

Men					Long Course (50m)
50 Freestyle	32.48	Kristján Benedikt Sveinsson	99	11.2.2011	Laugardalslaug
100 Freestyle	1:12.56	Stefán Gretar Katrínarson	08	16.2.2020	Reykjavík
200 Freestyle	2:35.70	Freysteinn Viðar Viðarsson	94	17.2.2006	Laugardalslaug
400 Freestyle	5:38.49	Oddur Viðar Malmquist	95	23.2.2007	Laugardalslaug
50 Backstroke	39.17	Þórir Gunnar Valgeirsson	91	11.7.2003	Hveragerði
100 Backstroke	1:22.51	Þórir Gunnar Valgeirsson	91	11.7.2003	Hveragerði
200 Backstroke	2:59.95	Þórir Gunnar Valgeirsson	91	11.7.2003	Hveragerði
50 Breaststroke	43.34	Kári Ármannsson	98	12.2.2010	Laugardalslaug
100 Breaststroke	1:31.23	Kári Ármannsson	98	28.5.2010	Reykjanesbær
200 Breaststroke	3:15.24	Kári Ármannsson	98	28.5.2010	Reykjanesbær
50 Butterfly	37.46	Aron Bjarki Jónsson	01	8.2.2013	Reykjavík
100 Butterfly	1:28.24	Oddur Viðar Malmquist	95	23.2.2007	Laugardalslaug
200 Butterfly	3:08.84	Sindri Þór Jakobsson	91	11.7.2003	Hveragerði
100 Medley	1:43.36	Snævar Atli Halldórsson	00	5.3.2011	Laugardals-laug
200 Medley	3:07.27	Kári Ármannsson	98	28.5.2010	Reykjanesbær
4 x 50 Freestyle	2:28.65	Sundfélagið Óðinn Men		23.2.2007	Laugardalslaug
		<i>Birkir Guðlaugsson, Oddur Viðar Malmquist, Þorsteinn Ingi Stefánsson, Magnús Már Sigurðarson</i>			
4 x 50 Medley	2:49.46	Sundfélagið Óðinn Men		23.2.2007	Laugardalslaug
		<i>Þorsteinn Ingi Stefánsson, Magnús Már Sigurðarson, Oddur Viðar Malmquist, Birkir Guðlaugsson</i>			

Women		Long Course (50m)			
50 Freestyle	31.70	Þura Snorradóttir	03	14.2.2015	Reykjavík
100 Freestyle	1:09.57	Bryndís Bolladóttir	99	11.3.2011	Reykjavík
200 Freestyle	2:35.97	Elín Erla Káradóttir	94	17.2.2006	Laugardalslaug
400 Freestyle	5:34.35	Elín Erla Káradóttir	94	17.2.2006	Laugardalslaug
800 Freestyle	11:52.29	Ingibjörg Ragna Malmquist	90	5.7.2002	Laugardalslaug
50 Backstroke	35.93	Þura Snorradóttir	03	21.3.2015	Hafnarfjörður
100 Backstroke	1:17.42	Þura Snorradóttir	03	14.2.2015	Reykjavík
200 Backstroke	2:48.60	Þura Snorradóttir	03	21.3.2015	Hafnarfjörður
	2:48.60	Þura Snorradóttir	03	21.3.2015	Hafnarfjörður
50 Breaststroke	39.99	Halldóra Sigríður Halldórsdóttir	94	27.1.2006	Reykjavík
100 Breaststroke	1:28.01	Halldóra Sigríður Halldórsdóttir	94	17.2.2006	Laugardalslaug
200 Breaststroke	3:08.05	Halldóra Sigríður Halldórsdóttir	94	27.1.2006	Reykjavík
50 Butterfly	34.86	Nanna Björk Barkadóttir	98	12.2.2010	Laugardalslaug
100 Butterfly	1:25.77	Halldóra Sigríður Halldórsdóttir	94	17.2.2006	Laugardalslaug
200 Butterfly	3:21.76	Nanna Björk Barkadóttir	98	28.5.2010	Reykjanesbær
100 Medley	1:55.84	Embla Sól Garðarsdóttir	01	5.3.2011	Laugardals-laug
200 Medley	2:52.74	Þura Snorradóttir	03	15.2.2015	Reykjavík
400 Medley	6:09.05	Þura Snorradóttir	03	16.1.2015	Laugardalslaug
4 x 50 Freestyle	2:15.92	Sundfélagið Óðinn Women		15.2.2015	Reykjavík
		<i>Þura Snorradóttir, Rebekka Sif Ómarsdóttir, Eva Sól Garðarsdóttir, Sigurjóna Ragnheiðardóttir</i>			
4 x 50 Medley	2:33.32	Sundfélagið Óðinn Women		14.2.2015	Reykjavík
		<i>Þura Snorradóttir, Sigurjóna Ragnheiðardóttir, Eva Sól Garðarsdóttir, Rebekka Sif Ómarsdóttir</i>			

