## Øvelse 1. 50m bryst, damer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | | | | |
| 2 | Erica S. Wetteland | 07 | Egersund SK | _____ |
| 3 | Sarah Hatteland Krog | 07 | Klepp SSK | _____ |
| 4 | Amelie Sophia Nebell | 08 | Madla SK | _____ |
| 5 | | | | |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Mia Sele | 07 | Randaberg IL | _____ |
| 2 | Synne Elise Sem | 06 | Stavanger SC | _____ |
| 3 | Annika Erland | 06 | Jørpeland SK | _____ |
| 4 | Ingelin Jøsang | 07 | Stavanger SC | _____ |
| 5 | Maria Luisa Vatna | 06 | Frisinn SK | _____ |
| 6 | | | | |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Live Hellegaard | 06 | Frisinn SK | _____ |
| 2 | Solvor Vik | 06 | Stavanger SC | _____ |
| 3 | Pia Schjølberg | 03 | Sandnes SLK | _____ |
| 4 | Karina Håland | 03 | Klepp SSK | _____ |
| 5 | Iben Bøe Vøllestad | 06 | Stavanger SC | _____ |
| 6 | Fie Filippa Poulsson | 06 | Sandnes SLK | _____ |

**Heat 4**

| | | | | |
|---|---|---|---|---|
| 1 | Mille Oftedal | 07 | Sandnes SLK | _____ |
| 2 | Clara Osmundsen | 07 | Stavanger SC | _____ |
| 3 | Camilla Iversen | 05 | Jørpeland SK | _____ |
| 4 | Marie Bjørgan Faret | 07 | Madla SK | _____ |
| 5 | Susanna Magnusson | 07 | Sola SK | _____ |
| 6 | Regine Kjørberg | 06 | Lund Svømmeklubb | _____ |

**Heat 5**

| | | | | |
|---|---|---|---|---|
| 1 | Hedda Sigmo | 07 | Egersund SK | _____ |
| 2 | Live Braut | 07 | Klepp SSK | _____ |
| 3 | Valentine Cressy | 07 | Stavanger SC | _____ |
| 4 | Vilja Refsnes | 06 | Bryne SK | _____ |
| 5 | Aud Therese Myhre | 05 | Frisinn SK | _____ |
| 6 | Mathea Østlid Hebnes | 07 | Stavanger SC | _____ |

**Heat 6**

| | | | | |
|---|---|---|---|---|
| 1 | Emilie Bentzen | 07 | Sandnes SLK | _____ |
| 2 | Tiril Idland Rasmussen | 05 | Frisinn SK | _____ |
| 3 | Karen Elise Osmundsen | 05 | Frisinn SK | _____ |
| 4 | Solveig Berntsen | 05 | Frisinn SK | _____ |
| 5 | Cathrine Furunes | 06 | Bryne SK | _____ |
| 6 | Marie Emilie Evanger | 05 | Sandnes SLK | _____ |

**Heat 7**

| | | | | |
|---|---|---|---|---|
| 1 | Maria Olafsen | 08 | Madla SK | _____ |
| 2 | Gunhild Gudrun Berntsen | 07 | Frisinn SK | _____ |
| 3 | Anastasia de Klerk | 07 | Sola SK | _____ |
| 4 | Mathea Hetland | 07 | Stavanger SC | _____ |
| 5 | Grace Biddle | 07 | Stavanger SC | _____ |
| 6 | Andrea Sæstad | 06 | Egersund SK | _____ |

**Heat 8**

| | | | | |
|---|---|---|---|---|
| 1 | Natalie Øvregaard Larsen | 07 | Stavanger SC | _____ |
| 2 | Tuva Johansen | 07 | Stavanger SC | _____ |
| 3 | Tomine Sjølyst Sollien | 07 | Madla SK | _____ |
| 4 | Fiona van der Hoff | 05 | Sola SK | _____ |
| 5 | Malene Omland Åtland | 07 | Madla SK | _____ |
| 6 | Pia Rosseland | 06 | Bryne SK | _____ |

**Heat 9**

| | | | | |
|---|---|---|---|---|
| 1 | Sanne Schjølberg | 05 | Sandnes SLK | _____ |
| 2 | Emily Vatne | 06 | Jørpeland SK | _____ |
| 3 | Iben Hviding Berg-Thomassen | 08 | Madla SK | _____ |
| 4 | Selma Lindtner | 07 | Stavanger SC | _____ |
| 5 | Anna Serigstad | 06 | Bryne SK | _____ |
| 6 | Ganga Vijayaratnam | 05 | Sola SK | _____ |

**Heat 10**

| | | | | |
|---|---|---|---|---|
| 1 | Mariann Idsø | 05 | Jørpeland SK | _____ |
| 2 | Veerle J. Verspuij van de Garde | 07 | Madla SK | _____ |
| 3 | Ida Emilie Nilsen | 07 | Madla SK | _____ |
| 4 | Ida M. Murbræch | 07 | Randaberg IL | _____ |
| 5 | Sanne Hviding Berg-Thomassen | 06 | Madla SK | _____ |
| 6 | Nora Ovesen | 07 | Madla SK | _____ |

**Heat 11**

| | | | | |
|---|---|---|---|---|
| 1 | Selma Antonsen | 08 | Madla SK | _____ |
| 2 | Astrid Cecilie Berntsen | 07 | Frisinn SK | _____ |
| 3 | Kamilla S. Henriksen | 08 | Egersund SK | _____ |
| 4 | Mona Cecilie Tollefsen | 06 | Sandnes SLK | _____ |
| 5 | Emilie Madelen Hvidsten | 07 | Stavanger SC | _____ |
| 6 | Karen Knutsen Klepp | 08 | Madla SK | _____ |

**Heat 12**

| | | | | |
|---|---|---|---|---|
| 1 | Maja Follevåg | 08 | Randaberg IL | _____ |
| 2 | Mariam Moralieva | 07 | Madla SK | _____ |
| 3 | Elise Skouen | 05 | Stavanger SC | _____ |
| 4 | Alisha Rathour Hansen | 06 | Randaberg IL | _____ |
| 5 | Eirin Vestersjø-Smistad | 07 | Stavanger SC | _____ |
| 6 | Karen Kovdal | 08 | Bryne SK | _____ |

## Øvelse 2. 50m bryst, herrer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | Tobias Undheim Svendsen | 06 | Bryne SK | _____ |
| 2 | Sigve Seglem Heggheim | 06 | Stavanger SC | _____ |
| 3 | Eivind Johan Jøsvold | 08 | Madla SK | _____ |
| 4 | Daniel Nicholas Auestad Kjellsen | 07 | Madla SK | _____ |
| 5 | Jonas Fuglestad | 05 | Frisinn SK | _____ |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Mikael Byrkjeland | 07 | Sola SK | _____ |
| 2 | Henrik Rossemyr | 07 | Sandnes SLK | _____ |
| 3 | Andreas Kovdal | 06 | Bryne SK | _____ |
| 4 | Håkon Svelland | 07 | Egersund SK | _____ |
| 5 | Torkil Ursin | 07 | Sandnes SLK | _____ |
| 6 | Kristian Våge | 05 | Jørpeland SK | _____ |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Eros Demaj | 08 | Madla SK | _____ |
| 2 | Felix Alfred Strøm Ørbeck | 07 | Stavanger SC | _____ |
| 3 | Erlend Bråtveit | 05 | Jørpeland SK | _____ |
| 4 | Tom Morten Næsheim | 04 | Jørpeland SK | _____ |
| 5 | Lorenz Scherer | 07 | Madla SK | _____ |
| 6 | Dylan Dler | 08 | Madla SK | _____ |

