

**Øvelse 1. 400m fri, herrer****Heat 1**

|   |                                |    |             |       |
|---|--------------------------------|----|-------------|-------|
| 1 |                                |    |             |       |
| 2 | Heine T. Ottesen               | 00 | Delfana     | _____ |
| 3 | Aleksander Stangeland Pedersen | 96 | Sandnes SLK | _____ |
| 4 | Simen Clementsen               | 95 | Frisinn SK  | _____ |
| 5 |                                |    |             |       |
| 6 |                                |    |             |       |

**Heat 2**

|   |                         |    |             |       |
|---|-------------------------|----|-------------|-------|
| 1 | Njord Fornes            | 99 | Sola SK     | _____ |
| 2 | Svein Are Presthus      | 97 | Klepp       | _____ |
| 3 | Valmar Guttormsson      | 96 | Sandnes SLK | _____ |
| 4 | Håvard Nevestveit Barøy | 98 | Klepp       | _____ |
| 5 | Olav Nevestveit Barøy   | 99 | Klepp       | _____ |
| 6 | Torstein Myklebust      | 96 | Frisinn SK  | _____ |

**Heat 3**

|   |                       |    |          |         |       |
|---|-----------------------|----|----------|---------|-------|
| 1 | Sindre Vatnamot Amble | 98 | Madla SK | 6.44,88 | _____ |
| 2 | Sturla Blom           | 97 | Delfana  | 6.32,69 | _____ |
| 3 | Sindre Salte Dunseth  | 99 | Madla SK | 6.25,57 | _____ |
| 4 | Sondre Saltnes Urdal  | 99 | Delfana  | 6.28,40 | _____ |
| 5 | Adrian Lindgren       | 96 | Delfana  | 6.44,21 | _____ |
| 6 | Asbjørn Framnes       | 97 | Stord IL | 7.25,50 | _____ |

**Heat 4**

|   |                         |    |              |         |       |
|---|-------------------------|----|--------------|---------|-------|
| 1 | Leif Petter Sørbø       | 98 | Stavanger SC | 6.15,34 | _____ |
| 2 | Jens Petter Turøy       | 99 | Stavanger SC | 6.06,88 | _____ |
| 3 | Christoffer G. Skaaland | 97 | Delfana      | 6.01,70 | _____ |
| 4 | Torbjørn Visnes         | 97 | Stord IL     | 6.06,29 | _____ |
| 5 | Anders Johan Pedersen   | 97 | Delfana      | 6.08,14 | _____ |
| 6 | Kristian Endresen       | 98 | Haugesund SK | 6.24,92 | _____ |

**Heat 5**

|   |                        |    |              |         |       |
|---|------------------------|----|--------------|---------|-------|
| 1 | Erling Belaska         | 98 | Madla SK     | 5.56,71 | _____ |
| 2 | Erlend Anfinssen       | 97 | Sandnes SLK  | 5.41,38 | _____ |
| 3 | Halvor Alvestad Larsen | 98 | Karmøy SK    | 5.33,92 | _____ |
| 4 | Magnus Dale Johnsen    | 97 | Delfana      | 5.37,33 | _____ |
| 5 | Haakon Buckland        | 96 | Haugesund SK | 5.55,98 | _____ |
| 6 | Ole Lothe Foseid       | 98 | Stord IL     | 6.00,00 | _____ |

**Heat 6**

|   |                      |    |             |         |       |
|---|----------------------|----|-------------|---------|-------|
| 1 | Alec Karlsen         | 98 | Madla SK    | 5.23,15 | _____ |
| 2 | Anders Madsen        | 95 | Delfana     | 5.16,61 | _____ |
| 3 | Simen D. Kreybu      | 98 | Arna SLK    | 5.10,60 | _____ |
| 4 | Alexander Johnsgaard | 96 | Delfana     | 5.11,64 | _____ |
| 5 | Erik Andre Klepp Vik | 96 | Sandnes SLK | 5.16,86 | _____ |
| 6 | Axel Ravndal         | 98 | Sandnes SLK | 5.28,98 | _____ |

**Heat 7**

|   |                           |    |              |         |       |
|---|---------------------------|----|--------------|---------|-------|
| 1 | Harald Goa Fagerheim      | 97 | Karmøy SK    | 5.05,46 | _____ |
| 2 | Eivind Bjelland           | 98 | Haugesund SK | 5.03,01 | _____ |
| 3 | Martin Langeland-Knudsen  | 96 | Sola SK      | 5.00,38 | _____ |
| 4 | Dennis Asbjørnsen         | 97 | Madla SK     | 5.00,83 | _____ |
| 5 | Alexander Svanevik Nilsen | 93 | Stavanger SC | 5.03,75 | _____ |
| 6 | Sigurd Heldal Årethun     | 98 | Arna SLK     | 5.08,10 | _____ |

**Heat 8**

|   |                         |    |                       |         |       |
|---|-------------------------|----|-----------------------|---------|-------|
| 1 | Tim Samuelsen           | 97 | Madla SK              | 4.52,30 | _____ |
| 2 | Maurice Sudkamp         | 97 | Randaberg IL Svømming | 4.46,28 | _____ |
| 3 | Simen Alvestad          | 94 | Karmøy SK             | 4.35,25 | _____ |
| 4 | Trond Vasslag           | 94 | Stavanger SC          | 4.39,36 | _____ |
| 5 | Erik Årsland Gidskehaug | 97 | Bryne SK              | 4.51,83 | _____ |
| 6 | Vincent Skage           | 94 | Karmøy SK             | 4.55,57 | _____ |

**Heat 9**

|   |                        |    |              |         |       |
|---|------------------------|----|--------------|---------|-------|
| 1 | Henry Ravndal          | 93 | Sandnes SLK  | 4.28,12 | _____ |
| 2 | Morten Wee Hollund     | 96 | Karmøy SK    | 4.23,33 | _____ |
| 3 | Ivan Aleksander Larsen | 95 | Karmøy SK    | 4.15,01 | _____ |
| 4 | Alexander Marki Mork   | 95 | Stavanger SC | 4.21,53 | _____ |
| 5 | Daniel Sandhåland      | 95 | Karmøy SK    | 4.26,61 | _____ |
| 6 | Ole Martin Turøy       | 95 | Stavanger SC | 4.33,81 | _____ |

**Heat 10**

|   |                     |    |                       |         |       |
|---|---------------------|----|-----------------------|---------|-------|
| 1 | Ørjan Monsen        | 92 | Madla SK              | 4.13,62 | _____ |
| 2 | Morten Bordevich    | 94 | Madla SK              | 4.11,84 | _____ |
| 3 | Jørn Nygård         | 92 | Stavanger SC          | 3.56,14 | _____ |
| 4 | Sander Rødje        | 93 | Haugesund SK          | 4.02,08 | _____ |
| 5 | Thorbjørn Birkeland | 93 | Haugesund SK          | 4.13,55 | _____ |
| 6 | Øystein Fjeldberg   | 93 | Randaberg IL Svømming | 4.14,03 | _____ |

**Øvelse 2. 400m fri, damer****Heat 1**

|   |                    |    |             |  |       |
|---|--------------------|----|-------------|--|-------|
| 1 |                    |    |             |  | _____ |
| 2 | Karen N. Magnussen | 98 | Bryne SK    |  | _____ |
| 3 | Siren Ånestad      | 95 | Sandnes SLK |  | _____ |
| 4 | Marthe Gjøsæther   | 96 | Stord IL    |  | _____ |
| 5 |                    |    |             |  | _____ |
| 6 |                    |    |             |  | _____ |

**Heat 2**

|   |                            |    |              |  |       |
|---|----------------------------|----|--------------|--|-------|
| 1 | Elena Bergfjord            | 98 | Stavanger SC |  | _____ |
| 2 | Maria Storstein            | 00 | Karmøy SK    |  | _____ |
| 3 | Torill Stokka Thuestad     | 99 | Madla SK     |  | _____ |
| 4 | Heather Ann Fraser Mulvany | 99 | Madla SK     |  | _____ |
| 5 | Wiviann Indrevoll          | 98 | Madla SK     |  | _____ |
| 6 | Vibeke Todnem              | 95 | Sandnes SLK  |  | _____ |

**Heat 3**

|   |                        |    |             |  |       |
|---|------------------------|----|-------------|--|-------|
| 1 | Rebekka Asbjørnsen     | 96 | Sandnes SLK |  | _____ |
| 2 | Hanne Briedis          | 95 | Sandnes SLK |  | _____ |
| 3 | Sunniva Volden         | 96 | Sandnes SLK |  | _____ |
| 4 | Hanna Årsvoll Ryen     | 97 | Sandnes SLK |  | _____ |
| 5 | Andrea Edland          | 98 | Frisinn SK  |  | _____ |
| 6 | Marit Bergsland Hansen | 95 | Sandnes SLK |  | _____ |

**Heat 4**

|   |                           |    |          |         |       |
|---|---------------------------|----|----------|---------|-------|
| 1 | Sunniva Framnes           | 98 | Stord IL | 7.44,79 | _____ |
| 2 | Andrea Gurvin Skaaland    | 99 | Delfana  | 7.18,33 | _____ |
| 3 | Karoline Austad Pettersen | 98 | Madla SK | 7.14,18 | _____ |
| 4 | Anneli Tangerås Johnsen   | 98 | Delfana  | 7.17,02 | _____ |
| 5 | Sofie Lindgren            | 99 | Delfana  | 7.31,94 | _____ |
| 6 | Kine Tangerås Johnsen     | 00 | Delfana  | 7.51,48 | _____ |

**Heat 5**

|   |                    |    |          |         |       |
|---|--------------------|----|----------|---------|-------|
| 1 | Emilie Nilo Nilsen | 98 | Madla SK | 6.41,77 | _____ |
| 2 | Vilde Aas Løken    | 98 | Stord IL | 6.32,38 | _____ |
| 3 | Ingjerd Davøen     | 98 | Delfana  | 6.29,11 | _____ |
| 4 | Nora T. Hinna      | 99 | Delfana  | 6.30,32 | _____ |
| 5 | Vilde Lohman       | 99 | Delfana  | 6.33,91 | _____ |
| 6 | Amanda Truyen      | 97 | Delfana  | 6.43,82 | _____ |

**Heat 6**

|   |                   |    |              |         |       |
|---|-------------------|----|--------------|---------|-------|
| 1 | Mari Dahl         | 98 | Delfana      | 6.19,74 | _____ |
| 2 | Stine Bertelsen   | 99 | Bryne SK     | 6.07,94 | _____ |
| 3 | Helene T. Ottesen | 98 | Delfana      | 6.06,24 | _____ |
| 4 | Mie Kreybu        | 99 | Arna SLK     | 6.07,00 | _____ |
| 5 | Christina Vestre  | 99 | Haugesund SK | 6.14,11 | _____ |
| 6 | Ines Nystrand     | 98 | Madla SK     | 6.23,81 | _____ |

**Heat 7**

|   |                            |    |              |         |       |
|---|----------------------------|----|--------------|---------|-------|
| 1 | Pernille Vestre            | 97 | Haugesund SK | 6.01,95 | _____ |
| 2 | Kristin Serck-Hanssen      | 98 | Madla SK     | 5.57,14 | _____ |
| 3 | Ida Oftedal Bjøntegård     | 96 | Haugesund SK | 5.46,59 | _____ |
| 4 | Lise S Eiane               | 97 | Sola SK      | 5.57,09 | _____ |
| 5 | Mari Haugland Ingebregtsen | 98 | Delfana      | 5.59,43 | _____ |
| 6 | Ingrid Elise Berge Jenssen | 98 | Madla SK     | 6.02,32 | _____ |

**Heat 8**

|   |                              |    |             |         |       |
|---|------------------------------|----|-------------|---------|-------|
| 1 | Emily Bådsvik                | 96 | Frisinn SK  | 5.42,80 | _____ |
| 2 | Susann Pleyrn Olsen          | 97 | Delfana     | 5.41,43 | _____ |
| 3 | Siril Therese Follo Bårtvedt | 97 | Sandnes SLK | 5.39,63 | _____ |
| 4 | Gina Alvestad                | 98 | Karmøy SK   | 5.40,69 | _____ |
| 5 | Hanne Erstad Larsen          | 98 | Delfana     | 5.42,04 | _____ |
| 6 | Thea Støle                   | 96 | Frisinn SK  | 5.44,20 | _____ |

**Heat 9**

|   |                   |    |                       |         |       |
|---|-------------------|----|-----------------------|---------|-------|
| 1 | Signe Birch Moltu | 94 | Frisinn SK            | 5.36,58 | _____ |
| 2 | Ulrikke Rein      | 98 | Madla SK              | 5.31,01 | _____ |
| 3 | Julie Sundstrøm   | 97 | Delfana               | 5.29,63 | _____ |
| 4 | Alina H Bjelancic | 99 | Randaberg IL Svømming | 5.30,48 | _____ |
| 5 | Solveig Aarland   | 98 | Delfana               | 5.34,77 | _____ |
| 6 | Lisa Aaslestad    | 96 | Sandnes SLK           | 5.36,88 | _____ |

**Heat 10**

|   |                   |    |                       |         |       |
|---|-------------------|----|-----------------------|---------|-------|
| 1 | Mette Thunes      | 94 | Delfana               | 5.19,58 | _____ |
| 2 | Camilla Birkeland | 96 | Haugesund SK          | 5.11,59 | _____ |
| 3 | Sandra Sola       | 97 | Madla SK              | 5.07,79 | _____ |
| 4 | Maria Bergfjord   | 93 | Stavanger SC          | 5.10,71 | _____ |
| 5 | Silje Lilledahl   | 94 | Haugesund SK          | 5.15,98 | _____ |
| 6 | Hanne Hana Voss   | 97 | Randaberg IL Svømming | 5.26,02 | _____ |

**Heat 11**

|   |                        |    |              |         |       |
|---|------------------------|----|--------------|---------|-------|
| 1 | Line Nilsson           | 94 | Madla SK     | 5.06,36 | _____ |
| 2 | Maria Voldsund         | 98 | Delfana      | 5.03,53 | _____ |
| 3 | Stina Dahl             | 96 | Delfana      | 5.01,30 | _____ |
| 4 | Rachel Eden            | 95 | Madla SK     | 5.01,41 | _____ |
| 5 | Rebekka Andersen       | 93 | Stavanger SC | 5.06,23 | _____ |
| 6 | Nina-Therese Storstein | 98 | Karmøy SK    | 5.06,89 | _____ |

**Heat 12**

|   |                     |    |              |         |       |
|---|---------------------|----|--------------|---------|-------|
| 1 | Vanja Sand Syversen | 97 | Delfana      | 4.58,05 | _____ |
| 2 | Christine Akselberg | 96 | Arna SLK     | 4.53,00 | _____ |
| 3 | Karianne Reinertsen | 97 | Delfana      | 4.50,90 | _____ |
| 4 | Ingeborg Jørmeland  | 96 | Stavanger SC | 4.51,77 | _____ |
| 5 | Christine Arctander | 93 | Madla SK     | 4.55,84 | _____ |
| 6 | Anna Thorsen        | 94 | Arna SLK     | 5.00,30 | _____ |

**Heat 13**

|   |                          |    |              |         |       |
|---|--------------------------|----|--------------|---------|-------|
| 1 | Vilde Tengesdal          | 96 | Bryne SK     | 4.45,78 | _____ |
| 2 | Tone Lill Evanger        | 96 | Delfana      | 4.40,12 | _____ |
| 3 | Ane Nygård               | 95 | Stavanger SC | 4.32,75 | _____ |
| 4 | Ingalill Urrang Naustvik | 95 | Karmøy SK    | 4.36,67 | _____ |
| 5 | Elisabeth Kristiansen    | 92 | Haugesund SK | 4.40,89 | _____ |
| 6 | Frida Hinna              | 96 | Delfana      | 4.50,70 | _____ |

**Heat 14**

|   |                   |    |              |         |       |
|---|-------------------|----|--------------|---------|-------|
| 1 | Oda Gjerde        | 95 | Bryne SK     | 4.32,25 | _____ |
| 2 | Rebecca Holst     | 91 | Stavanger SC | 4.29,17 | _____ |
| 3 | Ida Marko-Varga   | 85 | Stavanger SC | 4.12,03 | _____ |
| 4 | Victoria Rung     | 92 | Madla SK     | 4.20,01 | _____ |
| 5 | Maria Wigestrands | 94 | Sola SK      | 4.31,71 | _____ |
| 6 | Elin Haugland     | 96 | Delfana      | 4.32,35 | _____ |

**Øvelse 3. 50m rygg, herrer****Heat 1**

|   |                |    |          |  |       |
|---|----------------|----|----------|--|-------|
| 1 |                |    |          |  | _____ |
| 2 | Magnus Ravndal | 99 | Sola SK  |  | _____ |
| 3 | Elias Jensen   | 94 | Nærbø SK |  | _____ |
| 4 | Alec Karlsen   | 98 | Madla SK |  | _____ |
| 5 |                |    |          |  | _____ |
| 6 |                |    |          |  | _____ |

**Heat 2**

|   |                          |    |              |  |       |
|---|--------------------------|----|--------------|--|-------|
| 1 | Helge Eidsnes            | 00 | Bryne SK     |  | _____ |
| 2 | Vigar Opedal Fyllingsnes | 99 | Stavanger SC |  | _____ |
| 3 | Ådne Undheim             | 98 | Bryne SK     |  | _____ |
| 4 | Martin Kjetland          | 99 | Bryne SK     |  | _____ |
| 5 | Adrian Sviland           | 94 | Nærbø SK     |  | _____ |
| 6 | Håvar Thu                | 99 | Bryne SK     |  | _____ |

**Heat 3**

|   |                         |    |           |       |       |
|---|-------------------------|----|-----------|-------|-------|
| 1 | Vermund Skogland Høgset | 00 | Karmøy SK | 59,90 | _____ |
| 2 | Johs Seeberg            | 00 | Karmøy SK | 54,16 | _____ |
| 3 | Svein Are Presthus      | 97 | Klepp     | 51,49 | _____ |
| 4 | Heine Reime Løge        | 99 | Bryne SK  | 52,60 | _____ |
| 5 | Hans Ole Bergh          | 97 | Stord IL  | 56,25 | _____ |
| 6 | Njord Fornes            | 99 | Sola SK   |       | _____ |

**Heat 4**

|   |                         |    |            |       |       |
|---|-------------------------|----|------------|-------|-------|
| 1 | Børge Grødem            | 96 | Klepp      | 50,48 | _____ |
| 2 | Marcus Wangsholm        | 97 | Delfana    | 50,25 | _____ |
| 3 | Olav Nevestveit Barøy   | 99 | Klepp      | 47,36 | _____ |
| 4 | Aune Lagestrand         | 98 | Klepp      | 49,94 | _____ |
| 5 | Håkon Ødegård Bergersen | 99 | Madla SK   | 50,32 | _____ |
| 6 | Johannes Kahlbom Wathne | 97 | Frisinn SK | 51,26 | _____ |

**Heat 5**

|   |                         |    |              |       |       |
|---|-------------------------|----|--------------|-------|-------|
| 1 | Truls Wigdel            | 99 | Madla SK     | 44,09 | _____ |
| 2 | Jonas Østenstad         | 98 | Haugesund SK | 42,73 | _____ |
| 3 | Bjørn Stian Vuillimomet | 96 | Klepp        | 42,60 | _____ |
| 4 | Erik Hystad             | 97 | Stord IL     | 42,62 | _____ |
| 5 | Viktor Hermansen        | 97 | Klepp        | 43,05 | _____ |
| 6 | Håvard Nevestveit Barøy | 98 | Klepp        | 47,03 | _____ |

**Heat 6**

|   |                    |    |              |       |       |
|---|--------------------|----|--------------|-------|-------|
| 1 | Ben Davison        | 97 | Stavanger SC | 41,24 | _____ |
| 2 | Torstein Myklebust | 96 | Frisinn SK   | 40,51 | _____ |
| 3 | Kristoffer Rung    | 95 | Frisinn SK   | 39,73 | _____ |
| 4 | Steffen Kvamme     | 96 | Arna SLK     | 39,80 | _____ |
| 5 | Henning Van Ta     | 96 | Frisinn SK   | 40,96 | _____ |
| 6 | Tobias Gellein     | 96 | Frisinn SK   | 41,97 | _____ |

**Heat 7**

|   |                        |    |              |       |       |
|---|------------------------|----|--------------|-------|-------|
| 1 | David Dossev           | 95 | Haugesund SK | 37,89 | _____ |
| 2 | Anders Lothe Losnegård | 95 | Stord IL     | 37,02 | _____ |
| 3 | Halvor Arne Borgstrøm  | 97 | Stavanger SC | 34,19 | _____ |
| 4 | Benjamin Alic          | 96 | Haugesund SK | 34,36 | _____ |
| 5 | Petter Thorsen         | 97 | Stord IL     | 37,62 | _____ |
| 6 | Adrian Etterlid Jensen | 97 | Stord IL     | 37,91 | _____ |

**Heat 8**

|   |                          |    |              |       |       |
|---|--------------------------|----|--------------|-------|-------|
| 1 | Anders Lindanger         | 95 | Stavanger SC | 33,79 | _____ |
| 2 | Martin Langeland-Knudsen | 96 | Sola SK      | 32,99 | _____ |
| 3 | Kacper Domanski          | 96 | Madla SK     | 31,14 | _____ |
| 4 | Harald Goa Fagerheim     | 97 | Karmøy SK    | 32,43 | _____ |
| 5 | Øyvind Malde             | 92 | Madla SK     | 33,22 | _____ |
| 6 | Vincent Skage            | 94 | Karmøy SK    | 34,04 | _____ |

**Heat 9**

|   |                       |    |             |       |       |
|---|-----------------------|----|-------------|-------|-------|
| 1 | Simen Alvestad        | 94 | Karmøy SK   | 30,94 | _____ |
| 2 | Gaute Ravndal         | 94 | Madla SK    | 29,31 | _____ |
| 3 | Glenn Skjæveland      | 92 | Sandnes SLK | 29,19 | _____ |
| 4 | Marius Karstad        | 92 | Madla SK    | 29,20 | _____ |
| 5 | Thomas Brustveit      | 93 | Sandnes SLK | 30,46 | _____ |
| 6 | Didrik Konow Grønseth | 92 | Frisinn SK  | 31,10 | _____ |

**Øvelse 4. 50m rygg, damer****Heat 1**

|   |                             |    |           |  |       |
|---|-----------------------------|----|-----------|--|-------|
| 1 |                             |    |           |  | _____ |
| 2 | Kristin Eidsnes             | 97 | Bryne SK  |  | _____ |
| 3 | Synneva Aarekol Johannessen | 00 | Karmøy SK |  | _____ |
| 4 | Hansine Olsen               | 98 | Klepp     |  | _____ |
| 5 |                             |    |           |  | _____ |
| 6 |                             |    |           |  | _____ |

**Heat 2**

|   |                        |    |              |         |       |
|---|------------------------|----|--------------|---------|-------|
| 1 | Stine Knutsen Leganger | 00 | Arna SLK     |         | _____ |
| 2 | Synnøve Døskeland      | 98 | Stavanger SC |         | _____ |
| 3 | Fanny Thorsen          | 00 | Haugesund SK | 55,06   | _____ |
| 4 | Christine Osmundsen    | 00 | Haugesund SK | 1.00,36 | _____ |
| 5 | Sandra Kvamme          | 99 | Arna SLK     |         | _____ |
| 6 | Emma Østenstad         | 00 | Haugesund SK |         | _____ |

**Heat 3**

|   |                            |    |              |       |       |
|---|----------------------------|----|--------------|-------|-------|
| 1 | Sunniva Framnes            | 98 | Stord IL     | 54,14 | _____ |
| 2 | Victoria Birkelid Langaker | 98 | Karmøy SK    | 50,57 | _____ |
| 3 | Vilde Lohman               | 99 | Delfana      | 49,53 | _____ |
| 4 | Synnøve Gravdal Heimvik    | 97 | Stord IL     | 50,00 | _____ |
| 5 | Maren Thoresen Malme       | 98 | Stord IL     | 51,95 | _____ |
| 6 | Ulva Kristine Bray         | 00 | Haugesund SK | 54,16 | _____ |

**Heat 4**

|   |                           |    |                       |       |       |
|---|---------------------------|----|-----------------------|-------|-------|
| 1 | May Idun Konow Grønseth   | 98 | Frisinn SK            | 48,98 | _____ |
| 2 | Helene Emmerhoff          | 99 | Randaberg IL Svømming | 47,92 | _____ |
| 3 | Björg Marie Pollestad     | 97 | Klepp                 | 46,00 | _____ |
| 4 | Oda Kristine Borgstrøm    | 99 | Stavanger SC          | 46,34 | _____ |
| 5 | Karoline Austad Pettersen | 98 | Madla SK              | 48,54 | _____ |
| 6 | Guro Økland               | 96 | Delfana               | 49,12 | _____ |

**Heat 5**

|   |                       |    |            |       |       |
|---|-----------------------|----|------------|-------|-------|
| 1 | Malene Tangedal Mehus | 94 | IL Solid   | 44,88 | _____ |
| 2 | Karianne Møkster      | 99 | Frisinn SK | 43,11 | _____ |
| 3 | Hedda Kristine Vaage  | 98 | Stord IL   | 42,83 | _____ |
| 4 | Nathalie Methlie      | 97 | Delfana    | 43,03 | _____ |
| 5 | Malin Tønnessen       | 96 | Frisinn SK | 43,45 | _____ |
| 6 | Sarah Heggholmen      | 98 | Delfana    | 44,99 | _____ |