Men					Long Course (50m)
50 Freestyle	28.16	Birkir Leó Brynjarsson	97	11.2.2011	Laugardalslaug
100 Freestyle	1:01.70	Freysteinn Viðar Viðarsson	94	18.1.2008	Reykjavík
200 Freestyle	2:13.75	Freysteinn Viðar Viðarsson	94	15.2.2008	Laugardalslaug
400 Freestyle	4:39.35	Freysteinn Viðar Viðarsson	94	17.5.2008	Sundmót Keflavíkur
800 Freestyle	9:57.22	Oddur Viðar Malmquist	95	19.3.2009	Laugardalslaug
1500 Freestyle	18:38.15	Oddur Viðar Malmquist	95	19.3.2009	Laugardalslaug
50 Backstroke	34.95	Þorsteinn Ingi Stefánsson	95	19.3.2009	Laugardalslaug
100 Backstroke	1:13.94	Helgi Freyr Sævarsson	96	28.5.2010	Reykjanesbær
200 Backstroke	2:37.75	Þórir Gunnar Valgeirsson	91	1.7.2005	Laugardalslaug
50 Breaststroke	36.07	Freysteinn Viðar Viðarsson	94	3.4.2008	Laugardalslaug
100 Breaststroke	1:17.94	Freysteinn Viðar Viðarsson	94	3.4.2008	Laugardalslaug
200 Breaststroke	2:53.32	Freysteinn Viðar Viðarsson	94	3.4.2008	Laugardalslaug
50 Butterfly	30.98	Oddur Viðar Malmquist	95	19.3.2009	Laugardalslaug
100 Butterfly	1:07.66	Oddur Viðar Malmquist	95	25.4.2009	Reykjanesbær
200 Butterfly	2:29.57	Oddur Viðar Malmquist	95	19.3.2009	Laugardalslaug
100 Medley	1:43.36	Snævar Atli Halldórsson	00	5.3.2011	Laugardals-laug
200 Medley	2:31.38	Freysteinn Viðar Viðarsson	94	4.7.2008	Reykjanesbær
400 Medley	5:20.87	Freysteinn Viðar Viðarsson	94	4.7.2008	Reykjanesbær
4 x 50 Freestyle	2:28.65	Sundfélagið Óðinn Men		23.2.2007	Laugardalslaug
		<i>Birkir Guðlaugsson, Oddur Viðar Malmquist, Þorsteinn Ingi Stefánsson, Magnús Már Sigurðarson</i>			
4 x 50 Medley	2:49.46	Sundfélagið Óðinn Men		23.2.2007	Laugardalslaug
		<i>Þorsteinn Ingi Stefánsson, Magnús Már Sigurðarson, Oddur Viðar Malmquist, Birkir Guðlaugsson</i>			

Women

Long Course (50m)

