

Men					Long Course (50m)
50 Freestyle	32.48	Kristján Benedikt Sveinsson	99	11/02/2011	Laugardalslaug
100 Freestyle	1:12.21	Magni Rafn Ragnarsson	10	15/05/2022	Reykjanesbaer (ISL)
200 Freestyle	2:35.70	Freysteinn Viðar Viðarsson	94	17/02/2006	Laugardalslaug
400 Freestyle	5:38.49	Oddur Viðar Malmquist	95	23/02/2007	Laugardalslaug
50 Backstroke	39.17	Þórir Gunnar Valgeirsson	91	11/07/2003	Hveragerði
100 Backstroke	1:22.51	Þórir Gunnar Valgeirsson	91	11/07/2003	Hveragerði
200 Backstroke	2:59.95	Þórir Gunnar Valgeirsson	91	11/07/2003	Hveragerði
50 Breaststroke	41.51	Magni Rafn Ragnarsson	10	19/03/2022	Hafnarfjörður (ISL)
100 Breaststroke	1:29.14	Magni Rafn Ragnarsson	10	19/03/2022	Hafnarfjörður (ISL)
200 Breaststroke	3:13.40	Magni Rafn Ragnarsson	10	20/03/2022	Hafnarfjörður (ISL)
50 Butterfly	37.46	Aron Bjarki Jónsson	01	08/02/2013	Reykjavík
100 Butterfly	1:28.24	Oddur Viðar Malmquist	95	23/02/2007	Laugardalslaug
200 Butterfly	3:08.84	Sindri Þór Jakobsson	91	11/07/2003	Hveragerði
200 Medley	3:07.27	Kári Ármannsson	98	28/05/2010	Reykjanesbær
4 x 50 Freestyle	2:28.65	Sundfélagið Óðinn Men		23/02/2007	Laugardalslaug
		<i>Birkir Guðlaugsson, Oddur Viðar Malmquist, Þorsteinn Ingi Stefánsson, Magnús Már Sigurðarson</i>			
4 x 50 Medley	2:49.46	Sundfélagið Óðinn Men		23/02/2007	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	14/02/2015	Reykjavík (ISL)
100 Freestyle	1:09.57	Bryndís Bolladóttir	99	11/03/2011	Reykjavík
200 Freestyle	2:35.97	Elín Erla Káradóttir	94	17/02/2006	Laugardalslaug
400 Freestyle	5:34.35	Elín Erla Káradóttir	94	17/02/2006	Laugardalslaug
800 Freestyle	11:52.29	Ingibjörg Ragna Malmquist	90	05/07/2002	Laugardalslaug
50 Backstroke	35.93	Þura Snorradóttir	03	21/03/2015	Hafnarfjörður (ISL)
100 Backstroke	1:17.42	Þura Snorradóttir	03	14/02/2015	Reykjavík (ISL)
200 Backstroke	2:48.60	Þura Snorradóttir	03	21/03/2015	Hafnarfjörður (ISL)
	2:48.60	Þura Snorradóttir	03	21/03/2015	Hafnarfjörður (ISL)
50 Breaststroke	39.99	Halldóra Sigríður Halldórsdótti	94	27/01/2006	Reykjavík
100 Breaststroke	1:28.01	Halldóra Sigríður Halldórsdótti	94	17/02/2006	Laugardalslaug
200 Breaststroke	3:08.05	Halldóra Sigríður Halldórsdótti	94	27/01/2006	Reykjavík
50 Butterfly	34.86	Nanna Björk Barkadóttir	98	12/02/2010	Laugardalslaug
100 Butterfly	1:25.69	Katrín Birta Birkisdóttir	12	10/02/2024	Reykjavík (ISL)
200 Butterfly	3:21.76	Nanna Björk Barkadóttir	98	28/05/2010	Reykjanesbær
200 Medley	2:52.74	Þura Snorradóttir	03	15/02/2015	Reykjavík (ISL)
400 Medley	6:09.05	Þura Snorradóttir	03	16/01/2015	Laugardalslaug
4 x 50 Freestyle	2:15.92	Sundfélagið Óðinn Women		15/02/2015	Reykjavík (ISL)
		Þura Snorradóttir, Rebekka Sif Ómarsdóttir, Eva Sól Garðarsdóttir, Sigurjóna Ragnheiðardóttir			
4 x 50 Medley	2:33.32	Sundfélagið Óðinn Women		14/02/2015	Reykjavík (ISL)
		Þura Snorradóttir, Sigurjóna Ragnheiðardóttir, Eva Sól Garðarsdóttir, Rebekka Sif Ómarsdóttir			

