

### 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					
<b>Female Senior 200 Medley Relay</b>							
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	1:50.39 Y	F	A Relay	2/8/2025	2025 VCAC Championship Meet		
	Ariana D. Aldeguer (SO)		Clara G. Condon (SR)		Anastasia Garvey (JR)	Elodie Brox (SR)	
	27.39		30.72	28.02	24.26		
3	1:50.44 Y	F	A Relay	2/13/2025	2025 VISAA Swimming & Diving Championship		
	Ariana D. Aldeguer (SO)		Clara G. Condon (SR)		Anastasia Garvey (JR)	Elodie Brox (SR)	
	27.17		30.92	28.20	24.15		
4	1:51.20 Y	P	A Relay	2/13/2025	2025 VISAA Swimming & Diving Championship		
	Ariana D. Aldeguer (SO)		Clara G. Condon (SR)		Anastasia Garvey (JR)	Elodie Brox (SR)	
	27.31		31.03	28.36	24.50		
5	1:51.63 Y	P	A Relay	2/17/2023	2023 VISAA Swimming & Diving Championship		
	Ariana D. Aldeguer (SO)		Clara G. Condon (SR)		Stella S. Paradise	Maggie Gibbons (SR)	
	27.85		30.83	27.40	25.55		
6	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		
7	1:52.28 Y	F	A Relay	2/17/2023	2023 VISAA Swimming & Diving Championship		
	Ariana D. Aldeguer (SO)		Clara G. Condon (SR)		Stella S. Paradise	Maggie Gibbons (SR)	
	28.11		31.15	27.61	25.41		
8	1:52.65 Y	F	A Relay	2/12/2022	2022 VCAC Championship Meet		
	Lucy Garvey (SR)		Angie Testani (SO)		Clara G. Condon (SR)	Mary Pennefather (SR)	
	28.97		30.89	26.88	25.91		
9	1:52.76 Y	F	A Relay	2/18/2022	2022 VISAA Swimming & Diving Championship		
	Lucy Garvey (SR)		Angie Testani (SO)		Clara G. Condon (SR)	Mary Pennefather (SR)	
	29.03		30.30	26.98	26.45		
10	1:52.90 Y	F	A Relay	2/13/2015	2015 VISAA Swimming & Diving Champs		
	Anna Kenna		Emily Heim (SR)		Alex Sinner (SR)	Claire Kenna (SR)	
	27.03		32.09	28.31	25.47		
11	1:53.01 Y	F	A Relay	1/4/2025	VCAC Invitational		
	Ariana D. Aldeguer (SO)		Clara G. Condon (SR)		Anastasia Garvey (JR)	Elodie Brox (SR)	
	27.15		31.95	29.19	24.72		
12	1:53.15 Y	P	A Relay	2/18/2022	2022 VISAA Swimming & Diving Championship		
	Lucy Garvey (SR)		Angie Testani (SO)		Clara G. Condon (SR)	Mary Pennefather (SR)	
	29.25		30.35	27.08	26.47		
13	1:53.18 Y	F	A Relay	2/5/2022	16th Annual VISAA Division II Invitational		
	Lucy Garvey (SR)		Angie Testani (SO)		Clara G. Condon (SR)	Mary Pennefather (SR)	
	29.08		31.03	27.28	25.79		
14	1:53.23 Y	F	A Relay	2/3/2024	18th Annual VISAA Division II Invitational		
	Ariana D. Aldeguer (SO)		Clara G. Condon (SR)		Stella S. Paradise	Elodie Brox (SR)	
	28.65		31.98	27.66	24.94		
15	1:53.25 Y	F	A Relay	2/14/2014	2014 VISAA Swimming & Diving Championships		
	Anna Kenna		Emily Heim (SR)		Kimberly Rector (SR)	Claire Kenna (SR)	
	27.34		31.96	28.87	25.08		
16	1:53.48 Y	F	A Relay	2/10/2024	2024 VCAC Championship Meet		
	Ariana D. Aldeguer (SO)		Clara G. Condon (SR)		Stella S. Paradise	Elodie Brox (SR)	
	28.60		32.66	27.62	24.60		

