

Øvelse 1. 25m bryst, damer**Heat 1**

1				
2	Benedikte Småvik	03	Madla SK	_____
3	Eirin Fosse	03	Bryne SK	_____
4	Marte Haugland	03	Klepp SSK	_____
5	Una Tungland	03	Klepp SSK	_____

Heat 2

1	Sanne Ølberg	03	Sande SK	_____
2	Lotte Sangolt	03	Bryne SK	_____
3	Jessica Eriksen	02	Bryne SK	_____
4	Emma Borsheim Endregaard	03	Frisinn SK	_____
5	Bettina Ølberg	03	Sande SK	_____

Heat 3

1	Julia Thomson Clausen	02	Madla SK	_____
2	June Møller	02	Klepp SSK	_____
3	Lina Sunde	02	Klepp SSK	_____
4	Eline Vicotoria Stangeland	02	Klepp SSK	_____
5	Siri Johannesen Thunestvedt	02	Madla SK	_____

Heat 4

1	Synne Hebo	02	Klepp SSK	_____
2	Amalie Kjærvoll	01	Klepp SSK	_____
3	Live Nesse Frintland	01	Frisinn SK	_____
4	Birgit Braut	01	Klepp SSK	_____
5	Ihne Ølberg	01	Sande SK	_____

Heat 5

1	Hege Wathne	01	Stavanger SC	_____
2	Kaia Elisabeth Sigbjørnsen	01	Stavanger SC	_____
3	Ane Braut	01	Klepp SSK	_____
4	Thea Lothe	01	Klepp SSK	_____
5	Maria Sannes	01	Bryne SK	_____

Heat 6

1	Helle Lode Thorsen	01	Klepp SSK	_____
2	Elle Rasmussen	00	Madla SK	_____
3	Sara Køhn-Hansen	00	Klepp SSK	_____
4	Sofie Hartmann Nielsen	00	Klepp SSK	_____
5	Aine Donoghue	00	Madla SK	_____

Heat 7

1	Lene Waaland	00	Klepp SSK	_____
2	Renate Sangolt	99	Bryne SK	_____
3	Anne Lise Rhodes	JR	Madla SK	_____
4	Cathrine Hallanger	99	Frisinn SK	_____
5	Ingrid Tveit Langeland	00	Klepp SSK	_____

Øvelse 2. 25m bryst, herrer**Heat 1**

1				
2	Alvari Eskelinen	03	Madla SK	_____
3	Stian Pettersen	03	Stavanger SC	_____
4	Joakim Fjælberg Mæhle	03	Klepp SSK	_____
5				

Heat 2

1	Håvard Tveit Langeland	03	Klepp SSK	_____
2	Emil Kaspersen	02	Klepp SSK	_____
3	Herman Nummedal	02	Bryne SK	_____
4	Olav Eklund	02	Madla SK	_____
5	Mads Fjogstad Tobiassen	02	Bryne SK	_____

Heat 3

1	Jepp Hatlestad	01	Klepp SSK	_____
2	Marius Løe Pedersen	01	Stavanger SC	_____
3	Sondre Jentoft	01	Madla SK	_____
4	Christian Bertelsen	01	Bryne SK	_____
5	Benjamin Chalinor	01	Madla SK	_____

Heat 4

1	Ommund Mellemstrand	01	Klepp SSK	_____
2	Jami Eskelinen	00	Madla SK	_____
3	Rik Maessen	98	Klepp SSK	_____
4	Patrick Donoghue	98	Madla SK	_____
5	Magnus Egeland	01	Klepp SSK	_____

Øvelse 3. 25m fri, damer**Heat 1**

1	Charlotte Kaland	03	Madla SK	_____
2	Una Tungland	03	Klepp SSK	_____
3	Emma Borsheim Endregaard	03	Frisinn SK	_____
4	Johanna Fossum	03	Sande SK	_____
5	Sanne Ølberg	03	Sande SK	_____

Heat 2

1	Tiril Kleppe	03	Klepp SSK	_____
2	Lotte Eklund	03	Madla SK	_____
3	Kajsa Heigre Solheim	03	Klepp SSK	_____
4	Bettina Ølberg	03	Sande SK	_____
5	Lotte Sangolt	03	Bryne SK	_____