**Heat 4**

| | | | | |
|---|---|---|---|---|
| 1 | Jan Kowalczyk-Zebala | 06 | Frisinn SK | _____ |
| 2 | Leon Nebel | 05 | Sandnes SLK | _____ |
| 3 | Jonas Løddemel Viste | 05 | Randaberg IL | _____ |
| 4 | Samuel Norland | 05 | Jørpeland SK | _____ |
| 5 | Leander Haver Schmidt | 06 | Stavanger SC | _____ |
| 6 | Oskar Ur Fotland | 07 | Bryne SK | _____ |

**Heat 5**

| | | | | |
|---|---|---|---|---|
| 1 | Sean Stenlund | 05 | Lund Svømmeklubb | _____ |
| 2 | Hadrien Le Gallais | 07 | Stavanger SC | _____ |
| 3 | Andreas Warland Lunde | 07 | Stavanger SC | _____ |
| 4 | Felix Andreas Poulsson | 06 | Sandnes SLK | _____ |
| 5 | Peter de Ferry Jøsvold | 06 | Madla SK | _____ |
| 6 | Rasmus kjær Eia | 07 | Frisinn SK | _____ |

**Heat 6**

| | | | | |
|---|---|---|---|---|
| 1 | Ellan Kjær Eia | 05 | Frisinn SK | _____ |
| 2 | Jone Bøe | 04 | Sandnes SLK | _____ |
| 3 | Mads Hellegaard | 04 | Frisinn SK | _____ |
| 4 | Are Obrestad | 04 | Nærbø SK | _____ |
| 5 | Noah Lambton | 08 | Madla SK | _____ |
| 6 | Samuel Kro | 06 | Lund Svømmeklubb | _____ |

**Heat 7**

| | | | | |
|---|---|---|---|---|
| 1 | Kasper Meling Rege | 07 | Sola SK | _____ |
| 2 | Gabriel Brun Henriksen | 06 | Stavanger SC | _____ |
| 3 | Collin van der Hoff | 06 | Sola SK | _____ |
| 4 | Max Dyrland | 06 | Randaberg IL | _____ |
| 5 | Sander Buvik | 08 | Frisinn SK | _____ |
| 6 | Jakub Pietkiewicz | 05 | Frisinn SK | _____ |

## Øvelse 3. 25m rygg, damer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | | | | |
| 2 | Randi Iren Bjorland | 03 | Nærbø SK | _____ |
| 3 | Ingrid R. Grude | 06 | Egersund SK | _____ |
| 4 | Pia Schjølberg | 03 | Sandnes SLK | _____ |
| 5 | Synnøve Ueland | 07 | Lund Svømmeklubb | _____ |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Hanne Selvåg | 06 | Randaberg IL | _____ |
| 2 | Daria Veremjova | 07 | Stavanger SC | _____ |
| 3 | Fie Filippa Poulsson | 06 | Sandnes SLK | _____ |
| 4 | Susanna Magnusson | 07 | Sola SK | _____ |
| 5 | Thea Folkvord Steinsland | 07 | Bryne SK | _____ |
| 6 | Una Sæstad | 05 | Egersund SK | _____ |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Karen Margrethe Mjåtveit | 08 | Nærbø SK | _____ |
| 2 | Karen Kovdal | 08 | Bryne SK | _____ |
| 3 | Veerle J. Verspuij van de Garde | 07 | Madla SK | _____ |
| 4 | Solveig Berntsen | 05 | Frisinn SK | _____ |
| 5 | Kari Heggheim | 08 | Stavanger SC | _____ |
| 6 | Pia Rosseland | 06 | Bryne SK | _____ |

**Heat 4**

| | | | | |
|---|---|---|---|---|
| 1 | Emilie Borsheim | 05 | Klepp SSK | _____ |
| 2 | Julie Rostad Hermansen | 06 | Bryne SK | _____ |
| 3 | Serina Marie Grøndal | 07 | Stavanger SC | _____ |
| 4 | Ane Nilsson Horneland | 08 | Madla SK | _____ |
| 5 | Ida M. Murbræch | 07 | Randaberg IL | _____ |
| 6 | Ine Barka | 06 | Jørpeland SK | _____ |

**Heat 5**

| | | | | |
|---|---|---|---|---|
| 1 | Gunhild Gudrun Berntsen | 07 | Frisinn SK | _____ |
| 2 | Weronika Wilk | 03 | Frisinn SK | _____ |
| 3 | Karen Elise Osmundsen | 05 | Frisinn SK | _____ |
| 4 | Mariam Moralieva | 07 | Madla SK | _____ |
| 5 | Tonje Åvendal | 04 | Egersund SK | _____ |
| 6 | Fiona van der Hoff | 05 | Sola SK | _____ |

**Heat 6**

| | | | | |
|---|---|---|---|---|
| 1 | Astrid Cecilie Berntsen | 07 | Frisinn SK | _____ |
| 2 | Aislyn Vetnes | 08 | Madla SK | _____ |
| 3 | Isolde Hovdan | 07 | Stavanger SC | _____ |
| 4 | Karen Østrem | 07 | Lund Svømmeklubb | _____ |
| 5 | Natalie Øvregaard Larsen | 07 | Stavanger SC | _____ |
| 6 | Andrea Alfsen | 08 | Klepp SSK | _____ |

**Heat 7**

| | | | | |
|---|---|---|---|---|
| 1 | Alisha Rathour Hansen | 06 | Randaberg IL | _____ |
| 2 | Therese Bjorland | 05 | Nærbø SK | _____ |
| 3 | Janne Tunheim | 05 | Egersund SK | _____ |
| 4 | Alisa Amelie Tkachev | 06 | Frisinn SK | _____ |
| 5 | Heidi Skårland | 04 | Nærbø SK | _____ |
| 6 | Olivia Nyrønning-Jurowicz | 08 | Klepp SSK | _____ |

**Heat 8**

| | | | | |
|---|---|---|---|---|
| 1 | Leah Nese | 08 | Bryne SK | _____ |
| 2 | Anastasia de Klerk | 07 | Sola SK | _____ |
| 3 | Rebekka Holberg | 06 | Bryne SK | _____ |
| 4 | Thea Bjorland | 05 | Nærbø SK | _____ |
| 5 | Benedicte Lou Murbach | 05 | Randaberg IL | _____ |
| 6 | Vilja Refsnes | 06 | Bryne SK | _____ |

**Heat 9**

| | | | | |
|---|---|---|---|---|
| 1 | Carina Å. Midbrød | 07 | Egersund SK | _____ |
| 2 | Eline Sjo Jørgensen | 08 | Randaberg IL | _____ |
| 3 | Sarah Eltervåg | 07 | Randaberg IL | _____ |
| 4 | Ingrid Haakseth | 06 | Egersund SK | _____ |
| 5 | Kamilla S. Henriksen | 08 | Egersund SK | _____ |
| 6 | Kristine L. Fiske | 08 | Egersund SK | _____ |

## Øvelse 4. 25m rygg, herrer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | | | | |
| 2 | Oskar Ur Fotland | 07 | Bryne SK | _____ |
| 3 | Martin S. Clementsen | 08 | Madla SK | _____ |
| 4 | Jan Kowalczyk-Zebala | 06 | Frisinn SK | _____ |
| 5 | | | | |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Daniel Grålumstuen | 08 | Madla SK | _____ |
| 2 | Erlend Bråtveit | 05 | Jørpeland SK | _____ |
| 3 | Erik Hokling | 08 | Madla SK | _____ |
| 4 | Gabriel Scherer | 08 | Madla SK | _____ |
| 5 | Simon Holter Møllegaard | 07 | Frisinn SK | _____ |
| 6 | | | | |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Sannan Inayat | 06 | Bryne SK | _____ |
| 2 | Tobias Undheim Svendsen | 06 | Bryne SK | _____ |
| 3 | Tom Morten Næsheim | 04 | Jørpeland SK | _____ |
| 4 | Filip Syre | 06 | Stavanger SC | _____ |
| 5 | Sindre Steinnes | 08 | Madla SK | _____ |
| 6 | Rasmus kjær Eia | 07 | Frisinn SK | _____ |