## 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	1:53.55 Y	F	A Relay		2/20/2021	2021 VISAA Swimming & Diving Championship
				Lucy Garvey (SR)	Angie Testani (SO)	Clara G. Condon (SR) Mary Pennefather (SR)
17	1:53.55 Y	F	A Relay		2/6/2021	15th Annual VISAA Division II Invitational
				Lucy Garvey (SR)	Angie Testani (SO)	Clara G. Condon (SR) Mary Pennefather (SR)
				29.38	30.55	28.30 25.32
19	1:53.62 Y	P	A Relay		2/14/2014	2014 VISAA Swimming & Diving Championships
				Anna Kenna	Emily Heim (SR)	Kimberly Rector (SR) Claire Kenna (SR)
				27.90	31.97	28.63 25.12
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		
<b>Female Senior 200 Free</b>						
1	1:55.48 Y	F	Ariana Aldeguer	SO	1/11/2025	National Catholic H.S. Championship 200
2	1:55.74 Y	F	*I Katie Shipko		2/18/2000	2000 VSIS State Championship
3	1:59.20 Y	P	*I Mairead Geiran	JR	1/18/2020	National Catholic H.S. Championship 200
4	1:59.75 Y	F	*I Anna Kenna		12/16/2017	Seton Homecoming Invitational - Dec 16,
5	2:00.32 Y	F	*I Jessica Dunn	SR	2/3/2007	VSIS Division II Invitational
6	2:02.62 Y	F	*I Lauren Donohoe	SR	1/23/2010	SST @ Woodberry-Jan 23, 2010
7	2:03.06 Y	F	*I Alexandra Doonis	SR	12/4/2010	SST vs NA, TES, JPtG, Highland-Dec4,1
8	2:03.43 Y	F	*I Carolyn Claybrooks	SR	2/19/2010	2010 VSIS Swimming & Diving Champio
9	2:04.99 Y	F	Isabella McCook	SO	2/1/2025	2025 Annual VISAA Division II Invitatio
10	2:05.49 Y	F	*I Stella Paradise		2/4/2023	17th Annual VISAA Division II Invitational
11	2:05.87 Y	F	*I Katie Planchak	SR	12/16/2006	SST vs Collegiate, Bishop Ireton
12	2:06.13 Y	F	*I Bridget Wunderly	SR	1/15/2011	DAC Conference Meet @ St. Michael-Ja
13	2:06.70 Y	F	*I Megan Seale	SR	11/11/2002	Time Trials
14	2:07.07 Y	F	*I Catherine Rogers	SR	1/14/2012	SMAHS Invitational
15	2:07.37 Y	F	*I Kimberly Rector	SR	2/8/2014	Delaney Athletic Conference Champions
16	2:07.58 Y	P	*I Dani Flook	SR	2/13/2015	2015 VISAA Swimming & Diving Champ
17	2:08.74 Y	F	*I Mary-Kate Kenna	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
18	2:09.48 Y	F	*I Maggie Gibbons	SR	2/10/2024	2024 VCAC Championship Meet
19	2:09.57 Y	F	*I Laura Talbott	SR	2/2/2008	VSIS Division II Swimming Invitational
20	2:09.85 Y	F	*I Angie Testani	SO	12/18/2021	Seton Homecoming 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		
<b>Female Senior 200 IM</b>						
1	2:05.81 Y	F	Ariana Aldeguer	SO	2/13/2025	2025 VISAA Swimming & Diving Champi
2	2:11.80 Y	F	*I Jessica Dunn	SR	2/15/2008	2008 VSIS State Championships
3	2:13.61 Y	F	*I Anna Kenna		1/6/2018	Highland Invitational - Jan 06, 2018
4	2:16.30 Y	F	*I Katie Shipko		2/1/1999	DAC Champs 1999
5	2:19.48 Y	F	Clara Condon	SR	2/5/2022	16th Annual VISAA Division II Invitational
6	2:19.85 Y	P	*I Angie Testani	SO	2/18/2022	2022 VISAA Swimming & Diving Champi
7	2:20.16 Y	F	*I Mary-Kate Kenna	SR	2/13/2009	2009 VSIS Swimming & Diving Champio
8	2:20.82 Y	F	*I Stella Paradise		2/3/2024	18th Annual VISAA Division II Invitational
9	2:20.85 Y	P	*I Mairead Geiran	JR	1/21/2017	National Catholic H.S. Championship 20
10	2:20.99 Y	P	*I Alexandra Sinner	SR	2/14/2014	2014 VISAA Swimming & Diving Champi
11	2:21.56 Y	F	*I Catherine Rogers	SR	1/21/2012	SST @ Woodberry-Jan21, 12
12	2:22.16 Y	F	*I Bridget Wunderly	SR	2/5/2011	2011 VSIS Division II Invitational
13	2:22.54 Y	F	*I Lauren Donohoe	SR	12/13/2008	SST vs DAC, Heights, NDA-Dec13,08
14*	2:24.33 Y	F	Anastasia Garvey	JR	2/8/2025	2025 VCAC Championship Meet
14*	2:24.33 Y	P	*I Kimberly Rector	SR	2/13/2015	2015 VISAA Swimming & Diving Champ
16	2:26.50 Y	F	*I Alexandra Doonis	SR	1/14/2012	SMAHS Invitational
17	2:27.07 Y	F	*I Claire Kenna	SR	12/5/2014	Seton Ice Breaker Invitational - Dec 5, 20
18	2:27.45 Y	F	Isabella McCook	SO	12/7/2024	Seton Icebreaker Invitational
19	2:27.52 Y	F	*I Laura Talbott	SR	1/4/2008	SST, Paul VI @ Collegiate-Jan4,07
20	2:27.61 Y	F	*I Caroline Griffin		2/10/2018	2018 DAC Championship Meet

