

Måndag		O	1	2	3	4	5	6	7	8	9			13-nov					
06:00-06:30	Rundsim					Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30					
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00	
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00							Running SWE	Running SWE	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli	Evli	Evli	Evli	Evli	Evli	07:30-08:00
08:00-08:30							Running SWE	Running SWE	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli	Evli	Evli	Evli	Evli	Evli	08:00-08:30
08:30-09:00																			08:30-09:00
09:00-09:30																			09:00-09:30
09:30-10:00																			09:30-10:00
10:00-10:30							Lekbanor	Bröstsimsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	Skola		
10:30-11:00	10:30-11:00																		
11:00-11:30	11:00-11:30																		
11:30-12:00	11:30-12:00																		
12:00-12:30	12:00-12:30																		
12:30-13:00	12:30-13:00																		
13:00-13:30	IDF Sinskola	IDF Sinskola	13:00-13:30																
13:30-14:00	IDF Sinskola	IDF Sinskola	13:30-14:00																
14:00-14:30	IDF Sinskola	IDF Sinskola	14:00-14:30																
14:30-15:00	IDF Sinskola	IDF Sinskola	14:30-15:00																
15:00-15:30	Rundsim				Snabb-bana		SPIF	SPIF	SPIF	SPIF	SK Neptun	IDF Sinskola	IDF Sinskola	15:00-15:30					
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	15:30-16:00					
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:00-16:30					
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:30-17:00					
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:00-17:30					
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:30-18:00					
18:00-18:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:00-18:30					
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:30-19:00					
19:00-19:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:00-19:30					
19:30-20:00							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:30-20:00					
20:00-20:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	20:00-20:30					
20:30-21:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	Hellas	Hellas	Hellas	20:30-21:00					
21:00-21:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	Apnea	Apnea	Apnea	21:00-21:30					
21:30-22:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	Apnea	Apnea	Apnea	21:30-22:00					

Med reservation för ändringar

Tisdag		O	1	2	3	4	5	6	7	8	9			14-nov			
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana									06:00-06:30			
06:30-07:00						SPIF Master	SCT	SCT	SCT	SCT	Ariel Fridyk	Ariel Fridyk	06:30-07:00				
07:00-07:30						SPIF Master	SCT	SCT	SCT	SCT	Ariel Fridyk	Ariel Fridyk	07:00-07:30				
07:30-08:00						SPIF Master	SPIF Master	Team Jarla	Team Jarla	Team Jarla	Ariel Fridyk	Ariel Fridyk	07:30-08:00				
08:00-08:30						SPIF Master	SPIF Master	Team Jarla	Team Jarla	Team Jarla	Ariel Fridyk	Ariel Fridyk	08:00-08:30				
08:30-09:00	Lekbanor					Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	IDF Samskola	IDF Samskola	08:30-09:00
09:00-09:30															IDF Samskola	IDF Samskola	09:00-09:30
09:30-10:00															IDF Samskola	IDF Samskola	09:30-10:00
10:00-10:30															IDF Samskola	IDF Samskola	10:00-10:30
10:30-11:00															IDF Samskola	IDF Samskola	10:30-11:00
11:00-11:30		IDF Samskola	IDF Samskola	11:00-11:30													
11:30-12:00		IDF Samskola	IDF Samskola	11:30-12:00													
12:00-12:30		SPIF Master	SPIF Master	12:00-12:30													
12:30-13:00		SPIF Master	SPIF Master	12:30-13:00													
13:00-13:30		IDF Samskola	IDF Samskola	13:00-13:30													
13:30-14:00	IDF Samskola	IDF Samskola	13:30-14:00														
14:00-14:30	IDF Samskola	IDF Samskola	14:00-14:30														
14:30-15:00	IDF Samskola	IDF Samskola	14:30-15:00														
15:00-15:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana	NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:00-15:30				
15:30-16:00						NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:30-16:00				
16:00-16:30						NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:00-16:30				
16:30-17:00						NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:30-17:00				
17:00-17:30						Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30				
17:30-18:00						Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00				
18:00-18:30						Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30				
18:30-19:00						Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00				
19:00-19:30						Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:00-19:30				
19:30-20:00						Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:30-20:00				
20:00-20:30	Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	IDF Samskola	20:00-20:30									
20:30-21:00	Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	IDF Samskola	20:30-21:00									
21:00-21:30						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30					
21:30-22:00						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00					

Med reservation för ändringar

Onsdag			O	1	2	3	4	5	6	7	8	9			15-nov							
06:00-06:30	Rundsim						Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30							
06:30-07:00								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00			
07:00-07:30								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30		
07:30-08:00								Team Jarla	Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	07:30-08:00							
08:00-08:30								Team Jarla	Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	08:00-08:30							
08:30-09:00								Skola												IDF Simskola	IDF Simskola	08:30-09:00
09:00-09:30																				IDF Simskola	IDF Simskola	09:00-09:30
09:30-10:00																				IDF Simskola	IDF Simskola	09:30-10:00
10:00-10:30																				IDF Simskola	IDF Simskola	10:00-10:30
10:30-11:00	IDF Simskola	IDF Simskola	10:30-11:00																			
11:00-11:30			11:00-11:30																			
11:30-12:00	Neptun Masters	Neptun Masters	11:30-12:00																			
12:00-12:30	Neptun Masters	Neptun Masters	12:00-12:30																			
12:30-13:00			12:30-13:00																			
13:00-13:30			13:00-13:30																			
13:30-14:00			13:30-14:00																			
14:00-14:30			14:00-14:30																			
14:30-15:00			14:30-15:00																			
15:00-15:30	Rundsim		Bröstsims	Crawl	Crawl			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30						
15:30-16:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00		
16:00-16:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30	
16:30-17:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	16:30-17:00			
17:00-17:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	17:00-17:30			
17:30-18:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	17:30-18:00			
18:00-18:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30	
18:30-19:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00	
19:00-19:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30	
19:30-20:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00	
20:00-20:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30	
20:30-21:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00	
21:00-21:30								Team TT	Team TT	Team TT	Apnea	Apnea	Apnea	Apnea	21:00-21:30							
21:30-22:00								Team TT	Team TT	Team TT	Apnea	Apnea	Apnea	Apnea	21:30-22:00							

