

Øvelse 1. 200m fri, damer**Heat 1**

1					
2	Shannon Smyth	00	Madla SK		_____
3	Marita Undheim	01	Bryne SK		_____
4	Kristine Furset	00	Madla SK		_____
5					
6					

Heat 2

1	Elle Rasmussen	00	Madla SK		_____
2	Peyton Karlsen	00	Madla SK	3.19,88	_____
3	Annette Lyngholm Sandsdalen	99	Madla SK	2.54,72	_____
4	Julie Borsheim Endregaard	01	Frisinn SK	3.15,93	_____
5	Stine Løvdahl	00	Madla SK	3.44,71	_____
6	Brita Kindem	99	Madla SK		_____

Heat 3

1	Wiviann Indrevoll	98	Madla SK	2.49,96	_____
2	Stine Bertelsen	99	Bryne SK	2.38,80	_____
3	Andrine Fjogstad Tobiassen	99	Bryne SK	2.36,98	_____
4	Ines Nystrand	98	Madla SK	2.37,30	_____
5	Marit Bergsland Hansen	95	Sandnes SLK	2.43,56	_____
6	Bjørg Marie Pollestad	97	Klepp SSK	2.50,84	_____

Heat 4

1	Andrea Edland	98	Frisinn SK	2.29,79	_____
2	Lise Eiane	97	Sola SK	2.27,29	_____
3	Sunniva Volden	96	Sandnes SLK	2.24,16	_____
4	Siril Therese Follo Bårtvedt	97	Sandnes SLK	2.24,84	_____
5	Heather Ann Fraser Mulvany	99	Madla SK	2.27,60	_____
6	Kristin Serck-Hanssen	98	Madla SK	2.35,03	_____

Øvelse 2. 200m fri, herrer**Heat 1**

1					
2	Hans Pauli I Horni Øregaard	99	Madla SK		_____
3	Sander Løvdahl	98	Madla SK	3.10,97	_____
4	Helge Eidsnes	00	Bryne SK	3.24,61	_____
5					
6					

Heat 2

1	Sindre Vatnamot Amble	98	Madla SK	2.52,65	_____
2	Mads Vestly	99	Sandnes SLK	2.50,61	_____
3	Magnus Ravndal	99	Madla SK	2.48,44	_____
4	Ådne Undheim	98	Bryne SK	2.49,44	_____
5	Tarald Egeland	98	Klepp SSK	2.51,59	_____
6	Runar Hoydal	97	Madla SK	2.54,49	_____

Heat 3

1	Håvard Meling	00	Sandnes SLK	2.45,71	_____
2	Hans Emil Torgersen	95	Sandnes SLK	2.38,18	_____
3	Eirik Rønneberg Bustnes	98	Sandnes SLK	2.37,02	_____
4	Heine Reime Løge	99	Bryne SK	2.38,15	_____
5	Svein Are Presthus	97	Klepp SSK	2.41,22	_____
6	Mathias Engstrøm Sandstøl	99	Bryne SK	2.47,66	_____

Heat 4

1	Olav Nevestveit Barøy	99	Klepp SSK	2.33,88	_____
2	Børge Grødem	96	Klepp SSK	2.29,62	_____
3	Truls Wigdel	99	Madla SK	2.26,54	_____
4	Håvard Lapin	95	Sandnes SLK	2.29,21	_____
5	Håvard Nevestveit Barøy	98	Klepp SSK	2.29,81	_____
6	Johannes Kahlbom Wathne	97	Frisinn SK	2.34,62	_____

Heat 5

1	Aleksander Stangeland Pedersen	96	Sandnes SLK	2.24,73	_____
2	Alec Karlsen	98	Madla SK	2.18,76	_____
3	Bjørn Stian Vuilliomenet	96	Klepp SSK	2.16,06	_____
4	Erlend Anfinssen	97	Sandnes SLK	2.18,69	_____
5	Axel Ravndal	98	Sandnes SLK	2.19,71	_____
6	Ole André Wigestrands	99	Sandnes SLK	2.25,82	_____

Øvelse 3. 50m bryst, damer**Heat 1**

1					
2	Åsa Tveterås Mydland	99	Frisinn SK		_____
3	Ingeborg Muri Stangeland	01	Bryne SK		_____
4	Eline Hauge Mandt	01	Madla SK		_____
5					
6					

Heat 2

1	Gunvor Horpestad	00	Klepp SSK		_____
2	Ingeborg Tveit	00	Frisinn SK		_____
3	Helene Romslo	CB - 85	Egersund SK	1.41,26	_____
4	Kristine Seglem	CA - 79	Egersund SK	2.09,14	_____ W
5	Amalie Nyheim Grytnes	01	Madla SK		_____
6	Fernande Kjenner	97	Egersund SK		_____

Heat 3

1	Katarina Hansen	01	Frisinn SK	1.01,48	_____
2	Tiril Wigdel	01	Madla SK	56,03	_____
3	Sol Utbjoa	01	Klepp SSK	53,53	_____
4	Marie Dahl	99	Madla SK	55,00	_____
5	Karianne Høie	00	Sola SK	58,16	_____
6	Laila Orene Ousdal	CB - 71	Egersund SK	1.33,22	_____ W

Heat 4

1	Aida Shoghl	01	Sola SK	50,57	_____
2	Therese Bjorland	98	Nærbø SK	49,51	_____
3	Hansine Olsen	98	Klepp SSK	48,58	_____
4	Malin Jensen Salte	97	Klepp SSK	49,39	_____
5	Tuva Reiestad	98	Nærbø SK	50,51	_____
6	Salmah Knapp	00	Sola SK	51,70	_____

