

VISAA State Swimming and Diving Championship Qualifying Standards - '22-'23 Season

Women					Men	
Short-Course Yards	Short-Course Meters	Events	Short-Course Yards	Short-Course Meters		
2:14.01	2:30.25	200 Med Rel	1:57.18	2:10.07		
2:13.44	2:28.12	200 Free	2:01.47	2:14.83		
2:29.40	2:47.51	200 I.M.	2:18.04	2:33.23		
:26.96	:29.92	50 Free	:24.14	:26.95		
:28.96	:32.14	50 Free Bonus	:26.14	:29.17		
Proof > 2.5	Proof > 2.5	Diving-11D	Proof > 2.5	Proof > 2.5		
1:06.82	1:14.91	100 Fly	1:01.02	1:07.73		
:59.70	1:06.10	100 Free	53.09	:59.04		
5:58.88	5:15.54	500 Free	5:41.90	4:59.29		
1:58.53	2:11.57	200 Fr Relay	1:43.26	1:54.62		
1:06.85	1:14.96	100 Back	1:02.90	1:09.82		
1:16.38	1:25.63	100 Breast	1:08.79	1:17.12		
4:38.24	5:08.85	400 Fr Relay	3:59.45	4:25.79		

Seton Swimming

Relay Top Times

ONLY "A" & "B" RELAY
WE TAKE THE FASTEST 8
EXCEPT FOR ARIANA & CLARA,
WE WILL USE TOP SWIMMERS
IN 3 RELAY

Times since: 01-Nov-22
 Seton Swimming [SST] Coach: Jim Koehr
 Number of Top Times: 10 Convert To: Yards Print: Yards

Time	P/F/S	Relay				
Female Senior 200 Free Relay						
1	1:48.05 Y	F	A Relay	Maggie Gibbons (JR) 27.17	Ariana Aldeguer (8) 26.55	12/17/2022 Seton Homecoming Invitational Clara G. Condon (SO) 27.90, Mary Pennefather (SR) 26.43
2	1:50.11 Y	F	A Relay	Ariana Aldeguer (8) 26.92	Elodie Brox (SO) 28.65	12/3/2022 Seton Icebreaker Invitational Clara G. Condon (SO) 28.26, Stella S. Paradise (JR) 26.28
3	1:50.26 Y	F	A Relay	Elodie Brox (SO) 27.97	Philomena Kay (8) 28.41	1/7/2023 VCAC Invitational Jacqueline Oswald (SR) 28.20, Maggie Gibbons (JR) 25.68
4	1:51.34 Y	P	A Relay	Clara G. Condon (SO) 27.77	Jacqueline Oswald (SR) 28.71	1/14/2023 National Catholic H.S. Championship 2023 Elodie Brox (SO) 26.82, Philomena Kay (8) 28.04
5	1:52.51 Y	F	A Relay	Mary Pennefather (SR) 28.86	Kateri Mantooth (SR) 29.29	12/10/2022 Seton December Invitational Elodie Brox (SO) 27.52, Maggie Gibbons (JR) 26.84
6	1:56.54 Y	P	B Relay	Anastasia Garvey (FR) ---	Haley Fifield (SO) ---	1/14/2023 National Catholic H.S. Championship 2023 Kateri Mantooth (SR) 1:27.22, Maggie Schaefer (7) 29.32
7	1:56.73 Y	F	B Relay	Kateri Mantooth (SR) 29.15	Lucia Bingham (SO) 29.30	12/17/2022 Seton Homecoming Invitational Jacqueline Oswald (SR) 28.41, Ava Hudson (JR) 29.87
8	1:58.98 Y	F	B Relay	Lucia Bingham (SO) 30.67	Amelie Halisky (SR) 28.87	1/7/2023 VCAC Invitational Madelyn Zadnik (JR) 30.73, Kateri Mantooth (SR) 28.71
9	2:03.60 Y	F	B Relay	Lucia Bingham (SO) 30.54	Shannon O'Malley (SO) 31.81	12/3/2022 Seton Icebreaker Invitational Philomena Kay (8) 30.08, Rose Waldron (SO) 31.17
10	2:04.09 Y	F	B Relay	Philomena Kay (8) 29.52	Madelyn Zadnik (JR) 31.99	12/10/2022 Seton December Invitational Amelie Halisky (SR) 31.22, Shannon O'Malley (SO) 31.36

