

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					
Male Senior 200 Medley Relay							
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			25.07	23.18	27.05	
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			25.88	23.35	27.64	
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			24.57	22.79	28.26	
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			25.98	23.79	27.74	
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			23.68		25.99	
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			25.51	20.92	29.16	
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			26.92	22.66	26.59	
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			26.23	21.86	28.79	
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			25.50	24.67	28.00	
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			26.35	23.78	28.04	
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			26.86	22.88	26.81	
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			26.40	21.61	29.13	
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			25.34	23.36	28.66	
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			24.40		26.12	
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			25.71	21.51	30.04	

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			
18	1:44.63 Y	F A Relay	12/17/2005	SST vs COOL, TES	
	Kevin Koehr (SR)	Nevin Cook (SR)	26.25	Bryan Morch (SR)	Sean Koehr (SR)
	26.69	26.56	25.13		
19	1:44.66 Y	F A Relay	2/18/2011	2011 VSIS Swimming & Diving Championships	
	Catfish Dunn (SR)	Michael Hill (SR)	24.03	David Basinger (SR)	Joseph Kenna (FR)
	25.69	30.85	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	
Male Senior 200 Free					
1	1:38.54 Y	F	*I Steven Jameson Hill	SR	1/30/2010 2010 National Catholic HS Champs
			22.67 24.68 25.54 25.65		
2	1:46.66 Y	F	*I Nevin Cook	SR	1/4/2008 SST, Paul VI @ Collegiate-Jan4,07
			24.89 26.87 28.21 26.69		
3	1:51.85 Y	F	*I David Basinger	SR	1/22/2011 SST-2011 Varsity-Meet-Jan22-11
			25.11 28.14 29.60 29.00		
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
			25.80 27.93 29.07 29.60		
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
			27.18 29.92 32.09 32.84		
9	2:03.35 Y	F	Shane Koehr	SR	2/1/2020 14th Annual VISAA Division II Invitational
			26.37 29.91 33.00 34.07		
10	2:03.72 Y	F	*I Jamie Smith	FR	12/18/2010 SST Homecoming Swim Meet 12-18-10
			27.88 31.56 32.88 31.40		
11	2:04.03 Y	F	*I Alex Ceol	SR	2/11/2017 DAC Championship 2017
			--- --- --- 2:04.03		
12	2:04.19 Y	F	*I Joe Kosten	SR	12/8/2012 SST Swim Meet 12-08-12
			27.96 31.35 32.36 32.52		
13	2:05.43 Y	F	*I Tommy Flook	SR	2/7/2015 Delaney Athletic Conference Championship
			27.88 31.18 33.04 33.33		
14	2:05.53 Y	F	*I Ben Mann	SR	2/28/2003 2003 VSIS State Championships
15	2:05.67 Y	F	*I Peter Quinan	SR	2/9/2013 DAC Championship Meet
			28.16 30.90 32.66 33.95		
16	2:05.86 Y	F	*I Ray Bennett	JR	12/7/2002 SST vs. FA, Wakefield, Highland
17	2:06.28 Y	F	*I William Corkery	SR	1/20/2007 SST at TES, NSA, Covenant
18	2:06.44 Y	F	*I Matthew Fioramonti	SR	12/4/2015 Seton Icebreaker Invitational - Dec 4, 2015
			28.20 31.77 33.50 32.97		
19	2:06.48 Y	F	Jerry Dalrymple	JR	2/11/2017 DAC Championship 2017
			--- --- --- 2:06.48		
20	2:07.51 Y	F	Jacob Alsup	SR	2/9/2019 2019 DAC Championship Meet
			28.47 32.16 34.16 32.72		