## 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	
<b>Female Senior 50 Free</b>					
1	24.06 Y L	F	*I Anna Kenna		2/16/2018 2018 VISAA Swimming & Diving Champi
2	24.39 Y	F	*I Alexandra Doonis	SR	2/17/2012 2012 VSIS Swimming & Diving Champio
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 Champio
5	25.06 Y	P	Elodie Brox	SR	2/13/2025 2025 VISAA Swimming & Diving Champi
6	25.22 Y	P	*I Katie Planchak	SR	2/17/2006 VSIS 2006 State Championship
7	25.26 Y L	F	Ariana Aldeguer	SO	2/13/2025 2025 VISAA Swimming & Diving Champi
8	25.75 Y L	P	*I Mairead Geiran	JR	2/15/2019 2019 VISAA Swimming & Diving Champi
9	25.77 Y	F	*I Jessica Dunn	SR	12/14/2007 NVSC Conference Regular Season-Dec'
10*	25.98 Y	F	*I Mary Pennefather	SR	2/6/2021 15th Annual VISAA Division II Invitational
10*	25.98 Y	P	*I Stella Paradise		1/14/2023 National Catholic H.S. Championship 20
12	26.09 Y L	F	*I Claire Kenna	SR	2/14/2014 2014 VISAA Swimming & Diving Champi
13	26.10 Y	P	*I Maggie Gibbons	SR	2/16/2024 2024 VISAA Swimming & Diving Champi
14	26.18 Y	F	*I Meghan Morch	SR	1/12/2008 SST @ Woodberry, Madiera, FCS-Jan12
15	26.21 Y	F	*I Katie Shipko		2/3/2001 RMA/FCS/FA
16	26.56 Y	F	*I Laura Talbott	SR	12/6/2008 SST vs BDHS,FA,Wake,High,QHMS
17	26.61 Y L	F	Clara Condon	SR	1/18/2025 2025 NoVa Catholic Invitational Champic
18*	26.65 Y L	F	Maggie Schroer	FR	2/1/2025 2025 Annual VISAA Division II Invitationa
18*	26.65 Y L	P	*I Isabelle Luevano	SR	2/18/2022 2022 VISAA Swimming & Diving Champi
20	26.72 Y L	F	*I Lucy Garvey	SR	2/6/2021 15th Annual VISAA Division II Invitational

