Øvelse 1. 50m bryst, damer

Heat 1

1	Malin Haugvaldstad	06	Randaberg IL	_____
2	Veni Høyvik Ersdal	05	Stavanger SC	_____
3	Sanna Valseth	05	Stavanger SC	_____
4	Emma Verdal Kristiansen	05	Madla SK	_____
5	Vendelinn Rosså	06	Sola SK	_____
6	Marie Ystrøm Lærdal	06	Stavanger SC	_____

Heat 2

1	Chloe Stinson	05	Stavanger SC	_____
2	Ganga Vijayaratnam	05	Sola SK	_____
3	Ariel Shoghl	05	Madla SK	_____
4	Tale Tønsager Børsheim	05	Stavanger SC	_____
5	Hanne Ribsskog	05	Stavanger SC	_____
6	Silja Vert-Möning	05	Stavanger SC	_____

Heat 3

1	Ane Garvik	05	Stavanger SC	_____
2	Karoline Wilhelmsen Steen	05	Stavanger SC	_____
3	Karoline Hult Karlson	04	Madla SK	_____
4	Maria Valskår Høyvik	04	Stavanger SC	_____
5	Ida Enoksen-Berntsen	05	Stavanger SC	_____
6	Sana Seddiki	05	Stavanger SC	_____

Heat 4

1	Nathalie Berntsen	04	Randaberg IL	_____
2	Chantelle Evelyn Wozniak	04	Sola SK	_____
3	Sofie Knutsen	03	Madla SK	_____
4	Ida Andersen	03	Frisinn SK	_____
5	Emilie Fotland	04	Sola SK	_____
6	Ida Rønnevik	04	Sola SK	_____

Heat 5

1	Pernille Mitchell Jensen	03	Randaberg IL	_____
2	Priyanca Giritharan	02	Sola SK	_____
3	Ragna Andrews Steine	01	Frisinn SK	_____
4	Adele Austbø	02	Randaberg IL	_____
5	Camilla Rath	02	Randaberg IL	_____
6	Weronika Wilk	03	Frisinn SK	_____

Øvelse 2. 50m bryst, herrer

Heat 1

1	Thomas Småvik	06	Madla SK	_____
2	Andreas Sigvaldsen	06	Stavanger SC	_____
3	Collin van der Hoff	06	Sola SK	_____
4	Arne Stømer-johansen	06	Sola SK	_____
5	Roan Hargraves	06	Stavanger SC	_____
6				

Heat 2

1	Fabian Aarreberg Rannekleiv	05	Stavanger SC	_____
2	Lars Ribsskog	05	Stavanger SC	_____
3	Sverre Junge	05	Klepp SSK	_____
4	Tollak Sagen Gausel	05	Stavanger SC	_____
5	Adrian Anis Ajmi	05	Stavanger SC	_____
6	Jonas Viste	05	Randaberg IL	_____

Heat 3

1	Jonathan Klette	04	Madla SK	_____
2	Sander Søiland	04	Madla SK	_____
3	Erik Mangersnes Iversen	04	Madla SK	_____
4	Eirik Løkling Sortland	04	Madla SK	_____
5	Jørg Wallace Haaland	04	Frisinn SK	_____
6	Sebastian Wold	04	Stavanger SC	_____

Øvelse 3. 25m rygg, damer

Heat 1

1				
2	Elisa Maria Stampe Nielsen	06	Frisinn SK	_____
3	Ingrid Ree Bakken	06	Klepp SSK	_____
4	Karina Naustdal Jakobsen	06	Stavanger SC	_____
5				
6				

Heat 2

1				
2	Helene Svensson Johannessen	06	Stavanger SC	_____
3	Diana Johanne Stampe Nielsen	06	Frisinn SK	_____
4	Marie Ystrøm Lærdal	06	Stavanger SC	_____
5	Laura Constanse Twijnstra	06	Jørpeland SK	_____
6				

