

Øvelse 1. 25m bryst, damer**Heat 1**

1				
2	Ingrid Elise Borgstrøm	04	Stavanger SC	_____
3	Kristin Nygård Magnussen	02	Bryne SK	_____
4	Liv Nora Larsen	02	Stavanger SC	_____
5				

Heat 2

1				
2	Johanne Jølmeland	02	Stavanger SC	_____
3	Aud Sofie Danielsen	02	Stavanger SC	_____
4	Leah Lane	02	Stavanger SC	_____
5	Anne Sofie Nygård Solvik	02	Bryne SK	_____

Heat 3

1	Thea Nielsen	01	Frisinn SK	_____
2	Henriette Nessa Bjørnevik	01	Bryne SK	_____
3	Marita Undheim	01	Bryne SK	_____
4	Katarina Hansen	01	Frisinn SK	_____
5	Julie Borsheim Endregaard	01	Frisinn SK	_____

Heat 4

1	Evelyn Beret Kleven	01	Bryne SK	_____
2	Lene Waaland	00	Klepp	_____
3	Margrethe Drivdal	00	Lund SK	_____
4	Katrine Wee Tøren	00	Stavanger SC	_____
5	Elin Constance Ørn Michel	00	Klepp	_____

Heat 5

1	Solveig Revfe	00	Klepp	_____
2	Vår Theresa S. Hetland	00	Bryne SK	_____
3	Malin Lilledal	99	Frisinn SK	_____
4	Mathilde Pollestad	00	Klepp	_____
5	Karen Tveiten	00	Klepp	_____

Heat 6

1	Tessa Janssen	99	Stavanger SC	_____
2	Marie Sveingård	99	Stavanger SC	_____
3	Hannah Nummedal	99	Bryne SK	_____
4	Jan Magnus Larsen	99	Stavanger SC	_____
5	Ida Kvalvaag	99	Stavanger SC	_____

Heat 7

1	Gloria Grabovac	99	Frisinn SK	_____
2	Lise Gulli Brokjøb	97	Stavanger SC	_____
3	Vivian Waaland	97	Klepp	_____
4	Malin Jensen Salte	97	Klepp	_____
5	Tanahiriyaan Jiimaa	99	Bryne SK	_____

Øvelse 2. 25m bryst, herrer**Heat 1**

1				
2	Mads Moi	02	Lund SK	_____
3	Sem Gabriel Moseid	01	Bryne SK	_____
4	Magnus Egeland	01	Klepp	_____
5	Sigurd Olav Borgstrøm	02	Stavanger SC	_____

Heat 2

1	Daniel Liland	01	Stavanger SC	_____
2	Lars Audun Bøen	00	Klepp	_____
3	Edvard Stangeland	00	Klepp	_____
4	Helge Eidsnes	00	Bryne SK	_____
5	Håkon Ødemotland Gundersen	00	Bryne SK	_____

Heat 3

1	Benjamin Helleren Johansen	00	Lund SK	_____
2	Mathias Sunde	99	Stavanger SC	_____
3	Martin Kjetland	99	Bryne SK	_____
4	Håvar Thu	99	Bryne SK	_____
5	Vigar O. Fyllingsnes	99	Stavanger SC	_____

Heat 4

1	Jørgen Rødseth	99	Stavanger SC	_____
2	Rik Maessen	98	Klepp	_____
3	Kai Morten Kjærvoll	96	Stavanger SC	_____
4	Phillip D Gulliksen	98	Stavanger SC	_____
5	Kristoffer Lilledal	99	Frisinn SK	_____

Øvelse 3. 25m fri, damer**Heat 1**

1	Ingrid Elise Borgstrøm	04	Stavanger SC	_____
2	Aud Sofie Danielsen	02	Stavanger SC	_____
3	Anne Sofie Nygård Solvik	02	Bryne SK	_____
4	Thea Galta Apeland	02	Frisinn SK	_____
5	Liv Nora Larsen	02	Stavanger SC	_____

Heat 2

1	Kristin Nygård Magnussen	02	Bryne SK	_____
2	Thea Nielsen	01	Frisinn SK	_____
3	Marita Undheim	01	Bryne SK	_____
4	Ina Refsnes	01	Bryne SK	_____
5	Johanne Jølmeland	02	Stavanger SC	_____

