

Seton Swimming Improvement '22-'23 Season  
Improvement since '21-'22 Season

	50 Free		100 Free		200 Free		500 Free		100 Back		100 Breast		100 Fly		200 IM		Total		50 and 100 Free		
	Improvement	Percent	Improvement	Percent																	
<b>Female</b>																					
Ariana Aldeguer (8)	00:00.53	1.9%	00:03.29	5.7%	00:08.04	6.4%	00:34.97	10.2%	00:04.75	7.3%			00:05.25	8.1%	00:08.19	6.0%	01:05.02	45.6%	00:03.82	7.6%	
Clara Condon (SO)													00:00.17	0.3%			00:00.17	0.3%	00:00.00	0.0%	
Stella Paradise	00:00.22	0.8%	00:01.58	2.8%	00:10.88	8.0%											00:12.68	11.6%	00:01.80	3.6%	
Betsy Arnold (7)	00:04.34	12.3%	00:14.82	16.7%	00:34.85	17.2%			00:09.11	9.7%	00:12.65	11.1%					01:15.77	66.8%	00:19.16	28.9%	
Julia Atkinson (JR)	00:00.59	1.8%	00:03.64	4.6%					00:05.59	6.0%	00:03.44	3.6%	00:01.53	1.6%	00:02.13	1.1%	00:16.92	18.7%	00:04.23	6.4%	
Katie Bauer	00:04.18	10.9%	00:08.19	9.5%					00:11.66	10.5%	00:16.63	13.3%					00:40.66	44.2%	00:12.37	20.4%	
Molly Bauer (SO)	00:00.09	0.2%	00:03.93	4.2%			00:25.46	4.4%			00:00.36	0.4%	00:03.89	3.4%			00:33.73	12.6%	00:04.02	4.4%	
Rachel Baughman	00:02.21	6.0%			00:07.75	3.6%			00:01.74	1.7%	00:08.27	7.7%					00:19.97	19.1%	00:02.21	6.0%	
Lucia Bingham (SO)	00:00.24	0.8%	00:09.41	13.0%			00:28.62	6.4%	00:03.88	4.7%	00:03.63	4.0%	00:18.53	20.1%	00:24.22	13.2%	01:28.53	62.2%	00:09.65	13.8%	
Mariana Bingham (8)	00:00.93	2.9%	00:09.18	11.6%			00:30.62	6.2%	00:06.03	6.2%			00:18.75	18.0%			01:05.51	44.9%	00:10.11	14.5%	
Veronica Bingham	00:03.34	8.0%	00:04.70	5.0%													00:08.04	13.0%	00:08.04	13.0%	
Kit Blanchette	00:03.21	8.3%	00:09.00	10.0%	00:29.07	13.2%					00:12.72	9.7%					00:54.00	41.3%	00:12.21	18.3%	
Meg Blanchette (SO)	00:03.37	8.7%	00:06.16	7.1%	00:00.83	0.4%			00:05.93	5.4%	00:07.59	7.1%					00:23.88	28.7%	00:09.53	15.8%	
Nora Blanchette (FR)	00:03.68	8.3%	00:06.92	6.8%	00:22.79	10.2%	00:29.04	4.9%	00:10.80	8.4%	00:04.13	3.7%					01:17.36	42.3%	00:10.60	15.1%	
Elodie Brox (SO)	00:00.49	1.8%	00:05.17	7.9%	00:16.25	9.8%			00:05.82	7.0%	00:00.93	1.2%					00:28.66	27.7%	00:05.66	9.7%	
Meghan Condon	00:00.98	2.9%							00:10.62	10.5%	00:02.96	3.4%					00:14.56	16.7%	00:00.98	2.9%	
Keira Cooley	00:00.61	1.6%							00:04.60	4.2%	00:01.71	1.6%					00:06.92	7.5%	00:00.61	1.6%	