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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	
Male Senior 200 IM					
1	1:54.70 Y	F	*I Nevin Cook	SR	2/15/2008 2008 VSIS State Championships
		25.06	28.97 32.84	27.83	
2	1:59.19 Y	P	*I David Basinger	SR	2/18/2011 2011 VSIS Swimming & Diving Champions
		25.07	30.69 35.92	27.51	
3	2:00.98 Y	F	*I Steven Jameson Hill	SR	2/7/2009 2009 DAC Champs
		29.00	33.99 40.61	30.69	
4	2:03.04 Y	F	*I Connor Cook	SR	2/13/2009 2009 VSIS Swimming & Diving Champions
		27.05	30.39 37.18	28.42	
5	2:05.64 Y	F	*I Kevin Koehr	SR	2/18/2005 2005 VSIS State Championship
		26.77	31.19 39.85	27.83	
6	2:08.26 Y	F	*I Vincent Dunn	SR	1/22/2011 SST-2011 Varsity-Meet-Jan22-11
		27.25	31.53 39.18	30.30	
7	2:11.37 Y	F	*I Ryan Sweeney		2/15/2002 2002 VSIS State Championships
8	2:13.12 Y	F	*I Joe Kosten	SR	2/1/2014 2014 VISAA Division II Invitational
		28.17	34.79 38.91	31.25	
9	2:15.00 Y	P	*I Daniel Koehr	SR	2/13/2009 2009 VSIS Swimming & Diving Champions
		28.72	33.84 38.66	33.78	
10	2:16.05 Y	P	*I Jamie Smith	FR	2/18/2011 2011 VSIS Swimming & Diving Champions
		29.38	36.68 39.05	30.94	
11	2:19.14 Y	F	*I David Flook	JR	2/11/2017 DAC Championship 2017
		29.98	33.96 41.36	33.84	
12	2:20.25 Y	F	Shane Koehr	SR	1/11/2020 2020 NoVa Catholic Invitational Champions
		29.79	33.56 44.09	32.81	
13	2:20.61 Y	P	*I Bryan Morch	SR	2/20/2004 2004 VSIS State Championship
		27.56	35.79 43.83	33.43	
14	2:21.61 Y	F	*I Patrick Rooney		12/15/2001 SST vs. Central
15	2:21.82 Y	F	*I Andrew Quinan	SR	2/6/2016 10th Annual VISAA Division II Invitational
		30.66	36.87 43.08	31.21	
16	2:23.87 Y	F	*I Tommy Flook	SR	12/20/2014 Seton Homecoming Invitational - Dec 20, 20
		28.51	36.75 45.65	32.96	
17	2:24.49 Y	F	Nathan Luevano	FR	1/4/2020 Highland Invitational - Jan 04, 2020
		32.47	36.11 42.44	33.47	
18	2:24.66 Y	F	*I Brian Koehr	SR	12/12/2014 SST @ Trinity Episcopal-Dec12,14
		30.45	35.72 41.78	36.71	
19	2:24.98 Y	F	Joe Wilson	FR	2/8/2020 2020 DAC Championship Meet
		28.62	36.89 45.04	34.43	
20	2:25.43 Y	F	Jacob Alsup	SR	1/4/2020 Highland Invitational - Jan 04, 2020
		29.43	37.30 45.48	33.22	

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Individual Top Times

Seton Swimming [SST] Coach: Jim Koehr

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	Time	P/F/S	Name	Age/Yr		
Male Senior 50 Free						
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	23.51 Y	F	Drew Dalrymple	SR	2/8/2020	2020 DAC Championship Meet
7	23.55 Y	P	*I Sean Koehr	SR	2/15/2008	2008 VSIS State Championships
8	23.56 Y	F	*I David Basinger	SR	1/16/2010	SST Swim Meet 1-16-10
9	x23.59 Y L	F	*I Andrew Quinan	SR	12/21/2019	Seton Homecoming Invitational
10	23.67 Y	P	*I Luke Marrazzo	SR	2/15/2013	2013 VISAA Swimming & Diving Champions
11	23.72 Y L	F	Shane Koehr	SR	2/1/2020	14th Annual VISAA Division II Invitational
12	23.82 Y	P	*I Daniel Koehr	SR	2/19/2010	2010 VSIS Swimming & Diving Championst
13	23.89 Y	P	*I Jack Santschi	SO	2/15/2019	2019 VISAA Swimming & Diving Champions
14	23.91 Y	P	*I Brian Koehr	SR	1/24/2015	National Catholic H.S. Championship 2015
15	24.04 Y	P	*I Joe Kosten	SR	1/26/2014	2014 East Coast Catholic Championships
16	24.13 Y L	P	*I Grant Mantooth	SR	2/17/2017	VISAA States 2017
17	24.21 Y	F	*I Connor Cook	SR	12/12/2009	SSTvWAKE-HIGH-QMHS-RCS-NDA12-12-
18	24.23 Y	P	*I Joseph Kenna	FR	1/29/2011	2011 National Catholic HS Champs
19	x24.31 Y	F	Jerry Dalrymple	JR	2/14/2020	2020 VISAA Swimming & Diving Champions
20	24.38 Y	F	*I Brendan Koehr	SR	2/5/2011	2011 VSIS Division II Invitational