**Heat 4**

| | | | | |
|---|---|---|---|---|
| 1 | Sander Buvik | 08 | Frisinn SK | _____ |
| 2 | Mohamed Swedan | 06 | Stavanger SC | _____ |
| 3 | Felix Andreas Poulsson | 06 | Sandnes SLK | _____ |
| 4 | Mathias Primo Imeland | 06 | Sola SK | _____ |
| 5 | Thomas Husmo | 07 | Stavanger SC | _____ |
| 6 | Marius Eriksen Pönitz | 06 | Stavanger SC | _____ |

**Heat 5**

| | | | | |
|---|---|---|---|---|
| 1 | Torbjørn Førre Barka | 05 | Jørpeland SK | _____ |
| 2 | Erik Otto | 08 | Bryne SK | _____ |
| 3 | Nicolas Botsialas | 06 | Egersund SK | _____ |
| 4 | Sveinung Ueland | 07 | Lund Svømmeklubb | _____ |
| 5 | Otto Ritter | 05 | Randaberg IL | _____ |
| 6 | Gabriel Brun Henriksen | 06 | Stavanger SC | _____ |

## Øvelse 5. 50m fri, damer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | | | | |
| 2 | Anastasia de Klerk | 07 | Sola SK | _____ |
| 3 | Synne Elise Sem | 06 | Stavanger SC | _____ |
| 4 | Isabella Hellich Eiane | 08 | Sola SK | _____ |
| 5 | | | | |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Iselone Dalenberg Wikene | 06 | Madla SK | _____ |
| 2 | Mathea Hetland | 07 | Stavanger SC | _____ |
| 3 | Silje Hernar | 06 | Stavanger SC | _____ |
| 4 | Live Braut | 07 | Klepp SSK | _____ |
| 5 | Stella Reynier | 06 | Stavanger SC | _____ |
| 6 | | | | |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Leah Nese | 08 | Bryne SK | _____ |
| 2 | Anne Louise Garshol | 08 | Madla SK | _____ |
| 3 | Mona Cecilie Tollefsen | 06 | Sandnes SLK | _____ |
| 4 | Iben Bøe Vøllestad | 06 | Stavanger SC | _____ |
| 5 | Ida Emilie Nilsen | 07 | Madla SK | _____ |
| 6 | Mina Bozdogan | 07 | Stavanger SC | _____ |

**Heat 4**

| | | | | |
|---|---|---|---|---|
| 1 | Marie Våland | 04 | Bryne SK | _____ |
| 2 | Nora Ovesen | 07 | Madla SK | _____ |
| 3 | Malene Omland Åtland | 07 | Madla SK | _____ |
| 4 | Natalie Øvregaard Larsen | 07 | Stavanger SC | _____ |
| 5 | Andrea Sæstad | 06 | Egersund SK | _____ |
| 6 | Clara Osmundsen | 07 | Stavanger SC | _____ |

**Heat 5**

| | | | | |
|---|---|---|---|---|
| 1 | Live Hellegaard | 06 | Frisinn SK | _____ |
| 2 | Ida M. Murbræch | 07 | Randaberg IL | _____ |
| 3 | Katinka Iselin Ranum Krey | 07 | Madla SK | _____ |
| 4 | Johanna Vatnamot | 08 | Sola SK | _____ |
| 5 | Camilla Iversen | 05 | Jørpeland SK | _____ |
| 6 | Kaia-Mathilde Junge | 07 | Madla SK | _____ |

**Heat 6**

| | | | | |
|---|---|---|---|---|
| 1 | Mariann Idsø | 05 | Jørpeland SK | _____ |
| 2 | Valentine Cressy | 07 | Stavanger SC | _____ |
| 3 | Kari Heggheim | 08 | Stavanger SC | _____ |
| 4 | Cathrine Furunes | 06 | Bryne SK | _____ |
| 5 | Marie Nesvik | 07 | Stavanger SC | _____ |
| 6 | Kamilla S. Henriksen | 08 | Egersund SK | _____ |

**Heat 7**

| | | | | |
|---|---|---|---|---|
| 1 | Marie Haga Larsen | 07 | Stavanger SC | _____ |
| 2 | Martha-Eline Høiland | 05 | Klepp SSK | _____ |
| 3 | Erika Calunod Jensen | 07 | Stavanger SC | _____ |
| 4 | Ingrid R. Grude | 06 | Egersund SK | _____ |
| 5 | Randi Iren Bjorland | 03 | Nærbø SK | _____ |
| 6 | Christiane Østrem | 05 | Lund Svømmeklubb | _____ |

**Heat 8**

| | | | | |
|---|---|---|---|---|
| 1 | Tuva Johansen | 07 | Stavanger SC | _____ |
| 2 | Emilie Bentzen | 07 | Sandnes SLK | _____ |
| 3 | Sarah Hatteland Krog | 07 | Klepp SSK | _____ |
| 4 | Tonje Åvendal | 04 | Egersund SK | _____ |
| 5 | Emily Vatne | 06 | Jørpeland SK | _____ |
| 6 | Maria Luisa Vatna | 06 | Frisinn SK | _____ |

**Heat 9**

| | | | | |
|---|---|---|---|---|
| 1 | Solveig Berntsen | 05 | Frisinn SK | _____ |
| 2 | Angelina Dalenberg Wikene | 04 | Madla SK | _____ |
| 3 | Ganga Vijayaratnam | 05 | Sola SK | _____ |
| 4 | Erica S. Wetteland | 07 | Egersund SK | _____ |
| 5 | Alisa Amelie Tkachev | 06 | Frisinn SK | _____ |
| 6 | Maria Olafsen | 08 | Madla SK | _____ |

**Heat 10**

| | | | | |
|---|---|---|---|---|
| 1 | Annika Erland | 06 | Jørpeland SK | _____ |
| 2 | Marie Bjørgan Faret | 07 | Madla SK | _____ |
| 3 | Mariam Moralieva | 07 | Madla SK | _____ |
| 4 | Hedda Sigmo | 07 | Egersund SK | _____ |
| 5 | Serina Marie Grøndal | 07 | Stavanger SC | _____ |
| 6 | Tiril Idland Rasmussen | 05 | Frisinn SK | _____ |

**Heat 11**

| | | | | |
|---|---|---|---|---|
| 1 | Fiona van der Hoff | 05 | Sola SK | _____ |
| 2 | Vilja Refsnes | 06 | Bryne SK | _____ |
| 3 | Aud Therese Myhre | 05 | Frisinn SK | _____ |
| 4 | Mille Oftedal | 07 | Sandnes SLK | _____ |
| 5 | Pia Schjølberg | 03 | Sandnes SLK | _____ |
| 6 | Marie Emilie Evanger | 05 | Sandnes SLK | _____ |

**Heat 12**

| | | | | |
|---|---|---|---|---|
| 1 | Selma Antonsen | 08 | Madla SK | _____ |
| 2 | Weronika Wilk | 03 | Frisinn SK | _____ |
| 3 | Karen Østrem | 07 | Lund Svømmeklubb | _____ |
| 4 | Ingelin Jøsang | 07 | Stavanger SC | _____ |
| 5 | Karen Knutsen Klepp | 08 | Madla SK | _____ |
| 6 | Rebekka Holberg | 06 | Bryne SK | _____ |

