

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		30.66	26.83	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		30.94	27.37	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		32.09	28.31	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		31.96	28.87	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		31.97	28.63	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		32.90	28.17	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		32.01	28.16	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		33.11	28.27	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		31.98	28.21	25.05	
10	1:55.03 Y	F	A Relay	2/17/2017	VISAA States 2017	
	Anna Kenna (SR)		Reilly Cuccinelli (SR)		Mairead Geiran (JR)	Dani Flook (SR)
	27.08		33.42	27.87	26.66	
11	1:55.10 Y	P	A Relay	2/15/2019	2019 VISAA Swimming & Diving Championship	
	Caroline Griffin (SR)		Mary Heim (SR)		Mairead Geiran (JR)	Mary Pennefather (FR)
	29.29		33.28	27.29	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		32.45	29.53	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		32.81	29.53	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		32.35	28.20	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		30.89	29.88	26.15	
16	1:56.09 Y	F	A Relay	2/9/2019	2019 DAC Championship Meet	
	Caroline Griffin (SR)		Mary Heim (SR)		Mairead Geiran (JR)	Mary Pennefather (FR)
	29.22		34.09	27.60	25.18	

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 200 Free						
1	1:55.74 Y	F	*I Katie Shipko		2/18/2000	2000 VSIS State Championship
2	1:59.20 Y	P	Mairead Geiran	JR	1/18/2020	National Catholic H.S. Championship 2020
			27.41 29.69 30.96 31.14			
3	1:59.75 Y	F	*I Anna Kenna	SR	12/16/2017	Seton Homecoming Invitational - Dec 16, 2017
			27.50 30.02 30.81 31.42			
4	2:00.32 Y	F	*I Jessica Dunn	SR	2/3/2007	VSIS Division II Invitational
			28.09 29.85 31.18 31.20			
5	2:02.62 Y	F	*I Lauren Donohoe	SR	1/23/2010	SST @ Woodberry-Jan 23, 2010
			28.48 31.31 31.59 31.24			
6	2:03.06 Y	F	*I Alexandra Doonis	SR	12/4/2010	SST vs NA, TES, JPtG, Highland-Dec4,10
			4.51 22.75 30.37 1:05.43			
7	2:03.43 Y	F	*I Carolyn Claybrooks	SR	2/19/2010	2010 VSIS Swimming & Diving Championship
			28.82 31.59 32.34 30.68			
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-Jan15
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
			30.40 32.47 --- 2:07.37			
13	2:07.58 Y	P	*I Dani Flook	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
			28.11 32.40 33.92 33.15			
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
			29.78 33.09 33.68 33.02			
16	2:10.17 Y	F	*I Claire Kenna	SR	12/20/2014	Seton Homecoming Invitational - Dec 20, 2014
			35.84 40.43 43.10 40.59			
17	2:11.17 Y	F	*I Alexandra Sinner	SR	2/1/2014	2014 VISAA Division II Invitational
			29.68 32.98 34.34 34.17			
18	2:13.11 Y	F	*I Kimberley Melnyk	SR	2/2/2008	VSIS Division II Swimming Invitational
			30.67 33.34 34.58 34.52			
19	2:13.12 Y	F	*I Lea Mazzoccoli	SR	12/15/2007	SST vs SBHS,PCHS-Dec15,07
			30.98 34.52 35.16 32.46			
20	2:13.35 Y	F	Anne Konstanty	SR	2/8/2020	2020 DAC Championship Meet
			29.12 32.82 35.93 35.48			