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Individual Top Times

Seton Swimming [SST] Coach: Jim Koehr
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	Time	P/F/S	Name	Age/Yr	
Male Senior 100 Fly					
1	51.76 Y	F	*1 Steven Jameson Hill	SR	1/16/2010 SST Swim Meet 1-16-10
			24.52 27.24		
2	52.80 Y	F	*1 Vincent Dunn	SR	2/17/2012 2012 VSIS Swimming & Diving Champions
			24.50 28.30		
3	53.15 Y	F	*1 Nevin Cook	SR	12/14/2007 NVSC Conference Regular Season-Dec14,
			25.12 28.03		
4	54.82 Y	F	*1 David Basinger	SR	1/29/2011 2011 National Catholic HS Champs
			26.10 28.72		
5	55.78 Y	F	*1 Kevin Koehr	SR	1/21/2006 SST vs ECS, Highland, Quantico
			25.49 30.29		
6	57.09 Y	F	*1 Bryan Morch	SR	2/17/2006 VSIS 2006 State Championship
7	58.39 Y	F	*1 Connor Cook	SR	2/9/2008 NVSC Champs
			30.75 34.06		
8	59.86 Y	F	*1 Patrick Rooney		2/15/2002 2002 VSIS State Championships
9	1:00.70 Y	F	*1 Ray Bennett	JR	11/11/2002 Time Trials
10	1:00.83 Y	F	Jacob Alsup	SR	2/8/2020 2020 DAC Championship Meet
			28.04 32.79		
11	1:00.85 Y	F	*1 Ryan Sweeney		12/15/2001 SST vs. Central
12	1:00.98 Y	F	*1 Alex Ceol	SR	1/6/2018 Highland Invitational - Jan 06, 2018
			28.27 32.71		
13	1:01.37 Y	F	Jerry Dalrymple	JR	2/9/2019 2019 DAC Championship Meet
			28.11 33.26		
14	1:01.97 Y	F	*1 Tommy Flook	SR	12/5/2014 Seton Ice Breaker Invitational - Dec 5, 2014
			28.08 33.89		
15	1:02.42 Y	F	*1 Joe Kosten	SR	12/14/2013 SST Swim Meet 14-Dec-2013
			29.00 33.42		
16	1:02.45 Y	F	Joe Wilson	FR	2/1/2020 14th Annual VISAA Division II Invitational
			28.24 34.21		
17	1:04.45 Y	F	*1 Stephen Shaw	SR	12/10/2011 SST Swim Meet 12-10-11
			29.69 34.76		
18	1:04.92 Y	F	*1 William Arnold	SR	2/6/2016 10th Annual VISAA Division II Invitational
			28.94 35.98		
19	1:06.14 Y	F	*1 Jack Santschi	SO	12/9/2017 Seton Ice Breaker Invitational - Dec 9, 2017
			29.64 36.50		
20	1:06.21 Y	F	*1 David Flook	JR	1/13/2018 2018 NoVa Catholic Invitational Champions
			30.12 36.09		