50 Freestyle	27.78	Bryndís Bolladóttir	99	8.2.2013	Reykjavík
100 Freestyle	59.80	Bryndís Bolladóttir	99	8.2.2013	Reykjavík
200 Freestyle	2:15.92	Bryndís Bolladóttir	99	11.4.2013	Laugadalslaug
400 Freestyle	4:44.32	Ólöf Kristín Isaksen	05	5.4.2019	Reykjavík
800 Freestyle	9:45.86	Ólöf Kristín Isaksen	05	16.3.2019	Hafnarfjörður
50 Backstroke	33.35	Bryndís Rún Hansen	93	26.1.2007	Reykjavík
100 Backstroke	1:12.69	María Arnarsdóttir	02	23.4.2016	Reykjavík
200 Backstroke	2:36.22	Pura Snorradóttir	03	22.4.2016	Reykjavík
50 Breaststroke	36.45	Bryndís Rún Hansen	93	16.3.2007	Reykjavík
100 Breaststroke	1:20.19	Bryndís Rún Hansen	93	23.2.2007	Laugardalslaug
200 Breaststroke	2:52.13	Bryndís Rún Hansen	93	16.3.2007	Reykjavík
50 Butterfly	29.39	Bryndís Bolladóttir	99	8.2.2013	Reykjavík
100 Butterfly	1:09.14	Bryndís Bolladóttir	99	8.2.2013	Reykjavík
200 Butterfly	2:38.44	Halldóra Sigríður Halldórsdóttir	94	3.4.2008	Laugardalslaug
100 Medley	1:55.84	Embla Sól Garðarsdóttir	01	5.3.2011	Laugardals-laug
200 Medley	2:34.59	Elín Erla Káradóttir	94	2.8.2008	Tampere Finland
400 Medley	5:27.82	Elín Erla Káradóttir	94	4.7.2008	Reykjanesbær
4 x 50 Freestyle	2:15.92	Sundfélagið Óðinn Women <i>Pura Snorradóttir, Rebekka Sif Ómarsdóttir, Eva Sól Garðarsdóttir, Sigurjóna Ragnheiðardóttir</i>		15.2.2015	Reykjavík
4 x 100 Freestyle	4:27.90	Sundfélagið Óðinn Women <i>Aþena Arnarsdóttir, Sigurjóna Ragnheiðardóttir, Eva Sól Garðarsdóttir, Rebekka Sif Ómarsdóttir</i>		9.4.2017	Reykjavík
4 x 200 Freestyle	10:45.59	Sundfélagið Óðinn Women <i>Karen Nanna Þorkelsdóttir, Rannveig Þórunn Unnsteinsdóttir, Elín Erla Káradóttir, Halldóra Sigríður Halldórsdóttir</i>		17.3.2006	Laugardalslaug
4 x 50 Medley	2:33.32	Sundfélagið Óðinn Women <i>Pura Snorradóttir, Sigurjóna Ragnheiðardóttir, Eva Sól Garðarsdóttir, Rebekka Sif Ómarsdóttir</i>		14.2.2015	Reykjavík
4 x 100 Medley	5:00.17	Sundfélagið Óðinn Women <i>Hildur Þórbjörg Ármannsdóttir, Bryndís Rún Hansen, Halldóra Sigríður Halldórsdóttir, Elín Erla Káradóttir</i>		23.2.2007	Laugardalslaug