## Seton Swimming

### Individual Top Times

**Seton Swimming [SST] Coach: Jim Koehr**  
**Number of Top Times: 50 Convert To: Yards Print: Yards**

	Time	P/F/S	Name	Age/Yr		
<b>Female Senior 1 Meter 6 Dives</b>						
1	175.20	F	Meghan Condon	FR	12/21/2024	Seton Homecoming
2	175.15	F	Meghan Condon	FR	1/25/2025	VISAA Junior Varsity Invitational
3	165.65	F	Rose Waldron	SR	1/4/2025	VCAC Invitational
4	165.20	F	Meghan Condon	FR	12/7/2024	Seton Icebreaker Invitational
5	163.90	F	Rose Waldron	SR	1/18/2025	2025 NoVa Catholic Invitational Champic
6	160.75	F	Rose Waldron	SR	12/21/2024	Seton Homecoming
7	158.65	F	Meghan Condon	FR	1/4/2025	VCAC Invitational
8	155.75	F	Rose Waldron	SR	2/10/2024	2024 VCAC Championship Meet
9	155.00	F	Meghan Condon	FR	12/14/2024	Seton December Invite
10	154.15	F	Rose Waldron	SR	1/11/2025	National Catholic H.S. Championship 202
11	152.55	F	*I Mary Clare Waldron	SR	2/12/2022	2022 VCAC Championship Meet
12	151.50	F	*I Mary Clare Waldron	SR	1/22/2022	2022 NoVa Catholic Invitational Champic
13	151.20	F	Maria Miller	JR	12/7/2024	Seton Icebreaker Invitational
14	148.75	F	Rose Waldron	SR	12/14/2024	Seton December Invite
15	146.55	F	Rose Waldron	SR	12/9/2023	Seton December Invitational
16	146.25	F	Cecilia Kelly	FR	1/27/2024	17th Annual VISAA Junior Varsity Invitatio
17	145.25	F	Meghan Condon	FR	1/27/2024	17th Annual VISAA Junior Varsity Invitatio
18	144.90	F	*I Ann Duran	SR	12/20/2008	Seton Homecoming vs COOL, PVI, Waki
19	144.50	F	Rose Waldron	SR	1/20/2024	2024 NoVa Catholic Invitational Champic
20	144.00	F	Maria Miller	JR	1/18/2025	2025 NoVa Catholic Invitational Champic
21	143.40	F	Rose Waldron	SR	12/7/2024	Seton Icebreaker Invitational
22	142.80	F	Meghan Condon	FR	1/18/2025	2025 NoVa Catholic Invitational Champic
23	142.70	F	*I Keziah Higginbottom	SR	1/19/2013	Woodberry Forest Invitational
24	141.85	F	Anna Russo	SR	1/25/2025	VISAA Junior Varsity Invitational
25	141.65	F	Maria Miller	JR	12/2/2023	Seton Icebreaker Invitational
26	139.40	F	Maria Miller	JR	12/14/2024	Seton December Invite
27	138.30	F	Maria Miller	JR	1/20/2024	2024 NoVa Catholic Invitational Champic
28	138.20	F	*I Mary Clare Waldron	SR	12/16/2023	Seton Homecoming Invitational
29	138.05	F	Maria Miller	JR	12/21/2024	Seton Homecoming
30	138.00	F	Clare Kay	7	1/4/2025	VCAC Invitational
31	137.55	F	Rose Waldron	SR	1/6/2024	VCAC Regular Season Championship
32	136.40	F	Maria Miller	JR	1/11/2025	National Catholic H.S. Championship 202
33	135.95	F	Clare Kay	7	1/27/2024	17th Annual VISAA Junior Varsity Invitatio
34	134.02	F	*I Mary Clare Waldron	SR	12/11/2021	Seton December Invitational
35	132.60	F	Elizabeth Francis	SR	1/20/2024	2024 NoVa Catholic Invitational Champic
36	132.50	F	Cecilia Kelly	FR	12/21/2024	Seton Homecoming
37	132.37	F	Rose Waldron	SR	12/17/2022	Seton Homecoming Invitational
38	132.20	F	Rose Waldron	SR	12/16/2023	Seton Homecoming Invitational
39	132.15	F	Meghan Condon	FR	12/2/2023	Seton Icebreaker Invitational
40*	131.85	F	Clare Kay	7	12/7/2024	Seton Icebreaker Invitational
40*	131.85	F	Clare Kay	7	12/7/2024	Seton Icebreaker Invitational
42	131.60	F	Maria Miller	JR	2/11/2023	2023 VCAC Championship Meet
43	131.35	F	Maria Miller	JR	12/9/2023	Seton December Invitational
44	130.95	F	Rose Waldron	SR	12/10/2022	Seton December Invitational
45	130.80	F	Mary Catherine Hurley	SR	1/25/2025	VISAA Junior Varsity Invitational
46	129.75	F	*I Ann Duran	SR	1/16/2010	SST Swim Meet 1-16-10
47	129.40	F	Rose Waldron	SR	12/2/2023	Seton Icebreaker Invitational
48	129.23	F	Rose Waldron	SR	1/7/2023	VCAC Invitational
49	128.80	F	Elizabeth Francis	SR	12/7/2024	Seton Icebreaker Invitational
50	128.70	F	Meghan Condon	FR	1/11/2025	National Catholic H.S. Championship 202