Seton Swimming

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	Time	P/F/S	Name	Age/Yr		
Male Senior 100 Free						
1	45.67 Y L	P	*I Steven Jameson Hill	SR	2/19/2010	2010 VSIS Swimming & Diving Champions
			22.03			
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
			23.56 25.28			
4	49.05 Y	F	*I David Basinger	SR	2/18/2011	2011 VSIS Swimming & Diving Champions
			23.61 25.44			
5	50.18 Y L	F	*I Vincent Dunn	SR	2/18/2011	2011 VSIS Swimming & Diving Champions
			24.04			
6	51.35 Y	P	*I Luke Marrazzo	SR	2/15/2013	2013 VISAA Swimming & Diving Champions
			24.52 26.83			
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
			25.37			
9	52.94 Y	F	*I Ryan Sweeney		2/15/2002	2002 VSIS State Championships
10	53.51 Y	F	Drew Dalrymple	SR	2/8/2020	2020 DAC Championship Meet
			25.09 28.42			
11	53.56 Y	P	*I Brian Koehr	SR	1/24/2015	National Catholic H.S. Championship 2015
			25.50 28.06			
12	53.59 Y	F	*I Jack Santschi	SO	2/9/2019	2019 DAC Championship Meet
			25.36 28.23			
13	53.61 Y L	P	*I Andrew Quinan	SR	2/19/2016	VISAA States 2016
			25.01			
14	53.81 Y	P	Shane Koehr	SR	1/18/2020	National Catholic H.S. Championship 2020
			25.46 28.35			
15	53.87 Y L	P	Jerry Dalrymple	JR	2/15/2019	2019 VISAA Swimming & Diving Champions
			25.28			
16	53.98 Y	F	*I Joseph Kenna	FR	2/5/2011	2011 VSIS Division II Invitational
			25.83 28.15			
17	54.00 Y	F	*I Alex Ceol	SR	1/21/2017	Seton Winter Invitational - January 21, 2017
			25.72 28.28			
18	54.30 Y	F	*I Sean Koehr	SR	2/2/2008	VSIS Division II Swimming Invitational
			24.74 29.56			
19	54.48 Y	F	*I Brendan Koehr	SR	2/5/2011	2011 VSIS Division II Invitational
			25.55 28.93			
20	54.70 Y L	P	*I Joe Kosten	SR	2/14/2014	2014 VISAA Swimming & Diving Champions
			26.19			

Seton Swimming

Individual Top Times

Seton Swimming [SST] Coach: Jim Koehr
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	Time	P/F/S	Name	Age/Yr						
Male Senior 500 Free										
1	4:27.19 Y	F	*I Steven Jameson Hill	SR	1/30/2010	2010 National Catholic HS Champs				
			23.46 25.64 26.50 27.18 27.33 27.35 27.29 27.56							
			27.80 27.08							
2	4:46.52 Y	F	*I Nevin Cook	SR	1/4/2008	SST, Paul VI @ Collegiate-Jan4,07				
			26.16 28.35 29.34 29.53 29.81 28.45 29.21 29.76							
			29.45 26.46							
3	5:00.65 Y	F	*I Vincent Dunn	SR	2/5/2011	2011 VSIS Division II Invitational				
			26.14 29.32 30.01 30.31 30.53 30.81 30.90 31.14							
			30.94 30.55							
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				
			26.68 29.98 32.05 32.89 33.41 33.00 33.41 32.75							
			32.89 29.23							
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 Championsh				
			27.82 31.30 32.98 33.06 33.34 33.37 33.86 34.12							
			34.22 32.29							
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	JR	2/11/2017	DAC Championship 2017				
			29.78 33.49 34.99 35.45 35.45 35.69 36.72 36.75							
			35.08 33.50							
12	5:50.21 Y	F	*I David Flook	JR	2/11/2017	DAC Championship 2017				
			30.61 33.84 35.64 35.03 35.42 36.23 35.34 37.26							
			36.22 34.62							
13*	5:54.95 Y	F	*I Patrick Rooney		1/26/2002	RMA vs SETON				
13*	5:54.95 Y	F	Nathan Luevano	FR	2/1/2020	14th Annual VISAA Division II Invitational				
			29.87 34.01 35.67 36.43 37.24 37.09 36.78 37.59							
			36.99 33.28							
15	5:55.56 Y	F	*I Tommy Flook	SR	1/17/2015	Seton Winter Invitational-Jan 17, 2015				
			30.09 34.10 35.67 36.14 --- --- 3:30.18 36.74							
			36.76 37.06 34.82							
16	5:56.08 Y	F	*I Ben Mann	SR	12/1/2001	SST v PVI				
17	5:57.30 Y	F	*I Joe Kosten	SR	1/5/2013	2013 NOVA_Catholic_Invite				
			30.88 34.83 35.35 36.61 36.32 36.79 36.84 36.87							
			36.79 36.02							
18	6:00.59 Y	F	*I Peter Quinan	SR	2/9/2013	DAC Championship Meet				
			29.42 32.81 34.84 36.57 38.48 38.01 37.74 38.39							
			--- 6:00.59							
19	6:04.50 Y	F	*I Daniel Koehr	SR	1/20/2007	SST at TES, NSA, Covenant				
20	6:05.71 Y	F	*I Dominic Wittlinger	JR	2/11/2017	DAC Championship 2017				
			28.98 33.65 35.88 37.62 38.69 38.48 39.12 39.20							
			38.39 35.70							