Heat 5

1	Iris Aikio	98	Madla SK	45,60	_____
2	Karen N. Magnussen	98	Bryne SK	43,55	_____
3	Birgitte Malde	95	Sande SK	43,35	_____
4	Kaja Konow Grønseth	95	Frisinn SK	43,54	_____
5	Nora Larsen Rørvik	98	Madla SK	44,15	_____
6	Malin Eie Jacobsen	00	Frisinn SK	46,26	_____

Heat 6

1	Torill Thuestad Stokka	99	Madla SK	41,70	_____
2	Lisa Aaslestad	96	Sandnes SLK	39,37	_____
3	Regine Sjørdal Lindanger	96	Frisinn SK	38,41	_____
4	Katharina Bø	97	Egersund SK	39,19	_____
5	Hanna Årsvoll Ryen	97	Sandnes SLK	41,26	_____
6	Aneeka Knapp	97	Sola SK	42,90	_____

Øvelse 4. 50m bryst, herrer**Heat 1**

1					
2	Håvard Hokling	01	Madla SK		_____
3	Magnus Tvetervås Mydland	01	Frisinn SK		_____
4	Benjamin Strand Haugland	99	Madla SK		_____
5					
6					

Heat 2

1	Bastian Sunde	00	Sande SK		_____
2	Magnus Egeland	01	Klepp SSK		_____
3	Jonathan Constntinos	01	Madla SK		_____
4	Benjamin Chalinor	01	Madla SK		_____
5	Robin Årdal	98	Klepp SSK		_____
6					

Heat 3

1	Roger Larsen	CB - 74	Egersund SK	1.30,34	_____
2	Arild Degerstrøm	00	Madla SK	1.04,40	_____
3	Bjørn Erik Lomeland	CC - 82	Egersund SK	1.03,19	_____
4	Lars Audun Bøen	00	Klepp SSK	1.03,81	_____
5	Espen Aikio	00	Madla SK	1.04,96	_____
6	Thomas Klippenberg	CA - 87	Egersund SK	2.05,67	_____ W

Heat 4

1	Ingve Halvorsen	CC - 90	Egersund SK	59,16	_____
2	Roy Hadland	CC - 70	Egersund SK	57,66	_____ W
3	Roald Skåra	CD - 83	Egersund SK	54,23	_____ W
4	Jørgen Vestly	01	Sande SK	56,97	_____
5	Emil Helland	99	Klepp SSK	57,97	_____
6	Jørn Grude Augustin	97	Klepp SSK	1.02,90	_____

Heat 5

1	Asgeir Muri Stangeland	98	Bryne SK	51,62	_____
2	Andreas Sørensen	97	Sandnes SLK	46,54	_____
3	Håvard Meling	00	Sandnes SLK	45,37	_____
4	Asbjørn Håland Hestnes	99	Egersund SK	45,45	_____
5	Helge Eidsnes	00	Bryne SK	50,18	_____
6	Andreas Turøy Krag	99	Klepp SSK	52,00	_____

Heat 6

1	Andreas Wathne	97	Frisinn SK	39,40	_____
2	Henning Van Ta	96	Frisinn SK	36,60	_____
3	Thomas A Fardal	97	Egersund SK	34,02	_____
4	Malik Knapp	96	Sola SK	35,85	_____
5	Aune Lagestrand	98	Klepp SSK	39,03	_____
6	Tobias Gellein	96	Frisinn SK	41,98	_____

Øvelse 5. 100m individuell medley, damer

Heat 1

1				
2	Salmah Knapp	00	Sola SK	_____
3	Katarina Hansen	01	Frisinn SK	_____
4	Peyton Karlsen	00	Madla SK	_____
5				
6				

Heat 2

1	Aida Shoghl	01	Sola SK	_____
2	Kristine Furset	00	Madla SK	1.55,00
3	Julie Borsheim Endregaard	01	Frisinn SK	1.40,24
4	Gloria Grabovac	99	Frisinn SK	1.52,53
5	Nora Larsen Rørvik	98	Madla SK	_____
6	Marie Dahl	99	Madla SK	_____

Heat 3

1	Hansine Olsen	98	Klepp SSK	1.35,39
2	Malin Eie Jacobsen	00	Frisinn SK	1.33,03
3	Birgitte Malde	95	Sande SK	1.28,35
4	Stine Bertelsen	99	Bryne SK	1.30,68
5	Mari Ellingsen Bråten	98	Madla SK	1.33,54
6	Sarah Parsberg Støle	99	Frisinn SK	1.37,23

Heat 4

1	Heather Ann Fraser Mulvany	99	Madla SK	1.23,35
2	Kristin Serck-Hanssen	98	Madla SK	1.21,93
3	Elise Sandvoll	96	Frisinn SK	1.21,41
4	Aneeka Knapp	97	Sola SK	1.21,80
5	Katharina Bø	97	Egersund SK	1.22,83
6	Iris Aikio	98	Madla SK	1.26,69

Heat 5

1	Hanne Reime	98	Bryne SK	1.19,71
2	Sandra Sola	97	Madla SK	1.19,24
3	Stine Marie Anderssen	95	Sandnes SLK	1.14,85
4	Regine Sjørdal Lindanger	96	Frisinn SK	1.16,49
5	Monica Avlesbug	95	Klepp SSK	1.19,48
6	Thea Parsberg Støle	96	Frisinn SK	1.20,16

