

Seton's Cook wins state title

From staff reports
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Seton School's Nevin Cook won a state championship in the 100-yard breast stroke at Saturday's VSIS meet at Hargrave Military Academy.

Cook, a freshman who was second-seeded, swam a 1:02.62, one-hundredth of a second better than Hampton Roads Academy's Will Ouzts.

Junior Kevin Koehr went back-and-forth with defending champion Bryan Pinkston of St. Catherine's in the 100 backstroke, finishing second in a personal-best 53.25. Koehr earned all-state honors and his time earns him All-American consideration.

Koehr and Cook finished fifth and seventh, respectively, in the 200 IM.

Katie Planchak took fourth in the 50 freestyle with a school-record and personal-best 25.74. Planchak, Jessica Dunn, Melissa Dunn and Meg Seale took fourth with a Seton-record 1:45.02.

The boys 200 medley relay of Koehr, Cook, Bryan Morch and Sean Koehr took fourth, while the same foursome made up the eighth-place 200 freestyle relay.

The Conquistadors took 21 qualifiers to the state meet, most ever. Katie Corkery, Gina Garzione, Mary-Kate Kenna, Lea Mazzocoli, Meghan Morch, Hailey Moya, Andrew Davis, Tyler Hood, Jack Murphy, Joe Ross and John Verry made up the rest of the state team.