

## Øvelse 101. 50m fri, mixed

### Heat 1

|   |                        |    |                    |       |
|---|------------------------|----|--------------------|-------|
| 1 |                        |    |                    |       |
| 2 | Maiken Helmersen       | 19 | Leka IL            | _____ |
| 3 | Thord Mæhre            | 18 | Stjørdals-Blink IL | _____ |
| 4 | Oleh Hryhorev          | 19 | Leka IL            | _____ |
| 5 | Malin Fludal Osland    | 17 | Trondhjems SLK     | _____ |
| 6 | Lukas Grøtting Gipling | 15 | Verdal SK          | _____ |

### Heat 2

|   |                             |    |                    |       |
|---|-----------------------------|----|--------------------|-------|
| 1 | Tordis Benedikte Wang Røkke | 17 | Stjørdals-Blink IL | _____ |
| 2 | Emil Nikolai Thorsen        | 16 | Leka IL            | _____ |
| 3 | Marie Gran Fløan            | 16 | Stjørdals-Blink IL | _____ |
| 4 | Amund Herigstad Borgsø      | 17 | Verdal SK          | _____ |
| 5 | Sophie Willassen            | 17 | Verdal SK          | _____ |
| 6 | Anna Holmli                 | 17 | Verdal SK          | _____ |

### Heat 3

|   |                             |    |                    |       |
|---|-----------------------------|----|--------------------|-------|
| 1 | Isak Auran Pettersen        | 15 | Malvik IL          | _____ |
| 2 | Kathinka Sofie Husvik       | 16 | Namsos SK          | _____ |
| 3 | Emmy Lovise Indgjerd Austad | 15 | Verdal SK          | _____ |
| 4 | Ingrid Emilie Larsen        | 16 | Stjørdals-Blink IL | _____ |
| 5 |                             |    |                    | _____ |
| 6 | Elea Øseth Sonflå           | 17 | Namsos SK          | _____ |

### Heat 4

|   |                           |    |                    |       |
|---|---------------------------|----|--------------------|-------|
| 1 | Matheo Lundsauet          | 16 | Verdal SK          | _____ |
| 2 | Mia Marie Indgjerd Austad | 17 | Verdal SK          | _____ |
| 3 | Martin Trengereid         | 14 | Stjørdals-Blink IL | _____ |
| 4 | Mátè Klinger              | 16 | Steinkjer SLK      | _____ |
| 5 | Julian Gorbachev          | 17 | Stjørdals-Blink IL | _____ |
| 6 | Casper Hagen              | 15 | Steinkjer SLK      | _____ |

## Øvelse 102. 25m bryst, mixed

### Heat 1

|   |                  |    |                    |       |
|---|------------------|----|--------------------|-------|
| 1 |                  |    |                    |       |
| 2 | Maiken Helmersen | 19 | Leka IL            | _____ |
| 3 | Thord Mæhre      | 18 | Stjørdals-Blink IL | _____ |
| 4 | Oleh Hryhorev    | 19 | Leka IL            | _____ |
| 5 |                  |    |                    | _____ |
| 6 |                  |    |                    | _____ |

### Heat 2

|   |                       |    |                    |       |
|---|-----------------------|----|--------------------|-------|
| 1 |                       |    |                    |       |
| 2 | Isak Auran Pettersen  | 15 | Malvik IL          | _____ |
| 3 | Kathinka Sofie Husvik | 16 | Namsos SK          | _____ |
| 4 | Ingrid Emilie Larsen  | 16 | Stjørdals-Blink IL | _____ |
| 5 | Sophie Willassen      | 17 | Verdal SK          | _____ |
| 6 |                       |    |                    | _____ |

**Heat 3**

|   |                         |    |                    |       |
|---|-------------------------|----|--------------------|-------|
| 1 | Anna Shiroki Furulund   | 15 | Stjørdals-Blink IL | _____ |
| 2 | Julian Gorbachev        | 17 | Stjørdals-Blink IL | _____ |
| 3 | Amund Herigstad Borgsø  | 17 | Verdal SK          | _____ |
| 4 | Casper Hagen            | 15 | Steinkjer SLK      | _____ |
| 5 | Sam Bader               | 16 | Namsos SK          | _____ |
| 6 | Aurora Isabella Hegstad | 17 | Verdal SK          | _____ |

**Heat 4**

|   |                           |    |                    |       |
|---|---------------------------|----|--------------------|-------|
| 1 | Anna Holmli               | 17 | Verdal SK          | _____ |
| 2 | Martin Trengereid         | 14 | Stjørdals-Blink IL | _____ |
| 3 | Mia Marie Indgjerd Austad | 17 | Verdal SK          | _____ |
| 4 | Mátè Klinger              | 16 | Steinkjer SLK      | _____ |
| 5 |                           |    |                    | _____ |
| 6 | Loke Falstad              | 17 | Verdal SK          | _____ |