Øvelse 6. 100m individuell medley, herrer

Heat 1

1	Edvard Stangeland	00	Klepp SSK	_____
2	Espen Aikio	00	Madla SK	_____
3	Joel Constantinos	99	Madla SK	_____
4	Robin Årdal	98	Klepp SSK	_____
5	Runar Hoydal	97	Madla SK	_____
6	Andreas Wathne	97	Frisinn SK	_____

Heat 2

1	Arild Degerstrøm	00	Madla SK	1.59,78
2	Asbjørn Håland Hestnes	99	Egersund SK	1.40,10
3	Johannes Kahlbom Wathne	97	Frisinn SK	1.36,53
4	Ådne Undheim	98	Bryne SK	1.38,02
5	Helge Eidsnes	00	Bryne SK	1.41,42
6	Hans Emil Torgersen	95	Sandnes SLK	_____

Heat 3

1	Magnus Ravndal	99	Madla SK	1.33,99	_____
2	Håvard Meling	00	Sandnes SLK	1.27,18	_____
3	Heine Reime Løge	99	Bryne SK	1.26,65	_____
4	Svein Are Presthus	97	Klepp SSK	1.26,74	_____
5	Mathias Engstrøm Sandstøl	99	Bryne SK	1.32,63	_____
6	Tarald Egeland	98	Klepp SSK	1.34,23	_____

Heat 4

1	Henrik Ramsland	97	Frisinn SK	1.24,71	_____
2	Tobias Gellein	96	Frisinn SK	1.23,22	_____
3	Hoby Andrian	95	Klepp SSK	1.06,31	_____
4	Aune Lagestrand	98	Klepp SSK	1.22,58	_____
5	Olav Nevestveit Barøy	99	Klepp SSK	1.23,84	_____
6	Vemund Håland Hestnes	97	Egersund SK	1.24,74	_____

Øvelse 7. 50m butterfly, damer**Heat 1**

1	Katarina Hansen	01	Frisinn SK		_____
2	Eline Hauge Mandt	01	Madla SK		_____
3	Annique Ultee	00	Frisinn SK	55,61	_____
4	Marita Undheim	01	Bryne SK		_____
5	Ingeborg Muri Stangeland	01	Bryne SK		_____
6	Matilde Pollestad	00	Klepp SSK		_____

Heat 2

1	Brita Kindem	99	Madla SK	50,92	_____
2	Julie Borsheim Endregaard	01	Frisinn SK	47,24	_____
3	May Idun Konow Grønseth	98	Frisinn SK	40,18	_____
4	Kaja Konow Grønseth	95	Frisinn SK	41,17	_____
5	Sol Utbjoa	01	Klepp SSK	48,49	_____
6	Gloria Grabovac	99	Frisinn SK	54,10	_____

Heat 3

1	Torill Thuestad Stokka	99	Madla SK	39,16	_____
2	Ines Nystrand	98	Madla SK	38,85	_____
3	Lise Eiane	97	Sola SK	38,52	_____
4	Stine Bertelsen	99	Bryne SK	38,54	_____
5	Birgitte Malde	95	Sande SK	39,14	_____
6	Hansine Olsen	98	Klepp SSK	40,10	_____

Heat 4

1	Karen N. Magnussen	98	Bryne SK	38,49	_____
2	Monica Avlesbug	95	Klepp SSK	33,42	_____
3	Solveig Vuilliomenet	94	Klepp SSK	33,07	_____
4	Thea Bowitz Nedregaard	96	Sandnes SLK	33,22	_____
5	Marie Heines Pettersen	96	Sandnes SLK	35,69	_____
6	Wiviann Indrevoll	98	Madla SK	38,50	_____

Øvelse 8. 50m butterfly, herrer**Heat 1**

1	Bastian Sunde	00	Sande SK		_____
2	Håvard Hokling	01	Madla SK		_____
3	Andreas Sørensen	97	Sandnes SLK	46,18	_____
4	Asgeir Muri Stangeland	98	Bryne SK	56,04	_____
5	Benjamin Chalinor	01	Madla SK		_____
6					_____

Heat 2

1	Henrik Ramsland	97	Frisinn SK	41,31	_____
2	Malik Knapp	96	Sola SK	34,09	_____
3	Thomas A Fardal	97	Egersund SK	30,91	_____
4	Bjørn Stian Vuolliomenet	96	Klepp SSK	32,61	_____
5	Alec Karlsen	98	Madla SK	36,26	_____
6	Runar Hoydal	97	Madla SK	43,86	_____

Øvelse 9. 100m rygg, damer**Heat 1**

1	Julie Borsheim Endregaard	01	Frisinn SK		_____
2	Elle Rasmussen	00	Madla SK		_____
3	Celine Abrahamsen	01	Stavanger SC		_____
4	Marita Undheim	01	Bryne SK		_____
5	Shannon Smyth	00	Madla SK		_____
6					_____

Heat 2

1	Peyton Karlsen	00	Madla SK	1.50,11	_____
2	Katharina Bø	97	Egersund SK	1.37,21	_____
3	Mari Ellingsen Bråten	98	Madla SK	1.29,61	_____
4	Sarah Parsberg Støle	99	Frisinn SK	1.35,16	_____
5	Kristine Furset	00	Madla SK	1.44,98	_____
6	Sol Utbjoa	01	Klepp SSK		_____

Heat 3

1	Andrine Fjogstad Tobiassen	99	Bryne SK	1.26,16	_____
2	Andrea Edland	98	Frisinn SK	1.21,56	_____
3	Heather Ann Fraser Mulvany	99	Madla SK	1.19,09	_____
4	Ines Nystrand	98	Madla SK	1.21,45	_____
5	Kristin Serck-Hanssen	98	Madla SK	1.22,18	_____
6	Annette Lyngholm Sandsdalen	99	Madla SK	1.26,28	_____