## Seton Swimming

---

### Individual Top Times

**Seton Swimming [SST] Coach: Jim Koehr**  
**Number of Top Times: 50 Convert To: Yards Print: Yards**

	Time	P/F/S	Name	Age/Yr		
<b>Female Senior 1 Meter 11 Dives</b>						
1	371.95	F	*I Katie Giarra		2/15/2002	2002 VSIS State Championships
2	298.55	F	Meghan Condon	FR	2/13/2025	2025 VISAA Swimming & Diving Champi
3	285.45	F	Maria Miller	JR	2/13/2025	2025 VISAA Swimming & Diving Champi
4	280.05	F	Rose Waldron	SR	2/1/2025	2025 Annual VISAA Division II Invitatione
5	268.25	T	*I Mary Clare Waldron	SR	2/12/2022	2022 VCAC Championship Meet
6	233.90	F	Anna Russo	SR	1/25/2025	VISAA Junior Varsity Invitational
7	233.05	F	Clare Kay	7	1/25/2025	VISAA Junior Varsity Invitational
8	231.35	F	Elizabeth Francis	SR	2/3/2024	18th Annual VISAA Division II Invitational
9	229.75	F	*I Sarah Zapiain	SR	2/17/2012	2012 VSIS Swimming & Diving Champio
10	223.45	F	Jane Judge	FR	2/1/2025	2025 Annual VISAA Division II Invitatione
11	208.50	F	*I Keziah Higginbottom	SR	2/15/2013	2013 VISAA Swimming & Diving Champi
12	205.15	T	*I Emma Catabui	SR	2/12/2022	2022 VCAC Championship Meet
13	204.75	F	*I Ann Duran	SR	2/13/2009	2009 VSIS Swimming & Diving Champio
14	155.70	F	*I Mary Duran	SR	2/18/2011	2011 VSIS Swimming & Diving Champio
15	108.90	F	*I Katie Racine	JR	2/15/2008	2008 VSIS State Championships

### 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		
<b>Female Senior 100 Fly</b>						
1	57.17 Y	F	Ariana Aldeguer	SO	2/8/2025	2025 VCAC Championship Meet
2	58.51 Y	F	*I Anna Kenna		12/16/2017	Seton Homecoming Invitational - Dec 16,
3	59.82 Y	P	*I Bridget Wunderly	SR	2/18/2011	2011 VSIS Swimming & Diving Champi
4	1:00.06 Y	F	Clara Condon	SR	2/17/2023	2023 VISAA Swimming & Diving Champi
5	1:02.21 Y	F	*I Jessica Dunn	SR	12/1/2007	SST vs NSHS, TES-Dec1,07
6	1:02.47 Y	F	*I Catherine Rogers	SR	1/15/2011	DAC Conference Meet @ St. Michael-Ja
7	1:04.32 Y	F	*I Lea Mazzoccoli	SR	2/15/2008	2008 VSIS State Championships
8	1:04.37 Y	F	*I Mairead Geiran	JR	12/10/2016	Trinity Christian Invitational - Dec 10, 201
9	1:04.55 Y	P	Anastasia Garvey	JR	2/13/2025	2025 VISAA Swimming & Diving Champi
10	1:04.68 Y	F	*I Katie Shipko		2/1/1999	DAC Champs 1999
11	1:04.94 Y	F	*I Alexandra Doonis	SR	1/16/2010	SST Swim Meet 1-16-10
12	1:05.46 Y	P	Isabella McCook	SO	2/13/2025	2025 VISAA Swimming & Diving Champi
13	1:05.48 Y	P	*I Alexandra Sinner	SR	2/13/2015	2015 VISAA Swimming & Diving Champ
14	1:06.72 Y	P	*I Mary-Kate Kenna	SR	1/27/2007	2007 National Catholic HS Championship
15	1:06.80 Y	F	*I Kimberly Rector	SR	1/18/2014	Seton Invitational - January 18, 2014
16	1:06.86 Y	F	*I Caroline Griffin		2/9/2019	2019 DAC Championship Meet
17	1:06.90 Y	F	*I Lauren Donohoe	SR	12/11/2010	SST Swim Meet 12-11-10
18	1:06.98 Y	F	*I Emily Flynn	SR	2/8/2020	2020 DAC Championship Meet
19	1:07.70 Y	F	*I Katie Planchak	SR	1/15/2005	SST vs FA, FCS
20	1:08.08 Y	F	*I Caitlin Harris	SR	1/17/2004	SST vs. RMA, Quantic