Heat 3

1	Ane Garvik	05	Stavanger SC	_____
2	Karoline Kloster	05	Randaberg IL	_____
3	Silja Vert-Möning	05	Stavanger SC	_____
4	Erle Johanne Kommedal	05	Randaberg IL	_____
5	Chloe Stinson	05	Stavanger SC	_____
6	Vendelinn Rosså	06	Sola SK	_____

Heat 4

1	Anne Holmaas Johansen	05	Madla SK	_____
2	Hedda Tollaksen Brynie	05	Madla SK	_____
3	Emma Verdal Kristiansen	05	Madla SK	_____
4	Liv Haaland Wølstad	05	Madla SK	_____
5	Ella Rygg Larsen	05	Randaberg IL	_____
6	Sanna Valseth	05	Stavanger SC	_____

Heat 5

1	Karoline Hult Karlson	04	Madla SK	_____
2	Mona Våge	04	Jørpeland SK	_____
3	Thea Berge Førland	04	Stavanger SC	_____
4	Kaia Strømsmo	04	Jørpeland SK	_____
5	Emilie Fotland	04	Sola SK	_____
6	Olivia Frestad West	05	Sola SK	_____

Heat 6

1	Sofie Knutsen	03	Madla SK	_____
2	Ida Andersen	03	Frisinn SK	_____
3	Adele Austbø	02	Randaberg IL	_____
4	Ava Støldal	03	Frisinn SK	_____
5	Weronika Wilk	03	Frisinn SK	_____
6	Aela Cassou	04	Frisinn SK	_____

Øvelse 4. 25m rygg, herrer

Heat 1

1	Ameen Akhtar	06	Madla SK	_____
2	Rohaan Mooken	06	Sola SK	_____
3	Thomas Småvik	06	Madla SK	_____
4	Harald Lytomt Jacobsen	06	Stavanger SC	_____
5	Sander Hamre	06	Stavanger SC	_____
6				

Heat 2

1	Viktor Scherer	05	Madla SK	_____
2	Tord Saltkjel	05	Madla SK	_____
3	Viljar Gripsgård Bergslien	05	Madla SK	_____
4	Tollak Sagen Gausel	05	Stavanger SC	_____
5	Simeon Dorne	05	Madla SK	_____
6	Ulrik Huse Lindboe	05	Madla SK	_____

Heat 3

1	Eirik Løkling Sortland	04	Madla SK	_____
2	Sebastian Wold	04	Stavanger SC	_____
3	Joakim Egge	04	Klepp SSK	_____
4	Sander Søiland	04	Madla SK	_____
5	Benjamin Bolsøy	04	Jørpeland SK	_____
6	Magnus Braut	05	Klepp SSK	_____

Øvelse 5. 50m fri, damer

Heat 1

1				
2	Sanna Valseth	05	Stavanger SC	_____
3	Hedda Tollaksen Brynie	05	Madla SK	_____
4	Chloe Stinson	05	Stavanger SC	_____
5	Laura Constanse Twijnstra	06	Jørpeland SK	_____
6				

Heat 2

1	Liv Haaland Wølstad	05	Madla SK	_____
2	Hanne Ribsskog	05	Stavanger SC	_____
3	Silja Vert-Möning	05	Stavanger SC	_____
4	Ariel Shoghl	05	Madla SK	_____
5	Anne Holmaas Johansen	05	Madla SK	_____
6	Uchenna Udemba	05	Stavanger SC	_____

Heat 3

1	Ida Enoksen-Berntsen	05	Stavanger SC	_____
2	Emma Verdal Kristiansen	05	Madla SK	_____
3	Emma Engård	05	Randaberg IL	_____
4	Olivia Frestad West	05	Sola SK	_____
5	Veni Høyvik Ersdal	05	Stavanger SC	_____
6	Ganga Vijayaratnam	05	Sola SK	_____

Heat 4

1	Karoline Wilhelmsen Steen	05	Stavanger SC	_____
2	Aela Cassou	04	Frisinn SK	_____
3	Ida Rønnevik	04	Sola SK	_____
4	Mona Våge	04	Jørpeland SK	_____
5	Nathalie Berntsen	04	Randaberg IL	_____
6	Ane Garvik	05	Stavanger SC	_____