Akureyrarmet - 15-17 ára - piltar og stulkur 50m

Men		Long Course (50m)			
50 Freestyle	25.95	Svavar Skúli Stefánsson	90	26.1.2007	Reykjavík
100 Freestyle	56.26	Svavar Skúli Stefánsson	90	23.2.2007	Laugardalslaug
200 Freestyle	2:03.14	Svavar Skúli Stefánsson	90	23.2.2007	Laugardalslaug
400 Freestyle	4:21.76	Oddur Viðar Malmquist	95	7.4.2011	Reykjavík
800 Freestyle	9:18.54	Oddur Viðar Malmquist	95	7.4.2011	Reykjavík
1500 Freestyle	17:30.78	Svavar Skúli Stefánsson	90	23.2.2007	Laugardalslaug
50 Backstroke	31.03	Þórir Gunnar Valgeirsson	91	16.3.2007	Reykjavík
100 Backstroke	1:04.24	Þórir Gunnar Valgeirsson	91	21.4.2006	Luxemburg
200 Backstroke	2:23.02	Þórir Gunnar Valgeirsson	91	30.6.2006	Reykjavík
50 Breaststroke	32.91	Snævar Atli Halldórsson	00	23.4.2016	Reykjavík
100 Breaststroke	1:10.98	Snævar Atli Halldórsson	00	28.1.2017	Reykjavík
200 Breaststroke	2:35.57	Snævar Atli Halldórsson	00	14.2.2016	Reykjavík
50 Butterfly	27.39	Einar Helgi Guðlaugsson	91	3.4.2008	Laugardalslaug
100 Butterfly	59.83	Sindri Þór Jakobsson	91	24.7.2007	Beograd (SRB)
200 Butterfly	2:11.06	Sindri Þór Jakobsson	91	15.7.2007	Namsos (NOR)
100 Medley	1:43.36	Snævar Atli Halldórsson	00	5.3.2011	Laugardals-laug
200 Medley	2:18.82	Sindri Þór Jakobsson	91	12.7.2007	Namsos (NOR)
400 Medley	4:52.71	Sindri Þór Jakobsson	91	14.7.2007	Namsos (NOR)
4 x 50 Freestyle	2:28.65	Sundfélagið Óðinn Men		23.2.2007	Laugardalslaug
		<i>Birkir Guðlaugsson, Oddur Viðar Malmquist, Þorsteinn Ingi Stefánsson, Magnús Már Sigurðarson</i>			
4 x 100 Freestyle	3:51.24	Sundfélagið Óðinn Men		20.4.2007	Reykjavík
		<i>Svavar Skúli Stefánsson, HANNIBAL HAFBERG, Arnór Ingi Hansen, Tómas Leó Halldórsson</i>			
4 x 200 Freestyle	8:38.08	Sundfélagið Óðinn Men		20.4.2007	Reykjavík
		<i>Sindri Þór Jakobsson, Svavar Skúli Stefánsson, Tómas Leó Halldórsson, Jóhann Tryggvi Unnsteinsson</i>			
4 x 50 Medley	2:49.46	Sundfélagið Óðinn Men		23.2.2007	Laugardalslaug
		<i>Þorsteinn Ingi Stefánsson, Magnús Már Sigurðarson, Oddur Viðar Malmquist, Birkir Guðlaugsson</i>			
4 x 100 Medley	4:31.53	Sundfélagið Óðinn Men		8.4.2017	Reykjavík
		<i>Aron Bjarki Jónsson, Snævar Atli Halldórsson, Baldur Logi Gautason, Hákon Alexander Magnússon</i>			

Akureyrarmet - 15-17 ára - piltar og stulkur 50m

Women

Long Course (50m)

50 Freestyle	27.01	Bryndís Rún Hansen	93	11.7.2009	Prague (CZE)
100 Freestyle	59.61	Bryndís Bolladóttir	99	8.2.2014	Reykjavík
200 Freestyle	2:08.59	Sigrún Benediktsdóttir	87	25.4.2003	Luxemborg
400 Freestyle	4:34.54	Sigrún Benediktsdóttir	87	25.4.2003	Luxemborg
800 Freestyle	9:33.67	Sigrún Benediktsdóttir	87	24.7.2003	Glasgow
50 Backstroke	32.18	Pura Snorradóttir	03	22.4.2018	Reykjavík
100 Backstroke	1:09.11	Pura Snorradóttir	03	21.4.2018	Reykjavík
200 Backstroke	2:30.92	Erla Hrönn Unnsteinsdóttir	93	19.3.2009	Laugardalslaug
50 Breaststroke	34.76	Amalia Nanna Juliusdóttir	02	6.4.2019	Reykjavík
100 Breaststroke	1:16.93	Bryndís Rún Hansen	93	16.1.2009	Reykjavík
200 Breaststroke	2:48.57	Andrea Ösp Karlsdóttir	89	18.3.2005	Laugardalslaug
50 Butterfly	27.65	Bryndís Rún Hansen	93	18.3.2010	Reykjavík
100 Butterfly	1:03.72	Bryndís Rún Hansen	93	18.3.2010	Reykjavík
200 Butterfly	2:25.44	Elín Kata Sigurgeirsdóttir	99	11.4.2015	Reykjavík
100 Medley	1:55.84	Embla Sól Garðarsdóttir	01	5.3.2011	Laugardals-laug
200 Medley	2:25.11	Bryndís Rún Hansen	93	16.5.2009	Vatnaveröld
400 Medley	5:13.94	Bryndís Rún Hansen	93	16.5.2009	Vatnaveröld
4 x 50 Freestyle	2:15.92	Sundfélagið Óðinn Women <i>Pura Snorradóttir, Rebekka Sif Ómarsdóttir, Eva Sól Garðarsdóttir, Sigurjóna Ragnheiðardóttir</i>		15.2.2015	Reykjavík
4 x 100 Freestyle	4:09.62	Sundfélagið Óðinn Women <i>Erla Hrönn Unnsteinsdóttir, Bryndís Rún Hansen, Hildur Þórbjörg Ármannsdóttir, Halldóra Sigríður Halldórsdóttir</i>		18.3.2010	Reykjavík
4 x 200 Freestyle	9:22.57	Sundfélagið Óðinn Women <i>Bryndís Rún Hansen, Erla Hrönn Unnsteinsdóttir, Elín Erla Káradóttir, Halldóra Sigríður Halldórsdóttir</i>		3.4.2008	Laugardalslaug
4 x 50 Medley	2:33.32	Sundfélagið Óðinn Women <i>Pura Snorradóttir, Sigurjóna Ragnheiðardóttir, Eva Sól Garðarsdóttir, Rebekka Sif Ómarsdóttir</i>		14.2.2015	Reykjavík
4 x 100 Medley	4:38.03	Sundfélagið Óðinn Women <i>Hildur Þórbjörg Ármannsdóttir, Bryndís Rún Hansen, Halldóra Sigríður Halldórsdóttir, Elín Erla Káradóttir</i>		18.3.2010	Reykjavík