Men					Long Course (50m)
50 Freestyle	28.16	Birkir Leó Brynjarsson	97	11/02/2011	Laugardalslaug
100 Freestyle	1:01.13	Jón Ingi Einarsson	11	25/01/2025	Reykjavík (ISL)
200 Freestyle	2:13.75	Freysteinn Viðar Viðarsson	94	15/02/2008	Laugardalslaug
400 Freestyle	4:39.35	Freysteinn Viðar Viðarsson	94	17/05/2008	Sundmót Keflavíkur
800 Freestyle	9:57.22	Oddur Viðar Malmquist	95	19/03/2009	Laugardalslaug
1500 Freestyle	18:38.15	Oddur Viðar Malmquist	95	19/03/2009	Laugardalslaug
50 Backstroke	33.97	Jón Ingi Einarsson	11	24/01/2025	Reykjavík (ISL)
100 Backstroke	1:10.88	Jón Ingi Einarsson	11	29/06/2025	Hafnarfjörður (ISL)
200 Backstroke	2:37.75	Þórir Gunnar Valgeirsson	91	01/07/2005	Laugardalslaug
50 Breaststroke	36.07	Freysteinn Viðar Viðarsson	94	03/04/2008	Laugardalslaug
100 Breaststroke	1:17.94	Freysteinn Viðar Viðarsson	94	03/04/2008	Laugardalslaug
200 Breaststroke	2:52.35	Björn Elvar Austfjörð	11	29/06/2025	Hafnarfjörður (ISL)
50 Butterfly	29.38	Jón Ingi Einarsson	11	28/06/2025	Hafnarfjörður (ISL)
100 Butterfly	1:07.66	Oddur Viðar Malmquist	95	25/04/2009	Reykjanesbær
200 Butterfly	2:29.57	Oddur Viðar Malmquist	95	19/03/2009	Laugardalslaug
200 Medley	2:30.56	Jón Ingi Einarsson	11	28/06/2025	Hafnarfjörður (ISL)
400 Medley	5:20.87	Freysteinn Viðar Viðarsson	94	04/07/2008	Reykjanesbær
4 x 50 Freestyle	2:20.78	Sundfélagið Óðinn Men		12/02/2023	Reykjavík (ISL)
		<i>Björn Elvar Austfjörð, Ívan Elí Ólafsson, Benedikt Már Þorvaldsson, Magni Rafn Ragnarsson</i>			
4 x 50 Medley	2:49.46	Sundfélagið Óðinn Men		23/02/2007	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	08/02/2013	Reykjavík
100 Freestyle	59.80	Bryndís Bolladóttir	99	08/02/2013	Reykjavík
200 Freestyle	2:15.92	Bryndís Bolladóttir	99	11/04/2013	Laugardalslaug
400 Freestyle	4:44.32	Ólöf Kristín Isaksen	05	05/04/2019	Reykjavík (ISL)
800 Freestyle	9:45.86	Ólöf Kristín Isaksen	05	16/03/2019	Hafnarfjörður (ISL)
50 Backstroke	33.35	Bryndís Rún Hansen	93	26/01/2007	Reykjavík
100 Backstroke	1:12.69	María Arnarsdóttir	02	23/04/2016	Reykjavík (ISL)
200 Backstroke	2:36.22	Þóra Snorradóttir	03	22/04/2016	Reykjavík (ISL)
50 Breaststroke	36.45	Bryndís Rún Hansen	93	16/03/2007	Reykjavík
100 Breaststroke	1:20.19	Bryndís Rún Hansen	93	23/02/2007	Laugardalslaug
200 Breaststroke	2:52.13	Bryndís Rún Hansen	93	16/03/2007	Reykjavík
50 Butterfly	29.39	Bryndís Bolladóttir	99	08/02/2013	Reykjavík
100 Butterfly	1:09.14	Bryndís Bolladóttir	99	08/02/2013	Reykjavík
200 Butterfly	2:38.44	Halldóra Sigríður Halldórsdóttir	94	03/04/2008	Laugardalslaug
200 Medley	2:34.59	Elín Erla Káradóttir	94	02/08/2008	Tampere Finland
400 Medley	5:27.82	Elín Erla Káradóttir	94	04/07/2008	Reykjanesbær
4 x 50 Freestyle	2:15.92	Sundfélagið Óðinn Women 15/02/2015 <i>Þóra Snorradóttir, Rebekka Sif Ómarsdóttir, Eva Sól Garðarsdóttir, Sigurjóna Ragnheiðardóttir</i>			