**Heat 6**

|   |                           |    |              |       |       |
|---|---------------------------|----|--------------|-------|-------|
| 1 | Lise S Eiane              | 97 | Sola SK      | 42,05 | _____ |
| 2 | Johanne Willumsen de Haas | 98 | Madla SK     | 41,86 | _____ |
| 3 | Vilde E. Stokkenes        | 98 | Haugesund SK | 40,48 | _____ |
| 4 | Emily Bådsvik             | 96 | Frisinn SK   | 41,79 | _____ |
| 5 | Andrea Edland             | 98 | Frisinn SK   | 41,95 | _____ |
| 6 | Marit Hystad              | 96 | IL Solid     | 42,20 | _____ |

**Heat 7**

|   |                     |    |                       |       |       |
|---|---------------------|----|-----------------------|-------|-------|
| 1 | Runa Vatna Sandmoen | 96 | Frisinn SK            | 40,05 | _____ |
| 2 | Mathilde Rasmussen  | 97 | Arna SLK              | 39,90 | _____ |
| 3 | Sandra Sola         | 97 | Madla SK              | 38,93 | _____ |
| 4 | Marie Økland        | 94 | Delfana               | 39,54 | _____ |
| 5 | Alina H Bjelancic   | 99 | Randaberg IL Svømming | 39,91 | _____ |
| 6 | Amalie Nortvedt     | 97 | Frisinn SK            | 40,06 | _____ |

**Heat 8**

|   |                          |    |            |       |       |
|---|--------------------------|----|------------|-------|-------|
| 1 | Barbara Hansen           | 93 | Frisinn SK | 38,28 | _____ |
| 2 | Inger Husveg             | 92 | Klepp      | 37,86 | _____ |
| 3 | Hanna Huglen Vinsnesbakk | 95 | Stord IL   | 37,47 | _____ |
| 4 | Rachel Eden              | 95 | Madla SK   | 37,53 | _____ |
| 5 | Aleksandra Berge         | 94 | Madla SK   | 38,28 | _____ |
| 6 | Solveig Vuilliomenet     | 94 | Klepp      | 38,48 | _____ |

**Heat 9**

|   |                          |    |              |       |       |
|---|--------------------------|----|--------------|-------|-------|
| 1 | Regine Sjørdal Lindanger | 96 | Frisinn SK   | 36,57 | _____ |
| 2 | Malena Martens           | 94 | IL Solid     | 36,11 | _____ |
| 3 | Rebekka Andersen         | 93 | Stavanger SC | 35,84 | _____ |
| 4 | Susan Ultee              | 96 | Frisinn SK   | 35,86 | _____ |
| 5 | Monica Avlesbug          | 95 | Klepp        | 36,14 | _____ |
| 6 | Ida Jensen Lirhus        | 97 | Madla SK     | 37,34 | _____ |

**Heat 10**

|   |                           |    |              |       |       |
|---|---------------------------|----|--------------|-------|-------|
| 1 | Marte K Haukeland         | 94 | Arna SLK     | 35,40 | _____ |
| 2 | Siv Vuilliomenet          | 92 | Klepp        | 35,24 | _____ |
| 3 | Henriette Martinsen       | 85 | Stavanger SC | 33,00 | _____ |
| 4 | Julie Askeland            | 93 | Haugesund SK | 33,66 | _____ |
| 5 | Thea Bowitz Nedregard     | 96 | Sandnes SLK  | 35,38 | _____ |
| 6 | Inger-Kristine Steinsland | 92 | IL Solid     | 35,52 | _____ |

**Heat 11**

|   |                             |    |              |       |       |
|---|-----------------------------|----|--------------|-------|-------|
| 1 | Stine Mjølhus Kristoffersen | 93 | Madla SK     | 32,60 | _____ |
| 2 | Ingrid Hystad               | 92 | IL Solid     | 32,16 | _____ |
| 3 | Elisabeth Kristiansen       | 92 | Haugesund SK | 31,11 | _____ |
| 4 | Henriette Brekke            | 88 | Stavanger SC | 31,88 | _____ |
| 5 | Eva Marie Wilson Østerhus   | 94 | Madla SK     | 32,34 | _____ |
| 6 | Rebecca Holst               | 91 | Stavanger SC | 32,90 | _____ |

**Øvelse 5. 100m butterfly, herrer****Heat 1**

|   |                      |    |              |  |       |
|---|----------------------|----|--------------|--|-------|
| 1 |                      |    |              |  |       |
| 2 | Sindre Salte Dunseth | 99 | Madla SK     |  | _____ |
| 3 | Jan-Ove Lytomt       | 92 | Sandnes SLK  |  | _____ |
| 4 | Jørn Nygård          | 92 | Stavanger SC |  | _____ |
| 5 |                      |    |              |  |       |
| 6 |                      |    |              |  |       |

**Heat 2**

|   |                         |    |             |  |       |
|---|-------------------------|----|-------------|--|-------|
| 1 | Torstein Myklebust      | 96 | Frisinn SK  |  | _____ |
| 2 | Håkon Ødegård Bergersen | 99 | Madla SK    |  | _____ |
| 3 | Kristian N. Solvik      | 99 | Bryne SK    |  | _____ |
| 4 | Sondre Saltnes Urdal    | 99 | Delfana     |  | _____ |
| 5 | Knut Andre Sande        | 96 | Sandnes SLK |  | _____ |
| 6 | Adrian Lindgren         | 96 | Delfana     |  | _____ |

**Heat 3**

|   |                       |    |              |         |       |
|---|-----------------------|----|--------------|---------|-------|
| 1 | Asbjørn Framnes       | 97 | Stord IL     | 2.00,00 | _____ |
| 2 | Sean Elias Buckland   | 98 | Haugesund SK | 1.48,44 | _____ |
| 3 | Marcus Wangsholm      | 97 | Delfana      | 1.44,17 | _____ |
| 4 | Ole Lothe Foseid      | 98 | Stord IL     | 1.45,00 | _____ |
| 5 | Sindre Vatnamot Amble | 98 | Madla SK     | 1.52,08 | _____ |
| 6 | Hans Ole Bergh        | 97 | Stord IL     | 2.10,00 | _____ |

**Heat 4**

|   |                          |    |          |         |       |
|---|--------------------------|----|----------|---------|-------|
| 1 | Petter Thorsen           | 97 | Stord IL | 1.35,00 | _____ |
| 2 | Christoffer G. Skaaland  | 97 | Delfana  | 1.34,09 | _____ |
| 3 | Viktor Hermansen         | 97 | Klepp    | 1.30,60 | _____ |
| 4 | Bjørn Stian Vuilliomenet | 96 | Klepp    | 1.30,78 | _____ |
| 5 | Sturla Blom              | 97 | Delfana  | 1.34,22 | _____ |
| 6 | Magnus Dale Johnsen      | 97 | Delfana  | 1.35,10 | _____ |

**Heat 5**

|   |                         |    |             |         |       |
|---|-------------------------|----|-------------|---------|-------|
| 1 | Aleksander Petter Olsen | 98 | Sandnes SLK | 1.29,75 | _____ |
| 2 | Adrian Etterlid Jensen  | 97 | Stord IL    | 1.25,73 | _____ |
| 3 | Erlend Anfinsen         | 97 | Sandnes SLK | 1.22,45 | _____ |
| 4 | Halvor Alvestad Larsen  | 98 | Karmøy SK   | 1.24,96 | _____ |
| 5 | Tim Samuelsen           | 97 | Madla SK    | 1.25,80 | _____ |
| 6 | Axel Ravndal            | 98 | Sandnes SLK | 1.30,36 | _____ |

**Heat 6**

|   |                      |    |             |         |       |
|---|----------------------|----|-------------|---------|-------|
| 1 | Dennis Asbjørnsen    | 97 | Madla SK    | 1.18,52 | _____ |
| 2 | Erik Andre Klepp Vik | 96 | Sandnes SLK | 1.15,71 | _____ |
| 3 | Andreas O. Palmstrøm | 92 | Delfana     | 1.10,55 | _____ |
| 4 | Magnus Møkster       | 94 | Frisinn SK  | 1.13,45 | _____ |
| 5 | Eivind Haugland      | 94 | Delfana     | 1.16,93 | _____ |
| 6 | Alexander Johnsgaard | 96 | Delfana     | 1.19,21 | _____ |

**Heat 7**

|   |                       |    |              |         |       |
|---|-----------------------|----|--------------|---------|-------|
| 1 | Henrik Knudsen        | 94 | Stavanger SC | 1.09,01 | _____ |
| 2 | Henry Ravndal         | 93 | Sandnes SLK  | 1.05,72 | _____ |
| 3 | Vegard Belaska        | 93 | Madla SK     | 1.04,64 | _____ |
| 4 | Per Øystein Turøy     | 92 | Stavanger SC | 1.04,79 | _____ |
| 5 | Didrik Konow Grønseth | 92 | Frisinn SK   | 1.07,42 | _____ |
| 6 | Henning Skare Pryde   | 92 | Stavanger SC | 1.09,13 | _____ |

**Heat 8**

|   |                        |    |                       |         |       |
|---|------------------------|----|-----------------------|---------|-------|
| 1 | Gaute Ravndal          | 94 | Madla SK              | 1.03,39 | _____ |
| 2 | Kacper Domanski        | 96 | Madla SK              | 1.02,51 | _____ |
| 3 | Fredrik Knutsen Hegdal | 94 | Stavanger SC          | 58,67   | _____ |
| 4 | Bjarte Ravndal         | 91 | Madla SK              | 1.00,22 | _____ |
| 5 | Håkon P Ludvigsen      | 96 | Randaberg IL Svømming | 1.03,12 | _____ |
| 6 | Marius Karstad         | 92 | Madla SK              | 1.04,07 | _____ |

**Øvelse 6. 100m butterfly, damer****Heat 1**

|   |                           |    |            |  |       |
|---|---------------------------|----|------------|--|-------|
| 1 | Sarah Heggholmen          | 98 | Delfana    |  | _____ |
| 2 | Torill Stokka Thuestad    | 99 | Madla SK   |  | _____ |
| 3 | Vanessa Tuxen             | 92 | Madla SK   |  | _____ |
| 4 | Johanne Willumsen de Haas | 98 | Madla SK   |  | _____ |
| 5 | Nora T. Hinna             | 99 | Delfana    |  | _____ |
| 6 | Nora Sandvoll             | 99 | Frisinn SK |  | _____ |

**Heat 2**

|   |                            |    |              |         |       |
|---|----------------------------|----|--------------|---------|-------|
| 1 | Heather Ann Fraser Mulvany | 99 | Madla SK     |         | _____ |
| 2 | Elena Bergfjord            | 98 | Stavanger SC | 2.01,91 | _____ |
| 3 | Amanda Truyen              | 97 | Delfana      | 1.58,76 | _____ |
| 4 | Anneli Tangerås Johnsen    | 98 | Delfana      | 2.00,32 | _____ |
| 5 | Karoline Austad Pettersen  | 98 | Madla SK     | 2.18,31 | _____ |
| 6 | Olivia Herdus              | 96 | Delfana      |         | _____ |

**Heat 3**

|   |                            |    |              |         |       |
|---|----------------------------|----|--------------|---------|-------|
| 1 | Lene Gjørøther             | 97 | Stord IL     | 1.50,00 | _____ |
| 2 | Ines Nystrand              | 98 | Madla SK     | 1.48,52 | _____ |
| 3 | Christina Vestre           | 99 | Haugesund SK | 1.47,78 | _____ |
| 4 | Andrea Gurvin Skaaland     | 99 | Delfana      | 1.48,03 | _____ |
| 5 | Andrine Fjogstad Tobiassen | 99 | Bryne SK     | 1.48,78 | _____ |
| 6 | Marthe Gjørøther           | 96 | Stord IL     | 1.50,00 | _____ |

**Heat 4**

|   |                       |    |              |         |       |
|---|-----------------------|----|--------------|---------|-------|
| 1 | Mari Dahl             | 98 | Delfana      | 1.41,55 | _____ |
| 2 | Helene T. Ottesen     | 98 | Delfana      | 1.40,33 | _____ |
| 3 | Inger Marie Thorsen   | 96 | Haugesund SK | 1.34,22 | _____ |
| 4 | Hanne Erstad Larsen   | 98 | Delfana      | 1.35,25 | _____ |
| 5 | Kristin Serck-Hanssen | 98 | Madla SK     | 1.41,22 | _____ |
| 6 | Vilde Aas Løken       | 98 | Stord IL     | 1.42,17 | _____ |

**Heat 5**

|   |                            |    |              |         |       |
|---|----------------------------|----|--------------|---------|-------|
| 1 | Lisa Aaslestad             | 96 | Sandnes SLK  | 1.33,23 | _____ |
| 2 | Mari Haugland Ingebregtsen | 98 | Delfana      | 1.30,09 | _____ |
| 3 | Ingrid Elise Berge Jenssen | 98 | Madla SK     | 1.28,20 | _____ |
| 4 | Amalie Nortvedt            | 97 | Frisinn SK   | 1.29,77 | _____ |
| 5 | Solveig Aarland            | 98 | Delfana      | 1.30,20 | _____ |
| 6 | Brita Stang Aune           | 97 | Stavanger SC | 1.33,77 | _____ |

**Heat 6**

|   |                          |    |            |         |       |
|---|--------------------------|----|------------|---------|-------|
| 1 | Helene Dale Johnsen      | 95 | Delfana    | 1.26,11 | _____ |
| 2 | Gina Alvestad            | 98 | Karmøy SK  | 1.24,95 | _____ |
| 3 | Regine Sjørdal Lindanger | 96 | Frisinn SK | 1.23,86 | _____ |
| 4 | Elise Sandvoll           | 96 | Frisinn SK | 1.24,08 | _____ |
| 5 | Kaja Konow Grønseth      | 95 | Frisinn SK | 1.25,23 | _____ |
| 6 | May Synnøve Bartlett     | 95 | Madla SK   | 1.27,92 | _____ |

**Heat 7**

|   |                       |    |              |         |       |
|---|-----------------------|----|--------------|---------|-------|
| 1 | Lotte Stang Aune      | 96 | Stavanger SC | 1.22,19 | _____ |
| 2 | Stine Marie Anderssen | 95 | Sandnes SLK  | 1.18,57 | _____ |
| 3 | Ida Jensen Lirhus     | 97 | Madla SK     | 1.17,02 | _____ |
| 4 | Maria Voldsund        | 98 | Delfana      | 1.18,19 | _____ |
| 5 | Solveig Vuilliomenet  | 94 | Klepp        | 1.21,84 | _____ |
| 6 | Julie Sundstrøm       | 97 | Delfana      | 1.22,73 | _____ |

**Heat 8**

|   |                     |    |              |         |       |
|---|---------------------|----|--------------|---------|-------|
| 1 | Tone Lill Evanger   | 96 | Delfana      | 1.16,23 | _____ |
| 2 | Vanja Brunsvik      | 93 | Haugesund SK | 1.15,03 | _____ |
| 3 | Marte K Haukeland   | 94 | Arna SLK     | 1.12,20 | _____ |
| 4 | Ingrid Bergslid     | 97 | Madla SK     | 1.13,60 | _____ |
| 5 | Vanja Sand Syversen | 97 | Delfana      | 1.15,95 | _____ |
| 6 | Nina Staveland      | 97 | Madla SK     | 1.16,38 | _____ |

**Heat 9**

|   |                        |    |              |         |       |
|---|------------------------|----|--------------|---------|-------|
| 1 | Maria Thompson Clausen | 96 | Madla SK     | 1.09,91 | _____ |
| 2 | Marthe Berg Sørensen   | 93 | Madla SK     | 1.06,28 | _____ |
| 3 | Ida Marko-Varga        | 85 | Stavanger SC | 59,02   | _____ |
| 4 | Henriette Brekke       | 88 | Stavanger SC | 1.06,16 | _____ |
| 5 | Ane Nygård             | 95 | Stavanger SC | 1.08,79 | _____ |
| 6 | Lotte Miller           | 96 | Madla SK     | 1.11,60 | _____ |

**Øvelse 7. 4\*100m fri, herrer****Heat 1**

|   |                 |    |            |  |       |
|---|-----------------|----|------------|--|-------|
| 1 |                 |    |            |  |       |
| 2 | Delfana G2 jr.  | JR | Delfana    |  | _____ |
| 3 | Bryne SK G1 jr. | JR | Bryne SK   |  | _____ |
| 4 | Frisinn SK G1   | JR | Frisinn SK |  | _____ |
| 5 |                 |    |            |  |       |
| 6 |                 |    |            |  |       |

**Heat 2**

|   |                     |    |                       |         |       |
|---|---------------------|----|-----------------------|---------|-------|
| 1 | Randaberg IL G1 jr. | JR | Randaberg IL Svømming |         | _____ |
| 2 | Karmøy SK G2 jr.    | JR | Karmøy SK             |         | _____ |
| 3 | Madla SK G3 jr.     | JR | Madla SK              | 5.04,00 | _____ |
| 4 | Delfana G3 jr.      | JR | Delfana               |         | _____ |
| 5 | Klepp G1 jr.        | JR | Klepp                 |         | _____ |
| 6 |                     |    |                       |         |       |

**Heat 3**

|   |                      |    |              |         |       |
|---|----------------------|----|--------------|---------|-------|
| 1 | Haugesund SK G2 y.jr | JR | Haugesund SK | 4.30,00 | _____ |
| 2 | Delfana G1 jr.       | JR | Delfana      | 4.20,00 | _____ |
| 3 | Stavanger SC G3 jr.  | JR | Stavanger SC | 4.00,00 | _____ |
| 4 | Madla SK G2 jr.      | JR | Madla SK     | 4.01,00 | _____ |
| 5 | Sandnes SLK G2 jr.   | JR | Sandnes SLK  | 4.22,9  | _____ |
| 6 | Stord IL G1 jr.      | JR | Stord IL     | 4.45,00 | _____ |

**Heat 4**

|   |                     |    |              |         |       |
|---|---------------------|----|--------------|---------|-------|
| 1 | Madla SK G1 jr.     | JR | Madla SK     | 3.57,00 | _____ |
| 2 | Stavanger SC G2 jr. | JR | Stavanger SC | 3.50,00 | _____ |
| 3 | Stavanger SC G1 jr. | JR | Stavanger SC | 3.40,00 | _____ |
| 4 | Karmøy SK G1 jr.    | JR | Karmøy SK    | 3.48,34 | _____ |
| 5 | Sandnes SLK G1 jr.  | JR | Sandnes SLK  | 3.55,2  | _____ |
| 6 | Haugesund SK G1 jr. | JR | Haugesund SK | 3.58,00 | _____ |

**Øvelse 8. 4\*100m fri, damer****Heat 1**

|   |                  |    |            |  |       |
|---|------------------|----|------------|--|-------|
| 1 | Delfana J3 jr.   | JR | Delfana    |  | _____ |
| 2 | Bryne SK J1 jr.  | JR | Bryne SK   |  | _____ |
| 3 | Klepp J1 jr.     | JR | Klepp      |  | _____ |
| 4 | Frisinn SK J2    | JR | Frisinn SK |  | _____ |
| 5 | Delfana J4 jr.   | JR | Delfana    |  | _____ |
| 6 | Karmøy SK J1 jr. | JR | Karmøy SK  |  | _____ |

**Heat 2**

|   |                           |    |              |         |       |
|---|---------------------------|----|--------------|---------|-------|
| 1 | Frisinn SK J1             | JR | Frisinn SK   |         | _____ |
| 2 | Madla SK J6 jr.           | JR | Madla SK     | 5.12,00 | _____ |
| 3 | Sandnes SLK J2 jr.        | JR | Sandnes SLK  | 4.51,1  | _____ |
| 4 | Haugesund SK Jenter 2y.jr | JR | Haugesund SK | 5.00,00 | _____ |
| 5 | Madla SK J7 jr.           | JR | Madla SK     | 5.47,00 | _____ |
| 6 | Delfana J2 jr.            | JR | Delfana      |         | _____ |

**Heat 3**

|   |                     |    |              |         |       |
|---|---------------------|----|--------------|---------|-------|
| 1 | Madla SK J5 jr.     | JR | Madla SK     | 4.45,00 | _____ |
| 2 | Madla SK J4 jr.     | JR | Madla SK     | 4.38,00 | _____ |
| 3 | Haugesund SK J1 jr. | JR | Haugesund SK | 4.20,00 | _____ |
| 4 | IL Solid J1 jr.     | JR | IL Solid     | 4.35,00 | _____ |
| 5 | Sandnes SLK J1 jr.  | JR | Sandnes SLK  | 4.42,8  | _____ |
| 6 | Stord IL J1 jr.     | JR | Stord IL     | 4.50,00 | _____ |

**Heat 4**

|   |                     |    |              |         |       |
|---|---------------------|----|--------------|---------|-------|
| 1 | Stavanger SC J2 jr. | JR | Stavanger SC | 4.10,00 | _____ |
| 2 | Stavanger SC J1 jr. | JR | Stavanger SC | 4.05,00 | _____ |
| 3 | Madla SK J1 jr.     | JR | Madla SK     | 3.58,00 | _____ |
| 4 | Stavanger SC J1 sr. | SR | Stavanger SC | 4.05,00 | _____ |
| 5 | Madla SK J2 jr.     | JR | Madla SK     | 4.09,00 | _____ |
| 6 | Madla SK J3 jr.     | JR | Madla SK     | 4.19,00 | _____ |

**Øvelse 9. 100m bryst, herrer****Heat 1**

|   |                         |    |              |  |       |
|---|-------------------------|----|--------------|--|-------|
| 1 | Henrik Fjogstad         | 96 | Stavanger SC |  | _____ |
| 2 | Jonas Hornnes Torgersen | 96 | Frisinn SK   |  | _____ |
| 3 | Martin Kjetland         | 99 | Bryne SK     |  | _____ |
| 4 | Ådne Undheim            | 98 | Bryne SK     |  | _____ |
| 5 | Even Bergfjord          | 98 | Stavanger SC |  | _____ |
| 6 |                         |    |              |  | _____ |

**Heat 2**

|   |                      |          |              |         |       |
|---|----------------------|----------|--------------|---------|-------|
| 1 | Henrik Ramsland      | 97       | Frisinn SK   |         | _____ |
| 2 | Magnus Ravndal       | 99       | Sola SK      |         | _____ |
| 3 | Roger Larsen         | S14 - 74 | Egersund SK  | 3.21,89 | _____ |
| 4 | Adrian Sviland       | 94       | Nærbø SK     |         | _____ |
| 5 | Kristian Gunnarshaug | 96       | Haugesund SK |         | _____ |
| 6 | Håvar Thu            | 99       | Bryne SK     |         | _____ |

**Heat 3**

|   |                         |          |              |         |       |
|---|-------------------------|----------|--------------|---------|-------|
| 1 | Tord Østenstad Fjell    | 99       | Karmøy SK    | 2.05,21 | _____ |
| 2 | Ole Jørmeland           | 98       | Stavanger SC | 2.02,93 | _____ |
| 3 | Heine T. Ottesen        | 00       | Delfana      | 1.58,09 | _____ |
| 4 | Vermund Skogland Høgset | 00       | Karmøy SK    | 2.01,43 | _____ |
| 5 | Johannes Kahlbom Wathne | 97       | Frisinn SK   | 2.04,05 | _____ |
| 6 | Ingve Halvorsen         | S14 - 90 | Egersund SK  | 2.50,00 | _____ |

**Heat 4**

|   |                       |    |              |         |       |
|---|-----------------------|----|--------------|---------|-------|
| 1 | Njord Fornes          | 99 | Sola SK      | 1.52,13 | _____ |
| 2 | Sindre Salte Dunseth  | 99 | Madla SK     | 1.43,32 | _____ |
| 3 | Hans Ole Bergh        | 97 | Stord IL     | 1.41,89 | _____ |
| 4 | Kristian Endresen     | 98 | Haugesund SK | 1.42,23 | _____ |
| 5 | Leif Petter Sørbø     | 98 | Stavanger SC | 1.45,51 | _____ |
| 6 | Olav Nevestveit Barøy | 99 | Klepp        | 1.52,21 | _____ |

**Heat 5**

|   |                          |    |                       |         |       |
|---|--------------------------|----|-----------------------|---------|-------|
| 1 | Erling Belaska           | 98 | Madla SK              | 1.40,73 | _____ |
| 2 | Håkon Skogen             | 97 | Randaberg IL Svømming | 1.39,41 | _____ |
| 3 | Bjørn Stian Vuilliomenet | 96 | Klepp                 | 1.32,82 | _____ |
| 4 | Sigurd Heldal Årethun    | 98 | Arna SLK              | 1.33,80 | _____ |
| 5 | Børge Grødem             | 96 | Klepp                 | 1.39,76 | _____ |
| 6 | Aune Lagestrand          | 98 | Klepp                 | 1.41,82 | _____ |

**Heat 6**

|   |                         |    |                       |         |       |
|---|-------------------------|----|-----------------------|---------|-------|
| 1 | Torstein Myklebust      | 96 | Frisinn SK            | 1.31,41 | _____ |
| 2 | Benjamin Alic           | 96 | Haugesund SK          | 1.29,88 | _____ |
| 3 | Erik Årslund Gidskehaug | 97 | Bryne SK              | 1.27,93 | _____ |
| 4 | Martin Nilsen           | 94 | Haugesund SK          | 1.29,34 | _____ |
| 5 | Henning Van Ta          | 96 | Frisinn SK            | 1.30,61 | _____ |
| 6 | Fredrik Hana Voss       | 95 | Randaberg IL Svømming | 1.32,40 | _____ |

**Heat 7**

|   |                           |    |              |         |       |
|---|---------------------------|----|--------------|---------|-------|
| 1 | Elias Jensen              | 94 | Nærbø SK     | 1.26,36 | _____ |
| 2 | Anders Lothe Losnegård    | 95 | Stord IL     | 1.25,00 | _____ |
| 3 | Janis Treubluts           | 93 | Ventspils    | 1.18,00 | _____ |
| 4 | Olav Ravndal Skjølingstad | 95 | Stavanger SC | 1.20,34 | _____ |
| 5 | Adrian Etterlid Jensen    | 97 | Stord IL     | 1.25,52 | _____ |
| 6 | Simon Helland             | 95 | IL Solid     | 1.26,70 | _____ |