Med reservation för ändringar

Torsdag			O	1	2	3	4	5	6	7	8	9		16-nov			
06:00-06:30	Rundsim							Neptun Masters	Neptun Masters	Neptun Masters					06:00-06:30		
06:30-07:00								Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	06:30-07:00		
07:00-07:30								Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	07:00-07:30		
07:30-08:00								Neptun Masters	Neptun Masters	Neptun Masters	Running SWE	Running SWE	Running SWE	Running SWE	07:30-08:00		
08:00-08:30	Lekbanor		Bröstsims	Crawl	Crawl	Snabb-bana					Running SWE	Running SWE	Running SWE	Running SWE	08:00-08:30		
08:30-09:00													IDF Samskola	IDF Samskola	08:30-09:00		
09:00-09:30													IDF Samskola	IDF Samskola	09:00-09:30		
09:30-10:00													IDF Samskola	IDF Samskola	09:30-10:00		
10:00-10:30															IDF Samskola	IDF Samskola	10:00-10:30
10:30-11:00															IDF Samskola	IDF Samskola	10:30-11:00
11:00-11:30															IDF Samskola	IDF Samskola	11:00-11:30
11:30-12:00															SPIF Master	SPIF Master	11:30-12:00
12:00-12:30															SPIF Master	SPIF Master	12:00-12:30
12:30-13:00															SPIF Master	SPIF Master	12:30-13:00
13:00-13:30															IDF Samskola	IDF Samskola	13:00-13:30
13:30-14:00															IDF Samskola	IDF Samskola	13:30-14:00
14:00-14:30															IDF Samskola	IDF Samskola	14:00-14:30
14:30-15:00															IDF Samskola	IDF Samskola	14:30-15:00
15:00-15:30	Rundsim							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:00-15:30		
15:30-16:00								NEC	NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:30-16:00	
16:00-16:30								NEC	NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:00-16:30	
16:30-17:00								NEC	NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:30-17:00	
17:00-17:30								SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30	
17:30-18:00								SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00	
18:00-18:30								SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30	
18:30-19:00								SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00	
19:00-19:30								SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30
19:30-20:00								SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00
20:00-20:30								SPIF	SPIF	SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30
20:30-21:00								SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00
21:00-21:30								SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30
21:30-22:00								SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00

Med reservation för ändringar

Fredag			O	1	2	3	4	5	6	7	8	9			17-nov				
06:00-06:30	Rundsim						Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30				
06:30-07:00								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00
07:00-07:30								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Apnea	07:00-07:30
07:30-08:00								SPIF Master	SPIF Master	KTH	KTH	KTH	Evli	Apnea	07:30-08:00				
08:00-08:30								SPIF Master	SPIF Master	KTH	KTH	KTH	Evli	Apnea	08:00-08:30				
08:30-09:00	Lekbanor		Bröstsimsim	Crawl	Crawl		Snabb-bana	Skola	Skola	Skola	Skola	Skola	IDF Simskola	IDF Simskola	08:30-09:00				
09:00-09:30													IDF Simskola	IDF Simskola	09:00-09:30				
09:30-10:00													IDF Simskola	IDF Simskola	09:30-10:00				
10:00-10:30															10:00-10:30				
10:30-11:00															10:30-11:00				
11:00-11:30															11:00-11:30				
11:30-12:00															11:30-12:00				
12:00-12:30															12:00-12:30				
12:30-13:00													IDF Simskola	IDF Simskola	12:30-13:00				
13:00-13:30													IDF Simskola	IDF Simskola	13:00-13:30				
13:30-14:00	IDF Simskola	IDF Simskola	13:30-14:00																
14:00-14:30	IDF Simskola	IDF Simskola	14:00-14:30																
14:30-15:00	IDF Simskola	IDF Simskola	14:30-15:00																
15:00-15:30	Rundsim						Snabb-bana	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30				
15:30-16:00								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00				
16:00-16:30								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30				
16:30-17:00								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00				
17:00-17:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30				
17:30-18:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00				
18:00-18:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30				
18:30-19:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00				
19:00-19:30								SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30				
19:30-20:00								SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00				
20:00-20:30	SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30											
										Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00					

