



2009 County Teams
Under ASA Laws & ASA Technical Rules of Swimming

EVENT 159 Womens Junior 200m Medley Team

Place	Name	Time	50	100	150
1	Cockermouth	2:11.30			
2	Carlisle Water Polo 'A'	2:15.04			
3	Copeland	2:16.37			
4	City of Carlisle	2:17.04			
5	Troutbeck Bridge 'A'	2:19.35			
6	Kendal	2:19.90			
7	Barrow 'A'	2:20.63			
8	Workington	2:21.12			
9	Carlisle Water Polo 'B'	2:26.68			
10	Penrith	2:26.90			
11	Barrow 'B'	2:31.97			
12	Troutbeck Bridge 'B'	2:39.12			

EVENT 160 Mens Junior 200m Medley Team

Place	Name	Time	50	100	150
1	Barrow 'A'	1:57.32	30.7	1:01.74	1:31.36
2	Carlisle Water Polo 'A'	1:57.35	30.28	1:03.42	1:31.51
3	City of Carlisle	2:02.64	30.29	1:03.67	1:33.54
4	Ulverston 'A'	2:04.70		1:06.10	1:37.26
5	Barrow 'B'	2:06.87	32.73	1:08.86	1:39.77
6	Carlisle Water Polo 'B'	2:08.04	31.42	1:08.41	1:39.66
7	Workington	2:13.34	33.55	1:09.50	1:43.81
8	Copeland	2:15.78	33.61	1:12.28	1:46.54
9	Troutbeck Bridge	2:18.60	37.67	1:13.93	1:47.28
10	Kendal	2:20.41	38.63	1:23.65	1:53.17

EVENT 161 Womens Open 200m Medley Team

Place	Name	Time	50	100	150	
1	Cockermouth	2:15.03	35.03	1:11.14	1:45.20	
2	City of Carlisle	2:16.81	35.11	1:16.76	1:47.58	
3	Penrith	2:17.14	30.87	1:11.70	1:47.43	
4	Troutbeck Bridge 'A'	2:20.20	36.25	1:18.46	1:48.84	
5	Kendal	2:20.50	36.74	1:14.25	1:50.49	
6	Copeland	2:25.08	39.56	1:17.48	1:53.03	
	Ulverston	DQ	O-6L	34.23	1:16.01	1:51.28

EVENT 162 Mens Open 200m Medley Team

Place	Name	Time	50	100	150
1	Cockermouth	1:54.51	28.52	1:00.92	1:27.91
2	Copeland	1:55.73	29.42	1:03.27	1:30.39
3	City of Carlisle	1:56.22	29.93	1:03.18	1:30.79
4	Carlisle Water Polo 'A'	1:56.23	29.05	1:01.69	1:30.29
5	Troutbeck Bridge	2:02.29			
6	Kendal	2:05.26	32.22	1:05.94	1:38.21
7	Ulverston 'B'	2:19.50	37.05	1:16.89	1:48.74
	Ulverston 'A'	DNC			

EVENT 163 Womens Junior 200m Freestyle Team

Place	Name	Time	50	100	150
1	Cockermouth	1:59.31			1:44.84
2	Carlisle Water Polo 'A'	1:59.73	30.3	1:00.27	1:30.59
3	Copeland	2:02.46			
4	City of Carlisle	2:03.19	30.08	1:01.05	1:32.98
5	Barrow 'A'	2:03.53	30.54	1:00.25	1:31.53
6	Workington	2:04.22			

7 Penrith	2:05.17			
8 Troutbeck Bridge 'A'	2:05.80			
9 Carlisle Water Polo 'B'	2:06.63	30.51	1:00.82	1:33.88
10 Kendal	2:07.85	33.4	1:04.24	1:37.90
11 Barrow 'B'	2:12.29	32.62	1:06.36	1:38.92
12 Troutbeck Bridge 'B'	2:19.79	33.25	1:08.23	1:36.33

EVENT 164 Mens Junior 200m Freestyle Team

Place	Name	Time	50	100	150
1	Carlisle Water Polo 'A'	1:43.50	25.89	51.45	1:17.32
2	Barrow 'A'	1:45.48	25.77	51.03	1:18.19
3	City of Carlisle	1:47.39	26.84	53.52	1:21.31
4	Barrow 'B'	1:50.81	26.96	54.55	1:23.34
5	Ulverston 'A'	1:51.65	27.04	56.51	1:24.32
6	Copeland	1:54.92	27.61	57.31	1:26.12
7	Carlisle Water Polo 'B'	1:55.34	28.98	58.16	1:26.89
8	Kendal	1:59.89	27.86	54.66	1:27.62
9	Workington	2:01.07	29.2	1:00.72	1:31.20
10	Troutbeck Bridge	2:02.25	28.86	1:00.05	1:31.95

EVENT 165 Womens Open 200m Freestyle Team

Place	Name	Time	50	100	150
1	City of Carlisle	2:00.37	29.73	1:00.14	1:30.84
2	Cockermouth	2:01.99	29.9	59.92	1:29.83
3	Troutbeck Bridge 'A'	2:04.06	31.7	1:03.73	1:35.35
4	Kendal	2:05.04	31	1:01.33	1:35.06
5	Penrith	2:05.38	31.73	1:02.71	1:35.00
6	Ulverston	2:07.20	31.06	1:02.98	1:36.42
7	Copeland	2:09.14	30.52	1:02.52	1:36.06