**Heat 8**

|   |                           |    |              |         |       |
|---|---------------------------|----|--------------|---------|-------|
| 1 | Vincent Skage             | 94 | Karmøy SK    | 1.16,53 | _____ |
| 2 | Trond Vasslag             | 94 | Stavanger SC | 1.14,62 | _____ |
| 3 | Glenn Skjæveland          | 92 | Sandnes SLK  | 1.13,31 | _____ |
| 4 | Ivan Aleksander Larsen    | 95 | Karmøy SK    | 1.13,48 | _____ |
| 5 | Alexander Svanevik Nilsen | 93 | Stavanger SC | 1.15,97 | _____ |
| 6 | Morten Wee Hollund        | 96 | Karmøy SK    | 1.16,69 | _____ |

## Øvelse 10. 100m bryst, damer

## Heat 1

|   |                             |    |              |  |       |
|---|-----------------------------|----|--------------|--|-------|
| 1 | Malin Eie Jacobsen          | 00 | Frisinn SK   |  | _____ |
| 2 | Henriette Brekke            | 88 | Stavanger SC |  | _____ |
| 3 | Ane N. Magnussen            | 96 | Bryne SK     |  | _____ |
| 4 | Silje Chirico Indrebø       | 95 | Frisinn SK   |  | _____ |
| 5 | Christine Osmundsen         | 00 | Haugesund SK |  | _____ |
| 6 | Synneva Aarekol Johannessen | 00 | Karmøy SK    |  | _____ |

## Heat 2

|   |                    |    |              |         |       |
|---|--------------------|----|--------------|---------|-------|
| 1 | Hansine Olsen      | 98 | Klepp        |         | _____ |
| 2 | Sarah Heggholmen   | 98 | Delfana      | 2.16,32 | _____ |
| 3 | Sunniva Framnes    | 98 | Stord IL     | 2.01,36 | _____ |
| 4 | Emma Østenstad     | 00 | Haugesund SK | 2.10,32 | _____ |
| 5 | Ulva Kristine Bray | 00 | Haugesund SK | 2.20,27 | _____ |
| 6 | Vibeke Todnem      | 95 | Sandnes SLK  |         | _____ |

## Heat 3

|   |                           |    |              |         |       |
|---|---------------------------|----|--------------|---------|-------|
| 1 | Maria Storstein           | 00 | Karmøy SK    | 2.00,05 | _____ |
| 2 | Karoline Austad Pettersen | 98 | Madla SK     | 1.58,54 | _____ |
| 3 | May Idun Konow Grønseth   | 98 | Frisinn SK   | 1.53,81 | _____ |
| 4 | Nathalie Methlie          | 97 | Delfana      | 1.55,56 | _____ |
| 5 | Kine Tangerås Johnsen     | 00 | Delfana      | 1.58,98 | _____ |
| 6 | Fanny Thorsen             | 00 | Haugesund SK | 2.00,08 | _____ |

## Heat 4

|   |                            |    |              |         |       |
|---|----------------------------|----|--------------|---------|-------|
| 1 | Bjørg Marie Pollestad      | 97 | Klepp        | 1.48,76 | _____ |
| 2 | Victoria Birkelid Langaker | 98 | Karmøy SK    | 1.48,66 | _____ |
| 3 | Maren Thoresen Malme       | 98 | Stord IL     | 1.46,54 | _____ |
| 4 | Pernille Vestre            | 97 | Haugesund SK | 1.46,85 | _____ |
| 5 | Karoline Bergfjord         | 96 | Stavanger SC | 1.48,70 | _____ |
| 6 | Karen N. Magnussen         | 98 | Bryne SK     | 1.50,16 | _____ |

## Heat 5

|   |                         |    |              |         |       |
|---|-------------------------|----|--------------|---------|-------|
| 1 | Hedda Kristine Vaage    | 98 | Stord IL     | 1.45,00 | _____ |
| 2 | Vilde Aas Løken         | 98 | Stord IL     | 1.44,84 | _____ |
| 3 | Lene Gjøsæther          | 97 | Stord IL     | 1.44,16 | _____ |
| 4 | Oda Kristine Borgstrøm  | 99 | Stavanger SC | 1.44,52 | _____ |
| 5 | Nora Larsen Rørvik      | 98 | Madla SK     | 1.44,98 | _____ |
| 6 | Synnøve Gravdal Heimvik | 97 | Stord IL     | 1.45,00 | _____ |

## Heat 6

|   |                           |    |                       |         |       |
|---|---------------------------|----|-----------------------|---------|-------|
| 1 | Hanne Hana Voss           | 97 | Randaberg IL Svømming | 1.42,76 | _____ |
| 2 | Marit Bergsland Hansen    | 95 | Sandnes SLK           | 1.41,41 | _____ |
| 3 | Olivia Herdus             | 96 | Delfana               | 1.40,42 | _____ |
| 4 | Marit Hystad              | 96 | IL Solid              | 1.41,03 | _____ |
| 5 | Johanne Willumsen de Haas | 98 | Madla SK              | 1.41,56 | _____ |
| 6 | Wiviann Indrevoll         | 98 | Madla SK              | 1.43,67 | _____ |

## Heat 7

|   |                       |    |              |         |       |
|---|-----------------------|----|--------------|---------|-------|
| 1 | Marthe Gjøsæther      | 96 | Stord IL     | 1.38,04 | _____ |
| 2 | Vilde E. Stokkenes    | 98 | Haugesund SK | 1.37,73 | _____ |
| 3 | Malene Tangedal Mehus | 94 | IL Solid     | 1.34,83 | _____ |
| 4 | Hanna Årsvoll Ryen    | 97 | Sandnes SLK  | 1.36,85 | _____ |
| 5 | Siv Vuilliomenet      | 92 | Klepp        | 1.38,00 | _____ |
| 6 | Siren Ånestad         | 95 | Sandnes SLK  | 1.38,26 | _____ |

**Heat 8**

|   |                          |    |             |         |       |
|---|--------------------------|----|-------------|---------|-------|
| 1 | Kaja Konow Grønseth      | 95 | Frisinn SK  | 1.31,27 | _____ |
| 2 | Aleksandra Berge         | 94 | Madla SK    | 1.29,79 | _____ |
| 3 | Regine Sjørdal Lindanger | 96 | Frisinn SK  | 1.27,89 | _____ |
| 4 | Ulrikke Rein             | 98 | Madla SK    | 1.28,16 | _____ |
| 5 | Lisa Aaslestad           | 96 | Sandnes SLK | 1.29,92 | _____ |
| 6 | Hanne Briedis            | 95 | Sandnes SLK | 1.33,95 | _____ |

**Heat 9**

|   |                          |    |             |         |       |
|---|--------------------------|----|-------------|---------|-------|
| 1 | Monica Avlesbug          | 95 | Klepp       | 1.27,69 | _____ |
| 2 | Line Nilsson             | 94 | Madla SK    | 1.27,38 | _____ |
| 3 | Hanna Huglen Vinsnesbakk | 95 | Stord IL    | 1.27,08 | _____ |
| 4 | Stine Marie Anderssen    | 95 | Sandnes SLK | 1.27,35 | _____ |
| 5 | Marie Økland             | 94 | Delfana     | 1.27,48 | _____ |
| 6 | May Synnøve Bartlett     | 95 | Madla SK    | 1.27,78 | _____ |

**Heat 10**

|   |                             |    |          |         |       |
|---|-----------------------------|----|----------|---------|-------|
| 1 | Inger Husveg                | 92 | Klepp    | 1.24,98 | _____ |
| 2 | Inger-Kristine Steinsland   | 92 | IL Solid | 1.23,89 | _____ |
| 3 | Mari Mjøllhus Kristoffersen | 95 | Madla SK | 1.22,55 | _____ |
| 4 | Maria Wigestrånd            | 94 | Sola SK  | 1.23,36 | _____ |
| 5 | Malena Martens              | 94 | IL Solid | 1.24,78 | _____ |
| 6 | Mathilde Rasmussen          | 97 | Arna SLK | 1.26,80 | _____ |

**Heat 11**

|   |                           |    |              |         |       |
|---|---------------------------|----|--------------|---------|-------|
| 1 | Ingrid Hystad             | 92 | IL Solid     | 1.20,89 | _____ |
| 2 | Tone Lill Evanger         | 96 | Delfana      | 1.18,63 | _____ |
| 3 | Henriette Martinsen       | 85 | Stavanger SC | 1.09,07 | _____ |
| 4 | Ingalill Urrang Naustvik  | 95 | Karmøy SK    | 1.11,52 | _____ |
| 5 | Maren Larsen              | 94 | Madla SK     | 1.19,94 | _____ |
| 6 | Eva Marie Wilson Østerhus | 94 | Madla SK     | 1.22,35 | _____ |

**Øvelse 11. 200m rygg, herrer****Heat 1**

|   |                                |    |             |  |       |
|---|--------------------------------|----|-------------|--|-------|
| 1 |                                |    |             |  |       |
| 2 | Aleksander Stangeland Pedersen | 96 | Sandnes SLK |  | _____ |
| 3 | Adrian Lindgren                | 96 | Delfana     |  | _____ |
| 4 | Truls Wigdel                   | 99 | Madla SK    |  | _____ |
| 5 |                                |    |             |  |       |
| 6 |                                |    |             |  |       |

**Heat 2**

|   |                         |    |              |         |       |
|---|-------------------------|----|--------------|---------|-------|
| 1 | Håvard Nevestveit Barøy | 98 | Klepp        |         | _____ |
| 2 | Sean Elias Buckland     | 98 | Haugesund SK | 3.32,17 | _____ |
| 3 | Sondre Saltnes Urdal    | 99 | Delfana      | 3.25,73 | _____ |
| 4 | Kristian N. Solvik      | 99 | Bryne SK     | 3.28,41 | _____ |
| 5 | Sindre Vatnamot Amble   | 98 | Madla SK     | 3.45,69 | _____ |
| 6 | Per Øystein Turøy       | 92 | Stavanger SC |         | _____ |

**Heat 3**

|   |                  |    |          |         |       |
|---|------------------|----|----------|---------|-------|
| 1 | Ole Lothe Foseid | 98 | Stord IL | 3.20,00 | _____ |
| 2 | Sturla Blom      | 97 | Delfana  | 3.19,82 | _____ |
| 3 | Marcus Wangsholm | 97 | Delfana  | 3.16,78 | _____ |
| 4 | Erling Belaska   | 98 | Madla SK | 3.16,92 | _____ |
| 5 | Asbjørn Framnes  | 97 | Stord IL | 3.20,00 | _____ |
| 6 | Erik Hystad      | 97 | Stord IL | 3.21,52 | _____ |

**Heat 4**

|   |                       |    |             |         |       |
|---|-----------------------|----|-------------|---------|-------|
| 1 | Torbjørn Visnes       | 97 | Stord IL    | 3.10,40 | _____ |
| 2 | Axel Ravndal          | 98 | Sandnes SLK | 3.07,99 | _____ |
| 3 | Magnus Dale Johnsen   | 97 | Delfana     | 3.04,38 | _____ |
| 4 | Anders Johan Pedersen | 97 | Delfana     | 3.05,48 | _____ |
| 5 | Steffen Kvamme        | 96 | Arna SLK    | 3.09,10 | _____ |
| 6 | Alec Karlsen          | 98 | Madla SK    | 3.10,84 | _____ |

**Heat 5**

|   |                         |    |              |         |       |
|---|-------------------------|----|--------------|---------|-------|
| 1 | Knut Andre Sande        | 96 | Sandnes SLK  | 3.01,22 | _____ |
| 2 | Simen D. Kreybu         | 98 | Arna SLK     | 2.51,50 | _____ |
| 3 | Halvor Alvestad Larsen  | 98 | Karmøy SK    | 2.49,75 | _____ |
| 4 | Erlend Anfinson         | 97 | Sandnes SLK  | 2.51,09 | _____ |
| 5 | Aleksander Petter Olsen | 98 | Sandnes SLK  | 2.59,10 | _____ |
| 6 | Jonas Østenstad         | 98 | Haugesund SK | 3.03,68 | _____ |

**Heat 6**

|   |                      |    |              |         |       |
|---|----------------------|----|--------------|---------|-------|
| 1 | Tim Samuelsen        | 97 | Madla SK     | 2.47,94 | _____ |
| 2 | Anders Madsen        | 95 | Delfana      | 2.45,04 | _____ |
| 3 | Anders Lindanger     | 95 | Stavanger SC | 2.35,85 | _____ |
| 4 | Petter Thorsen       | 97 | Stord IL     | 2.45,00 | _____ |
| 5 | Dennis Asbjørnsen    | 97 | Madla SK     | 2.45,15 | _____ |
| 6 | Alexander Johnsgaard | 96 | Delfana      | 2.49,08 | _____ |

**Heat 7**

|   |                          |    |                       |         |       |
|---|--------------------------|----|-----------------------|---------|-------|
| 1 | Martin Langeland-Knudsen | 96 | Sola SK               | 2.29,30 | _____ |
| 2 | Alexander Marki Mork     | 95 | Stavanger SC          | 2.21,43 | _____ |
| 3 | Håkon P Ludvigsen        | 96 | Randaberg IL Svømming | 2.19,18 | _____ |
| 4 | Øystein Fjeldberg        | 93 | Randaberg IL Svømming | 2.19,78 | _____ |
| 5 | Kacper Domanski          | 96 | Madla SK              | 2.24,67 | _____ |
| 6 | Maurice Sudkamp          | 97 | Randaberg IL Svømming | 2.31,54 | _____ |

**Heat 8**

|   |                   |    |              |         |       |
|---|-------------------|----|--------------|---------|-------|
| 1 | Daniel Sandhåland | 95 | Karmøy SK    | 2.17,00 | _____ |
| 2 | Bjarte Ravndal    | 91 | Madla SK     | 2.14,64 | _____ |
| 3 | Sander Rødje      | 93 | Haugesund SK | 2.09,52 | _____ |
| 4 | Henrik Knudsen    | 94 | Stavanger SC | 2.14,36 | _____ |
| 5 | Thomas Brustveit  | 93 | Sandnes SLK  | 2.16,99 | _____ |
| 6 | Morten Bordevich  | 94 | Madla SK     | 2.18,56 | _____ |

**Øvelse 12. 200m rygg, damer****Heat 1**

|   |                              |    |             |  |       |
|---|------------------------------|----|-------------|--|-------|
| 1 | Andrine Fjogstad Tobiassen   | 99 | Bryne SK    |  | _____ |
| 2 | Siril Therese Follo Bårtvedt | 97 | Sandnes SLK |  | _____ |
| 3 | Sunniva Volden               | 96 | Sandnes SLK |  | _____ |
| 4 | Sandra Kvamme                | 99 | Arna SLK    |  | _____ |
| 5 | Torill Stokka Thuestad       | 99 | Madla SK    |  | _____ |
| 6 | Stine Bertelsen              | 99 | Bryne SK    |  | _____ |

**Heat 2**

|   |                            |    |              |         |       |
|---|----------------------------|----|--------------|---------|-------|
| 1 | Heather Ann Fraser Mulvany | 99 | Madla SK     |         | _____ |
| 2 | Nora T. Hinna              | 99 | Delfana      | 3.53,84 | _____ |
| 3 | Elena Bergfjord            | 98 | Stavanger SC | 3.43,02 | _____ |
| 4 | Karoline Austad Pettersen  | 98 | Madla SK     | 3.46,39 | _____ |
| 5 | Sofie Lindgren             | 99 | Delfana      | 4.01,07 | _____ |
| 6 | Hanna Årsvoll Ryen         | 97 | Sandnes SLK  |         | _____ |

**Heat 3**

|   |                         |    |              |         |       |
|---|-------------------------|----|--------------|---------|-------|
| 1 | Anneli Tangerås Johnsen | 98 | Delfana      | 3.35,10 | _____ |
| 2 | Christina Vestre        | 99 | Haugesund SK | 3.26,34 | _____ |
| 3 | Ines Nystrand           | 98 | Madla SK     | 3.23,38 | _____ |
| 4 | Emilie Nilo Nilsen      | 98 | Madla SK     | 3.23,93 | _____ |
| 5 | Mie Kreybu              | 99 | Arna SLK     | 3.26,90 | _____ |
| 6 | Andrea Gurvin Skaaland  | 99 | Delfana      | 3.41,07 | _____ |

**Heat 4**

|   |                            |    |          |         |       |
|---|----------------------------|----|----------|---------|-------|
| 1 | Lene Gjøsæther             | 97 | Stord IL | 3.20,00 | _____ |
| 2 | Mari Haugland Ingebregtsen | 98 | Delfana  | 3.16,30 | _____ |
| 3 | Hedda Kristine Vaage       | 98 | Stord IL | 3.15,0  | _____ |
| 4 | Helene T. Ottesen          | 98 | Delfana  | 3.16,03 | _____ |
| 5 | Amanda Truyen              | 97 | Delfana  | 3.19,54 | _____ |
| 6 | Sunniva Framnes            | 98 | Stord IL | 3.20,00 | _____ |

**Heat 5**

|   |                            |    |           |         |       |
|---|----------------------------|----|-----------|---------|-------|
| 1 | Ingrid Elise Berge Jenssen | 98 | Madla SK  | 3.08,78 | _____ |
| 2 | Lise S Eiane               | 97 | Sola SK   | 3.05,75 | _____ |
| 3 | Nina-Therese Storstein     | 98 | Karmøy SK | 3.01,01 | _____ |
| 4 | Julie Sundstrøm            | 97 | Delfana   | 3.01,60 | _____ |
| 5 | Hanne Erstad Larsen        | 98 | Delfana   | 3.08,26 | _____ |
| 6 | Mari Dahl                  | 98 | Delfana   | 3.14,85 | _____ |

**Heat 6**

|   |                     |    |              |         |       |
|---|---------------------|----|--------------|---------|-------|
| 1 | Inger Marie Thorsen | 96 | Haugesund SK | 3.00,27 | _____ |
| 2 | Gina Alvestad       | 98 | Karmøy SK    | 2.59,54 | _____ |
| 3 | Brita Stang Aune    | 97 | Stavanger SC | 2.55,59 | _____ |
| 4 | Rebekka Asbjørnsen  | 96 | Sandnes SLK  | 2.56,30 | _____ |
| 5 | Solveig Aarland     | 98 | Delfana      | 3.00,01 | _____ |
| 6 | Susann Pleym Olsen  | 97 | Delfana      | 3.00,58 | _____ |

**Heat 7**

|   |                        |    |              |         |       |
|---|------------------------|----|--------------|---------|-------|
| 1 | Helene Dale Johnsen    | 95 | Delfana      | 2.50,29 | _____ |
| 2 | Lotte Stang Aune       | 96 | Stavanger SC | 2.46,86 | _____ |
| 3 | Thea Bowitz Nedregaard | 96 | Sandnes SLK  | 2.45,34 | _____ |
| 4 | Susan Ultee            | 96 | Frisinn SK   | 2.46,64 | _____ |
| 5 | Maria Voldsund         | 98 | Delfana      | 2.47,22 | _____ |
| 6 | Rachel Eden            | 95 | Madla SK     | 2.50,54 | _____ |

**Heat 8**

|   |                     |    |              |         |       |
|---|---------------------|----|--------------|---------|-------|
| 1 | Vanja Sand Syversen | 97 | Delfana      | 2.43,62 | _____ |
| 2 | Rebekka Andersen    | 93 | Stavanger SC | 2.41,12 | _____ |
| 3 | Ida Jensen Lirhus   | 97 | Madla SK     | 2.40,46 | _____ |
| 4 | Ingeborg Jørmeland  | 96 | Stavanger SC | 2.40,86 | _____ |
| 5 | Frida Hinna         | 96 | Delfana      | 2.42,26 | _____ |
| 6 | Stina Dahl          | 96 | Delfana      | 2.44,64 | _____ |

**Heat 9**

|   |                       |    |              |         |       |
|---|-----------------------|----|--------------|---------|-------|
| 1 | Julie Askeland        | 93 | Haugesund SK | 2.35,48 | _____ |
| 2 | Elin Haugland         | 96 | Delfana      | 2.26,17 | _____ |
| 3 | Rebecca Holst         | 91 | Stavanger SC | 2.19,63 | _____ |
| 4 | Elisabeth Kristiansen | 92 | Haugesund SK | 2.22,62 | _____ |
| 5 | Karianne Reinertsen   | 97 | Delfana      | 2.29,43 | _____ |
| 6 | Nina Staveland        | 97 | Madla SK     | 2.39,05 | _____ |

## Øvelse 13. 100m individuell medley, herrer

## Heat 1

|   |                         |    |            |       |
|---|-------------------------|----|------------|-------|
| 1 |                         |    |            |       |
| 2 | Elias Jensen            | 94 | Nærbø SK   | _____ |
| 3 | Johannes Kahlbom Wathne | 97 | Frisinn SK | _____ |
| 4 | Johs Seeberg            | 00 | Karmøy SK  | _____ |
| 5 |                         |    |            |       |
| 6 |                         |    |            |       |

## Heat 2

|   |                         |    |            |         |
|---|-------------------------|----|------------|---------|
| 1 | Adrian Sviland          | 94 | Nærbø SK   | _____   |
| 2 | Vermund Skogland Høgset | 00 | Karmøy SK  | _____   |
| 3 | Asbjørn Framnes         | 97 | Stord IL   | 1.48,52 |
| 4 | Aune Lagestrand         | 98 | Klepp      | 1.55,38 |
| 5 | Jonas Hornnes Torgersen | 96 | Frisinn SK | _____   |
| 6 | Håkon Ødegård Bergersen | 99 | Madla SK   | _____   |

## Heat 3

|   |                         |    |          |         |
|---|-------------------------|----|----------|---------|
| 1 | Olav Nevestveit Barøy   | 99 | Klepp    | 1.42,29 |
| 2 | Sindre Salte Dunseth    | 99 | Madla SK | 1.37,31 |
| 3 | Truls Wigdel            | 99 | Madla SK | 1.32,99 |
| 4 | Christoffer G. Skaaland | 97 | Delfana  | 1.37,03 |
| 5 | Kristian N. Solvik      | 99 | Bryne SK | 1.39,70 |
| 6 | Svein Are Presthus      | 97 | Klepp    | 1.44,78 |

## Heat 4

|   |                  |    |                       |         |
|---|------------------|----|-----------------------|---------|
| 1 | Ben Davison      | 97 | Stavanger SC          | 1.31,12 |
| 2 | Håkon Skogen     | 97 | Randaberg IL Svømming | 1.27,25 |
| 3 | Steffen Kvamme   | 96 | Arna SLK              | 1.26,00 |
| 4 | Tobias Gellein   | 96 | Frisinn SK            | 1.26,55 |
| 5 | Viktor Hermansen | 97 | Klepp                 | 1.29,80 |
| 6 | Børge Grødem     | 96 | Klepp                 | 1.31,15 |

## Heat 5

|   |                          |    |              |         |
|---|--------------------------|----|--------------|---------|
| 1 | Henning Van Ta           | 96 | Frisinn SK   | 1.24,51 |
| 2 | Anders Lothe Losnegård   | 95 | Stord IL     | 1.20,25 |
| 3 | Adrian Etterlid Jensen   | 97 | Stord IL     | 1.17,70 |
| 4 | Simen Clementsen         | 95 | Frisinn SK   | 1.18,90 |
| 5 | Eivind Bjelland          | 98 | Haugesund SK | 1.21,45 |
| 6 | Bjørn Stian Vuilliomenet | 96 | Klepp        | 1.24,53 |

## Heat 6

|   |                              |    |              |         |
|---|------------------------------|----|--------------|---------|
| 1 | Benjamin Alic                | 96 | Haugesund SK | 1.17,22 |
| 2 | Eivind Haugland              | 94 | Delfana      | 1.16,24 |
| 3 | Erik Årsland Gidskehaug      | 97 | Bryne SK     | 1.14,30 |
| 4 | Vincent Skage                | 94 | Karmøy SK    | 1.15,26 |
| 5 | Halvor Arne Borgstrøm        | 97 | Stavanger SC | 1.16,65 |
| 6 | Anders Wettergreen Gundersen | 94 | Stavanger SC | 1.17,23 |

## Heat 7

|   |                    |    |              |         |
|---|--------------------|----|--------------|---------|
| 1 | Magnus Møkster     | 94 | Frisinn SK   | 1.10,63 |
| 2 | Trond Vasslag      | 94 | Stavanger SC | 1.09,54 |
| 3 | Henrik Knudsen     | 94 | Stavanger SC | 1.08,84 |
| 4 | Morten Wee Hollund | 96 | Karmøy SK    | 1.09,40 |
| 5 | Janis Treubluts    | 93 | Ventspils    | 1.10,00 |
| 6 | Øyvind Malde       | 92 | Madla SK     | 1.10,94 |

**Heat 8**

|   |                        |    |                       |         |       |
|---|------------------------|----|-----------------------|---------|-------|
| 1 | Didrik Konow Grønseth  | 92 | Frisinn SK            | 1.06,75 | _____ |
| 2 | Gaute Ravndal          | 94 | Madla SK              | 1.05,65 | _____ |
| 3 | Fredrik Knutsen Hegdal | 94 | Stavanger SC          | 1.03,65 | _____ |
| 4 | Glenn Skjæveland       | 92 | Sandnes SLK           | 1.04,94 | _____ |
| 5 | Øystein Fjeldberg      | 93 | Randaberg IL Svømming | 1.06,19 | _____ |
| 6 | Simen Alvestad         | 94 | Karmøy SK             | 1.06,94 | _____ |