Lucy Cunningham (SO)	00:00.86	2.7%	00:01.87	2.6%	00:12.71	7.8%	00:41.15	9.4%	00:02.26	2.9%	00:03.36	3.3%	00:05.99	7.1%	00:15.82	8.3%	01:24.02	44.0%	00:02.73	5.3%	
Annie Dusek (7)	00:03.16	8.8%	00:03.93	4.9%					00:03.63	3.7%	00:05.74	5.0%					00:16.46	22.4%	00:07.09	13.7%	
Haley Fifield (SO)	00:02.56	8.2%	00:04.64	6.9%	00:10.08	6.3%	00:08.64	1.9%	00:07.36	9.8%	00:03.45	3.8%	00:14.95	16.0%	00:08.25	5.0%	00:59.93	57.9%	00:07.20	15.1%	
Kyleigh Fifield (8)	00:02.74	7.7%	00:02.96	3.7%			00:52.84	10.2%	00:07.08	7.5%	00:08.73	7.7%					01:14.35	36.8%	00:05.70	11.4%	
Elizabeth Francis (SO)	00:00.12	0.3%											00:02.95	3.0%	00:01.50	0.7%	00:04.57	4.1%	00:00.12	0.3%	
Anastasia Garvey (FR)	00:00.71	2.3%	00:03.51	5.2%	00:07.43	5.0%	00:28.54	7.1%	00:05.31	6.9%	00:06.04	6.9%	00:12.42	15.0%	00:16.18	9.6%	01:20.14	58.0%	00:04.22	7.4%	
Amelia Geary (JR)	00:00.08	0.2%							00:00.44	0.4%							00:00.52	0.7%	00:00.08	0.2%	
Maggie Gibbons (JR)	00:00.80	3.0%	00:03.19	5.1%	00:11.61	8.2%			00:00.80	1.1%	00:08.09	8.9%			00:19.63	10.9%	00:44.12	37.2%	00:03.99	8.1%	
Veronica Gonzalez (7)	00:04.81	10.5%	00:11.98	10.1%	00:51.85	18.7%	00:52.06	7.3%			00:11.84	9.4%					02:12.54	56.0%	00:16.79	20.7%	
Lauren Grinder																	00:00.00	0.0%	00:00.00	0.0%	
Aoife Haggerty (8)	00:04.16	11.1%	00:07.91	8.9%			01:17.54	12.9%	00:20.55	17.2%	00:22.89	18.1%					02:13.05	68.2%	00:12.07	19.9%	
Moira Haggerty (SR)	00:01.19	3.7%	00:03.43	4.7%			00:04.54	1.0%	00:04.97	5.3%	00:01.54	1.5%			00:17.24	8.4%	00:59.91	24.6%	00:04.62	8.4%	
Orla Haggerty (SO)	00:00.93	2.9%	00:04.15	5.4%			00:05.08	1.0%	00:03.94	3.8%	00:05.96	5.2%	00:03.95	3.6%			00:24.01	22.0%	00:05.08	8.3%	
Amelie Halisky (SR)	00:00.47	1.6%	00:06.34	8.4%	00:21.38	12.2%	00:33.94	7.6%	00:10.84	13.2%					00:29.83	15.5%	01:42.80	58.5%	00:06.81	10.0%	
Sophia Halisky (7)	00:00.61	1.9%	00:10.78	12.3%	00:33.55	17.1%	01:24.13	15.9%	00:16.07	15.2%	00:18.32	16.6%					02:43.46	79.0%	00:11.39	14.2%	
Clare Heiny (7)	00:00.55	1.5%	00:09.33	10.1%			00:53.77	8.9%	00:05.10	4.7%	00:10.43	8.2%					01:19.18	33.4%	00:09.88	11.5%	
Maddie Heiny (FR)	00:04.34	11.6%	00:07.45	8.7%													00:11.79	20.3%	00:11.79	20.3%	
Ava Hudson (JR)											00:00.47	0.5%					00:00.47	0.5%	00:00.00	0.0%	
Elizabeth Hurley (7)	00:04.21	11.9%	00:12.13	14.5%	00:26.37	14.3%	00:43.53	8.7%	00:06.89	7.9%	00:07.82	7.9%					01:40.95	65.1%	00:16.34	26.4%	
