

		Måndag											09-maj					
19		0	1	2	3	4	5	6	7	8	9							
06:00-06:30	Rundsim 06.00 - 10.00						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	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00								Atlas Copco	Atlas Copco	Team Snabbare	Team Snabbare	Evil	Evil	07:30-08:00				
08:00-08:30								Atlas Copco	Atlas Copco	Team Snabbare	Team Snabbare	Evil	Evil	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 10.00 - 15.00	Rundsim	Crawl	Snabbana	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00				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														12:30-13:00				
13:00-13:30														13:00-13:30				
13:30-14:00														13:00-13:35	Skolsim	13:30-14:00		
14:00-14:30														Skolsim	Skolsim	14:00-14:30		
14:30-15:00														Skolsim	Skolsim	14:30-15:00		
15:00-15:30	SPIF	SPIF	SPIF	SPIF	SK Neptun	Skolsim	Skolsim	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 Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	20:30-21:00										
21:00-21:30	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Apnea	Apnea	Apnea	21:00-21:30										
21:30-22:00	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Apnea	Apnea	Apnea	21:30-22:00										
Med Reservation för ändringar																		

19	Tisdag											10-maj					
	0	1	2	3	4	5	6	7	8	9							
06:00-06:30	Rundsim 06.00 - 10.00													06:00-06:30			
06:30-07:00						SPIF Masters	STH City	STH City	STH City	STH City	Ariel Fridyk	Ariel Fridyk	06:30-07:00				
07:00-07:30						SPIF Masters	STH City	STH City	STH City	STH City	Ariel Fridyk	Ariel Fridyk	07:00-07:30				
07:30-08:00						SPIF Masters	SPIF Masters	Team Jarla	Team Jarla	Team Jarla	Ariel Fridyk	Ariel Fridyk	07:30-08:00				
08:00-08:30						SPIF Masters	SPIF Masters	Team Jarla	Team Jarla	Team Jarla	Ariel Fridyk	Ariel Fridyk	08:00-08:30				
08:30-09:00	Lekbanor 10.00 - 15.00	Rundsim	Crawl	Svabbana	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skolsim	Skolsim	08:30-09:00				
09:00-09:30											Skolsim	Skolsim	09:00-09:30				
09:30-10:00											Skolsim	Skolsim	09:30-10:00				
10:00-10:30											Skolsim	Skolsim	10:00-10:30				
10:30-11:00											Skolsim	Skolsim	10:30-11:00				
11:00-11:30											Skolsim	Skolsim	11:00-11:30				
11:30-12:00											Skolsim	Skolsim	11:30-12:00				
12:00-12:30													12:00-12:30				
12:30-13:00													12:30-13:00				
13:00-13:30											Skolsim	Skolsim	13:00-13:30				
13:30-14:00											Skolsim	Skolsim	13:30-14:00				
14:00-14:30											Skolsim	Skolsim	14:00-14:30				
14:30-15:00											Skolsim	Skolsim	14:30-15:00				
15:00-15:30														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	Spårvägen	Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	17:00-17:30									
17:30-18:00	Spårvägen	Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	17:30-18:00									
18:00-18:30	Spårvägen	Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	18:00-18:30									
18:30-19:00	Spårvägen	Spårvägen	Spårvägen	Spårvägen	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	Simskola	20:00-20:30									
20:30-21:00	Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Simskola	20:30-21:00									
21:00-21:30								21:00-21:30									
21:30-22:00								21:30-22:00									
Med Reservation för ändringar																	

19	Onsdag												11-maj					
		0	1	2	3	4	5	6	7	8	9							
06:00-06:30	Rundsim 06.00 - 10.00						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	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00							Evil	Evil	Team Jarla	Team Jarla	Team Jarla	Team Snabbare	Team Snabbare	07:30-08:00				
08:00-08:30							Evil	Evil	Team Jarla	Team Jarla	Team Jarla	Team Snabbare	Team Snabbare	08:00-08:30				
08:30-09:00							Lekbanor 10.00 - 15.00	Rundsim	Crawl	Svinnbana	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skolsim	Skolsim
09:00-09:30	Skolsim	Skolsim	09:00-09:30															
09:30-10:00	Skolsim	Skolsim	09:30-10:00															
10:00-10:30	Skolsim	Skolsim	10:00-10:30															
10:30-11:00	Skolsim	Skolsim	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 15.00 - 21.30										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	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											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											TT Triathlon	TT Triathlon	TT Triathlon	Apnea	Apnea	Apnea	Apnea	21:00-21:30
21:30-22:00											TT Triathlon	TT Triathlon	TT Triathlon	Apnea	Apnea	Apnea	Apnea	21:30-22:00
Med Reservation för ändringar																		