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Time	P/F/S	Relay				
Male Senior 200 Free Relay						
1	1:30.07 Y	F	A Relay	2/19/2010	2010 VSIS Swimming & Diving Championships	
	Jameson Hill (SR)			Connor Cook (SR)		David Basinger (SR)
	21.36			23.00	22.72	22.99
2	1:30.53 Y	P	A Relay	2/19/2010	2010 VSIS Swimming & Diving Championships	
	Jameson Hill (SR)			Connor Cook (SR)		David Basinger (SR)
	21.22			23.07	23.11	23.13
3	1:32.13 Y	F	A Relay	1/30/2010	2010 National Catholic HS Champs	
	Jameson Hill (SR)			Connor Cook (SR)		David Basinger (SR)
	21.74			23.68	23.80	22.91
4	1:33.21 Y	F	A Relay	2/15/2008	2008 VSIS State Championships	
	Nevin Cook (SR)			Connor Cook (SR)		Sean Koehr (SR)
	22.59			24.18	23.51	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)			Connor Cook (SR)		David Basinger (SR)
	21.61			23.93	24.24	23.65
7	1:33.74 Y	F	A Relay	2/2/2008	VSIS Division II Swimming Invitational	
	Nevin Cook (SR)			Daniel Koehr (SR)		Sean Koehr (SR)
	22.32			24.70	23.58	23.14
8	1:33.91 Y	P	A Relay	1/30/2010	2010 National Catholic HS Champs	
	Jameson Hill (SR)			Connor Cook (SR)		David Basinger (SR)
	22.11			24.07	24.48	23.25
9	1:34.03 Y	P	A Relay	2/15/2008	2008 VSIS State Championships	
	Nevin Cook (SR)			Daniel Koehr (SR)		Sean Koehr (SR)
	42.95			24.37	23.91	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	1:34.82 Y	F	A Relay	2/14/2020	2020 VISAA Swimming & Diving Championship	
	Drew Dalrymple (SR)			Liam Kellogg (JR)		Shane Koehr (SR)
	23.72			23.96	23.57	23.57
12	1:34.91 Y	F	A Relay	2/8/2020	2020 DAC Championship Meet	
	Shane Koehr (SR)			Drew Dalrymple (SR)		Christian Ceol (SR)
	24.35			23.05	23.98	23.53
13	1:34.93 Y	F	A Relay	2/1/2020	14th Annual VISAA Division II Invitational	
	Shane Koehr (SR)			Drew Dalrymple (SR)		Christian Ceol (SR)
	23.72			23.54	23.96	23.71
14	1:34.94 Y	P	A Relay	2/14/2020	2020 VISAA Swimming & Diving Championship	
	Shane Koehr (SR)			Drew Dalrymple (SR)		Liam Kellogg (JR)
	24.00			22.97	24.25	23.72
15	1:35.03 Y	F	A Relay	1/28/2006	2006 National Catholic Championship	
	Nevin Cook (SR)			Bryan Morch (SR)		Sean Koehr (SR)
	23.33			25.21	23.72	22.77
16	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)
	21.90			24.35	24.18	24.62
17	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)
	24.68			24.43	25.00	20.97

