

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)
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)
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)
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)
5	1:53.55 Y	F	A Relay		2/6/2021	15th Annual VISAA Division II Invitational
	Lucy Garvey (JR)			Angie Testani (8)	Clara Condon (8)	Mary Pennefather (SO)
6	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)
7	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)
8	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)
9	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)
10	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)
11	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)
12	1:55.10 Y	P	A Relay		2/15/2019	2019 VISAA Swimming & Diving Championship
	Caroline Griffin			Mary Heim (SR)	Mairead Geiran (JR)	Mary Pennefather (SO)
13	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)
14	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)
15	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)
16	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)
17	1:56.09 Y	F	A Relay		2/9/2019	2019 DAC Championship Meet
	Caroline Griffin			Mary Heim (SR)	Mairead Geiran (JR)	Mary Pennefather (SO)
18	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)
19	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)
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)

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	*I Mairead Geiran	JR	1/18/2020 National Catholic H.S. Championship 2020
3	1:59.75 Y	F	*I Anna Kenna	SR	12/16/2017 Seton Homecoming Invitational - Dec 16, 2017
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 Championship
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-Jan11, 2011
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, 2014
17	2:10.99 Y	F	Lucy Garvey	JR	2/12/2021 2021 DAC Championship Meet
18	2:11.17 Y	F	*I Alexandra Sinner	SR	2/1/2014 2014 VISAA Division II Invitational
19	2:13.11 Y	F	*I Kimberley Melnyk	SR	2/2/2008 VSIS Division II Swimming Invitational
20	2:13.12 Y	F	*I Lea Mazzoccoli	SR	12/15/2007 SST vs SBHS,PCHS-Dec15,07

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
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	*I Mairead Geiran	JR	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	2:23.62 Y	F	Angie Testani	8	2/6/2021	15th Annual VISAA Division II Invitational
11	2:24.33 Y	P	*I Kimberly Rector	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
12	2:26.50 Y	F	*I Alexandra Doonis	SR	1/14/2012	SMAHS Invitational
13	2:27.07 Y	F	*I Claire Kenna	SR	12/5/2014	Seton Ice Breaker Invitational - Dec 5, 2014
14	2:27.52 Y	F	*I Laura Talbott	SR	1/4/2008	SST, Paul VI @ Collegiate-Jan4,07
15	2:27.61 Y	F	*I Caroline Griffin		2/10/2018	2018 DAC Championship Meet
16	2:28.15 Y	F	Clara Condon	8	12/12/2020	Seton December Invitational
17	2:28.85 Y	F	*I Carolyn Claybrooks	SR	12/20/2008	Seton Homecoming vs COOL, PVI, Wake a
18	2:30.17 Y	F	*I Megan Seale	SR	2/5/2005	2005 DAC Championships
19	2:30.25 Y	F	Lucy Garvey	JR	1/16/2021	2021 NoVa Catholic Invitational Champions
20	2:30.31 Y	F	*I Dani Flook	SR	1/31/2015	2015 VISAA Division II Invitational

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 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	P	*I Lauren Donohoe	SR	2/18/2011	2011 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	*I 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	25.98 Y	F	Mary Pennefather	SO	2/6/2021	15th Annual VISAA Division II Invitational
9	26.09 Y	P	*I Claire Kenna	SR	2/14/2014	2014 VISAA Swimming & Diving Champions
10	26.18 Y	F	*I Meghan Morch	SR	1/12/2008	SST @ Woodberry, Madiera, FCS-Jan12,08
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	26.72 Y L	F	Lucy Garvey	JR	2/6/2021	15th Annual VISAA Division II Invitational
14	26.77 Y	F	*I Megan Seale	SR	1/31/2004	2004 National Catholic Championship
15	26.94 Y	F	*I Melissa Dunn	SR	2/5/2005	2005 DAC Championships
16*	27.02 Y L	F	*I Lea Mazzoccoli	SR	1/21/2006	SST vs ECS, Highland, Quantico
16*	27.02 Y	F	*I Carolyn Claybrooks	SR	12/13/2008	SST vs DAC, Heights, NDA-Dec13,08
18	27.03 Y	F	*I Hailey Moya	SO	2/4/2006	2006 DAC Championships
19	27.04 Y	P	Isabelle Luevano	JR	1/18/2020	National Catholic H.S. Championship 2020
20	27.35 Y	F	*I Alexandra Sinner	SR	1/18/2014	Seton Invitational - January 18, 2014