Med reservation för ändringar

Lördag		O	1	2	3	4	5	6	7	8	9			18-nov				
07:30-08:00	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana									07:30-08:00				
08:00-08:30						SK Neptun FH	SK Neptun FH										08:00-08:30	
08:30-09:00						SK Neptun FH	SK Neptun FH	NEC	NEC	NEC	IDF Simskola	IDF Simskola	08:30-09:00					
09:00-09:30						SK Neptun FH	Ariel FD	NEC	NEC	NEC	IDF Simskola	IDF Simskola	09:00-09:30					
09:30-10:00							Ariel FD	NEC	NEC	NEC	IDF Simskola	IDF Simskola	09:30-10:00					
10:00-10:30	Lekbanor																	10:00-10:30
10:30-11:00						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	10:30-11:00					
11:00-11:30						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	11:00-11:30					
11:30-12:00						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	11:30-12:00					
12:00-12:30													12:00-12:30					
12:30-13:00									12:30-13:00									
13:00-13:30								Sthlm. Simförb.	Sthlm. Simförb.	13:00-13:30								
13:30-14:00								Sthlm. Simförb.	Sthlm. Simförb.	13:30-14:00								
14:00-14:30								Sthlm. Simförb.	Sthlm. Simförb.	14:00-14:30								
14:30-15:00								Sthlm. Simförb.	Sthlm. Simförb.	14:30-15:00								
15:00-15:30									15:00-15:30									
15:30-16:00									15:30-16:00									
16:00-16:30									16:00-16:30									
16:30-17:00									16:30-17:00									
17:00-17:30	Rundsim													17:00-17:30				
17:30-18:00														17:30-18:00				
18:00-18:30														18:00-18:30				
18:30-19:00														18:30-19:00				

Med reservation för ändringar

Söndag		O	1	2	3	4	5	6	7	8	9			19-nov					
07:30-08:00	Rundsims					Snabb-bana	Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	07:30-08:00					
08:00-08:30							Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	08:00-08:30					
08:30-09:00							Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	08:30-09:00					
09:00-09:30														09:00-09:30					
09:30-10:00														09:30-10:00					
10:00-10:30														10:00-10:30					
10:30-11:00														10:30-11:00					
11:00-11:30	Lekbanor	Bröstsims	Crawl	Crawl	Snabb-bana							IDF Simskola	IDF Simskola	11:00-11:30					
11:30-12:00															IDF Simskola	IDF Simskola	11:30-12:00		
12:00-12:30												Dykhuset	Dykhuset	IDF Simskola	IDF Simskola	12:00-12:30			
12:30-13:00												Dykhuset	Dykhuset	IDF Simskola	IDF Simskola	12:30-13:00			
13:00-13:30												Dykhuset	Dykhuset				13:00-13:30		
13:30-14:00												Dykhuset	Dykhuset	IDF Simskola	IDF Simskola			13:30-14:00	
14:00-14:30												SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	IDF Simskola	IDF Simskola	14:00-14:30
14:30-15:00												SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	IDF Simskola	IDF Simskola	14:30-15:00
15:00-15:30												SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH			15:00-15:30
15:30-16:00												SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH			15:30-16:00
16:00-16:30								Hellas Master	Hellas Master					16:00-16:30					
16:30-17:00								Hellas Master	Hellas Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	16:30-17:00					
17:00-17:30	Rundsims				Snabb-bana		SPIF Master	SPIF Master	SPIF Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:00-17:30					
17:30-18:00							SPIF Master	SPIF Master	SPIF Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:30-18:00					
18:00-18:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	18:00-18:30					
18:30-19:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	18:30-19:00					
19:00-19:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	19:00-19:30					
19:30-20:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	19:30-20:00					
20:00-20:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	20:00-20:30					
							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	20:30-21:00					

Med reservation för ändringar

Måndag		O	1	2	3	4	5	6	7	8	9			20-nov					
06:00-06:30	Rundsim					Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30					
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00	
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00							Running SWE	Running SWE	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli	Evli	Evli	Evli	Evli	Evli	07:30-08:00
08:00-08:30							Running SWE	Running SWE	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli	Evli	Evli	Evli	Evli	Evli	08:00-08:30
08:30-09:00																			08:30-09:00
09:00-09:30																			09:00-09:30
09:30-10:00																			09:30-10:00
10:00-10:30							Lekbanor	Bröstsimsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	Skola	Skola	Skola
10:30-11:00																			
11:00-11:30																			
11:30-12:00																			
12:00-12:30																			
12:30-13:00																			
13:00-13:30	IDF Sinskola	IDF Sinskola	13:00-13:30																
13:30-14:00	IDF Sinskola	IDF Sinskola	13:30-14:00																
14:00-14:30	IDF Sinskola	IDF Sinskola	14:00-14:30																
14:30-15:00	IDF Sinskola	IDF Sinskola	14:30-15:00																
15:00-15:30	Rundsim				Snabb-bana		SPIF	SPIF	SPIF	SPIF	SK Neptun	IDF Sinskola	IDF Sinskola	15:00-15:30					
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	15:30-16:00					
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:00-16:30					
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:30-17:00					
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:00-17:30					
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:30-18:00					
18:00-18:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:00-18:30					
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:30-19:00					
19:00-19:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:00-19:30					
19:30-20:00							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:30-20:00					
20:00-20:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	20:00-20:30					
20:30-21:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	Hellas	Hellas	Hellas	20:30-21:00					
21:00-21:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	Apnea	Apnea	Apnea	21:00-21:30					
21:30-22:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	Apnea	Apnea	Apnea	21:30-22:00					