Mary Catherine Hurley	00:01.63	5.2%	00:00.85	1.2%					00:03.41	3.9%	00:00.12	0.1%	00:03.72	3.8%			00:09.73	14.2%	00:02.48	6.3%	
Monica Irving (7)	00:00.53	1.4%	00:09.86	10.6%			00:12.33	2.3%	00:09.13	9.0%	00:10.90	9.7%					00:42.75	33.1%	00:10.39	12.1%	
Jane Judge	00:03.37	8.7%	00:02.51	2.9%					00:02.90	2.9%	00:06.41	5.5%					00:15.19	20.1%	00:05.88	11.6%	
Philomena Kay	00:01.28	4.3%	00:00.35	0.5%	00:13.05	8.4%			00:01.88	2.4%	00:03.62	4.2%					00:20.18	19.9%	00:01.63	4.9%	
Cecelia Kelly																	00:00.00	0.0%	00:00.00	0.0%	
Sofia Kohlhaas (7)	00:06.29	14.8%	00:21.06	19.6%			02:39.71	22.5%	00:18.93	15.4%	00:16.42	12.3%					03:42.41	84.6%	00:27.35	34.3%	
Cora Kramer (8)	00:03.08	6.4%	00:12.53	10.6%	00:12.43	5.0%			00:26.40	17.9%	00:05.40	4.5%					00:59.84	44.4%	00:15.61	17.0%	
Avila Mantooth	00:03.00	9.0%	00:03.49	4.6%	00:27.98	14.8%			00:10.50	10.4%	00:04.74	4.8%					00:49.71	43.6%	00:06.49	13.6%	
Kateri Mantooth (SR)	00:01.54	5.3%	00:04.63	6.8%							00:06.30	6.9%			00:09.64	5.1%	00:22.11	24.1%	00:06.17	12.2%	
Maria Miller (FR)							00:19.13	4.0%	00:00.28	0.3%	00:03.09	3.0%					00:22.50	7.3%	00:00.00	0.0%	
Bella Nguyen	00:05.01	11.1%	00:05.53	5.6%	00:31.79	13.2%			00:00.60	0.6%	00:18.63	13.5%					01:01.56	43.9%	00:10.54	16.6%	
Helena O'Keefe (FR)	00:01.09	3.0%					00:44.03	7.9%			00:04.87	4.3%					00:49.99	15.2%	00:01.09	3.0%	
Shannon O'Malley (SO)			00:04.01	5.8%	00:08.20	5.1%	00:11.36	2.6%	00:04.43	5.6%	00:02.75	2.8%	00:01.84	2.2%	00:07.93	4.5%	00:40.52	28.5%	00:04.01	5.8%	
Mary Claire Osilka (FR)	00:03.27	9.3%	00:11.63	13.7%			00:42.63	7.9%	00:06.67	7.1%	00:05.62	5.4%					01:09.82	43.4%	00:14.90	23.1%	
Jacqueline Oswald (SR)	00:01.11	3.7%	00:00.25	0.4%	00:04.61	3.1%	00:14.52	3.5%	00:00.68	0.9%	00:05.59	6.6%					00:26.76	18.2%	00:01.36	4.1%	
Mary Pennefather (SR)									00:00.93	1.1%							00:00.93	1.1%	00:00.00	0.0%	
Allison Quispe (FR)			00:01.59	1.8%	00:00.52	0.3%			00:07.77	7.2%	00:01.81	1.6%					00:11.69	10.9%	00:01.59	1.8%	
Camila Quispe	00:02.20	4.8%			00:35.87	13.5%			00:01.33	1.0%	00:00.77	0.5%					00:40.17	19.8%	00:02.20	4.8%	
Emma Reynolds (SR)	00:01.38	3.2%					01:01.47	7.8%			00:03.89	3.0%					01:06.74	14.0%	00:01.38	3.2%	
Noemi Rodriguez (8)	00:01.89	5.3%	00:03.70	4.3%			00:03.81	0.7%			00:14.65	13.2%					00:53.52	46.0%	00:05.59	9.7%	