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
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	1:03.85 Y	F	Clara Condon	8	2/12/2021	2021 DAC Championship Meet
6	1:04.32 Y	F	*I Lea Mazzoccoli	SR	2/15/2008	2008 VSIS State Championships
7	1:04.37 Y	F	*I Mairead Geiran	JR	12/10/2016	Trinity Christian Invitational - Dec 10, 2016
8	1:04.68 Y	F	Katie Shipko		2/1/1999	DAC Champs 1999
9	1:04.94 Y	F	*I Alexandra Doonis	SR	1/16/2010	SST Swim Meet 1-16-10
10	1:05.48 Y	P	*I Alexandra Sinner	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
11	1:06.72 Y	P	*I Mary-Kate Kenna	SR	1/27/2007	2007 National Catholic HS Championship
12	1:06.80 Y	F	*I Kimberly Rector	SR	1/18/2014	Seton Invitational - January 18, 2014
13	1:06.86 Y	F	*I Caroline Griffin		2/9/2019	2019 DAC Championship Meet
14	1:06.90 Y	F	*I Lauren Donohoe	SR	12/11/2010	SST Swim Meet 12-11-10
15	1:06.98 Y	F	Emily Flynn	JR	2/8/2020	2020 DAC Championship Meet
16	1:07.70 Y	F	*I Katie Planchak	SR	1/15/2005	SST vs FA, FCS
17	1:08.08 Y	F	*I Caitlin Harris	SR	1/17/2004	SST vs. RMA, Quantico
18	1:09.23 Y	F	*I Carolyn Claybrooks	SR	1/16/2010	SST Swim Meet 1-16-10
19	1:09.33 Y	P	*I Kimberley Melnyk	SR	2/15/2008	2008 VSIS State Championships
20	1:09.54 Y	F	Angie Testani	8	12/19/2020	Seton Homecoming Invitational

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Individual Top Times

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 18 Convert To: Yards Print: Yards

	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	126.10	F	Mary Clare Waldron	JR	2/6/2021	15th Annual VISAA Division II Invitational
4	122.20	F *I	MacKenzie Farmer	JR	1/16/2016	2016 NoVa Catholic Invitational Champions
5	120.80	F *I	Mack Myers	8	2/6/2021	15th Annual VISAA Division II Invitational
6	120.40	F *I	Sarah Zapiain	SR	1/16/2010	SST Swim Meet 1-16-10
7	114.10	F *I	Mary Duran	SR	1/7/2012	2012 NOVA Catholic Invitational
8	99.85	F *I	Theresa Verry	JR	1/19/2013	Woodberry Forest Invitational
9	98.90	F	Emma Catabui	JR	2/12/2021	2021 DAC Championship Meet
10	97.55	F *I	Mikey Wittlinger	SR	1/19/2013	Woodberry Forest Invitational
11	94.00	F *I	Kristie Ostrich	SR	1/8/2011	2010 No.Va. Catholic Invitational
12	93.15	F *I	Catherine Rogers	SR	1/10/2009	SST vs WFS, TES, DAC, JPtG-Jan10,09
13	92.50	F	Mary Pennefather	SO	12/19/2020	Seton Homecoming Invitational
14	75.40	F	Amelie Halisky	SO	1/23/2021	Seton Winter Invitational
15	72.70	F *I	Caroline Holmes	FR	1/16/2010	SST Swim Meet 1-16-10
16	70.20	F *I	Elizabeth Rogers	JR	1/10/2009	SST vs WFS, TES, DAC, JPtG-Jan10,09
17	68.60	F *I	Shannon Bartnick		1/9/2010	SSTvNSA-FHS-FCS-QMHS-JPG1-9-10
18	50.35	F *I	Delaney Farmer	SO	12/5/2020	Seton Icebreaker Invitational

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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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Number of Top Times: 20 Convert To: Yards Print: Yards

	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
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	*I Mairead Geiran	JR	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	*I 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	57.52 Y	P	Mary Pennefather	SO	1/18/2020	National Catholic H.S. Championship 2020
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
14	58.75 Y	P	*I Alexandra Sinner	SR	1/28/2012	2012 National Catholic HS Champs
15	x58.85 Y L	F	Angie Testani	8	1/30/2021	14th Annual VISAA Junior Varsity Invitational
16	58.97 Y	F	*I Laura Talbott	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
17*	59.22 Y L	F	*I Caroline Griffin		2/15/2019	2019 VISAA Swimming & Diving Champions
17*	59.22 Y	F	*I Bridget Wunderly	SR	11/19/2010	2010 Time Trials
19	59.29 Y	F	*I Kimberly Rector	SR	11/14/2014	2014 Time Trials
20	59.42 Y	F	*I Lea Mazzoccoli	SR	11/16/2007	2007 Time Trials

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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	5:39.98 Y	F	*I Mairead Geiran	JR	12/21/2019 Seton Homecoming Invitational
9	5:42.85 Y	F	*I Lauren Donohoe	SR	1/4/2008 SST, Paul VI @ Collegiate-Jan4,07
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	5:57.25 Y	F	Angie Testani	8	12/12/2020 Seton December Invitational
15	5:57.69 Y	F	Clara Condon	8	1/9/2021 Seton DAC Invitational
16	5:59.26 Y	F	*I Laura Talbott	SR	2/2/2008 VSIS Division II Swimming Invitational
17	6:00.85 Y	F	*I Alexandra Sinner	SR	12/17/2011 SST Swim Meet 12-17-11
18	6:03.94 Y	F	*I Claire Kenna	SR	12/20/2014 Seton Homecoming Invitational - Dec 20, 20
19	6:06.06 Y	F	*I Anne Konstanty		2/9/2019 2019 DAC Championship Meet
20	6:08.20 Y	F	Lucy Garvey	JR	12/9/2017 Seton Ice Breaker Invitational - Dec 9, 2017