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 200 IM						
1	2:11.80 Y	F	*I Jessica Dunn	SR	2/15/2008	2008 VSIS State Championships
		28.80	31.94 39.04			32.02
2	2:13.61 Y	F	*I Anna Kenna	SR	1/6/2018	Highland Invitational - Jan 06, 2018
		28.75	32.82 41.45			30.59
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 Championsh
		31.04	38.28 39.66			31.18
5	2:20.85 Y	P	Mairead Geiran	JR	1/21/2017	National Catholic H.S. Championship 2017
		29.65	35.86 41.98			33.36
6	2:20.99 Y	P	*I Alexandra Sinner	SR	2/14/2014	2014 VISAA Swimming & Diving Champions
		29.90	35.35 41.20			34.54
7	2:21.56 Y	F	*I Catherine Rogers	SR	1/21/2012	SST @ Woodberry-Jan21, 12
		29.94	38.14 40.25			33.23
8	2:22.16 Y	F	*I Bridget Wunderly	SR	2/5/2011	2011 VSIS Division II Invitational
		22.14	35.77 43.87			40.38
9	2:22.54 Y	F	*I Lauren Donohoe	SR	12/13/2008	SST vs DAC, Heights, NDA-Dec13,08
		30.53	36.95 42.58			32.48
10	2:24.33 Y	P	*I Kimberly Rector	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
		30.30	37.96 43.12			32.95
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
		30.91	39.64 42.54			33.98
13	2:27.52 Y	F	*I Laura Talbott	SR	1/4/2008	SST, Paul VI @ Collegiate-Jan4,07
		33.15	37.69 44.03			32.65
14	2:27.61 Y	F	Caroline Griffin	SR	2/10/2018	2018 DAC Championship Meet
		31.88	35.91 45.60			34.22
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
		33.37	38.75 44.90			33.15
17	2:30.31 Y	F	*I Dani Flook	SR	1/31/2015	2015 VISAA Division II Invitational
		32.80	37.47 45.57			34.47
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
		33.85	37.92 46.01			33.39
20	2:31.33 Y	F	*I Rachel Lambrecht	SR	2/12/2011	2011 DAC Championship Meet
		32.96	37.91 43.74			36.72

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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		
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	F	*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	JR	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	P	*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	26.20 Y	P	Mary Pennefather	FR	1/18/2020	National Catholic H.S. Championship 2020
11	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	27.04 Y	P	Isabelle Luevano	SO	1/18/2020	National Catholic H.S. Championship 2020
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

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 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
			28.37 31.45			
3	1:02.21 Y	F	*I Jessica Dunn	SR	12/1/2007	SST vs NSHS, TES-Dec1,07
			29.60 32.61			
4	1:02.47 Y	F	*I Catherine Rogers	SR	1/15/2011	DAC Conference Meet @ St. Michael-Jan15
5	1:04.32 Y	F	*I Lea Mazzoccoli	SR	2/15/2008	2008 VSIS State Championships
			29.46 34.86			
6	1:04.37 Y	F	Mairead Geiran	JR	12/10/2016	Trinity Christian Invitational - Dec 10, 2016
			30.46 33.91			
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
			29.75 35.19			
9	1:05.48 Y	P	*I Alexandra Sinner	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
			30.15 35.33			
10	1:06.72 Y	P	*I Mary-Kate Kenna	SR	1/27/2007	2007 National Catholic HS Championship
			31.63 35.09			
11	1:06.80 Y	F	*I Kimberly Rector	SR	1/18/2014	Seton Invitational - January 18, 2014
			30.76 36.04			
12	1:06.86 Y	F	Caroline Griffin	SR	2/9/2019	2019 DAC Championship Meet
			30.83 36.03			
13	1:06.90 Y	F	*I Lauren Donohoe	SR	12/11/2010	SST Swim Meet 12-11-10
			30.68 36.22			
14	1:06.98 Y	F	Emily Flynn	SO	2/8/2020	2020 DAC Championship Meet
			30.58 36.40			
15	1:07.70 Y	F	*I Katie Planchak	SR	1/15/2005	SST vs FA, FCS
16	1:08.08 Y	F	*I Caitlin Harris	SR	1/17/2004	SST vs. RMA, Quantico
17	1:09.23 Y	F	*I Carolyn Claybrooks	SR	1/16/2010	SST Swim Meet 1-16-10
			32.60 36.63			
18	1:09.33 Y	P	*I Kimberley Melnyk	SR	2/15/2008	2008 VSIS State Championships
			31.85 37.48			
19	1:09.62 Y	F	*I Keziah Higginbottom	SR	2/9/2013	DAC Championship Meet
			31.92 37.70			
20	1:09.76 Y	F	Isabelle Luevano	SO	1/11/2020	2020 NoVa Catholic Invitational Championships
			6.44 1:03.32			