Med reservation för ändringar

Tisdag		O	1	2	3	4	5	6	7	8	9			21-nov			
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana									06:00-06:30			
06:30-07:00						SPIF Master	SCT	SCT	SCT	SCT	Ariel Fridyk	Ariel Fridyk	06:30-07:00				
07:00-07:30						SPIF Master	SCT	SCT	SCT	SCT	Ariel Fridyk	Ariel Fridyk	07:00-07:30				
07:30-08:00						SPIF Master	SPIF Master	Team Jarla	Team Jarla	Atlas Copco	Ariel Fridyk	Ariel Fridyk	07:30-08:00				
08:00-08:30						SPIF Master	SPIF Master	Team Jarla	Team Jarla	Atlas Copco	Ariel Fridyk	Ariel Fridyk	08:00-08:30				
08:30-09:00	Lekbanor					Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	IDF Samskola	IDF Samskola	08:30-09:00
09:00-09:30															IDF Samskola	IDF Samskola	09:00-09:30
09:30-10:00															IDF Samskola	IDF Samskola	09:30-10:00
10:00-10:30															IDF Samskola	IDF Samskola	10:00-10:30
10:30-11:00															IDF Samskola	IDF Samskola	10:30-11:00
11:00-11:30		IDF Samskola	IDF Samskola	11:00-11:30													
11:30-12:00		IDF Samskola	IDF Samskola	11:30-12:00													
12:00-12:30		SPIF Master	SPIF Master	12:00-12:30													
12:30-13:00		SPIF Master	SPIF Master	12:30-13:00													
13:00-13:30		IDF Samskola	IDF Samskola	13:00-13:30													
13:30-14:00	IDF Samskola	IDF Samskola	13:30-14:00														
14:00-14:30	IDF Samskola	IDF Samskola	14:00-14:30														
14:30-15:00	IDF Samskola	IDF Samskola	14:30-15:00														
15:00-15:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana	NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:00-15:30				
15:30-16:00						NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:30-16:00				
16:00-16:30						NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:00-16:30				
16:30-17:00						NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:30-17:00				
17:00-17:30						Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30				
17:30-18:00						Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00				
18:00-18:30						Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30				
18:30-19:00						Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00				
19:00-19:30						Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:00-19:30				
19:30-20:00						Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:30-20:00				
20:00-20:30	Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	IDF Samskola	20:00-20:30									
20:30-21:00	Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	IDF Samskola	20:30-21:00									
21:00-21:30						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30					
21:30-22:00						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00					

Med reservation för ändringar

Onsdag			O	1	2	3	4	5	6	7	8	9			22-nov							
06:00-06:30	Rundsim						Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30							
06:30-07:00								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00			
07:00-07:30								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30		
07:30-08:00								Team Jarla	Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	07:30-08:00							
08:00-08:30								Team Jarla	Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	08:00-08:30							
08:30-09:00								Skola												IDF Simskola	IDF Simskola	08:30-09:00
09:00-09:30																				IDF Simskola	IDF Simskola	09:00-09:30
09:30-10:00																				IDF Simskola	IDF Simskola	09:30-10:00
10:00-10:30																				IDF Simskola	IDF Simskola	10:00-10:30
10:30-11:00	IDF Simskola	IDF Simskola	10:30-11:00																			
11:00-11:30			11:00-11:30																			
11:30-12:00			11:30-12:00																			
12:00-12:30			12:00-12:30																			
12:30-13:00			12:30-13:00																			
13:00-13:30			13:00-13:30																			
13:30-14:00			13:30-14:00																			
14:00-14:30			14:00-14:30																			
14:30-15:00			14:30-15:00																			
15:00-15:30	Rundsim		Bröstsims	Crawl	Crawl			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30						
15:30-16:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00		
16:00-16:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30	
16:30-17:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	16:30-17:00			
17:00-17:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	17:00-17:30			
17:30-18:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	17:30-18:00			
18:00-18:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30	
18:30-19:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00	
19:00-19:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30	
19:30-20:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00	
20:00-20:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30	
20:30-21:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00	
21:00-21:30								Team TT	Team TT	Team TT	Apnea	Apnea	Apnea	Apnea	21:00-21:30							
21:30-22:00								Team TT	Team TT	Team TT	Apnea	Apnea	Apnea	Apnea	21:30-22:00							

Med reservation för ändringar

Torsdag			O	1	2	3	4	5	6	7	8	9		23-nov								
06:00-06:30	Rundsim							Neptun Masters	Neptun Masters	Neptun Masters				06:00-06:30								
06:30-07:00								Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	06:30-07:00							
07:00-07:30								Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	07:00-07:30							
07:30-08:00								Neptun Masters	Neptun Masters	Neptun Masters	Running SWE	Running SWE	Running SWE	Running SWE	07:30-08:00							
08:00-08:30	Lekbanor		Bröstsims	Crawl	Crawl		Snabb-bana				Running SWE	Running SWE	Running SWE	Running SWE	08:00-08:30							
08:30-09:00														IDF Samskola	IDF Samskola	08:30-09:00						
09:00-09:30															IDF Samskola	IDF Samskola	09:00-09:30					
09:30-10:00															IDF Samskola	IDF Samskola	09:30-10:00					
10:00-10:30															IDF Samskola	IDF Samskola	10:00-10:30					
10:30-11:00															IDF Samskola	IDF Samskola	10:30-11:00					
11:00-11:30															IDF Samskola	IDF Samskola	11:00-11:30					
11:30-12:00															SPIF Master	SPIF Master	11:30-12:00					
12:00-12:30															SPIF Master	SPIF Master	12:00-12:30					
12:30-13:00															SPIF Master	SPIF Master	12:30-13:00					
13:00-13:30															IDF Samskola	IDF Samskola	13:00-13:30					
13:30-14:00															IDF Samskola	IDF Samskola	13:30-14:00					
14:00-14:30															IDF Samskola	IDF Samskola	14:00-14:30					
14:30-15:00															IDF Samskola	IDF Samskola	14:30-15:00					
15:00-15:30	Rundsim											SK Neptun	SK Neptun	SK Neptun	15:00-15:30							
15:30-16:00																	SK Neptun	SK Neptun	SK Neptun	15:30-16:00		
16:00-16:30																	SK Neptun	SK Neptun	SK Neptun	16:00-16:30		
16:30-17:00																	SK Neptun	SK Neptun	SK Neptun	16:30-17:00		
17:00-17:30															SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30	
17:30-18:00															SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00	
18:00-18:30															SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30	
18:30-19:00															SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00	
19:00-19:30															SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30
19:30-20:00															SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00
20:00-20:30															SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30
20:30-21:00															SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00
21:00-21:30															SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30
21:30-22:00															SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00

