

Seton Swimming

Relay Top Times

Seton Swim & Dive [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	1:48.34 Y	F	A Relay	2/12/2026	2026 VISAA Swimming & Diving Championship	
	Melissa Paradise (JR)		Therese Paradise (8)	Ariana D. Aldeguer (JR)	Maggie Schroer (SO)	
	25.90		31.68	25.83	24.93	
2	1:49.71 Y	F	A Relay	1/31/2026	2026 Annual VISAA Division II Invitational	
	Melissa Paradise (JR)		Therese Paradise (8)	Ariana D. Aldeguer (JR)	Maggie Schroer (SO)	
	26.13		31.71	26.14	25.73	
3	1:49.82 Y	P	A Relay	2/12/2026	2026 VISAA Swimming & Diving Championship	
	Melissa Paradise (JR)		Therese Paradise (8)	Ariana D. Aldeguer (JR)	Maggie Schroer (SO)	
	26.03		32.21	26.26	25.32	
4	1:49.84 Y	F	A Relay	1/10/2026	2026 NoVa Catholic Invitational Championship	
	Melissa Paradise (JR)		Therese Paradise (8)	Ariana D. Aldeguer (JR)	Maggie Schroer (SO)	
	26.10		32.50	25.93	25.31	
5	1:50.06 Y	P	A Relay	1/17/2026	National Catholic H.S. Championship 2026	
	Melissa Paradise (JR)		Therese Paradise (8)	Ariana D. Aldeguer (JR)	Maggie Schroer (SO)	
	26.23		32.04	25.81	25.98	
6	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	
7	1:50.39 Y	F	A Relay	2/8/2025	2025 VCAC Championship Meet	
	Ariana D. Aldeguer (JR)		Clara G. Condon (SR)	Anastasia Garvey (SR)	Elodie Brox (SR)	
	27.39		30.72	28.02	24.26	
8	1:50.44 Y	F	A Relay	2/13/2025	2025 VISAA Swimming & Diving Championship	
	Ariana D. Aldeguer (JR)		Clara G. Condon (SR)	Anastasia Garvey (SR)	Elodie Brox (SR)	
	27.17		30.92	28.20	24.15	
9	1:50.59 Y	F	A Relay	1/17/2026	National Catholic H.S. Championship 2026	
				26.50	25.61	
10	1:51.20 Y	P	A Relay	2/13/2025	2025 VISAA Swimming & Diving Championship	
	Ariana D. Aldeguer (JR)		Clara G. Condon (SR)	Anastasia Garvey (SR)	Elodie Brox (SR)	
	27.31		31.03	28.36	24.50	
11	1:51.56 Y	F	A Relay	1/3/2026	VCAC Regular Season Championship	
	Melissa Paradise (JR)		Therese Paradise (8)	Ariana D. Aldeguer (JR)	Maggie Schroer (SO)	
	27.16		31.92	26.43	26.05	
12	1:51.63 Y	P	A Relay	2/17/2023	2023 VISAA Swimming & Diving Championship	
	Ariana D. Aldeguer (JR)		Clara G. Condon (SR)	Stella S. Paradise	Maggie Gibbons (SR)	
	27.85		30.83	27.40	25.55	
13	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	
14	1:52.28 Y	F	A Relay	2/17/2023	2023 VISAA Swimming & Diving Championship	
	Ariana D. Aldeguer (JR)		Clara G. Condon (SR)	Stella S. Paradise	Maggie Gibbons (SR)	
	28.11		31.15	27.61	25.41	
15	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	
16	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	

Seton Swimming

Relay Top Times

Seton Swim & Dive [SST] Coach: Jim Koehr
Number of Top Times: 20 Convert To: Yards Print: Yards

Time	P/F/S	Relay				
17	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	
18	1:53.01 Y	F	A Relay	1/4/2025	VCAC Invitational	
	Ariana D. Aldeguer (JR)		Clara G. Condon (SR)	Anastasia Garvey (SR)	Elodie Brox (SR)	
		27.15	31.95	29.19	24.72	
19	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	
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 Swim & Dive [SST] Coach: Jim Koehr