Heat 3

1	Henriette Nessa Bjørnevik	01	Bryne SK	_____
2	Julie Borsheim Endregaard	01	Frisinn SK	_____
3	Ingeborg Muri Stangeland	01	Bryne SK	_____
4	Anne Rødseth	01	Stavanger SC	_____
5	Sarah Leza Raustein	01	Frisinn SK	_____

Heat 4

1	Evelyn Beret Kleven	01	Bryne SK	_____
2	Katarina Hansen	01	Frisinn SK	_____
3	Karen Tveiten	00	Klepp	_____
4	Mathilde Pollestad	00	Klepp	_____
5	Serine Steen-Hansen	01	Bryne SK	_____

Heat 5

1	Katrine Wee Tøren	00	Stavanger SC	_____
2	Vår Theresa S. Hetland	00	Bryne SK	_____
3	Åse Skarding	00	Klepp	_____
4	Lene Waaland	00	Klepp	_____
5	Margrethe Drivdal	00	Lund SK	_____

Heat 6

1	Elin Constance Ørn Michel	00	Klepp	_____
2	Hannah Nummedal	99	Bryne SK	_____
3	Jan Magnus Larsen	99	Stavanger SC	_____
4	Malin Lilledal	99	Frisinn SK	_____
5	Ida Kvalvaag	99	Stavanger SC	_____

Heat 7

1	Tessa Janssen	99	Stavanger SC	_____
2	Marie Bø Randulf	99	Stavanger SC	_____
3	Iselin Synnøve Danielsen	98	Stavanger SC	_____
4	Gloria Grabovac	99	Frisinn SK	_____
5	Tanahiriyaan Jiimaa	99	Bryne SK	_____

Heat 8

1	Caroline Løland	98	Klepp	_____
2	Susanne Høyland Pedersen	97	Bryne SK	_____
3	Vivian Waaland	97	Klepp	_____
4	Kristin Eidsnes	97	Bryne SK	_____
5	Lise Gulli Brokjøb	97	Stavanger SC	_____

Øvelse 4. 25m fri, herrer**Heat 1**

1				
2	Sigurd Olav Borgstrøm	02	Stavanger SC	_____
3	Mats Fjogstad Tobiassen	02	Bryne SK	_____
4	Mads Moi	02	Lund SK	_____
5				

Heat 2

1				
2	Sem Gabriel Moseid	01	Bryne SK	_____
3	Edvard Stangeland	00	Klepp	_____
4	Daniel Liland	01	Stavanger SC	_____
5				

Heat 3

1	Lars Audun Bøen	00	Klepp	_____
2	Benjamin Hellenen Johansen	00	Lund SK	_____
3	Kristoffer Lilledal	99	Frisinn SK	_____
4	Håkon Berg Ådnøy	00	Stavanger SC	_____
5	Kristoffer B Solem	00	Klepp	_____

Heat 4

1	Mathias Sunde	99	Stavanger SC	_____
2	Jørgen Rødseth	99	Stavanger SC	_____
3	Håvar Thu	99	Bryne SK	_____
4	Anders Chirico Indrebø	99	Stavanger SC	_____
5	Vigar O. Fyllingsnes	99	Stavanger SC	_____

Heat 5

1	Ådne Møll	99	Stavanger SC	_____
2	Rik Maessen	98	Klepp	_____
3	Shayan Ali Shehzad	97	Frisinn SK	_____
4	Phillip D Gulliksen	98	Stavanger SC	_____
5	Ådne Undheim	98	Bryne SK	_____

Øvelse 5. 25m rygg, damer**Heat 1**

1				
2	Kristin Nygård Magnussen	02	Bryne SK	_____
3	Julie Borsheim Endregaard	01	Frisinn SK	_____
4	Anne Sofie Nygård Solvik	02	Bryne SK	_____
5	Ingrid Elise Borgstrøm	04	Stavanger SC	_____

Heat 2

1	Sarah Leza Raustein	01	Frisinn SK	_____
2	Henriette Nessa Bjørnevik	01	Bryne SK	_____
3	Karen Tveiten	00	Klepp	_____
4	Ina Refsnes	01	Bryne SK	_____
5	Serine Steen-Hansen	01	Bryne SK	_____

Heat 3

1	Vår Theresa S. Hetland	00	Bryne SK	_____
2	Annique Ultee	00	Frisinn SK	_____
3	Caroline Løland	98	Klepp	_____
4	Åse Skarding	00	Klepp	_____
5	Emely Lane	00	Stavanger SC	_____