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Seton Swimming [SST] Coach: Jim Koehr
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	Time	P/F/S	Name	Age/Yr		
Female Senior 100 Free						
1	52.05 Y	P	*I Anna Kenna	SR	2/16/2018	2018 VISAA Swimming & Diving Champions
			25.02 27.03			
2	52.91 Y	F	*I Alexandra Doonis	SR	2/17/2012	2012 VSIS Swimming & Diving Champions
			--- 52.91			
3	54.08 Y	F	*I Lauren Donohoe	SR	2/19/2010	2010 VSIS Swimming & Diving Champions
			25.80 28.28			
4	54.73 Y	F	Mairead Geiran	JR	2/15/2019	2019 VISAA Swimming & Diving Champions
			26.07 28.66			
5	55.13 Y	F	*I Katie Planchak	SR	12/9/2006	SST vs Woodberry, FCS
			26.70 28.43			
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
			26.56 29.13			
8	55.79 Y	F	*I Jessica Dunn	SR	12/9/2006	SST vs Woodberry, FCS
			26.93 28.86			
9	57.33 Y	F	*I Claire Kenna	SR	2/15/2013	2013 VISAA Swimming & Diving Champions
			27.32 30.01			
10	57.47 Y	P	*I Reilly Cuccinelli	SR	2/17/2017	VISAA States 2017
			27.18 30.29			
11	57.52 Y	P	Mary Pennefather	FR	1/18/2020	National Catholic H.S. Championship 2020
			26.81 30.71			
12	57.86 Y	F	*I Megan Seale	SR	2/15/2002	2002 VSIS State Championships
13	58.25 Y L	P	*I Carolyn Claybrooks	SR	1/30/2010	2010 National Catholic HS Champs
			28.02			
14	58.75 Y	P	*I Alexandra Sinner	SR	1/28/2012	2012 National Catholic HS Champs
			28.07 30.68			
15	58.97 Y	F	*I Laura Talbott	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
16*	59.22 Y L	F	Caroline Griffin	SR	2/15/2019	2019 VISAA Swimming & Diving Champions
			28.07			
16*	59.22 Y	F	*I Bridget Wunderly	SR	11/19/2010	2010 Time Trials
			28.85 30.37			
18	59.29 Y	F	*I Kimberly Rector	SR	11/14/2014	2014 Time Trials
			28.16 31.13			
19	59.42 Y	F	*I Lea Mazzoccoli	SR	11/16/2007	2007 Time Trials
			28.37 31.05			
20	59.44 Y	F	*I Meghan Morch	SR	2/2/2008	VSIS Division II Swimming Invitational
			27.73 31.71			