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

	Time	P/F/S	Name	Age/Yr		
Female Senior 50 Back						
1	25.90 Y L	F	Melissa Paradise	JR	2/12/2026	2026 VISAA Swimming & Diving Champions
2	27.03 Y L	F	*I Anna Kenna		2/13/2015	2015 VISAA Swimming & Diving Champs
3	27.15 Y L	F	Ariana Aldeguer	JR	1/4/2025	VCAC Invitational
4	28.37 Y L	F	*I Alexandra Doonis	SR	2/17/2012	2012 VSIS Swimming & Diving Championsf
5	28.50 Y L	F	*I Jessica Dunn	SR	2/15/2008	2008 VSIS State Championships
6	28.95 Y L	F	*I Lucy Garvey	SR	1/15/2022	National Catholic H.S. Championship 2022
7	29.22 Y L	F	*I Caroline Griffin		2/9/2019	2019 DAC Championship Meet
8	29.86 Y L	F	*I Haley Fifield	SR	2/1/2025	2025 Annual VISAA Division II Invitational
9	30.02 Y L	P	*I Bridget Wunderly	SR	2/19/2010	2010 VSIS Swimming & Diving Championsf
10*	30.28 Y L	F	*I Clara Condon	SR	1/8/2022	VCAC Invitational
10*	30.28 Y L	F	*I Stephanie Melnyk	SR	12/10/2005	SST vs North Stafford
12	30.50 Y L	F	*I Dani Flook	SR	12/5/2014	Seton Ice Breaker Invitational - Dec 5, 2014
13	30.60 Y L	F	*I Alexandra Sinner	SR	2/15/2013	2013 VISAA Swimming & Diving Champions
14	x31.34 Y L	F	*I Gemma Flook		2/9/2019	2019 DAC Championship Meet
15*	31.37 Y L	F	*I Laura Talbott	SR	1/16/2010	SST Swim Meet 1-16-10
15*	31.37 Y L	F	*I Isabella McCook	JR	12/21/2024	Seton Homecoming
17	31.45 Y L	F	Anastasia Garvey	SR	12/6/2025	Seton Icebreaker Invitational
18	31.93 Y L	F	Betsy Arnold	SO	12/20/2025	Seton Homecoming Invitational
19	31.97 Y L	F	*I Kimberley Melnyk	SR	2/5/2005	2005 DAC Championships
20	32.11 Y L	F	*I Emily Flynn	SR	2/5/2022	16th Annual VISAA Division II Invitational

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Individual Top Times

Seton Swim & Dive [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	1:54.53 Y	F Ariana Aldeguer	JR	1/31/2026	2026 Annual VISAA Division II Invitational
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 2020
4	1:59.75 Y	F *I Anna Kenna		12/16/2017	Seton Homecoming Invitational - Dec 16, 2017
5	2:00.32 Y	F *I Jessica Dunn	SR	2/3/2007	VSIS Division II Invitational
6	2:01.74 Y	F Melissa Paradise	JR	12/6/2025	Seton Icebreaker Invitational
7	2:02.62 Y	F *I Lauren Donohoe	SR	1/23/2010	SST @ Woodberry-Jan 23, 2010
8	2:03.06 Y	F *I Alexandra Doonis	SR	12/4/2010	SST vs NA, TES, JPtG, Highland-Dec4,10
9	2:03.43 Y	F *I Carolyn Claybrooks	SR	12/19/2010	2010 VSIS Swimming & Diving Championships
10	2:03.83 Y	F Therese Paradise	8	1/10/2026	2026 NoVa Catholic Invitational Championships
11	2:04.99 Y	F *I Isabella McCook	JR	2/1/2025	2025 Annual VISAA Division II Invitational
12	2:05.49 Y	F *I Stella Paradise		2/4/2023	17th Annual VISAA Division II Invitational
13	2:05.87 Y	F *I Katie Planchak	SR	12/16/2006	SST vs Collegiate, Bishop Ireton
14	2:06.13 Y	F *I Bridget Wunderly	SR	1/15/2011	DAC Conference Meet @ St. Michael-Jan15
15	2:06.70 Y	F *I Megan Seale	SR	11/11/2002	Time Trials
16	2:07.07 Y	F *I Catherine Rogers	SR	1/14/2012	SMAHS Invitational
17	2:07.37 Y	F *I Kimberly Rector	SR	2/8/2014	Delaney Athletic Conference Championship
18	2:07.58 Y	P *I Dani Flook	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
19	2:08.74 Y	F *I Mary-Kate Kenna	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
20	2:09.48 Y	F *I Maggie Gibbons	SR	2/10/2024	2024 VCAC Championship Meet