**Heat 13**

| | | | | |
|---|---|---|---|---|
| 1 | Carina Å. Midbrød | 07 | Egersund SK | _____ |
| 2 | Karina Håland | 03 | Klepp SSK | _____ |
| 3 | Emilie Borsheim | 05 | Klepp SSK | _____ |
| 4 | Kristine L. Fiske | 08 | Egersund SK | _____ |
| 5 | Ane Nilsson Horneland | 08 | Madla SK | _____ |
| 6 | Sanne Schjølberg | 05 | Sandnes SLK | _____ |

**Heat 14**

| | | | | |
|---|---|---|---|---|
| 1 | Alisha Rathour Hansen | 06 | Randaberg IL | _____ |
| 2 | Eirin Vestersjø-Smistad | 07 | Stavanger SC | _____ |
| 3 | Elise Skouen | 05 | Stavanger SC | _____ |
| 4 | Emilie Madelen Hvidsten | 07 | Stavanger SC | _____ |
| 5 | Solvor Vik | 06 | Stavanger SC | _____ |
| 6 | Mia Sele | 07 | Randaberg IL | _____ |

## Øvelse 6. 50m fri, herrer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | | | | |
| 2 | Jonas Løddemel Viste | 05 | Randaberg IL | _____ |
| 3 | Hadrien Le Gallais | 07 | Stavanger SC | _____ |
| 4 | Isak Magnusson | 05 | Sola SK | _____ |
| 5 | Jonas Fuglestad | 05 | Frisinn SK | _____ |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Erlend Bråtveit | 05 | Jørpeland SK | _____ |
| 2 | Erik Hokling | 08 | Madla SK | _____ |
| 3 | Mads Hellegaard | 04 | Frisinn SK | _____ |
| 4 | Noa O Heigre | 06 | Bryne SK | _____ |
| 5 | Tobias Undheim Svendsen | 06 | Bryne SK | _____ |
| 6 | Mikael Byrkjeland | 07 | Sola SK | _____ |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Kasper Meling Rege | 07 | Sola SK | _____ |
| 2 | Samuel Norland | 05 | Jørpeland SK | _____ |
| 3 | Cornelius Steinum | 05 | Madla SK | _____ |
| 4 | Daniel Nicholas Auestad Kjellsen | 07 | Madla SK | _____ |
| 5 | Felix Alfred Strøm Ørbeck | 07 | Stavanger SC | _____ |
| 6 | Henrik Rossemyr | 07 | Sandnes SLK | _____ |

**Heat 4**

| | | | | |
|---|---|---|---|---|
| 1 | Lorenz Scherer | 07 | Madla SK | _____ |
| 2 | Tor Anders Mannes Minsaas | 07 | Madla SK | _____ |
| 3 | Daniel Grålumstuen | 08 | Madla SK | _____ |
| 4 | Leander Haver Schmidt | 06 | Stavanger SC | _____ |
| 5 | Jonas Kjørberg | 04 | Lund Svømmeklubb | _____ |
| 6 | Felix Andreas Poulsson | 06 | Sandnes SLK | _____ |

**Heat 5**

| | | | | |
|---|---|---|---|---|
| 1 | Rasmus kjær Eia | 07 | Frisinn SK | _____ |
| 2 | Sannan Inayat | 06 | Bryne SK | _____ |
| 3 | Nicolas Botsialas | 06 | Egersund SK | _____ |
| 4 | Marius Eriksen Pönitz | 06 | Stavanger SC | _____ |
| 5 | Magnus Hagen Slettebø | 06 | Stavanger SC | _____ |
| 6 | Jakub Pietkiewicz | 05 | Frisinn SK | _____ |

**Heat 6**

| | | | | |
|---|---|---|---|---|
| 1 | Torkil Ursin | 07 | Sandnes SLK | _____ |
| 2 | Martin S. Clementsen | 08 | Madla SK | _____ |
| 3 | Andreas Warland Lunde | 07 | Stavanger SC | _____ |
| 4 | Ellan Kjær Eia | 05 | Frisinn SK | _____ |
| 5 | Thomas Husmo | 07 | Stavanger SC | _____ |
| 6 | Håvard Aasbø | 06 | Stavanger SC | _____ |

**Heat 7**

| | | | | |
|---|---|---|---|---|
| 1 | Jan Kowalczyk-Zebala | 06 | Frisinn SK | _____ |
| 2 | Torbjørn Førre Barka | 05 | Jørpeland SK | _____ |
| 3 | Heine Haugland | 06 | Bryne SK | _____ |
| 4 | Sander Buvik | 08 | Frisinn SK | _____ |
| 5 | Emil O Heigre | 06 | Bryne SK | _____ |
| 6 | Håkon Svelland | 07 | Egersund SK | _____ |

**Heat 8**

| | | | | |
|---|---|---|---|---|
| 1 | Eros Demaj | 08 | Madla SK | _____ |
| 2 | Tom Morten Næsheim | 04 | Jørpeland SK | _____ |
| 3 | Mael Pierre | 06 | Madla SK | _____ |
| 4 | Sindre Steinnes | 08 | Madla SK | _____ |
| 5 | Sean Stenlund | 05 | Lund Svømmeklubb | _____ |
| 6 | Andreas Kovdal | 06 | Bryne SK | _____ |

**Heat 9**

| | | | | |
|---|---|---|---|---|
| 1 | Leon Nebel | 05 | Sandnes SLK | _____ |
| 2 | Jone Bøe | 04 | Sandnes SLK | _____ |
| 3 | Collin van der Hoff | 06 | Sola SK | _____ |
| 4 | Max Dyrland | 06 | Randaberg IL | _____ |
| 5 | Simon Holter Møllegaard | 07 | Frisinn SK | _____ |
| 6 | Scott Vasbø-Matthews | 07 | Frisinn SK | _____ |

## Øvelse 7. 25m bryst, damer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | | | | |
| 2 | Anna Serigstad | 06 | Bryne SK | _____ |
| 3 | Live Hellegaard | 06 | Frisinn SK | _____ |
| 4 | Christiane Østrem | 05 | Lund Svømmeklubb | _____ |
| 5 | | | | |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Heidi Skårland | 04 | Nærbø SK | _____ |
| 2 | Synnøve Ueland | 07 | Lund Svømmeklubb | _____ |
| 3 | Weronika Wilk | 03 | Frisinn SK | _____ |
| 4 | Selma Lindtner | 07 | Stavanger SC | _____ |
| 5 | Joanna Rachel Barnabass | 08 | Frisinn SK | _____ |
| 6 | Live Braut | 07 | Klepp SSK | _____ |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Isabella Hellich Eiane | 08 | Sola SK | _____ |
| 2 | Pia Rosseland | 06 | Bryne SK | _____ |
| 3 | Ingrid R. Grude | 06 | Egersund SK | _____ |
| 4 | Adele Moltu | 07 | Randaberg IL | _____ |
| 5 | Karen Kovdal | 08 | Bryne SK | _____ |
| 6 | Cathrine Furunes | 06 | Bryne SK | _____ |

**Heat 4**

| | | | | |
|---|---|---|---|---|
| 1 | Valentine Cressy | 07 | Stavanger SC | _____ |
| 2 | Maria Luisa Vatna | 06 | Frisinn SK | _____ |
| 3 | Julie Rostad Hermansen | 06 | Bryne SK | _____ |
| 4 | Janne Tunheim | 05 | Egersund SK | _____ |
| 5 | Thea Folkvord Steinsland | 07 | Bryne SK | _____ |
| 6 | Astrid Cecilie Berntsen | 07 | Frisinn SK | _____ |

