	F	*I Katie Shipko		2/18/2000 2000 VSIS State Championship
2	1:59.43 Y	F	Mairead Geiran	SO	2/15/2019 2019 VISAA Swimming & Diving Champions
3	1:59.75 Y	F	*I Anna Kenna	SR	12/16/2017 Seton Homecoming Invitational - Dec 16, 20
4	2:00.32 Y	F	*I Jessica Dunn	SR	2/3/2007 VSIS Division II Invitational
5	2:02.62 Y	F	*I Lauren Donohoe	SR	1/23/2010 SST @ Woodberry-Jan 23, 2010
6	2:03.06 Y	F	*I Alexandra Doonis	SR	12/4/2010 SST vs NA, TES, JPtG, Highland-Dec4,10
7	2:03.43 Y	F	*I Carolyn Claybrooks	SR	2/19/2010 2010 VSIS Swimming & Diving Championst
8	2:05.87 Y	F	*I Katie Planchak	SR	12/16/2006 SST vs Collegiate, Bishop Ireton
9	2:06.13 Y	F	*I Bridget Wunderly	SR	1/15/2011 DAC Conference Meet @ St. Michael-Jan1!
10	2:06.70 Y	F	*I Megan Seale	SR	11/11/2002 Time Trials
11	2:07.07 Y	F	*I Catherine Rogers	SR	1/14/2012 SMAHS Invitational
12	2:07.37 Y	F	*I Kimberly Rector	SR	2/8/2014 Delaney Athletic Conference Championship
13	2:07.58 Y	P	*I Dani Flook	SR	2/13/2015 2015 VISAA Swimming & Diving Champs
14	2:08.74 Y	F	*I Mary-Kate Kenna	SR	12/6/2008 SST vs BDHS,FA,Wake,High,QHMS
15	2:09.57 Y	F	*I Laura Talbott	SR	2/2/2008 VSIS Division II Swimming Invitational
16	2:10.17 Y	F	*I Claire Kenna	SR	12/20/2014 Seton Homecoming Invitational - Dec 20, 20
17	2:11.17 Y	F	*I Alexandra Sinner	SR	2/1/2014 2014 VISAA Division II Invitational
18	2:13.11 Y	F	*I Kimberley Melnyk	SR	2/2/2008 VSIS Division II Swimming Invitational
19	2:13.12 Y	F	*I Lea Mazzoccoli	SR	12/15/2007 SST vs SBHS,PCHS-Dec15,07
20	2:13.86 Y	F	Anne Konstanty	JR	2/9/2019 2019 DAC Championship Meet

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	Time	P/F/S	Name	Age/Yr		
Female Senior 200 IM						
1	2:11.80 Y	F	*I Jessica Dunn	SR	2/15/2008	2008 VSIS State Championships
2	2:13.61 Y	F	*I Anna Kenna	SR	1/6/2018	Highland Invitational - Jan 06, 2018
3	2:16.30 Y	F	*I Katie Shipko		2/1/1999	DAC Champs 1999
4	2:20.16 Y	F	*I Mary-Kate Kenna	SR	2/13/2009	2009 VSIS Swimming & Diving Champions
5	2:20.85 Y	P	Mairead Geiran	SO	1/21/2017	National Catholic H.S. Championship 2017
6	2:20.99 Y	P	*I Alexandra Sinner	SR	2/14/2014	2014 VISAA Swimming & Diving Champions
7	2:21.56 Y	F	*I Catherine Rogers	SR	1/21/2012	SST @ Woodberry-Jan21, 12
8	2:22.16 Y	F	*I Bridget Wunderly	SR	2/5/2011	2011 VSIS Division II Invitational
9	2:22.54 Y	F	*I Lauren Donohoe	SR	12/13/2008	SST vs DAC, Heights, NDA-Dec13,08
10	2:24.33 Y	P	*I Kimberly Rector	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
11	2:26.50 Y	F	*I Alexandra Doonis	SR	1/14/2012	SMAHS Invitational
12	2:27.07 Y	F	*I Claire Kenna	SR	12/5/2014	Seton Ice Breaker Invitational - Dec 5, 2014
13	2:27.52 Y	F	*I Laura Talbott	SR	1/4/2008	SST, Paul VI @ Collegiate-Jan4,07
14	2:27.61 Y	F	Caroline Griffin	JR	2/10/2018	2018 DAC Championship Meet
15	2:28.85 Y	F	*I Carolyn Claybrooks	SR	12/20/2008	Seton Homecoming vs COOL, PVI, Wake a
16	2:30.17 Y	F	*I Megan Seale	SR	2/5/2005	2005 DAC Championships
17	2:30.31 Y	F	*I Dani Flook	SR	1/31/2015	2015 VISAA Division II Invitational
18	2:30.63 Y	P	*I Joanie Pretz	SR	12/7/2002	SST vs. FA, Wakefield, Highland
