

Øvelse 101. 50m fri, mixed

Heat 1

| | | | | |
|---|-------------------|----|--------------------|-------|
| 1 | | | | |
| 2 | Anna Sofie Fossli | 16 | Stjørdals-Blink IL | _____ |
| 3 | Johanne Grindvik | 14 | Rørvik SLK | _____ |
| 4 | Jasper Minsaas | 14 | Verdal SK | _____ |
| 5 | Bosse Wibe Hårnes | 16 | Steinkjer SLK | _____ |
| 6 | | | | |

Heat 2

| | | | | |
|---|-----------------------------|----|--------------------|-------|
| 1 | Sigrid Andrea Alstad-Sætran | 14 | Verdal SK | _____ |
| 2 | Dawid Lenart | 12 | Steinkjer SLK | _____ |
| 3 | Martin Støvik Skjølstad | 13 | Steinkjer SLK | _____ |
| 4 | Alrik Stav | 13 | Vestbyen Trondheim | _____ |
| 5 | Dennis Brandsegg Ramberg | 15 | Steinkjer SLK | _____ |
| 6 | Fredrik Sende Minsaas | 14 | Verdal SK | _____ |

Heat 3

| | | | | |
|---|----------------------|----|--------------------|-------|
| 1 | Sivert Malmbekk | 13 | Steinkjer SLK | _____ |
| 2 | Martin Malmbekk | 15 | Steinkjer SLK | _____ |
| 3 | Niko Moscinska | 12 | Steinkjer SLK | _____ |
| 4 | Snorre Alstad-Sætran | 12 | Verdal SK | _____ |
| 5 | Edvard Langsetmo | 15 | Stjørdals-Blink IL | _____ |
| 6 | Mathilde Vikestad | 13 | Rørvik SLK | _____ |

Heat 4

| | | | | |
|---|--------------------------|----|---------------|-------|
| 1 | Iver Strand Svane | 14 | Steinkjer SLK | _____ |
| 2 | Lasse Marius Kvalheim | 11 | Namsos SK | _____ |
| 3 | Torben Horseng | 13 | Steinkjer SLK | _____ |
| 4 | Edwin Balsvik | 14 | Steinkjer SLK | _____ |
| 5 | Oliver Wibe Hårnes | 14 | Steinkjer SLK | _____ |
| 6 | Erik Langdal Kristiansen | 12 | Verdal SK | _____ |

Øvelse 102. 25m bryst, mixed

Heat 1

| | | | | |
|---|-----------------------------|----|--------------------|-------|
| 1 | Anna Sofie Fossli | 16 | Stjørdals-Blink IL | _____ |
| 2 | Johanne Grindvik | 14 | Rørvik SLK | _____ |
| 3 | Martin Malmbekk | 15 | Steinkjer SLK | _____ |
| 4 | Sigrid Andrea Alstad-Sætran | 14 | Verdal SK | _____ |
| 5 | Kathinka Sofie Husvik | 16 | Namsos SK | _____ |
| 6 | Joel Søegaard Bientie | 15 | Rana SK | _____ |

Heat 2

| | | | | |
|---|-------------------------|----|--------------------|-------|
| 1 | Martin Støvik Skjølstad | 13 | Steinkjer SLK | _____ |
| 2 | Elise Hovd | 15 | Steinkjer SLK | _____ |
| 3 | Iver Strand Svane | 14 | Steinkjer SLK | _____ |
| 4 | Sivert Malmbekk | 13 | Steinkjer SLK | _____ |
| 5 | Edwin Balsvik | 14 | Steinkjer SLK | _____ |
| 6 | Alrik Stav | 13 | Vestbyen Trondheim | _____ |

Heat 3

| | | | | |
|---|--------------------------|----|--------------------|-------|
| 1 | Natalia Kidane Berehane | 14 | Steinkjer SLK | _____ |
| 2 | Edvard Langsetmo | 15 | Stjørdals-Blink IL | _____ |
| 3 | Erik Langdal Kristiansen | 12 | Verdal SK | _____ |
| 4 | Jasper Minsaas | 14 | Verdal SK | _____ |
| 5 | Fredrik Sende Minsaas | 14 | Verdal SK | _____ |
| 6 | Lasse Marius Kvalheim | 11 | Namsos SK | _____ |