1:58.53

Female Senior 200 Medley Relay						
1	1:54.56 Y	F	A Relay	Ariana Aldeguer (8) 29.06	Clara G. Condon (SO) 30.88	1/7/2023 VCAC Invitational Stella S. Paradise (JR) 28.00, Mary Pennefather (SR) 26.62
2	1:57.78 Y	F	A Relay	Ariana Aldeguer (8) 30.71	Clara G. Condon (SO) 32.56	12/17/2022 Seton Homecoming Invitational Stella S. Paradise (JR) 28.45, Mary Pennefather (SR) 26.06
3	1:59.77 Y	F	A Relay	Ariana Aldeguer (8) 29.89	Stella S. Paradise (JR) 34.31	12/3/2022 Seton Icebreaker Invitational Clara G. Condon (SO) 28.04, Elodie Brox (SO) 27.53
4	2:05.40 Y	F	A Relay	Jacqueline Oswald (SR) 33.35	Anastasia Garvey (FR) 36.52	12/10/2022 Seton December Invitational Stella S. Paradise (JR) 28.79, Mary Pennefather (SR) 26.74
5	2:10.97 Y	P	B Relay	Haley Fifield (SO) 32.89	Elodie Brox (SO) 35.60	1/14/2023 National Catholic H.S. Championship 2023 Kateri Mantooth (SR) 33.60, Jacqueline Oswald (SR) 28.88

Seton Swimming

Relay Top Times

Times since: 01-Nov-22

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 10 Convert To: Yards Print: Yards

Time	P/F/S	Relay				
6	2:11.95 Y	F	B Relay	Anastasia Garvey (FR) 33.28	Madelyn Zadnik (JR) 39.87	12/17/2022 Seton Homecoming Invitational Maggie Gibbons (JR) 30.63 Philomena Kay (8) 28.17
7	2:13.80 Y	F	B Relay	Jacqueline Oswald (SR) ---	Anastasia Garvey (FR) ---	12/3/2022 Seton Icebreaker Invitational Madelyn Zadnik (JR) 2:13.80 Kateri Mantooth (SR) <i>2:09.01</i>
8	2:14.96 Y	F	B Relay	Haley Fifield (SO) 34.50	Elodie Brox (SO) 36.65	12/10/2022 Seton December Invitational Ava Hudson (JR) 35.12 Kateri Mantooth (SR) 28.69
9	2:19.59 Y	F	B Relay	Anastasia Garvey (FR) 31.82	Lucy Cunningham (SO) 44.48	1/7/2023 VCAC Invitational Ava Hudson (JR) 34.61 Philomena Kay (8) 28.68
10	2:25.35 Y	F	A Relay	Amelie Halisky (SR) 34.08	Moira Haggerty (SR) 45.20	1/14/2023 Seton Winter Invitational Mariana Bingham (8) 34.44 Shannon O'Malley (SO) 31.63
Female Senior 400 Free Relay						
1	3:50.91 Y	F	A Relay	Ariana Aldeguer (8) 27.13 28.02	Stella S. Paradise (JR) 29.09 30.24	1/14/2023 National Catholic H.S. Championship 2023 Maggie Gibbons (JR) 26.30 Anastasia Garvey (FR) 29.83 29.02 31.28
2	3:53.55 Y	F	A Relay	Ariana Aldeguer (8) 27.32 27.09	Clara G. Condon (SO) 28.92 32.33	1/7/2023 VCAC Invitational Mary Pennefather (SR) 28.50 Stella S. Paradise (JR) 33.16 25.83 30.40
3	3:57.34 Y	P	A Relay	Ariana Aldeguer (8) 27.47 26.97	Anastasia Garvey (FR) 29.03 30.83	1/14/2023 National Catholic H.S. Championship 2023 Maggie Gibbons (JR) 29.90 Stella S. Paradise (JR) 35.10 27.41 30.63
4	4:07.87 Y	F	A Relay	Stella S. Paradise (JR) 27.64 30.43	Maggie Gibbons (JR) 30.13 33.57	12/10/2022 Seton December Invitational Anastasia Garvey (FR) 29.49 Jacqueline Oswald (SR) 32.33 29.94 34.34
5	4:11.41 Y	F	B Relay	Maggie Gibbons (JR) 29.00 30.19	Anastasia Garvey (FR) 30.60 34.54	1/7/2023 VCAC Invitational Jacqueline Oswald (SR) 29.97 Elodie Brox (SO) 32.88 30.15 34.08
6	4:11.84 Y	F	A Relay	Stella S. Paradise (JR) 27.33 30.42	Jacqueline Oswald (SR) 30.09 34.03	12/17/2022 Seton Homecoming Invitational Anastasia Garvey (FR) 30.33 Philomena Kay (8) 34.05 31.75 33.84
7	4:27.34 Y	F	A Relay	Haley Fifield (SO) 31.95 30.92	Philomena Kay (8) 36.40 35.22	12/3/2022 Seton Icebreaker Invitational Jacqueline Oswald (SR) 31.25 Kateri Mantooth (SR) 34.53 31.56 35.51