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

	Time	P/F/S	Name	Age/Yr		
Female Senior 200 IM						
1	2:05.65 Y	F	Ariana Aldeguer	JR	2/12/2026	2026 VISAA Swimming & Diving Champions
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	2:13.98 Y	F	Melissa Paradise	JR	12/20/2025	Seton Homecoming Invitational
5	2:16.30 Y	F	*I Katie Shipko		2/1/1999	DAC Champs 1999
6	2:18.16 Y	F	Therese Paradise	8	1/31/2026	2026 Annual VISAA Division II Invitational
7	2:19.48 Y	F	*I Clara Condon	SR	2/5/2022	16th Annual VISAA Division II Invitational
8	2:19.85 Y	P	*I Angie Testani	SO	2/18/2022	2022 VISAA Swimming & Diving Champions
9	2:20.16 Y	F	*I Mary-Kate Kenna	SR	2/13/2009	2009 VSIS Swimming & Diving Champions
10	2:20.82 Y	F	*I Stella Paradise		2/3/2024	18th Annual VISAA Division II Invitational
11	2:20.85 Y	P	*I Mairead Geiran	JR	1/21/2017	National Catholic H.S. Championship 2017
12	2:20.99 Y	P	*I Alexandra Sinner	SR	2/14/2014	2014 VISAA Swimming & Diving Champions
13	2:21.56 Y	F	*I Catherine Rogers	SR	1/21/2012	SST @ Woodberry-Jan21, 12
14	2:22.16 Y	F	*I Bridget Wunderly	SR	2/5/2011	2011 VSIS Division II Invitational
15	2:22.54 Y	F	*I Lauren Donohoe	SR	12/13/2008	SST vs DAC, Heights, NDA-Dec13,08
16	2:22.71 Y	F	Anastasia Garvey	SR	1/31/2026	2026 Annual VISAA Division II Invitational
17	2:24.33 Y	P	*I Kimberly Rector	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
18	2:26.50 Y	F	*I Alexandra Doonis	SR	1/14/2012	SMAHS Invitational
19	2:27.07 Y	F	*I Claire Kenna	SR	12/5/2014	Seton Ice Breaker Invitational - Dec 5, 2014
20	2:27.45 Y	F	*I Isabella McCook	JR	12/7/2024	Seton Icebreaker Invitational