Heat 5

1	Thea Berge Førland	04	Stavanger SC	_____
2	Anna Reianes	04	Randaberg IL	_____
3	Kaia Strømsmo	04	Jørpeland SK	_____
4	Maria Valskår Høyvik	04	Stavanger SC	_____
5	Ingrid Amalie Bringsvor	04	Madla SK	_____
6	Karoline Hult Karlson	04	Madla SK	_____

Heat 6

1	Emily Hatteland Krog	04	Klepp SSK	_____
2	Pernille Mitchell Jensen	03	Randaberg IL	_____
3	Emma Snilsberg	03	Sola SK	_____
4	Karina Nicolaysen	03	Frisinn SK	_____
5	Chantelle Evelyn Wozniak	04	Sola SK	_____
6	Emilie Fotland	04	Sola SK	_____

Heat 7

1	Sunniva Kierans	02	Sola SK	_____
2	Priyanca Giritharan	02	Sola SK	_____
3	Ragna Andrews Steine	01	Frisinn SK	_____
4	Camilla Rath	02	Randaberg IL	_____
5	Adele Austbø	02	Randaberg IL	_____
6	Ava Støldal	03	Frisinn SK	_____

Øvelse 6. 50m fri, herrer

Heat 1

1				
2	Roan Hargraves	06	Stavanger SC	_____
3	Harald Lytomt Jacobsen	06	Stavanger SC	_____
4	Rohaan Mooken	06	Sola SK	_____
5	Thomas Småvik	06	Madla SK	_____
6				

Heat 2

1	Collin van der Hoff	06	Sola SK	_____
2	Sigurd Johannessen Kverneng	05	Stavanger SC	_____
3	Fabian Aarreberg Rannekleiv	05	Stavanger SC	_____
4	Jonas Viste	05	Randaberg IL	_____
5	Arne Stømer-johansen	06	Sola SK	_____
6	Andreas Sigvaldsen	06	Stavanger SC	_____

Heat 3

1	Viljar Gripsgård Bergslien	05	Madla SK	_____
2	Adrian Anis Ajmi	05	Stavanger SC	_____
3	Tord Saltkjel	05	Madla SK	_____
4	Elland Kjær Eia	05	Frisinn SK	_____
5	Lars Ribsskog	05	Stavanger SC	_____
6	Viktor Scherer	05	Madla SK	_____

Heat 4

1	Erik Mangersnes Iversen	04	Madla SK	_____
2	Alfred Twijnstra	04	Jørpeland SK	_____
3	Isak Kramm Simensen	04	Frisinn SK	_____
4	Jonathan Klette	04	Madla SK	_____
5	Benjamin Bolsøy	04	Jørpeland SK	_____
6	Tollak Sagen Gausel	05	Stavanger SC	_____

Heat 5

1	Marcus Gotrik	04	Frisinn SK	_____
2	Sebastian Wold	04	Stavanger SC	_____
3	Anders Bruvik Kartevold	02	Frisinn SK	_____
4	Markus Messmer	04	Klepp SSK	_____
5	Eirik Løkling Sortland	04	Madla SK	_____
6	Jørg Wallace Haaland	04	Frisinn SK	_____

Øvelse 7. 25m bryst, damer

Heat 1

1	Malin Haugvaldstad	06	Randaberg IL	_____
2	Elisa Maria Stampe Nielsen	06	Frisinn SK	_____
3	Laura Constanse Twijnstra	06	Jørpeland SK	_____
4	Diana Johanne Stampe Nielsen	06	Frisinn SK	_____
5	Vendelinn Rosså	06	Sola SK	_____
6				

Heat 2

1	Emma Verdal Kristiansen	05	Madla SK	_____
2	Liv Haaland Wølstad	05	Madla SK	_____
3	Seline Knutsen	05	Madla SK	_____
4	Erle Johanne Kommedal	05	Randaberg IL	_____
5	Ella Rygg Larsen	05	Randaberg IL	_____
6	Marie Ystrøm Lærdal	06	Stavanger SC	_____