19	2:31.17 Y	F	*I Meghan Morch	SR	12/14/2007	NVSC Conference Regular Season-Dec14,1
20	2:31.33 Y	F	*I Rachel Lambrecht	SR	2/12/2011	2011 DAC Championship Meet

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	Time	P/F/S	Name	Age/Yr		
Female Senior 50 Free						
1	24.06 Y L	F	*I Anna Kenna	SR	2/16/2018	2018 VISAA Swimming & Diving Champions
2	24.39 Y	P	*I Alexandra Doonis	SR	2/17/2012	2012 VSIS Swimming & Diving Champions
3	24.52 Y	P	*I Catherine Rogers	SR	1/28/2012	2012 National Catholic HS Champs
4	24.84 Y	F	*I Lauren Donohoe	SR	2/19/2010	2010 VSIS Swimming & Diving Champions
5	25.22 Y	P	*I Katie Planchak	SR	2/17/2006	VSIS 2006 State Championship
6	25.75 Y L	P	Mairead Geiran	SO	2/15/2019	2019 VISAA Swimming & Diving Champions
7	25.77 Y	F	*I Jessica Dunn	SR	12/14/2007	NVSC Conference Regular Season-Dec14,1
8	26.09 Y L	F	*I Claire Kenna	SR	2/14/2014	2014 VISAA Swimming & Diving Champions
9	26.18 Y	F	*I Meghan Morch	SR	1/12/2008	SST @ Woodberry, Madiera, FCS-Jan12,08
10*	26.21 Y	P	Mary Pennefather	8	2/15/2019	2019 VISAA Swimming & Diving Champions
10*	26.21 Y	F	*I Katie Shipko		2/3/2001	RMA/FCS/FA
12	26.56 Y	F	*I Laura Talbott	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
13	26.77 Y	F	*I Megan Seale	SR	1/31/2004	2004 National Catholic Championship
14	26.94 Y	F	*I Melissa Dunn	SR	2/5/2005	2005 DAC Championships
15*	27.02 Y L	F	*I Lea Mazzoccoli	SR	1/21/2006	SST vs ECS, Highland, Quantico
15*	27.02 Y	F	*I Carolyn Claybrooks	SR	12/13/2008	SST vs DAC, Heights, NDA-Dec13,08
17	27.03 Y	F	*I Hailey Moya	SO	2/4/2006	2006 DAC Championships
18	27.26 Y	F	Isabelle Luevano	FR	2/15/2019	2019 VISAA Swimming & Diving Champions
19	27.35 Y	F	*I Alexandra Sinner	SR	1/18/2014	Seton Invitational - January 18, 2014
20	27.40 Y	F	*I Mary-Kate Kenna	SR	1/17/2009	SST @ FCS

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	Time	P/F/S	Name	Age/Yr	
Female Senior 1 Meter 6 Dives					
1	144.90	F *I	Ann Duran	SR	12/20/2008 Seton Homecoming vs COOL, PVI, Wake a
2	142.70	F *I	Keziah Higginbottom	SR	1/19/2013 Woodberry Forest Invitational
3	122.20	F *I	MacKenzie Farmer	JR	1/16/2016 2016 NoVa Catholic Invitational Champions
4	120.40	F *I	Sarah Zapiain	SR	1/16/2010 SST Swim Meet 1-16-10
5	114.10	F *I	Mary Duran	SR	1/7/2012 2012 NOVA Catholic Invitational
6	99.85	F *I	Theresa Verry	JR	1/19/2013 Woodberry Forest Invitational
7	97.55	F *I	Mikey Wittlinger	SR	1/19/2013 Woodberry Forest Invitational
8	94.00	F *I	Kristie Ostrich	SR	1/8/2011 2010 No.Va. Catholic Invitational
9	93.15	F *I	Catherine Rogers	SR	1/10/2009 SST vs WFS, TES, DAC, JPtG-Jan10,09
10	72.70	F *I	Caroline Holmes	FR	1/16/2010 SST Swim Meet 1-16-10
11	70.20	F *I	Elizabeth Rogers	JR	1/10/2009 SST vs WFS, TES, DAC, JPtG-Jan10,09
12	68.60	F *I	Shannon Bartnick		1/9/2010 SSTvNSA-FHS-FCS-QMHS-JPG1-9-10

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	Time	P/F/S	Name	Age/Yr	
Female Senior 1 Meter 11 Dives					
1	371.95	F *I	Katie Giarra		2/15/2002 2002 VSIS State Championships
2	229.75	F *I	Sarah Zapiain	SR	2/17/2012 2012 VSIS Swimming & Diving Championst
3	208.50	F *I	Keziah Higginbottom	SR	2/15/2013 2013 VISAA Swimming & Diving Champions