Seton Swimming

Relay Top Times

Times since: 01-Nov-22

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 10 Convert To: Yards Print: Yards

Time	P/F/S	Relay				
8 4:30.24 Y	F	B Relay		12/17/2022	Seton Homecoming Invitational	
		Kateri Mantooth (SR)	Madelyn Zadnik (JR)		Haley Fifield (SO)	Amelie Halisky (SR)
		30.47	34.89	32.17	39.65	
		30.24	34.95	30.98	36.89	
9 4:34.12 Y	F	B Relay		12/3/2022	Seton Icebreaker Invitational	
		Anastasia Garvey (FR)	Shannon O'Malley (SO)		Madelyn Zadnik (JR)	Rose Waldron (SO)
		31.29	33.22	31.82	36.40	
		---	3:23.48	31.35	39.29	4:38.24
10 4:44.65 Y	F	B Relay		1/14/2023	Seton Winter Invitational	
		Amelie Halisky (SR)	Gabriella Russo (8)		Mary Catherine Hurley (SO)	Orla Haggerty (SO)
		32.81	36.03	34.46	38.21	
		34.25	38.67	32.44	37.78	

Male Senior 200 Free Relay

1 1:39.39 Y	P	B Relay		1/14/2023	National Catholic H.S. Championship 2023	
		Drew Nguyen (SO)	Jj Brox (SR)		Joseph Borneman (SO)	Michael Brox (SO)
		25.01	24.46	25.12	24.80	
2 1:41.40 Y	F	A Relay		12/17/2022	Seton Homecoming Invitational	
		Connor Koehr (SO)	Drew Nguyen (SO)		David Hudson (JR)	Joe Wilson (SR)
		26.92	25.21	24.86	24.41	
3 1:41.44 Y	F	A Relay		1/7/2023	VCAC Invitational	
		David Hudson (JR)	Jj Brox (SR)		Drew Nguyen (SO)	Liam Halisky (SO)
		26.54	25.32	24.48	25.10	
4 1:42.01 Y	F	A Relay		12/10/2022	Seton December Invitational	
		Jj Brox (SR)	Liam Halisky (SO)		Drew Nguyen (SO)	Michael Brox (SO)
		25.92	25.81	16.49	33.79	
5 1:43.24 Y	F	B Relay		1/7/2023	VCAC Invitational	
		Connor Koehr (SO)	Michael Brox (SO)		Joseph Borneman (SO)	Joey Dealey (SR)
		26.38	25.60	25.37	25.89	
6 1:44.60 Y	F	A Relay		12/3/2022	Seton Icebreaker Invitational	
		Connor Koehr (SO)	Joe Wilson (SR)		Mick Fioramonti (JR)	David Hudson (JR)
		26.73	25.96	27.13	24.78	
7 1:45.59 Y	F	B Relay		12/3/2022	Seton Icebreaker Invitational	
		Liam Halisky (SO)	Peter Konstanty (JR)		Josh Fioramonti (FR)	Joseph Borneman (SO)
		26.00	26.25	27.04	26.30	
8 1:45.68 Y	F	B Relay		12/10/2022	Seton December Invitational	
		Peter Konstanty (JR)	Joey Dealey (SR)		Max Wilson (SO)	Mick Fioramonti (JR)
		26.97	25.80	26.05	26.83	
9 1:45.98 Y	F	B Relay		12/17/2022	Seton Homecoming Invitational	
		Michael Brox (SO)	Josh Fioramonti (FR)		Joseph Borneman (SO)	Joey Dealey (SR)
		27.66	26.77	25.54	26.01	1:57.62
10 1:55.82 Y	F	B Relay		1/14/2023	Seton Winter Invitational	
		Peter Konstanty (JR)	Aaron Bishop (JR)		Dominic Judge (8)	Michael Zahorchak (8)
		26.45	29.92	30.03	29.42	

Male Senior 200 Medley Relay

1 1:47.26 Y	F	A Relay		1/7/2023	VCAC Invitational	
		Connor Koehr (SO)	Drew Nguyen (SO)		Joe Wilson (SR)	Lionel L. Martinez (8)
		28.48	30.50	25.41	22.87	