EVENT 166 Mens Open 200m Freestyle Team

Place	Name	Time	50	100	150
1	Copeland	1:42.30	25.05	50.32	1:16.79
2	City of Carlisle	1:43.24	25.61	51.73	1:17.75
3	Cockermouth	1:44.29	23.69	49.03	1:16.20
4	Carlisle Water Polo 'A'	1:44.74	26.11	52.05	1:18.57
5	Troutbeck Bridge	1:47.09	27.11	53.63	1:20.44
6	Kendal	1:53.08	28.67	55.38	1:23.77
7	Ulverston 'A'	1:56.71	29.39	1:00.01	1:28.20
	Ulverston 'B'	DNC			

EVENT 167 FINAL OF EVENT 159 Womens 16 /Under 200m Medley Team

Place	Name	Time	50	100	150
1	Cockermouth	2:11.72	33.67	1:09.69	1:43.12
2	Carlisle Water Polo 'A'	2:13.03	33.91	1:12.54	1:43.37
3	Copeland	2:15.54	34.83	1:11.52	1:44.50
4	City of Carlisle	2:17.56	34.59	1:15.10	1:48.27
5	Troutbeck Bridge 'A'	2:19.76	33.28	1:14.78	1:47.25
6	Kendal	2:22.69	37.18	1:14.67	1:51.77

EVENT 168 FINAL OF EVENT 160 Mens Junior 200m Medley Team

Place	Name	Time	50	100	150
1	Carlisle Water Polo 'A'	1:56.37	30.52	1:02.95	1:30.86
2	Barrow 'A'	1:56.69	31.51	1:02.55	1:31.99
3	City of Carlisle	2:00.77	30.36	1:04.04	1:34.21
4	Ulverston 'A'	2:05.25	30.18	1:06.26	1:37.37
5	Barrow 'B'	2:09.41	33.64	1:10.07	1:41.97
6	Carlisle Water Polo 'B'	2:09.88	31.82	1:09.66	1:41.31

EVENT 169 FINAL OF EVENT 161 Womens Open 200m Medley Team

Place	Name	Time	50	100	150
1	Cockermouth	2:11.21	35.07	1:09.95	1:41.77
2	City of Carlisle	2:16.39	34.76	1:15.98	1:47.01
3	Penrith	2:17.58	30.48	1:11.57	1:47.87
4	Troutbeck Bridge 'A'	2:20.11	36.16	1:17.07	1:48.49

5 Copeland	2:28.31	39.91	1:19.34	1:54.62	
Kendal	DQ	T-6L	37.93	1:16.34	1:54.33
EVENT 170 FINAL OF EVENT 162 Mens Open 200m Medley Team					
Place	Name	Time	50	100	150
1	Cockermouth	1:50.24	28.62	56.4	1:24.44
2	Copeland	1:54.71	29.15	1:02.64	1:29.10
3	City of Carlisle	1:55.34	30.84	1:02.80	1:30.48
4	Carlisle Water Polo 'A	1:56.04	28.84	1:01.83	1:30.45
5	Troutbeck Bridge	2:00.36	32.25	1:04.91	1:34.00
6	Kendal	2:09.46	33.18	1:06.69	1:39.98
EVENT 171 FINAL OF EVENT 163 Womens Junior 200m Freestyle Team					
Place	Name	Time	50	100	150
1	Carlisle Water Polo 'A	1:58.27	30.18	1:00.06	1:29.71
2	Cockermouth	1:58.77	30.05	1:00.08	1:30.13
3	City of Carlisle	2:01.85	30.37	1:01.13	1:33.22
4	Copeland	2:01.99	30.87	1:01.54	1:33.67
5	Workington	2:03.80	28.92	1:01.15	1:32.80
6	Barrow 'A'	2:04.41	30.85	1:00.92	1:31.74
EVENT 172 FINAL OF EVENT 164 Mens Junior 200m Freestyle Team					
Place	Name	Time	50	100	150
1	Carlisle Water Polo 'A	1:43.52	25.81	51.27	1:17.39
2	Barrow 'A'	1:44.86	25.69		1:18.33
3	City of Carlisle	1:47.81	26.78	53.18	1:21.27
4	Barrow 'B'	1:51.66	26.84	54.93	1:23.83
5	Ulverston 'A'	1:51.71	27.33	56.38	1:24.75
6	Copeland	1:57.21	27.94	58.53	1:28.12
EVENT 173 FINAL OF EVENT 165 Womens Open 200m Freestyle Team					
Place	Name	Time	50	100	150
1	City of Carlisle	1:58.08	29.59	59.21	1:29.91
2	Cockermouth	1:58.23	30.37	59.13	1:28.90
3	Penrith	2:01.19	31.33	1:02.12	1:33.49
4	Troutbeck Bridge 'A'	2:03.11	31.63	1:03.06	1:34.37
5	Kendal	2:03.82	31.13	1:01.90	1:35.21
6	Ulverston	2:08.72	31.46	1:03.42	1:37.08
EVENT 174 FINAL OF EVENT 166 Mens Open 200m Freestyle Team					
Place	Name	Time	50	100	150
1	Cockermouth	1:40.05	25.92	51.44	1:16.76
2	Copeland	1:41.64	24.9	49.79	1:16.05
3	City of Carlisle	1:42.92	26.4	52.3	1:18.18
4	Carlisle Water Polo 'A	1:43.48	26.41	52.06	1:18.16
5	Troutbeck Bridge	1:47.85	27.5	53.89	1:21.20
6	Kendal	1:50.98	27.7	54.92	1:22.09