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				
18	1:35.11 Y	F	A Relay	2/4/2006	2006 DAC Championships	
			Kevin Koehr (SR)		Sean Koehr (SR)	Nevin Cook (SR)
			23.42		24.33	22.95
			Bryan Morch (SR)			
			24.41			
19	1:35.17 Y	F	A Relay	2/13/2009	2009 VSIS Swimming & Diving Championships	
			Daniel Koehr (SR)		Catfish Dunn (SR)	David Basinger (SR)
			24.01		23.96	22.96
			Patrick Kenna (SR)			
			24.24			
20	1:35.39 Y	F	A Relay	1/20/2006	SST vs Woodberry, St. Margaret's	
			Kevin Koehr (SR)		Bryan Morch (SR)	Nevin Cook (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	
Male Senior 100 Back					
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
			26.03 26.76		
3	54.00 Y	P	*I Vincent Dunn	SR	2/17/2012 2012 VSIS Swimming & Diving Champions
			26.61 27.39		
4	55.02 Y	F	*I Connor Cook	SR	2/19/2010 2010 VSIS Swimming & Diving Champions
			27.06 27.96		
5	55.11 Y	F	*I Nevin Cook	SR	1/6/2007 SST vs PVI
			27.06 28.05		
6	1:00.60 Y	F	Shane Koehr	SR	2/8/2020 2020 DAC Championship Meet
			29.80 30.80		
7	1:02.26 Y	F	*I David Basinger	SR	11/19/2010 2010 Time Trials
			30.47 31.79		
8	1:03.02 Y	F	*I David Flook	JR	1/14/2017 2017 NoVa Catholic Invitational Champions
			30.36 32.66		
9	1:03.32 Y	F	Evan Wilson	JR	2/8/2020 2020 DAC Championship Meet
			29.71 33.61		
10	1:03.72 Y	F	*I Matthew Fioramonti	SR	2/13/2016 2016 DAC Champs
			31.19 32.53		
11	1:03.77 Y	F	*I Brian Koehr	SR	1/17/2015 Seton Winter Invitational-Jan 17, 2015
			30.61 33.16		
12	1:04.50 Y	F	*I Ryan Sweeney		12/1/2001 SST v PVI
13	1:04.70 Y	F	*I Ray Bennett	JR	11/11/2002 Time Trials
14	1:04.91 Y	F	*I John Pretz	SO	1/24/2004 SST vs. Woodberry Forest, Flint Hill
15	1:05.03 Y	F	*I Joe Kosten	SR	2/1/2014 2014 VISAA Division II Invitational
			31.23 33.80		
16	1:05.30 Y	F	*I Daniel Koehr	SR	1/13/2007 SST vs FCS
			31.06 34.24		
17	1:05.75 Y	F	*I Patrick Kenna	SR	2/12/2011 2011 DAC Championship Meet
			31.36 34.39		
18	1:06.22 Y	F	*I Tommy Flook	SR	2/8/2014 Delaney Athletic Conference Championship
			31.68 34.54		
19	1:06.72 Y	F	Nathan Luevano	FR	12/7/2019 STC Swim and Dive Invite #1
			32.35 34.37		
20	1:06.94 Y	F	*I Jamie Smith	FR	2/5/2011 2011 VSIS Division II Invitational
			32.77 34.17		

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	
Male Senior 100 Breast					
1	58.53 Y	F	*I Nevin Cook	SR	1/27/2007 2007 National Catholic HS Championship
			27.69 30.84		
2	1:03.28 Y	F	*I Daniel Koehr	SR	2/19/2010 2010 VSIS Swimming & Diving Champions
			29.53 33.75		
3	1:04.48 Y	F	*I Steven Jameson Hill	SR	11/20/2009 2009 Time Trials
			30.05 34.43		
4	1:05.27 Y	F	*I Kevin Koehr	SR	1/21/2006 SST vs ECS, Highland, Quantico
			30.07 35.20		
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
			31.30 35.82		
7	1:07.28 Y	P	*I David Flook	JR	2/16/2018 2018 VISAA Swimming & Diving Champions
			31.21 36.07		
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
			32.03 36.65		
10	1:08.78 Y	F	*I Vincent Dunn	SR	11/18/2011 2011 Time Trials
			32.72 36.06		
11	1:09.11 Y	P	*I Michael Hill	SR	2/18/2011 2011 VSIS Swimming & Diving Champions
			32.13 36.98		
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
			31.87 37.93		
15	1:10.09 Y	F	Jacob Alsup	SR	2/8/2020 2020 DAC Championship Meet
			32.76 37.33		
16	1:10.24 Y	F	*I Martin Quinan	JR	2/13/2016 2016 DAC Champs
			32.39 37.85		
17*	1:10.75 Y	F	*I Brian Koehr	SR	1/31/2015 2015 VISAA Division II Invitational
			32.49 38.26		
17*	1:10.75 Y	P	*I Casey Rafter	SR	2/15/2002 2002 VSIS State Championships
19	1:11.15 Y	F	*I Jonathan Rosato	SR	2/12/2011 2011 DAC Championship Meet
			34.65 36.50		
20	1:12.29 Y	F	Evan Wilson	JR	12/21/2019 Seton Homecoming Invitational
			33.36 38.93		

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							
Male Senior 400 Free Relay									
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)				