Øvelse 103. 25m butterfly, mixed**Heat 1**

| | | | | |
|---|-----------------------------|----|-----------|-------|
| 1 | | | | |
| 2 | Sigrid Andrea Alstad-Sætran | 14 | Verdal SK | _____ |
| 3 | Snorre Alstad-Sætran | 12 | Verdal SK | _____ |
| 4 | Erik Langdal Kristiansen | 12 | Verdal SK | _____ |
| 5 | Joel Søegaard Bientie | 15 | Rana SK | _____ |
| 6 | | | | |

Øvelse 104. 100m fri, mixed**Heat 1**

| | | | | |
|---|-----------------------|----|---------------|-------|
| 1 | | | | |
| 2 | Snorre Alstad-Sætran | 12 | Verdal SK | _____ |
| 3 | Oliver Wibe Hårnes | 14 | Steinkjer SLK | _____ |
| 4 | Lasse Marius Kvalheim | 11 | Namsos SK | _____ |
| 5 | Bosse Wibe Hårnes | 16 | Steinkjer SLK | _____ |
| 6 | | | | |

Heat 2

| | | | | |
|---|--------------------------|----|--------------------|-------|
| 1 | Erik Langdal Kristiansen | 12 | Verdal SK | _____ |
| 2 | Torben Horseng | 13 | Steinkjer SLK | _____ |
| 3 | Sivert Malmbekk | 13 | Steinkjer SLK | _____ |
| 4 | Edvard Langsetmo | 15 | Stjørdals-Blink IL | _____ |
| 5 | Johanne Grindvik | 14 | Rørvik SLK | _____ |
| 6 | Iver Horseng | 15 | Steinkjer SLK | _____ |

Øvelse 105. 4*25m fri, mixed**Heat 1**

| | | | | |
|---|---------------------------|----|--------------------|-------|
| 1 | Steinkjer SLK Mix 2 jr. | JR | Steinkjer SLK | _____ |
| 2 | Stjørdals-Blink Mix 1 jr. | JR | Stjørdals-Blink IL | _____ |
| 3 | Steinkjer SLK Mix 3 jr. | JR | Steinkjer SLK | _____ |
| 4 | Verdal SK Mix 1 jr. | JR | Verdal SK | _____ |
| 5 | Steinkjer SLK Mix 1 jr. | JR | Steinkjer SLK | _____ |
| 6 | | | | |

Øvelse 106. 50m bryst, mixed

Heat 1

| | | | | |
|---|-----------------------------|----|--------------------|-------|
| 1 | | | | |
| 2 | Martin Støvik Skjølstad | 13 | Steinkjer SLK | _____ |
| 3 | Emmelin Ingeborg Myhr Olsen | 14 | Stjørdals-Blink IL | _____ |
| 4 | Even Matteus Lind-Sivertsen | 15 | Stjørdals-Blink IL | _____ |
| 5 | | | | |
| 6 | | | | |

Heat 2

| | | | | |
|---|--------------------------|----|--------------------|-------|
| 1 | Niko Moscinska | 12 | Steinkjer SLK | _____ |
| 2 | Emilian Jacobsen Sandvik | 12 | Stjørdals-Blink IL | _____ |
| 3 | Sivert Malmbekk | 13 | Steinkjer SLK | _____ |
| 4 | Alrik Stav | 13 | Vestbyen Trondheim | _____ |
| 5 | Lasse Marius Kvalheim | 11 | Namsos SK | _____ |
| 6 | Jasper Minsaas | 14 | Verdal SK | _____ |

Heat 3

| | | | | |
|---|-----------------------------|----|--------------------|-------|
| 1 | Natalia Kidane Berehane | 14 | Steinkjer SLK | _____ |
| 2 | Fredrik Sende Minsaas | 14 | Verdal SK | _____ |
| 3 | Martin Malmbekk | 15 | Steinkjer SLK | _____ |
| 4 | Sigrid Andrea Alstad-Sætran | 14 | Verdal SK | _____ |
| 5 | Erik Langdal Kristiansen | 12 | Verdal SK | _____ |
| 6 | Edvard Langsetmo | 15 | Stjørdals-Blink IL | _____ |