**Heat 5**

| | | | | |
|---|---|---|---|---|
| 1 | Tobine Ørsland | 05 | Egersund SK | _____ |
| 2 | Regine Kjørberg | 06 | Lund Svømmeklubb | _____ |
| 3 | Tomine Sjølyst Sollien | 07 | Madla SK | _____ |
| 4 | Olivia Nyrønning-Jurowicz | 08 | Klepp SSK | _____ |
| 5 | Tiril Idland Rasmussen | 05 | Frisinn SK | _____ |
| 6 | Aud Therese Myhre | 05 | Frisinn SK | _____ |

**Heat 6**

| | | | | |
|---|---|---|---|---|
| 1 | Alisa Amelie Tkachev | 06 | Frisinn SK | _____ |
| 2 | Martha-Eline Høiland | 05 | Klepp SSK | _____ |
| 3 | Camilla Iversen | 05 | Jørpeland SK | _____ |
| 4 | Randi Iren Bjorland | 03 | Nærbø SK | _____ |
| 5 | Leah Nese | 08 | Bryne SK | _____ |
| 6 | Isolde Hovdan | 07 | Stavanger SC | _____ |

**Heat 7**

| | | | | |
|---|---|---|---|---|
| 1 | Emilie Borsheim | 05 | Klepp SSK | _____ |
| 2 | Daria Veremjova | 07 | Stavanger SC | _____ |
| 3 | Amelie Sophia Nebell | 08 | Madla SK | _____ |
| 4 | Selma Risa | 06 | Jørpeland SK | _____ |
| 5 | Ganga Vijayaratnam | 05 | Sola SK | _____ |
| 6 | Tonje Åvendal | 04 | Egersund SK | _____ |

**Heat 8**

| | | | | |
|---|---|---|---|---|
| 1 | Anne Louise Garshol | 08 | Madla SK | _____ |
| 2 | Rebekka Holberg | 06 | Bryne SK | _____ |
| 3 | Una Sæstad | 05 | Egersund SK | _____ |
| 4 | Stella Reynier | 06 | Stavanger SC | _____ |
| 5 | Karen Østrem | 07 | Lund Svømmeklubb | _____ |
| 6 | Therese Bjorland | 05 | Nærbø SK | _____ |

**Heat 9**

| | | | | |
|---|---|---|---|---|
| 1 | Kaia-Mathilde Junge | 07 | Madla SK | _____ |
| 2 | Johanna Vatnamot | 08 | Sola SK | _____ |
| 3 | Benedicte Lou Murbach | 05 | Randaberg IL | _____ |
| 4 | Susanna Magnusson | 07 | Sola SK | _____ |
| 5 | Vilja Refsnes | 06 | Bryne SK | _____ |
| 6 | Linnea Skouen | 08 | Stavanger SC | _____ |

**Heat 10**

| | | | | |
|---|---|---|---|---|
| 1 | Thea Bjorland | 05 | Nærbø SK | _____ |
| 2 | Kristine L. Fiske | 08 | Egersund SK | _____ |
| 3 | Kamilla S. Henriksen | 08 | Egersund SK | _____ |
| 4 | Carina Å. Midbrød | 07 | Egersund SK | _____ |
| 5 | Eline Sjo Jørgensen | 08 | Randaberg IL | _____ |
| 6 | Gunhild Gudrun Berntsen | 07 | Frisinn SK | _____ |

**Heat 11**

| | | | | |
|---|---|---|---|---|
| 1 | Hedda Sigmo | 07 | Egersund SK | _____ |
| 2 | Ingrid Haakseth | 06 | Egersund SK | _____ |
| 3 | Fiona van der Hoff | 05 | Sola SK | _____ |
| 4 | Sarah Eltervåg | 07 | Randaberg IL | _____ |
| 5 | Andrea Sæstad | 06 | Egersund SK | _____ |
| 6 | Erica S. Wetteland | 07 | Egersund SK | _____ |

## Øvelse 8. 25m bryst, herrer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | | | | |
| 2 | Samuel Norland | 05 | Jørpeland SK | _____ |
| 3 | Dylan Dler | 08 | Madla SK | _____ |
| 4 | Gabriel Scherer | 08 | Madla SK | _____ |
| 5 | | | | |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | | | | |
| 2 | Kasper Meling Rege | 07 | Sola SK | _____ |
| 3 | Sindre Steinnes | 08 | Madla SK | _____ |
| 4 | Mads Hellegaard | 04 | Frisinn SK | _____ |
| 5 | Oskar Ur Fotland | 07 | Bryne SK | _____ |
| 6 | | | | |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Erlend Bråtveit | 05 | Jørpeland SK | _____ |
| 2 | Martin S. Clementsen | 08 | Madla SK | _____ |
| 3 | Kristian Våge | 05 | Jørpeland SK | _____ |
| 4 | Otto Ritter | 05 | Randaberg IL | _____ |
| 5 | Mikael Byrkjeland | 07 | Sola SK | _____ |
| 6 | Felix Alfred Strøm Ørbeck | 07 | Stavanger SC | _____ |

**Heat 4**

| | | | | |
|---|---|---|---|---|
| 1 | Trym Landa Faye | 06 | Stavanger SC | _____ |
| 2 | Heine Haugland | 06 | Bryne SK | _____ |
| 3 | Andreas Kovdal | 06 | Bryne SK | _____ |
| 4 | Rasmus kjær Eia | 07 | Frisinn SK | _____ |
| 5 | Martin Haaland Wølstad | 07 | Madla SK | _____ |
| 6 | Tom Morten Næsheim | 04 | Jørpeland SK | _____ |

**Heat 5**

| | | | | |
|---|---|---|---|---|
| 1 | Jan Kowalczyk-Zebala | 06 | Frisinn SK | _____ |
| 2 | Jakub Pietkiewicz | 05 | Frisinn SK | _____ |
| 3 | Felix Andreas Poulsson | 06 | Sandnes SLK | _____ |
| 4 | Sander Buvik | 08 | Frisinn SK | _____ |
| 5 | Eirik Hansen | 08 | Madla SK | _____ |
| 6 | Mohamed Swedan | 06 | Stavanger SC | _____ |

**Heat 6**

| | | | | |
|---|---|---|---|---|
| 1 | Johan Christian Axelsen | 08 | Madla SK | _____ |
| 2 | Erik Otto | 08 | Bryne SK | _____ |
| 3 | Håkon Svelland | 07 | Egersund SK | _____ |
| 4 | Filip Syre | 06 | Stavanger SC | _____ |
| 5 | Thor Hansen | 08 | Madla SK | _____ |
| 6 | Håvard Aasbø | 06 | Stavanger SC | _____ |

## Øvelse 9. 100m individuell medley, damer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | Annika Erland | 06 | Jørpeland SK | _____ |
| 2 | Sarah Hatteland Krog | 07 | Klepp SSK | _____ |
| 3 | Eirin Vestersjø-Smistad | 07 | Stavanger SC | _____ |
| 4 | Serina Marie Grøndal | 07 | Stavanger SC | _____ |
| 5 | Emilie Borsheim | 05 | Klepp SSK | _____ |
| 6 | Marie Våland | 04 | Bryne SK | _____ |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Mariam Moralieva | 07 | Madla SK | _____ |
| 2 | Elise Skouen | 05 | Stavanger SC | _____ |
| 3 | Emily Vatne | 06 | Jørpeland SK | _____ |
| 4 | Kristine L. Fiske | 08 | Egersund SK | _____ |
| 5 | Erica S. Wetteland | 07 | Egersund SK | _____ |
| 6 | Adela Alexandra Tkachev | 03 | Frisinn SK | _____ |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Janne Tunheim | 05 | Egersund SK | _____ |
| 2 | Anna Serigstad | 06 | Bryne SK | _____ |
| 3 | Tobine Ørsland | 05 | Egersund SK | _____ |
| 4 | Mathea Hetland | 07 | Stavanger SC | _____ |
| 5 | Ingrid Haakseth | 06 | Egersund SK | _____ |
| 6 | Live Braut | 07 | Klepp SSK | _____ |