**Øvelse 14. 100m individuell medley, damer****Heat 1**

|   |                            |    |             |  |       |
|---|----------------------------|----|-------------|--|-------|
| 1 |                            |    |             |  | _____ |
| 2 | Ane N. Magnussen           | 96 | Bryne SK    |  | _____ |
| 3 | Hanne Briedis              | 95 | Sandnes SLK |  | _____ |
| 4 | Heather Ann Fraser Mulvany | 99 | Madla SK    |  | _____ |
| 5 |                            |    |             |  | _____ |
| 6 |                            |    |             |  | _____ |

**Heat 2**

|   |                  |    |                       |         |       |
|---|------------------|----|-----------------------|---------|-------|
| 1 | Sunniva Framnes  | 98 | Stord IL              | 1.56,34 | _____ |
| 2 | Hansine Olsen    | 98 | Klepp                 | 1.48,08 | _____ |
| 3 | Nora Sandvoll    | 99 | Frisinn SK            | 1.45,66 | _____ |
| 4 | Helene Emmerhoff | 99 | Randaberg IL Svømming | 1.45,69 | _____ |
| 5 | Ingjerd Davøen   | 98 | Delfana               | 1.49,85 | _____ |
| 6 | Ida Marko-Varga  | 85 | Stavanger SC          |         | _____ |

**Heat 3**

|   |                         |    |              |         |       |
|---|-------------------------|----|--------------|---------|-------|
| 1 | Maren Thoresen Malme    | 98 | Stord IL     | 1.44,15 | _____ |
| 2 | Stine Bertelsen         | 99 | Bryne SK     | 1.40,83 | _____ |
| 3 | Oda Kristine Borgstrøm  | 99 | Stavanger SC | 1.37,49 | _____ |
| 4 | Björg Marie Pollestad   | 97 | Klepp        | 1.37,51 | _____ |
| 5 | May Idun Konow Grønseth | 98 | Frisinn SK   | 1.40,95 | _____ |
| 6 | Karoline Bergfjord      | 96 | Stavanger SC | 1.45,21 | _____ |

**Heat 4**

|   |                        |    |              |         |       |
|---|------------------------|----|--------------|---------|-------|
| 1 | Hedda Kristine Vaage   | 98 | Stord IL     | 1.36,32 | _____ |
| 2 | Pernille Vestre        | 97 | Haugesund SK | 1.35,69 | _____ |
| 3 | Marit Hystad           | 96 | IL Solid     | 1.32,75 | _____ |
| 4 | Ida Oftedal Bjøntegård | 96 | Haugesund SK | 1.33,58 | _____ |
| 5 | Vilde Aas Løken        | 98 | Stord IL     | 1.35,90 | _____ |
| 6 | Andrea Edland          | 98 | Frisinn SK   | 1.36,45 | _____ |

**Heat 5**

|   |                           |    |            |         |       |
|---|---------------------------|----|------------|---------|-------|
| 1 | Malin Tønnessen           | 96 | Frisinn SK | 1.31,94 | _____ |
| 2 | Runa Vatna Sandmoen       | 96 | Frisinn SK | 1.30,50 | _____ |
| 3 | Elise Sandvoll            | 96 | Frisinn SK | 1.25,00 | _____ |
| 4 | Emily Bådsvik             | 96 | Frisinn SK | 1.25,25 | _____ |
| 5 | Malene Tangedal Mehus     | 94 | IL Solid   | 1.30,96 | _____ |
| 6 | Johanne Willumsen de Haas | 98 | Madla SK   | 1.32,73 | _____ |

**Heat 6**

|   |                      |    |            |         |       |
|---|----------------------|----|------------|---------|-------|
| 1 | Marie Økland         | 94 | Delfana    | 1.23,71 | _____ |
| 2 | Thea Støle           | 96 | Frisinn SK | 1.22,86 | _____ |
| 3 | Mathilde Rasmussen   | 97 | Arna SLK   | 1.21,70 | _____ |
| 4 | Sandra Sola          | 97 | Madla SK   | 1.22,57 | _____ |
| 5 | May Synnøve Bartlett | 95 | Madla SK   | 1.23,22 | _____ |
| 6 | Kaja Konow Grønseth  | 95 | Frisinn SK | 1.24,94 | _____ |

**Heat 7**

|   |                   |    |              |         |       |
|---|-------------------|----|--------------|---------|-------|
| 1 | Camilla Birkeland | 96 | Haugesund SK | 1.21,00 | _____ |
| 2 | Monica Avlesbug   | 95 | Klepp        | 1.20,56 | _____ |
| 3 | Mette Thunes      | 94 | Delfana      | 1.20,42 | _____ |
| 4 | Barbara Hansen    | 93 | Frisinn SK   | 1.20,52 | _____ |
| 5 | Silje Lilledahl   | 94 | Haugesund SK | 1.20,97 | _____ |
| 6 | Signe Birch Moltu | 94 | Frisinn SK   | 1.21,05 | _____ |

**Heat 8**

|   |                          |    |              |         |       |
|---|--------------------------|----|--------------|---------|-------|
| 1 | Siv Vuilliomenet         | 92 | Klepp        | 1.20,27 | _____ |
| 2 | Aleksandra Berge         | 94 | Madla SK     | 1.18,59 | _____ |
| 3 | Regine Sjørdal Lindanger | 96 | Frisinn SK   | 1.17,42 | _____ |
| 4 | Vanja Brunsvik           | 93 | Haugesund SK | 1.18,46 | _____ |
| 5 | Ulrikke Rein             | 98 | Madla SK     | 1.19,62 | _____ |
| 6 | Solveig Vuilliomenet     | 94 | Klepp        | 1.20,29 | _____ |

**Heat 9**

|   |                             |    |          |         |       |
|---|-----------------------------|----|----------|---------|-------|
| 1 | Ingrid Bergslid             | 97 | Madla SK | 1.16,72 | _____ |
| 2 | Malena Martens              | 94 | IL Solid | 1.14,27 | _____ |
| 3 | Christine Akselberg         | 96 | Arna SLK | 1.14,00 | _____ |
| 4 | Mari Mjølhøus Kristoffersen | 95 | Madla SK | 1.14,26 | _____ |
| 5 | Inger-Kristine Steinsland   | 92 | IL Solid | 1.15,08 | _____ |
| 6 | Inger Husveg                | 92 | Klepp    | 1.17,23 | _____ |

**Heat 10**

|   |                      |    |          |         |       |
|---|----------------------|----|----------|---------|-------|
| 1 | Marthe Berg Sørensen | 93 | Madla SK | 1.13,37 | _____ |
| 2 | Lotte Miller         | 96 | Madla SK | 1.12,30 | _____ |
| 3 | Oda Gjerde           | 95 | Bryne SK | 1.12,16 | _____ |
| 4 | Maren Larsen         | 94 | Madla SK | 1.12,25 | _____ |
| 5 | Tone Lill Evanger    | 96 | Delfana  | 1.12,43 | _____ |
| 6 | Vanessa Tuxen        | 92 | Madla SK | 1.13,74 | _____ |

**Heat 11**

|   |                              |    |              |         |       |
|---|------------------------------|----|--------------|---------|-------|
| 1 | Eva Marie Wilson Østerhus    | 94 | Madla SK     | 1.10,26 | _____ |
| 2 | Rebecca Holst                | 91 | Stavanger SC | 1.09,12 | _____ |
| 3 | Victoria Rung                | 92 | Madla SK     | 1.07,74 | _____ |
| 4 | Maria Thompson Clausen       | 96 | Madla SK     | 1.08,61 | _____ |
| 5 | Stine Mjølhøus Kristoffersen | 93 | Madla SK     | 1.09,99 | _____ |
| 6 | Ingrid Hystad                | 92 | IL Solid     | 1.11,38 | _____ |

**Øvelse 15. 50m fri, herrer****Heat 1**

|   |                          |    |              |  |       |
|---|--------------------------|----|--------------|--|-------|
| 1 |                          |    |              |  |       |
| 2 | Vigar Opedal Fyllingsnes | 99 | Stavanger SC |  | _____ |
| 3 | Håvar Thu                | 99 | Bryne SK     |  | _____ |
| 4 | Ådne Undheim             | 98 | Bryne SK     |  | _____ |
| 5 |                          |    |              |  |       |
| 6 |                          |    |              |  |       |

**Heat 2**

|   |                    |    |              |  |       |
|---|--------------------|----|--------------|--|-------|
| 1 | Jens Petter Turøy  | 99 | Stavanger SC |  | _____ |
| 2 | Martin Kjetland    | 99 | Bryne SK     |  | _____ |
| 3 | Valmar Guttormsson | 96 | Sandnes SLK  |  | _____ |
| 4 | Even Bergfjord     | 98 | Stavanger SC |  | _____ |
| 5 | Helge Eidsnes      | 00 | Bryne SK     |  | _____ |
| 6 |                    |    |              |  |       |

**Heat 3**

|   |                              |          |              |       |       |
|---|------------------------------|----------|--------------|-------|-------|
| 1 | Jonas Johannes Aase Hvalrygg | 00       | Haugesund SK |       | _____ |
| 2 | Jonas Hornnes Torgersen      | 96       | Frisinn SK   |       | _____ |
| 3 | Roy Hadland                  | S14 - 70 | Egersund SK  | 56,40 | _____ |
| 4 | Øyvind Junge                 | 99       | Sande SK     | 57,35 | _____ |
| 5 | Ådne Møll                    | 99       | Stavanger SC |       | _____ |
| 6 | Kristian Gunnarshaug         | 96       | Haugesund SK |       | _____ |

**Heat 4**

|   |                         |          |              |       |       |
|---|-------------------------|----------|--------------|-------|-------|
| 1 | Ingve Halvorsen         | S14 - 90 | Egersund SK  | 49,89 | _____ |
| 2 | Heine Reime Løge        | 99       | Bryne SK     | 45,96 | _____ |
| 3 | Jakob Ryli              | 98       | Sande SK     | 43,58 | _____ |
| 4 | Vermund Skogland Høgset | 00       | Karmøy SK    | 44,90 | _____ |
| 5 | Henrik Fjogstad         | 96       | Stavanger SC | 46,01 | _____ |
| 6 | Roger Larsen            | S14 - 74 | Egersund SK  | 55,16 | _____ |

**Heat 5**

|   |                  |    |              |       |       |
|---|------------------|----|--------------|-------|-------|
| 1 | Heine T. Ottesen | 00 | Delfana      | 42,49 | _____ |
| 2 | Henrik Ramsland  | 97 | Frisinn SK   | 41,76 | _____ |
| 3 | Hans Ole Bergh   | 97 | Stord IL     | 40,77 | _____ |
| 4 | Ole Jørmeland    | 98 | Stavanger SC | 41,60 | _____ |
| 5 | Sturla Blom      | 97 | Delfana      | 42,21 | _____ |
| 6 | Johs Seeberg     | 00 | Karmøy SK    | 43,22 | _____ |

**Heat 6**

|   |                         |    |              |       |       |
|---|-------------------------|----|--------------|-------|-------|
| 1 | Håkon Ødegård Bergersen | 99 | Madla SK     | 39,48 | _____ |
| 2 | Magnus Ravndal          | 99 | Sola SK      | 39,29 | _____ |
| 3 | Sean Elias Buckland     | 98 | Haugesund SK | 38,98 | _____ |
| 4 | Johannes Kahlbom Wathne | 97 | Frisinn SK   | 39,26 | _____ |
| 5 | Tord Østenstad Fjell    | 99 | Karmøy SK    | 39,44 | _____ |
| 6 | Sindre Vatnamot Amble   | 98 | Madla SK     | 40,29 | _____ |

**Heat 7**

|   |                         |    |                       |       |       |
|---|-------------------------|----|-----------------------|-------|-------|
| 1 | Olav Nevestveit Barøy   | 99 | Klepp                 | 38,66 | _____ |
| 2 | Njord Fornes            | 99 | Sola SK               | 37,70 | _____ |
| 3 | Fredrik Hana Voss       | 95 | Randaberg IL Svømming | 35,82 | _____ |
| 4 | Aune Lagestrand         | 98 | Klepp                 | 37,26 | _____ |
| 5 | Svein Are Presthus      | 97 | Klepp                 | 38,39 | _____ |
| 6 | Håvard Nevestveit Barøy | 98 | Klepp                 | 38,75 | _____ |

**Heat 8**

|   |                   |    |              |       |       |
|---|-------------------|----|--------------|-------|-------|
| 1 | Ole Lothe Foseid  | 98 | Stord IL     | 35,38 | _____ |
| 2 | Kristian Endresen | 98 | Haugesund SK | 34,93 | _____ |
| 3 | Ben Davison       | 97 | Stavanger SC | 34,67 | _____ |
| 4 | Jonas Østenstad   | 98 | Haugesund SK | 34,82 | _____ |
| 5 | Viktor Hermansen  | 97 | Klepp        | 35,21 | _____ |
| 6 | Leif Petter Sørbo | 98 | Stavanger SC | 35,67 | _____ |

**Heat 9**

|   |                  |    |              |       |       |
|---|------------------|----|--------------|-------|-------|
| 1 | Erik Hystad      | 97 | Stord IL     | 34,18 | _____ |
| 2 | Knut Andre Sande | 96 | Sandnes SLK  | 34,04 | _____ |
| 3 | Torbjørn Visnes  | 97 | Stord IL     | 33,69 | _____ |
| 4 | Henning Van Ta   | 96 | Frisinn SK   | 33,95 | _____ |
| 5 | Børge Grødem     | 96 | Klepp        | 34,09 | _____ |
| 6 | Haakon Buckland  | 96 | Haugesund SK | 34,34 | _____ |

**Heat 10**

|   |                          |    |                       |       |       |
|---|--------------------------|----|-----------------------|-------|-------|
| 1 | Simen D. Kreybu          | 98 | Arna SLK              | 32,60 | _____ |
| 2 | Eivind Bjelland          | 98 | Haugesund SK          | 31,96 | _____ |
| 3 | Bjørn Stian Vuilliomenet | 96 | Klepp                 | 31,74 | _____ |
| 4 | Sigurd Heldal Årethun    | 98 | Arna SLK              | 31,80 | _____ |
| 5 | Håkon Skogen             | 97 | Randaberg IL Svømming | 32,01 | _____ |
| 6 | Axel Ravndal             | 98 | Sandnes SLK           | 33,38 | _____ |

**Heat 11**

|   |                                |    |              |       |       |
|---|--------------------------------|----|--------------|-------|-------|
| 1 | Aleksander Petter Olsen        | 98 | Sandnes SLK  | 31,68 | _____ |
| 2 | Aleksander Stangeland Pedersen | 96 | Sandnes SLK  | 31,58 | _____ |
| 3 | Kristoffer Rung                | 95 | Frisinn SK   | 31,32 | _____ |
| 4 | David Dossev                   | 95 | Haugesund SK | 31,37 | _____ |
| 5 | Adrian Etterlid Jensen         | 97 | Stord IL     | 31,58 | _____ |
| 6 | Adrian Sviland                 | 94 | Nærbø SK     | 31,73 | _____ |

**Heat 12**

|   |                      |    |                       |       |       |
|---|----------------------|----|-----------------------|-------|-------|
| 1 | Eivind Haugland      | 94 | Delfana               | 30,76 | _____ |
| 2 | Petter Thorsen       | 97 | Stord IL              | 30,25 | _____ |
| 3 | Maurice Sudkamp      | 97 | Randaberg IL Svømming | 30,05 | _____ |
| 4 | Erik Andre Klepp Vik | 96 | Sandnes SLK           | 30,18 | _____ |
| 5 | Erlend Anfinsen      | 97 | Sandnes SLK           | 30,62 | _____ |
| 6 | Elias Jensen         | 94 | Nærbø SK              | 31,31 | _____ |

**Heat 13**

|   |                          |    |              |       |       |
|---|--------------------------|----|--------------|-------|-------|
| 1 | Martin Nilsen            | 94 | Haugesund SK | 29,53 | _____ |
| 2 | Martin Langeland-Knudsen | 96 | Sola SK      | 29,50 | _____ |
| 3 | Anders Lindanger         | 95 | Stavanger SC | 29,12 | _____ |
| 4 | Simon Helland            | 95 | IL Solid     | 29,43 | _____ |
| 5 | Halvor Arne Borgstrøm    | 97 | Stavanger SC | 29,51 | _____ |
| 6 | Andreas O. Palmstrøm     | 92 | Delfana      | 29,68 | _____ |

**Heat 14**

|   |                           |    |              |       |       |
|---|---------------------------|----|--------------|-------|-------|
| 1 | Anders Lothe Losnegård    | 95 | Stord IL     | 28,86 | _____ |
| 2 | Thomas Brustveit          | 93 | Sandnes SLK  | 28,34 | _____ |
| 3 | Ole Martin Turøy          | 95 | Stavanger SC | 28,09 | _____ |
| 4 | Janis Treubluts           | 93 | Ventspils    | 28,20 | _____ |
| 5 | Jan-Ove Lytomt            | 92 | Sandnes SLK  | 28,71 | _____ |
| 6 | Alexander Svanevik Nilsen | 93 | Stavanger SC | 28,94 | _____ |

**Heat 15**

|   |                              |    |              |       |       |
|---|------------------------------|----|--------------|-------|-------|
| 1 | Henrik Knudsen               | 94 | Stavanger SC | 27,64 | _____ |
| 2 | Kacper Domanski              | 96 | Madla SK     | 27,38 | _____ |
| 3 | Marius Karstad               | 92 | Madla SK     | 27,09 | _____ |
| 4 | Olav Ravndal Skjølingstad    | 95 | Stavanger SC | 27,22 | _____ |
| 5 | Harald Goa Fagerheim         | 97 | Karmøy SK    | 27,64 | _____ |
| 6 | Anders Wettergreen Gundersen | 94 | Stavanger SC | 27,78 | _____ |

**Heat 16**

|   |                        |    |              |       |       |
|---|------------------------|----|--------------|-------|-------|
| 1 | Morten Wee Hollund     | 96 | Karmøy SK    | 26,89 | _____ |
| 2 | Alexander Marki Mork   | 95 | Stavanger SC | 26,32 | _____ |
| 3 | Ørjan Monsen           | 92 | Madla SK     | 26,03 | _____ |
| 4 | Glenn Skjæveland       | 92 | Sandnes SLK  | 26,14 | _____ |
| 5 | Ivan Aleksander Larsen | 95 | Karmøy SK    | 26,34 | _____ |
| 6 | Simen Alvestad         | 94 | Karmøy SK    | 27,05 | _____ |

**Heat 17**

|   |                        |    |              |       |       |
|---|------------------------|----|--------------|-------|-------|
| 1 | Henry Ravndal          | 93 | Sandnes SLK  | 25,69 | _____ |
| 2 | Vegard Belaska         | 93 | Madla SK     | 25,66 | _____ |
| 3 | Jørn Nygård            | 92 | Stavanger SC | 24,65 | _____ |
| 4 | Henning Skare Pryde    | 92 | Stavanger SC | 25,42 | _____ |
| 5 | Thorbjørn Birkeland    | 93 | Haugesund SK | 25,67 | _____ |
| 6 | Fredrik Knutsen Hegdal | 94 | Stavanger SC | 25,88 | _____ |

**Øvelse 16. 50m fri, damer****Heat 1**

|   |                        |    |              |  |       |
|---|------------------------|----|--------------|--|-------|
| 1 |                        |    |              |  | _____ |
| 2 | Stine Knutsen Leganger | 00 | Arna SLK     |  | _____ |
| 3 | Olivia Herdus          | 96 | Delfana      |  | _____ |
| 4 | Synnøve Døskeland      | 98 | Stavanger SC |  | _____ |
| 5 | Amalie Haavardsholm    | 99 | Sande SK     |  | _____ |
| 6 |                        |    |              |  | _____ |

**Heat 2**

|   |                      |          |                       |         |       |
|---|----------------------|----------|-----------------------|---------|-------|
| 1 | Johanne Sørbø Larsen | 97       | Randaberg IL Svømming |         | _____ |
| 2 | Helene Romslo        | S14 - 85 | Egersund SK           | 1.46,18 | _____ |
| 3 | Tiril Svarstad       | 99       | Sande SK              | 54,22   | _____ |
| 4 | Laila Orene Ousdal   | S14 - 71 | Egersund SK           | 1.12,91 | _____ |
| 5 | Sandra Kvamme        | 99       | Arna SLK              |         | _____ |
| 6 | Kristin Eidsnes      | 97       | Bryne SK              |         | _____ |

**Heat 3**

|   |                     |    |              |       |       |
|---|---------------------|----|--------------|-------|-------|
| 1 | Sofie Lindgren      | 99 | Delfana      | 47,97 | _____ |
| 2 | Andrea Håvarstein   | 99 | Stavanger SC | 45,29 | _____ |
| 3 | Nora Larsen Rørvik  | 98 | Madla SK     | 44,73 | _____ |
| 4 | Dina Kvernstrøm     | 99 | Sande SK     | 45,26 | _____ |
| 5 | Fanny Thorsen       | 00 | Haugesund SK | 45,61 | _____ |
| 6 | Christine Osmundsen | 00 | Haugesund SK | 53,62 | _____ |

**Heat 4**

|   |                             |    |              |       |       |
|---|-----------------------------|----|--------------|-------|-------|
| 1 | Emma Østenstad              | 00 | Haugesund SK | 44,61 | _____ |
| 2 | Sunniva Framnes             | 98 | Stord IL     | 43,47 | _____ |
| 3 | Synneva Aarekol Johannessen | 00 | Karmøy SK    | 42,15 | _____ |
| 4 | Julie Sel Herigstad         | 99 | Sande SK     | 42,59 | _____ |
| 5 | Malin Eie Jacobsen          | 00 | Frisinn SK   | 44,24 | _____ |
| 6 | Torill Stokka Thuestad      | 99 | Madla SK     | 44,62 | _____ |

**Heat 5**

|   |                            |    |              |       |       |
|---|----------------------------|----|--------------|-------|-------|
| 1 | Andrine Fjogstad Tobiassen | 99 | Bryne SK     | 41,74 | _____ |
| 2 | Vilde Lohman               | 99 | Delfana      | 40,63 | _____ |
| 3 | Oda Kristine Borgstrøm     | 99 | Stavanger SC | 39,76 | _____ |
| 4 | Christina Vestre           | 99 | Haugesund SK | 40,15 | _____ |
| 5 | Karoline Austad Pettersen  | 98 | Madla SK     | 41,48 | _____ |
| 6 | Elena Bergfjord            | 98 | Stavanger SC | 41,92 | _____ |

**Heat 6**

|   |                       |    |                       |       |       |
|---|-----------------------|----|-----------------------|-------|-------|
| 1 | Helene Emmerhoff      | 99 | Randaberg IL Svømming | 39,48 | _____ |
| 2 | Karen N. Magnussen    | 98 | Bryne SK              | 38,70 | _____ |
| 3 | Vilde E. Stokkenes    | 98 | Haugesund SK          | 38,54 | _____ |
| 4 | Björg Marie Pollestad | 97 | Klepp                 | 38,60 | _____ |
| 5 | Amanda Truyen         | 97 | Delfana               | 39,30 | _____ |
| 6 | Maren Thoresen Malme  | 98 | Stord IL              | 39,51 | _____ |

**Heat 7**

|   |                            |    |           |       |       |
|---|----------------------------|----|-----------|-------|-------|
| 1 | Hansine Olsen              | 98 | Klepp     | 38,32 | _____ |
| 2 | Guro Økland                | 96 | Delfana   | 38,02 | _____ |
| 3 | Victoria Birkelid Langaker | 98 | Karmøy SK | 37,43 | _____ |
| 4 | Ines Nystrand              | 98 | Madla SK  | 37,45 | _____ |
| 5 | Wiviann Indrevoll          | 98 | Madla SK  | 38,20 | _____ |
| 6 | Synnøve Gravdal Heimvik    | 97 | Stord IL  | 38,51 | _____ |

**Heat 8**

|   |                       |    |              |       |       |
|---|-----------------------|----|--------------|-------|-------|
| 1 | Inger Marie Thorsen   | 96 | Haugesund SK | 37,38 | _____ |
| 2 | Andrea Edland         | 98 | Frisinn SK   | 37,33 | _____ |
| 3 | Guro Vestly           | 97 | Sande SK     | 36,76 | _____ |
| 4 | Nathalie Methlie      | 97 | Delfana      | 37,27 | _____ |
| 5 | Karoline Bergfjord    | 96 | Stavanger SC | 37,36 | _____ |
| 6 | Malene Tangedal Mehus | 94 | IL Solid     | 37,39 | _____ |

**Heat 9**

|   |                        |    |             |       |       |
|---|------------------------|----|-------------|-------|-------|
| 1 | Mie Kreybu             | 99 | Arna SLK    | 36,50 | _____ |
| 2 | Hedda Kristine Vaage   | 98 | Stord IL    | 36,08 | _____ |
| 3 | Marit Bergsland Hansen | 95 | Sandnes SLK | 35,81 | _____ |
| 4 | Amalie Nortvedt        | 97 | Frisinn SK  | 35,86 | _____ |
| 5 | Hanna Årsvoll Ryen     | 97 | Sandnes SLK | 36,27 | _____ |
| 6 | Hanne Briedis          | 95 | Sandnes SLK | 36,57 | _____ |

**Heat 10**

|   |                           |    |              |       |       |
|---|---------------------------|----|--------------|-------|-------|
| 1 | Marit Hystad              | 96 | IL Solid     | 35,62 | _____ |
| 2 | Brita Stang Aune          | 97 | Stavanger SC | 35,16 | _____ |
| 3 | Silje Chirico Indrebø     | 95 | Frisinn SK   | 35,08 | _____ |
| 4 | Johanne Willumsen de Haas | 98 | Madla SK     | 35,11 | _____ |
| 5 | Kristin Serck-Hanssen     | 98 | Madla SK     | 35,36 | _____ |
| 6 | Ida Oftedal Bjøntegård    | 96 | Haugesund SK | 35,71 | _____ |