### 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		
<b>Female Senior 100 Free</b>						
1	52.05 Y	P	*I Anna Kenna		2/16/2018	2018 VISAA Swimming & Diving Champi
2	52.91 Y	F	*I Alexandra Doonis	SR	2/17/2012	2012 VSIS Swimming & Diving Champio
3	54.08 Y	F	*I Lauren Donohoe	SR	2/19/2010	2010 VSIS Swimming & Diving Champio
4	54.28 Y L	F	Ariana Aldeguer	SO	1/18/2025	2025 NoVa Catholic Invitational Champic
5	54.73 Y	F	*I Mairead Geiran	JR	2/15/2019	2019 VISAA Swimming & Diving Champi
6	55.13 Y	F	*I Katie Planchak	SR	12/9/2006	SST vs Woodberry, FCS
7	55.39 Y	F	*I Katie Shipko		2/16/2001	2001 VSIS
8	55.69 Y	F	*I Catherine Rogers	SR	2/12/2011	2011 DAC Championship Meet
9	55.76 Y	F	*I Stella Paradise		1/7/2023	VCAC Invitational
10	55.79 Y	F	*I Jessica Dunn	SR	12/9/2006	SST vs Woodberry, FCS
11	56.80 Y	F	Elodie Brox	SR	2/10/2024	2024 VCAC Championship Meet
12	57.33 Y	F	*I Claire Kenna	SR	2/15/2013	2013 VISAA Swimming & Diving Champi
13	57.34 Y	F	Maggie Schroer	FR	2/1/2025	2025 Annual VISAA Division II Invitationa
14	57.47 Y	P	*I Reilly Cuccinelli	SR	2/17/2017	VISAA States 2017
15	57.52 Y	P	*I Mary Pennefather	SR	1/18/2020	National Catholic H.S. Championship 20;
16	57.81 Y L	F	Isabella McCook	SO	2/1/2025	2025 Annual VISAA Division II Invitationa
17	57.86 Y	F	*I Megan Seale	SR	2/15/2002	2002 VSIS State Championships
18	57.93 Y L	F	*I Isabelle Luevano	SR	2/18/2022	2022 VISAA Swimming & Diving Champi
19	58.25 Y L	P	*I Carolyn Claybrooks	SR	1/30/2010	2010 National Catholic HS Champs
20	x58.27 Y L	P	Clara Condon	SR	2/16/2024	2024 VISAA Swimming & Diving Champi

## 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		
<b>Female Senior 500 Free</b>						
1	4:58.34 Y	F	Ariana Aldeguer	SO	2/13/2025	2025 VISAA Swimming & Diving Champi
2	5:06.98 Y	F	*I Katie Shipko		2/15/2002	2002 VSIS State Championships
3	5:24.80 Y	P	*I Bridget Wunderly	SR	2/18/2011	2011 VSIS Swimming & Diving Champio
4	5:25.43 Y	F	*I Jessica Dunn	SR	2/3/2007	VSIS Division II Invitational
5	5:27.28 Y	F	*I Kimberly Rector	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
6	5:30.50 Y	F	*I Anna Kenna		12/2/2017	Dec. 2nd STC Invitational
7	5:32.41 Y	F	Isabella McCook	SO	2/8/2025	2025 VCAC Championship Meet
8	5:34.13 Y	F	*I Carolyn Claybrooks	SR	2/19/2010	2010 VSIS Swimming & Diving Champio
9	5:35.20 Y	F	*I Alexandra Doonis	SR	2/11/2012	Delaney Athletic Conference Championsi
10	5:37.69 Y	F	*I Angie Testani	SO	2/12/2022	2022 VCAC Championship Meet
11	5:39.98 Y	F	*I Mairead Geiran	JR	12/21/2019	Seton Homecoming Invitational
12	5:42.85 Y	F	*I Lauren Donohoe	SR	1/4/2008	SST, Paul VI @ Collegiate-Jan4,07
13	5:45.62 Y	F	*I Stella Paradise		2/10/2024	2024 VCAC Championship Meet
14	5:49.08 Y	F	*I Katie Planchak	SR	12/16/2006	SST vs Collegiate, Bishop Ireton
15	5:49.86 Y	F	*I Dani Flook	SR	1/10/2015	2015 NoVa Catholic Invitational Champio
16	5:50.30 Y	F	*I Megan Seale	SR	11/11/2002	Time Trials
17	5:51.98 Y	F	*I Mary-Kate Kenna	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
18	5:57.69 Y	F	Clara Condon	SR	1/9/2021	Seton DAC Invitational
19	5:59.26 Y	F	*I Laura Talbott	SR	2/2/2008	VSIS Division II Swimming Invitational
20	6:00.51 Y	F	Anastasia Garvey	JR	2/1/2025	2025 Annual VISAA Division II Invitationa

## 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				
<b>Female Senior 200 Free Relay</b>						
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	1:41.79 Y	F	A Relay	2/13/2025	2025 VISAA Swimming & Diving Championship	
	Ariana D. Aldeguer (SO)		Clara G. Condon (SR)	Maggie Schroer (FR)	Elodie Brox (SR)	
	25.26		26.08	25.81	24.64	
9	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	
10	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	
11	1:42.71 Y	P	A Relay	2/13/2025	2025 VISAA Swimming & Diving Championship	
	Ariana D. Aldeguer (SO)		Clara G. Condon (SR)	Maggie Schroer (FR)	Elodie Brox (SR)	
	25.64		26.35	25.90	24.82	
12	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	
13	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	
14	1:42.77 Y	F	A Relay	2/16/2024	2024 VISAA Swimming & Diving Championship	
	Stella S. Paradise		Clara G. Condon (SR)	Maggie Gibbons (SR)	Elodie Brox (SR)	
	26.19		26.16	25.35	25.07	
15	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	
16	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	