Med reservation för ändringar

Fredag		O	1	2	3	4	5	6	7	8	9			24-nov					
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30					
06:30-07:00						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00		
07:00-07:30						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Apnea	07:00-07:30		
07:30-08:00						SPIF Master	SPIF Master	KTH	KTH	KTH	Evli	Apnea	07:30-08:00						
08:00-08:30						SPIF Master	SPIF Master	KTH	KTH	KTH	Evli	Apnea	08:00-08:30						
08:30-09:00	Lekbanor					Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	Skola	IDF Simskola	IDF Simskola	08:30-09:00	
09:00-09:30																IDF Simskola	IDF Simskola	09:00-09:30	
09:30-10:00																IDF Simskola	IDF Simskola	09:30-10:00	
10:00-10:30																		10:00-10:30	
10:30-11:00																		10:30-11:00	
11:00-11:30				11:00-11:30															
11:30-12:00				11:30-12:00															
12:00-12:30				12:00-12:30															
12:30-13:00		IDF Simskola	IDF Simskola	12:30-13:00															
13:00-13:30		IDF Simskola	IDF Simskola	13:00-13:30															
13:30-14:00	IDF Simskola	IDF Simskola	13:30-14:00																
14:00-14:30	IDF Simskola	IDF Simskola	14:00-14:30																
14:30-15:00	IDF Simskola	IDF Simskola	14:30-15:00																
15:00-15:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	Skola	SK Neptun	SK Neptun	15:00-15:30					
15:30-16:00												SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30												SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00												SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30																		SK Neptun	17:00-17:30
17:30-18:00																		SK Neptun	17:30-18:00
18:00-18:30																		SK Neptun	18:00-18:30
18:30-19:00																		SK Neptun	18:30-19:00
19:00-19:30												SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30
19:30-20:00												SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00
20:00-20:30	SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30											
							Neptun Masters	Neptun Masters	20:30-21:00										

Med reservation för ändringar

Lördag		O	1	2	3	4	5	6	7	8	9			25-nov	
07:30-08:00	Rundsim						SPIF	SPIF	SPIF	SPIF	SPIF			07:30-08:00	
08:00-08:30							SPIF	SPIF	SPIF	SPIF	SPIF			08:00-08:30	
08:30-09:00							SPIF	SPIF	SPIF	SPIF	SPIF	IDF Simskola	IDF Simskola	08:30-09:00	
09:00-09:30							SPIF	SPIF	SPIF	SPIF	SPIF	IDF Simskola	IDF Simskola	09:00-09:30	
09:30-10:00							SPIF	SPIF	SPIF	SPIF	SPIF	IDF Simskola	IDF Simskola	09:30-10:00	
10:00-10:30	Lekbanor	Bröstsims	Crawl	Crawl	Snabb-bana						Ariel FD	IDF Simskola	IDF Simskola	10:00-10:30	
10:30-11:00											Ariel FD	IDF Simskola	IDF Simskola	10:30-11:00	
11:00-11:30											Ariel FD	IDF Simskola	IDF Simskola	11:00-11:30	
11:30-12:00													IDF Simskola	IDF Simskola	11:30-12:00
12:00-12:30															12:00-12:30
12:30-13:00															12:30-13:00
13:00-13:30															13:00-13:30
13:30-14:00															13:30-14:00
14:00-14:30															14:00-14:30
14:30-15:00															14:30-15:00
15:00-15:30										15:00-15:30					
15:30-16:00										15:30-16:00					
16:00-16:30										16:00-16:30					
16:30-17:00										16:30-17:00					
17:00-17:30	Rundsim												17:00-17:30		
17:30-18:00													17:30-18:00		
18:00-18:30													18:00-18:30		
18:30-19:00													18:30-19:00		

Med reservation för ändringar

Söndag		O	1	2	3	4	5	6	7	8	9			26-nov					
07:30-08:00	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana									07:30-08:00					
08:00-08:30																		08:00-08:30	
08:30-09:00																			08:30-09:00
09:00-09:30																			09:00-09:30
09:30-10:00																			09:30-10:00
10:00-10:30																			10:00-10:30
10:30-11:00																			10:30-11:00
11:00-11:30	Lekbanor															IDF Samskola	IDF Samskola	11:00-11:30	
11:30-12:00																IDF Samskola	IDF Samskola	11:30-12:00	
12:00-12:30																IDF Samskola	IDF Samskola	12:00-12:30	
12:30-13:00																IDF Samskola	IDF Samskola	12:30-13:00	
13:00-13:30																		13:00-13:30	
13:30-14:00																	IDF Samskola	IDF Samskola	13:30-14:00
14:00-14:30											SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	IDF Samskola	IDF Samskola	14:00-14:30
14:30-15:00							SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	IDF Samskola	IDF Samskola	14:30-15:00				
15:00-15:30							SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH			15:00-15:30				
15:30-16:00							SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH			15:30-16:00				
16:00-16:30							Hellas Master	Hellas Master						16:00-16:30					
16:30-17:00							Hellas Master	Hellas Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	16:30-17:00					
17:00-17:30	Rundsim						SPIF Master	SPIF Master	SPIF Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:00-17:30					
17:30-18:00							SPIF Master	SPIF Master	SPIF Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:30-18:00					
18:00-18:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	18:00-18:30					
18:30-19:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	18:30-19:00					
19:00-19:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	19:00-19:30					
19:30-20:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	19:30-20:00					
20:00-20:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	20:00-20:30					
							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	20:30-21:00					