Heat 3

1	Marte Haugland	03	Klepp SSK	_____
2	Aud Sofie Danielsen	02	Stavanger SC	_____
3	Synne Hebo	02	Klepp SSK	_____
4	Lina Sunde	02	Klepp SSK	_____
5	Siri Johannesen Thunestvedt	02	Madla SK	_____

Heat 4

1	Eline Vicotoria Stangeland	02	Klepp SSK	_____
2	Amalie Kjærvoll	01	Klepp SSK	_____
3	Serine Steen-Hansen	01	Bryne SK	_____
4	Emilie Skjøldt Tønnessen	01	Frisinn SK	_____
5	Malin B Berg	02	Stavanger SC	_____

Heat 5

1	Birgit Braut	01	Klepp SSK	_____
2	Live Nesse Frintland	01	Frisinn SK	_____
3	Maria Sannes	01	Bryne SK	_____
4	Hege Wathne	01	Stavanger SC	_____
5	Ihne Ølberg	01	Sande SK	_____

Heat 6

1	Thea Lothe	01	Klepp SSK	_____
2	Helle Lode Thorsen	01	Klepp SSK	_____
3	Aurora Valentina Lønrusten	00	Klepp SSK	_____
4	Mia Voldsund	00	Stavanger SC	_____
5	Ane Braut	01	Klepp SSK	_____

Heat 7

1	Sara Køhn-Hansen	00	Klepp SSK	_____
2	Aine Donoghue	00	Madla SK	_____
3	Thea Orre Edland	00	Klepp SSK	_____
4	Sofie Hartmann Nielsen	00	Klepp SSK	_____
5	Elle Rasmussen	00	Madla SK	_____

Heat 8

1	Ingrid Tveit Langeland	00	Klepp SSK	_____
2	Cathrine Hallanger	99	Frisinn SK	_____
3	Anne Lise Rhodes	JR	Madla SK	_____
4	Mette Lea	99	Sande SK	_____
5	Renate Sangolt	99	Bryne SK	_____

Øvelse 4. 25m fri, herrer**Heat 1**

1				_____
2	Joakim Fjælberg Mæhle	03	Klepp SSK	_____
3	Håvard Tveit Langeland	03	Klepp SSK	_____
4	Stian Pettersen	03	Stavanger SC	_____
5				_____

Heat 2

1	Adrian Sola	02	Madla SK	_____
2	Stian Kaspersen	02	Klepp SSK	_____
3	Benjamin Chalinor	01	Madla SK	_____
4	Tarald Vik Haukedal	02	Klepp SSK	_____
5	Herman Nummedal	02	Bryne SK	_____

Heat 3

1	Christian Bertelsen	01	Bryne SK	_____
2	Sondre Jentoft	01	Madla SK	_____
3	Ommund Mellemstrand	01	Klepp SSK	_____
4	Marius Løe Pedersen	01	Stavanger SC	_____
5	Jepppe Hatlestad	01	Klepp SSK	_____

Heat 4

1	Magnus Egeland	01	Klepp SSK	_____
2	Henrik Hauge	00	Stavanger SC	_____
3	Patrick Donoghue	98	Madla SK	_____
4	Jonas Lund	00	Frisinn SK	_____
5	Øyvind Andreassen	00	Madla SK	_____

Øvelse 5. 25m rygg, damer**Heat 1**

1				_____
2	Tiril Kleppe	03	Klepp SSK	_____
3	Kajsa Heigre Solheim	03	Klepp SSK	_____
4	Emma Borsheim Endregaard	03	Frisinn SK	_____
5	Marte Haugland	03	Klepp SSK	_____

Heat 2

1	Charlotte Kaland	03	Madla SK	_____
2	Anna Eie Jacobsen	02	Frisinn SK	_____
3	Julia Thomson Clausen	02	Madla SK	_____
4	Embla Gudbrandsen	02	Stavanger SC	_____
5	Benedikte Småvik	03	Madla SK	_____

Heat 3

1	Siri Johannesen Thunestvedt	02	Madla SK	_____
2	Synne Hebo	02	Klepp SSK	_____
3	Emilie Skjøldt Tønnessen	01	Frisinn SK	_____
4	June Møller	02	Klepp SSK	_____
5	Lina Sunde	02	Klepp SSK	_____