Seton Swimming

Relay Top Times

Times since: 01-Nov-22
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Time	P/F/S	Relay				
2 1:48.08 Y	P	A Relay	1/14/2023	National Catholic H.S. Championship 2023		
		Connor Koehr (SO)		Joe Wilson (SR)	Lionel L. Martinez (8)	
						1:48.08
3 1:49.25 Y	F	A Relay	12/17/2022	Seton Homecoming Invitational		
		Connor Koehr (SO)		Joe Wilson (SR)	David Hudson (JR)	
		28.65		26.17	24.26	
4 1:50.13 Y	F	A Relay	12/3/2022	Seton Icebreaker Invitational		
		Connor Koehr (SO)		Joe Wilson (SR)	Lionel L. Martinez (8)	
		29.07		26.10	22.81	
5 1:50.26 Y	F	B Relay	1/7/2023	VCAC Invitational		
		Mick Fioramonti (JR)		David Hudson (JR)	Liam Halisky (SO)	
		29.32		26.76	23.89	
6 1:50.71 Y	P	B Relay	1/14/2023	National Catholic H.S. Championship 2023		
		Mick Fioramonti (JR)		David Hudson (JR)	Liam Halisky (SO)	
		30.15		26.44	24.60	
7 1:51.37 Y	F	A Relay	12/10/2022	Seton December Invitational		
		Connor Koehr (SO)		Joe Wilson (SR)	David Hudson (JR)	
		29.55		25.96	24.94	
8 1:54.67 Y	F	B Relay	12/3/2022	Seton Icebreaker Invitational		
		Michael Brox (SO)		Max Wilson (SO)	Joey Dealey (SR)	
		30.45		28.33	25.66	
9 1:57.16 Y	F	B Relay	12/17/2022	Seton Homecoming Invitational		
		Mick Fioramonti (JR)		Max Wilson (SO)	Liam Halisky (SO)	
		30.18		28.79	24.50	1:57.28
10 1:58.70 Y	F	B Relay	12/10/2022	Seton December Invitational		
		Mick Fioramonti (JR)		Max Wilson (SO)	Peter Konstanty (JR)	
		30.17		28.76	26.01	
Male Senior 400 Free Relay						
1 3:37.80 Y	F	A Relay	1/7/2023	VCAC Invitational		
		Lionel L. Martinez (8)		Michael Brox (SO)	Joe Wilson (SR)	
		24.47		26.88	30.30	
		26.20		25.28	27.57	
2 3:49.19 Y	F	A Relay	12/17/2022	Seton Homecoming Invitational		
		Lionel L. Martinez (8)		Drew Nguyen (SO)	Michael Brox (SO)	
		25.79		16.06	41.82	
		26.87		27.80	31.85	
3 3:51.93 Y	F	A Relay	12/3/2022	Seton Icebreaker Invitational		
		Jj Brox (SR)		David Hudson (JR)	Lionel L. Martinez (8)	
		28.99		27.30	28.78	
		30.34		24.82	27.69	
4 3:53.52 Y	P	A Relay	1/14/2023	National Catholic H.S. Championship 2023		
		Joseph Borneman (SO)		Mick Fioramonti (JR)	Michael Brox (SO)	
		27.43		27.62	31.57	
		28.69		25.54	29.63	
5 3:57.67 Y	F	B Relay	12/10/2022	Seton December Invitational		
		Joey Dealey (SR)		Connor Koehr (SO)	William Sokban (SO)	
		27.73		27.38	31.33	
		26.47		28.48	32.45	

Seton Swimming

Relay Top Times

Times since: 01-Nov-22

Seton Swimming [SST] Coach: Jim Koehr

Number of Top Times: 10 Convert To: Yards Print: Yards

Time	P/F/S	Relay				
6	3:57.73 Y	F	B Relay	1/7/2023	VCAC Invitational	
		Max Wilson (SO)	Peter Konstanty (JR)	William Sokban (SO)	Joey Dealey (SR)	
		26.98	32.34	19.41	38.63	
		28.39	31.13	27.38	33.47	
7	3:57.76 Y	F	A Relay	12/10/2022	Seton December Invitational	
		David Hudson (JR)	Liam Halisky (SO)	Joseph Borneman (SO)	Jj Brox (SR)	
		26.88	31.56	28.17	34.29	
		16.47	42.24	27.54	30.61	3:59.75
8	4:01.53 Y	F	B Relay	12/17/2022	Seton Homecoming Invitational	
		Liam Halisky (SO)	Max Wilson (SO)	Peter Konstanty (JR)	Joey Dealey (SR)	
		27.81	33.60	18.41	42.43	
		26.59	32.78	27.48	32.43	
9	4:06.35 Y	F	B Relay	12/3/2022	Seton Icebreaker Invitational	
		Joey Dealey (SR)	Michael Brox (SO)	William Sokban (SO)	Joseph Borneman (SO)	
		28.91	33.33	28.22	32.01	
		16.89	46.32	28.96	31.71	
10	4:08.34 Y	F	A Relay	1/14/2023	Seton Winter Invitational	
		Joey Dealey (SR)	Jed Albin (JR)	Peter Konstanty (JR)	Josh Fioramonti (FR)	
		28.57	31.68	29.39	34.17	
		26.84	32.30	29.08	36.31	