Heat 3

1	Anne Holmaas Johansen	05	Madla SK	_____
2	Andrea S Clementsen	05	Madla SK	_____
3	Jorunn Amalie Lilleaas	05	Frisinn SK	_____
4	Emma Engård	05	Randaberg IL	_____
5	Hedda Tollaksen Brynie	05	Madla SK	_____
6	Karoline Kloster	05	Randaberg IL	_____

Heat 4

1	Ingrid Amalie Bringsvor	04	Madla SK	_____
2	Nathalie Berntsen	04	Randaberg IL	_____
3	Anna Reianes	04	Randaberg IL	_____
4	Kaia Strømsmo	04	Jørpeland SK	_____
5	Mona Våge	04	Jørpeland SK	_____
6	Malin T. Johansen	05	Madla SK	_____

Heat 5

1	Eva-Kristin Idsøe	04	Frisinn SK	_____
2	Pernille Mitchell Jensen	03	Randaberg IL	_____
3	Julie T. Johansen	03	Madla SK	_____
4	Sara Kimm Ossi - Dick	03	Frisinn SK	_____
5	Chantelle Evelyn Wozniak	04	Sola SK	_____
6	Thea Berge Førland	04	Stavanger SC	_____

Øvelse 8. 25m bryst, herrer

Heat 1

1	Aksel Kruger-Larsen	06	Madla SK	_____
2	Roan Hargraves	06	Stavanger SC	_____
3	Arne Stømer-johansen	06	Sola SK	_____
4	Sander Hamre	06	Stavanger SC	_____
5	Thomas Småvik	06	Madla SK	_____
6	Ameen Akhtar	06	Madla SK	_____

Heat 2

1	Sigurd Johannessen Kverneng	05	Stavanger SC	_____
2	Magnus Braut	05	Klepp SSK	_____
3	Sander Søiland	04	Madla SK	_____
4	Jørg Wallace Haaland	04	Frisinn SK	_____
5	Simeon Dorne	05	Madla SK	_____
6	Viljar Gripsgård Bergslien	05	Madla SK	_____

Heat 3

1	Benjamin Bolsøy	04	Jørpeland SK	_____
2	Markus Messmer	04	Klepp SSK	_____
3	Anders Bruvik Kartevold	02	Frisinn SK	_____
4	Erlend F Ydstebø	03	Sola SK	_____
5	Joakim Egge	04	Klepp SSK	_____
6	Eirik Løkling Sortland	04	Madla SK	_____

Øvelse 9. 100m individuell medley, damer

Heat 1

1				
2				
3	Ariel Shoghl	05	Madla SK	_____
4	Tale Tønsager Børsheim	05	Stavanger SC	_____
5				
6				

Øvelse 10. 100m individuell medley, herrer

Heat 1

1				
2	Andreas Sigvaldsen	06	Stavanger SC	_____
3	Alfred Twijnstra	04	Jørpeland SK	_____
4	Fabian Aarreberg Rannekleiv	05	Stavanger SC	_____
5				
6				

Øvelse 11. 100m fri, damer

Heat 1

1				
2	Sana Seddiki	05	Stavanger SC	_____
3	Tale Tønsager Børsheim	05	Stavanger SC	_____
4	Karoline Wilhelmsen Steen	05	Stavanger SC	_____
5				
6				

Heat 2

1	Ida Rønnevik	04	Sola SK	_____
2	Karina Nicolaysen	03	Frisinn SK	_____
3	Ragna Andrews Steine	01	Frisinn SK	_____
4	Priyanca Giritharan	02	Sola SK	_____
5	Ingrid Amalie Bringsvor	04	Madla SK	_____
6				

Øvelse 12. 100m fri, herrer

Heat 1

1				
2				
3	Sigurd Johannessen Kverneng	05	Stavanger SC	_____
4	Andreas Sigvaldsen	06	Stavanger SC	_____
5				
6				