## 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	1:42.96 Y	F	A Relay	2/10/2024	2024 VCAC Championship Meet	
			Stella S. Paradise		Maggie Gibbons (SR)	Elodie Brox (SR)
			26.38		25.52	24.47
18	1:43.17 Y	F	A Relay	1/29/2011	2011 National Catholic HS Champs	
			Alex Doonis (SR)		Bridget Wunderly (SR)	Lauren Donohoe (SR)
			25.86		27.66	24.89
19	1:43.64 Y	F	A Relay	2/4/2012	2012 VSIS Division II Invitational	
			Alex Doonis (SR)		Alex Sinner (SR)	Cat Rogers (SR)
			25.45		26.90	24.82
20	1:43.69 Y	F	A Relay	1/9/2010	SSTvNSA-FHS-FCS-QMHS-JPG1-9-10	
			Alex Doonis (SR)		Laura Talbott (SR)	Lauren Donohoe (SR)
			26.47		26.41	25.42

### 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		
<b>Female Senior 100 Back</b>						
1	55.62 Y	F	*I Anna Kenna		2/16/2018	2018 VISAA Swimming & Diving Champi
2	57.56 Y	F	Ariana Aldeguer	SO	2/1/2025	2025 Annual VISAA Division II Invitationa
3	1:00.04 Y	P	*I Jessica Dunn	SR	1/26/2008	2008 National Catholic HS Championsh
4	1:00.51 Y	F	*I Alexandra Doonis	SR	2/13/2009	2009 VSIS Swimming & Diving Champio
5	1:01.68 Y	F	*I Lucy Garvey	SR	2/12/2022	2022 VCAC Championship Meet
6	1:02.04 Y	P	*I Caroline Griffin		2/15/2019	2019 VISAA Swimming & Diving Champi
7	1:04.19 Y	P	*I Dani Flook	SR	2/13/2015	2015 VISAA Swimming & Diving Champ
8	1:04.51 Y	F	Haley Fifield	SR	1/4/2025	VCAC Invitational
9	1:04.81 Y	F	*I Katie Shipko		12/2/2000	Paul IV Vs SST
10	1:05.39 Y	F	Isabella McCook	SO	1/18/2025	2025 NoVa Catholic Invitational Champio
11	1:05.40 Y	F	Clara Condon	SR	12/4/2021	Seton Icebreaker Invitational
12	1:05.49 Y L	F	*I Katie Planchak	SR	12/2/2006	2006 OPHS Relay Carnival
13	1:05.88 Y	P	*I Alexandra Sinner	SR	2/15/2013	2013 VISAA Swimming & Diving Champi
14	1:06.37 Y	F	Anastasia Garvey	JR	1/18/2025	2025 NoVa Catholic Invitational Champio
15	1:06.47 Y	F	*I Bridget Wunderly	SR	1/23/2010	SST @ Woodberry-Jan 23, 2010
16	1:07.27 Y	P	*I Laura Talbott	SR	2/16/2007	2007 VSIS State Championships
17	1:07.66 Y	F	*I Catherine Rogers	SR	1/15/2011	DAC Conference Meet @ St. Michael-Ja
18	1:07.84 Y	F	*I Mairead Geiran	JR	12/14/2019	Seton Icebreaker Invitational
19	1:08.41 Y	F	*I Lauren Donohoe	SR	11/21/2008	2008 Time Trials
20	1:08.49 Y	F	*I Kimberly Rector	SR	11/15/2013	2013 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		
<b>Female Senior 100 Breast</b>						
1	1:05.77 Y	F	*I Angie Testani	SO	2/18/2022	2022 VISAA Swimming & Diving Champi
2	1:07.53 Y	F	Clara Condon	SR	2/18/2022	2022 VISAA Swimming & Diving Champi
3	1:07.70 Y	F	*I Catherine Rogers	SR	2/17/2012	2012 VSIS Swimming & Diving Champio
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 20
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 Champio
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 Champi
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 Champio
13	1:13.93 Y	F	*I Lauren Donohoe	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
14	1:14.02 Y	F	*I Stella Paradise		2/3/2024	18th Annual VISAA Division II Invitational
15	1:15.01 Y	P	*I Mary Clare Waldron	SR	2/18/2022	2022 VISAA Swimming & Diving Champi
16	1:16.11 Y	P	*I Mary Heim	SR	2/16/2018	2018 VISAA Swimming & Diving Champi
17*	1:16.44 Y	F	Ariana Aldeguer	SO	12/2/2023	Seton Icebreaker Invitational
17*	1:16.44 Y	F	Rose Waldron	SR	2/11/2023	2023 VCAC Championship Meet
19	1:16.45 Y	F	*I Kimberly Rector	SR	12/14/2013	SST Swim Meet 14-Dec-2013
20	1:16.56 Y	F	*I Lea Mazzoccoli	SR	12/14/2007	NVSC Conference Regular Season-Dec'

