



## Vatnaveröld

### 25m og 50m laugin

| Mánudagur                                        | Þriðjudagur                                                                 | Miðvikudagur                                     | Fimmtudagur                                      | Föstudagur                                       | Laugardagur                                                                 |
|--------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------|--------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------------------|
| Afrekshópur<br>05:30-07:15<br>Steindór 50m       |                                                                             | Afrekshópur<br>05:30-07:15<br>Steindór 50m       |                                                  | Afrekshópur<br>05:30-07:15<br>Steindór 50m       | Afrekshópur<br>08:00 -10:00<br>Steindór 50m                                 |
| Sverðfiskar<br>15:20-16:35<br>Jóna Helena 23,5m  | Sverðfiskar<br>14:45-16:00<br>Jóna Helena 25m                               | Sverðfiskar<br>14:45-16:00<br>Jóna Helena 23,5m  | Sverðfiskar<br>15:20-16:35<br>Jóna Helena 23,5m  | Afrekshópur<br>15:15 -17:00<br>Steindór 25m      | Háhyrningar<br>10:00 -11:30<br>Sveinbjörn 50m                               |
| Háhyrningar<br>14:45-16:15<br>Sveinbjörn 25m     | Háhyrningar<br>15:15-16:15<br>Sveinbjörn 23,5m<br><b>þrek 16:20-17:00</b>   | Háhyrningar<br>14:30-15:45<br>Sveinbjörn 25m     | Háhyrningar<br>14:30 – 16:00<br>Sveinbjörn 25m   | Háhyrningar<br>15:00-16:30<br>Sveinbjörn 23,5    | Framtíðarhópur<br>10:00 -12:00<br>Sveinbjörn 50m<br><b>þrek 9:20 - 9:50</b> |
| Framtíðarhópur<br>16:15 -18:00<br>Sveinbjörn 25m | Afrekshópur<br>16:30 -18:30<br>Steindór 50m                                 | Framtíðarhópur<br>15:45 -17:45<br>Sveinbjörn 25m | Framtíðarhópur<br>16:00 -17:45<br>Sveinbjörn 25m | Framtíðarhópur<br>16:45 -18:30<br>Sveinbjörn 25m |                                                                             |
| Afrekshópur<br>18:00 -20:00<br>Steindór 25m      | Framtíðarhópur<br>18:30 -20:15<br>Sveinbjörn 50m<br><b>þrek 17:30-18:15</b> | Afrekshópur<br>17:45 -19:45<br>Steindór 25m      | Afrekshópur<br>17:45 -19:45<br>Steindór 50m      |                                                  |                                                                             |
| 3N<br>18:00 - 19:00 23,5m                        |                                                                             | 3N<br>18:00 - 19:00 23,5m                        |                                                  |                                                  |                                                                             |

Steindór sími: 863-2123

Jóna Helena sími: 849-0222

Sveinbjörn sími 776-9976