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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
			28.45 31.62 31.91 33.10 33.15 33.36 33.81 33.81							
			33.43 32.16							
3	5:25.43 Y	F	*I Jessica Dunn	SR					2/3/2007	VSIS Division II Invitational
			29.96 32.36 32.68 33.08 33.23 33.08 32.87 32.57							
			33.21 32.39							
4	5:27.28 Y	F	*I Kimberly Rector	SR					2/13/2015	2015 VISAA Swimming & Diving Champs
			28.91 31.44 32.68 33.38 33.58 33.51 33.52 33.66							
			33.80 32.80							
5	5:30.50 Y	F	*I Anna Kenna	SR					12/2/2017	Dec. 2nd STC Invitational
			30.07 32.85 33.24 33.06 33.26 33.66 34.09 33.75							
			33.54 32.98							
6	5:34.13 Y	F	*I Carolyn Claybrooks	SR					2/19/2010	2010 VSIS Swimming & Diving Championsf
			28.43 32.99 33.94 34.02 34.63 34.27 34.84 35.12							
			34.37 31.52							
7	5:35.20 Y	F	*I Alexandra Doonis	SR					2/11/2012	Delaney Athletic Conference Championship
			30.50 33.82 34.02 33.92 33.32 33.93 33.67 34.07							
			34.42 33.53							
8	5:39.98 Y	F	Mairead Geiran	JR					12/21/2019	Seton Homecoming Invitational
			29.17 --- 1:01.62 34.10 --- 2:09.82 34.43 ---							
			3:19.33 35.29 --- 4:29.82 35.32 --- 5:39.98							
9	5:42.85 Y	F	*I Lauren Donohoe	SR					1/4/2008	SST, Paul VI @ Collegiate-Jan4,07
			31.28 35.93 34.98 35.49 36.10 35.43 34.08 33.85							
			32.45 33.26							
10	5:49.08 Y	F	*I Katie Planchak	SR					12/16/2006	SST vs Collegiate, Bishop Ireton
			30.67 33.60 34.35 35.15 35.02 36.29 36.04 36.01							
			36.48 35.47							
11	5:49.86 Y	F	*I Dani Flook	SR					1/10/2015	2015 NoVa Catholic Invitational Championsf
			30.86 34.23 34.79 35.19 35.42 35.87 37.05 36.13							
			36.32 34.00							
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
			30.88 33.47 35.42 36.07 36.49 37.58 37.59 38.39							
			37.93 35.44							
15	6:00.85 Y	F	*I Alexandra Sinner	SR					12/17/2011	SST Swim Meet 12-17-11
			31.97 35.79 36.74 37.38 37.12 37.23 37.28 36.93							
			36.64 33.77							
16	6:03.94 Y	F	*I Claire Kenna	SR					12/20/2014	Seton Homecoming Invitational - Dec 20, 20
			31.29 36.00 36.69 38.05 37.50 36.81 37.29 37.60							
			36.98 35.73							
17	6:06.06 Y	F	Anne Konstanty	SR					2/9/2019	2019 DAC Championship Meet
			31.82 35.80 36.80 37.34 37.42 37.34 38.14 39.16							
			37.99 34.25							
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		24.50	25.78	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		24.92	26.05	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		24.53	26.50	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		25.71	26.04	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		24.49	26.64	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		24.88	25.54	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		24.77	26.34	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		26.18	27.36	24.04		
9	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		24.92	25.95	25.31		
10	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		25.89	27.29	24.40		
11	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		25.54	26.25	25.37		
12	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		25.39	26.07	25.58		
13	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		24.97	27.02	25.60		
14	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		24.76	27.66	24.89		
15	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		26.47	26.90	24.82		
16	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		25.39	26.41	25.42		

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	1:43.70 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	25.41	26.19	25.82
18*	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
18*	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	25.48	25.49	25.42
18	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	26.89	27.15	24.70