Øvelse 13. 25m butterfly, damer

Heat 1

1				
2	Elisa Maria Stampe Nielsen	06	Frisinn SK	_____
3	Ariel Shoghl	05	Madla SK	_____
4	Diana Johanne Stampe Nielsen	06	Frisinn SK	_____
5				
6				

Heat 2

1	Karoline Wilhelmsen Steen	05	Stavanger SC	_____
2	Maria Valskår Høyvik	04	Stavanger SC	_____
3	Sofie Knutsen	03	Madla SK	_____
4	Emma Snilsberg	03	Sola SK	_____
5	Emily Hatteland Krog	04	Klepp SSK	_____
6	Silja Vert-Möning	05	Stavanger SC	_____

Øvelse 14. 25m butterfly, herrer

Heat 1

1				
2	Rohaan Mooken	06	Sola SK	_____
3	Andreas Sigvaldsen	06	Stavanger SC	_____
4	Roan Hargraves	06	Stavanger SC	_____
5				
6				

Heat 2

1	Ameen Akhtar	06	Madla SK	_____
2	Fabian Aarreberg Rannekleiv	05	Stavanger SC	_____
3	Alfred Twijnstra	04	Jørpeland SK	_____
4	Sverre Junge	05	Klepp SSK	_____
5	Magnus Braut	05	Klepp SSK	_____
6				

Øvelse 15. 50m rygg, damer

Heat 1

1				
2	Silja Vert-Möning	05	Stavanger SC	_____
3	Olivia Frestad West	05	Sola SK	_____
4	Sana Seddiki	05	Stavanger SC	_____
5	Laura Constanse Twijnstra	06	Jørpeland SK	_____
6				

Heat 2

1	Tale Tønsager Børsheim	05	Stavanger SC	_____
2	Veni Høyvik Ersdal	05	Stavanger SC	_____
3	Mona Våge	04	Jørpeland SK	_____
4	Ida Enoksen-Berntsen	05	Stavanger SC	_____
5	Karoline Wilhelmsen Steen	05	Stavanger SC	_____
6	Hanne Ribsskog	05	Stavanger SC	_____

Heat 3

1	Ingrid Amalie Bringsvor	04	Madla SK	_____
2	Ava Støldal	03	Frisinn SK	_____
3	Ragna Andrews Steine	01	Frisinn SK	_____
4	Camilla Rath	02	Randaberg IL	_____
5	Kaia Strømsmo	04	Jørpeland SK	_____
6	Emily Hatteland Krog	04	Klepp SSK	_____

Øvelse 16. 50m rygg, herrer

Heat 1

1	Rohaan Mooken	06	Sola SK	_____
2	Collin van der Hoff	06	Sola SK	_____
3	Jonathan Klette	04	Madla SK	_____
4	Joakim Egge	04	Klepp SSK	_____
5	Ameen Akhtar	06	Madla SK	_____
6	Peter de Ferry Jøsvold	06	Madla SK	_____

Øvelse 17. 25m fri, damer

Heat 1

1	Laura Constanse Twijnstra	06	Jørpeland SK	_____
2	Helene Svensson Johannessen	06	Stavanger SC	_____
3	Diana Johanne Stampe Nielsen	06	Frisinn SK	_____
4	Elisa Maria Stampe Nielsen	06	Frisinn SK	_____
5	Anna Leonora Strand	06	Stavanger SC	_____
6	Karina Naustdal Jakobsen	06	Stavanger SC	_____

Heat 2

1	Julia Hellestø Helgeland	06	Frisinn SK	_____
2	Marie Ystrøm Lærdal	06	Stavanger SC	_____
3	Vendelinn Rosså	06	Sola SK	_____
4	Ingrid Ree Bakken	06	Klepp SSK	_____
5	Sara Janvin	06	Stavanger SC	_____
6	Malin Haugvaldstad	06	Randaberg IL	_____

Heat 3

1	Seline Knutsen	05	Madla SK	_____
2	Hanne Ribsskog	05	Stavanger SC	_____
3	Jorunn Amalie Lilleaas	05	Frisinn SK	_____
4	Ida Enoksen-Berntsen	05	Stavanger SC	_____
5	Andrea S Clementsen	05	Madla SK	_____
6	Emma Engård	05	Randaberg IL	_____

