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## Seton's Koehr is national champion

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Like most Seton School swimmers, Kevin Koehr probably started the season with designs on a Delaney Athletic Conference championship repeat, and high hopes for the state championships.

On Saturday, Koehr was crowned a national champion.

Twelve Conquistadors, including eight girls, earned a trip to last weekend's Catholic National Championships at Villanova University in Philadelphia. Koehr, a junior, used his fastest start ever to win the gold medal in the 100-yard backstroke.

His time of 53.51 seconds in the event was a significant improvement from his seed time of 55.40, and was better than the 54.51 he swam in preliminaries on Friday. The time will also earn him All-American consideration from the National Interscholastic Swimming Coaches Association, and is a new Seton record.

Koehr, a QDD year-rounder, also broke or shared three other school records this weekend, according to coach Jim Koehr. He swam the 200 freestyle in 1:55.15 and participated in the 200 freestyle and 200 medley relays.

Teammate Nevin Cook, a freshman, set a school record in the 100 breast stroke (1:03.88) and finished in the meet's top eight.

Katie Planchak, Meg Seale, Jessica Dunn and Melissa Dunn also notched a top-eight finish in the 200 freestyle relay (1:47.28).

The Conquistadors will defend their DAC title on Saturday at the Freedom Center in Manassas.

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