## Øvelse 10. 100m individuell medley, herrer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | Nicolas Botsialas | 06 | Egersund SK | _____ |
| 2 | Jonas Kjørberg | 04 | Lund Svømmeklubb | _____ |
| 3 | Daniel Nicholas Auestad Kjellsen | 07 | Madla SK | _____ |
| 4 | Sannan Inayat | 06 | Bryne SK | _____ |
| 5 | Torkil Ursin | 07 | Sandnes SLK | _____ |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Leander Haver Schmidt | 06 | Stavanger SC | _____ |
| 2 | Sigve Seglem Heggheim | 06 | Stavanger SC | _____ |
| 3 | Collin van der Hoff | 06 | Sola SK | _____ |
| 4 | Samuel Kro | 06 | Lund Svømmeklubb | _____ |
| 5 | Leon Nebel | 05 | Sandnes SLK | _____ |
| 6 | Isak Magnusson | 05 | Sola SK | _____ |

## Øvelse 11. 100m fri, damer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | | | | |
| 2 | Annika Erland | 06 | Jørpeland SK | _____ |
| 3 | Grace Biddle | 07 | Stavanger SC | _____ |
| 4 | Ingrid Schanke | 03 | Klepp SSK | _____ |
| 5 | Sanne Schjølberg | 05 | Sandnes SLK | _____ |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Mona Cecilie Tollefsen | 06 | Sandnes SLK | _____ |
| 2 | Pia Schjølberg | 03 | Sandnes SLK | _____ |
| 3 | Marie Emilie Evanger | 05 | Sandnes SLK | _____ |
| 4 | Alexandria Dahle | 06 | Stavanger SC | _____ |
| 5 | Mariell Brunes | 06 | Stavanger SC | _____ |
| 6 | Anastasia de Klerk | 07 | Sola SK | _____ |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Marie Våland | 04 | Bryne SK | _____ |
| 2 | Emilie Bentzen | 07 | Sandnes SLK | _____ |
| 3 | Fie Filippa Poulsson | 06 | Sandnes SLK | _____ |
| 4 | Mille Oftedal | 07 | Sandnes SLK | _____ |
| 5 | Mariann Idsø | 05 | Jørpeland SK | _____ |
| 6 | Emily Vatne | 06 | Jørpeland SK | _____ |

## Øvelse 12. 100m fri, herrer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | Are Obrestad | 04 | Nærbø SK | _____ |
| 2 | Jone Bøe | 04 | Sandnes SLK | _____ |
| 3 | Ellan Kjær Eia | 05 | Frisinn SK | _____ |
| 4 | Håkon Svelland | 07 | Egersund SK | _____ |
| 5 | Noa O Heigre | 06 | Bryne SK | _____ |
| 6 | Henrik Rossemyr | 07 | Sandnes SLK | _____ |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Jonas Fuglestad | 05 | Frisinn SK | _____ |
| 2 | Andreas Warland Lunde | 07 | Stavanger SC | _____ |
| 3 | Hadrien Le Gallais | 07 | Stavanger SC | _____ |
| 4 | Isak Magnusson | 05 | Sola SK | _____ |
| 5 | Torkil Ursin | 07 | Sandnes SLK | _____ |
| 6 | Emil O Heigre | 06 | Bryne SK | _____ |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Samuel Kro | 06 | Lund Svømmeklubb | _____ |
| 2 | Leon Nebel | 05 | Sandnes SLK | _____ |
| 3 | Collin van der Hoff | 06 | Sola SK | _____ |
| 4 | Mael Pierre | 06 | Madla SK | _____ |
| 5 | Daniel Nicholas Auestad Kjellsen | 07 | Madla SK | _____ |
| 6 | Mikael Byrkjeland | 07 | Sola SK | _____ |

## Øvelse 13. 25m butterfly, damer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | | | | |
| 2 | Emilie Bentzen | 07 | Sandnes SLK | _____ |
| 3 | Ganga Vijayaratnam | 05 | Sola SK | _____ |
| 4 | Alisa Amelie Tkachev | 06 | Frisinn SK | _____ |
| 5 | | | | |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Serina Marie Grøndal | 07 | Stavanger SC | _____ |
| 2 | Mariann Idsø | 05 | Jørpeland SK | _____ |
| 3 | Solvor Vik | 06 | Stavanger SC | _____ |
| 4 | Synne Elise Sem | 06 | Stavanger SC | _____ |
| 5 | Regine Kjørberg | 06 | Lund Svømmeklubb | _____ |
| 6 | Clara Osmundsen | 07 | Stavanger SC | _____ |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Live Braut | 07 | Klepp SSK | _____ |
| 2 | Marie Våland | 04 | Bryne SK | _____ |
| 3 | Mariam Moralieva | 07 | Madla SK | _____ |
| 4 | Anna Serigstad | 06 | Bryne SK | _____ |
| 5 | Ingrid Schanke | 03 | Klepp SSK | _____ |
| 6 | Emilie Borsheim | 05 | Klepp SSK | _____ |

**Heat 4**

| | | | | |
|---|---|---|---|---|
| 1 | Marie Bjørgan Faret | 07 | Madla SK | _____ |
| 2 | Kari Heggheim | 08 | Stavanger SC | _____ |
| 3 | Grace Biddle | 07 | Stavanger SC | _____ |
| 4 | Emilie Madelen Hvidsten | 07 | Stavanger SC | _____ |
| 5 | Fie Filippa Poulsson | 06 | Sandnes SLK | _____ |
| 6 | Fiona van der Hoff | 05 | Sola SK | _____ |

**Heat 5**

| | | | | |
|---|---|---|---|---|
| 1 | Marie Emilie Evanger | 05 | Sandnes SLK | _____ |
| 2 | Mille Oftedal | 07 | Sandnes SLK | _____ |
| 3 | Sanne Schjølberg | 05 | Sandnes SLK | _____ |
| 4 | Mathea Hetland | 07 | Stavanger SC | _____ |
| 5 | Adela Alexandra Tkachev | 03 | Frisinn SK | _____ |
| 6 | Stella Reynier | 06 | Stavanger SC | _____ |

## Øvelse 14. 25m butterfly, herrer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | Jone Bøe | 04 | Sandnes SLK | _____ |
| 2 | Sean Stenlund | 05 | Lund Svømmeklubb | _____ |
| 3 | Henrik Rossemyr | 07 | Sandnes SLK | _____ |
| 4 | Noa O Heigre | 06 | Bryne SK | _____ |
| 5 | Torkil Ursin | 07 | Sandnes SLK | _____ |
| 6 | Tobias Undheim Svendsen | 06 | Bryne SK | _____ |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Jonas Fuglestad | 05 | Frisinn SK | _____ |
| 2 | Leon Nebel | 05 | Sandnes SLK | _____ |
| 3 | Samuel Kro | 06 | Lund Svømmeklubb | _____ |
| 4 | Isak Magnusson | 05 | Sola SK | _____ |
| 5 | Emil O Heigre | 06 | Bryne SK | _____ |
| 6 | Sigve Seglem Heggheim | 06 | Stavanger SC | _____ |