Med reservation för ändringar

Måndag		O	1	2	3	4	5	6	7	8	9			27-nov						
06:00-06:30	Rundsim					Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30					
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00	
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00							Running SWE	Running SWE	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli	Evli	Evli	Evli	Evli	Evli	Evli	07:30-08:00
08:00-08:30							Running SWE	Running SWE	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli	Evli	Evli	Evli	Evli	Evli	Evli	08:00-08:30
08:30-09:00																				08:30-09:00
09:00-09:30																				09:00-09:30
09:30-10:00																				09:30-10:00
10:00-10:30	Lekbanor	Bröstsimsim	Crawl	Crawl		Snabb-bana	Skola	Skola	Skola	Skola	Skola				10:00-10:30					
10:30-11:00															10:30-11:00					
11:00-11:30															11:00-11:30					
11:30-12:00															Runnig SWE	Runnig SWE	11:30-12:00			
12:00-12:30															Runnig SWE	Runnig SWE	12:00-12:30			
12:30-13:00																	12:30-13:00			
13:00-13:30															IDF Samskola	IDF Samskola	13:00-13:30			
13:30-14:00															IDF Samskola	IDF Samskola	13:30-14:00			
14:00-14:30	IDF Samskola	IDF Samskola	14:00-14:30																	
14:30-15:00	IDF Samskola	IDF Samskola	14:30-15:00																	
15:00-15:30	Rundsim					Snabb-bana	SPIF	SPIF	SPIF	SPIF	SK Neptun	IDF Samskola	IDF Samskola	15:00-15:30						
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	15:30-16:00						
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:00-16:30						
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:30-17:00						
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:00-17:30						
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:30-18:00						
18:00-18:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:00-18:30						
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:30-19:00						
19:00-19:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:00-19:30						
19:30-20:00							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:30-20:00						
20:00-20:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	20:00-20:30						
20:30-21:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	Hellas	Hellas	Hellas	20:30-21:00						
21:00-21:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	Apnea	Apnea	Apnea	21:00-21:30						
21:30-22:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	Apnea	Apnea	Apnea	21:30-22:00						

Med reservation för ändringar

Tisdag		O	1	2	3	4	5	6	7	8	9			28-nov			
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana									06:00-06:30			
06:30-07:00						SPIF Master	SCT	SCT	SCT	SCT	Ariel Fridyk	Ariel Fridyk	06:30-07:00				
07:00-07:30						SPIF Master	SCT	SCT	SCT	SCT	Ariel Fridyk	Ariel Fridyk	07:00-07:30				
07:30-08:00						SPIF Master	SPIF Master	Team Jarla	Team Jarla	Team Jarla	Ariel Fridyk	Ariel Fridyk	07:30-08:00				
08:00-08:30						SPIF Master	SPIF Master	Team Jarla	Team Jarla	Team Jarla	Ariel Fridyk	Ariel Fridyk	08:00-08:30				
08:30-09:00	Lekbanor					Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	IDF Samskola	IDF Samskola	08:30-09:00
09:00-09:30															IDF Samskola	IDF Samskola	09:00-09:30
09:30-10:00															IDF Samskola	IDF Samskola	09:30-10:00
10:00-10:30															IDF Samskola	IDF Samskola	10:00-10:30
10:30-11:00															IDF Samskola	IDF Samskola	10:30-11:00
11:00-11:30		IDF Samskola	IDF Samskola	11:00-11:30													
11:30-12:00		IDF Samskola	IDF Samskola	11:30-12:00													
12:00-12:30		SPIF Master	SPIF Master	12:00-12:30													
12:30-13:00		SPIF Master	SPIF Master	12:30-13:00													
13:00-13:30		IDF Samskola	IDF Samskola	13:00-13:30													
13:30-14:00	IDF Samskola	IDF Samskola	13:30-14:00														
14:00-14:30	IDF Samskola	IDF Samskola	14:00-14:30														
14:30-15:00	IDF Samskola	IDF Samskola	14:30-15:00														
15:00-15:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana	NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:00-15:30				
15:30-16:00						NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:30-16:00				
16:00-16:30						NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:00-16:30				
16:30-17:00						NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:30-17:00				
17:00-17:30						Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30				
17:30-18:00						Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00				
18:00-18:30						Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30				
18:30-19:00						Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00				
19:00-19:30						Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:00-19:30				
19:30-20:00						Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:30-20:00				
20:00-20:30	Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	IDF Samskola	20:00-20:30									
20:30-21:00	Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	IDF Samskola	20:30-21:00									
21:00-21:30						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30					
21:30-22:00						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00					