Men		Long Course (50m)			
50 Freestyle	25.26	Tómas Leó Halldórsson	90	3.4.2008	Laugardalslaug
100 Freestyle	55.26	Tómas Leó Halldórsson	90	6.4.2008	Laugardalslaug
200 Freestyle	2:00.32	Svavar Skúli Stefánsson	90	3.4.2008	Laugardalslaug
400 Freestyle	4:21.76	Oddur Viðar Malmquist	95	7.4.2011	Reykjavík
800 Freestyle	9:12.55	Svavar Skúli Stefánsson	90	13.2.2009	Laugardalslaug
1500 Freestyle	17:18.36	Svavar Skúli Stefánsson	90	13.2.2009	Laugardalslaug
50 Backstroke	29.73	Birgir Viktor Hannesson	94	8.2.2013	Reykjavík
100 Backstroke	1:02.57	Birgir Viktor Hannesson	94	12.4.2012	Laugardalslaug
200 Backstroke	2:23.02	Þórir Gunnar Valgeirsson	91	30.6.2006	Reykjavík
50 Breaststroke	30.94	Birgir Viktor Hannesson	94	11.4.2014	Reykjavík
100 Breaststroke	1:09.26	Birgir Viktor Hannesson	94	11.4.2013	Laugardalslaug
200 Breaststroke	2:32.90	Snævar Atli Halldórsson	00	22.4.2018	Reykjavík
50 Butterfly	26.30	Birgir Viktor Hannesson	94	11.4.2014	Reykjavík
100 Butterfly	58.15	Einar Helgi Guðlaugsson	91	16.1.2009	Reykjavík
200 Butterfly	2:11.06	Sindri Þór Jakobsson	91	15.7.2007	Namsos (NOR)
100 Medley	1:43.36	Snævar Atli Halldórsson	00	5.3.2011	Laugardals-laug
200 Medley	2:14.11	Birgir Viktor Hannesson	94	12.4.2012	Laugardalslaug
400 Medley	4:52.71	Sindri Þór Jakobsson	91	14.7.2007	Namsos (NOR)
4 x 50 Freestyle	2:28.65	Sundfélagið Óðinn Men		23.2.2007	Laugardalslaug
		<i>Birkir Guðlaugsson, Oddur Viðar Malmquist, Þorsteinn Ingi Stefánsson, Magnús Már Sigurðarson</i>			
4 x 100 Freestyle	3:46.29	Sundfélagið Óðinn Men		3.4.2008	Laugardalslaug
		<i>Tómas Leó Halldórsson, Arnór Ingi Hansen, Svavar Skúli Stefánsson, Árni Björn Gestsson</i>			
4 x 200 Freestyle	8:27.50	Sundfélagið Óðinn Men		3.4.2008	Laugardalslaug
		<i>Svavar Skúli Stefánsson, Einar Helgi Guðlaugsson, Tómas Leó Halldórsson, Freysteinn Viðar Viðarsson</i>			
4 x 50 Medley	2:49.46	Sundfélagið Óðinn Men		23.2.2007	Laugardalslaug
		<i>Þorsteinn Ingi Stefánsson, Magnús Már Sigurðarson, Oddur Viðar Malmquist, Birkir Guðlaugsson</i>			
4 x 100 Medley	4:16.91	Sundfélagið Óðinn Men		3.4.2008	Laugardalslaug
		<i>Arnór Ingi Hansen, Árni Björn Gestsson, Einar Helgi Guðlaugsson, Tómas Leó Halldórsson</i>			