**Heat 11**

|   |                    |    |                       |       |       |
|---|--------------------|----|-----------------------|-------|-------|
| 1 | Lene Gjøsæther     | 97 | Stord IL              | 34,68 | _____ |
| 2 | Rebekka Asbjørnsen | 96 | Sandnes SLK           | 34,37 | _____ |
| 3 | Karianne Møkster   | 99 | Frisinn SK            | 34,18 | _____ |
| 4 | Hanne Hana Voss    | 97 | Randaberg IL Svømming | 34,29 | _____ |
| 5 | Siren Ånestad      | 95 | Sandnes SLK           | 34,62 | _____ |
| 6 | Lise S Eiane       | 97 | Sola SK               | 34,98 | _____ |

**Heat 12**

|   |                   |    |             |       |       |
|---|-------------------|----|-------------|-------|-------|
| 1 | Vibeke Todnem     | 95 | Sandnes SLK | 34,06 | _____ |
| 2 | Emily Bådsvik     | 96 | Frisinn SK  | 33,65 | _____ |
| 3 | Sunniva Volden    | 96 | Sandnes SLK | 33,48 | _____ |
| 4 | Signe Birch Moltu | 94 | Frisinn SK  | 33,58 | _____ |
| 5 | Lisa Aaslestad    | 96 | Sandnes SLK | 33,69 | _____ |
| 6 | Malin Tønnessen   | 96 | Frisinn SK  | 34,10 | _____ |

**Heat 13**

|   |                     |    |                       |       |       |
|---|---------------------|----|-----------------------|-------|-------|
| 1 | Elise Sandvoll      | 96 | Frisinn SK            | 33,13 | _____ |
| 2 | Alina H Bjelancic   | 99 | Randaberg IL Svømming | 32,84 | _____ |
| 3 | Ingrid Bergslid     | 97 | Madla SK              | 32,60 | _____ |
| 4 | Lotte Stang Aune    | 96 | Stavanger SC          | 32,80 | _____ |
| 5 | Sandra Sola         | 97 | Madla SK              | 33,04 | _____ |
| 6 | Runa Vatna Sandmoen | 96 | Frisinn SK            | 33,17 | _____ |

**Heat 14**

|   |                              |    |              |       |       |
|---|------------------------------|----|--------------|-------|-------|
| 1 | Nina-Therese Storstein       | 98 | Karmøy SK    | 32,39 | _____ |
| 2 | Nina Staveland               | 97 | Madla SK     | 32,21 | _____ |
| 3 | Silje Lilledahl              | 94 | Haugesund SK | 31,93 | _____ |
| 4 | Siril Therese Follo Bårtvedt | 97 | Sandnes SLK  | 32,03 | _____ |
| 5 | Marte Staveland              | 95 | Madla SK     | 32,27 | _____ |
| 6 | Mette Thunes                 | 94 | Delfana      | 32,53 | _____ |

**Heat 15**

|   |                          |    |              |       |       |
|---|--------------------------|----|--------------|-------|-------|
| 1 | Maria Bergfjord          | 93 | Stavanger SC | 31,48 | _____ |
| 2 | Stine Marie Anderssen    | 95 | Sandnes SLK  | 31,24 | _____ |
| 3 | Aleksandra Berge         | 94 | Madla SK     | 31,10 | _____ |
| 4 | Susan Ultee              | 96 | Frisinn SK   | 31,16 | _____ |
| 5 | Barbara Hansen           | 93 | Frisinn SK   | 31,29 | _____ |
| 6 | Hanna Huglen Vinsnesbakk | 95 | Stord IL     | 31,80 | _____ |

**Heat 16**

|   |                       |    |             |       |       |
|---|-----------------------|----|-------------|-------|-------|
| 1 | Thea Bowitz Nedregard | 96 | Sandnes SLK | 30,63 | _____ |
| 2 | Solveig Vuillioenenet | 94 | Klepp       | 30,52 | _____ |
| 3 | Monica Avlesbug       | 95 | Klepp       | 30,44 | _____ |
| 4 | Anna Thorsen          | 94 | Arna SLK    | 30,50 | _____ |
| 5 | Marthe Gjøsæther      | 96 | Stord IL    | 30,58 | _____ |
| 6 | Siv Vuillioenenet     | 92 | Klepp       | 30,86 | _____ |

**Heat 17**

|   |                            |    |              |       |       |
|---|----------------------------|----|--------------|-------|-------|
| 1 | Ingeborg Jørmeland         | 96 | Stavanger SC | 30,27 | _____ |
| 2 | Mari Mjølhus Kristoffersen | 95 | Madla SK     | 29,70 | _____ |
| 3 | Karianne Reinertsen        | 97 | Delfana      | 29,56 | _____ |
| 4 | Rachel Eden                | 95 | Madla SK     | 29,67 | _____ |
| 5 | Line Nilsson               | 94 | Madla SK     | 29,88 | _____ |
| 6 | Inger Husveg               | 92 | Klepp        | 30,35 | _____ |

**Heat 18**

|   |                             |    |              |       |       |
|---|-----------------------------|----|--------------|-------|-------|
| 1 | Christine Arctander         | 93 | Madla SK     | 29,28 | _____ |
| 2 | Stine Mjølhus Kristoffersen | 93 | Madla SK     | 29,04 | _____ |
| 3 | Marte K Haukeland           | 94 | Arna SLK     | 28,90 | _____ |
| 4 | Maria Wigestrånd            | 94 | Sola SK      | 28,94 | _____ |
| 5 | Vilde Tengedal              | 96 | Bryne SK     | 29,15 | _____ |
| 6 | Camilla Birkeland           | 96 | Haugesund SK | 29,36 | _____ |

**Heat 19**

|   |                        |    |              |       |       |
|---|------------------------|----|--------------|-------|-------|
| 1 | Lotte Miller           | 96 | Madla SK     | 28,25 | _____ |
| 2 | Maria Thompson Clausen | 96 | Madla SK     | 27,69 | _____ |
| 3 | Henriette Brekke       | 88 | Stavanger SC | 25,51 | _____ |
| 4 | Ida Marko-Varga        | 85 | Stavanger SC | 26,33 | _____ |
| 5 | Ingrid Hystad          | 92 | IL Solid     | 27,82 | _____ |
| 6 | Rebecca Holst          | 91 | Stavanger SC | 28,31 | _____ |

**Slutt lørdag**

## Søndag 19. september 2010 kl. 09.30

### Øvelse 17. 800m fri, damer

#### Heat 1

|   |                           |    |              |          |       |
|---|---------------------------|----|--------------|----------|-------|
| 1 |                           |    |              |          |       |
| 2 | Ida Marko-Varga           | 85 | Stavanger SC |          | _____ |
| 3 | Vilde Aas Løken           | 98 | Stord IL     | 14.44,00 | _____ |
| 4 | Andrea Gurvin Skaaland    | 99 | Delfana      | 15.17,31 | _____ |
| 5 | Karoline Austad Pettersen | 98 | Madla SK     |          | _____ |
| 6 |                           |    |              |          |       |

#### Heat 2

|   |                     |    |                       |          |       |
|---|---------------------|----|-----------------------|----------|-------|
| 1 | Gina Alvestad       | 98 | Karmøy SK             | 11.26,80 | _____ |
| 2 | Hanne Hana Voss     | 97 | Randaberg IL Svømming | 11.07,69 | _____ |
| 3 | Karianne Reinertsen | 97 | Delfana               | 10.25,79 | _____ |
| 4 | Sandra Sola         | 97 | Madla SK              | 10.26,17 | _____ |
| 5 | Maria Voldsund      | 98 | Delfana               | 11.15,16 | _____ |
| 6 | Julie Sundstrøm     | 97 | Delfana               | 11.28,24 | _____ |

#### Heat 3

|   |                     |    |              |          |       |
|---|---------------------|----|--------------|----------|-------|
| 1 | Frida Hinna         | 96 | Delfana      | 10.16,05 | _____ |
| 2 | Ane Nygård          | 95 | Stavanger SC | 9.35,10  | _____ |
| 3 | Oda Gjerde          | 95 | Bryne SK     | 9.26,14  | _____ |
| 4 | Elin Haugland       | 96 | Delfana      | 9.26,49  | _____ |
| 5 | Stina Dahl          | 96 | Delfana      | 10.15,19 | _____ |
| 6 | Vanja Sand Syversen | 97 | Delfana      | 10.17,78 | _____ |

### Øvelse 18. 800m fri, herrer

#### Heat 1

|   |                         |    |          |          |       |
|---|-------------------------|----|----------|----------|-------|
| 1 | Tim Samuelsen           | 97 | Madla SK |          | _____ |
| 2 | Christoffer G. Skaaland | 97 | Delfana  | 13.08,93 | _____ |
| 3 | Alec Karlsen            | 98 | Madla SK | 10.49,11 | _____ |
| 4 | Anders Johan Pedersen   | 97 | Delfana  | 12.54,53 | _____ |
| 5 | Sindre Vatnamot Amble   | 98 | Madla SK |          | _____ |
| 6 |                         |    |          |          |       |

#### Heat 2

|   |                      |    |                       |          |       |
|---|----------------------|----|-----------------------|----------|-------|
| 1 | Maurice Sudkamp      | 97 | Randaberg IL Svømming | 9.44,14  | _____ |
| 2 | Daniel Sandhåland    | 95 | Karmøy SK             | 9.21,14  | _____ |
| 3 | Morten Wee Hollund   | 96 | Karmøy SK             | 9.00,76  | _____ |
| 4 | Alexander Marki Mork | 95 | Stavanger SC          | 9.12,93  | _____ |
| 5 | Håkon P Ludvigsen    | 96 | Randaberg IL Svømming | 9.25,82  | _____ |
| 6 | Ole Martin Turøy     | 95 | Stavanger SC          | 10.11,13 | _____ |

#### Heat 3

|   |                        |    |                       |         |       |
|---|------------------------|----|-----------------------|---------|-------|
| 1 | Thorbjørn Birkeland    | 93 | Haugesund SK          | 8.53,02 | _____ |
| 2 | Øystein Fjeldberg      | 93 | Randaberg IL Svømming | 8.43,03 | _____ |
| 3 | Jørn Nygård            | 92 | Stavanger SC          | 8.13,46 | _____ |
| 4 | Morten Bordevich       | 94 | Madla SK              | 8.41,70 | _____ |
| 5 | Ørjan Monsen           | 92 | Madla SK              | 8.48,32 | _____ |
| 6 | Ivan Aleksander Larsen | 95 | Karmøy SK             | 8.58,08 | _____ |

## Øvelse 19. 50m bryst, damer

## Heat 1

|   |                  |    |            |       |
|---|------------------|----|------------|-------|
| 1 |                  |    |            |       |
| 2 | Ane N. Magnussen | 96 | Bryne SK   | _____ |
| 3 | Andrea Edland    | 98 | Frisinn SK | _____ |
| 4 | Kristin Eidsnes  | 97 | Bryne SK   | _____ |
| 5 |                  |    |            |       |
| 6 |                  |    |            |       |

## Heat 2

|   |                            |    |              |       |
|---|----------------------------|----|--------------|-------|
| 1 | Dina Kvernstrøm            | 99 | Sande SK     | _____ |
| 2 | Amalie Haavardsholm        | 99 | Sande SK     | _____ |
| 3 | Andrea Håvarstein          | 99 | Stavanger SC | _____ |
| 4 | Olivia Herdus              | 96 | Delfana      | _____ |
| 5 | Heather Ann Fraser Mulvany | 99 | Madla SK     | _____ |
| 6 |                            |    |              |       |

## Heat 3

|   |                        |          |             |         |
|---|------------------------|----------|-------------|---------|
| 1 | Tiril Svarstad         | 99       | Sande SK    | _____   |
| 2 | Julie Sel Herigstad    | 99       | Sande SK    | _____   |
| 3 | Laila Orene Ousdal     | S14 - 71 | Egersund SK | 1.35,47 |
| 4 | Helene Romslo          | S14 - 85 | Egersund SK | 1.46,12 |
| 5 | Malin Eie Jacobsen     | 00       | Frisinn SK  | _____   |
| 6 | Stine Knutsen Leganger | 00       | Arna SLK    | _____   |

## Heat 4

|   |                             |    |                       |         |       |
|---|-----------------------------|----|-----------------------|---------|-------|
| 1 | Synneva Aarekol Johannessen | 00 | Karmøy SK             | 57,79   | _____ |
| 2 | Sunniva Framnes             | 98 | Stord IL              | 57,40   | _____ |
| 3 | Maria Storstein             | 00 | Karmøy SK             | 56,82   | _____ |
| 4 | Helene Emmerhoff            | 99 | Randaberg IL Svømming | 56,96   | _____ |
| 5 | Ingjerd Davøen              | 98 | Delfana               | 57,50   | _____ |
| 6 | Christine Osmundsen         | 00 | Haugesund SK          | 1.01,31 | _____ |

## Heat 5

|   |                        |    |              |       |       |
|---|------------------------|----|--------------|-------|-------|
| 1 | Nathalie Methlie       | 97 | Delfana      | 54,05 | _____ |
| 2 | Hansine Olsen          | 98 | Klepp        | 52,63 | _____ |
| 3 | Guro Økland            | 96 | Delfana      | 52,31 | _____ |
| 4 | Fanny Thorsen          | 00 | Haugesund SK | 52,42 | _____ |
| 5 | Torill Stokka Thuestad | 99 | Madla SK     | 53,89 | _____ |
| 6 | Stine Bertelsen        | 99 | Bryne SK     | 55,03 | _____ |

## Heat 6

|   |                            |    |            |       |       |
|---|----------------------------|----|------------|-------|-------|
| 1 | Karoline Austad Pettersen  | 98 | Madla SK   | 51,68 | _____ |
| 2 | Andrine Fjogstad Tobiassen | 99 | Bryne SK   | 50,49 | _____ |
| 3 | Victoria Birkelid Langaker | 98 | Karmøy SK  | 50,06 | _____ |
| 4 | Maren Thoresen Malme       | 98 | Stord IL   | 50,24 | _____ |
| 5 | May Idun Konow Grønseth    | 98 | Frisinn SK | 50,86 | _____ |
| 6 | Ines Nystrand              | 98 | Madla SK   | 51,86 | _____ |

## Heat 7

|   |                        |    |                       |       |       |
|---|------------------------|----|-----------------------|-------|-------|
| 1 | Karen N. Magnussen     | 98 | Bryne SK              | 49,33 | _____ |
| 2 | Karoline Bergfjord     | 96 | Stavanger SC          | 48,44 | _____ |
| 3 | Björg Marie Pollestad  | 97 | Klepp                 | 47,78 | _____ |
| 4 | Lene Gjøsæther         | 97 | Stord IL              | 48,10 | _____ |
| 5 | Oda Kristine Borgstrøm | 99 | Stavanger SC          | 48,86 | _____ |
| 6 | Hanne Hana Voss        | 97 | Randaberg IL Svømming | 49,41 | _____ |

**Heat 8**

|   |                    |    |              |       |       |
|---|--------------------|----|--------------|-------|-------|
| 1 | Elise Sandvoll     | 96 | Frisinn SK   | 47,16 | _____ |
| 2 | Guro Vestly        | 97 | Sande SK     | 46,61 | _____ |
| 3 | Emily Bådsvik      | 96 | Frisinn SK   | 46,07 | _____ |
| 4 | Vilde E. Stokkenes | 98 | Haugesund SK | 46,43 | _____ |
| 5 | Brita Stang Aune   | 97 | Stavanger SC | 47,04 | _____ |
| 6 | Amalie Nortvedt    | 97 | Frisinn SK   | 47,70 | _____ |

**Heat 9**

|   |                           |    |              |       |       |
|---|---------------------------|----|--------------|-------|-------|
| 1 | Johanne Willumsen de Haas | 98 | Madla SK     | 45,81 | _____ |
| 2 | Silje Chirico Indrebø     | 95 | Frisinn SK   | 45,12 | _____ |
| 3 | Malin Tønnessen           | 96 | Frisinn SK   | 44,06 | _____ |
| 4 | Nora Larsen Rørvik        | 98 | Madla SK     | 44,89 | _____ |
| 5 | Maria Bergfjord           | 93 | Stavanger SC | 45,58 | _____ |
| 6 | Emilie Nilo Nilsen        | 98 | Madla SK     | 45,88 | _____ |

**Heat 10**

|   |                       |    |              |       |       |
|---|-----------------------|----|--------------|-------|-------|
| 1 | Siv Vuillioinenet     | 92 | Klepp        | 43,23 | _____ |
| 2 | Malene Tangedal Mehus | 94 | IL Solid     | 42,84 | _____ |
| 3 | Lotte Stang Aune      | 96 | Stavanger SC | 42,26 | _____ |
| 4 | Rachel Eden           | 95 | Madla SK     | 42,72 | _____ |
| 5 | Inger Marie Thorsen   | 96 | Haugesund SK | 43,02 | _____ |
| 6 | Marit Hystad          | 96 | IL Solid     | 43,82 | _____ |

**Heat 11**

|   |                        |    |              |       |       |
|---|------------------------|----|--------------|-------|-------|
| 1 | Nina-Therese Storstein | 98 | Karmøy SK    | 42,11 | _____ |
| 2 | May Synnøve Bartlett   | 95 | Madla SK     | 41,16 | _____ |
| 3 | Ulrikke Rein           | 98 | Madla SK     | 40,84 | _____ |
| 4 | Solveig Vuillioinenet  | 94 | Klepp        | 41,10 | _____ |
| 5 | Vanja Brunsvik         | 93 | Haugesund SK | 41,79 | _____ |
| 6 | Susan Ultee            | 96 | Frisinn SK   | 42,20 | _____ |

**Heat 12**

|   |                          |    |            |       |       |
|---|--------------------------|----|------------|-------|-------|
| 1 | Marie Økland             | 94 | Delfana    | 40,75 | _____ |
| 2 | Vanessa Tuxen            | 92 | Madla SK   | 39,87 | _____ |
| 3 | Regine Sjørdal Lindanger | 96 | Frisinn SK | 39,51 | _____ |
| 4 | Malena Martens           | 94 | IL Solid   | 39,80 | _____ |
| 5 | Hanna Huglen Vinsnesbakk | 95 | Stord IL   | 40,37 | _____ |
| 6 | Mathilde Rasmussen       | 97 | Arna SLK   | 40,80 | _____ |

**Heat 13**

|   |                            |    |              |       |       |
|---|----------------------------|----|--------------|-------|-------|
| 1 | Ingeborg Jørmeland         | 96 | Stavanger SC | 39,09 | _____ |
| 2 | Monica Avlesbug            | 95 | Klepp        | 38,76 | _____ |
| 3 | Mari Mjølhus Kristoffersen | 95 | Madla SK     | 37,79 | _____ |
| 4 | Inger Husveg               | 92 | Klepp        | 37,86 | _____ |
| 5 | Inger-Kristine Steinsland  | 92 | IL Solid     | 38,80 | _____ |
| 6 | Line Nilsson               | 94 | Madla SK     | 39,40 | _____ |

**Heat 14**

|   |                             |    |              |       |       |
|---|-----------------------------|----|--------------|-------|-------|
| 1 | Tone Lill Evanger           | 96 | Delfana      | 37,19 | _____ |
| 2 | Stine Mjølhus Kristoffersen | 93 | Madla SK     | 34,69 | _____ |
| 3 | Henriette Martinsen         | 85 | Stavanger SC | 31,46 | _____ |
| 4 | Ingalill Urrang Naustvik    | 95 | Karmøy SK    | 33,13 | _____ |
| 5 | Maren Larsen                | 94 | Madla SK     | 35,18 | _____ |
| 6 | Ingrid Hystad               | 92 | IL Solid     | 37,33 | _____ |

**Øvelse 20. 50m bryst, herrer****Heat 1**

|   |                |    |              |       |
|---|----------------|----|--------------|-------|
| 1 |                |    |              |       |
| 2 | Ådne Møll      | 99 | Stavanger SC | _____ |
| 3 | Even Bergfjord | 98 | Stavanger SC | _____ |
| 4 | Helge Eidsnes  | 00 | Bryne SK     | _____ |
| 5 |                |    |              |       |
| 6 |                |    |              |       |

**Heat 2**

|   |                 |    |          |       |
|---|-----------------|----|----------|-------|
| 1 | Adrian Sviland  | 94 | Nærbø SK | _____ |
| 2 | Håvar Thu       | 99 | Bryne SK | _____ |
| 3 | Øyvind Junge    | 99 | Sande SK | _____ |
| 4 | Jakob Ryli      | 98 | Sande SK | _____ |
| 5 | Martin Kjetland | 99 | Bryne SK | _____ |
| 6 |                 |    |          |       |

**Heat 3**

|   |                         |          |              |         |
|---|-------------------------|----------|--------------|---------|
| 1 | Håvard Nevestveit Barøy | 98       | Klepp        | _____   |
| 2 | Ingve Halvorsen         | S14 - 90 | Egersund SK  | 1.13,14 |
| 3 | Roy Hadland             | S14 - 70 | Egersund SK  | 59,11   |
| 4 | Henrik Fjogstad         | 96       | Stavanger SC | 1.01,63 |
| 5 | Roger Larsen            | S14 - 74 | Egersund SK  | 1.32,89 |
| 6 | Kristian Gunnarshaug    | 96       | Haugesund SK | _____   |

**Heat 4**

|   |                         |    |              |       |
|---|-------------------------|----|--------------|-------|
| 1 | Ole Jørmeland           | 98 | Stavanger SC | 57,63 |
| 2 | Tord Østenstad Fjell    | 99 | Karmøy SK    | 55,58 |
| 3 | Olav Nevestveit Barøy   | 99 | Klepp        | 52,23 |
| 4 | Svein Are Presthus      | 97 | Klepp        | 55,36 |
| 5 | Johannes Kahlbom Wathne | 97 | Frisinn SK   | 57,04 |
| 6 | Johs Seeberg            | 00 | Karmøy SK    | 58,04 |

**Heat 5**

|   |                         |    |              |       |
|---|-------------------------|----|--------------|-------|
| 1 | Marcus Wangsholm        | 97 | Delfana      | 51,32 |
| 2 | Henrik Ramsland         | 97 | Frisinn SK   | 50,32 |
| 3 | Asbjørn Framnes         | 97 | Stord IL     | 49,77 |
| 4 | Haakon Buckland         | 96 | Haugesund SK | 49,96 |
| 5 | Vermund Skogland Høgset | 00 | Karmøy SK    | 51,30 |
| 6 | Njord Fornes            | 99 | Sola SK      | 51,99 |

**Heat 6**

|   |                      |    |          |       |
|---|----------------------|----|----------|-------|
| 1 | Truls Wigdel         | 99 | Madla SK | 48,59 |
| 2 | Erling Belaska       | 98 | Madla SK | 47,68 |
| 3 | Erik Hystad          | 97 | Stord IL | 46,36 |
| 4 | Sindre Salte Dunseth | 99 | Madla SK | 47,30 |
| 5 | Viktor Hermansen     | 97 | Klepp    | 48,46 |
| 6 | Ådne Undheim         | 98 | Bryne SK | 49,50 |

**Heat 7**

|   |                   |    |                       |       |
|---|-------------------|----|-----------------------|-------|
| 1 | Kristian Endresen | 98 | Haugesund SK          | 45,92 |
| 2 | Aune Lagestrand   | 98 | Klepp                 | 45,22 |
| 3 | Steffen Kvamme    | 96 | Arna SLK              | 43,90 |
| 4 | Børge Grødem      | 96 | Klepp                 | 44,61 |
| 5 | Håkon Skogen      | 97 | Randaberg IL Svømming | 45,58 |
| 6 | Hans Ole Bergh    | 97 | Stord IL              | 46,06 |

**Heat 8**

|   |                          |    |                       |       |       |
|---|--------------------------|----|-----------------------|-------|-------|
| 1 | Fredrik Hana Voss        | 95 | Randaberg IL Svømming | 41,81 | _____ |
| 2 | Henning Van Ta           | 96 | Frisinn SK            | 41,19 | _____ |
| 3 | Martin Nilsen            | 94 | Haugesund SK          | 39,83 | _____ |
| 4 | Sigurd Heldal Årethun    | 98 | Arna SLK              | 40,70 | _____ |
| 5 | Bjørn Stian Vuilliomenet | 96 | Klepp                 | 41,19 | _____ |
| 6 | Sondre Møll              | 96 | Stavanger SC          | 42,20 | _____ |

**Heat 9**

|   |                        |    |              |       |       |
|---|------------------------|----|--------------|-------|-------|
| 1 | Simon Helland          | 95 | IL Solid     | 39,66 | _____ |
| 2 | Adrian Etterlid Jensen | 97 | Stord IL     | 38,53 | _____ |
| 3 | Simen Clementsen       | 95 | Frisinn SK   | 36,57 | _____ |
| 4 | Anders Lothe Losnegård | 95 | Stord IL     | 38,00 | _____ |
| 5 | Elias Jensen           | 94 | Nærbø SK     | 39,64 | _____ |
| 6 | Halvor Arne Borgstrøm  | 97 | Stavanger SC | 39,77 | _____ |