### 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					
<b>Female Senior 400 Free Relay</b>							
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		28.45	26.04	29.86		
	26.48		29.58	25.52	28.43		
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		28.87	19.34	38.04		
	15.37		41.21	25.58	28.02		
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		28.48	26.53	30.23		
	26.61		30.18	25.98	28.45		
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		28.94	26.67	29.51		
	26.71		30.85	26.21	29.51		
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
	26.94		29.45	28.16	31.67		
	26.84		30.37	24.68	27.36		
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		30.23	26.03	28.18		
	27.27		30.52	26.50	29.03		
7	3:46.32 Y	F	A Relay	2/17/2023	2023 VISAA Swimming & Diving Championship		
	Ariana D. Aldeguer (SO)		Stella S. Paradise		Mary Pennefather (SR)		Maggie Gibbons (SR)
	26.50		28.05	26.33	29.67		
	26.72		32.14	26.98	29.93		
8	3:46.41 Y	F	A Relay	2/16/2024	2024 VISAA Swimming & Diving Championship		
	Ariana D. Aldeguer (SO)		Maggie Gibbons (SR)		Stella S. Paradise		Elodie Brox (SR)
	27.13		28.80	27.04	29.46		
	26.94		29.65	27.61	29.78		
9	3:46.76 Y	P	A Relay	2/17/2017	VISAA States 2017		
	Mairead Geiran (JR)		Dani Flook (SR)		Reilly Cuccinelli (SR)		Anna Kenna
	26.96		29.80	28.04	32.30		
	26.80		30.49	24.71	27.66		
10	3:48.14 Y	F	A Relay	2/8/2025	2025 VCAC Championship Meet		
	Isabella G. McCook (SO)		Maggie Schroer (FR)		Clara G. Condon (SR)		Ariana D. Aldeguer (SO)
	28.07		29.78	27.28	30.47		
	27.84		31.07	26.09	27.54		
11	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		30.58	28.19	30.96		
	15.41		40.04	25.92	28.18		

### 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	3:49.05 Y	P	A Relay	2/16/2024	2024 VISAA Swimming & Diving Championship		
			Ariana D. Aldeguer (SO)		Maggie Gibbons (SR)	Stella S. Paradise	Elodie Brox (SR)
			27.57		29.25	27.15	29.85
			27.58		29.79	27.04	30.82
13	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		29.03	27.24	30.86
			27.79		31.06	26.80	29.49
14	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		29.66	28.42	30.94
			26.37		30.21	27.35	29.27
15	3:49.84 Y	F	A Relay	1/18/2025	2025 NoVa Catholic Invitational Championship		
			Ariana D. Aldeguer (SO)		Isabella G. McCook (SO)	Maggie Schroer (FR)	Anastasia Garvey (JR)
			26.65		27.63	27.82	30.74
			27.14		30.59	28.11	31.16
16	3:49.92 Y	P	A Relay	2/17/2023	2023 VISAA Swimming & Diving Championship		
			Ariana D. Aldeguer (SO)		Stella S. Paradise	Maggie Gibbons (SR)	Mary Pennefather (SR)
			26.67		28.46	26.82	29.94
			27.44		30.21	27.33	33.05
17	3:50.13 Y	F	A Relay	1/11/2025	National Catholic H.S. Championship 2025		
			Maggie Schroer (FR)		Anastasia Garvey (JR)	Isabella G. McCook (SO)	Ariana D. Aldeguer (SO)
			28.00		30.66	28.48	31.91
			27.23		29.71	25.91	28.23
18	3:50.60 Y	F	A Relay	1/4/2025	VCAC Invitational		
			Isabella G. McCook (SO)		Anastasia Garvey (JR)	Maggie Schroer (FR)	Ariana D. Aldeguer (SO)
			28.27		30.87	28.89	32.27
			27.65		29.67	25.60	27.38
19	3:50.62 Y	F	A Relay	2/14/2014	2014 VISAA Swimming & Diving Championships		
			Anna Kenna		Alex Sinner (SR)	Kimberly Rector (SR)	Claire Kenna (SR)
			26.71		28.70	27.41	30.85
			28.00		31.48	26.49	30.98
20	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		29.27	29.17	32.14
			27.46		30.89	25.87	28.74