Øvelse 10. 100m rygg, herrer**Heat 1**

1	Christian Sæbø Fenton	01	Stavanger SC	1.59,85	_____
2	Mathias Engstrøm Sandstøl	99	Bryne SK	1.35,29	_____
3	Magnus Ravndal	99	Madla SK	1.26,52	_____
4	Svein Are Presthus	97	Klepp SSK	1.27,15	_____
5	Asbjørn Håland Hestnes	99	Egersund SK	1.36,97	_____
6	Joel Constantinos	99	Madla SK		_____

Heat 2

1	Vemund Håland Hestnes	97	Egersund SK	1.24,51	_____
2	Aune Lagestrand	98	Klepp SSK	1.22,90	_____
3	Truls Wigdel	99	Madla SK	1.19,23	_____
4	Tarald Egeland	98	Klepp SSK	1.19,65	_____
5	Olav Nevestveit Barøy	99	Klepp SSK	1.24,06	_____
6	Håvard Nevestveit Barøy	98	Klepp SSK	1.25,15	_____

Heat 3

1	Henning Van Ta	96	Frisinn SK	1.17,03	_____
2	Thomas A Fardal	97	Egersund SK	1.12,20	_____
3	Hoby Andrian	95	Klepp SSK	1.07,28	_____
4	Erlend Anfinen	97	Sandnes SLK	1.10,18	_____
5	Alec Karlsen	98	Madla SK	1.17,00	_____
6	Ole André Wigestrands	99	Sandnes SLK	1.17,43	_____

PAUSE 30 min**Øvelse 11. 4*50m lag medley, damer****Heat 1**

1					
2	Klepp SSK J2 jr.	JR	Klepp SSK		_____
3	Madla SK J3 jr.	JR	Madla SK		_____
4	Sandnes SLK J1 jr.	JR	Sandnes SLK		_____
5	Madla SK J2 jr.	JR	Madla SK		_____
6					

Heat 2

1	Klepp SSK J1 jr.	JR	Klepp SSK		_____
2	Madla SK J5 jr.	JR	Madla SK		_____
3	Frisinn SK J1	JR	Frisinn SK	2.16,42	_____
4	Madla SK J4 jr.	JR	Madla SK		_____
5	Sandnes SLK J2 jr.	JR	Sandnes SLK		_____
6	Madla SK J1 jr.	JR	Madla SK		_____

Øvelse 12. 4*50m lag medley, herrer**Heat 1**

1					
2	Klepp SSK G jr.	JR	Klepp SSK		_____
3	Sandnes SLK G1 jr.	JR	Sandnes SLK		_____
4	Klepp SSK G2 jr.	JR	Klepp SSK		_____
5					
6					

Heat 2

1	Madla SK G2 jr.	JR	Madla SK		_____
2	Sandnes SLK G2 jr.	JR	Sandnes SLK		_____
3	Klepp SSK G1 jr.	JR	Klepp SSK	2.24,73	_____
4	Frisinn SK G1	JR	Frisinn SK	2.26,49	_____
5	Madla SK G1 jr.	JR	Madla SK		_____
6	Madla SK G3 jr.	JR	Madla SK		_____

Øvelse 13. 100m fri, damer**Heat 1**

1	Amalie Nyheim Grytnes	01	Madla SK		_____
2	Ragnhild Espeland	96	Nærbø SK		_____
3	Sol Utbjoa	01	Klepp SSK		_____
4	Celine Gramstad	00	Madla SK		_____
5	Ingeborg Muri Stangeland	01	Bryne SK		_____
6	Ingeborg Tveit	00	Frisinn SK		_____

Heat 2

1	Gloria Grabovac	99	Frisinn SK	1.36,40	_____
2	Aida Shoghl	01	Sola SK	1.34,33	_____
3	Anoushka Brannan Anderson	00	Madla SK	1.31,66	_____
4	Peyton Karlsen	00	Madla SK	1.32,46	_____
5	Kristine Furset	00	Madla SK	1.36,33	_____
6	Katarina Hansen	01	Frisinn SK	1.55,47	_____

Heat 3

1	Salmah Knapp	00	Sola SK	1.29,99	_____
2	Hansine Olsen	98	Klepp SSK	1.26,60	_____
3	Karianne Møkster	99	Frisinn SK	1.17,76	_____
4	Julie Borsheim Endregaard	01	Frisinn SK	1.26,36	_____
5	Amalie Aarseth Kyvik	99	Madla SK	1.28,28	_____
6	Brita Kindem	99	Madla SK	1.30,37	_____

Heat 4

1	Katharina Bø	97	Egersund SK	1.15,14	_____
2	Stine Bertelsen	99	Bryne SK	1.14,55	_____
3	Andrine Fjogstad Tobiassen	99	Bryne SK	1.13,75	_____
4	Kaja Konow Grønseth	95	Frisinn SK	1.14,06	_____
5	Ingrid Elise Berge Jenssen	98	Madla SK	1.15,06	_____
6	Birgitte Malde	95	Sande SK	1.15,16	_____

Heat 5

1	Karen N. Magnussen	98	Bryne SK	1.09,84	_____
2	Susan Ultee	96	Frisinn SK	1.07,62	_____
3	Solveig Vuilliomenet	94	Klepp SSK	1.07,17	_____
4	Sunniva Volden	96	Sandnes SLK	1.07,59	_____
5	Thea Parsberg Støle	96	Frisinn SK	1.08,06	_____
6	Kristin Serck-Hanssen	98	Madla SK	1.10,40	_____