**Heat 10**

|   |                           |    |              |       |       |
|---|---------------------------|----|--------------|-------|-------|
| 1 | Janis Treubluts           | 93 | Ventspils    | 35,50 | _____ |
| 2 | Vincent Skage             | 94 | Karmøy SK    | 34,35 | _____ |
| 3 | Didrik Konow Grønseth     | 92 | Frisinn SK   | 33,25 | _____ |
| 4 | Vegard Belaska            | 93 | Madla SK     | 34,08 | _____ |
| 5 | Alexander Svanevik Nilsen | 93 | Stavanger SC | 34,98 | _____ |
| 6 | Olav Ravndal Skjølingstad | 95 | Stavanger SC | 36,54 | _____ |

**Øvelse 21. 100m fri, damer****Heat 1**

|   |                            |    |                       |  |       |
|---|----------------------------|----|-----------------------|--|-------|
| 1 | Johanne Sørbø Larsen       | 97 | Randaberg IL Svømming |  | _____ |
| 2 | Sandra Kvamme              | 99 | Arna SLK              |  | _____ |
| 3 | Heather Ann Fraser Mulvany | 99 | Madla SK              |  | _____ |
| 4 | Malin Eie Jacobsen         | 00 | Frisinn SK            |  | _____ |
| 5 | Hanne Briedis              | 95 | Sandnes SLK           |  | _____ |
| 6 | Johanne Willumsen de Haas  | 98 | Madla SK              |  | _____ |

**Heat 2**

|   |                    |    |              |         |       |
|---|--------------------|----|--------------|---------|-------|
| 1 | Siren Ånestad      | 95 | Sandnes SLK  |         | _____ |
| 2 | Nora Larsen Rørvik | 98 | Madla SK     | 1.46,40 | _____ |
| 3 | Sofie Lindgren     | 99 | Delfana      | 1.38,51 | _____ |
| 4 | Emma Østenstad     | 00 | Haugesund SK | 1.41,11 | _____ |
| 5 | Ulva Kristine Bray | 00 | Haugesund SK | 1.52,65 | _____ |
| 6 | Kristin Eidsnes    | 97 | Bryne SK     |         | _____ |

**Heat 3**

|   |                             |    |              |         |       |
|---|-----------------------------|----|--------------|---------|-------|
| 1 | Nora Sandvoll               | 99 | Frisinn SK   | 1.36,02 | _____ |
| 2 | Karoline Austad Pettersen   | 98 | Madla SK     | 1.33,95 | _____ |
| 3 | Karen N. Magnussen          | 98 | Bryne SK     | 1.32,19 | _____ |
| 4 | Bjørg Marie Pollestad       | 97 | Klepp        | 1.32,57 | _____ |
| 5 | Synneva Aarekol Johannessen | 00 | Karmøy SK    | 1.35,36 | _____ |
| 6 | Andrea Håvarstein           | 99 | Stavanger SC | 1.36,96 | _____ |

**Heat 4**

|   |                            |    |           |         |       |
|---|----------------------------|----|-----------|---------|-------|
| 1 | Sunniva Framnes            | 98 | Stord IL  | 1.31,97 | _____ |
| 2 | Hansine Olsen              | 98 | Klepp     | 1.30,47 | _____ |
| 3 | Maria Storstein            | 00 | Karmøy SK | 1.29,83 | _____ |
| 4 | Torill Stokka Thuestad     | 99 | Madla SK  | 1.30,07 | _____ |
| 5 | Nora T. Hinna              | 99 | Delfana   | 1.30,68 | _____ |
| 6 | Andrine Fjogstad Tobiassen | 99 | Bryne SK  | 1.32,17 | _____ |

**Heat 5**

|   |                         |    |                       |         |       |
|---|-------------------------|----|-----------------------|---------|-------|
| 1 | Helene Emmerhoff        | 99 | Randaberg IL Svømming | 1.29,60 | _____ |
| 2 | May Idun Konow Grønseth | 98 | Frisinn SK            | 1.29,42 | _____ |
| 3 | Guro Økland             | 96 | Delfana               | 1.26,86 | _____ |
| 4 | Guro Vestly             | 97 | Sande SK              | 1.27,82 | _____ |
| 5 | Maren Thoresen Malme    | 98 | Stord IL              | 1.29,48 | _____ |
| 6 | Anneli Tangerås Johnsen | 98 | Delfana               | 1.29,71 | _____ |

**Heat 6**

|   |                            |    |              |         |       |
|---|----------------------------|----|--------------|---------|-------|
| 1 | Mari Haugland Ingebregtsen | 98 | Delfana      | 1.26,38 | _____ |
| 2 | Karoline Bergfjord         | 96 | Stavanger SC | 1.26,21 | _____ |
| 3 | Oda Kristine Borgstrøm     | 99 | Stavanger SC | 1.25,95 | _____ |
| 4 | Marit Bergsland Hansen     | 95 | Sandnes SLK  | 1.26,07 | _____ |
| 5 | Christina Vestre           | 99 | Haugesund SK | 1.26,36 | _____ |
| 6 | Synnøve Gravdal Heimvik    | 97 | Stord IL     | 1.26,50 | _____ |

**Heat 7**

|   |                            |    |              |         |       |
|---|----------------------------|----|--------------|---------|-------|
| 1 | Mari Dahl                  | 98 | Delfana      | 1.24,99 | _____ |
| 2 | Stine Bertelsen            | 99 | Bryne SK     | 1.23,76 | _____ |
| 3 | Andrea Edland              | 98 | Frisinn SK   | 1.23,17 | _____ |
| 4 | Pernille Vestre            | 97 | Haugesund SK | 1.23,24 | _____ |
| 5 | Victoria Birkelid Langaker | 98 | Karmøy SK    | 1.23,84 | _____ |
| 6 | Ines Nystrand              | 98 | Madla SK     | 1.25,25 | _____ |

**Heat 8**

|   |                            |    |          |         |       |
|---|----------------------------|----|----------|---------|-------|
| 1 | Wiviann Indrevoll          | 98 | Madla SK | 1.22,75 | _____ |
| 2 | Hanne Erstad Larsen        | 98 | Delfana  | 1.21,77 | _____ |
| 3 | Ingrid Elise Berge Jenssen | 98 | Madla SK | 1.20,85 | _____ |
| 4 | Helene T. Ottesen          | 98 | Delfana  | 1.21,69 | _____ |
| 5 | Lene Gjøsæther             | 97 | Stord IL | 1.22,58 | _____ |
| 6 | Hedda Kristine Vaage       | 98 | Stord IL | 1.22,80 | _____ |

**Heat 9**

|   |                       |    |              |         |       |
|---|-----------------------|----|--------------|---------|-------|
| 1 | Inger Marie Thorsen   | 96 | Haugesund SK | 1.18,77 | _____ |
| 2 | Hanna Årsvoll Ryen    | 97 | Sandnes SLK  | 1.18,08 | _____ |
| 3 | Lise S Eiane          | 97 | Sola SK      | 1.16,49 | _____ |
| 4 | Mie Kreybu            | 99 | Arna SLK     | 1.17,70 | _____ |
| 5 | Kristin Serck-Hanssen | 98 | Madla SK     | 1.18,31 | _____ |
| 6 | Vilde E. Stokkenes    | 98 | Haugesund SK | 1.19,79 | _____ |

**Heat 10**

|   |                     |    |             |         |       |
|---|---------------------|----|-------------|---------|-------|
| 1 | Susann Pleym Olsen  | 97 | Delfana     | 1.16,20 | _____ |
| 2 | Rebekka Asbjørnsen  | 96 | Sandnes SLK | 1.14,83 | _____ |
| 3 | Sunniva Volden      | 96 | Sandnes SLK | 1.14,16 | _____ |
| 4 | Runa Vatna Sandmoen | 96 | Frisinn SK  | 1.14,56 | _____ |
| 5 | Vibeke Todnem       | 95 | Sandnes SLK | 1.15,14 | _____ |
| 6 | Karianne Møkster    | 99 | Frisinn SK  | 1.16,48 | _____ |

**Heat 11**

|   |                      |    |             |         |       |
|---|----------------------|----|-------------|---------|-------|
| 1 | Signe Birch Moltu    | 94 | Frisinn SK  | 1.13,59 | _____ |
| 2 | Malin Tønnessen      | 96 | Frisinn SK  | 1.13,48 | _____ |
| 3 | Ulrikke Rein         | 98 | Madla SK    | 1.12,67 | _____ |
| 4 | Lisa Aaslestad       | 96 | Sandnes SLK | 1.13,32 | _____ |
| 5 | Solveig Aarland      | 98 | Delfana     | 1.13,55 | _____ |
| 6 | May Synnøve Bartlett | 95 | Madla SK    | 1.13,82 | _____ |

**Heat 12**

|   |                          |    |                       |         |       |
|---|--------------------------|----|-----------------------|---------|-------|
| 1 | Helene Dale Johnsen      | 95 | Delfana               | 1.12,26 | _____ |
| 2 | Emily Bådsvik            | 96 | Frisinn SK            | 1.12,22 | _____ |
| 3 | Hanna Huglen Vinsnesbakk | 95 | Stord IL              | 1.11,60 | _____ |
| 4 | Aleksandra Berge         | 94 | Madla SK              | 1.11,91 | _____ |
| 5 | Alina H Bjelancic        | 99 | Randaberg IL Svømming | 1.12,22 | _____ |
| 6 | Marte Staveland          | 95 | Madla SK              | 1.12,63 | _____ |

**Heat 13**

|   |                        |    |            |         |       |
|---|------------------------|----|------------|---------|-------|
| 1 | Thea Støle             | 96 | Frisinn SK | 1.10,92 | _____ |
| 2 | Ingrid Bergslid        | 97 | Madla SK   | 1.10,89 | _____ |
| 3 | Nina-Therese Storstein | 98 | Karmøy SK  | 1.10,55 | _____ |
| 4 | Monica Avlesbug        | 95 | Klepp      | 1.10,57 | _____ |
| 5 | Ida Jensen Lirhus      | 97 | Madla SK   | 1.10,90 | _____ |
| 6 | Kaja Konow Grønseth    | 95 | Frisinn SK | 1.11,31 | _____ |

**Heat 14**

|   |                              |    |             |         |       |
|---|------------------------------|----|-------------|---------|-------|
| 1 | Siv Vuillioenenet            | 92 | Klepp       | 1.09,93 | _____ |
| 2 | Stine Marie Anderssen        | 95 | Sandnes SLK | 1.09,62 | _____ |
| 3 | Inger Husveg                 | 92 | Klepp       | 1.09,16 | _____ |
| 4 | Susan Ultee                  | 96 | Frisinn SK  | 1.09,61 | _____ |
| 5 | Siril Therese Follo Bårtvedt | 97 | Sandnes SLK | 1.09,64 | _____ |
| 6 | Mette Thunes                 | 94 | Delfana     | 1.10,13 | _____ |

**Heat 15**

|   |                        |    |              |         |       |
|---|------------------------|----|--------------|---------|-------|
| 1 | Nina Staveland         | 97 | Madla SK     | 1.08,86 | _____ |
| 2 | Camilla Birkeland      | 96 | Haugesund SK | 1.07,30 | _____ |
| 3 | Thea Bowitz Nedregaard | 96 | Sandnes SLK  | 1.07,19 | _____ |
| 4 | Solveig Vuillioenenet  | 94 | Klepp        | 1.07,20 | _____ |
| 5 | Silje Lilledahl        | 94 | Haugesund SK | 1.08,55 | _____ |
| 6 | Maria Bergfjord        | 93 | Stavanger SC | 1.09,01 | _____ |

**Heat 16**

|   |                           |    |              |         |       |
|---|---------------------------|----|--------------|---------|-------|
| 1 | Anna Thorsen              | 94 | Arna SLK     | 1.06,40 | _____ |
| 2 | Julie Askeland            | 93 | Haugesund SK | 1.05,74 | _____ |
| 3 | Maren Larsen              | 94 | Madla SK     | 1.05,04 | _____ |
| 4 | Rachel Eden               | 95 | Madla SK     | 1.05,30 | _____ |
| 5 | Rebekka Andersen          | 93 | Stavanger SC | 1.05,93 | _____ |
| 6 | Inger-Kristine Steinsland | 92 | IL Solid     | 1.06,87 | _____ |

**Heat 17**

|   |                            |    |              |         |       |
|---|----------------------------|----|--------------|---------|-------|
| 1 | Line Nilsson               | 94 | Madla SK     | 1.04,71 | _____ |
| 2 | Ingeborg Jørmeland         | 96 | Stavanger SC | 1.04,41 | _____ |
| 3 | Vilde Tengedal             | 96 | Bryne SK     | 1.04,12 | _____ |
| 4 | Marte K Haukeland          | 94 | Arna SLK     | 1.04,21 | _____ |
| 5 | Mari Mjølhus Kristoffersen | 95 | Madla SK     | 1.04,47 | _____ |
| 6 | Christine Akselberg        | 96 | Arna SLK     | 1.05,00 | _____ |

**Heat 18**

|   |                             |    |              |         |       |
|---|-----------------------------|----|--------------|---------|-------|
| 1 | Stine Mjølhus Kristoffersen | 93 | Madla SK     | 1.03,29 | _____ |
| 2 | Lotte Miller                | 96 | Madla SK     | 1.02,02 | _____ |
| 3 | Ane Nygård                  | 95 | Stavanger SC | 1.00,60 | _____ |
| 4 | Maria Wigestrånd            | 94 | Sola SK      | 1.01,84 | _____ |
| 5 | Ingrid Hystad               | 92 | IL Solid     | 1.02,59 | _____ |
| 6 | Christine Arctander         | 93 | Madla SK     | 1.03,70 | _____ |

**Heat 19**

|   |                           |    |              |         |       |
|---|---------------------------|----|--------------|---------|-------|
| 1 | Elisabeth Kristiansen     | 92 | Haugesund SK | 1.00,41 | _____ |
| 2 | Marthe Berg Sørensen      | 93 | Madla SK     | 59,74   | _____ |
| 3 | Ida Marko-Varga           | 85 | Stavanger SC | 57,61   | _____ |
| 4 | Victoria Rung             | 92 | Madla SK     | 58,05   | _____ |
| 5 | Eva Marie Wilson Østerhus | 94 | Madla SK     | 1.00,33 | _____ |
| 6 | Maria Thompson Clausen    | 96 | Madla SK     | 1.00,55 | _____ |

**Øvelse 22. 100m fri, herrer****Heat 1**

|   |                         |    |              |  |       |
|---|-------------------------|----|--------------|--|-------|
| 1 |                         |    |              |  | _____ |
| 2 | Martin Kjetland         | 99 | Bryne SK     |  | _____ |
| 3 | Jonas Hornnes Torgersen | 96 | Frisinn SK   |  | _____ |
| 4 | Kristian Gunnarshaug    | 96 | Haugesund SK |  | _____ |
| 5 |                         |    |              |  | _____ |
| 6 |                         |    |              |  | _____ |

**Heat 2**

|   |                 |    |              |  |       |
|---|-----------------|----|--------------|--|-------|
| 1 |                 |    |              |  | _____ |
| 2 | Ådne Undheim    | 98 | Bryne SK     |  | _____ |
| 3 | Aune Lagestrand | 98 | Klepp        |  | _____ |
| 4 | Henrik Fjogstad | 96 | Stavanger SC |  | _____ |
| 5 | Henrik Ramsland | 97 | Frisinn SK   |  | _____ |
| 6 |                 |    |              |  | _____ |

**Heat 3**

|   |                              |    |              |  |       |
|---|------------------------------|----|--------------|--|-------|
| 1 | Helge Eidsnes                | 00 | Bryne SK     |  | _____ |
| 2 | Håvar Thu                    | 99 | Bryne SK     |  | _____ |
| 3 | Valmar Guttormsson           | 96 | Sandnes SLK  |  | _____ |
| 4 | Heine Reime Løge             | 99 | Bryne SK     |  | _____ |
| 5 | Even Bergfjord               | 98 | Stavanger SC |  | _____ |
| 6 | Jonas Johannes Aase Hvalrygg | 00 | Haugesund SK |  | _____ |

**Heat 4**

|   |                         |          |             |         |       |
|---|-------------------------|----------|-------------|---------|-------|
| 1 | Roger Larsen            | S14 - 74 | Egersund SK | 2.03,53 | _____ |
| 2 | Ingve Halvorsen         | S14 - 90 | Egersund SK | 1.43,76 | _____ |
| 3 | Jakob Ryli              | 98       | Sande SK    | 1.39,66 | _____ |
| 4 | Johs Seeberg            | 00       | Karmøy SK   | 1.39,77 | _____ |
| 5 | Vermund Skogland Høgset | 00       | Karmøy SK   | 1.45,90 | _____ |
| 6 | Adrian Sviland          | 94       | Nærbø SK    |         | _____ |

**Heat 5**

|   |                         |    |              |         |       |
|---|-------------------------|----|--------------|---------|-------|
| 1 | Ole Jørmeland           | 98 | Stavanger SC | 1.37,52 | _____ |
| 2 | Johannes Kahlbom Wathne | 97 | Frisinn SK   | 1.32,04 | _____ |
| 3 | Olav Nevestveit Barøy   | 99 | Klepp        | 1.29,17 | _____ |
| 4 | Sindre Salte Dunseth    | 99 | Madla SK     | 1.30,61 | _____ |
| 5 | Tord Østenstad Fjell    | 99 | Karmøy SK    | 1.36,14 | _____ |
| 6 | Hans Ole Bergh          | 97 | Stord IL     | 1.38,88 | _____ |

**Heat 6**

|   |                         |    |              |         |       |
|---|-------------------------|----|--------------|---------|-------|
| 1 | Sean Elias Buckland     | 98 | Haugesund SK | 1.28,01 | _____ |
| 2 | Njord Fornes            | 99 | Sola SK      | 1.27,69 | _____ |
| 3 | Kristian N. Solvik      | 99 | Bryne SK     | 1.25,92 | _____ |
| 4 | Sondre Saltnes Urdal    | 99 | Delfana      | 1.27,67 | _____ |
| 5 | Leif Petter Sørbo       | 98 | Stavanger SC | 1.27,81 | _____ |
| 6 | Håvard Nevestveit Barøy | 98 | Klepp        | 1.29,13 | _____ |

**Heat 7**

|   |                    |    |              |         |       |
|---|--------------------|----|--------------|---------|-------|
| 1 | Kristian Endresen  | 98 | Haugesund SK | 1.25,47 | _____ |
| 2 | Tobias Gellein     | 96 | Frisinn SK   | 1.21,74 | _____ |
| 3 | Svein Are Presthus | 97 | Klepp        | 1.20,89 | _____ |
| 4 | Børge Grødem       | 96 | Klepp        | 1.21,32 | _____ |
| 5 | Ole Lothe Foseid   | 98 | Stord IL     | 1.23,82 | _____ |
| 6 | Erling Belaska     | 98 | Madla SK     | 1.25,50 | _____ |

**Heat 8**

|   |                       |    |              |         |       |
|---|-----------------------|----|--------------|---------|-------|
| 1 | Viktor Hermansen      | 97 | Klepp        | 1.19,69 | _____ |
| 2 | Anders Johan Pedersen | 97 | Delfana      | 1.19,36 | _____ |
| 3 | Adrian Lindgren       | 96 | Delfana      | 1.16,64 | _____ |
| 4 | Jens Petter Turøy     | 99 | Stavanger SC | 1.16,99 | _____ |
| 5 | Jonas Østenstad       | 98 | Haugesund SK | 1.19,57 | _____ |
| 6 | Truls Wigdel          | 99 | Madla SK     | 1.20,47 | _____ |

**Heat 9**

|   |                        |    |              |         |       |
|---|------------------------|----|--------------|---------|-------|
| 1 | Haakon Buckland        | 96 | Haugesund SK | 1.16,12 | _____ |
| 2 | Halvor Alvestad Larsen | 98 | Karmøy SK    | 1.15,75 | _____ |
| 3 | Knut Andre Sande       | 96 | Sandnes SLK  | 1.14,53 | _____ |
| 4 | Torbjørn Visnes        | 97 | Stord IL     | 1.14,70 | _____ |
| 5 | Henning Van Ta         | 96 | Frisinn SK   | 1.15,87 | _____ |
| 6 | Ben Davison            | 97 | Stavanger SC | 1.16,62 | _____ |

**Heat 10**

|   |                         |    |                       |         |       |
|---|-------------------------|----|-----------------------|---------|-------|
| 1 | Axel Ravndal            | 98 | Sandnes SLK           | 1.12,90 | _____ |
| 2 | Elias Jensen            | 94 | Nærbø SK              | 1.12,26 | _____ |
| 3 | Håkon Skogen            | 97 | Randaberg IL Svømming | 1.11,98 | _____ |
| 4 | Magnus Dale Johnsen     | 97 | Delfana               | 1.12,09 | _____ |
| 5 | Alexander Johnsgaard    | 96 | Delfana               | 1.12,59 | _____ |
| 6 | Aleksander Petter Olsen | 98 | Sandnes SLK           | 1.13,42 | _____ |

**Heat 11**

|   |                                |    |             |         |       |
|---|--------------------------------|----|-------------|---------|-------|
| 1 | Sigurd Heldal Årethun          | 98 | Arna SLK    | 1.11,10 | _____ |
| 2 | Kristoffer Rung                | 95 | Frisinn SK  | 1.10,30 | _____ |
| 3 | Simon Helland                  | 95 | IL Solid    | 1.10,08 | _____ |
| 4 | Bjørn Stian Vuilliomenet       | 96 | Klepp       | 1.10,23 | _____ |
| 5 | Aleksander Stangeland Pedersen | 96 | Sandnes SLK | 1.10,34 | _____ |
| 6 | Alec Karlsen                   | 98 | Madla SK    | 1.11,34 | _____ |

**Heat 12**

|   |                        |    |              |         |       |
|---|------------------------|----|--------------|---------|-------|
| 1 | Dennis Asbjørnsen      | 97 | Madla SK     | 1.09,03 | _____ |
| 2 | Simen D. Kreybu        | 98 | Arna SLK     | 1.08,60 | _____ |
| 3 | Tim Samuelsen          | 97 | Madla SK     | 1.08,37 | _____ |
| 4 | Anders Lothe Losnegård | 95 | Stord IL     | 1.08,56 | _____ |
| 5 | David Dossev           | 95 | Haugesund SK | 1.08,63 | _____ |
| 6 | Erlend Anfinsen        | 97 | Sandnes SLK  | 1.09,13 | _____ |

**Heat 13**

|   |                         |    |              |         |       |
|---|-------------------------|----|--------------|---------|-------|
| 1 | Petter Thorsen          | 97 | Stord IL     | 1.08,04 | _____ |
| 2 | Eivind Bjelland         | 98 | Haugesund SK | 1.07,41 | _____ |
| 3 | Martin Nilsen           | 94 | Haugesund SK | 1.06,37 | _____ |
| 4 | Erik Andre Klepp Vik    | 96 | Sandnes SLK  | 1.07,37 | _____ |
| 5 | Erik Årsland Gidskehaug | 97 | Bryne SK     | 1.07,73 | _____ |
| 6 | Anders Madsen           | 95 | Delfana      | 1.08,10 | _____ |

**Heat 14**

|   |                          |    |              |         |       |
|---|--------------------------|----|--------------|---------|-------|
| 1 | Jan-Ove Lytomt           | 92 | Sandnes SLK  | 1.05,18 | _____ |
| 2 | Benjamin Alic            | 96 | Haugesund SK | 1.04,41 | _____ |
| 3 | Martin Langeland-Knudsen | 96 | Sola SK      | 1.03,73 | _____ |
| 4 | Andreas O. Palmstrøm     | 92 | Delfana      | 1.03,98 | _____ |
| 5 | Anders Lindanger         | 95 | Stavanger SC | 1.04,65 | _____ |
| 6 | Eivind Haugland          | 94 | Delfana      | 1.05,72 | _____ |

**Heat 15**

|   |                              |    |              |         |       |
|---|------------------------------|----|--------------|---------|-------|
| 1 | Alexander Svanevik Nilsen    | 93 | Stavanger SC | 1.03,19 | _____ |
| 2 | Anders Wettergreen Gundersen | 94 | Stavanger SC | 1.02,46 | _____ |
| 3 | Ole Martin Turøy             | 95 | Stavanger SC | 1.00,56 | _____ |
| 4 | Thomas Brustveit             | 93 | Sandnes SLK  | 1.01,00 | _____ |
| 5 | Magnus Møkster               | 94 | Frisinn SK   | 1.02,57 | _____ |
| 6 | Sondre Møll                  | 96 | Stavanger SC | 1.03,49 | _____ |

**Heat 16**

|   |                           |    |              |         |       |
|---|---------------------------|----|--------------|---------|-------|
| 1 | Harald Goa Fagerheim      | 97 | Karmøy SK    | 1.00,31 | _____ |
| 2 | Janis Treubluts           | 93 | Ventspils    | 59,95   | _____ |
| 3 | Glenn Skjæveland          | 92 | Sandnes SLK  | 59,28   | _____ |
| 4 | Marius Karstad            | 92 | Madla SK     | 59,63   | _____ |
| 5 | Olav Ravndal Skjølingstad | 95 | Stavanger SC | 59,99   | _____ |
| 6 | Trond Vasslag             | 94 | Stavanger SC | 1.00,33 | _____ |

**Heat 17**

|   |                        |    |              |       |       |
|---|------------------------|----|--------------|-------|-------|
| 1 | Simen Alvestad         | 94 | Karmøy SK    | 58,61 | _____ |
| 2 | Henrik Knudsen         | 94 | Stavanger SC | 57,54 | _____ |
| 3 | Alexander Marki Mork   | 95 | Stavanger SC | 57,44 | _____ |
| 4 | Per Øystein Turøy      | 92 | Stavanger SC | 57,49 | _____ |
| 5 | Fredrik Knutsen Hegdal | 94 | Stavanger SC | 57,65 | _____ |
| 6 | Kacper Domanski        | 96 | Madla SK     | 58,84 | _____ |

