

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	1:52.65 Y	F	A Relay	2/12/2022	2022 VCAC Championship Meet	
	Lucy Garvey (SR)		Angie Testani (FR)		Clara Condon (FR)	Mary Pennefather (JR)
	28.97		30.89	26.88	25.91	
4	1:52.76 Y	F	A Relay	2/18/2022	2022 VISAA Swimming & Diving Championship	
	Lucy Garvey (SR)		Angie Testani (FR)		Clara Condon (FR)	Mary Pennefather (JR)
	29.03		30.30	26.98	26.45	
5	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	
6	1:53.15 Y	P	A Relay	2/18/2022	2022 VISAA Swimming & Diving Championship	
	Lucy Garvey (SR)		Angie Testani (FR)		Clara Condon (FR)	Mary Pennefather (JR)
	29.25		30.35	27.08	26.47	
7	1:53.18 Y	F	A Relay	2/5/2022	16th Annual VISAA Division II Invitational	
	Lucy Garvey (SR)		Angie Testani (FR)		Clara Condon (FR)	Mary Pennefather (JR)
	29.08		31.03	27.28	25.79	
8	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	
9	1:53.55 Y	F	A Relay	2/6/2021	15th Annual VISAA Division II Invitational	
	Lucy Garvey (SR)		Angie Testani (FR)		Clara Condon (FR)	Mary Pennefather (JR)
	29.38		30.55	28.30	25.32	
9	1:53.55 Y	F	A Relay	2/20/2021	2021 VISAA Swimming & Diving Championship	
	Lucy Garvey (SR)		Angie Testani (FR)		Clara Condon (FR)	Mary Pennefather (JR)
11	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	
12	1:53.64 Y	F	A Relay	1/15/2022	National Catholic H.S. Championship 2022	
	Lucy Garvey (SR)		Angie Testani (FR)		Clara Condon (FR)	Mary Pennefather (JR)
	28.95		30.76	27.47	26.46	
13	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	
14	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	
15	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	
16	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	

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Time	P/F/S	Relay				
17	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	
18	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 (JR)
	29.29		33.28	27.29	25.24	
19	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	
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)
	33.55		38.68	33.39	28.60	

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 11-12 50 Back						
1	30.56 Y	F	Ariana Aldeguer	7	1/29/2022	15th Annual VISAA Junior Varsity Invitations
Female Senior 50 Back						
1	27.03 Y L	F	*I Anna Kenna	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
2	28.37 Y L	F	*I Alexandra Doonis	SR	2/17/2012	2012 VSIS Swimming & Diving Champions
3	28.50 Y L	F	*I Jessica Dunn	SR	2/15/2008	2008 VSIS State Championships
4	28.95 Y L	F	Lucy Garvey	SR	1/15/2022	National Catholic H.S. Championship 2022
5	29.22 Y L	F	*I Caroline Griffin		2/9/2019	2019 DAC Championship Meet
6	30.02 Y L	P	*I Bridget Wunderly	SR	2/19/2010	2010 VSIS Swimming & Diving Champions
7*	30.28 Y L	F	*I Stephanie Melnyk	SR	12/10/2005	SST vs North Stafford
7*	30.28 Y L	F	Clara Condon	FR	1/8/2022	VCAC Invitational
9	30.50 Y L	F	*I Dani Flook	SR	12/5/2014	Seton Ice Breaker Invitational - Dec 5, 2014
10	30.60 Y L	F	*I Alexandra Sinner	SR	2/15/2013	2013 VISAA Swimming & Diving Champions
11	x31.34 Y L	F	*I Gemma Flook	8	2/9/2019	2019 DAC Championship Meet
12	31.37 Y L	F	*I Laura Talbott	SR	1/16/2010	SST Swim Meet 1-16-10
13	31.97 Y L	F	*I Kimberley Melnyk	SR	2/5/2005	2005 DAC Championships
14	32.11 Y L	F	Emily Flynn	SR	2/5/2022	16th Annual VISAA Division II Invitational
15	32.14 Y	F	*I Mairead Geiran	JR	1/30/2016	9th Annual VISAA Junior Varsity Invitational
16	32.25 Y L	F	*I Meghan Morch	SR	1/8/2005	SST vs Battlefield High School
17	32.59 Y L	F	*I Kimberly Rector	SR	1/5/2013	2013 NOVA_Catholic_Invite
18	33.07 Y L	F	Jacqueline Oswald	JR	2/6/2021	15th Annual VISAA Division II Invitational
19*	33.12 Y L	F	*I Jennifer Planchak	SR	2/20/2004	2004 VSIS State Championship
19	33.12 Y L	F	*I Bridget O'Malley	JR	12/20/2014	Seton Homecoming Invitational - Dec 20, 2014