Heat 4

1	Sanna Valseth	05	Stavanger SC	_____
2	Karoline Kloster	05	Randaberg IL	_____
3	Erle Johanne Kommedal	05	Randaberg IL	_____
4	Ane Garvik	05	Stavanger SC	_____
5	Ella Rygg Larsen	05	Randaberg IL	_____
6	Malin T. Johansen	05	Madla SK	_____

Heat 5

1	Marthe Helgeland	05	Frisinn SK	_____
2	Ganga Vijayaratnam	05	Sola SK	_____
3	Kaia Strømsmo	04	Jørpeland SK	_____
4	Olivia Frestad West	05	Sola SK	_____
5	Anne Holmaas Johansen	05	Madla SK	_____
6	Uchenna Udemba	05	Stavanger SC	_____

Heat 6

1	Anna Reianes	04	Randaberg IL	_____
2	Chantelle Evelyn Wozniak	04	Sola SK	_____
3	Sara Kimm Ossi - Dick	03	Frisinn SK	_____
4	Ava Støldal	03	Frisinn SK	_____
5	Ida Rønnevik	04	Sola SK	_____
6	Mona Våge	04	Jørpeland SK	_____

Heat 7

1	Karina Nicolaysen	03	Frisinn SK	_____
2	Emma Snilsberg	03	Sola SK	_____
3	Sunniva Kierans	02	Sola SK	_____
4	Ida Andersen	03	Frisinn SK	_____
5	Sofie Knutsen	03	Madla SK	_____
6	Julie T. Johansen	03	Madla SK	_____

Øvelse 18. 25m fri, herrer

Heat 1

1				
2	Sander Hamre	06	Stavanger SC	_____
3	Birk Kalvenes Slutås	06	Madla SK	_____
4	Ameen Akhtar	06	Madla SK	_____
5	Aksel Kruger-Larsen	06	Madla SK	_____
6				

Heat 2

1	Simeon Dorne	05	Madla SK	_____
2	Jonas Viste	05	Randaberg IL	_____
3	Ulrik Huse Lindboe	05	Madla SK	_____
4	Viktor Scherer	05	Madla SK	_____
5	Sigurd Johannessen Kverneng	05	Stavanger SC	_____
6	Arne Stømer-johansen	06	Sola SK	_____

Heat 3

1	Viljar Gripsgård Bergslien	05	Madla SK	_____
2	Sverre Junge	05	Klepp SSK	_____
3	Benjamin Bolsøy	04	Jørpeland SK	_____
4	Sander Søiland	04	Madla SK	_____
5	Magnus Braut	05	Klepp SSK	_____
6	Lars Ribsskog	05	Stavanger SC	_____

Heat 4

1	Alfred Twijnstra	04	Jørpeland SK	_____
2	Markus Messmer	04	Klepp SSK	_____
3	Anders Bruvik Kartevold	02	Frisinn SK	_____
4	Erlend F Ydstebø	03	Sola SK	_____
5	Joakim Egge	04	Klepp SSK	_____
6	Sebastian Wold	04	Stavanger SC	_____

Øvelse 19. 4*50m fri, mixed

Heat 1

1				
2	Stavanger SC Mix 1 ung	UD	Stavanger SC	_____
3	Stavanger SC Mix 2 ung	UD	Stavanger SC	_____
4	Frisinn SK Mix 1 ung	UD	Frisinn SK	_____
5	Madla SK Mix 2 ung	UD	Madla SK	_____
6				

Heat 2

1	Frisinn SK Mix 2 ung	UD	Frisinn SK	_____
2	Madla SK Mix 3 ung	UD	Madla SK	_____
3	Sola SK Mix 2 ung	UD	Sola SK	_____
4	Madla SK Mix 1 ung	UD	Madla SK	_____
5	Sola SK Mix 1 ung	UD	Sola SK	_____
6	Stavanger SC Mix 3 ung	UD	Stavanger SC	_____