4	204.75	F *I	Ann Duran	SR	2/13/2009 2009 VSIS Swimming & Diving Championst
5	155.70	F *I	Mary Duran	SR	2/18/2011 2011 VSIS Swimming & Diving Championst
6	108.90	F *I	Katie Racine	JR	2/15/2008 2008 VSIS State Championships

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	Time	P/F/S	Name	Age/Yr		
Female Senior 100 Fly						
1	58.51 Y	F	*I Anna Kenna	SR	12/16/2017	Seton Homecoming Invitational - Dec 16, 2017
2	59.82 Y	P	*I Bridget Wunderly	SR	2/18/2011	2011 VSIS Swimming & Diving Championships
3	1:02.21 Y	F	*I Jessica Dunn	SR	12/1/2007	SST vs NSHS, TES-Dec1,07
4	1:02.47 Y	F	*I Catherine Rogers	SR	1/15/2011	DAC Conference Meet @ St. Michael-Jan11
5	1:04.32 Y	F	*I Lea Mazzoccoli	SR	2/15/2008	2008 VSIS State Championships
6	1:04.37 Y	F	Mairead Geiran	SO	12/10/2016	Trinity Christian Invitational - Dec 10, 2016
7	1:04.68 Y	F	*I Katie Shipko		2/1/1999	DAC Champs 1999
8	1:04.94 Y	F	*I Alexandra Doonis	SR	1/16/2010	SST Swim Meet 1-16-10
9	1:05.48 Y	P	*I Alexandra Sinner	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
10	1:06.72 Y	P	*I Mary-Kate Kenna	SR	1/27/2007	2007 National Catholic HS Championship
11	1:06.80 Y	F	*I Kimberly Rector	SR	1/18/2014	Seton Invitational - January 18, 2014
12	1:06.86 Y	F	Caroline Griffin	JR	2/9/2019	2019 DAC Championship Meet
13	1:06.90 Y	F	*I Lauren Donohoe	SR	12/11/2010	SST Swim Meet 12-11-10
14	1:07.70 Y	F	*I Katie Planchak	SR	1/15/2005	SST vs FA, FCS
15	1:08.08 Y	F	*I Caitlin Harris	SR	1/17/2004	SST vs. RMA, Quantico
16	1:08.99 Y	F	Emily Flynn	FR	2/9/2019	2019 DAC Championship Meet
17	1:09.23 Y	F	*I Carolyn Claybrooks	SR	1/16/2010	SST Swim Meet 1-16-10
18	1:09.33 Y	P	*I Kimberley Melnyk	SR	2/15/2008	2008 VSIS State Championships
19	1:09.62 Y	F	*I Keziah Higginbottom	SR	2/9/2013	DAC Championship Meet
20	1:10.56 Y	F	*I Rachel Lambrecht	SR	2/5/2011	2011 VSIS Division II Invitational

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Female Senior 100 Free						
1	52.05 Y	P	*I Anna Kenna	SR	2/16/2018	2018 VISAA Swimming & Diving Champions
2	52.91 Y	F	*I Alexandra Doonis	SR	2/17/2012	2012 VSIS Swimming & Diving Champions
3	54.08 Y	F	*I Lauren Donohoe	SR	2/19/2010	2010 VSIS Swimming & Diving Champions
4	54.73 Y	F	Mairead Geiran	SO	2/15/2019	2019 VISAA Swimming & Diving Champions
5	55.13 Y	F	*I Katie Planchak	SR	12/9/2006	SST vs Woodberry, FCS
6	55.39 Y	F	*I Katie Shipko		2/16/2001	2001 VSIS
7	55.69 Y	F	*I Catherine Rogers	SR	2/12/2011	2011 DAC Championship Meet
8	55.79 Y	F	Jessica Dunn	SR	12/9/2006	SST vs Woodberry, FCS
9	57.33 Y	F	*I Claire Kenna	SR	2/15/2013	2013 VISAA Swimming & Diving Champions
10	57.47 Y	P	*I Reilly Cuccinelli	SR	2/17/2017	VISAA States 2017
11	57.86 Y	F	*I Megan Seale	SR	2/15/2002	2002 VSIS State Championships
12	58.25 Y L	P	*I Carolyn Claybrooks	SR	1/30/2010	2010 National Catholic HS Champs
13	58.75 Y	P	*I Alexandra Sinner	SR	1/28/2012	2012 National Catholic HS Champs
14	58.97 Y	F	*I Laura Talbott	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
15*	59.22 Y	F	*I Bridget Wunderly	SR	11/19/2010	2010 Time Trials
15*	59.22 Y L	F	Caroline Griffin	JR	2/15/2019	2019 VISAA Swimming & Diving Champions