## Øvelse 15. 50m rygg, damer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | | | | |
| 2 | Sanne Schjølberg | 05 | Sandnes SLK | _____ |
| 3 | Mille Oftedal | 07 | Sandnes SLK | _____ |
| 4 | Cathrine Furunes | 06 | Bryne SK | _____ |
| 5 | | | | |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Ingrid R. Grude | 06 | Egersund SK | _____ |
| 2 | Natalie Øvregaard Larsen | 07 | Stavanger SC | _____ |
| 3 | Leah Nese | 08 | Bryne SK | _____ |
| 4 | Anna Serigstad | 06 | Bryne SK | _____ |
| 5 | Tonje Åvendal | 04 | Egersund SK | _____ |
| 6 | Vilja Refsnes | 06 | Bryne SK | _____ |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Emilie Madelen Hvidsten | 07 | Stavanger SC | _____ |
| 2 | Christiane Østrem | 05 | Lund Svømmeklubb | _____ |
| 3 | Emilie Bentzen | 07 | Sandnes SLK | _____ |
| 4 | Eirin Vestersjø-Smistad | 07 | Stavanger SC | _____ |
| 5 | Adele Moltu | 07 | Randaberg IL | _____ |
| 6 | Mathea Hetland | 07 | Stavanger SC | _____ |

**Heat 4**

| | | | | |
|---|---|---|---|---|
| 1 | Pia Rosseland | 06 | Bryne SK | _____ |
| 2 | Maja Follevåg | 08 | Randaberg IL | _____ |
| 3 | Rebekka Holberg | 06 | Bryne SK | _____ |
| 4 | Andrea Sæstad | 06 | Egersund SK | _____ |
| 5 | Marie Emilie Evanger | 05 | Sandnes SLK | _____ |
| 6 | Fie Filippa Poulsson | 06 | Sandnes SLK | _____ |

**Heat 5**

| | | | | |
|---|---|---|---|---|
| 1 | Solveig Berntsen | 05 | Frisinn SK | _____ |
| 2 | Mia Sele | 07 | Randaberg IL | _____ |
| 3 | Iben Bøe Vøllestad | 06 | Stavanger SC | _____ |
| 4 | Marie Våland | 04 | Bryne SK | _____ |
| 5 | Grace Biddle | 07 | Stavanger SC | _____ |
| 6 | Veerle J. Verspuij van de Garde | 07 | Madla SK | _____ |

## Øvelse 16. 50m rygg, herrer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | Trym Landa Faye | 06 | Stavanger SC | _____ |
| 2 | Noa O Heigre | 06 | Bryne SK | _____ |
| 3 | Heine Haugland | 06 | Bryne SK | _____ |
| 4 | Håvard Aasbø | 06 | Stavanger SC | _____ |
| 5 | Daniel Nicholas Auestad Kjellsen | 07 | Madla SK | _____ |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Sannan Inayat | 06 | Bryne SK | _____ |
| 2 | Jone Bøe | 04 | Sandnes SLK | _____ |
| 3 | Sean Stenlund | 05 | Lund Svømmeklubb | _____ |
| 4 | Sveinung Ueland | 07 | Lund Svømmeklubb | _____ |
| 5 | Nicolas Botsialas | 06 | Egersund SK | _____ |
| 6 | Tobias Undheim Svendsen | 06 | Bryne SK | _____ |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Emil O Heigre | 06 | Bryne SK | _____ |
| 2 | Jonas Fuglestad | 05 | Frisinn SK | _____ |
| 3 | Max Dyrland | 06 | Randaberg IL | _____ |
| 4 | Are Obrestad | 04 | Nærbø SK | _____ |
| 5 | Ellan Kjær Eia | 05 | Frisinn SK | _____ |
| 6 | Henrik Rossemyr | 07 | Sandnes SLK | _____ |

## Øvelse 17. 25m fri, damer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | Tonje Åvendal | 04 | Egersund SK | _____ |
| 2 | Ganga Vijayaratnam | 05 | Sola SK | _____ |
| 3 | Kari Heggheim | 08 | Stavanger SC | _____ |
| 4 | Ingrid R. Grude | 06 | Egersund SK | _____ |
| 5 | Synnøve Ueland | 07 | Lund Svømmeklubb | _____ |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Olivia Nyrønning-Jurowicz | 08 | Klepp SSK | _____ |
| 2 | Heidi Skårland | 04 | Nærbø SK | _____ |
| 3 | Malene Omland Åtland | 07 | Madla SK | _____ |
| 4 | Serina Marie Grøndal | 07 | Stavanger SC | _____ |
| 5 | Imme Hoekstra | 08 | Madla SK | _____ |
| 6 | Pia Rosseland | 06 | Bryne SK | _____ |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Daria Veremjova | 07 | Stavanger SC | _____ |
| 2 | Marie Nesvik | 07 | Stavanger SC | _____ |
| 3 | Susanna Magnusson | 07 | Sola SK | _____ |
| 4 | Ella Fløysvik Berg | 06 | Madla SK | _____ |
| 5 | Nora Ovesen | 07 | Madla SK | _____ |
| 6 | Camilla Iversen | 05 | Jørpeland SK | _____ |

**Heat 4**

| | | | | |
|---|---|---|---|---|
| 1 | Una Sæstad | 05 | Egersund SK | _____ |
| 2 | Cathrine Furunes | 06 | Bryne SK | _____ |
| 3 | Silje Hernar | 06 | Stavanger SC | _____ |
| 4 | Andrea Alfsen | 08 | Klepp SSK | _____ |
| 5 | Mariel Hamre | 05 | Klepp SSK | _____ |
| 6 | Maja Follevåg | 08 | Randaberg IL | _____ |

**Heat 5**

| | | | | |
|---|---|---|---|---|
| 1 | Ine Barka | 06 | Jørpeland SK | _____ |
| 2 | Selma Risa | 06 | Jørpeland SK | _____ |
| 3 | Tiril Idland Rasmussen | 05 | Frisinn SK | _____ |
| 4 | Karen Kovdal | 08 | Bryne SK | _____ |
| 5 | Aislyn Vetnes | 08 | Madla SK | _____ |
| 6 | Astrid Cecilie Berntsen | 07 | Frisinn SK | _____ |

**Heat 6**

| | | | | |
|---|---|---|---|---|
| 1 | Synne Elise Sem | 06 | Stavanger SC | _____ |
| 2 | Stella Reynier | 06 | Stavanger SC | _____ |
| 3 | Alisa Amelie Tkachev | 06 | Frisinn SK | _____ |
| 4 | Mathea Østlid Hebnes | 07 | Stavanger SC | _____ |
| 5 | Mina Bozdogan | 07 | Stavanger SC | _____ |
| 6 | Janne Tunheim | 05 | Egersund SK | _____ |

**Heat 7**

| | | | | |
|---|---|---|---|---|
| 1 | Erika Calunod Jensen | 07 | Stavanger SC | _____ |
| 2 | Therese Bjorland | 05 | Nærbø SK | _____ |
| 3 | Mariam Moralieva | 07 | Madla SK | _____ |
| 4 | Iben Bøe Vøllestad | 06 | Stavanger SC | _____ |
| 5 | Veerle J. Verspuij van de Garde | 07 | Madla SK | _____ |
| 6 | Leah Nese | 08 | Bryne SK | _____ |

**Heat 8**

| | | | | |
|---|---|---|---|---|
| 1 | Julie Rostad Hermansen | 06 | Bryne SK | _____ |
| 2 | Aud Therese Myhre | 05 | Frisinn SK | _____ |
| 3 | Tobine Ørsland | 05 | Egersund SK | _____ |
| 4 | Linnea Skouen | 08 | Stavanger SC | _____ |
| 5 | Ingrid Schanke | 03 | Klepp SSK | _____ |
| 6 | Karen Elise Osmundsen | 05 | Frisinn SK | _____ |