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Seton Swim & Dive [SST] Coach: Jim Koehr
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	Time	P/F/S	Name	Age/Yr	
Female Senior 50 Free					
1	24.06 Y L	F	*I Anna Kenna		2/16/2018 2018 VISAA Swimming & Diving Champions
2	24.39 Y	F	*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	24.97 Y L	F	Ariana Aldeguer	JR	2/7/2026 2026 VCAC Championship Meet
6	25.06 Y	P	*I Elodie Brox	SR	2/13/2025 2025 VISAA Swimming & Diving Champions
7	25.22 Y	P	*I Katie Planchak	SR	2/17/2006 VSIS 2006 State Championship
8	25.38 Y L	P	Melissa Paradise	JR	1/17/2026 National Catholic H.S. Championship 2026
9	25.67 Y	F	Maggie Schroer	SO	2/7/2026 2026 VCAC Championship Meet
10	25.75 Y L	P	*I Mairead Geiran	JR	2/15/2019 2019 VISAA Swimming & Diving Champions
11	25.77 Y	F	*I Jessica Dunn	SR	12/14/2007 NVSC Conference Regular Season-Dec14,1
12*	25.98 Y	P	*I Stella Paradise		1/14/2023 National Catholic H.S. Championship 2023
12*	25.98 Y	F	*I Mary Pennefather	SR	2/6/2021 15th Annual VISAA Division II Invitational
14	26.01 Y	F	Therese Paradise	8	1/3/2026 VCAC Regular Season Championship
15	26.09 Y L	F	*I Claire Kenna	SR	2/14/2014 2014 VISAA Swimming & Diving Champions
16	26.10 Y	P	*I Maggie Gibbons	SR	2/16/2024 2024 VISAA Swimming & Diving Champions
17	26.18 Y	F	*I Meghan Morch	SR	1/12/2008 SST @ Woodberry, Madiera, FCS-Jan12,08
18	26.21 Y	F	*I Katie Shipko		2/3/2001 RMA/FCS/FA
19	26.37 Y L	P	Anastasia Garvey	SR	2/12/2026 2026 VISAA Swimming & Diving Champions
20	26.56 Y	F	*I Laura Talbott	SR	12/6/2008 SST vs BDHS,FA,Wake,High,QHMS

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	Time	P/F/S	Name	Age/Yr		
Female Senior 100 Fly						
1	57.17 Y	F	Ariana Aldeguer	JR	2/8/2025	2025 VCAC Championship Meet
2	58.51 Y	F	*I Anna Kenna		12/16/2017	Seton Homecoming Invitational - Dec 16, 2017
3	59.82 Y	P	*I Bridget Wunderly	SR	2/18/2011	2011 VSIS Swimming & Diving Championships
4	1:00.06 Y	F	*I Clara Condon	SR	2/17/2023	2023 VISAA Swimming & Diving Championships
5	1:01.58 Y	P	Therese Paradise	8	2/12/2026	2026 VISAA Swimming & Diving Championships
6	1:02.08 Y	F	Melissa Paradise	JR	1/10/2026	2026 NoVa Catholic Invitational Championships
7	1:02.21 Y	F	*I Jessica Dunn	SR	12/1/2007	SST vs NSHS, TES-Dec1,07
8	1:02.47 Y	F	*I Catherine Rogers	SR	1/15/2011	DAC Conference Meet @ St. Michael-Jan16, 2011
9	1:03.09 Y	P	Anastasia Garvey	SR	2/12/2026	2026 VISAA Swimming & Diving Championships
10	1:04.32 Y	F	*I Lea Mazzoccoli	SR	2/15/2008	2008 VSIS State Championships
11	1:04.37 Y	F	*I Mairead Geiran	JR	12/10/2016	Trinity Christian Invitational - Dec 10, 2016
12	1:04.68 Y	F	*I Katie Shipko		2/1/1999	DAC Champs 1999
13	1:04.79 Y	F	Betsy Arnold	SO	2/7/2026	2026 VCAC Championship Meet
14	1:04.94 Y	F	*I Alexandra Doonis	SR	1/16/2010	SST Swim Meet 1-16-10
15	1:05.46 Y	P	*I Isabella McCook	JR	2/13/2025	2025 VISAA Swimming & Diving Championships
16	1:05.48 Y	P	*I Alexandra Sinner	SR	2/13/2015	2015 VISAA Swimming & Diving Championships
17	1:06.72 Y	P	*I Mary-Kate Kenna	SR	1/27/2007	2007 National Catholic HS Championship
18	1:06.80 Y	F	*I Kimberly Rector	SR	1/18/2014	Seton Invitational - January 18, 2014
19	1:06.86 Y	F	*I Caroline Griffin		2/9/2019	2019 DAC Championship Meet
20	1:06.90 Y	F	*I Lauren Donohoe	SR	12/11/2010	SST Swim Meet 12-11-10