17	59.29 Y	F	*I Kimberly Rector	SR	11/14/2014	2014 Time Trials
18	59.42 Y	F	*I Lea Mazzoccoli	SR	11/16/2007	2007 Time Trials
19	59.44 Y	F	*I Meghan Morch	SR	2/2/2008	VSIS Division II Swimming Invitational
20	59.55 Y	F	Mary Heim	SR	2/9/2019	2019 DAC Championship Meet

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	Time	P/F/S	Name	Age/Yr	
Female Senior 500 Free					
1	5:06.98 Y	F	*I Katie Shipko		2/15/2002 2002 VSIS State Championships
2	5:24.80 Y	P	*I Bridget Wunderly	SR	2/18/2011 2011 VSIS Swimming & Diving Championsf
3	5:25.43 Y	F	*I Jessica Dunn	SR	2/3/2007 VSIS Division II Invitational
4	5:27.28 Y	F	*I Kimberly Rector	SR	2/13/2015 2015 VISAA Swimming & Diving Champs
5	5:30.50 Y	F	*I Anna Kenna	SR	12/2/2017 Dec. 2nd STC Invitational
6	5:34.13 Y	F	*I Carolyn Claybrooks	SR	2/19/2010 2010 VSIS Swimming & Diving Championsf
7	5:35.20 Y	F	*I Alexandra Doonis	SR	2/11/2012 Delaney Athletic Conference Championship
8	5:42.85 Y	F	*I Lauren Donohoe	SR	1/4/2008 SST, Paul VI @ Collegiate-Jan4,07
9	5:46.28 Y	F	Mairead Geiran	SO	12/2/2016 Seton Ice Breaker Invitational - Dec 2, 2016
10	5:49.08 Y	F	*I Katie Planchak	SR	12/16/2006 SST vs Collegiate, Bishop Ireton
11	5:49.86 Y	F	*I Dani Flook	SR	1/10/2015 2015 NoVa Catholic Invitational Championsl
12	5:50.30 Y	F	*I Megan Seale	SR	11/11/2002 Time Trials
13	5:51.98 Y	F	*I Mary-Kate Kenna	SR	12/6/2008 SST vs BDHS,FA,Wake,High,QHMS
14	5:59.26 Y	F	*I Laura Talbott	SR	2/2/2008 VSIS Division II Swimming Invitational
15	6:00.85 Y	F	*I Alexandra Sinner	SR	12/17/2011 SST Swim Meet 12-17-11
16	6:03.94 Y	F	*I Claire Kenna	SR	12/20/2014 Seton Homecoming Invitational - Dec 20, 2014
17	6:06.06 Y	F	Anne Konstanty	JR	2/9/2019 2019 DAC Championship Meet
18	6:08.34 Y	F	*I Kimberley Melnyk	SR	2/9/2008 NVSC Champs - Converted 400m times
19	6:15.68 Y	F	*I Danielle Smith	SR	1/20/2007 SST at TES, NSA, Covenant
20	6:16.53 Y	F	*I Caitlin Harris	SR	1/24/2004 SST vs. Woodberry Forest, Flint Hill

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Time	P/F/S	Relay							
Female Senior 200 Free Relay									
1	1:40.05 Y	F	A Relay				2/19/2010	2010 VSIS Swimming & Diving Championships	
	Alex Doonis (SR)		Cat Rogers (SR)				Laura Talbott (SR)	Lauren Donohoe (SR)	
	24.98 (24.98)	49.48	(24.50)	1:15.26	(25.78)	1:40.05	(24.79)		
2*	1:40.83 Y	F	A Relay				1/30/2010	2010 National Catholic HS Champs	
	Alex Doonis (SR)		Cat Rogers (SR)				Laura Talbott (SR)	Lauren Donohoe (SR)	
	25.31 (25.31)	50.23	(24.92)	1:16.28	(26.05)	1:40.83	(24.55)		
2*	1:40.83 Y	F	A Relay				2/18/2011	2011 VSIS Swimming & Diving Championships	
	Alex Doonis (SR)		Cat Rogers (SR)				Bridget Wunderly (SR)	Lauren Donohoe (SR)	
	25.01 (25.01)	49.54	(24.53)	1:16.04	(26.50)	1:40.83	(24.79)		
4	1:40.99 Y	F	A Relay				2/13/2009	2009 VSIS Swimming & Diving Championships	
	Alex Doonis (SR)		Cat Rogers (SR)				Laura Talbott (SR)	Lauren Donohoe (SR)	
	24.72 (24.72)	50.43	(25.71)	1:16.47	(26.04)	1:40.99	(24.52)		
5	1:41.00 Y	P	A Relay				2/18/2011	2011 VSIS Swimming & Diving Championships	
	Alex Doonis (SR)		Cat Rogers (SR)				Bridget Wunderly (SR)	Lauren Donohoe (SR)	