Øvelse 107. 25m rygg, mixed

Heat 1

| | | | | |
|---|-----------------------|----|--------------------|-------|
| 1 | | | | |
| 2 | Natan Krzystek | 16 | Stjørdals-Blink IL | _____ |
| 3 | Anna Sofie Fosli | 16 | Stjørdals-Blink IL | _____ |
| 4 | Kathinka Sofie Husvik | 16 | Namsos SK | _____ |
| 5 | Maksims Glusnovs | 17 | Stjørdals-Blink IL | _____ |
| 6 | Joel Søegaard Bientie | 15 | Rana SK | _____ |

Heat 2

| | | | | |
|---|--------------------------|----|--------------------|-------|
| 1 | Iver Horseng | 15 | Steinkjer SLK | _____ |
| 2 | Lasse Marius Kvalheim | 11 | Namsos SK | _____ |
| 3 | Nora Berntsen | 13 | Stjørdals-Blink IL | _____ |
| 4 | Ranveig Aardalen Bakken | 14 | Steinkjer SLK | _____ |
| 5 | Fredrik Sende Minsaas | 14 | Verdal SK | _____ |
| 6 | Emilian Jacobsen Sandvik | 12 | Stjørdals-Blink IL | _____ |

Heat 3

| | | | | |
|---|--------------------------|----|--------------------|-------|
| 1 | Natalia Kidane Berehane | 14 | Steinkjer SLK | _____ |
| 2 | Lucas Høybakken | 11 | Stjørdals-Blink IL | _____ |
| 3 | Edvard Langsetmo | 15 | Stjørdals-Blink IL | _____ |
| 4 | Fillip Sundberg Overrein | 15 | Stjørdals-Blink IL | _____ |
| 5 | Daniils Glusnovs | 12 | Stjørdals-Blink IL | _____ |
| 6 | Erik Langdal Kristiansen | 12 | Verdal SK | _____ |

Heat 4

| | | | | |
|---|-----------------------------|----|--------------------|-------|
| 1 | Mali Kåsin Einang | 13 | Stjørdals-Blink IL | _____ |
| 2 | Sigrid Andrea Alstad-Sætran | 14 | Verdal SK | _____ |
| 3 | Rahi Rye | 13 | Stjørdals-Blink IL | _____ |
| 4 | Even Matteus Lind-Sivertsen | 15 | Stjørdals-Blink IL | _____ |
| 5 | Iver Strand Svane | 14 | Steinkjer SLK | _____ |
| 6 | Emmelin Ingeborg Myhr Olsen | 14 | Stjørdals-Blink IL | _____ |

Øvelse 108. 25m fri, mixed**Heat 1**

| | | | | |
|---|-----------------------|----|--------------------|-------|
| 1 | | | | _____ |
| 2 | Kathinka Sofie Husvik | 16 | Namsos SK | _____ |
| 3 | Anna Sofie Fosli | 16 | Stjørdals-Blink IL | _____ |
| 4 | Natan Krzystek | 16 | Stjørdals-Blink IL | _____ |
| 5 | Maksims Glusnovs | 17 | Stjørdals-Blink IL | _____ |
| 6 | Joel Søegaard Bientie | 15 | Rana SK | _____ |

Heat 2

| | | | | |
|---|-----------------------------|----|--------------------|-------|
| 1 | Nora Berntsen | 13 | Stjørdals-Blink IL | _____ |
| 2 | Lucas Høybakken | 11 | Stjørdals-Blink IL | _____ |
| 3 | Rahi Rye | 13 | Stjørdals-Blink IL | _____ |
| 4 | Jasper Minsaas | 14 | Verdal SK | _____ |
| 5 | Sigrid Andrea Alstad-Sætran | 14 | Verdal SK | _____ |
| 6 | Edwin Balsvik | 14 | Steinkjer SLK | _____ |