Heat 4

1	Kaia Elisabeth Sigbjørnsen	01	Stavanger SC	_____
2	Birgit Braut	01	Klepp SSK	_____
3	Lene Waaland	00	Klepp SSK	_____
4	Helle Lode Thorsen	01	Klepp SSK	_____
5	Amalie Kjærvoll	01	Klepp SSK	_____

Heat 5

1	Sara Køhn-Hansen	00	Klepp SSK	_____
2	Pradeeba Francisxavier	00	Frisinn SK	_____
3	Maria Stornes	00	Frisinn SK	_____
4	Elle Rasmussen	00	Madla SK	_____
5	Aurora Valentina Lønrusten	00	Klepp SSK	_____

Heat 6

1	Ingeborg Tveit	00	Frisinn SK	_____
2	Mia Voldsund	00	Stavanger SC	_____
3	Anne Lise Rhodes	JR	Madla SK	_____
4	Thea Orre Edland	00	Klepp SSK	_____
5	Aine Donoghue	00	Madla SK	_____

Øvelse 6. 25m rygg, herrer**Heat 1**

1				_____
2	Alvari Eskelinen	03	Madla SK	_____
3	Adrian Sola	02	Madla SK	_____
4	Tarald Vik Haukedal	02	Klepp SSK	_____
5				_____

Heat 2

1				_____
2	Magnus Mydland Tveterås	01	Frisinn SK	_____
3	Sondre Jentoft	01	Madla SK	_____
4	Fredrik Serck-Hanssen	01	Madla SK	_____
5	Runar Fosse	01	Bryne SK	_____

Heat 3

1	Magnus Egeland	01	Klepp SSK	_____
2	Jami Eskelinen	00	Madla SK	_____
3	Rik Maessen	98	Klepp SSK	_____
4	Patrick Donoghue	98	Madla SK	_____
5	Øyvind Andreassen	00	Madla SK	_____

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

1				
2	Vilde Zetlitz Nessler	03	Frisinn SK	_____
3	Ingeborg Muri Stangeland	01	Bryne SK	_____
4	Johanne Jørmeland	02	Stavanger SC	_____
5				

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

1				
2	Adrian Sola	02	Madla SK	_____
3	Olav Eklund	02	Madla SK	_____
4	Mads Fjogstad Tobiassen	02	Bryne SK	_____
5				

Heat 2

1				
2	Berge Hovda	02	Frisinn SK	_____
3	Henrik Hauge	00	Stavanger SC	_____
4	Vetle N. Fjelde	02	Frisinn SK	_____
5				

Øvelse 9. 4*25m fri, mixed**Heat 1**

1				
2	Sande SK Mix 1 ung	UD	Sande SK	_____
3	Madla SK Mix 1	JR	Madla SK	_____
4	Bryne SK Mix 1 ung	UD	Bryne SK	_____
5				

Heat 2

1				
2	Madla SK Mix 4	JR	Madla SK	_____
3	Stavanger SC Mix 2 jr.	JR	Stavanger SC	_____
4	Madla SK Mix 2	JR	Madla SK	_____
5				

Heat 3

1	Stavanger SC Mix 1 jr.	JR	Stavanger SC	_____
2	Klepp SSK Mix 2 yj.	YJ	Klepp SSK	_____
3	Klepp SSK Mix 1 yj.	YJ	Klepp SSK	_____
4	Klepp SSK Mix 3 yj.	YJ	Klepp SSK	_____
5	Madla SK Mix 3	JR	Madla SK	_____

Øvelse 10. 100m fri, damer**Heat 1**

1	Vilde Zetlitz Nessler	03	Frisinn SK	_____
2	Anna Nevestveit Barøy	02	Klepp SSK	_____
3	Ingeborg Muri Stangeland	01	Bryne SK	_____
4	Kristin N. Magnussen	02	Bryne SK	_____
5	Johanne Jørmeland	02	Stavanger SC	_____

Øvelse 11. 100m fri, herrer**Heat 1**

1				
2	Vetle N. Fjelde	02	Frisinn SK	_____
3	Sigurd Thunestvedt	00	Madla SK	_____
4	Christian Øgreid	02	Frisinn SK	_____
5	Adrian Sola	02	Madla SK	_____