**Heat 18**

|   |                        |    |              |       |       |
|---|------------------------|----|--------------|-------|-------|
| 1 | Ivan Aleksander Larsen | 95 | Karmøy SK    | 56,70 | _____ |
| 2 | Thorbjørn Birkeland    | 93 | Haugesund SK | 55,26 | _____ |
| 3 | Jørn Nygård            | 92 | Stavanger SC | 51,70 | _____ |
| 4 | Sander Rødje           | 93 | Haugesund SK | 54,23 | _____ |
| 5 | Henning Skare Pryde    | 92 | Stavanger SC | 56,41 | _____ |
| 6 | Henry Ravndal          | 93 | Sandnes SLK  | 56,98 | _____ |

**Øvelse 23. 4\*100m lag medley, damer****Heat 1**

|   |                 |    |            |  |       |
|---|-----------------|----|------------|--|-------|
| 1 |                 |    |            |  | _____ |
| 2 | Frisinn SK J2   | JR | Frisinn SK |  | _____ |
| 3 | Delfana J3 jr.  | JR | Delfana    |  | _____ |
| 4 | Bryne SK J1 jr. | JR | Bryne SK   |  | _____ |
| 5 |                 |    |            |  | _____ |
| 6 |                 |    |            |  | _____ |

**Heat 2**

|   |                  |    |            |  |       |
|---|------------------|----|------------|--|-------|
| 1 |                  |    |            |  | _____ |
| 2 | Karmøy SK J1 jr. | JR | Karmøy SK  |  | _____ |
| 3 | Frisinn SK J1    | JR | Frisinn SK |  | _____ |
| 4 | Delfana J2 jr.   | JR | Delfana    |  | _____ |
| 5 | Delfana J4 jr.   | JR | Delfana    |  | _____ |
| 6 |                  |    |            |  | _____ |

**Heat 3**

|   |                    |    |             |         |       |
|---|--------------------|----|-------------|---------|-------|
| 1 | Madla SK J7 jr.    | JR | Madla SK    | 6.51,00 | _____ |
| 2 | Stord IL J1 jr.    | JR | Stord IL    | 5.40,00 | _____ |
| 3 | Madla SK J5 jr.    | JR | Madla SK    | 5.30,00 | _____ |
| 4 | Sandnes SLK J2 jr. | JR | Sandnes SLK | 5.32,1  | _____ |
| 5 | Madla SK J6 jr.    | JR | Madla SK    | 5.48,00 | _____ |
| 6 | Klepp J1 jr.       | JR | Klepp       |         | _____ |

**Heat 4**

|   |                           |    |              |         |       |
|---|---------------------------|----|--------------|---------|-------|
| 1 | Sandnes SLK J1 jr.        | JR | Sandnes SLK  | 5.13,7  | _____ |
| 2 | Madla SK J4 jr.           | JR | Madla SK     | 5.00,00 | _____ |
| 3 | Delfana J1 jr.            | JR | Delfana      | 4.59,88 | _____ |
| 4 | Haugesund SK J1 jr.       | JR | Haugesund SK | 5.00,00 | _____ |
| 5 | IL Solid J1 jr.           | JR | IL Solid     | 5.09,00 | _____ |
| 6 | Haugesund SK Jenter 2y.jr | JR | Haugesund SK | 5.30,00 | _____ |

**Heat 5**

|   |                     |    |              |         |       |
|---|---------------------|----|--------------|---------|-------|
| 1 | Madla SK J2 jr.     | JR | Madla SK     | 4.45,00 | _____ |
| 2 | Madla SK J1 jr.     | JR | Madla SK     | 4.35,00 | _____ |
| 3 | Stavanger SC J1 jr. | JR | Stavanger SC | 4.25,00 | _____ |
| 4 | Stavanger SC J1 sr. | SR | Stavanger SC | 4.25,00 | _____ |
| 5 | Stavanger SC J2 jr. | JR | Stavanger SC | 4.35,00 | _____ |
| 6 | Madla SK J3 jr.     | JR | Madla SK     | 4.50,00 | _____ |

**Øvelse 24. 4\*100m lag medley, herrer****Heat 1**

|   |                  |    |            |  |       |
|---|------------------|----|------------|--|-------|
| 1 |                  |    |            |  | _____ |
| 2 | Klepp G1 jr.     | JR | Klepp      |  | _____ |
| 3 | Frisinn SK G1    | JR | Frisinn SK |  | _____ |
| 4 | Karmøy SK G2 jr. | JR | Karmøy SK  |  | _____ |
| 5 |                  |    |            |  | _____ |
| 6 |                  |    |            |  | _____ |

**Heat 2**

|   |                     |    |                       |         |       |
|---|---------------------|----|-----------------------|---------|-------|
| 1 | Delfana G2 jr.      | JR | Delfana               |         | _____ |
| 2 | Randaberg IL G1 jr. | JR | Randaberg IL Svømming |         | _____ |
| 3 | Madla SK G3 jr.     | JR | Madla SK              | 6.01,00 | _____ |
| 4 | Bryne SK G1 jr.     | JR | Bryne SK              |         | _____ |
| 5 | Delfana G3 jr.      | JR | Delfana               |         | _____ |
| 6 |                     |    |                       |         | _____ |

**Heat 3**

|   |                      |    |              |         |       |
|---|----------------------|----|--------------|---------|-------|
| 1 | Haugesund SK G2 y.jr | JR | Haugesund SK | 5.00,00 | _____ |
| 2 | Delfana G1 jr.       | JR | Delfana      | 4.45,00 | _____ |
| 3 | Madla SK G2 jr.      | JR | Madla SK     | 4.39,00 | _____ |
| 4 | Haugesund SK G1 jr.  | JR | Haugesund SK | 4.40,00 | _____ |
| 5 | Stord IL G1 jr.      | JR | Stord IL     | 4.50,00 | _____ |
| 6 | Sandnes SLK G2 jr.   | JR | Sandnes SLK  | 5.08,2  | _____ |

**Heat 4**

|   |                     |    |              |         |       |
|---|---------------------|----|--------------|---------|-------|
| 1 | Stavanger SC G3 jr. | JR | Stavanger SC | 4.30,00 | _____ |
| 2 | Karmøy SK G1 jr.    | JR | Karmøy SK    | 4.15,00 | _____ |
| 3 | Madla SK G1 jr.     | JR | Madla SK     | 4.00,00 | _____ |
| 4 | Stavanger SC G1 jr. | JR | Stavanger SC | 4.10,00 | _____ |
| 5 | Stavanger SC G2 jr. | JR | Stavanger SC | 4.20,00 | _____ |
| 6 | Sandnes SLK G1 jr.  | JR | Sandnes SLK  | 4.31,8  | _____ |

**Øvelse 25. 200m butterfly, damer****Heat 1**

|   |                           |    |          |         |       |
|---|---------------------------|----|----------|---------|-------|
| 1 | Eva Marie Wilson Østerhus | 94 | Madla SK |         | _____ |
| 2 | Julie Sundstrøm           | 97 | Delfana  | 3.02,75 | _____ |
| 3 | Ida Jensen Lirhus         | 97 | Madla SK | 2.55,92 | _____ |
| 4 | Maria Voldsund            | 98 | Delfana  | 3.00,17 | _____ |
| 5 | Marte Staveland           | 95 | Madla SK |         | _____ |
| 6 |                           |    |          |         |       |

**Heat 2**

|   |                     |    |              |         |       |
|---|---------------------|----|--------------|---------|-------|
| 1 | Frida Hinna         | 96 | Delfana      | 2.50,62 | _____ |
| 2 | Ingrid Bergslid     | 97 | Madla SK     | 2.44,10 | _____ |
| 3 | Ida Marko-Varga     | 85 | Stavanger SC | 2.09,79 | _____ |
| 4 | Elin Haugland       | 96 | Delfana      | 2.29,88 | _____ |
| 5 | Vanja Sand Syversen | 97 | Delfana      | 2.45,42 | _____ |
| 6 | Lotte Miller        | 96 | Madla SK     | 2.54,84 | _____ |

**Øvelse 26. 200m butterfly, herrer****Heat 1**

|   |                       |    |              |         |       |
|---|-----------------------|----|--------------|---------|-------|
| 1 |                       |    |              |         | _____ |
| 2 | Per Øystein Turøy     | 92 | Stavanger SC |         | _____ |
| 3 | Alec Karlsen          | 98 | Madla SK     | 3.07,60 | _____ |
| 4 | Sindre Vatnamot Amble | 98 | Madla SK     | 4.03,95 | _____ |
| 5 | Simen D. Kreybu       | 98 | Arna SLK     |         | _____ |
| 6 |                       |    |              |         |       |

**Heat 2**

|   |                        |    |                       |         |       |
|---|------------------------|----|-----------------------|---------|-------|
| 1 | Henry Ravndal          | 93 | Sandnes SLK           | 2.36,57 | _____ |
| 2 | Vegard Belaska         | 93 | Madla SK              | 2.21,27 | _____ |
| 3 | Fredrik Knutsen Hegdal | 94 | Stavanger SC          | 2.10,67 | _____ |
| 4 | Øystein Fjeldberg      | 93 | Randaberg IL Svømming | 2.19,41 | _____ |
| 5 | Kacper Domanski        | 96 | Madla SK              | 2.21,72 | _____ |
| 6 | Maurice Sudkamp        | 97 | Randaberg IL Svømming | 2.46,56 | _____ |

**Øvelse 27. 200m individuell medley, damer****Heat 1**

|   |                    |    |             |  |       |
|---|--------------------|----|-------------|--|-------|
| 1 |                    |    |             |  | _____ |
| 2 | Rebekka Asbjørnsen | 96 | Sandnes SLK |  | _____ |
| 3 | Sofie Lindgren     | 99 | Delfana     |  | _____ |
| 4 | Ane N. Magnussen   | 96 | Bryne SK    |  | _____ |
| 5 |                    |    |             |  |       |
| 6 |                    |    |             |  |       |

**Heat 2**

|   |                            |    |              |  |       |
|---|----------------------------|----|--------------|--|-------|
| 1 | Emma Østenstad             | 00 | Haugesund SK |  | _____ |
| 2 | Ulva Kristine Bray         | 00 | Haugesund SK |  | _____ |
| 3 | Vibeke Todnem              | 95 | Sandnes SLK  |  | _____ |
| 4 | Maria Storstein            | 00 | Karmøy SK    |  | _____ |
| 5 | Heather Ann Fraser Mulvany | 99 | Madla SK     |  | _____ |
| 6 | Wiviann Indrevoll          | 98 | Madla SK     |  | _____ |

**Heat 3**

|   |                              |    |              |  |       |
|---|------------------------------|----|--------------|--|-------|
| 1 | Siril Therese Follo Bårtvedt | 97 | Sandnes SLK  |  | _____ |
| 2 | Runa Vatna Sandmoen          | 96 | Frisinn SK   |  | _____ |
| 3 | Hanna Årsvoll Ryen           | 97 | Sandnes SLK  |  | _____ |
| 4 | Sunniva Volden               | 96 | Sandnes SLK  |  | _____ |
| 5 | Karoline Bergfjord           | 96 | Stavanger SC |  | _____ |
| 6 | Karen N. Magnussen           | 98 | Bryne SK     |  | _____ |

**Heat 4**

|   |                           |    |              |         |       |
|---|---------------------------|----|--------------|---------|-------|
| 1 | Olivia Herdus             | 96 | Delfana      |         | _____ |
| 2 | Elena Bergfjord           | 98 | Stavanger SC | 3.48,55 | _____ |
| 3 | Anneli Tangerås Johnsen   | 98 | Delfana      | 3.43,66 | _____ |
| 4 | Amanda Truyen             | 97 | Delfana      | 3.44,37 | _____ |
| 5 | Torill Stokka Thuestad    | 99 | Madla SK     |         | _____ |
| 6 | Karoline Austad Pettersen | 98 | Madla SK     |         | _____ |

**Heat 5**

|   |                            |    |              |         |       |
|---|----------------------------|----|--------------|---------|-------|
| 1 | Andrea Gurvin Skaaland     | 99 | Delfana      | 3.38,34 | _____ |
| 2 | Ingjerd Davøen             | 98 | Delfana      | 3.35,25 | _____ |
| 3 | Christina Vestre           | 99 | Haugesund SK | 3.29,26 | _____ |
| 4 | Andrine Fjogstad Tobiassen | 99 | Bryne SK     | 3.34,64 | _____ |
| 5 | Guro Økland                | 96 | Delfana      | 3.36,57 | _____ |
| 6 | Vilde Lohman               | 99 | Delfana      | 3.39,69 | _____ |

**Heat 6**

|   |                 |    |              |         |       |
|---|-----------------|----|--------------|---------|-------|
| 1 | Vilde Aas Løken | 98 | Stord IL     | 3.26,91 | _____ |
| 2 | Nora T. Hinna   | 99 | Delfana      | 3.26,15 | _____ |
| 3 | Pernille Vestre | 97 | Haugesund SK | 3.18,04 | _____ |
| 4 | Mari Dahl       | 98 | Delfana      | 3.20,61 | _____ |
| 5 | Mie Kreybu      | 99 | Arna SLK     | 3.26,90 | _____ |
| 6 | Ines Nystrand   | 98 | Madla SK     | 3.28,63 | _____ |

**Heat 7**

|   |                            |    |          |         |       |
|---|----------------------------|----|----------|---------|-------|
| 1 | Lene Gjøsæther             | 97 | Stord IL | 3.15,00 | _____ |
| 2 | Marit Hystad               | 96 | IL Solid | 3.13,19 | _____ |
| 3 | Ingrid Elise Berge Jenssen | 98 | Madla SK | 3.11,66 | _____ |
| 4 | Helene T. Ottesen          | 98 | Delfana  | 3.11,83 | _____ |
| 5 | Hanne Erstad Larsen        | 98 | Delfana  | 3.14,87 | _____ |
| 6 | Maren Thoresen Malme       | 98 | Stord IL | 3.15,00 | _____ |

**Heat 8**

|   |                            |    |              |         |       |
|---|----------------------------|----|--------------|---------|-------|
| 1 | Hedda Kristine Vaage       | 98 | Stord IL     | 3.10,00 | _____ |
| 2 | Mari Haugland Ingebregtsen | 98 | Delfana      | 3.08,20 | _____ |
| 3 | Elise Sandvoll             | 96 | Frisinn SK   | 3.01,79 | _____ |
| 4 | Gina Alvestad              | 98 | Karmøy SK    | 3.05,83 | _____ |
| 5 | Inger Marie Thorsen        | 96 | Haugesund SK | 3.08,25 | _____ |
| 6 | Kristin Serck-Hanssen      | 98 | Madla SK     | 3.10,09 | _____ |

**Heat 9**

|   |                     |    |              |         |       |
|---|---------------------|----|--------------|---------|-------|
| 1 | Brita Stang Aune    | 97 | Stavanger SC | 3.00,31 | _____ |
| 2 | Lisa Aaslestad      | 96 | Sandnes SLK  | 2.59,00 | _____ |
| 3 | Vanja Brunsvik      | 93 | Haugesund SK | 2.57,25 | _____ |
| 4 | Marie Økland        | 94 | Delfana      | 2.57,69 | _____ |
| 5 | Susann Pleyrn Olsen | 97 | Delfana      | 2.59,89 | _____ |
| 6 | Solveig Aarland     | 98 | Delfana      | 3.01,45 | _____ |

**Heat 10**

|   |                     |    |              |         |       |
|---|---------------------|----|--------------|---------|-------|
| 1 | Helene Dale Johnsen | 95 | Delfana      | 2.54,36 | _____ |
| 2 | Lotte Stang Aune    | 96 | Stavanger SC | 2.53,13 | _____ |
| 3 | Vanessa Tuxen       | 92 | Madla SK     | 2.51,68 | _____ |
| 4 | Barbara Hansen      | 93 | Frisinn SK   | 2.52,22 | _____ |
| 5 | Kaja Konow Grønseth | 95 | Frisinn SK   | 2.53,39 | _____ |
| 6 | Signe Birch Moltu   | 94 | Frisinn SK   | 2.54,69 | _____ |

**Heat 11**

|   |                          |    |              |         |       |
|---|--------------------------|----|--------------|---------|-------|
| 1 | Camilla Birkeland        | 96 | Haugesund SK | 2.50,86 | _____ |
| 2 | Aleksandra Berge         | 94 | Madla SK     | 2.49,58 | _____ |
| 3 | Ulrikke Rein             | 98 | Madla SK     | 2.49,30 | _____ |
| 4 | Silje Lilledahl          | 94 | Haugesund SK | 2.49,46 | _____ |
| 5 | Nina-Therese Storstein   | 98 | Karmøy SK    | 2.49,92 | _____ |
| 6 | Regine Sjørdal Lindanger | 96 | Frisinn SK   | 2.51,64 | _____ |

**Heat 12**

|   |                             |    |              |         |       |
|---|-----------------------------|----|--------------|---------|-------|
| 1 | Mathilde Rasmussen          | 97 | Arna SLK     | 2.48,11 | _____ |
| 2 | Rebekka Andersen            | 93 | Stavanger SC | 2.44,33 | _____ |
| 3 | Mari Mjøllhus Kristoffersen | 95 | Madla SK     | 2.38,96 | _____ |
| 4 | Malena Martens              | 94 | IL Solid     | 2.42,72 | _____ |
| 5 | Stine Marie Anderssen       | 95 | Sandnes SLK  | 2.44,51 | _____ |
| 6 | Stina Dahl                  | 96 | Delfana      | 2.48,75 | _____ |

**Heat 13**

|   |                              |    |              |         |       |
|---|------------------------------|----|--------------|---------|-------|
| 1 | Karianne Reinertsen          | 97 | Delfana      | 2.34,34 | _____ |
| 2 | Elisabeth Kristiansen        | 92 | Haugesund SK | 2.27,33 | _____ |
| 3 | Victoria Rung                | 92 | Madla SK     | 2.19,63 | _____ |
| 4 | Stine Mjøllhus Kristoffersen | 93 | Madla SK     | 2.26,11 | _____ |
| 5 | Maria Thompson Clausen       | 96 | Madla SK     | 2.28,12 | _____ |
| 6 | Maria Wigestrands            | 94 | Sola SK      | 2.34,88 | _____ |

**Øvelse 28. 200m individuell medley, herrer****Heat 1**

|   |                         |    |             |  |       |
|---|-------------------------|----|-------------|--|-------|
| 1 |                         |    |             |  |       |
| 2 | Svein Are Presthus      | 97 | Klepp       |  | _____ |
| 3 | Valmar Guttormsson      | 96 | Sandnes SLK |  | _____ |
| 4 | Torstein Myklebust      | 96 | Frisinn SK  |  | _____ |
| 5 | Jonas Hornnes Torgersen | 96 | Frisinn SK  |  | _____ |
| 6 |                         |    |             |  |       |

**Heat 2**

|   |                       |    |              |         |       |
|---|-----------------------|----|--------------|---------|-------|
| 1 | Sean Elias Buckland   | 98 | Haugesund SK | 3.37,55 | _____ |
| 2 | Adrian Lindgren       | 96 | Delfana      | 3.31,48 | _____ |
| 3 | Erling Belaska        | 98 | Madla SK     | 3.22,78 | _____ |
| 4 | Sondre Saltnes Urdal  | 99 | Delfana      | 3.25,11 | _____ |
| 5 | Erik Hystad           | 97 | Stord IL     | 3.34,71 | _____ |
| 6 | Sindre Vatnamot Amble | 98 | Madla SK     | 3.38,35 | _____ |

**Heat 3**

|   |                       |    |              |         |       |
|---|-----------------------|----|--------------|---------|-------|
| 1 | Leif Petter Sørbo     | 98 | Stavanger SC | 3.18,47 | _____ |
| 2 | Jonas Østenstad       | 98 | Haugesund SK | 3.15,58 | _____ |
| 3 | Steffen Kvamme        | 96 | Arna SLK     | 3.13,50 | _____ |
| 4 | Knut Andre Sande      | 96 | Sandnes SLK  | 3.14,53 | _____ |
| 5 | Anders Johan Pedersen | 97 | Delfana      | 3.15,72 | _____ |
| 6 | Sindre Salte Dunseth  | 99 | Madla SK     | 3.22,16 | _____ |

**Heat 4**

|   |                         |    |          |         |       |
|---|-------------------------|----|----------|---------|-------|
| 1 | Torbjørn Visnes         | 97 | Stord IL | 3.13,04 | _____ |
| 2 | Bjørn Stian Vuilliomene | 96 | Klepp    | 3.08,00 | _____ |
| 3 | Ole Lothe Foseid        | 98 | Stord IL | 3.05,00 | _____ |
| 4 | Petter Thorsen          | 97 | Stord IL | 3.06,06 | _____ |
| 5 | Hans Ole Bergh          | 97 | Stord IL | 3.10,00 | _____ |
| 6 | Truls Wigdel            | 99 | Madla SK | 3.13,25 | _____ |

**Heat 5**

|   |                              |    |              |         |       |
|---|------------------------------|----|--------------|---------|-------|
| 1 | Erlend Anfinen               | 97 | Sandnes SLK  | 3.00,14 | _____ |
| 2 | Axel Ravndal                 | 98 | Sandnes SLK  | 2.59,08 | _____ |
| 3 | Aleksander Petter Olsen      | 98 | Sandnes SLK  | 2.57,61 | _____ |
| 4 | Halvor Alvestad Larsen       | 98 | Karmøy SK    | 2.58,56 | _____ |
| 5 | Anders Wettergreen Gundersen | 94 | Stavanger SC | 2.59,87 | _____ |
| 6 | Magnus Dale Johnsen          | 97 | Delfana      | 3.03,28 | _____ |

**Heat 6**

|   |                       |    |              |         |       |
|---|-----------------------|----|--------------|---------|-------|
| 1 | Sigurd Heldal Årethun | 98 | Arna SLK     | 2.54,90 | _____ |
| 2 | Anders Madsen         | 95 | Delfana      | 2.49,61 | _____ |
| 3 | Erik Andre Klepp Vik  | 96 | Sandnes SLK  | 2.47,81 | _____ |
| 4 | Tim Samuelsen         | 97 | Madla SK     | 2.48,97 | _____ |
| 5 | Eivind Bjelland       | 98 | Haugesund SK | 2.54,67 | _____ |
| 6 | Alec Karlsen          | 98 | Madla SK     | 2.55,82 | _____ |

**Heat 7**

|   |                           |    |              |         |       |
|---|---------------------------|----|--------------|---------|-------|
| 1 | Benjamin Alic             | 96 | Haugesund SK | 2.43,72 | _____ |
| 2 | Alexander Johnsgaard      | 96 | Delfana      | 2.39,89 | _____ |
| 3 | Alexander Svanevik Nilsen | 93 | Stavanger SC | 2.37,44 | _____ |
| 4 | Martin Langeland-Knudsen  | 96 | Sola SK      | 2.39,38 | _____ |
| 5 | Dennis Asbjørnsen         | 97 | Madla SK     | 2.43,29 | _____ |
| 6 | Halvor Arne Borgstrøm     | 97 | Stavanger SC | 2.47,36 | _____ |

**Heat 8**

|   |                       |    |                       |         |       |
|---|-----------------------|----|-----------------------|---------|-------|
| 1 | Ørjan Monsen          | 92 | Madla SK              | 2.32,38 | _____ |
| 2 | Didrik Konow Grønseth | 92 | Frisinn SK            | 2.26,33 | _____ |
| 3 | Håkon P Ludvigsen     | 96 | Randaberg IL Svømming | 2.22,97 | _____ |
| 4 | Glenn Skjæveland      | 92 | Sandnes SLK           | 2.24,73 | _____ |
| 5 | Trond Vasslag         | 94 | Stavanger SC          | 2.30,44 | _____ |
| 6 | Henning Skare Pryde   | 92 | Stavanger SC          | 2.34,92 | _____ |

**Heat 9**

|   |                        |    |                       |         |       |
|---|------------------------|----|-----------------------|---------|-------|
| 1 | Morten Wee Hollund     | 96 | Karmøy SK             | 2.20,93 | _____ |
| 2 | Daniel Sandhåland      | 95 | Karmøy SK             | 2.20,07 | _____ |
| 3 | Sander Rødje           | 93 | Haugesund SK          | 2.13,24 | _____ |
| 4 | Ivan Aleksander Larsen | 95 | Karmøy SK             | 2.18,39 | _____ |
| 5 | Morten Bordevich       | 94 | Madla SK              | 2.20,76 | _____ |
| 6 | Øystein Fjeldberg      | 93 | Randaberg IL Svømming | 2.21,72 | _____ |

**Øvelse 29. 50m butterfly, damer****Heat 1**

|   |                             |    |             |  |       |
|---|-----------------------------|----|-------------|--|-------|
| 1 |                             |    |             |  | _____ |
| 2 | Synneva Aarekol Johannessen | 00 | Karmøy SK   |  | _____ |
| 3 | Marit Bergsland Hansen      | 95 | Sandnes SLK |  | _____ |
| 4 | Sandra Kvamme               | 99 | Arna SLK    |  | _____ |
| 5 |                             |    |             |  | _____ |
| 6 |                             |    |             |  | _____ |

**Heat 2**

|   |                       |    |              |         |       |
|---|-----------------------|----|--------------|---------|-------|
| 1 |                       |    |              |         |       |
| 2 | Christine Osmundsen   | 00 | Haugesund SK |         | _____ |
| 3 | Ulva Kristine Bray    | 00 | Haugesund SK | 1.00,75 | _____ |
| 4 | Kine Tangerås Johnsen | 00 | Delfana      | 1.04,05 | _____ |
| 5 | Hanne Briedis         | 95 | Sandnes SLK  |         | _____ |
| 6 |                       |    |              |         |       |