	25.38 (25.38)	49.87	(24.49)	1:16.51	(26.64)	1:41.00	(24.49)		
6	1:41.26 Y	F	A Relay				2/15/2008	2008 VSIS State Championships	
	Jessica Dunn (SR)		Alex Doonis (SR)				Meghan Morch (SR)	Lauren Donohoe (SR)	
	25.84 (25.84)	50.72	(24.88)	1:16.26	(25.54)	1:41.26	(25.00)		
7	1:41.62 Y	P	A Relay				2/19/2010	2010 VSIS Swimming & Diving Championships	
	Alex Doonis (SR)		Cat Rogers (SR)				Laura Talbott (SR)	Lauren Donohoe (SR)	
	25.25 (25.25)	50.02	(24.77)	1:16.36	(26.34)	1:41.62	(25.26)		
8	1:42.32 Y	F	A Relay				2/17/2012	2012 VSIS Swimming & Diving Championships	
	Alex Doonis (SR)		Claire Kenna (SR)				Alex Sinner (SR)	Cat Rogers (SR)	
	24.74 (24.74)	50.92	(26.18)	1:18.28	(27.36)	1:42.32	(24.04)		
9	1:42.37 Y	F	A Relay				11/16/2012	2012 Time Trials	
	Claire Kenna (SR)		Mary Camarca (SO)				Elizabeth Earls (FR)	Ashley Cackett (SR)	
	28.91 (28.91)	1:03.18	(34.27)	1:20.05	(16.87)	1:42.37	(22.32)		
10	1:42.58 Y	P	A Relay				2/15/2008	2008 VSIS State Championships	
	Jessica Dunn (SR)		Alex Doonis (SR)				Meghan Morch (SR)	Lauren Donohoe (SR)	
	26.40 (26.40)	51.32	(24.92)	1:17.27	(25.95)	1:42.58	(25.31)		
11	1:42.72 Y	P	A Relay				2/17/2012	2012 VSIS Swimming & Diving Championships	
	Alex Doonis (SR)		Claire Kenna (SR)				Alex Sinner (SR)	Cat Rogers (SR)	
	25.14 (25.14)	51.03	(25.89)	1:18.32	(27.29)	1:42.72	(24.40)		
12	1:42.73 Y	P	A Relay				2/13/2009	2009 VSIS Swimming & Diving Championships	
	Alex Doonis (SR)		Cat Rogers (SR)				Laura Talbott (SR)	Lauren Donohoe (SR)	
	25.57 (25.57)	51.11	(25.54)	1:17.36	(26.25)	1:42.73	(25.37)		
13	1:42.81 Y	P	A Relay				1/30/2010	2010 National Catholic HS Champs	
	Alex Doonis (SR)		Cat Rogers (SR)				Laura Talbott (SR)	Lauren Donohoe (SR)	
	25.77 (25.77)	51.16	(25.39)	1:17.23	(26.07)	1:42.81	(25.58)		
14	1:42.87 Y	F	A Relay				12/18/2010	SST Homecoming Swim Meet 12-18-10	
	Alex Doonis (SR)		Cat Rogers (SR)				Bridget Wunderly (SR)	Lauren Donohoe (SR)	
	25.28 (25.28)	50.25	(24.97)	1:17.27	(27.02)	1:42.87	(25.60)		
15	1:43.17 Y	F	A Relay				1/29/2011	2011 National Catholic HS Champs	
	Alex Doonis (SR)		Cat Rogers (SR)				Bridget Wunderly (SR)	Lauren Donohoe (SR)	
	25.86 (25.86)	50.62	(24.76)	1:18.28	(27.66)	1:43.17	(24.89)		
16	1:43.64 Y	F	A Relay				2/4/2012	2012 VSIS Division II Invitational	
	Alex Doonis (SR)		Claire Kenna (SR)				Alex Sinner (SR)	Cat Rogers (SR)	
	25.45 (25.45)	51.92	(26.47)	1:18.82	(26.90)	1:43.64	(24.82)		

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							
17	1:43.69 Y	F	A Relay					1/9/2010	SSTvNSA-FHS-FCS-QMHS-JPG1-9-10
				Alex Doonis (SR)	Cat Rogers (SR)	Laura Talbott (SR)	Lauren Donohoe (SR)		
				26.47 (26.47)	51.86 (25.39)	1:18.27 (26.41)	1:43.69 (25.42)		
18	1:43.70 Y	F	A Relay					1/26/2008	2008 National Catholic HS Championship
				Jessica Dunn (SR)	Alex Doonis (SR)	Meghan Morch (SR)	Lauren Donohoe (SR)		
				26.28 (26.28)	51.69 (25.41)	1:17.88 (26.19)	1:43.70 (25.82)		
19*	1:43.74 Y	F	A Relay					1/28/2012	2012 National Catholic HS Champs
				Alex Doonis (SR)	Claire Kenna (SR)	Alex Sinner (SR)	Cat Rogers (SR)		
				---	---	---	1:43.74 (1:43.74)		