Gabriella Russo (8)	00:01.74	5.2%	00:07.02	8.8%	00:35.33	17.9%			00:14.80	14.8%	00:09.72	8.7%					01:08.61	55.4%	00:08.76	14.0%	
Maggie Schroer	00:02.31	7.4%	00:02.04	2.8%					00:03.52	4.1%	00:02.73	2.8%					00:10.60	17.1%	00:04.35	10.1%	
Briana Shillingburg (SO)	00:02.82	6.1%	00:12.70	10.3%					00:17.96	13.1%	00:03.89	2.5%					00:37.37	32.0%	00:15.52	16.5%	
Cate Waldron (JR)	00:02.64	7.4%	00:02.64	3.0%													00:05.28	10.4%	00:05.28	10.4%	
Lily Waldron (7)	00:04.42	12.1%	00:11.99	13.1%					00:07.36	7.4%	00:06.79	5.8%					00:30.56	38.4%	00:16.41	25.2%	
Rose Waldron (SO)	00:01.33	4.3%					00:12.43	2.6%	00:08.68	9.0%	00:13.93	15.4%	00:01.09	1.2%	00:29.69	14.1%	01:07.15	46.6%	00:01.33	4.3%	
Madelyn Zadnik (JR)			00:00.31	0.4%					00:02.66	3.0%	00:00.25	0.3%	00:04.16	5.1%			00:07.38	8.8%	00:00.31	0.4%	

Seton Swimming Improvement '22-'23 Season  
Improvement since '21-'22 Season

	50 Free		100 Free		200 Free		500 Free		100 Back		100 Breast		100 Fly		200 IM		Total		50 and 100 Free	
	Improvement	Percent	Improvement	Percent	Improvement	Percent	Improvement	Percent												
<b>Male</b>																	00:00.00	0.0%	00:00.00	0.0%
Thiago Martinez	00:00.40	1.5%															00:00.40	1.5%	00:00.40	1.5%
Lionel Martinez	00:00.93	3.9%	00:00.86	1.7%	00:00.50	0.4%			00:02.85	4.7%							00:05.14	10.6%	00:01.79	5.5%
Andrew Nguyen (SO)	00:00.43	1.7%	00:02.09	3.7%	00:13.25	9.6%	00:24.65	5.9%	00:03.11	4.3%	00:04.28	5.8%		00:12.05	7.6%		00:59.86	38.6%	00:02.52	5.4%
Jed Albin (JR)	00:00.04	0.1%	00:00.24	0.4%	00:08.42	5.5%					00:22.69	19.8%					00:31.39	25.8%	00:00.28	0.5%
Greg Bauer (FR)	00:03.73	11.8%	00:09.85	13.7%			00:27.37	6.2%	00:10.21	11.4%	00:14.42	15.5%					01:05.58	58.5%	00:13.58	25.5%
Ryan Baughman (FR)	00:02.21	6.1%	00:09.47	10.8%													00:11.68	16.9%	00:11.68	16.9%
Ryan Beltran (JR)	00:00.11	0.4%	00:00.93	1.4%	00:14.47	8.0%	00:00.47	0.1%			00:04.26	4.8%	00:04.34	4.9%	00:03.27	1.8%	00:27.85	21.4%	00:01.04	1.8%
Aaron Bishop (JR)	00:02.07	6.6%	00:06.72	9.0%	00:05.21	3.0%			00:14.55	15.1%	00:11.62	10.3%			00:25.85	12.2%	01:06.02	56.1%	00:08.79	15.5%
Tim Blanchette	00:06.25	14.4%	00:04.84	4.8%	00:38.64	15.0%					00:01.61	1.6%					00:51.34	35.8%	00:11.09	19.2%
Joseph Borneman (SO)	00:03.33	11.8%	00:12.74	18.2%	00:09.13	6.4%			00:14.58	16.9%	00:17.40	17.9%					00:57.18	71.2%	00:16.07	30.0%
Jj Brox (SR)	00:01.57	6.0%	00:02.75	4.8%							00:02.48	3.6%					00:06.80	14.5%	00:04.32	10.9%