Med reservation för ändringar

Onsdag		O	1	2	3	4	5	6	7	8	9			29-nov					
06:00-06:30	Rundsim					Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30					
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00					
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30					
07:30-08:00							Team Jarla	Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	07:30-08:00					
08:00-08:30							Team Jarla	Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	08:00-08:30					
08:30-09:00							Lekbanor	Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	IDF Simskola	IDF Simskola	08:30-09:00
09:00-09:30																	IDF Simskola	IDF Simskola	09:00-09:30
09:30-10:00																	IDF Simskola	IDF Simskola	09:30-10:00
10:00-10:30																	IDF Simskola	IDF Simskola	10:00-10:30
10:30-11:00	IDF Simskola	IDF Simskola	10:30-11:00																
11:00-11:30			11:00-11:30																
11:30-12:00	Neptun Masters	Neptun Masters	11:30-12:00																
12:00-12:30	Neptun Masters	Neptun Masters	12:00-12:30																
12:30-13:00			12:30-13:00																
13:00-13:30			13:00-13:30																
13:30-14:00			13:30-14:00																
14:00-14:30			14:00-14:30																
14:30-15:00			14:30-15:00																
15:00-15:30	Rundsim				Snabb-bana		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30					
15:30-16:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00					
16:00-16:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30					
16:30-17:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	16:30-17:00					
17:00-17:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	17:00-17:30					
17:30-18:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	17:30-18:00					
18:00-18:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30					
18:30-19:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00					
19:00-19:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30					
19:30-20:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00					
20:00-20:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30					
20:30-21:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00					
21:00-21:30							Team TT	Team TT	Team TT	Apnea	Apnea	Apnea	Apnea	21:00-21:30					
21:30-22:00							Team TT	Team TT	Team TT	Apnea	Apnea	Apnea	Apnea	21:30-22:00					

Med reservation för ändringar

Torsdag		O	1	2	3	4	5	6	7	8	9			30-nov				
06:00-06:30	Rundsim	Bröstsim	Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters						06:00-06:30				
06:30-07:00						Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	06:30-07:00					
07:00-07:30						Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	07:00-07:30					
07:30-08:00						Neptun Masters	Neptun Masters	Neptun Masters	Running SWE	Running SWE	Running SWE	Running SWE	07:30-08:00					
08:00-08:30								Running SWE	Running SWE	Running SWE	Running SWE	08:00-08:30						
08:30-09:00	Lekbanor					Bröstsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	Skola	IDF Samskola	IDF Samskola	08:30-09:00
09:00-09:30																IDF Samskola	IDF Samskola	09:00-09:30
09:30-10:00																IDF Samskola	IDF Samskola	09:30-10:00
10:00-10:30																IDF Samskola	IDF Samskola	10:00-10:30
10:30-11:00																IDF Samskola	IDF Samskola	10:30-11:00
11:00-11:30																IDF Samskola	IDF Samskola	11:00-11:30
11:30-12:00																SPIF Master	SPIF Master	11:30-12:00
12:00-12:30																SPIF Master	SPIF Master	12:00-12:30
12:30-13:00																SPIF Master	SPIF Master	12:30-13:00
13:00-13:30																IDF Samskola	IDF Samskola	13:00-13:30
13:30-14:00																IDF Samskola	IDF Samskola	13:30-14:00
14:00-14:30																IDF Samskola	IDF Samskola	14:00-14:30
14:30-15:00	IDF Samskola					IDF Samskola	14:30-15:00											
15:00-15:30	Rundsim					Bröstsim	Crawl	Crawl	Snabb-bana	NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:00-15:30	
15:30-16:00										NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:30-16:00	
16:00-16:30		NEC	NEC	NEC	NEC					SK Neptun	SK Neptun	SK Neptun	16:00-16:30					
16:30-17:00		NEC	NEC	NEC	NEC					SK Neptun	SK Neptun	SK Neptun	16:30-17:00					
17:00-17:30		SPIF	SPIF	SPIF	SPIF					SPIF	SPIF	SPIF	17:00-17:30					
17:30-18:00		SPIF	SPIF	SPIF	SPIF					SPIF	SPIF	SPIF	17:30-18:00					
18:00-18:30		SPIF	SPIF	SPIF	SPIF					SPIF	SPIF	SPIF	18:00-18:30					
18:30-19:00		SPIF	SPIF	SPIF	SPIF					SPIF	SPIF	SPIF	18:30-19:00					
19:00-19:30		SPIF	SPIF	SPIF	SPIF					SK Neptun	SK Neptun	SK Neptun	19:00-19:30					
19:30-20:00		SPIF	SPIF	SPIF	SPIF					SK Neptun	SK Neptun	SK Neptun	19:30-20:00					
20:00-20:30		SPIF	SPIF	SPIF	SPIF					Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30					
20:30-21:00		SPIF Master	SPIF Master	SPIF Master	SPIF Master					Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00					
21:00-21:30	SPIF Master	SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30										
21:30-22:00	SPIF Master	SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00										