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Individual Top Times

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Time	P/F/S	Name	Age/Yr		
Female 11-12 200 Free					
1	x2:06.03 Y	F	Ariana Aldeguer	7	1/8/2022 VCAC Invitational
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 Championships
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
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	2:09.85 Y	F	Angie Testani	FR	12/18/2021 Seton Homecoming Invitational
17	2:10.17 Y	F	*I Claire Kenna	SR	12/20/2014 Seton Homecoming Invitational - Dec 20, 2014
18	2:10.57 Y	P	Lucy Garvey	SR	2/18/2022 2022 VISAA Swimming & Diving Championships
19	2:11.17 Y	F	*I Alexandra Sinner	SR	2/1/2014 2014 VISAA Division II Invitational
20	2:11.44 Y	F	Clara Condon	FR	12/4/2021 Seton Icebreaker Invitational

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Time	P/F/S	Name	Age/Yr		
Female 11-12 200 IM					
1	x2:16.76 Y	F	Ariana Aldeguer	7	1/22/2022 2022 NoVa Catholic Invitational Champions
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	2:19.48 Y	F	Clara Condon	FR	2/5/2022 16th Annual VISAA Division II Invitational
5	2:19.85 Y	P	Angie Testani	FR	2/18/2022 2022 VISAA Swimming & Diving Champions
6	2:20.16 Y	F	*I Mary-Kate Kenna	SR	2/13/2009 2009 VSIS Swimming & Diving Champions
7	2:20.85 Y	P	*I Mairead Geiran	JR	1/21/2017 National Catholic H.S. Championship 2017
8	2:20.99 Y	P	*I Alexandra Sinner	SR	2/14/2014 2014 VISAA Swimming & Diving Champions
9	2:21.56 Y	F	*I Catherine Rogers	SR	1/21/2012 SST @ Woodberry-Jan21, 12
10	2:22.16 Y	F	*I Bridget Wunderly	SR	2/5/2011 2011 VSIS Division II Invitational
11	2:22.54 Y	F	*I Lauren Donohoe	SR	12/13/2008 SST vs DAC, Heights, NDA-Dec13,08
12	2:24.33 Y	P	*I Kimberly Rector	SR	2/13/2015 2015 VISAA Swimming & Diving Champs
13	2:26.50 Y	F	*I Alexandra Doonis	SR	1/14/2012 SMAHS Invitational
14	2:27.07 Y	F	*I Claire Kenna	SR	12/5/2014 Seton Ice Breaker Invitational - Dec 5, 2014
15	2:27.52 Y	F	*I Laura Talbott	SR	1/4/2008 SST, Paul VI @ Collegiate-Jan4,07
16	2:27.61 Y	F	*I Caroline Griffin		2/10/2018 2018 DAC Championship Meet
17	2:28.85 Y	F	*I Carolyn Claybrooks	SR	12/20/2008 Seton Homecoming vs COOL, PVI, Wake a
18	2:30.10 Y	F	Lucy Garvey	SR	12/11/2021 Seton December Invitational
19	2:30.17 Y	F	*I Megan Seale	SR	2/5/2005 2005 DAC Championships
20	2:30.31 Y	F	*I Dani Flook	SR	1/31/2015 2015 VISAA Division II Invitational

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	Time	P/F/S	Name	Age/Yr		
Female 11-12 50 Free						
1	x27.45 Y L	F	Ariana Aldeguer	7	12/4/2021	Seton Icebreaker Invitational
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	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	*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	JR	2/6/2021	15th Annual VISAA Division II Invitational
9	26.09 Y L	F	*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	26.65 Y L	P	Isabelle Luevano	SR	2/18/2022	2022 VISAA Swimming & Diving Champions
14	26.72 Y L	F	Lucy Garvey	SR	2/6/2021	15th Annual VISAA Division II Invitational
15	26.77 Y	F	*I Megan Seale	SR	1/31/2004	2004 National Catholic Championship
16	26.94 Y	F	*I Melissa Dunn	SR	2/5/2005	2005 DAC Championships
17*	27.02 Y	F	*I Carolyn Claybrooks	SR	12/13/2008	SST vs DAC, Heights, NDA-Dec13,08
17*	27.02 Y L	F	*I Lea Mazzoccoli	SR	1/21/2006	SST vs ECS, Highland, Quantico
19	27.03 Y	F	*I Hailey Moya	SO	2/4/2006	2006 DAC Championships
20	27.04 Y	F	Maggie Gibbons	SO	2/18/2022	2022 VISAA Swimming & Diving Champions