Øvelse 6. 25m rygg, herrer**Heat 1**

1				
2	Sigurd Olav Borgstrøm	02	Stavanger SC	_____
3	Mads Moi	02	Lund SK	_____
4	Mats Fjogstad Tobiassen	02	Bryne SK	_____
5				

Heat 2

1	Magnus Egeland	01	Klepp	_____
2	Håkon Ødemotland Gundersen	00	Bryne SK	_____
3	Håvar Thu	99	Bryne SK	_____
4	Anders Chirico Indrebø	99	Stavanger SC	_____
5	Sem Gabriel Moseid	01	Bryne SK	_____

Heat 3

1	Martin Kjetland	99	Bryne SK	_____
2	Rik Maessen	98	Klepp	_____
3	Kai Morten Kjærvoll	96	Stavanger SC	_____
4	Ådne Undheim	98	Bryne SK	_____
5	Mathias Engstrøm Sandstøl	99	Bryne SK	_____

Øvelse 7. 25m butterfly, damer**Heat 1**

1	Mathilde Pollestad	00	Klepp	_____
2	Andrine Fjogstad Tobiassen	99	Bryne SK	_____
3	Malin Jensen Salte	97	Klepp	_____
4	Vilde U. Stenbæk	98	Lund SK	_____
5	Annique Ultee	00	Frisinn SK	_____

Øvelse 8. 25m butterfly, herrer**Heat 1**

1				
2				
3	Edvard Stangeland	00	Klepp	_____
4				
5				

Pause 5 min.**Øvelse 9. 4*25m fri, mixed****Heat 1**

1				
2	Stavanger SC Mix 2 ung	UD	Stavanger SC	_____
3	Klepp Mix 2 ung	UD	Klepp	_____
4	Stavanger SC Mix 3 ung	UD	Stavanger SC	_____
5	Bryne SK Mix 1 ung	UD	Bryne SK	_____

Heat 2

1	Lund SK Mix 1 ung	UD	Lund SK	_____
2	Klepp Mix 1 ung	UD	Klepp	_____
3	Frisinn SK Mix 1 jr.	JR	Frisinn SK	_____
4	Bryne SK Mix 2 ung	UD	Bryne SK	_____
5	Stavanger SC Mix 1 ung	UD	Stavanger SC	_____

Pause 25 min.

Øvelse 10. 100m fri, damer**Heat 1**

1				_____
2				_____
3				_____
4				_____
5				_____

Øvelse 11. 100m fri, herrer**Heat 1**

1				_____
2				_____
3				_____
4				_____
5				_____

Øvelse 12. 50m bryst, damer**Heat 1**

1				_____
2	Julie Borsheim Endregaard	01	Frisinn SK	_____
3	Marita Undheim	01	Bryne SK	_____
4	Katarina Hansen	01	Frisinn SK	_____
5				_____

Heat 2

1				_____
2	Sarah Leza Raustein	01	Frisinn SK	_____
3	Maria Stornes	00	Frisinn SK	_____
4	Henriette Nessa Bjørnevik	01	Bryne SK	_____
5				_____

Heat 3

1	Annique Ultee	00	Frisinn SK	_____
2	Malin Eie Jacobsen	00	Frisinn SK	_____
3	Marie Sveingård	99	Stavanger SC	_____
4	Jan Magnus Larsen	99	Stavanger SC	_____
5	Ingeborg Tveit	00	Frisinn SK	_____

Heat 4

1	Andrine Fjogstad Tobiassen	99	Bryne SK	_____
2	Marie Bø Randulf	99	Stavanger SC	_____
3	Caroline Løland	98	Klepp	_____
4	Ida Kvalvaag	99	Stavanger SC	_____
5	Tessa Janssen	99	Stavanger SC	_____

Heat 5

1	Iselin Synnøve Danielsen	98	Stavanger SC	_____
2	Malin Jensen Salte	97	Klepp	_____
3	Ljubinka Bunjevcevic	95	Lund SK	_____
4	Susanne Høylan Pedersen	97	Bryne SK	_____
5	Nora Louise Drivdal	98	Lund SK	_____