**Heat 5**

|   |                             |    |                    |       |
|---|-----------------------------|----|--------------------|-------|
| 1 | Emil Nikolai Thorsen        | 16 | Leka IL            | _____ |
| 2 | Emmy Lovise Indgjerd Austad | 15 | Verdal SK          | _____ |
| 3 | Malin Fludal Osland         | 17 | Trondhjems SLK     | _____ |
| 4 | Tordis Benedikte Wang Røkke | 17 | Stjørdals-Blink IL | _____ |
| 5 | Marie Gran Fløan            | 16 | Stjørdals-Blink IL | _____ |
| 6 | Elea Øseth Sonflå           | 17 | Namsos SK          | _____ |

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

|   |                             |    |                    |       |
|---|-----------------------------|----|--------------------|-------|
| 1 |                             |    |                    | _____ |
| 2 | Marie Gran Fløan            | 16 | Stjørdals-Blink IL | _____ |
| 3 | Tordis Benedikte Wang Røkke | 17 | Stjørdals-Blink IL | _____ |
| 4 | Sam Bader                   | 16 | Namsos SK          | _____ |
| 5 | Anna Shiroki Furulund       | 15 | Stjørdals-Blink IL | _____ |
| 6 |                             |    |                    | _____ |

**Øvelse 104. 100m fri, mixed****Heat 1**

|   |                        |    |           |       |
|---|------------------------|----|-----------|-------|
| 1 |                        |    |           | _____ |
| 2 | Kathinka Sofie Husvik  | 16 | Namsos SK | _____ |
| 3 | Matheo Lundsauet       | 16 | Verdal SK | _____ |
| 4 | Lukas Grøtting Gipling | 15 | Verdal SK | _____ |
| 5 |                        |    |           | _____ |
| 6 |                        |    |           | _____ |

**Heat 2**

|   |                           |    |               |       |
|---|---------------------------|----|---------------|-------|
| 1 |                           |    |               | _____ |
| 2 | Casper Hagen              | 15 | Steinkjer SLK | _____ |
| 3 | Emil Nikolai Thorsen      | 16 | Leka IL       | _____ |
| 4 | Mátè Klinger              | 16 | Steinkjer SLK | _____ |
| 5 | Mia Marie Indgjerd Austad | 17 | Verdal SK     | _____ |
| 6 |                           |    |               | _____ |

### Øvelse 105. 4\*25m fri, mixed

#### Heat 1

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

### Øvelse 106. 50m bryst, mixed

#### Heat 1

|   |                  |    |                    |       |
|---|------------------|----|--------------------|-------|
| 1 |                  |    |                    |       |
| 2 | Maiken Helmersen | 19 | Leka IL            | _____ |
| 3 | Thord Mæhre      | 18 | Stjørdals-Blink IL | _____ |
| 4 | Oleh Hryhorev    | 19 | Leka IL            | _____ |
| 5 |                  |    |                    |       |
| 6 |                  |    |                    |       |

#### Heat 2

|   |                             |    |                    |       |
|---|-----------------------------|----|--------------------|-------|
| 1 | Ingrid Emilie Larsen        | 16 | Stjørdals-Blink IL | _____ |
| 2 | Mia Marie Indgjerd Austad   | 17 | Verdal SK          | _____ |
| 3 | Marie Gran Fløan            | 16 | Stjørdals-Blink IL | _____ |
| 4 | Anna Holmli                 | 17 | Verdal SK          | _____ |
| 5 | Emmy Lovise Indgjerd Austad | 15 | Verdal SK          | _____ |
| 6 |                             |    |                    |       |

#### Heat 3

|   |                        |    |                    |       |
|---|------------------------|----|--------------------|-------|
| 1 | Matheo Lundsauet       | 16 | Verdal SK          | _____ |
| 2 | Emil Nikolai Thorsen   | 16 | Leka IL            | _____ |
| 3 | Mátè Klinger           | 16 | Steinkjer SLK      | _____ |
| 4 | Julian Gorbachev       | 17 | Stjørdals-Blink IL | _____ |
| 5 | Sophie Willassen       | 17 | Verdal SK          | _____ |
| 6 | Aurora Mathisen Foldal | 16 | Stjørdals-Blink IL | _____ |

#### Heat 4

|   |                             |    |                    |       |
|---|-----------------------------|----|--------------------|-------|
| 1 | Casper Hagen                | 15 | Steinkjer SLK      | _____ |
| 2 | Sam Bader                   | 16 | Namsos SK          | _____ |
| 3 | Martin Trengereid           | 14 | Stjørdals-Blink IL | _____ |
| 4 | Isak Auran Pettersen        | 15 | Malvik IL          | _____ |
| 5 | Henrik Giskås               | 16 | Steinkjer SLK      | _____ |
| 6 | Tordis Benedikte Wang Røkke | 17 | Stjørdals-Blink IL | _____ |