Øvelse 12. 50m bryst, damer**Heat 1**

1	Johanna Fossum	03	Sande SK	_____
2	Siri Johannesen Thunestvedt	02	Madla SK	_____
3	Kristin N. Magnussen	02	Bryne SK	_____
4	Norunn Tveit	02	Frisinn SK	_____
5	Vilde Zetlitz Nessler	03	Frisinn SK	_____

Heat 2

1	Anna Sofie Nygård Solvik	02	Bryne SK	_____
2	Anna Eie Jacobsen	02	Frisinn SK	_____
3	Serine Steen-Hansen	01	Bryne SK	_____
4	Johanne Jørmeland	02	Stavanger SC	_____
5	Embla Gudbrandsen	02	Stavanger SC	_____

Heat 3

1	Emilie Skjøldt Tønnessen	01	Frisinn SK	_____
2	Cathrine Hendicott	00	Madla SK	_____
3	Ingeborg Tveit	00	Frisinn SK	_____
4	Ingrid Tveit Langeland	00	Klepp SSK	_____
5	Vilde Haaland	00	Madla SK	_____

Heat 4

1	Nora Haaland	00	Madla SK	_____
2	Maria Stornes	00	Frisinn SK	_____
3	Åsa Mydland Tveterås	99	Frisinn SK	_____
4	Mette Lea	99	Sande SK	_____
5	Pradeeba Francixavier	00	Frisinn SK	_____

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

1				
2	Vetle N. Fjelde	02	Frisinn SK	_____
3	Christian Bertelsen	01	Bryne SK	_____
4	Berge Hovda	02	Frisinn SK	_____
5				

Heat 2

1	Fredrik Serck-Hanssen	01	Madla SK	_____
2	Sigurd Thunestvedt	00	Madla SK	_____
3	Rik Maessen	98	Klepp SSK	_____
4	Øyvind Andreassen	00	Madla SK	_____
5	Magnus Mydland Tveterås	01	Frisinn SK	_____

Øvelse 14. 50m rygg, damer**Heat 1**

1				
2	Vilde Zetlitz Nessler	03	Frisinn SK	_____
3	Anna Sofie Nygård Solvik	02	Bryne SK	_____
4	Kristin N. Magnussen	02	Bryne SK	_____
5				

Heat 2

1	Jessica Eriksen	02	Bryne SK	_____
2	Serine Steen-Hansen	01	Bryne SK	_____
3	Ashling Devins	00	Madla SK	_____
4	Ingeborg Muri Stangeland	01	Bryne SK	_____
5	Anna Nevestveit Barøy	02	Klepp SSK	_____

Øvelse 15. 50m rygg, herrer**Heat 1**

1				
2	Christian Øgreid	02	Frisinn SK	_____
3	Mads Fjogstad Tobiassen	02	Bryne SK	_____
4	Henrik Nilsen	02	Madla SK	_____
5				

Heat 2

1				
2	Tarald Vik Haukedal	02	Klepp SSK	_____
3	Rik Maessen	98	Klepp SSK	_____
4	Sigurd Thunestvedt	00	Madla SK	_____
5	Berge Hovda	02	Frisinn SK	_____

Øvelse 16. 50m fri, damer**Heat 1**

1				
2	Benedikte Småvik	03	Madla SK	_____
3	Lotte Sangolt	03	Bryne SK	_____
4	Charlotte Kaland	03	Madla SK	_____
5				

Heat 2

1				
2	Jessica Eriksen	02	Bryne SK	_____
3	Julia Thomson Clausen	02	Madla SK	_____
4	Kristin N. Magnussen	02	Bryne SK	_____
5				

Heat 3

1	Malin B Berg	02	Stavanger SC	_____
2	Anna Sofie Nygård Solvik	02	Bryne SK	_____
3	Embla Gudbrandsen	02	Stavanger SC	_____
4	Norunn Tveit	02	Frisinn SK	_____
5	Aud Sofie Danielsen	02	Stavanger SC	_____

Heat 4

1	Eline Vicotoria Stangeland	02	Klepp SSK	_____
2	Kaia Elisabeth Sigbjørnsen	01	Stavanger SC	_____
3	Amalie Kjærvoll	01	Klepp SSK	_____
4	Live Nesse Frintland	01	Frisinn SK	_____
5	Anna Nevestveit Barøy	02	Klepp SSK	_____