Øvelse 14. 100m fri, herrer**Heat 1**

1					_____
2	Sander Fossen	98	Madla SK		_____
3	Jonathan Constntinos	01	Madla SK		_____
4	Hans Pauli I Horni Øregaard	99	Madla SK		_____
5	Emil Helland	99	Klepp SSK		_____
6					_____

Heat 2

1	Robin Årdal	98	Klepp SSK		_____
2	Roald Skåra	CC - 83	Egersund SK	1.56,58	_____ W
3	Jørgen Vestly	01	Sande SK	1.46,53	_____
4	Bastian Sunde	00	Sande SK	1.47,15	_____
5	Bjørn Erik Lomeland	CC - 82	Egersund SK	2.16,50	_____
6	Edvard Stangeland	00	Klepp SSK		_____

Heat 3

1	Lars Audun Bøen	00	Klepp SSK	1.39,15	_____
2	Arild Degerstrøm	00	Madla SK	1.29,40	_____
3	Asbjørn Håland Hestnes	99	Egersund SK	1.21,98	_____
4	Håvar Thu	99	Bryne SK	1.24,44	_____
5	Asgeir Muri Stangeland	98	Bryne SK	1.31,25	_____
6	Ingve Halvorsen	CD - 90	Egersund SK	1.40,89	_____

Heat 4

1	Johannes Kahlbom Wathne	97	Frisinn SK	1.15,24	_____
2	Henrik Ramsland	97	Frisinn SK	1.12,96	_____
3	Vemund Håland Hestnes	97	Egersund SK	1.12,49	_____
4	Tobias Gellein	96	Frisinn SK	1.12,66	_____
5	Eirik Rønneberg Bustnes	98	Sandnes SLK	1.14,16	_____
6	Runar Hoydal	97	Madla SK	1.18,14	_____

Heat 5

1	Olav Nevestveit Barøy	99	Klepp SSK	1.11,85	_____
2	Håvard Nevestveit Barøy	98	Klepp SSK	1.10,78	_____
3	Ole André Wigestrånd	99	Sandnes SLK	1.08,45	_____
4	Tarald Egeland	98	Klepp SSK	1.09,07	_____
5	Heine Reime Løge	99	Bryne SK	1.10,97	_____
6	Svein Are Presthus	97	Klepp SSK	1.12,35	_____

Heat 6

1	Børge Grødem	96	Klepp SSK	1.06,24	_____
2	Thomas A Fardal	97	Egersund SK	1.02,95	_____
3	Hoby Andrian	95	Klepp SSK	58,05	_____
4	Bjørn Stian Vuilliomenet	96	Klepp SSK	1.02,71	_____
5	Aleksander Stangeland Pedersen	96	Sandnes SLK	1.03,69	_____
6	Alec Karlsen	98	Madla SK	1.06,37	_____

Øvelse 15. 50m rygg, damer**Heat 1**

1	Ingeborg Muri Stangeland	01	Bryne SK		_____
2	Åsa Tveterås Mydland	99	Frisinn SK		_____
3	Ingrid Tveit Langeland	00	Klepp SSK		_____
4	Solveig Revfe	00	Klepp SSK		_____
5	Aida Shoghl	01	Sola SK		_____
6	Ingeborg Tveit	00	Frisinn SK		_____

Heat 2

1	Katarina Hansen	01	Frisinn SK	1.01,95	_____
2	Silje Sælør	96	Klepp SSK	52,81	_____
3	Malin Jensen Salte	97	Klepp SSK	50,50	_____
4	Nora Larsen Rørvik	98	Madla SK	51,11	_____
5	Matilde Pollestad	00	Klepp SSK	56,78	_____
6	Gunvor Horpestad	00	Klepp SSK		_____

Heat 3

1	Elise Sandvoll	96	Frisinn SK	38,27	_____
2	Regine Sjørdal Lindanger	96	Frisinn SK	35,72	_____
3	Thea Bowitz Nedregaard	96	Sandnes SLK	33,36	_____
4	Susan Ultee	96	Frisinn SK	33,50	_____
5	Aneeka Knapp	97	Sola SK	38,05	_____
6	Anniqve Ultee	00	Frisinn SK	48,07	_____

Øvelse 16. 50m rygg, herrer**Heat 1**

1	Sander Fossen	98	Madla SK		_____
2	Magnus Tveterås Mydland	01	Frisinn SK		_____
3	Edvard Stangeland	00	Klepp SSK	58,78	_____
4	Magnus Egeland	01	Klepp SSK	1.02,22	_____
5	Håvard Hokling	01	Madla SK		_____
6					_____

Heat 2

1	Andreas Sørensen	97	Sandnes SLK	43,10	_____
2	Malik Knapp	96	Sola SK	36,56	_____
3	Alec Karlsen	98	Madla SK	35,50	_____
4	Kristian Nygård Solvik	99	Bryne SK	36,53	_____
5	Aune Lagestrand	98	Klepp SSK	40,70	_____
6	Lars Audun Bøen	00	Klepp SSK	51,08	_____

Øvelse 17. 200m bryst, damer

Heat 1

1				
2	Une Newermann Wick	99	Stavanger SC	_____
3	Helene Baxter	00	Stavanger SC	_____
4	Andrea Håvarstein	99	Stavanger SC	_____
5				
6				