### Øvelse 107. 25m rygg, mixed

#### Heat 1

|   |                             |    |           |       |
|---|-----------------------------|----|-----------|-------|
| 1 | Maiken Helmersen            | 19 | Leka IL   | _____ |
| 2 | Mia Marie Indgjerd Austad   | 17 | Verdal SK | _____ |
| 3 | Sophie Willassen            | 17 | Verdal SK | _____ |
| 4 | Emmy Lovise Indgjerd Austad | 15 | Verdal SK | _____ |
| 5 | Oleh Hryhorev               | 19 | Leka IL   | _____ |
| 6 | Aurora Isabella Hegstad     | 17 | Verdal SK | _____ |

**Heat 2**

|   |                       |    |                    |
|---|-----------------------|----|--------------------|
| 1 | Anna Shiroki Furulund | 15 | Stjørdals-Blink IL |
| 2 | Julian Gorbachev      | 17 | Stjørdals-Blink IL |
| 3 | Emil Nikolai Thorsen  | 16 | Leka IL            |
| 4 | Anna Holmli           | 17 | Verdal SK          |
| 5 | Ingrid Emilie Larsen  | 16 | Stjørdals-Blink IL |
| 6 | Isak Auran Pettersen  | 15 | Malvik IL          |

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**Heat 3**

|   |                             |    |                    |
|---|-----------------------------|----|--------------------|
| 1 | Henrik Giskås               | 16 | Steinkjer SLK      |
| 2 | Aurora Mathisen Foldal      | 16 | Stjørdals-Blink IL |
| 3 | Martin Trengereid           | 14 | Stjørdals-Blink IL |
| 4 | Tordis Benedikte Wang Røkke | 17 | Stjørdals-Blink IL |
| 5 | Marie Gran Fløan            | 16 | Stjørdals-Blink IL |
| 6 | Amund Herigstad Borgsø      | 17 | Verdal SK          |

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**Øvelse 108. 25m fri, mixed****Heat 1**

|   |                           |    |                    |
|---|---------------------------|----|--------------------|
| 1 |                           |    |                    |
| 2 | Maiken Helmersen          | 19 | Leka IL            |
| 3 | Mia Marie Indgjerd Austad | 17 | Verdal SK          |
| 4 | Thord Mæhre               | 18 | Stjørdals-Blink IL |
| 5 | Oleh Hryhorev             | 19 | Leka IL            |
| 6 |                           |    |                    |

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**Heat 2**

|   |                       |    |                    |
|---|-----------------------|----|--------------------|
| 1 | Julian Gorbachev      | 17 | Stjørdals-Blink IL |
| 2 | Anna Shiroki Furulund | 15 | Stjørdals-Blink IL |
| 3 | Anna Holmli           | 17 | Verdal SK          |
| 4 | Casper Hagen          | 15 | Steinkjer SLK      |
| 5 | Loke Falstad          | 17 | Verdal SK          |
| 6 | Sophie Willassen      | 17 | Verdal SK          |

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**Heat 3**

|   |                             |    |                    |
|---|-----------------------------|----|--------------------|
| 1 | Isak Auran Pettersen        | 15 | Malvik IL          |
| 2 | Emmy Lovise Indgjerd Austad | 15 | Verdal SK          |
| 3 | Marie Gran Fløan            | 16 | Stjørdals-Blink IL |
| 4 | Amund Herigstad Borgsø      | 17 | Verdal SK          |
| 5 | Aurora Mathisen Foldal      | 16 | Stjørdals-Blink IL |
| 6 | Ingrid Emilie Larsen        | 16 | Stjørdals-Blink IL |

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**Heat 4**

|   |                             |    |                    |
|---|-----------------------------|----|--------------------|
| 1 | Mátè Klinger                | 16 | Steinkjer SLK      |
| 2 | Tordis Benedikte Wang Røkke | 17 | Stjørdals-Blink IL |
| 3 | Martin Trengereid           | 14 | Stjørdals-Blink IL |
| 4 | Matheo Lundsauet            | 16 | Verdal SK          |
| 5 | Emil Nikolai Thorsen        | 16 | Leka IL            |
| 6 | Henrik Giskås               | 16 | Steinkjer SLK      |

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### Øvelse 109. 50m rygg, mixed

#### Heat 1

|   |                             |    |                    |       |
|---|-----------------------------|----|--------------------|-------|
| 1 | Mia Marie Indgjerd Austad   | 17 | Verdal SK          | _____ |
| 2 | Emil Nikolai Thorsen        | 16 | Leka IL            | _____ |
| 3 | Isak Auran Pettersen        | 15 | Malvik IL          | _____ |
| 4 | Marie Gran Fløan            | 16 | Stjørdals-Blink IL | _____ |
| 5 | Emmy Lovise Indgjerd Austad | 15 | Verdal SK          | _____ |
| 6 | Sophie Willassen            | 17 | Verdal SK          | _____ |

### Øvelse 110. 100m individuell medley, mixed

#### Heat 1

|   |           |    |           |       |
|---|-----------|----|-----------|-------|
| 1 |           |    |           |       |
| 2 |           |    |           |       |
| 3 | Sam Bader | 16 | Namsos SK | _____ |
| 4 |           |    |           |       |
| 5 |           |    |           |       |
| 6 |           |    |           |       |

### Øvelse 111. 4\*50m fri, mixed

#### Heat 1

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