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	Time	P/F/S	Name	Age/Yr		
Female Senior 1 Meter 6 Dives						
1	152.55	F	Mary Clare Waldron	SR	2/12/2022	2022 VCAC Championship Meet
2	144.90	F	*I Ann Duran	SR	12/20/2008	Seton Homecoming vs COOL, PVI, Wake a
3	142.70	F	*I Keziah Higginbottom	SR	1/19/2013	Woodberry Forest Invitational
4	123.45	F	Rose Waldron	FR	2/12/2022	2022 VCAC Championship Meet
5	122.20	F	*I MacKenzie Farmer	JR	1/16/2016	2016 NoVa Catholic Invitational Champions
6	120.80	F	*I Mack Myers	8	2/6/2021	15th Annual VISAA Division II Invitational
7	120.40	F	*I Sarah Zapiain	SR	1/16/2010	SST Swim Meet 1-16-10
8	114.10	F	*I Mary Duran	SR	1/7/2012	2012 NOVA Catholic Invitational
9	112.85	F	Emma Catabui	SR	2/12/2022	2022 VCAC Championship Meet
10	99.85	F	*I Theresa Verry	JR	1/19/2013	Woodberry Forest Invitational
11	97.55	F	*I Mikey Wittlinger	SR	1/19/2013	Woodberry Forest Invitational
12	94.00	F	*I Kristie Ostrich	SR	1/8/2011	2010 No.Va. Catholic Invitational
13	93.15	F	*I Catherine Rogers	SR	1/10/2009	SST vs WFS, TES, DAC, JPtG-Jan10,09
14	92.50	F	Mary Pennefather	JR	12/19/2020	Seton Homecoming Invitational
15	75.40	F	*I Amelie Halisky	SO	1/23/2021	Seton Winter Invitational
16	72.70	F	*I Caroline Holmes	FR	1/16/2010	SST Swim Meet 1-16-10
17	70.20	F	*I Elizabeth Rogers	JR	1/10/2009	SST vs WFS, TES, DAC, JPtG-Jan10,09
18	70.10	F	Theresa Byers	SR	1/22/2022	2022 NoVa Catholic Invitational Champions
19	68.60	F	*I Shannon Bartnick		1/9/2010	SSTvNSA-FHS-FCS-QMHS-JPG1-9-10
20	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	268.25	T	Mary Clare Waldron	SR	2/12/2022 2022 VCAC Championship Meet
3	229.75	F *I	Sarah Zapiain	SR	2/17/2012 2012 VSIS Swimming & Diving Champions
4	208.50	F *I	Keziah Higginbottom	SR	2/15/2013 2013 VISAA Swimming & Diving Champions
5	205.50	T	Rose Waldron	FR	2/12/2022 2022 VCAC Championship Meet
6	205.15	T	Emma Catabui	SR	2/12/2022 2022 VCAC Championship Meet
7	204.75	F *I	Ann Duran	SR	2/13/2009 2009 VSIS Swimming & Diving Champions
8	155.70	F *I	Mary Duran	SR	2/18/2011 2011 VSIS Swimming & Diving Champions
9	108.90	F *I	Katie Racine	JR	2/15/2008 2008 VSIS State Championships

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	Time	P/F/S	Name	Age/Yr		
Female 11-12 100 Fly						
1	x1:05.08 Y	F	Ariana Aldeguer	7	12/4/2021	Seton Icebreaker Invitational
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	1:00.23 Y	F	Clara Condon	FR	2/12/2022	2022 VCAC Championship Meet
4	1:02.21 Y	F	*I Jessica Dunn	SR	12/1/2007	SST vs NSHS, TES-Dec1,07
5	1:02.47 Y	F	*I Catherine Rogers	SR	1/15/2011	DAC Conference Meet @ St. Michael-Jan11
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	*I 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	SR	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	FR	12/19/2020	Seton Homecoming Invitational

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Female 11-12 100 Free						
1	x57.84 Y	F	Ariana Aldeguer	7	1/8/2022	VCAC Invitational
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	JR	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	57.93 Y L	F	Isabelle Luevano	SR	2/18/2022	2022 VISAA Swimming & Diving Champions
14	58.25 Y L	P *I	Carolyn Claybrooks	SR	1/30/2010	2010 National Catholic HS Champs
15	58.75 Y	P *I	Alexandra Sinner	SR	1/28/2012	2012 National Catholic HS Champs
16	x58.85 Y L	F	Angie Testani	FR	1/30/2021	14th Annual VISAA Junior Varsity Invitational
17	58.97 Y	F *I	Laura Talbott	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
18*	59.22 Y	F *I	Bridget Wunderly	SR	11/19/2010	2010 Time Trials
18*	59.22 Y L	F *I	Caroline Griffin		2/15/2019	2019 VISAA Swimming & Diving Champions
20	59.29 Y	F *I	Kimberly Rector	SR	11/14/2014	2014 Time Trials