Women

Long Course (50m)

50 Freestyle	25.92	Bryndís Rún Hansen	93	22.4.2016	Reykjavík
100 Freestyle	55.98	Bryndís Rún Hansen	93	5.6.2015	Reykjavík
200 Freestyle	2:03.68	Bryndís Rún Hansen	93	24.4.2016	Reykjavík
400 Freestyle	4:34.54	Sigrún Benediktsdóttir	87	25.4.2003	Luxemborg
800 Freestyle	9:33.67	Sigrún Benediktsdóttir	87	24.7.2003	Glasgow
50 Backstroke	32.18	Þóra Snorradóttir	03	22.4.2018	Reykjavík
100 Backstroke	1:07.84	Bryndís Rún Hansen	93	11.4.2015	Reykjavík
200 Backstroke	2:30.92	Erla Hrönn Unnsteinsdóttir	93	19.3.2009	Laugardalslaug
50 Breaststroke	34.76	Amalía Nanna Juliusdóttir	02	6.4.2019	Reykjavík
100 Breaststroke	1:16.93	Bryndís Rún Hansen	93	16.1.2009	Reykjavík
200 Breaststroke	2:48.57	Andrea Ösp Karlsdóttir	89	18.3.2005	Laugardalslaug
50 Butterfly	26.68	Bryndís Rún Hansen	93	16.5.2016	London (GBR)
100 Butterfly	1:00.33	Bryndís Rún Hansen	93	19.5.2016	London (GBR)
200 Butterfly	2:25.44	Elín Kata Sigurgeirsdóttir	99	11.4.2015	Reykjavík
100 Medley	1:55.84	Embla Sól Garðarsdóttir	01	5.3.2011	Laugardals-laug
200 Medley	2:25.11	Bryndís Rún Hansen	93	16.5.2009	Vatnaveröld
400 Medley	5:13.94	Bryndís Rún Hansen	93	16.5.2009	Vatnaveröld
4 x 50 Freestyle	2:15.92	Sundfélagið Óðinn Women <i>Þóra Snorradóttir, Rebekka Sif Ómarsdóttir, Eva Sól Garðarsdóttir, Sigurjóna Ragnheiðardóttir</i>		15.2.2015	Reykjavík
4 x 100 Freestyle	4:05.25	Sundfélagið Óðinn Women <i>Bryndís Bolladóttir, Nanna Björk Barkardóttir, Elín Kata Sigurgeirsdóttir, Bryndís Rún Hansen</i>		12.4.2015	Reykjavík
4 x 200 Freestyle	8:48.87	Sundfélagið Óðinn Women <i>Bryndís Rún Hansen, Elín Kata Sigurgeirsdóttir, Nanna Björk Barkardóttir, Bryndís Bolladóttir</i>		10.4.2015	Reykjavík
4 x 50 Medley	2:33.32	Sundfélagið Óðinn Women <i>Þóra Snorradóttir, Sigurjóna Ragnheiðardóttir, Eva Sól Garðarsdóttir, Rebekka Sif Ómarsdóttir</i>		14.2.2015	Reykjavík
4 x 100 Medley	4:34.88	Sundfélagið Óðinn Women <i>Þóra Snorradóttir, Amalía Nanna Juliusdóttir, Elín Kata Sigurgeirsdóttir, Bryndís Rún Hansen</i>		6.4.2019	Reykjavík