Heat 2

1	Stine Løvdahl	00	Madla SK	_____
2	Marita Undheim	01	Bryne SK	_____
3	Anoushka Brannan Anderson	00	Madla SK	_____
4	Peyton Karlsen	00	Madla SK	_____
5	Shannon Smyth	00	Madla SK	_____
6				

Heat 3

1	Marie Dahl	99	Madla SK	_____
2	Sol Utbjoa	01	Klepp SSK	_____
3	Amalie Aarseth Kyvik	99	Madla SK	4.08,48
4	Julie Borsheim Endregaard	01	Frisinn SK	_____
5	Aida Shoghl	01	Sola SK	_____
6	Celine Abrahamsen	01	Stavanger SC	_____

Heat 4

1	Annique Ultee	00	Frisinn SK	3.53,74
2	Emily Lane	00	Stavanger SC	3.41,98
3	Stine Bertelsen	99	Bryne SK	3.39,37
4	Elena Bergfjord	98	Stavanger SC	3.41,06
5	Nora Sandvoll	99	Frisinn SK	3.50,01
6	Sarah Parsberg Støle	99	Frisinn SK	4.03,38

Heat 5

1	Annette Lyngholm Sandsdalen	99	Madla SK	3.35,33
2	Hanne Beth Byberg	94	Sande SK	3.32,51
3	Kammila Røyland	98	Stavanger SC	3.32,04
4	Bjørge Marie Pollestad	97	Klepp SSK	3.32,09
5	Mari Ellingsen Bråten	98	Madla SK	3.33,62
6	Tessa Fransisca Janssen	99	Stavanger SC	3.37,97

Heat 6

1	Lise Eiane	97	Sola SK	3.30,91
2	Marie Sveingard	99	Stavanger SC	3.30,22
3	Ines Nystrand	98	Madla SK	3.28,63
4	Iris Aikio	98	Madla SK	3.29,17
5	Andrea Edland	98	Frisinn SK	3.30,22
6	Kristin Xin Øie	99	Stavanger SC	3.31,02

Heat 7

1	Siril Therese Follo Bårtvedt	97	Sandnes SLK	3.27,90
2	May Idun Konow Grønseth	98	Frisinn SK	3.24,54
3	Amalie Wee Tørlen	97	Stavanger SC	3.18,54
4	Ida Askeland	98	Stavanger SC	3.22,87
5	Andrea Marki Mork	98	Stavanger SC	3.26,34
6	Wiviann Indrevoll	98	Madla SK	3.28,36

Heat 8

1	Torill Thuestad Stokka	99	Madla SK	3.16,91	_____
2	Brita Stang Aune	97	Stavanger SC	3.16,49	_____
3	Heather Ann Fraser Mulvany	99	Madla SK	3.12,48	_____
4	Kristin Serck-Hanssen	98	Madla SK	3.15,92	_____
5	Hanne Reime	98	Bryne SK	3.16,50	_____
6	Karen N. Magnussen	98	Bryne SK	3.18,44	_____

Heat 9

1	Maren Øie	97	Stavanger SC	3.10,92	_____
2	Sandra Sola	97	Madla SK	3.00,52	_____
3	Stine Marie Anderssen	95	Sandnes SLK	2.57,53	_____
4	Lisa Aaslestad	96	Sandnes SLK	2.59,36	_____
5	Hanna Årsvoll Ryen	97	Sandnes SLK	3.10,78	_____
6	Ingrid Elise Berge Jensen	98	Madla SK	3.11,70	_____

Øvelse 18. 200m bryst, herrer**Heat 1**

1	Vigar Opedal Fyllingsnes	99	Stavanger SC		_____
2	Mathias Vestersjø Sunde	99	Stavanger SC		_____
3	Mathias Lamo Kristensen	98	Stavanger SC		_____
4	Mats Skretting Beneventi	99	Stavanger SC		_____
5	Georg Turøy	00	Stavanger SC		_____
6	Håvard Nevestveit Barøy	98	Klepp SSK		_____

Heat 2

1	Joel Constantinos	99	Madla SK		_____
2	Espen Tønnessen	99	Stavanger SC		_____
3	Emil Helland	99	Klepp SSK		_____
4	Sander Løvdahl	98	Madla SK		_____
5	Christian Sæbø Fenton	01	Stavanger SC		_____
6	Andreas Wathne	97	Frisinn SK		_____

Heat 3

1	Jørgen Vestly	01	Sande SK		_____
2	Andreas Lea Monslaup	99	Stavanger SC	4.08,87	_____
3	Tarald Egeland	98	Klepp SSK	3.56,16	_____
4	Kristian Nygård Solvik	99	Bryne SK	4.03,11	_____
5	Sondre Lea Monslaup	99	Stavanger SC	4.14,12	_____
6	Espen Aikio	00	Madla SK		_____

Heat 4

1	Njord Fornes	99	Sola SK	3.46,35	_____
2	Svein Are Presthus	97	Klepp SSK	3.40,27	_____
3	Håvar Thu	99	Bryne SK	3.29,97	_____
4	Helge Eidsnes	00	Bryne SK	3.37,19	_____
5	Sindre Vatnamot Amble	98	Madla SK	3.42,80	_____
6	Ole Jørmeland	98	Stavanger SC	3.55,60	_____

Heat 5

1	Mathias Engstrøm Sandstøl	99	Bryne SK	3.25,46	_____
2	Hans Emil Torgersen	95	Sandnes SLK	3.20,29	_____
3	Alec Karlsen	98	Madla SK	3.16,19	_____
4	Ådne Undheim	98	Bryne SK	3.18,18	_____
5	Olav Nevestveit Barøy	99	Klepp SSK	3.21,48	_____
6	Truls Wigdel	99	Madla SK	3.27,45	_____