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	Time	P/F/S	Name	Age/Yr	
Female Senior 100 Free					
1	52.05 Y	P	*I Anna Kenna		2/16/2018 2018 VISAA Swimming & Diving Champions
2	52.43 Y	F	Melissa Paradise	JR	1/31/2026 2026 Annual VISAA Division II Invitational
3	52.91 Y	F	*I Alexandra Doonis	SR	2/17/2012 2012 VSIS Swimming & Diving Champions
4	54.08 Y	F	*I Lauren Donohoe	SR	2/19/2010 2010 VSIS Swimming & Diving Champions
5	54.21 Y	F	Ariana Aldeguer	JR	1/10/2026 2026 NoVa Catholic Invitational Champions
6	54.73 Y	F	*I Mairead Geiran	JR	2/15/2019 2019 VISAA Swimming & Diving Champions
7	55.13 Y	F	*I Katie Planchak	SR	12/9/2006 SST vs Woodberry, FCS
8	55.39 Y	F	Katie Shipko		2/16/2001 2001 VSIS
9	55.69 Y	F	*I Catherine Rogers	SR	2/12/2011 2011 DAC Championship Meet
10	55.76 Y	F	*I Stella Paradise		1/7/2023 VCAC Invitational
11	55.79 Y	F	*I Jessica Dunn	SR	12/9/2006 SST vs Woodberry, FCS
12	56.80 Y	F	*I Elodie Brox	SR	2/10/2024 2024 VCAC Championship Meet
13	56.84 Y	F	Therese Paradise	8	1/24/2026 VISAA Junior Varsity Invitational
14	57.33 Y	F	*I Claire Kenna	SR	2/15/2013 2013 VISAA Swimming & Diving Champions
15	57.34 Y	F	Maggie Schroer	SO	2/1/2025 2025 Annual VISAA Division II Invitational
16	57.47 Y	P	*I Reilly Cuccinelli	SR	2/17/2017 VISAA States 2017
17	57.52 Y	P	*I Mary Pennefather	SR	1/18/2020 National Catholic H.S. Championship 2020
18	57.81 Y L	F	*I Isabella McCook	JR	2/1/2025 2025 Annual VISAA Division II Invitational
19	57.86 Y	F	*I Megan Seale	SR	2/15/2002 2002 VSIS State Championships
20	57.93 Y L	F	*I Isabelle Luevano	SR	2/18/2022 2022 VISAA Swimming & Diving Champions

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Time	P/F/S	Name	Age/Yr
Female Senior 500 Free			
1	4:58.34 Y	F Ariana Aldeguer	JR 2/13/2025 2025 VISAA Swimming & Diving Champions
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	2/18/2011 2011 VSIS Swimming & Diving Champions
4	5:25.43 Y	F *I Jessica Dunn	2/3/2007 VSIS Division II Invitational
5	5:26.09 Y	F Melissa Paradise	12/20/2025 Seton Homecoming Invitational
6	5:27.28 Y	F *I Kimberly Rector	2/13/2015 2015 VISAA Swimming & Diving Champs
7	5:30.50 Y	F *I Anna Kenna	12/2/2017 Dec. 2nd STC Invitational
8	5:32.41 Y	F *I Isabella McCook	2/8/2025 2025 VCAC Championship Meet
9	5:34.13 Y	F *I Carolyn Claybrooks	2/19/2010 2010 VSIS Swimming & Diving Champions
10	5:35.20 Y	F *I Alexandra Doonis	2/11/2012 Delaney Athletic Conference Championship
11	5:35.98 Y	F Therese Paradise	1/3/2026 VCAC Regular Season Championship
12	5:37.69 Y	F *I Angie Testani	2/12/2022 2022 VCAC Championship Meet
13	5:39.98 Y	F *I Mairead Geiran	12/21/2019 Seton Homecoming Invitational
14	5:42.85 Y	F *I Lauren Donohoe	1/4/2008 SST, Paul VI @ Collegiate-Jan4,07
15	5:45.62 Y	F *I Stella Paradise	2/10/2024 2024 VCAC Championship Meet
16	5:49.08 Y	F *I Katie Planchak	12/16/2006 SST vs Collegiate, Bishop Ireton
17	5:49.86 Y	F *I Dani Flook	1/10/2015 2015 NoVa Catholic Invitational Champions
18	5:50.30 Y	F *I Megan Seale	11/11/2002 Time Trials
19	5:51.98 Y	F *I Mary-Kate Kenna	12/6/2008 SST vs BDHS,FA,Wake,High,QHMS
20	5:57.69 Y	F *I Clara Condon	1/9/2021 Seton DAC Invitational