Øvelse 13. 50m bryst, herrer**Heat 1**

1				
2	Håkon Berg Ådnøy	00	Stavanger SC	_____
3	Ådne Møll	99	Stavanger SC	_____
4	Helge Eidsnes	00	Bryne SK	_____
5	Lars Audun Bøen	00	Klepp	_____

Heat 2

1	Håvar Thu	99	Bryne SK	_____
2	Phillip D Gulliksen	98	Stavanger SC	_____
3	Shayan Ali Shehzad	97	Frisinn SK	_____
4	Rik Maessen	98	Klepp	_____
5	Ådne Undheim	98	Bryne SK	_____

Øvelse 14. 50m rygg, damer**Heat 1**

1				
2	Kristin Nygård Magnussen	02	Bryne SK	_____
3	Annique Ultee	00	Frisinn SK	_____
4	Marita Undheim	01	Bryne SK	_____
5				

Heat 2

1				
2	Elise G Håland	00	Bryne SK	_____
3	Vilde U. Stenbæk	98	Lund SK	_____
4	Andrine Fjogstad Tobiassen	99	Bryne SK	_____
5				

Øvelse 15. 50m rygg, herrer**Heat 1**

1				
2	Håkon Ødemotland Gundersen	00	Bryne SK	_____
3	Martin Kjetland	99	Bryne SK	_____
4	Mathias Engstrøm Sandstøl	99	Bryne SK	_____
5				

Heat 2

1				
2	Heine Reime Løge	99	Bryne SK	_____
3	Rik Maessen	98	Klepp	_____
4	Ådne Undheim	98	Bryne SK	_____
5				

Øvelse 16. 50m fri, damer**Heat 1**

1				
2	Leah Lane	02	Stavanger SC	_____
3	Thea Nielsen	01	Frisinn SK	_____
4	Aud Sofie Danielsen	02	Stavanger SC	_____
5				

Heat 2

1				
2	Katarina Hansen	01	Frisinn SK	_____
3	Solveig Revfe	00	Klepp	_____
4	Julie Borsheim Endregaard	01	Frisinn SK	_____
5				

Heat 3

1	Malin Eie Jacobsen	00	Frisinn SK	_____
2	Mathilde Pollestad	00	Klepp	_____
3	Ingeborg Tveit	00	Frisinn SK	_____
4	Annique Ultee	00	Frisinn SK	_____
5	Emely Lane	00	Stavanger SC	_____

Heat 4

1	Maria Stornes	00	Frisinn SK	_____
2	Andrine Fjogstad Tobiassen	99	Bryne SK	_____
3	Nora Louise Drivdal	98	Lund SK	_____
4	Gloria Grabovac	99	Frisinn SK	_____
5	Elin Constance Ørn Michel	00	Klepp	_____

Heat 5

1	Vilde U. Stenbæk	98	Lund SK	_____
2	Malin Jensen Salte	97	Klepp	_____
3	Ljubinka Bunjevcevic	95	Lund SK	_____
4	Susanne Høylan Pedersen	97	Bryne SK	_____
5	Kristin Eidsnes	97	Bryne SK	_____

Øvelse 17. 50m fri, herrer**Heat 1**

1	Sem Gabriel Moseid	01	Bryne SK	_____
2	Helge Eidsnes	00	Bryne SK	_____
3	Martin Kjetland	99	Bryne SK	_____
4	Håkon Ødemotland Gundersen	00	Bryne SK	_____
5	Lars Audun Bøen	00	Klepp	_____

Heat 2

1	Anders Chirico Indrebø	99	Stavanger SC	_____
2	Mathias Sunde	99	Stavanger SC	_____
3	Ådne Undheim	98	Bryne SK	_____
4	Vigar O. Fyllingsnes	99	Stavanger SC	_____
5	Heine Reime Løge	99	Bryne SK	_____

Øvelse 18. 100m individuell medley, damer**Heat 1**

1				
2				
3	Andrine Fjogstad Tobiassen	99	Bryne SK	_____
4	Emely Lane	00	Stavanger SC	_____
5				

Øvelse 19. 100m individuell medley, herrer**Heat 1**1
2
3
4
5_____

_____**Øvelse 20. 4*50m fri, mixed****Heat 1**1
2
3
4
5Bryne SK Mix 2 ung
Frisinn SK Mix 1 jr.
Bryne SK Mix 1 ungUD
JR
UDBryne SK
Frisinn SK
Bryne SK_____