Heat 3

| | | | | |
|---|-----------------------------|----|--------------------|-------|
| 1 | Even Matteus Lind-Sivertsen | 15 | Stjørdals-Blink IL | _____ |
| 2 | Torben Horseng | 13 | Steinkjer SLK | _____ |
| 3 | Ranveig Aardalen Bakken | 14 | Steinkjer SLK | _____ |
| 4 | Mathilde Vikestad | 13 | Rørvik SLK | _____ |
| 5 | Mats Rundhaug Oranje | 14 | Stjørdals-Blink IL | _____ |
| 6 | Daniils Glusnovs | 12 | Stjørdals-Blink IL | _____ |

Heat 4

| | | | | |
|---|--------------------------|----|--------------------|-------|
| 1 | Iver Strand Svane | 14 | Steinkjer SLK | _____ |
| 2 | Martin Støvik Skjølstad | 13 | Steinkjer SLK | _____ |
| 3 | Erik Langdal Kristiansen | 12 | Verdal SK | _____ |
| 4 | Mali Kåsin Einang | 13 | Stjørdals-Blink IL | _____ |
| 5 | Emilian Jacobsen Sandvik | 12 | Stjørdals-Blink IL | _____ |
| 6 | Edvard Langsetmo | 15 | Stjørdals-Blink IL | _____ |

Heat 5

| | | | | |
|---|-----------------------------|----|--------------------|-------|
| 1 | Lasse Marius Kvalheim | 11 | Namsos SK | _____ |
| 2 | Martin Malmbekk | 15 | Steinkjer SLK | _____ |
| 3 | Alrik Stav | 13 | Vestbyen Trondheim | _____ |
| 4 | Fillip Sundberg Overrein | 15 | Stjørdals-Blink IL | _____ |
| 5 | Fredrik Sende Minsaas | 14 | Verdal SK | _____ |
| 6 | Emmelin Ingeborg Myhr Olsen | 14 | Stjørdals-Blink IL | _____ |

Øvelse 109. 50m rygg, mixed

Heat 1

| | | | | |
|---|-----------------------------|----|--------------------|-------|
| 1 | | | | |
| 2 | Mats Rundhaug Oranje | 14 | Stjørdals-Blink IL | _____ |
| 3 | Alrik Stav | 13 | Vestbyen Trondheim | _____ |
| 4 | Even Matteus Lind-Sivertsen | 15 | Stjørdals-Blink IL | _____ |
| 5 | | | | |
| 6 | | | | |

Heat 2

| | | | | |
|---|-----------------------------|----|--------------------|-------|
| 1 | Sivert Malmbekk | 13 | Steinkjer SLK | _____ |
| 2 | Snorre Alstad-Sætran | 12 | Verdal SK | _____ |
| 3 | Edvard Langsetmo | 15 | Stjørdals-Blink IL | _____ |
| 4 | Lucas Høybakken | 11 | Stjørdals-Blink IL | _____ |
| 5 | Rahi Rye | 13 | Stjørdals-Blink IL | _____ |
| 6 | Sigrid Andrea Alstad-Sætran | 14 | Verdal SK | _____ |

Øvelse 110. 100m individuell medley, mixed

Heat 1

| | | | | |
|---|----------------------|----|---------------|-------|
| 1 | | | | |
| 2 | | | | |
| 3 | Snorre Alstad-Sætran | 12 | Verdal SK | _____ |
| 4 | Sivert Malmbekk | 13 | Steinkjer SLK | _____ |
| 5 | | | | |
| 6 | | | | |

Øvelse 111. 4*50m fri, mixed

Heat 1

| | | | | |
|---|---------------------------|----|--------------------|-------|
| 1 | | | | |
| 2 | Stjørdals-Blink Mix 1 jr. | JR | Stjørdals-Blink IL | _____ |
| 3 | Verdal SK Mix 1 jr. | JR | Verdal SK | _____ |
| 4 | Steinkjer SLK Mix 1 jr. | JR | Steinkjer SLK | _____ |
| 5 | Stjørdals-Blink Mix 2 jr. | JR | Stjørdals-Blink IL | _____ |
| 6 | | | | |