**Heat 9**

| | | | | |
|---|---|---|---|---|
| 1 | Natalie Øvregaard Larsen | 07 | Stavanger SC | _____ |
| 2 | Anastasia de Klerk | 07 | Sola SK | _____ |
| 3 | Johanna Vatnamot | 08 | Sola SK | _____ |
| 4 | Thea Bjorland | 05 | Nærbø SK | _____ |
| 5 | Adele Moltu | 07 | Randaberg IL | _____ |
| 6 | Gunhild Gudrun Berntsen | 07 | Frisinn SK | _____ |

**Heat 10**

| | | | | |
|---|---|---|---|---|
| 1 | Camille Stinson | 08 | Stavanger SC | _____ |
| 2 | Joanna Rachel Barnabass | 08 | Frisinn SK | _____ |
| 3 | Katinka Iselin Ranum Krey | 07 | Madla SK | _____ |
| 4 | Thea Folkvord Steinsland | 07 | Bryne SK | _____ |
| 5 | Ane Nilsson Horneland | 08 | Madla SK | _____ |
| 6 | Tomine Sjølyst Sollien | 07 | Madla SK | _____ |

**Heat 11**

| | | | | |
|---|---|---|---|---|
| 1 | Isabella Hellich Eiane | 08 | Sola SK | _____ |
| 2 | Carina Å. Midbrød | 07 | Egersund SK | _____ |
| 3 | Kristine L. Fiske | 08 | Egersund SK | _____ |
| 4 | Eline Sjo Jørgensen | 08 | Randaberg IL | _____ |
| 5 | Benedicte Lou Murbach | 05 | Randaberg IL | _____ |
| 6 | Maria Luisa Vatna | 06 | Frisinn SK | _____ |

**Heat 12**

| | | | | |
|---|---|---|---|---|
| 1 | Kamilla S. Henriksen | 08 | Egersund SK | _____ |
| 2 | Hedda Sigmo | 07 | Egersund SK | _____ |
| 3 | Sarah Eltervåg | 07 | Randaberg IL | _____ |
| 4 | Ingrid Haakseth | 06 | Egersund SK | _____ |
| 5 | Andrea Sæstad | 06 | Egersund SK | _____ |
| 6 | Erica S. Wetteland | 07 | Egersund SK | _____ |

## Øvelse 18. 25m fri, herrer

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | Johan Christian Axelsen | 08 | Madla SK | _____ |
| 2 | Mathias Primo Imeland | 06 | Sola SK | _____ |
| 3 | Jakub Pietkiewicz | 05 | Frisinn SK | _____ |
| 4 | Sannan Inayat | 06 | Bryne SK | _____ |
| 5 | Emil O Heigre | 06 | Bryne SK | _____ |
| 6 | Felix Alfred Strøm Ørbeck | 07 | Stavanger SC | _____ |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | Martin Haaland Wølstad | 07 | Madla SK | _____ |
| 2 | Sigve Seglem Heggheim | 06 | Stavanger SC | _____ |
| 3 | Noa O Heigre | 06 | Bryne SK | _____ |
| 4 | Eirik Hansen | 08 | Madla SK | _____ |
| 5 | Mikael Byrkjeland | 07 | Sola SK | _____ |
| 6 | Collin van der Hoff | 06 | Sola SK | _____ |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Scott Vasbø-Matthews | 07 | Frisinn SK | _____ |
| 2 | Gabriel Brun Henriksen | 06 | Stavanger SC | _____ |
| 3 | Thomas Husmo | 07 | Stavanger SC | _____ |
| 4 | Martin S. Clementsen | 08 | Madla SK | _____ |
| 5 | Samuel Norland | 05 | Jørpeland SK | _____ |
| 6 | Otto Ritter | 05 | Randaberg IL | _____ |

**Heat 4**

| | | | | |
|---|---|---|---|---|
| 1 | Felix Andreas Poulsson | 06 | Sandnes SLK | _____ |
| 2 | Filip Syre | 06 | Stavanger SC | _____ |
| 3 | Andreas Kovdal | 06 | Bryne SK | _____ |
| 4 | Erik Otto | 08 | Bryne SK | _____ |
| 5 | Thor Hansen | 08 | Madla SK | _____ |
| 6 | Kristian Våge | 05 | Jørpeland SK | _____ |

**Heat 5**

| | | | | |
|---|---|---|---|---|
| 1 | Torbjørn Førre Barka | 05 | Jørpeland SK | _____ |
| 2 | Oskar Ur Fotland | 07 | Bryne SK | _____ |
| 3 | Magnus Hagen Slettebø | 06 | Stavanger SC | _____ |
| 4 | Lorenz Scherer | 07 | Madla SK | _____ |
| 5 | Marius Eriksen Pönitz | 06 | Stavanger SC | _____ |
| 6 | Kasper Meling Rege | 07 | Sola SK | _____ |

**Heat 6**

| | | | | |
|---|---|---|---|---|
| 1 | Tom Morten Næsheim | 04 | Jørpeland SK | _____ |
| 2 | Andreas Warland Lunde | 07 | Stavanger SC | _____ |
| 3 | Nicolas Botsialas | 06 | Egersund SK | _____ |
| 4 | Håkon Svelland | 07 | Egersund SK | _____ |
| 5 | Mohamed Swedan | 06 | Stavanger SC | _____ |
| 6 | Sander Buvik | 08 | Frisinn SK | _____ |

## Øvelse 19. 4*50m fri, mixed

**Heat 1**

| | | | | |
|---|---|---|---|---|
| 1 | | | | |
| 2 | Bryne SK Mix 1 ung | UD | Bryne SK | _____ |
| 3 | Frisinn SK Mix 2 ung | UD | Frisinn SK | _____ |
| 4 | Sandnes SLK Mix 1 ung | UD | Sandnes SLK | _____ |
| 5 | | | | |
| 6 | | | | |

**Heat 2**

| | | | | |
|---|---|---|---|---|
| 1 | | | | |
| 2 | Stavanger SC Mix 1 | SR | Stavanger SC | _____ |
| 3 | Madla SK Mix 1 ung | UD | Madla SK | _____ |
| 4 | Randaberg IL Mix 1 sr. | SR | Randaberg IL | _____ |
| 5 | Sola SK Mix 2 ung | SR | Sola SK | _____ |
| 6 | | | | |

**Heat 3**

| | | | | |
|---|---|---|---|---|
| 1 | Bryne SK Mix 4 ung | UD | Bryne SK | _____ |
| 2 | Stavanger SC Mix 3 | SR | Stavanger SC | _____ |
| 3 | Frisinn SK Mix 3 ung | UD | Frisinn SK | _____ |
| 4 | Bryne SK Mix 3 ung | UD | Bryne SK | _____ |
| 5 | Stavanger SC Mix 4 | SR | Stavanger SC | _____ |
| 6 | Jørpeland SK Mix 1 sr. | SR | Jørpeland SK | _____ |

**Heat 4**

| | | | | |
|---|---|---|---|---|
| 1 | Bryne SK Mix 2 ung | UD | Bryne SK | _____ |
| 2 | Sola SK Mix 1 ung | SR | Sola SK | _____ |
| 3 | Madla SK Mix 2 ung | UD | Madla SK | _____ |
| 4 | Stavanger SC Mix 2 | SR | Stavanger SC | _____ |
| 5 | Sandnes SLK Mix 2 ung | UD | Sandnes SLK | _____ |
| 6 | Frisinn SK Mix 1 ung | UD | Frisinn SK | _____ |