

Aldursflokkameistaramótið 2016  
Akranes, 24. - 26.6.2016

**Schedule Session No. 1 - 1. hluti - föstudagur**

**24.06.2016 - 9:00**

9:00	1.	50m Butterfly	Girls	Timed Final	- 12	0:07	5 Heats
9:07	2.	50m Butterfly	Boys	Timed Final	- 12	0:06	5 Heats
9:13	3.	200m Backstroke	Girls	Timed Final	13 - 14	0:25	7 Heats
9:38	Verðlaun greinar 1, 2						0:07
9:45	4.	200m Backstroke	Boys	Timed Final	13 - 14	0:18	5 Heats
10:03	5.	200m Breaststroke	Women	Timed Final	15 - 17	0:19	5 Heats
10:22	6.	200m Breaststroke	Boys	Timed Final	15 - 17	0:11	3 Heats
10:33	Verðlaun greinar 3, 4, 5						0:10
10:43	7.	200m Medley	Women	Timed Final	18 +	0:03	1 Heat
10:46	8.	200m Medley	Men	Timed Final	18 +	0:04	1 Heat
10:50	Verðlaun greinar 6, 7, 8						0:10
11:00	End of session				Total duration	2:00	

**Schedule Session No. 2 - 2. hluti - föstudagur**

**24.06.2016 - 15:00**

15:00	9.	100m Breaststroke	Girls	Timed Final	- 12	0:21	9 Heats
15:21	10.	100m Breaststroke	Boys	Timed Final	- 12	0:12	5 Heats
15:33	11.	200m Freestyle	Girls	Timed Final	13 - 14	0:29	9 Heats
16:02	Verðlaun greinar 9, 10						0:07
16:09	12.	200m Freestyle	Boys	Timed Final	13 - 14	0:22	7 Heats
16:31	13.	400m Medley	Women	Timed Final	15 - 17	0:32	5 Heats
17:03	14.	400m Medley	Boys	Timed Final	15 - 17	0:25	4 Heats
17:28	Verðlaun greinar 11, 12, 13						0:10
17:38	15.	50m Backstroke	Women	Timed Final	13 +	0:05	4 Heats
17:43	16.	50m Backstroke	Men	Timed Final	13 +	0:03	2 Heats
17:46	Verðlaun greinar 14, 15, 16						0:10
17:56	17.	4 x 50m Freestyle	Girls	Timed Final	- 12	0:05	2 Heats
18:01	18.	4 x 50m Freestyle	Boys	Timed Final	- 12	0:05	2 Heats
18:06	19.	4 x 100m Medley	Women	Timed Final	13 +	0:30	6 Heats
18:36	20.	4 x 100m Medley	Men	Timed Final	13 +	0:23	5 Heats
18:59	Verðlaun greinar 17, 18, 19, 20						0:12
19:11	End of session				Total duration	4:11	

**Schedule Session No. 3 - 3. hluti - laugardagur**

**25.06.2016 - 8:30**

8:30	21.	200m Medley	Girls	Timed Final	- 12	0:32	8 Heats
9:02	22.	200m Medley	Boys	Timed Final	- 12	0:23	6 Heats
9:25	23.	100m Butterfly	Girls	Timed Final	13 - 14	0:12	6 Heats
9:37	Verðlaun greinar 21, 22						0:07
9:44	24.	100m Butterfly	Boys	Timed Final	13 - 14	0:09	4 Heats
9:53	25.	400m Freestyle	Women	Timed Final	15 - 17	0:39	7 Heats
10:32	26.	400m Freestyle	Boys	Timed Final	15 - 17	0:33	6 Heats
11:05	Verðlaun greinar 23, 24, 25						0:07
11:12	27.	50m Freestyle	Women	Timed Final	13 +	0:08	7 Heats
11:20	28.	50m Freestyle	Men	Timed Final	13 +	0:06	5 Heats
11:26	Verðlaun greinar 26, 27, 28						0:07
11:33	End of session				Total duration	3:03	