**Heat 3**

|   |                            |    |           |       |       |
|---|----------------------------|----|-----------|-------|-------|
| 1 | Synnøve Gravdal Heimvik    | 97 | Stord IL  | 48,00 | _____ |
| 2 | Maren Thoresen Malme       | 98 | Stord IL  | 47,35 | _____ |
| 3 | Ingjerd Davøen             | 98 | Delfana   | 46,97 | _____ |
| 4 | Victoria Birkelid Langaker | 98 | Karmøy SK | 47,04 | _____ |
| 5 | Vilde Lohman               | 99 | Delfana   | 47,40 | _____ |
| 6 | Stine Bertelsen            | 99 | Bryne SK  | 48,74 | _____ |

**Heat 4**

|   |                         |    |            |       |       |
|---|-------------------------|----|------------|-------|-------|
| 1 | Andrea Edland           | 98 | Frisinn SK | 46,18 | _____ |
| 2 | Wiviann Indrevoll       | 98 | Madla SK   | 44,74 | _____ |
| 3 | Hansine Olsen           | 98 | Klepp      | 43,60 | _____ |
| 4 | Nathalie Methlie        | 97 | Delfana    | 44,31 | _____ |
| 5 | May Idun Konow Grønseth | 98 | Frisinn SK | 45,09 | _____ |
| 6 | Nora Sandvoll           | 99 | Frisinn SK | 46,65 | _____ |

**Heat 5**

|   |                           |    |              |       |       |
|---|---------------------------|----|--------------|-------|-------|
| 1 | Bjørg Marie Pollestad     | 97 | Klepp        | 42,36 | _____ |
| 2 | Malene Tangedal Mehus     | 94 | IL Solid     | 42,22 | _____ |
| 3 | Johanne Willumsen de Haas | 98 | Madla SK     | 41,15 | _____ |
| 4 | Silje Chirico Indrebø     | 95 | Frisinn SK   | 41,91 | _____ |
| 5 | Vilde E. Stokkenes        | 98 | Haugesund SK | 42,23 | _____ |
| 6 | Emily Bådsvik             | 96 | Frisinn SK   | 42,82 | _____ |

**Heat 6**

|   |                            |    |                       |       |       |
|---|----------------------------|----|-----------------------|-------|-------|
| 1 | Maria Bergfjord            | 93 | Stavanger SC          | 40,43 | _____ |
| 2 | Vilde Aas Løken            | 98 | Stord IL              | 40,40 | _____ |
| 3 | Ingrid Elise Berge Jenssen | 98 | Madla SK              | 39,61 | _____ |
| 4 | Marit Hystad               | 96 | IL Solid              | 39,71 | _____ |
| 5 | Malin Tønnessen            | 96 | Frisinn SK            | 40,42 | _____ |
| 6 | Alina H Bjelancic          | 99 | Randaberg IL Svømming | 40,98 | _____ |

**Heat 7**

|   |                        |    |              |       |       |
|---|------------------------|----|--------------|-------|-------|
| 1 | Ida Oftedal Bjøntegård | 96 | Haugesund SK | 38,04 | _____ |
| 2 | Mathilde Rasmussen     | 97 | Arna SLK     | 37,10 | _____ |
| 3 | Sandra Sola            | 97 | Madla SK     | 37,00 | _____ |
| 4 | Susan Ultee            | 96 | Frisinn SK   | 37,02 | _____ |
| 5 | May Synnøve Bartlett   | 95 | Madla SK     | 37,66 | _____ |
| 6 | Amalie Nortvedt        | 97 | Frisinn SK   | 38,59 | _____ |

**Heat 8**

|   |                          |    |          |       |       |
|---|--------------------------|----|----------|-------|-------|
| 1 | Nina Staveland           | 97 | Madla SK | 35,89 | _____ |
| 2 | Marte Staveland          | 95 | Madla SK | 35,43 | _____ |
| 3 | Siv Vuilliomenet         | 92 | Klepp    | 34,73 | _____ |
| 4 | Line Nilsson             | 94 | Madla SK | 34,80 | _____ |
| 5 | Mette Thunes             | 94 | Delfana  | 35,72 | _____ |
| 6 | Hanna Huglen Vinsnesbakk | 95 | Stord IL | 35,90 | _____ |

**Heat 9**

|   |                       |    |              |       |       |
|---|-----------------------|----|--------------|-------|-------|
| 1 | Ingrid Bergslid       | 97 | Madla SK     | 34,44 | _____ |
| 2 | Tone Lill Evanger     | 96 | Delfana      | 34,13 | _____ |
| 3 | Monica Avlesbug       | 95 | Klepp        | 33,94 | _____ |
| 4 | Camilla Birkeland     | 96 | Haugesund SK | 34,12 | _____ |
| 5 | Solveig Vuilliomenet  | 94 | Klepp        | 34,34 | _____ |
| 6 | Stine Marie Anderssen | 95 | Sandnes SLK  | 34,52 | _____ |

**Heat 10**

|   |                           |    |              |       |       |
|---|---------------------------|----|--------------|-------|-------|
| 1 | Marte K Haukeland         | 94 | Arna SLK     | 32,90 | _____ |
| 2 | Oda Gjerde                | 95 | Bryne SK     | 32,68 | _____ |
| 3 | Inger-Kristine Steinsland | 92 | IL Solid     | 32,15 | _____ |
| 4 | Vanja Brunsvik            | 93 | Haugesund SK | 32,17 | _____ |
| 5 | Ingeborg Jørmeland        | 96 | Stavanger SC | 32,77 | _____ |
| 6 | Anna Thorsen              | 94 | Arna SLK     | 33,40 | _____ |

**Heat 11**

|   |                     |    |              |       |       |
|---|---------------------|----|--------------|-------|-------|
| 1 | Inger Husveg        | 92 | Klepp        | 31,88 | _____ |
| 2 | Lotte Miller        | 96 | Madla SK     | 31,17 | _____ |
| 3 | Henriette Martinsen | 85 | Stavanger SC | 29,88 | _____ |
| 4 | Ingrid Hystad       | 92 | IL Solid     | 29,97 | _____ |
| 5 | Malena Martens      | 94 | IL Solid     | 31,74 | _____ |
| 6 | Vanessa Tuxen       | 92 | Madla SK     | 32,12 | _____ |

**Øvelse 30. 50m butterfly, herrer****Heat 1**

|   |                              |    |              |  |       |
|---|------------------------------|----|--------------|--|-------|
| 1 |                              |    |              |  |       |
| 2 | Adrian Sviland               | 94 | Nærbø SK     |  | _____ |
| 3 | Jonas Hornnes Torgersen      | 96 | Frisinn SK   |  | _____ |
| 4 | Jonas Johannes Aase Hvalrygg | 00 | Haugesund SK |  | _____ |
| 5 |                              |    |              |  |       |
| 6 |                              |    |              |  |       |

**Heat 2**

|   |                         |    |              |         |       |
|---|-------------------------|----|--------------|---------|-------|
| 1 | Elias Jensen            | 94 | Nærbø SK     |         | _____ |
| 2 | Vermund Skogland Høgset | 00 | Karmøy SK    | 1.14,15 | _____ |
| 3 | Aune Lagestrand         | 98 | Klepp        | 1.01,13 | _____ |
| 4 | Ole Jørmeland           | 98 | Stavanger SC | 1.02,13 | _____ |
| 5 | Børge Grødem            | 96 | Klepp        |         | _____ |
| 6 |                         |    |              |         |       |

**Heat 3**

|   |                         |    |              |       |       |
|---|-------------------------|----|--------------|-------|-------|
| 1 | Håvard Nevestveit Barøy | 98 | Klepp        | 51,67 | _____ |
| 2 | Sean Elias Buckland     | 98 | Haugesund SK | 50,10 | _____ |
| 3 | Sindre Salte Dunseth    | 99 | Madla SK     | 47,71 | _____ |
| 4 | Marcus Wangsholm        | 97 | Delfana      | 48,64 | _____ |
| 5 | Olav Nevestveit Barøy   | 99 | Klepp        | 51,25 | _____ |
| 6 | Heine T. Ottesen        | 00 | Delfana      | 58,59 | _____ |

**Heat 4**

|   |                         |    |              |       |       |
|---|-------------------------|----|--------------|-------|-------|
| 1 | Haakon Buckland         | 96 | Haugesund SK | 45,75 | _____ |
| 2 | Sturla Blom             | 97 | Delfana      | 44,64 | _____ |
| 3 | Christoffer G. Skaaland | 97 | Delfana      | 42,72 | _____ |
| 4 | Torbjørn Visnes         | 97 | Stord IL     | 42,72 | _____ |
| 5 | Svein Are Presthus      | 97 | Klepp        | 45,40 | _____ |
| 6 | Asbjørn Framnes         | 97 | Stord IL     | 47,06 | _____ |

**Heat 5**

|   |                    |    |              |       |       |
|---|--------------------|----|--------------|-------|-------|
| 1 | Truls Wigdel       | 99 | Madla SK     | 41,97 | _____ |
| 2 | Tobias Gellein     | 96 | Frisinn SK   | 41,88 | _____ |
| 3 | Erik Hystad        | 97 | Stord IL     | 41,20 | _____ |
| 4 | Kristian N. Solvik | 99 | Bryne SK     | 41,87 | _____ |
| 5 | Ben Davison        | 97 | Stavanger SC | 41,88 | _____ |
| 6 | Kristian Endresen  | 98 | Haugesund SK | 42,68 | _____ |

**Heat 6**

|   |                         |    |                       |       |       |
|---|-------------------------|----|-----------------------|-------|-------|
| 1 | Håkon Skogen            | 97 | Randaberg IL Svømming | 39,38 | _____ |
| 2 | Torstein Myklebust      | 96 | Frisinn SK            | 38,88 | _____ |
| 3 | Aleksander Petter Olsen | 98 | Sandnes SLK           | 37,32 | _____ |
| 4 | Viktor Hermansen        | 97 | Klepp                 | 38,80 | _____ |
| 5 | Simon Helland           | 95 | IL Solid              | 39,00 | _____ |
| 6 | Henning Van Ta          | 96 | Frisinn SK            | 39,91 | _____ |

**Heat 7**

|   |                                |    |              |       |       |
|---|--------------------------------|----|--------------|-------|-------|
| 1 | Aleksander Stangeland Pedersen | 96 | Sandnes SLK  | 36,66 | _____ |
| 2 | Dennis Asbjørnsen              | 97 | Madla SK     | 36,43 | _____ |
| 3 | Simen Clementsen               | 95 | Frisinn SK   | 35,73 | _____ |
| 4 | Anders Lothe Losnegård         | 95 | Stord IL     | 35,95 | _____ |
| 5 | Bjørn Stian Vuilliomenet       | 96 | Klepp        | 36,58 | _____ |
| 6 | Martin Nilsen                  | 94 | Haugesund SK | 36,78 | _____ |

**Heat 8**

|   |                              |    |              |       |       |
|---|------------------------------|----|--------------|-------|-------|
| 1 | Anders Wettergreen Gundersen | 94 | Stavanger SC | 34,14 | _____ |
| 2 | David Dossev                 | 95 | Haugesund SK | 33,80 | _____ |
| 3 | Erik Årsland Gidskehaug      | 97 | Bryne SK     | 33,63 | _____ |
| 4 | Eivind Haugland              | 94 | Delfana      | 33,64 | _____ |
| 5 | Sondre Møll                  | 96 | Stavanger SC | 33,90 | _____ |
| 6 | Adrian Etterlid Jensen       | 97 | Stord IL     | 35,23 | _____ |

**Heat 9**

|   |                      |    |              |       |       |
|---|----------------------|----|--------------|-------|-------|
| 1 | Ole Martin Turøy     | 95 | Stavanger SC | 33,52 | _____ |
| 2 | Trond Vasslag        | 94 | Stavanger SC | 31,98 | _____ |
| 3 | Jan-Ove Lytomt       | 92 | Sandnes SLK  | 31,42 | _____ |
| 4 | Andreas O. Palmstrøm | 92 | Delfana      | 31,87 | _____ |
| 5 | Harald Goa Fagerheim | 97 | Karmøy SK    | 32,30 | _____ |
| 6 | Anders Lindanger     | 95 | Stavanger SC | 33,58 | _____ |

**Heat 10**

|   |                           |    |              |       |       |
|---|---------------------------|----|--------------|-------|-------|
| 1 | Magnus Møkster            | 94 | Frisinn SK   | 30,66 | _____ |
| 2 | Vincent Skage             | 94 | Karmøy SK    | 30,48 | _____ |
| 3 | Thorbjørn Birkeland       | 93 | Haugesund SK | 29,19 | _____ |
| 4 | Henning Skare Pryde       | 92 | Stavanger SC | 30,28 | _____ |
| 5 | Per Øystein Turøy         | 92 | Stavanger SC | 30,63 | _____ |
| 6 | Olav Ravndal Skjølingstad | 95 | Stavanger SC | 31,21 | _____ |

**Heat 11**

|   |                        |    |              |       |       |
|---|------------------------|----|--------------|-------|-------|
| 1 | Morten Wee Hollund     | 96 | Karmøy SK    | 28,71 | _____ |
| 2 | Kacper Domanski        | 96 | Madla SK     | 28,37 | _____ |
| 3 | Fredrik Knutsen Hegdal | 94 | Stavanger SC | 26,32 | _____ |
| 4 | Marius Karstad         | 92 | Madla SK     | 27,63 | _____ |
| 5 | Jørn Nygård            | 92 | Stavanger SC | 28,65 | _____ |
| 6 | Janis Treubluts        | 93 | Ventspils    | 29,00 | _____ |

## Øvelse 31. 100m rygg, damer

## Heat 1

|   |                            |    |              |       |
|---|----------------------------|----|--------------|-------|
| 1 |                            |    |              |       |
| 2 | Heather Ann Fraser Mulvany | 99 | Madla SK     | _____ |
| 3 | Ida Marko-Varga            | 85 | Stavanger SC | _____ |
| 4 | Solveig Vuillioinenet      | 94 | Klepp        | _____ |
| 5 | Björg Marie Pollestad      | 97 | Klepp        | _____ |
| 6 |                            |    |              |       |

## Heat 2

|   |                       |    |              |         |
|---|-----------------------|----|--------------|---------|
| 1 | Fanny Thorsen         | 00 | Haugesund SK | _____   |
| 2 | Sunniva Framnes       | 98 | Stord IL     | 2.07,51 |
| 3 | Maria Storstein       | 00 | Karmøy SK    | 1.57,44 |
| 4 | Kine Tangerås Johnsen | 00 | Delfana      | 2.03,39 |
| 5 | Emma Østenstad        | 00 | Haugesund SK | _____   |
| 6 | Nora Larsen Rørvik    | 98 | Madla SK     | _____   |

## Heat 3

|   |                           |    |                       |         |
|---|---------------------------|----|-----------------------|---------|
| 1 | Elena Bergfjord           | 98 | Stavanger SC          | 1.49,20 |
| 2 | Karoline Austad Pettersen | 98 | Madla SK              | 1.45,90 |
| 3 | Helene Emmerhoff          | 99 | Randaberg IL Svømming | 1.36,68 |
| 4 | Ines Nystrand             | 98 | Madla SK              | 1.40,80 |
| 5 | Pernille Vestre           | 97 | Haugesund SK          | 1.48,49 |
| 6 | Emilie Nilo Nilsen        | 98 | Madla SK              | 1.50,34 |

## Heat 4

|   |                        |    |              |         |
|---|------------------------|----|--------------|---------|
| 1 | Oda Kristine Borgstrøm | 99 | Stavanger SC | 1.36,02 |
| 2 | Andrea Edland          | 98 | Frisinn SK   | 1.31,44 |
| 3 | Ida Oftedal Bjøntegård | 96 | Haugesund SK | 1.29,62 |
| 4 | Hedda Kristine Vaage   | 98 | Stord IL     | 1.31,33 |
| 5 | Stine Bertelsen        | 99 | Bryne SK     | 1.31,99 |
| 6 | Mie Kreybu             | 99 | Arna SLK     | 1.36,30 |

## Heat 5

|   |                       |    |                       |         |
|---|-----------------------|----|-----------------------|---------|
| 1 | Kristin Serck-Hanssen | 98 | Madla SK              | 1.27,92 |
| 2 | Susann Pleym Olsen    | 97 | Delfana               | 1.24,66 |
| 3 | Monica Avlesbug       | 95 | Klepp                 | 1.23,38 |
| 4 | Kaja Konow Grønseth   | 95 | Frisinn SK            | 1.24,62 |
| 5 | Alina H Bjelancic     | 99 | Randaberg IL Svømming | 1.25,20 |
| 6 | Emily Bådsvik         | 96 | Frisinn SK            | 1.29,35 |

## Heat 6

|   |                     |    |            |         |
|---|---------------------|----|------------|---------|
| 1 | Elise Sandvoll      | 96 | Frisinn SK | 1.23,03 |
| 2 | Sandra Sola         | 97 | Madla SK   | 1.21,61 |
| 3 | Ida Jensen Lirhus   | 97 | Madla SK   | 1.20,64 |
| 4 | Helene Dale Johnsen | 95 | Delfana    | 1.21,50 |
| 5 | Gina Alvestad       | 98 | Karmøy SK  | 1.21,89 |
| 6 | Signe Birch Moltu   | 94 | Frisinn SK | 1.23,23 |

## Heat 7

|   |                          |    |              |         |
|---|--------------------------|----|--------------|---------|
| 1 | Siv Vuillioinenet        | 92 | Klepp        | 1.20,00 |
| 2 | Barbara Hansen           | 93 | Frisinn SK   | 1.19,28 |
| 3 | Thea Bowitz Nedregaard   | 96 | Sandnes SLK  | 1.17,98 |
| 4 | Stina Dahl               | 96 | Delfana      | 1.18,55 |
| 5 | Regine Sjørdal Lindanger | 96 | Frisinn SK   | 1.19,57 |
| 6 | Silje Lilledahl          | 94 | Haugesund SK | 1.20,56 |

**Heat 8**

|   |                     |    |              |         |       |
|---|---------------------|----|--------------|---------|-------|
| 1 | Nina Staveland      | 97 | Madla SK     | 1.16,80 | _____ |
| 2 | Rebekka Andersen    | 93 | Stavanger SC | 1.16,42 | _____ |
| 3 | Oda Gjerde          | 95 | Bryne SK     | 1.15,44 | _____ |
| 4 | Maren Larsen        | 94 | Madla SK     | 1.15,80 | _____ |
| 5 | Christine Arctander | 93 | Madla SK     | 1.16,65 | _____ |
| 6 | Frida Hinna         | 96 | Delfana      | 1.17,03 | _____ |

**Heat 9**

|   |                      |    |              |         |       |
|---|----------------------|----|--------------|---------|-------|
| 1 | Christine Akselberg  | 96 | Arna SLK     | 1.13,50 | _____ |
| 2 | Julie Askeland       | 93 | Haugesund SK | 1.12,84 | _____ |
| 3 | Elin Haugland        | 96 | Delfana      | 1.11,83 | _____ |
| 4 | Vilde Tengedal       | 96 | Bryne SK     | 1.12,48 | _____ |
| 5 | Ingrid Hystad        | 92 | IL Solid     | 1.13,12 | _____ |
| 6 | Marthe Berg Sørensen | 93 | Madla SK     | 1.14,29 | _____ |

**Øvelse 32. 100m rygg, herrer****Heat 1**

|   |                  |    |          |  |       |
|---|------------------|----|----------|--|-------|
| 1 |                  |    |          |  |       |
| 2 | Elias Jensen     | 94 | Nærbø SK |  | _____ |
| 3 | Heine Reime Løge | 99 | Bryne SK |  | _____ |
| 4 | Aune Lagestrand  | 98 | Klepp    |  | _____ |
| 5 |                  |    |          |  |       |
| 6 |                  |    |          |  |       |

**Heat 2**

|   |                         |    |              |  |       |
|---|-------------------------|----|--------------|--|-------|
| 1 |                         |    |              |  |       |
| 2 | Olav Nevestveit Barøy   | 99 | Klepp        |  | _____ |
| 3 | David Dossev            | 95 | Haugesund SK |  | _____ |
| 4 | Håvard Nevestveit Barøy | 98 | Klepp        |  | _____ |
| 5 | Adrian Sviland          | 94 | Nærbø SK     |  | _____ |
| 6 |                         |    |              |  |       |

**Heat 3**

|   |                   |    |              |         |       |
|---|-------------------|----|--------------|---------|-------|
| 1 | Heine T. Ottesen  | 00 | Delfana      | 1.54,26 | _____ |
| 2 | Jens Petter Turøy | 99 | Stavanger SC | 1.40,47 | _____ |
| 3 | Jonas Østenstad   | 98 | Haugesund SK | 1.30,21 | _____ |
| 4 | Viktor Hermansen  | 97 | Klepp        | 1.32,88 | _____ |
| 5 | Hans Ole Bergh    | 97 | Stord IL     | 1.50,00 | _____ |
| 6 | Børge Grødem      | 96 | Klepp        |         | _____ |

**Heat 4**

|   |                        |    |           |         |       |
|---|------------------------|----|-----------|---------|-------|
| 1 | Steffen Kvamme         | 96 | Arna SLK  | 1.25,50 | _____ |
| 2 | Simen D. Kreybu        | 98 | Arna SLK  | 1.21,70 | _____ |
| 3 | Tim Samuelsen          | 97 | Madla SK  | 1.19,91 | _____ |
| 4 | Halvor Alvestad Larsen | 98 | Karmøy SK | 1.20,81 | _____ |
| 5 | Petter Thorsen         | 97 | Stord IL  | 1.22,00 | _____ |
| 6 | Kristian N. Solvik     | 99 | Bryne SK  | 1.29,57 | _____ |

**Heat 5**

|   |                          |    |                       |         |       |
|---|--------------------------|----|-----------------------|---------|-------|
| 1 | Benjamin Alic            | 96 | Haugesund SK          | 1.14,91 | _____ |
| 2 | Anders Lindanger         | 95 | Stavanger SC          | 1.13,11 | _____ |
| 3 | Martin Langeland-Knudsen | 96 | Sola SK               | 1.09,43 | _____ |
| 4 | Maurice Sudkamp          | 97 | Randaberg IL Svømming | 1.12,20 | _____ |
| 5 | Magnus Møkster           | 94 | Frisinn SK            | 1.14,48 | _____ |
| 6 | Anders Madsen            | 95 | Delfana               | 1.18,06 | _____ |

**Heat 6**

|   |                      |    |              |         |       |
|---|----------------------|----|--------------|---------|-------|
| 1 | Alexander Marki Mork | 95 | Stavanger SC | 1.06,08 | _____ |
| 2 | Daniel Sandhåland    | 95 | Karmøy SK    | 1.03,41 | _____ |
| 3 | Henrik Knudsen       | 94 | Stavanger SC | 1.02,69 | _____ |
| 4 | Glenn Skjæveland     | 92 | Sandnes SLK  | 1.03,07 | _____ |
| 5 | Thomas Brustveit     | 93 | Sandnes SLK  | 1.05,20 | _____ |
| 6 | Simen Alvestad       | 94 | Karmøy SK    | 1.07,07 | _____ |

**Veiledende tidsskjema****Lørdag 18. september 2010 kl. 12.00**

|                                            |              |
|--------------------------------------------|--------------|
| Øvelse 1. 400m fri, herrer                 | 12.00        |
| Øvelse 2. 400m fri, damer                  | 13.04        |
| Øvelse 3. 50m rygg, herrer                 | 14.38        |
| Øvelse 4. 50m rygg, damer                  | 14.50        |
| Øvelse 5. 100m butterfly, herrer           | 15.04        |
| Øvelse 6. 100m butterfly, damer            | 15.21        |
| Øvelse 7. 4*100m fri, herrer               | 15.41        |
| Øvelse 8. 4*100m fri, damer                | 16.02        |
| <b>Pause</b>                               | <b>16.25</b> |
| Øvelse 9. 100m bryst, herrer               | 16.55        |
| Øvelse 10. 100m bryst, damer               | 17.17        |
| Øvelse 11. 200m rygg, herrer               | 17.42        |
| Øvelse 12. 200m rygg, damer                | 18.11        |
| Øvelse 13. 100m individuell medley, herrer | 18.45        |
| Øvelse 14. 100m individuell medley, damer  | 19.01        |
| Øvelse 15. 50m fri, herrer                 | 19.23        |
| Øvelse 16. 50m fri, damer                  | 19.42        |
| <b>Slutt</b>                               | <b>20.05</b> |

**Søndag 19. september 2010 kl. 09.30**

|                                            |              |
|--------------------------------------------|--------------|
| Øvelse 17. 800m fri, damer                 | 09.30        |
| Øvelse 18. 800m fri, herrer                | 10.09        |
| Øvelse 19. 50m bryst, damer                | 10.43        |
| Øvelse 20. 50m bryst, herrer               | 11.04        |
| Øvelse 21. 100m fri, damer                 | 11.19        |
| Øvelse 22. 100m fri, herrer                | 11.54        |
| Øvelse 23. 4*100m lag medley, damer        | 12.28        |
| Øvelse 24. 4*100m lag medley, herrer       | 13.02        |
| <b>Pause</b>                               | <b>13.26</b> |
| Øvelse 25. 200m butterfly, damer           | 13.56        |
| Øvelse 26. 200m butterfly, herrer          | 14.03        |
| Øvelse 27. 200m individuell medley, damer  | 14.11        |
| Øvelse 28. 200m individuell medley, herrer | 15.00        |
| Øvelse 29. 50m butterfly, damer            | 15.32        |
| Øvelse 30. 50m butterfly, herrer           | 15.46        |
| Øvelse 31. 100m rygg, damer                | 16.00        |
| Øvelse 32. 100m rygg, herrer               | 16.19        |
| <b>Slutt</b>                               | <b>16.32</b> |