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
			27.05 28.57			
2	1:00.04 Y	P	*I Jessica Dunn	SR	1/26/2008	2008 National Catholic HS Championship
			29.81 30.23			
3	1:00.51 Y	F	*I Alexandra Doonis	SR	2/13/2009	2009 VSIS Swimming & Diving Champions
			29.42 31.09			
4	1:02.04 Y	P	Caroline Griffin	SR	2/15/2019	2019 VISAA Swimming & Diving Champions
			30.76 31.28			
5	1:04.19 Y	P	*I Dani Flook	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
			31.00 33.19			
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
			31.78 34.10			
9	1:06.47 Y	F	*I Bridget Wunderly	SR	1/23/2010	SST @ Woodberry-Jan 23, 2010
			32.31 34.16			
10	1:07.27 Y	P	*I Laura Talbott	SR	2/16/2007	2007 VSIS State Championships
			32.81 34.46			
11	1:07.66 Y	F	*I Catherine Rogers	SR	1/15/2011	DAC Conference Meet @ St. Michael-Jan11
12	1:07.84 Y	F	Mairead Geiran	JR	12/14/2019	Seton Icebreaker Invitational
			32.70 35.14			
13	1:08.41 Y	F	*I Lauren Donohoe	SR	11/21/2008	2008 Time Trials
14	1:08.49 Y	F	*I Kimberly Rector	SR	11/15/2013	2013 Time Trials
			33.27 35.22			
15	1:08.51 Y	P	*I Kimberley Melnyk	SR	2/15/2008	2008 VSIS State Championships
			33.29 35.22			
16	x1:10.35 Y	P	*I Danielle Smith	SR	11/18/2006	SST vs Flint Hill Time Trial Meet
17	1:10.60 Y	F	*I Joanie Pretz	SR	11/11/2002	Time Trials
18	1:10.70 Y	F	Emily Flynn	SO	1/11/2020	2020 NoVa Catholic Invitational Champions
			33.65 37.05			
19	1:10.74 Y	F	*I Meghan Morch	SR	12/14/2007	NVSC Conference Regular Season-Dec14,1
20	1:10.87 Y	F	*I Carolyn Claybrooks	SR	11/21/2008	2008 Time Trials

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
			31.58 36.12			
2	1:09.99 Y	F	*I Katie Shipko		2/1/1999	DAC Champs 1999
3	1:10.98 Y	F	Mairead Geiran	JR	1/18/2020	National Catholic H.S. Championship 2020
			32.73 38.25			
4	1:11.05 Y	F	*I Jessica Dunn	SR	12/1/2007	SST vs NSHS, TES-Dec1,07
			33.91 37.14			
5	1:11.84 Y	F	*I Mary-Kate Kenna	SR	2/13/2009	2009 VSIS Swimming & Diving Championst
			34.03 37.81			
6	1:12.23 Y	P	*I Claire Kenna	SR	2/19/2016	VISAA States 2016
			33.36 38.87			
7	1:12.64 Y	P	*I Emily Heim	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
			33.51 39.13			
8	1:13.35 Y	P	*I Alexandra Sinner	SR	2/14/2014	2014 VISAA Swimming & Diving Champions
			34.72 38.63			
9	1:13.52 Y	F	*I Melissa Dunn	SR	2/4/2006	2006 DAC Championships
			34.46 39.06			
10	1:13.79 Y	F	*I Rachel Lambrecht	SR	2/18/2011	2011 VSIS Swimming & Diving Championst
			34.51 39.28			
11	1:13.93 Y	F	*I Lauren Donohoe	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
12	1:16.11 Y	P	*I Mary Heim	SR	2/16/2018	2018 VISAA Swimming & Diving Champions
			34.96 41.15			
13	1:16.45 Y	F	*I Kimberly Rector	SR	12/14/2013	SST Swim Meet 14-Dec-2013
			35.83 40.62			
14	1:16.56 Y	F	*I Lea Mazzoccoli	SR	12/14/2007	NVSC Conference Regular Season-Dec14,1
			45.22 53.38			
15	1:16.57 Y	P	*I Vivian Zadnik	SR	2/19/2016	VISAA States 2016
			35.55 41.02			
16	1:16.59 Y	F	*I Reilly Cuccinelli	SR	2/11/2017	DAC Championship 2017
			36.10 40.49			
17	1:16.89 Y	F	*I Megan Seale	SR	2/8/2003	2003 DAC Championships
18	1:18.35 Y	F	*I Laura Talbott	SR	12/8/2007	SSTvsBHS,HIGH,WAKE,QHS-Dec8,07
			38.00 40.35			
19	1:18.87 Y	F	*I Alexandra Doonis	SR	1/17/2009	SST @ FCS
20	1:19.09 Y	F	*I Jillian Ceol	SO	1/18/2014	Seton Invitational - January 18, 2014
			37.43 41.66			

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 (JR)		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 (JR)		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)	Kimberly 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)	Kimberly 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 (JR)				
	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 (JR)	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)				