19*	1:43.74 Y	P	A Relay					1/28/2012	2012 National Catholic HS Champs
				Alex Doonis (SR)	Claire Kenna (SR)	Alex Sinner (SR)	Cat Rogers (SR)		
				25.00 (25.00)	51.89 (26.89)	1:19.04 (27.15)	1:43.74 (24.70)		
19	1:43.74 Y	F	A Relay					1/23/2010	SST @ Woodberry-Jan 23, 2010
				Laura Talbott (SR)	Cat Rogers (SR)	Alex Doonis (SR)	Lauren Donohoe (SR)		
				27.35 (27.35)	52.83 (25.48)	1:18.32 (25.49)	1:43.74 (25.42)		

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		
Female Senior 100 Back						
1	55.62 Y	F	*I Anna Kenna	SR	2/16/2018	2018 VISAA Swimming & Diving Champions
2	1:00.04 Y	P	*I Jessica Dunn	SR	1/26/2008	2008 National Catholic HS Championship
3	1:00.51 Y	F	*I Alexandra Doonis	SR	2/13/2009	2009 VSIS Swimming & Diving Champions
4	1:02.04 Y	P	Caroline Griffin	JR	2/15/2019	2019 VISAA Swimming & Diving Champions
5	1:04.19 Y	P	*I Dani Flook	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
6	1:04.81 Y	F	*I Katie Shipko		12/2/2000	Paul IV Vs SST
7	1:05.49 Y L	F	*I Katie Planchak	SR	12/2/2006	2006 OPHS Relay Carnival
8	1:05.88 Y	P	*I Alexandra Sinner	SR	2/15/2013	2013 VISAA Swimming & Diving Champions
9	1:06.47 Y	F	*I Bridget Wunderly	SR	1/23/2010	SST @ Woodberry-Jan 23, 2010
10	1:07.27 Y	P	*I Laura Talbott	SR	2/16/2007	2007 VSIS State Championships
11	1:07.66 Y	F	*I Catherine Rogers	SR	1/15/2011	DAC Conference Meet @ St. Michael-Jan11
12	1:08.41 Y	F	*I Lauren Donohoe	SR	11/21/2008	2008 Time Trials
13	1:08.49 Y	F	*I Kimberly Rector	SR	11/15/2013	2013 Time Trials
14	1:08.51 Y	P	*I Kimberley Melnyk	SR	2/15/2008	2008 VSIS State Championships
15	1:09.05 Y	F	Mairead Geiran	SO	11/16/2018	2018 Time Trials
16	1:10.35 Y	F	*I Danielle Smith	SR	1/20/2006	SST vs Woodberry, St. Margaret's
17	1:10.60 Y	F	*I Joanie Pretz	SR	11/11/2002	Time Trials
18	1:10.74 Y	F	*I Meghan Morch	SR	12/14/2007	NVSC Conference Regular Season-Dec14,1
19	1:10.87 Y	F	*I Carolyn Claybrooks	SR	11/21/2008	2008 Time Trials
20	1:10.96 Y	F	Gemma Flook	8	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		
Female Senior 100 Breast						
1	1:07.70 Y	F	*I Catherine Rogers	SR	2/17/2012	2012 VSIS Swimming & Diving Championst
2	1:09.99 Y	F	*I Katie Shipko		2/1/1999	DAC Champs 1999
3	1:11.05 Y	F	*I Jessica Dunn	SR	12/1/2007	SST vs NSHS, TES-Dec1,07
4	1:11.84 Y	F	*I Mary-Kate Kenna	SR	2/13/2009	2009 VSIS Swimming & Diving Championst
5	1:12.23 Y	P	*I Claire Kenna	SR	2/19/2016	VISAA States 2016
6	1:12.64 Y	P	*I Emily Heim	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
7	1:13.35 Y	P	*I Alexandra Sinner	SR	2/14/2014	2014 VISAA Swimming & Diving Champions
8	1:13.52 Y	F	*I Melissa Dunn	SR	2/4/2006	2006 DAC Championships
9	1:13.79 Y	F	*I Rachel Lambrecht	SR	2/18/2011	2011 VSIS Swimming & Diving Championst
10	1:13.93 Y	F	*I Lauren Donohoe	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
11	1:16.11 Y	P	Mary Heim	SR	2/16/2018	2018 VISAA Swimming & Diving Champions
12	1:16.45 Y	F	*I Kimberly Rector	SR	12/14/2013	SST Swim Meet 14-Dec-2013
13	1:16.56 Y	F	*I Lea Mazzoccoli	SR	12/14/2007	NVSC Conference Regular Season-Dec14,1
14	1:16.57 Y	P	*I Vivian Zadnik	SR	2/19/2016	VISAA States 2016