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

Time	P/F/S	Name	Age/Yr		
Female 11-12 500 Free					
1	x5:43.10 Y	F Ariana Aldeguer	7	12/18/2021	Seton Homecoming Invitational
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 Champions
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 Champions
7	5:35.20 Y	F *I Alexandra Doonis	SR	2/11/2012	Delaney Athletic Conference Championship
8	5:37.69 Y	F Angie Testani	FR	2/12/2022	2022 VCAC Championship Meet
9	5:39.98 Y	F *I Mairead Geiran	JR	12/21/2019	Seton Homecoming Invitational
10	5:42.85 Y	F *I Lauren Donohoe	SR	1/4/2008	SST, Paul VI @ Collegiate-Jan4,07
11	5:49.08 Y	F *I Katie Planchak	SR	12/16/2006	SST vs Collegiate, Bishop Ireton
12	5:49.86 Y	F *I Dani Flook	SR	1/10/2015	2015 NoVa Catholic Invitational Champions
13	5:50.30 Y	F *I Megan Seale	SR	11/11/2002	Time Trials
14	5:51.98 Y	F *I Mary-Kate Kenna	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
15	5:57.69 Y	F Clara Condon	FR	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	SR	2/9/2019	2019 DAC Championship Meet
20	6:08.20 Y	F Lucy Garvey	SR	12/9/2017	Seton Ice Breaker Invitational - Dec 9, 2017

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 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	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		
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		
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	1/23/2010	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	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	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 11-12 100 Back						
1	x1:04.67 Y	F	Ariana Aldeguer	7	12/4/2021	Seton Icebreaker Invitational
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	1:01.68 Y	F	Lucy Garvey	SR	2/12/2022	2022 VCAC Championship Meet
5	1:02.04 Y	P	*I Caroline Griffin		2/15/2019	2019 VISAA Swimming & Diving Champions
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	1:05.40 Y	F	Clara Condon	FR	12/4/2021	Seton Icebreaker Invitational
9	1:05.49 Y L	F	*I Katie Planchak	SR	12/2/2006	2006 OPHS Relay Carnival
10	1:05.88 Y	P	*I Alexandra Sinner	SR	2/15/2013	2013 VISAA Swimming & Diving Champions
11	1:06.47 Y	F	*I Bridget Wunderly	SR	1/23/2010	SST @ Woodberry-Jan 23, 2010
12	1:07.27 Y	P	*I Laura Talbott	SR	2/16/2007	2007 VSIS State Championships
13	1:07.66 Y	F	*I Catherine Rogers	SR	1/15/2011	DAC Conference Meet @ St. Michael-Jan1!
14	1:07.84 Y	F	*I Mairead Geiran	JR	12/14/2019	Seton Icebreaker Invitational
15	1:08.41 Y	F	*I Lauren Donohoe	SR	11/21/2008	2008 Time Trials
16	1:08.49 Y	F	*I Kimberly Rector	SR	11/15/2013	2013 Time Trials
17	1:08.51 Y	P	*I Kimberley Melnyk	SR	2/15/2008	2008 VSIS State Championships
18	x1:10.35 Y	P	*I Danielle Smith	SR	11/18/2006	SST vs Flint Hill Time Trial Meet
19	1:10.60 Y	F	*I Joanie Pretz	SR	11/11/2002	Time Trials
20	1:10.70 Y	F	Emily Flynn	SR	1/11/2020	2020 NoVa Catholic Invitational Champions

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 11-12 100 Breast						
1	x1:17.06 Y	F	Ariana Aldeguer	7	1/22/2022	2022 NoVa Catholic Invitational Champions
Female Senior 100 Breast						
1	1:05.77 Y	F	Angie Testani	FR	2/18/2022	2022 VISAA Swimming & Diving Champions
2	1:07.53 Y	F	Clara Condon	FR	2/18/2022	2022 VISAA Swimming & Diving Champions
3	1:07.70 Y	F	*I Catherine Rogers	SR	2/17/2012	2012 VSIS Swimming & Diving Champions
4	1:09.99 Y	F	*I Katie Shipko		2/1/1999	DAC Champs 1999
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 Champions
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 Champions
13	1:13.93 Y	F	*I Lauren Donohoe	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
14	1:15.01 Y	P	Mary Clare Waldron	SR	2/18/2022	2022 VISAA Swimming & Diving Champions
15	1:16.11 Y	P	*I Mary Heim	SR	2/16/2018	2018 VISAA Swimming & Diving Champions
16	1:16.45 Y	F	*I Kimberly Rector	SR	12/14/2013	SST Swim Meet 14-Dec-2013
17	1:16.56 Y	F	*I Lea Mazzoccoli	SR	12/14/2007	NVSC Conference Regular Season-Dec14,
18	1:16.57 Y	P	*I Vivian Zadnik	SR	2/19/2016	VISAA States 2016
19	1:16.59 Y	F	*I Reilly Cuccinelli	SR	2/11/2017	DAC Championship 2017
20	1:16.89 Y	F	*I Megan Seale	SR	2/8/2003	2003 DAC Championships

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)	