4 x 100 Freestyle	4:27.90	Sundfélagið Óðinn Women 09/04/2017 <i>Þóra Snorradóttir, Sigurjóna Ragnheiðardóttir, Eva Sól Garðarsdóttir, Rebekka Sif Ómarsdóttir</i>			
4 x 200 Freestyle	10:45.59	Sundfélagið Óðinn Women 17/03/2006 <i>Karen Nanna Þorkelsdóttir, Rannveig Þórunn Unnsteinsdóttir, Elín Erla Káradóttir, Halldóra Sigríður Halldórsdóttir</i>			
4 x 50 Medley	2:33.32	Sundfélagið Óðinn Women 14/02/2015 <i>Þóra Snorradóttir, Sigurjóna Ragnheiðardóttir, Eva Sól Garðarsdóttir, Rebekka Sif Ómarsdóttir</i>			
4 x 100 Medley	5:00.17	Sundfélagið Óðinn Women 23/02/2007 <i>Hildur Þórbjörg Ármannsdóttir, Bryndís Rún Hansen, Halldóra Sigríður Halldórsdóttir, Elín Erla Káradóttir</i>			

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

Men					Long Course (50m)
50 Freestyle	25.95	Svavar Skúli Stefánsson	90	26/01/2007	Reykjavík
100 Freestyle	56.26	Svavar Skúli Stefánsson	90	23/02/2007	Laugardalslaug
200 Freestyle	2:03.14	Svavar Skúli Stefánsson	90	23/02/2007	Laugardalslaug
400 Freestyle	4:21.76	Oddur Viðar Malmquist	95	07/04/2011	Reykjavík
800 Freestyle	9:18.54	Oddur Viðar Malmquist	95	07/04/2011	Reykjavík
1500 Freestyle	17:30.78	Svavar Skúli Stefánsson	90	23/02/2007	Laugardalslaug
50 Backstroke	31.03	Þórir Gunnar Valgeirsson	91	16/03/2007	Reykjavík
100 Backstroke	1:04.24	Þórir Gunnar Valgeirsson	91	21/04/2006	Luxemburg
200 Backstroke	2:23.02	Þórir Gunnar Valgeirsson	91	30/06/2006	Reykjavík (ISL)
50 Breaststroke	32.91	Snævar Atli Halldórsson	00	23/04/2016	Reykjavík (ISL)
100 Breaststroke	1:10.98	Snævar Atli Halldórsson	00	28/01/2017	Reykjavík (ISL)
200 Breaststroke	2:35.57	Snævar Atli Halldórsson	00	14/02/2016	Reykjavík (ISL)
50 Butterfly	27.39	Einar Helgi Guðlaugsson	91	03/04/2008	Laugardalslaug
100 Butterfly	59.83	Sindri Þór Jakobsson	91	24/07/2007	Beograd (SRB)
200 Butterfly	2:11.06	Sindri Þór Jakobsson	91	15/07/2007	Namsos (NOR)
200 Medley	2:18.82	Sindri Þór Jakobsson	91	12/07/2007	Namsos (NOR)
400 Medley	4:52.71	Sindri Þór Jakobsson	91	14/07/2007	Namsos (NOR)
4 x 50 Freestyle	2:20.78	Sundfélagið Óðinn Men		12/02/2023	Reykjavík (ISL)
		<i>Björn Elvar Austfjörð, Ívan Elí Ólafsson, Benedikt Már Þorvaldsson, Magni Rafn Ragnarsson</i>			
4 x 100 Freestyle	3:51.24	Sundfélagið Óðinn Men		20/04/2007	Reykjavík
		<i>Svavar Skúli Stefánsson, HANNIBAL HAFBERG, Arnór Ingi Hansen, Tómas Leó Halldórsson</i>			
4 x 200 Freestyle	8:38.08	Sundfélagið Óðinn Men		20/04/2007	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		23/02/2007	Laugardalslaug
		<i>Þorsteinn Ingi Stefánsson, Magnús Már Sigurðarson, Oddur Viðar Malmquist, Birkir Guðlaugsson</i>			
4 x 100 Medley	4:31.53	Sundfélagið Óðinn Men		08/04/2017	Reykjavík (ISL)
		<i>Aron Bjarki Jónsson, Snævar Atli Halldórsson, Baldur Logi Gautason, Hákon Alexander Magnússon</i>			

Women					Long Course (50m)
50 Freestyle	27.01	Bryndís Rún Hansen	93	11/07/2009	Prague (CZE)
100 Freestyle	59.61	Bryndís Bolladóttir	99	08/02/2014	Reykjavík