Heat 6

1	Børge Grødem	96	Klepp SSK	3.10,38	_____
2	Henning Van Ta	96	Frisinn SK	3.03,57	_____
3	Bjørn Stian Vuilliomenet	96	Klepp SSK	2.56,85	_____
4	Axel Ravndal	98	Sandnes SLK	3.03,03	_____
5	Aune Lagestrand	98	Klepp SSK	3.05,97	_____
6	Håvard Lapin	95	Sandnes SLK	3.12,07	_____

Øvelse 19. 50m fri, damer**Heat 1**

1	Kristine Seglem	CA - 79	Egersund SK		_____ W
2	Gunvor Horpestad	00	Klepp SSK		_____
3	Helene Romslo	CA - 85	Egersund SK		_____
4	Ragnhild Espeland	96	Nærbø SK		_____
5	Celine Gramstad	00	Madla SK		_____
6	Ingeborg Tveit	00	Frisinn SK		_____

Heat 2

1	Åsa Tvetervås Mydland	99	Frisinn SK		_____
2	Laila Orene Ousdal	CB - 71	Egersund SK	1.21,31	_____ W
3	Katarina Hansen	01	Frisinn SK	53,10	_____
4	Matilde Pollestad	00	Klepp SSK	54,94	_____
5	Serina Olsen	00	Klepp SSK		_____
6	Karianne Høie	00	Sola SK		_____

Heat 3

1	Solveig Revfe	00	Klepp SSK	50,46	_____
2	Silje Sælør	96	Klepp SSK	45,47	_____
3	Tuva Reiestad	98	Nærbø SK	44,65	_____
4	Sol Utbjøa	01	Klepp SSK	45,02	_____
5	Tiril Wigdel	01	Madla SK	47,82	_____
6	Ingrid Tveit Langeland	00	Klepp SSK	50,73	_____

Heat 4

1	Fernande Kjenner	97	Egersund SK	43,41	_____
2	Therese Bjorland	98	Nærbø SK	42,53	_____
3	Gloria Grabovac	99	Frisinn SK	41,12	_____
4	Salmah Knapp	00	Sola SK	42,29	_____
5	Malin Jensen Salte	97	Klepp SSK	43,22	_____
6	Marie Dahl	99	Madla SK	43,70	_____

Heat 5

1	Annique Ultee	00	Frisinn SK	39,66	_____
2	Iris Aikio	98	Madla SK	35,55	_____
3	Björg Marie Pollestad	97	Klepp SSK	35,34	_____
4	Hansine Olsen	98	Klepp SSK	35,37	_____
5	Mari Ellingsen Bråten	98	Madla SK	35,78	_____
6	Aida Shoghl	01	Sola SK	41,12	_____

Heat 6

1	Aneeka Knapp	97	Sola SK	32,48	_____
2	Susan Ultee	96	Frisinn SK	30,02	_____
3	Marie Heines Pettersen	96	Sandnes SLK	29,41	_____
4	Thea Bowitz Nedregaard	96	Sandnes SLK	29,68	_____
5	Karianne Møkster	99	Frisinn SK	31,20	_____
6	Heather Ann Fraser Mulvany	99	Madla SK	32,49	_____

Øvelse 20. 50m fri, herrer**Heat 1**

1					
2	Benjamin Strand Haugland	99	Madla SK		_____
3	Håvard Hokling	01	Madla SK		_____
4	Arthur Vestvik	97	Nærbø SK		_____
5					
6					

Heat 2

1	Hans Pauli I Horni Øregaard	99	Madla SK		_____
2	Benjamin Chalinor	01	Madla SK		_____
3	Jørn Grude Augustin	97	Klepp SSK	1.14,44	_____
4	Thomas Klippenberg	CA - 87	Egersund SK	2.04,88	_____ W
5	Magnus Tveterås Mydland	01	Frisinn SK		_____
6					

Heat 3

1	Bjørn Erik Lomeland	CB - 82	Egersund SK	1.03,47	_____
2	Roger Larsen	CC - 74	Egersund SK	55,09	_____
3	Roald Skåra	CC - 83	Egersund SK	49,68	_____ W
4	Edvard Stangeland	00	Klepp SSK	51,88	_____
5	Roy Hadland	CC - 70	Egersund SK	56,64	_____ W
6	Magnus Egeland	01	Klepp SSK	1.05,01	_____

Heat 4

1	Bastian Sunde	00	Sande SK	47,90	_____
2	Espen Aikio	00	Madla SK	44,38	_____
3	Lars Audun Bøen	00	Klepp SSK	43,05	_____
4	Andreas Turøy Krag	99	Klepp SSK	43,84	_____
5	Jørgen Vestly	01	Sande SK	47,42	_____
6	Emil Helland	99	Klepp SSK	48,70	_____

Heat 5

1	Arild Degerstrøm	00	Madla SK	41,41	_____
2	Nikolai Nystrand	00	Madla SK	38,04	_____
3	Mads Vestly	99	Sandnes SLK	34,42	_____
4	Asbjørn Håland Hestnes	99	Egersund SK	36,87	_____
5	Ingve Halvorsen	CD - 90	Egersund SK	40,70	_____
6	Asgeir Muri Stangeland	98	Bryne SK	41,71	_____