Michael Brox (SO)	00:02.80	10.6%	00:03.66	6.1%	00:03.75	2.8%	00:11.81	3.1%	00:04.02	5.5%			00:09.83	14.1%	00:07.74	5.0%	00:43.61	47.2%	00:06.46	16.7%
Jj Cooley	00:05.25	13.9%	00:04.25	5.0%	00:30.21	14.1%			00:04.40	4.3%	00:17.35	14.4%					01:01.46	51.6%	00:09.50	18.9%
John Cooley	00:04.43	10.0%	00:02.34	2.3%	00:33.40	12.7%			00:07.61	6.0%	00:20.65	13.3%					01:08.43	44.4%	00:06.77	12.4%
Joey Dealey (SR)	00:00.18	0.7%	00:00.13	0.2%			00:06.96	1.7%	00:05.77	7.3%	00:00.55	0.7%	00:02.64	3.3%	00:02.90	1.8%	00:19.13	15.7%	00:00.31	0.9%
Charlie Dusek	00:02.20	5.7%	00:01.24	1.4%					00:01.46	1.4%	00:13.85	11.2%					00:18.75	19.7%	00:03.44	7.1%
Joseph Dwane (JR)	00:04.39	10.7%	00:17.98	16.8%	00:17.07	7.0%	00:48.13	7.2%	00:30.12	20.1%	00:13.34	10.3%					02:11.03	72.1%	00:22.37	27.6%
Ben Ellis (8)	00:06.16	15.8%	00:10.78	11.6%					00:12.06	10.6%	00:09.43	9.1%					00:38.43	47.1%	00:16.94	27.5%
Josh Fioramonti (FR)	00:01.23	4.5%	00:04.69	7.1%	00:35.99	20.3%	01:19.59	15.9%	00:05.06	5.7%	00:06.83	7.2%	00:09.42	10.4%	00:24.35	12.5%	02:47.16	83.5%	00:05.92	11.6%
Mick Fioramonti (JR)	00:00.95	3.6%	00:02.66	4.3%					00:01.62	2.5%			00:05.36	7.1%	00:02.26	1.4%	00:12.85	18.8%	00:03.61	7.8%
Max Gonzalez (SO)																	00:00.00	0.0%	00:00.00	0.0%
Jack Gregory	00:17.53	32.8%	00:24.40	18.7%			01:09.88	9.2%	00:09.03	7.3%							02:00.84	68.0%	00:41.93	51.5%
Liam Halisky (SO)	00:04.92	16.5%	00:14.05	19.6%	00:51.79	26.1%	00:25.57	5.7%	00:05.13	6.4%	00:04.97	5.2%					01:46.43	79.5%	00:18.97	36.1%
Dominic Henry	00:14.40	23.5%	00:12.97	9.7%													00:27.37	33.2%	00:27.37	33.2%
Victor Henry	00:13.54	21.8%			00:50.59	14.0%					00:35.10	18.3%					01:39.23	54.1%	00:13.54	21.8%
David Hudson (JR)	00:00.64	2.5%	00:01.40	2.4%	00:04.56	3.3%	00:02.67	0.7%			00:04.58	5.5%	00:00.75	1.2%	00:04.07	2.7%	00:18.67	18.3%	00:02.04	4.9%
Dominic Judge (8)	00:03.11	9.5%	00:06.98	9.4%	00:33.18	18.4%	01:10.99	15.4%	00:10.59	12.0%	00:14.67	14.6%	00:17.38	18.7%			02:36.90	98.1%	00:10.09	18.9%
Patrick Kay	00:01.61	5.5%	00:03.13	4.6%	00:08.72	5.6%			00:02.57	3.2%	00:01.96	2.2%					00:17.99	21.1%	00:04.74	10.1%
Kieran Kelly (SO)																	00:00.00	0.0%	00:00.00	0.0%
Connor Koehr (SO)	00:00.89	3.4%	00:03.91	6.5%	00:06.68	4.5%			00:09.92	14.1%	00:02.19	2.6%	00:05.35	6.6%	00:08.53	5.2%	00:37.47	43.1%	00:04.80	10.0%