15	1:16.59 Y	F	*I Reilly Cuccinelli	SR	2/11/2017	DAC Championship 2017
16	1:16.89 Y	F	*I Megan Seale	SR	2/8/2003	2003 DAC Championships
17	1:18.35 Y	F	*I Laura Talbott	SR	12/8/2007	SSTvsBHS,HIGH,WAKE,QHS-Dec8,07
18	1:18.87 Y	F	*I Alexandra Doonis	SR	1/17/2009	SST @ FCS
19	1:19.09 Y	F	*I Jillian Ceol	SO	1/18/2014	Seton Invitational - January 18, 2014
20	x1:19.23 Y	F	*I Theresa McGrath	7	1/21/2017	Seton Winter Invitational - January 21, 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						
Female Senior 400 Free Relay								
1	3:40.51 Y	F	A Relay	2/19/2010	2010 VSIS Swimming & Diving Championships			
	Alex Doonis (SR)		Cat Rogers (SR)	Carolyn Claybrooks (SR)	Lauren Donohoe (SR)			
	26.15 (26.15)	54.60	(54.60)	1:20.64	(26.04)	1:50.50	(55.90)	
	2:16.98 (26.48)	2:46.56	(56.06)	3:12.08	(25.52)	3:40.51	(53.95)	
2	3:42.82 Y	F	A Relay	2/13/2009	2009 VSIS Swimming & Diving Championships			
	Alex Doonis (SR)		Laura Talbott (SR)	Carolyn Claybrooks (SR)	Lauren Donohoe (SR)			
	26.39 (26.39)	55.26	(55.26)	1:14.60	(19.34)	1:52.64	(57.38)	
	2:08.01 (15.37)	2:49.22	(56.58)	3:14.80	(25.58)	3:42.82	(53.60)	
3	3:43.25 Y	P	A Relay	2/19/2010	2010 VSIS Swimming & Diving Championships			
	Alex Doonis (SR)		Cat Rogers (SR)	Carolyn Claybrooks (SR)	Lauren Donohoe (SR)			
	26.79 (26.79)	55.27	(55.27)	1:21.80	(26.53)	1:52.03	(56.76)	
	2:18.64 (26.61)	2:48.82	(56.79)	3:14.80	(25.98)	3:43.25	(54.43)	
4	3:44.78 Y	F	A Relay	1/30/2010	2010 National Catholic HS Champs			
	Alex Doonis (SR)		Carolyn Claybrooks (SR)	Cat Rogers (SR)	Lauren Donohoe (SR)			
	26.38 (26.38)	55.32	(55.32)	1:21.99	(26.67)	1:51.50	(56.18)	
	2:18.21 (26.71)	2:49.06	(57.56)	3:15.27	(26.21)	3:44.78	(55.72)	
5	3:45.47 Y	F	A Relay	2/17/2017	VISAA States 2017			
	Mairead Geiran (SO)		Dani Flook (SR)	Reilly Cuccinelli (SR)	Anna Kenna (SR)			
	26.94 (26.94)	56.39	(56.39)	1:24.55	(28.16)	1:56.22	(59.83)	
	2:23.06 (26.84)	2:53.43	(57.21)	3:18.11	(24.68)	3:45.47	(52.04)	
6	3:45.78 Y	P	A Relay	1/30/2010	2010 National Catholic HS Champs			
	Carolyn Claybrooks (SR)		Alex Doonis (SR)	Cat Rogers (SR)	Lauren Donohoe (SR)			
	28.02 (28.02)	58.25	(58.25)	1:24.28	(26.03)	1:52.46	(54.21)	
	2:19.73 (27.27)	2:50.25	(57.79)	3:16.75	(26.50)	3:45.78	(55.53)	
7	3:46.76 Y	P	A Relay	2/17/2017	VISAA States 2017			
	Mairead Geiran (SO)		Dani Flook (SR)	Reilly Cuccinelli (SR)	Anna Kenna (SR)			
	26.96 (26.96)	56.76	(56.76)	1:24.80	(28.04)	1:57.10	(1:00.34)	
	2:23.90 (26.80)	2:54.39	(57.29)	3:19.10	(24.71)	3:46.76	(52.37)	
8	3:48.32 Y	F	A Relay	1/23/2010	SST @ Woodberry-Jan 23, 2010			
	Carolyn Claybrooks (SR)		Laura Talbott (SR)	Alex Doonis (SR)	Lauren Donohoe (SR)			
	29.04 (29.04)	59.62	(59.62)	1:27.81	(28.19)	1:58.77	(59.15)	
	2:14.18 (15.41)	2:54.22	(55.45)	3:20.14	(25.92)	3:48.32	(54.10)	
9	3:49.10 Y	P	A Relay	2/13/2009	2009 VSIS Swimming & Diving Championships			
	Alex Doonis (SR)		Laura Talbott (SR)	Carolyn Claybrooks (SR)	Lauren Donohoe (SR)			
	26.83 (26.83)	55.86	(55.86)	1:23.10	(27.24)	1:53.96	(58.10)	
	2:21.75 (27.79)	2:52.81	(58.85)	3:19.61	(26.80)	3:49.10	(56.29)	