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Relay Top Times

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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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)

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	*I Caroline Griffin		2/15/2019	2019 VISAA Swimming & Diving Champions
5	1:03.32 Y	F	Lucy Garvey	JR	2/12/2021	2021 DAC Championship Meet
6	1:04.19 Y	P	*I Dani Flook	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
7	1:04.81 Y	F	*I Katie Shipko		12/2/2000	Paul IV Vs SST
8	1:05.49 Y L	F	*I Katie Planchak	SR	12/2/2006	2006 OPHS Relay Carnival
9	1:05.88 Y	P	*I Alexandra Sinner	SR	2/15/2013	2013 VISAA Swimming & Diving Champions
10	1:06.47 Y	F	*I Bridget Wunderly	SR	1/23/2010	SST @ Woodberry-Jan 23, 2010
11	1:07.27 Y	P	*I Laura Talbott	SR	2/16/2007	2007 VSIS State Championships
12	1:07.66 Y	F	*I Catherine Rogers	SR	1/15/2011	DAC Conference Meet @ St. Michael-Jan11
13	1:07.84 Y	F	*I Mairead Geiran	JR	12/14/2019	Seton Icebreaker Invitational
14	1:08.41 Y	F	*I Lauren Donohoe	SR	11/21/2008	2008 Time Trials
15	1:08.49 Y	F	*I Kimberly Rector	SR	11/15/2013	2013 Time Trials
16	1:08.51 Y	P	*I Kimberley Melnyk	SR	2/15/2008	2008 VSIS State Championships
17	1:10.35 Y	F	*I Danielle Smith	SR	1/20/2006	SST vs Woodberry, St. Margaret's
18	1:10.60 Y	F	*I Joanie Pretz	SR	11/11/2002	Time Trials
19	1:10.70 Y	F	Emily Flynn	JR	1/11/2020	2020 NoVa Catholic Invitational Champions
20	1:10.74 Y	F	*I Meghan Morch	SR	12/14/2007	NVSC Conference Regular Season-Dec14,1

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	1:07.65 Y	F	Angie Testani	8	2/12/2021	2021 DAC Championship Meet
2	1:07.70 Y	F	*I Catherine Rogers	SR	2/17/2012	2012 VSIS Swimming & Diving Championst
3	1:09.99 Y	F	*I Katie Shipko		2/1/1999	DAC Champs 1999
4	1:10.35 Y	F	Clara Condon	8	2/6/2021	15th Annual VISAA Division II Invitational
5	1:10.98 Y	F	*I Mairead Geiran	JR	1/18/2020	National Catholic H.S. Championship 2020
6	1:11.05 Y	F	*I Jessica Dunn	SR	12/1/2007	SST vs NSHS, TES-Dec1,07
7	1:11.84 Y	F	*I Mary-Kate Kenna	SR	2/13/2009	2009 VSIS Swimming & Diving Championst
8	1:12.23 Y	P	*I Claire Kenna	SR	2/19/2016	VISAA States 2016
9	1:12.64 Y	P	*I Emily Heim	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
10	1:13.35 Y	P	*I Alexandra Sinner	SR	2/14/2014	2014 VISAA Swimming & Diving Champions
11	1:13.52 Y	F	*I Melissa Dunn	SR	2/4/2006	2006 DAC Championships
12	1:13.79 Y	F	*I Rachel Lambrecht	SR	2/18/2011	2011 VSIS Swimming & Diving Championst
13	1:13.93 Y	F	*I Lauren Donohoe	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
14	1:16.11 Y	P	*I Mary Heim	SR	2/16/2018	2018 VISAA Swimming & Diving Champions
15	1:16.45 Y	F	*I Kimberly Rector	SR	12/14/2013	SST Swim Meet 14-Dec-2013
16	1:16.56 Y	F	*I Lea Mazzoccoli	SR	12/14/2007	NVSC Conference Regular Season-Dec14,1
17	1:16.57 Y	P	*I Vivian Zadnik	SR	2/19/2016	VISAA States 2016
18	1:16.59 Y	F	*I Reilly Cuccinelli	SR	2/11/2017	DAC Championship 2017
19	1:16.89 Y	F	*I Megan Seale	SR	2/8/2003	2003 DAC Championships
20	1:18.35 Y	F	*I Laura Talbott	SR	12/8/2007	SSTvsBHS,HIGH,WAKE,QHS-Dec8,07

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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
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)
20	3:53.77 Y	F	A Relay		1/12/2008 SST @ Woodberry, Madiera, FCS-Jan12,08
	Lauren Donohoe (SR)			Laura Talbott (SR)	Alex Doonis (SR) Jessica Dunn (SR)