Heat 6

1	Andreas Sørensen	97	Sandnes SLK	32,90	_____
2	Malik Knapp	96	Sola SK	29,30	_____
3	Hoby Andrian	95	Klepp SSK	26,72	_____
4	Thomas A Fardal	97	Egersund SK	28,52	_____
5	Tobias Gellein	96	Frisinn SK	31,76	_____
6	Johannes Kahlbom Wathne	97	Frisinn SK	33,09	_____

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

1	Une Newermann Wick	99	Stavanger SC		_____
2	Kristine Furset	00	Madla SK		_____
3	Kammila Røyland	98	Stavanger SC		_____
4	Helene Baxter	00	Stavanger SC		_____
5	Annette Lyngholm Sandsdalen	99	Madla SK		_____
6					

Heat 2

1	Peyton Karlsen	00	Madla SK	1.54,21	_____
2	Kristin Xin Øie	99	Stavanger SC	1.43,58	_____
3	Wiviann Indrevoll	98	Madla SK	1.38,50	_____
4	Elena Bergfjord	98	Stavanger SC	1.43,13	_____
5	Anoushka Brannan Anderson	00	Madla SK	1.46,23	_____
6	Julie Borsheim Endregaard	01	Frisinn SK	2.02,01	_____

Heat 3

1	Hanna Årsvoll Ryen	97	Sandnes SLK	1.35,26	_____
2	Tessa Fransisca Janssen	99	Stavanger SC	1.33,94	_____
3	Karen N. Magnussen	98	Bryne SK	1.29,07	_____
4	Lise Eiane	97	Sola SK	1.30,10	_____
5	Nora Sandvoll	99	Frisinn SK	1.34,85	_____
6	Andrea Håvarstein	99	Stavanger SC	1.35,75	_____

Heat 4

1	Alina H Bjelancic	99	Stavanger SC	1.27,52	_____
2	Maren Øie	97	Stavanger SC	1.26,95	_____
3	Heather Ann Fraser Mulvany	99	Madla SK	1.24,16	_____
4	Andrine Fjogstad Tobiassen	99	Bryne SK	1.25,71	_____
5	Katharina Bø	97	Egersund SK	1.27,02	_____
6	Torill Thuestad Stokka	99	Madla SK	1.27,69	_____

Heat 5

1	Regine Sjørdal Lindanger	96	Frisinn SK	1.20,62	_____
2	Hanne Reime	98	Bryne SK	1.18,43	_____
3	Sandra Sola	97	Madla SK	1.16,46	_____
4	Solveig Vuilliomenet	94	Klepp SSK	1.16,47	_____
5	Ingrid Elise Berge Jenssen	98	Madla SK	1.18,61	_____
6	Amalie Wee Tørlen	97	Stavanger SC	1.21,59	_____

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

1	Njord Fornes	99	Sola SK	1.53,20	_____
2	Håvar Thu	99	Bryne SK	1.48,32	_____
3	Ådne Undheim	98	Bryne SK	1.44,23	_____
4	Helge Eidsnes	00	Bryne SK	1.44,43	_____
5	Ole Jørmeland	98	Stavanger SC	1.50,81	_____
6	Mathias Lamo Kristensen	98	Stavanger SC		_____

Heat 2

1	Eirik Rønneberg Bustnes	98	Sandnes SLK	1.41,93	_____
2	Olav Nevestveit Barøy	99	Klepp SSK	1.32,35	_____
3	Svein Are Presthus	97	Klepp SSK	1.28,49	_____
4	Tarald Egeland	98	Klepp SSK	1.28,80	_____
5	Sindre Vatnamot Amble	98	Madla SK	1.36,59	_____
6	Håvard Nevestveit Barøy	98	Klepp SSK	1.43,42	_____

Heat 3

1	Kristian Nygård Solvik	99	Bryne SK	1.21,79	_____
2	Alec Karlsen	98	Madla SK	1.16,91	_____
3	Hoby Andrian	95	Klepp SSK	1.04,70	_____
4	Bjørn Stian Vuilliomenet	96	Klepp SSK	1.13,26	_____
5	Truls Wigdel	99	Madla SK	1.20,82	_____
6	Mathias Engstrøm Sandstøl	99	Bryne SK	1.23,50	_____

Veiledende tidsskjema

20. november 2011 kl. 11.00

Øvelse 1. 200m fri, damer	11.00
Øvelse 2. 200m fri, herrer	11.15
Øvelse 3. 50m bryst, damer	11.31
Øvelse 4. 50m bryst, herrer	11.42
Øvelse 5. 100m individuell medley, damer	11.54
Øvelse 6. 100m individuell medley, herrer	12.05
Øvelse 7. 50m butterfly, damer	12.16
Øvelse 8. 50m butterfly, herrer	12.21
Øvelse 9. 100m rygg, damer	12.24
Øvelse 10. 100m rygg, herrer	12.31
<i>Pause</i>	<i>12.40</i>
Øvelse 11. 4*50m lag medley, damer	13.10
Øvelse 12. 4*50m lag medley, herrer	13.16
Øvelse 13. 100m fri, damer	13.22
Øvelse 14. 100m fri, herrer	13.32
Øvelse 15. 50m rygg, damer	13.44
Øvelse 16. 50m rygg, herrer	13.48
Øvelse 17. 200m bryst, damer	13.51
Øvelse 18. 200m bryst, herrer	14.28
Øvelse 19. 50m fri, damer	14.54
Øvelse 20. 50m fri, herrer	15.02
Øvelse 21. 100m butterfly, damer	15.12
Øvelse 22. 100m butterfly, herrer	15.23
<i>Slutt</i>	<i>15.30</i>