200 Freestyle	2:08.59	Sigrún Benediktsdóttir	87	25/04/2003	Luxemborg
400 Freestyle	4:34.54	Sigrún Benediktsdóttir	87	25/04/2003	Luxemborg
800 Freestyle	9:33.67	Sigrún Benediktsdóttir	87	24/07/2003	Glasgow
50 Backstroke	32.18	Þóra Snorradóttir	03	22/04/2018	Reykjavík (ISL)
100 Backstroke	1:09.11	Þóra Snorradóttir	03	21/04/2018	Reykjavík (ISL)
200 Backstroke	2:30.92	Erla Hrönn Unnsteinsdóttir	93	19/03/2009	Laugardalslaug
50 Breaststroke	34.76	Amalia Nanna Juliusdóttir	02	06/04/2019	Reykjavík (ISL)
100 Breaststroke	1:16.93	Bryndís Rún Hansen	93	16/01/2009	Reykjavík
200 Breaststroke	2:48.57	Andrea Ösp Karlsdóttir	89	18/03/2005	Laugardalslaug
50 Butterfly	27.65	Bryndís Rún Hansen	93	18/03/2010	Reykjavík
100 Butterfly	1:03.72	Bryndís Rún Hansen	93	18/03/2010	Reykjavík
200 Butterfly	2:25.44	Elín Kata Sigurgeirsdóttir	99	11/04/2015	Reykjavík (ISL)
200 Medley	2:25.11	Bryndís Rún Hansen	93	16/05/2009	Vatnaveröld
400 Medley	5:13.94	Bryndís Rún Hansen	93	16/05/2009	Vatnaveröld
4 x 50 Freestyle	2:15.92	Sundfélagið Óðinn Women	15/02/2015	Reykjavík (ISL)	
		<i>Þóra Snorradóttir, Rebekka Sif Ómarsdóttir, Eva Sól Garðarsdóttir, Sigurjóna Ragnheiðardóttir</i>			
4 x 100 Freestyle	4:09.62	Sundfélagið Óðinn Women	18/03/2010	Reykjavík	
		<i>Erla Hrönn Unnsteinsdóttir, Bryndís Rún Hansen, Hildur Þórbjörg Ármannsdóttir, Halldóra Sigríður Halldórsdóttir</i>			
4 x 200 Freestyle	9:22.57	Sundfélagið Óðinn Women	03/04/2008	Laugardalslaug	
		<i>Bryndís Rún Hansen, Erla Hrönn Unnsteinsdóttir, Elín Erla Káradóttir, Halldóra Sigríður Halldórsdóttir</i>			
4 x 50 Medley	2:33.32	Sundfélagið Óðinn Women	14/02/2015	Reykjavík (ISL)	
		<i>Þóra Snorradóttir, Sigurjóna Ragnheiðardóttir, Eva Sól Garðarsdóttir, Rebekka Sif Ómarsdóttir</i>			
4 x 100 Medley	4:38.03	Sundfélagið Óðinn Women	18/03/2010	Reykjavík	
		<i>Hildur Þórbjörg Ármannsdóttir, Bryndís Rún Hansen, Halldóra Sigríður Halldórsdóttir, Elín Erla Káradóttir</i>			

Men					Long Course (50m)
50 Freestyle	25.26	Tómas Leó Halldórsson	90	03/04/2008	Laugardalslaug
100 Freestyle	55.26	Tómas Leó Halldórsson	90	06/04/2008	Laugardalslaug
200 Freestyle	2:00.32	Svavar Skúli Stefánsson	90	03/04/2008	Laugardalslaug
400 Freestyle	4:21.76	Oddur Viðar Malmquist	95	07/04/2011	Reykjavík
800 Freestyle	9:04.57	Örn Kató Arnarsson	05	28/06/2025	Norrköping (SWE)
1500 Freestyle	17:18.36	Svavar Skúli Stefánsson	90	13/02/2009	Laugardalslaug
50 Backstroke	29.73	Birgir Viktor Hannesson	94	08/02/2013	Reykjavík
100 Backstroke	1:02.57	Birgir Viktor Hannesson	94	12/04/2012	Laugardalslaug
200 Backstroke	2:23.02	Þórir Gunnar Valgeirsson	91	30/06/2006	Reykjavík (ISL)
50 Breaststroke	30.94	Birgir Viktor Hannesson	94	11/04/2014	Reykjavík
100 Breaststroke	1:09.26	Birgir Viktor Hannesson	94	11/04/2013	Laugardalslaug
200 Breaststroke	2:31.05	Örn Kató Arnarsson	05	27/06/2025	Norrköping (SWE)
50 Butterfly	26.30	Birgir Viktor Hannesson	94	11/04/2014	Reykjavík