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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)	
	24.98		24.50	25.78	24.79	
2	1:40.29 Y	F	A Relay	2/7/2026	2026 VCAC Championship Meet	
	Ariana D. Aldeguer (JR)		Therese Paradise (8)	Maggie Schroer (SO)	Melissa Paradise (JR)	
	24.97		25.30	25.79	24.23	
3*	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	
3*	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	
5	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	
6	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	
7	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	
8	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	
9	1:41.79 Y	F	A Relay	2/13/2025	2025 VISAA Swimming & Diving Championship	
	Ariana D. Aldeguer (JR)		Clara G. Condon (SR)	Maggie Schroer (SO)	Elodie Brox (SR)	
	25.26		26.08	25.81	24.64	
10	1:41.90 Y	P	A Relay	1/17/2026	National Catholic H.S. Championship 2026	
	Melissa Paradise (JR)		Therese Paradise (8)	Maggie Schroer (SO)	Ariana D. Aldeguer (JR)	
	25.38		25.67	26.11	24.74	
11	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	
12	1:42.55 Y	F	A Relay	12/20/2025	Seton Homecoming Invitational	
	Therese Paradise (8)		Maggie Schroer (SO)	Melissa Paradise (JR)	Ariana D. Aldeguer (JR)	
	26.69		25.93	24.90	25.03	
13	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	
14	1:42.71 Y	P	A Relay	2/13/2025	2025 VISAA Swimming & Diving Championship	
	Ariana D. Aldeguer (JR)		Clara G. Condon (SR)	Maggie Schroer (SO)	Elodie Brox (SR)	
	25.64		26.35	25.90	24.82	
15	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	
16*	1:42.73 Y	F	A Relay	2/12/2026	2026 VISAA Swimming & Diving Championship	
	Anastasia Garvey (SR)		Therese Paradise (8)	Avila Mantoath (SO)	Maggie Schroer (SO)	
	26.56		25.29	25.93	24.95	

Seton Swimming

Relay Top Times

Seton Swim & Dive [SST] Coach: Jim Koehr

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

	Time	P/F/S	Relay				
16*	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		
18	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		
19	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		
20*	1:42.87 Y	P	A Relay	2/12/2026	2026 VISAA Swimming & Diving Championship		
	Anastasia Garvey (SR)		Therese Paradise (8)		Avila Mantooth (SO)		Maggie Schroer (SO)
	26.37		25.27	26.07	25.16		
20	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