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**Schedule Session No. 4 - 4. hluti - laugardagur**

**25.06.2016 - 15:00**

15:00	29.	100m Freestyle	Girls	Timed Final	- 12	0:20	10 Heats
15:20	30.	100m Freestyle	Boys	Timed Final	- 12	0:11	6 Heats
15:31	31.	200m Breaststroke	Girls	Timed Final	13 - 14	0:28	7 Heats
15:59	Verðlaun greinar 29, 30						0:07
16:06	32.	200m Breaststroke	Boys	Timed Final	13 - 14	0:20	5 Heats
16:26	33.	200m Butterfly	Women	Timed Final	15 - 17	0:17	5 Heats
16:43	34.	200m Butterfly	Boys	Timed Final	15 - 17	0:10	3 Heats
16:53	Verðlaun greinar 31, 32, 33						0:10
17:03	35.	200m Freestyle	Women	Timed Final	18 +	0:03	1 Heat
17:06	36.	200m Freestyle	Men	Timed Final	18 +	0:06	2 Heats
17:12	Verðlaun greinar 34, 35, 36						0:10
17:22	37.	4 x 50m Medley	Girls	Timed Final	- 12	0:06	2 Heats
17:28	38.	4 x 50m Medley	Boys	Timed Final	- 12	0:03	1 Heat
17:31	39.	4 x 100m Freestyle	Women	Timed Final	13 +	0:28	6 Heats
17:59	40.	4 x 100m Freestyle	Men	Timed Final	13 +	0:21	5 Heats
18:20	Verðlaun greinar 37, 38, 39, 40						0:12
18:32	End of session				Total duration	3:32	

**Schedule Session No. 5 - 5. hluti - sunnudagur**

**26.06.2016 - 8:30**

8:30	41.	400m Freestyle	Girls	Timed Final	- 12	0:41	6 Heats
9:11	42.	400m Freestyle	Boys	Timed Final	- 12	0:33	5 Heats
9:44	43.	200m Medley	Girls	Timed Final	13 - 14	0:32	9 Heats
10:16	Verðlaun greinar 41, 42						0:07
10:23	44.	200m Medley	Boys	Timed Final	13 - 14	0:22	6 Heats
10:45	45.	200m Backstroke	Women	Timed Final	15 - 17	0:27	8 Heats
11:12	46.	200m Backstroke	Boys	Timed Final	15 - 17	0:17	5 Heats
11:29	Verðlaun greinar 43, 44, 45						0:10
11:39	47.	50m Butterfly	Women	Timed Final	13 +	0:04	4 Heats
11:43	48.	50m Butterfly	Men	Timed Final	13 +	0:06	5 Heats
11:49	Verðlaun greinar 46, 47, 48						0:10
11:59	End of session				Total duration	3:29	

**Schedule Session No. 6 - 6. hluti - sunnudagur**

**26.06.2016 - 15:00**

15:00	49.	100m Backstroke	Girls	Timed Final	- 12	0:15	7 Heats
15:15	50.	100m Backstroke	Boys	Timed Final	- 12	0:13	6 Heats
15:28	51.	800m Freestyle	Girls	Timed Final	13 - 14	1:12	6 Heats
16:40	Verðlaun greinar 49, 50						0:07
16:47	52.	800m Freestyle	Boys	Timed Final	13 - 14	0:59	5 Heats
17:46	53.	100m Freestyle	Women	Timed Final	15 - 17	0:17	10 Heats
18:03	54.	100m Freestyle	Boys	Timed Final	15 - 17	0:10	6 Heats
18:13	Verðlaun greinar 51, 52, 53						0:10
18:23	55.	50m Breaststroke	Women	Timed Final	13 +	0:04	3 Heats
18:27	56.	50m Breaststroke	Men	Timed Final	13 +	0:05	4 Heats
18:32	Verðlaun greinar 54, 55, 56						0:10
18:42	57.	10 x 50m Freestyle	Mixed	Timed Final	Open	0:16	3 Heats
18:58	End of session				Total duration	3:58	