100 Butterfly	58.15	Einar Helgi Guðlaugsson	91	16/01/2009	Reykjavík
200 Butterfly	2:11.06	Sindri Þór Jakobsson	91	15/07/2007	Namsos (NOR)
200 Medley	2:14.11	Birgir Viktor Hannesson	94	12/04/2012	Laugardalslaug
400 Medley	4:52.71	Sindri Þór Jakobsson	91	14/07/2007	Namsos (NOR)
4 x 50 Freestyle	2:20.78	Sundfélagið Óðinn Men		12/02/2023	Reykjavík (ISL)
		<i>Björn Elvar Austfjörð, Ívan Elí Ólafsson, Benedikt Már Þorvaldsson, Magni Rafn Ragnarsson</i>			
4 x 100 Freestyle	3:46.29	Sundfélagið Óðinn Men		03/04/2008	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		03/04/2008	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		23/02/2007	Laugardalslaug
		<i>Þorsteinn Ingi Stefánsson, Magnús Már Sigurðarson, Oddur Viðar Malmquist, Birkir Guðlaugsson</i>			
4 x 100 Medley	4:16.91	Sundfélagið Óðinn Men		03/04/2008	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	22/04/2016	Reykjavík (ISL)
100 Freestyle	55.98	Bryndís Rún Hansen	93	05/06/2015	Reykjavík (ISL)
200 Freestyle	2:03.68	Bryndís Rún Hansen	93	24/04/2016	Reykjavík (ISL)
400 Freestyle	4:34.54	Sigrún Benediktsdóttir	87	25/04/2003	Luxemborg
800 Freestyle	9:33.67	Sigrún Benediktsdóttir	87	24/07/2003	Glasgow
50 Backstroke	32.18	Þóra Snorradóttir	03	22/04/2018	Reykjavík (ISL)
100 Backstroke	1:07.84	Bryndís Rún Hansen	93	11/04/2015	Reykjavík (ISL)
200 Backstroke	2:30.92	Erla Hrönn Unnsteinsdóttir	93	19/03/2009	Laugardalslaug
50 Breaststroke	34.37	Sigurjóna Ragnheiðardóttir	03	10/04/2022	Reykjavík (ISL)
100 Breaststroke	1:16.58	Sigurjóna Ragnheiðardóttir	03	09/04/2022	Reykjavík (ISL)
200 Breaststroke	2:48.57	Andrea Ösp Karlsdóttir	89	18/03/2005	Laugardalslaug
50 Butterfly	26.68	Bryndís Rún Hansen	93	16/05/2016	London (GBR)
100 Butterfly	1:00.33	Bryndís Rún Hansen	93	19/05/2016	London (GBR)
200 Butterfly	2:25.44	Elín Kata Sigurgeirsdóttir	99	11/04/2015	Reykjavík (ISL)
200 Medley	2:25.11	Bryndís Rún Hansen	93	16/05/2009	Vatnaveröld
400 Medley	5:13.94	Bryndís Rún Hansen	93	16/05/2009	Vatnaveröld
4 x 50 Freestyle	2:15.92	Sundfélagið Óðinn Women		15/02/2015	Reykjavík (ISL)
		Þóra Snorradóttir, Rebekka Sif Ómarsdóttir, Eva Sól Garðarsdóttir, Sigurjóna Ragnheiðardóttir			
4 x 100 Freestyle	4:05.25	Sundfélagið Óðinn Women		12/04/2015	Reykjavík (ISL)
		Bryndís Bolladóttir, Nanna Björk Barkardóttir, Elín Kata Sigurgeirsdóttir, Bryndís Rún Hansen			
4 x 200 Freestyle	8:48.87	Sundfélagið Óðinn Women		10/04/2015	Reykjavík (ISL)
		Bryndís Rún Hansen, Elín Kata Sigurgeirsdóttir, Nanna Björk Barkardóttir, Bryndís Bolladóttir			
4 x 50 Medley	2:33.32	Sundfélagið Óðinn Women		14/02/2015	Reykjavík (ISL)
		Þóra Snorradóttir, Sigurjóna Ragnheiðardóttir, Eva Sól Garðarsdóttir, Rebekka Sif Ómarsdóttir			
4 x 100 Medley	4:34.88	Sundfélagið Óðinn Women		06/04/2019	Reykjavík (ISL)
		Þóra Snorradóttir, Amalia Nanna Juliusdóttir, Elín Kata Sigurgeirsdóttir, Bryndís Rún Hansen			