Individual Top Times

Seton Swim & Dive [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	55.56 Y	P	Melissa Paradise	JR	2/12/2026	2026 VISAA Swimming & Diving Champions
2	55.62 Y	F	*I Anna Kenna		2/16/2018	2018 VISAA Swimming & Diving Champions
3	57.56 Y	F	Ariana Aldeguer	JR	2/1/2025	2025 Annual VISAA Division II Invitational
4	1:00.04 Y	P	*I Jessica Dunn	SR	1/26/2008	2008 National Catholic HS Championship
5	1:00.51 Y	F	*I Alexandra Doonis	SR	2/13/2009	2009 VSIS Swimming & Diving Champions
6	1:01.68 Y	F	*I Lucy Garvey	SR	2/12/2022	2022 VCAC Championship Meet
7	1:02.04 Y	P	*I Caroline Griffin		2/15/2019	2019 VISAA Swimming & Diving Champions
8	1:02.43 Y	P	Anastasia Garvey	SR	2/12/2026	2026 VISAA Swimming & Diving Champions
9	1:04.19 Y	P	*I Dani Flook	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
10	1:04.51 Y	F	*I Haley Fifield	SR	1/4/2025	VCAC Invitational
11	1:04.81 Y	F	*I Katie Shipko		12/2/2000	Paul IV Vs SST
12	1:05.28 Y	F	Therese Paradise	8	12/13/2025	Seton December Invitational
13	1:05.39 Y	F	*I Isabella McCook	JR	1/18/2025	2025 NoVa Catholic Invitational Champions
14	1:05.40 Y	F	*I Clara Condon	SR	12/4/2021	Seton Icebreaker Invitational
15	1:05.49 Y L	F	*I Katie Planchak	SR	12/2/2006	2006 OPHS Relay Carnival
16	1:05.88 Y	P	*I Alexandra Sinner	SR	2/15/2013	2013 VISAA Swimming & Diving Champions
17	1:06.47 Y	F	*I Bridget Wunderly	SR	1/23/2010	SST @ Woodberry-Jan 23, 2010
18	1:07.27 Y	P	*I Laura Talbott	SR	2/16/2007	2007 VSIS State Championships
19	1:07.66 Y	F	*I Catherine Rogers	SR	1/15/2011	DAC Conference Meet @ St. Michael-Jan11
20	1:07.84 Y	F	*I Mairead Geiran	JR	12/14/2019	Seton Icebreaker Invitational

Seton Swimming

Individual Top Times

Seton Swim & Dive [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	1:05.77 Y	F	*1 Angie Testani	SO	2/18/2022	2022 VISAA Swimming & Diving Champions
2	1:07.53 Y	F	*1 Clara Condon	SR	2/18/2022	2022 VISAA Swimming & Diving Champions
3	1:07.70 Y	F	*1 Catherine Rogers	SR	2/17/2012	2012 VSIS Swimming & Diving Champions
4	1:09.99 Y	F	*1 Katie Shipko		2/1/1999	DAC Champs 1999
5	1:10.98 Y	F	*1 Mairead Geiran	JR	1/18/2020	National Catholic H.S. Championship 2020
6	1:11.05 Y	F	*1 Jessica Dunn	SR	12/1/2007	SST vs NSHS, TES-Dec1,07
7	1:11.63 Y	F	Ariana Aldeguer	JR	12/20/2025	Seton Homecoming Invitational
8	1:11.84 Y	F	*1 Mary-Kate Kenna	SR	2/13/2009	2009 VSIS Swimming & Diving Champions
9	1:12.23 Y	P	*1 Claire Kenna	SR	2/19/2016	VISAA States 2016
10	1:12.64 Y	P	*1 Emily Heim	SR	2/13/2015	2015 VISAA Swimming & Diving Champs
11	1:12.87 Y	F	Therese Paradise	8	1/10/2026	2026 NoVa Catholic Invitational Champions
12	1:13.35 Y	P	*1 Alexandra Sinner	SR	2/14/2014	2014 VISAA Swimming & Diving Champions
13	1:13.52 Y	F	*1 Melissa Dunn	SR	2/4/2006	2006 DAC Championships
14	1:13.79 Y	F	*1 Rachel Lambrecht	SR	2/18/2011	2011 VSIS Swimming & Diving Champions
15	1:13.93 Y	F	*1 Lauren Donohoe	SR	12/6/2008	SST vs BDHS,FA,Wake,High,QHMS
16	1:14.02 Y	F	*1 Stella Paradise		2/3/2024	18th Annual VISAA Division II Invitational
17	1:15.01 Y	P	*1 Mary Clare Waldron	SR	2/18/2022	2022 VISAA Swimming & Diving Champions
18	1:15.78 Y	F	Sophia Halisky	SO	2/7/2026	2026 VCAC Championship Meet
19	1:16.11 Y	P	*1 Mary Heim	SR	2/16/2018	2018 VISAA Swimming & Diving Champions
20	1:16.44 Y	F	*1 Rose Waldron	SR	2/11/2023	2023 VCAC Championship Meet