10	3:49.72 Y	F	A Relay	2/5/2011	2011 VSIS Division II Invitational			
	Alex Doonis (SR)		Bridget Wunderly (SR)	Cat Rogers (SR)	Lauren Donohoe (SR)			
	27.50 (27.50)	57.16	(57.16)	1:25.58	(28.42)	1:56.52	(59.36)	
	2:22.89 (26.37)	2:53.10	(56.58)	3:20.45	(27.35)	3:49.72	(56.62)	
11	3:50.62 Y	F	A Relay	2/14/2014	2014 VISAA Swimming & Diving Championships			
	Anna Kenna (SR)		Alex Sinner (SR)	Kimberly Rector (SR)	Claire Kenna (SR)			
	26.71 (26.71)	55.41	(55.41)	1:22.82	(27.41)	1:53.67	(58.26)	
	2:21.67 (28.00)	2:53.15	(59.48)	3:19.64	(26.49)	3:50.62	(57.47)	

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							
12	3:50.89 Y	F	A Relay	12/2/2006	SST vs North Stafford, WoL				
	Jessica Dunn (SR)		Lea Mazzoccoli (SR)		Alex Doonis (SR)				Katie Planchak (SR)
	27.35 (27.35)		56.62 (56.62)	1:25.79 (29.17)	1:57.93 (1:01.31)				
	2:25.39 (27.46)		2:56.28 (58.35)	3:22.15 (25.87)	3:50.89 (54.61)				
13	3:51.44 Y	F	A Relay	2/15/2008	2008 VSIS State Championships				
	Alex Doonis (SR)		Laura Talbott (SR)		Kimberley Melnyk (SR)				Lauren Donohoe (SR)
	27.16 (27.16)		57.39 (57.39)	1:24.40 (27.01)	1:56.04 (58.65)				
	2:23.75 (27.71)		2:55.96 (59.92)	3:22.08 (26.12)	3:51.44 (55.48)				
14	3:51.54 Y	P	A Relay	2/14/2014	2014 VISAA Swimming & Diving Championships				
	Anna Kenna (SR)		Alex Sinner (SR)		Kimberly Rector (SR)				Claire Kenna (SR)
	27.27 (27.27)		56.69 (56.69)	1:24.53 (27.84)	1:55.14 (58.45)				
	2:23.19 (28.05)		2:54.23 (59.09)	3:20.94 (26.71)	3:51.54 (57.31)				
15*	3:52.27 Y	P	A Relay	2/15/2008	2008 VSIS State Championships				
	Alex Doonis (SR)		Laura Talbott (SR)		Kimberley Melnyk (SR)				Lauren Donohoe (SR)
	27.33 (27.33)		57.38 (57.38)	1:24.85 (27.47)	1:55.92 (58.54)				
	2:23.82 (27.90)		2:55.28 (59.36)	3:11.62 (16.34)	3:52.27 (56.99)				
15*	3:52.27 Y	P	A Relay	1/31/2009	2009 National Catholic HS Championships				
	Alex Doonis (SR)		Laura Talbott (SR)		Carolyn Claybrooks (SR)				Lauren Donohoe (SR)
	27.28 (27.28)		56.67 (56.67)	1:25.09 (28.42)	1:57.47 (1:00.80)				
	2:25.05 (27.58)		2:56.06 (58.59)	3:22.62 (26.56)	3:52.27 (56.21)				
17	3:52.71 Y	F	A Relay	1/31/2009	2009 National Catholic HS Championships				
	Alex Doonis (SR)		Laura Talbott (SR)		Carolyn Claybrooks (SR)				Lauren Donohoe (SR)
	27.13 (27.13)		56.72 (56.72)	1:24.55 (27.83)	1:56.55 (59.83)				
	2:25.04 (28.49)		2:56.75 (1:00.20)	3:23.23 (26.48)	3:52.71 (55.96)				
18	3:52.82 Y	F	A Relay	1/21/2017	National Catholic H.S. Championship 2017				
	Anna Kenna (SR)		Reilly Cuccinelli (SR)		Dani Flook (SR)				Mairead Geiran (SO)
	26.15 (26.15)		54.44 (54.44)	1:23.06 (28.62)	1:55.33 (1:00.89)				
	2:23.73 (28.40)		2:56.88 (1:01.55)	3:22.92 (26.04)	3:52.82 (55.94)				
19	3:52.87 Y	F	A Relay	2/11/2017	DAC Championship 2017				
	Dani Flook (SR)		Mairead Geiran (SO)		Reilly Cuccinelli (SR)				Anna Kenna (SR)
	29.23 (29.23)		1:02.29 (1:02.29)	1:29.58 (27.29)	1:59.67 (57.38)				
	2:27.59 (27.92)		2:59.57 (59.90)	3:24.64 (25.07)	3:52.87 (53.30)				
20	3:53.77 Y	F	A Relay	1/12/2008	SST @ Woodberry, Madera, FCS-Jan12,08				
	Lauren Donohoe (SR)		Laura Talbott (SR)		Alex Doonis (SR)				Jessica Dunn (SR)