Heat 5

1	Hege Wathne	01	Stavanger SC	_____
2	Helle Lode Thorsen	01	Klepp SSK	_____
3	Vilde Haaland	00	Madla SK	_____
4	Ingeborg Tveit	00	Frisinn SK	_____
5	Serine Steen-Hansen	01	Bryne SK	_____

Heat 6

1	Ashling Devins	00	Madla SK	_____
2	Mia Voldsund	00	Stavanger SC	_____
3	Cathrine Hendicott	00	Madla SK	_____
4	Lene Waaland	00	Klepp SSK	_____
5	Nora Haaland	00	Madla SK	_____

Heat 7

1	Pradeeba Francisxavier	00	Frisinn SK	_____
2	Ingrid Tveit Langeland	00	Klepp SSK	_____
3	Renate Sangolt	99	Bryne SK	_____
4	Åsa Mydland Tveterås	99	Frisinn SK	_____
5	Maria Stornes	00	Frisinn SK	_____

Øvelse 17. 50m fri, herrer**Heat 1**

1	Stian Pettersen	03	Stavanger SC	_____
2	Henrik Nilsen	02	Madla SK	_____
3	Christian Øgreid	02	Frisinn SK	_____
4	Berge Hovda	02	Frisinn SK	_____
5	Mads Fjogstad Tobiassen	02	Bryne SK	_____

Heat 2

1	Olav Eklund	02	Madla SK	_____
2	Sondre Jentoft	01	Madla SK	_____
3	Benjamin Chalinor	01	Madla SK	_____
4	Fredrik Serck-Hanssen	01	Madla SK	_____
5	Tarald Vik Haukedal	02	Klepp SSK	_____

Heat 3

1	Ommund Mellemstrand	01	Klepp SSK	_____
2	Christian Bertelsen	01	Bryne SK	_____
3	Sigurd Thunestvedt	00	Madla SK	_____
4	Jonas Lund	00	Frisinn SK	_____
5	Runar Fosse	01	Bryne SK	_____

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

1				_____
2				_____
3	Anna Sofie Nygård Solvik	02	Bryne SK	_____
4	Kristin N. Magnussen	02	Bryne SK	_____
5				_____

Øvelse 19. 100m individuell medley, herrer**Heat 1**

1	Christian Øgreid	02	Frisinn SK	_____
2	Vetle N. Fjelde	02	Frisinn SK	_____
3	Benjamin Chalinor	01	Madla SK	_____
4	Berge Hovda	02	Frisinn SK	_____
5	Mads Fjogstad Tobiassen	02	Bryne SK	_____

Øvelse 20. 4*50m fri, mixed**Heat 1**

1				_____
2	Sande SK Mix 1 ung	UD	Sande SK	_____
3	Madla SK Mix 3	JR	Madla SK	_____
4	Bryne SK Mix 1 ung	UD	Bryne SK	_____
5				_____

Heat 2

1				_____
2	Madla SK Mix 1	JR	Madla SK	_____
3	Stavanger SC Mix 2 jr.	JR	Stavanger SC	_____
4	Stavanger SC Mix 1 jr.	JR	Stavanger SC	_____
5				_____

Veiledende tidsskjema**24. september 2011 kl. 11.00**

Øvelse 1. 25m bryst, damer	11.00
Øvelse 2. 25m bryst, herrer	11.10
Øvelse 3. 25m fri, damer	11.16
Øvelse 4. 25m fri, herrer	11.30
Øvelse 5. 25m rygg, damer	11.36
Øvelse 6. 25m rygg, herrer	11.47
Øvelse 7. 25m butterfly, damer	11.51
Øvelse 8. 25m butterfly, herrer	11.54
Øvelse 9. 4*25m fri, mixed	12.00
<i>Pause</i>	12.09
Øvelse 10. 100m fri, damer	12.39
Øvelse 11. 100m fri, herrer	12.42
Øvelse 12. 50m bryst, damer	12.45
Øvelse 13. 50m bryst, herrer	12.54
Øvelse 14. 50m rygg, damer	12.58
Øvelse 15. 50m rygg, herrer	13.02
Øvelse 16. 50m fri, damer	13.06
Øvelse 17. 50m fri, herrer	13.19
Øvelse 18. 100m individuell medley, damer	13.24
Øvelse 19. 100m individuell medley, herrer	13.27
Øvelse 20. 4*50m fri, mixed	13.30
<i>Slutt</i>	13.39