Med reservation för ändringar

Fredag			O	1	2	3	4	5	6	7	8	9			O1-dec			
06:00-06:30	Rundsim						Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30			
06:30-07:00								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00
07:00-07:30								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Apnea	07:00-07:30
07:30-08:00								SPIF Master	SPIF Master	KTH	KTH	KTH	Evli	Apnea	07:30-08:00			
08:00-08:30								SPIF Master	SPIF Master	KTH	KTH	KTH	Evli	Apnea	08:00-08:30			
08:30-09:00	Lekbanor		Bröstsimsim	Crawl	Crawl		Snabb-bana	Skola	Skola	Skola	Skola	Skola	IDF Simskola	IDF Simskola	08:30-09:00			
09:00-09:30													IDF Simskola	IDF Simskola	09:00-09:30			
09:30-10:00													IDF Simskola	IDF Simskola	09:30-10:00			
10:00-10:30															10:00-10:30			
10:30-11:00															10:30-11:00			
11:00-11:30															11:00-11:30			
11:30-12:00															11:30-12:00			
12:00-12:30															12:00-12:30			
12:30-13:00													IDF Simskola	IDF Simskola	12:30-13:00			
13:00-13:30													IDF Simskola	IDF Simskola	13:00-13:30			
13:30-14:00	IDF Simskola	IDF Simskola	13:30-14:00															
14:00-14:30	IDF Simskola	IDF Simskola	14:00-14:30															
14:30-15:00	IDF Simskola	IDF Simskola	14:30-15:00															
15:00-15:30	Rundsim						Snabb-bana	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30			
15:30-16:00								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00			
16:00-16:30								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30			
16:30-17:00								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00			
17:00-17:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30			
17:30-18:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00			
18:00-18:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30			
18:30-19:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00			
19:00-19:30								SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30			
19:30-20:00								SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00			
20:00-20:30	SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30										
										Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00				

Med reservation för ändringar

Lördag		O	1	2	3	4	5	6	7	8	9			O2-dec				
07:30-08:00	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana									07:30-08:00				
08:00-08:30																	08:00-08:30	
08:30-09:00												NEC	NEC	NEC	IDF Simskola	IDF Simskola	08:30-09:00	
09:00-09:30												Ariel FD	NEC	NEC	NEC	IDF Simskola	IDF Simskola	09:00-09:30
09:30-10:00												Ariel FD	NEC	NEC	NEC	IDF Simskola	IDF Simskola	09:30-10:00
10:00-10:30	Lekbanor										Ariel FD	NEC	NEC	NEC	IDF Simskola	IDF Simskola	10:00-10:30	
10:30-11:00											SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	10:30-11:00
11:00-11:30											SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	11:00-11:30
11:30-12:00											SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	11:30-12:00
12:00-12:30											SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH				12:00-12:30
12:30-13:00							SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH				12:30-13:00				
13:00-13:30							SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH				13:00-13:30				
13:30-14:00							SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH				13:30-14:00				
14:00-14:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF		14:00-14:30				
14:30-15:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF		14:30-15:00				
15:00-15:30						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF		15:00-15:30					
15:30-16:00						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF		15:30-16:00					
16:00-16:30								Bearing Point ksim	Bearing Point ksim	Bearing Point ksim	Sv. Simförb.	Sv. Simförb.	16:00-16:30					
16:30-17:00								Bearing Point ksim	Bearing Point ksim	Bearing Point ksim	Sv. Simförb.	Sv. Simförb.	16:30-17:00					
17:00-17:30	Rundsim							Bearing Point ksim	Bearing Point ksim	Bearing Point ksim	Sv. Simförb.	Sv. Simförb.	17:00-17:30					
17:30-18:00								Bearing Point ksim	Bearing Point ksim	Bearing Point ksim	Sv. Simförb.	Sv. Simförb.	17:30-18:00					
18:00-18:30													18:00-18:30					
18:30-19:00													18:30-19:00					

Med reservation för ändringar

Söndag		O	1	2	3	4	5	6	7	8	9		O3-dec		
07:30-08:00	Rundsim					Snabb-bana	Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	07:30-08:00	
08:00-08:30							Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	08:00-08:30	
08:30-09:00							Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	08:30-09:00	
09:00-09:30													Sv. Simförb.	Sv. Simförb.	09:00-09:30
09:30-10:00													Sv. Simförb.	Sv. Simförb.	09:30-10:00
10:00-10:30													Sv. Simförb.	Sv. Simförb.	10:00-10:30
10:30-11:00													Sv. Simförb.	Sv. Simförb.	10:30-11:00
11:00-11:30	Lekbanor	Bröstsimsim	Crawl	Crawl		Snabb-bana				Sv. Simförb.	Sv. Simförb.	IDF Simskola	IDF Simskola	11:00-11:30	
11:30-12:00										Sv. Simförb.	Sv. Simförb.	IDF Simskola	IDF Simskola	11:30-12:00	
12:00-12:30										Dykhuset	Dykhuset	IDF Simskola	IDF Simskola	12:00-12:30	
12:30-13:00										Dykhuset	Dykhuset	IDF Simskola	IDF Simskola	12:30-13:00	
13:00-13:30										Dykhuset	Dykhuset			13:00-13:30	
13:30-14:00										Dykhuset	Dykhuset	IDF Simskola	IDF Simskola	13:30-14:00	
14:00-14:30							SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	IDF Simskola	IDF Simskola	14:00-14:30	
14:30-15:00							SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	IDF Simskola	IDF Simskola	14:30-15:00	
15:00-15:30							SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH			15:00-15:30	
15:30-16:00							SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH			15:30-16:00	
16:00-16:30		Hellas Master	Hellas Master					16:00-16:30							
16:30-17:00		Hellas Master	Hellas Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	16:30-17:00							
17:00-17:30	Rundsim					Snabb-bana	SPIF Master	SPIF Master	SPIF Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:00-17:30	
17:30-18:00							SPIF Master	SPIF Master	SPIF Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:30-18:00	
18:00-18:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	18:00-18:30	
18:30-19:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	18:30-19:00	
19:00-19:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	19:00-19:30	
19:30-20:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	19:30-20:00	
20:00-20:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	20:00-20:30	
							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	20:30-21:00	

Med reservation för ändringar