Seton Swimming

Relay Top Times

Seton Swim & Dive [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	3:36.11 Y	F	A Relay	2/12/2026	2026 VISAA Swimming & Diving Championship	
	Melissa Paradise (JR)		Maggie Schroer (SO)		Therese Paradise (8)	Ariana D. Aldeguer (JR)
	25.86		27.33	25.77	29.71	
	26.34		28.59	25.25	27.26	
2	3:37.36 Y	P	A Relay	2/12/2026	2026 VISAA Swimming & Diving Championship	
	Melissa Paradise (JR)		Maggie Schroer (SO)		Therese Paradise (8)	Ariana D. Aldeguer (JR)
	25.87		27.43	26.35	29.30	
	26.73		28.90	25.59	27.19	
3	3:37.90 Y	F	A Relay	1/31/2026	2026 Annual VISAA Division II Invitational	
	Melissa Paradise (JR)		Maggie Schroer (SO)		Therese Paradise (8)	Ariana D. Aldeguer (JR)
	25.62		27.21	26.34	29.66	
	26.70		29.01	25.58	27.78	
4	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	
5	3:41.18 Y	F	A Relay	1/10/2026	2026 NoVa Catholic Invitational Championship	
	Melissa Paradise (JR)		Therese Paradise (8)		Maggie Schroer (SO)	Ariana D. Aldeguer (JR)
	26.00		27.74	27.55	29.51	
	26.43		29.97	26.04	27.94	
6	3:41.38 Y	F	A Relay	1/3/2026	VCAC Regular Season Championship	
	Melissa Paradise (JR)		Therese Paradise (8)		Maggie Schroer (SO)	Ariana D. Aldeguer (JR)
	26.18		27.60	26.39	29.59	
	26.80		30.74	25.98	28.10	
7	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	
8	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	
9	3:43.26 Y	F	A Relay	2/7/2026	2026 VCAC Championship Meet	
	Ariana D. Aldeguer (JR)		Maggie Schroer (SO)		Therese Paradise (8)	Anastasia Garvey (SR)
	26.36		28.06	26.27	29.46	
	26.74		28.90	27.41	30.06	
10	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	
11	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	

Seton Swimming

Relay Top Times

Seton Swim & Dive [SST] Coach: Jim Koehr

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

	Time	P/F/S	Relay				
12	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	
13	3:46.32 Y	F	A Relay	2/17/2023	2023 VISAA Swimming & Diving Championship		
	Ariana D. Aldeguer (JR)		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	
14	3:46.41 Y	F	A Relay	2/16/2024	2024 VISAA Swimming & Diving Championship		
	Ariana D. Aldeguer (JR)		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	
15	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	
16	3:48.14 Y	F	A Relay	2/8/2025	2025 VCAC Championship Meet		
	Isabella G. McCook (JR)		Maggie Schroer (SO)		Clara G. Condon (SR)		Ariana D. Aldeguer (JR)
	28.07		29.78	27.28		30.47	
	27.84		31.07	26.09		27.54	
17	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	
18	3:48.43 Y	F	A Relay	12/6/2025	Seton Icebreaker Invitational		
	Melissa Paradise (JR)		Therese Paradise (8)		Maggie Schroer (SO)		Ariana D. Aldeguer (JR)
	26.92		28.52	27.14		30.23	
	27.84		32.63	26.71		28.44	
19	3:49.05 Y	P	A Relay	2/16/2024	2024 VISAA Swimming & Diving Championship		
	Ariana D. Aldeguer (JR)		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	
20	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	