Daniel Kohlhaas	00:12.34	20.3%			01:23.82	24.8%			00:13.24	9.2%	00:14.96	8.7%					02:04.36	63.0%	00:12.34	20.3%
Gus Kohlhaas (SO)																	00:00.00	0.0%	00:00.00	0.0%
Peter Konstanty (JR)	00:02.22	7.9%	00:01.99	3.3%	00:03.76	2.6%	00:19.35	4.8%	00:00.90	1.1%	00:08.61	9.7%	00:04.97	6.0%	00:06.11	3.8%	00:47.91	39.1%	00:04.21	11.2%
Raphaël Likoy (8)	00:14.75	21.8%	00:36.67	22.3%					00:26.18	14.1%							01:17.60	58.2%	00:51.42	44.1%
Joey Lynch (7)	00:03.07	8.8%	00:07.59	9.2%	00:31.35	15.8%			00:08.85	9.5%	00:10.73	9.5%					01:01.59	52.8%	00:10.66	18.0%
Luke Mantooth	00:02.60	9.1%	00:01.84	2.8%	00:07.19	4.6%			00:01.05	1.2%	00:06.65	8.3%					00:19.33	26.0%	00:04.44	11.9%
Aidan McCardell (FR)	00:09.62	19.3%	00:21.71	17.6%	00:41.54	11.7%	02:29.93	19.0%	00:11.43	7.6%							03:54.23	75.2%	00:31.33	36.9%
Dominic Miller (JR)																	00:00.00	0.0%	00:00.00	0.0%
Joseph Minarik (JR)	00:00.93	2.5%	00:01.41	1.6%			07:41.39	40.1%	00:05.54	4.4%							07:49.27	48.6%	00:02.34	4.0%
Colin Nguyen	00:01.58	5.3%	00:02.93	4.3%	00:20.66	11.8%			00:06.23	7.6%	00:03.48	3.9%					00:34.88	32.8%	00:04.51	9.6%
Kenneth Nguyen	00:02.09	6.4%			00:44.31	19.4%			00:13.48	13.6%	00:03.80	4.1%					01:03.68	43.5%	00:02.09	6.4%
Jacob Oswald (SO)																	00:00.00	0.0%	00:00.00	0.0%
Daniel Sokban (8)	00:04.59	15.0%	00:13.96	18.7%	00:57.63	30.2%	00:55.88	12.5%	00:04.24	4.8%	00:18.10	17.9%	00:12.69	13.3%	00:25.30	13.0%	03:12.39	125.5%	00:18.55	33.8%
William Sokban (SO)	00:01.26	4.5%	00:02.87	4.6%	00:01.19	0.8%			00:03.20	4.3%	00:00.91	1.0%	00:02.66	3.7%			00:12.09	18.8%	00:04.13	9.0%
Nick Vaughan (SO)	00:03.30	9.2%	00:21.03	21.4%	01:17.06	28.2%	01:42.55	15.5%	00:03.83	3.1%	01:29.17	20.6%					03:56.94	98.1%	00:24.33	30.7%
Noah Vaughan	00:06.22	15.2%	00:07.25	7.8%	01:03.57	23.9%			00:06.14	5.1%							01:23.18	52.0%	00:13.47	22.9%
Joe Wilson (SR)	00:01.22	5.0%			00:02.24	1.7%											00:03.46	6.7%	00:01.22	5.0%
Jonas Wilson (7)	00:02.72	7.6%	00:05.07	6.4%			00:07.54	1.6%	00:00.74	0.8%	00:04.84	4.8%					00:20.91	21.2%	00:07.79	14.0%
Max Wilson (SO)	00:01.89	6.6%	00:03.73	6.0%	00:05.51	3.9%	00:17.59	4.4%	00:02.76	4.1%	00:06.60	7.8%	00:02.21	3.0%	00:07.89	5.1%	00:48.18	40.9%	00:05.62	12.6%
Michael Zahorchak (8)	00:02.69	8.2%	00:06.40	8.7%			00:41.19	9.0%	00:10.34	11.3%	00:16.42	16.7%					01:17.04	53.9%	00:09.09	17.0%