		Torsdag											12-maj	
19		0	1	2	3	4	5	6	7	8	9			
06:00-06:30	Rundsim 06.00 - 10.00						Neptun Master	Neptun Master	Neptun Master					06:00-06:30
06:30-07:00							Neptun Master	Neptun Master	Neptun Master	STH City	STH City	STH City	STH City	06:30-07:00
07:00-07:30							Neptun Master	Neptun Master	Neptun Master	STH City	STH City	STH City	STH City	07:00-07:30
07:30-08:00							Neptun Master	Neptun Master	Neptun Master			Team Jarla	Team Jarla	07:30-08:00
08:00-08:30												Team Jarla	Team Jarla	08:00-08:30
08:30-09:00												Skolsim	Skolsim	08:30-09:00
09:00-09:30						Skolsim	Skolsim	09:00-09:30						
09:30-10:00						Skolsim	Skolsim	09:30-10:00						
10:00-10:30	Lekbanor 10.00 - 15.00	Rundsim	Crawl	Svabbana	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skolsim	Skolsim	10:00-10:30
10:30-11:00												Skolsim	Skolsim	10:30-11:00
11:00-11:30												Skolsim	Skolsim	11:00-11:30
11:30-12:00												SPIF Masters	SPIF Masters	11:30-12:00
12:00-12:30												SPIF Masters	SPIF Masters	12:00-12:30
12:30-13:00														12:30-13:00
13:00-13:30												Skolsim	Skolsim	13:00-13:30
13:30-14:00												Skolsim	Skolsim	13:30-14:00
14:00-14:30												Skolsim	Skolsim	14:00-14:30
14:30-15:00												Skolsim	Skolsim	14:30-15:00
15:00-15:30						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	17:00-17:30					
17:30-18:00						SPIF	SPIF	SPIF	17:30-18:00					
18:00-18:30						SPIF	SPIF	SPIF	18:00-18:30					
18:30-19:00						SPIF	SPIF	SPIF	18:30-19:00					
19:00-19:30						SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30		
19:30-20:00						SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00		
20:00-20:30						SPIF	SPIF	SPIF	Neptun Master	Neptun Master	Neptun Master	Neptun Master	20:00-20:30	
20:30-21:00						SPIF Masters	SPIF Masters	SPIF Masters	Neptun Master	Neptun Master	Neptun Master	Neptun Master	20:30-21:00	
21:00-21:30						SPIF Masters	SPIF Masters	SPIF Masters	Neptun Master	Neptun Master	Neptun Master	Neptun Master	21:00-21:30	
21:30-22:00						SPIF Masters	SPIF Masters	SPIF Masters	Neptun Master	Neptun Master	Neptun Master	Neptun Master	21:30-22:00	
Med Reservation för ändringar														

19	Fredag													13-maj													
		0	1	2	3	4	5	6	7	8	9																
06:00-06:30	Rundsim 06.00 - 10.00	Rundsim	Crawl	Svabbana			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	Neptun Masters	Neptun Masters	07:00-07:30									
07:30-08:00													SPIF Masters	SPIF Masters	Evil	Evil		07:30-08:00									
08:00-08:30													SPIF Masters	SPIF Masters	Evil	Evil		08:00-08:30									
08:30-09:00															Skolsim	Skolsim		08:30-09:00									
09:00-09:30															Skolsim	Skolsim		09:00-09:30									
09:30-10:00															Skolsim	Skolsim		09:30-10:00									
10:00-10:30							Lekbanor 10.00 - 15.00	Rundsim	Crawl	Svabbana			Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00			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																									Skolsim	Skolsim	12:00-12:30
12:30-13:00																									Skolsim	Skolsim	12:30-13:00
13:00-13:30																									Skolsim	Skolsim	13:00-13:30
13:30-14:00																									Skolsim	Skolsim	13:30-14:00
14:00-14:30																									Skolsim	Skolsim	14:00-14:30
14:30-15:00														14:30-15:00													
15:00-15:30	Rundsim 15.00 - 21.30	Rundsim	Crawl	Svabbana			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	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	SK Neptun	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	SK Neptun	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	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	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	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							SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30							
19:30-20:00							SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00							
20:00-20:30														Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30							
20:30-21:00	Med Reservation för ändringar													20:30-21:00													

19	Lördag											14-maj			
	0	1	2	3	4	5	6	7	8	9					
07:45-08:00												07:45-08:00			
08:00-08:30												08:00-08:30			
08:30-09:00	Rundsim 08.00 - 10.00												Avsim	Avsim	08:30-09:00
09:00-09:30													Simskola	Simskola	09:00-09:30
09:30-10:00												Simskola	Simskola	09:30-10:00	
10:00-10:30	Lekbanor 10.00 - 17.30												Simskola	Simskola	10:00-10:30
10:30-11:00													Simskola	Simskola	10:30-11:00
11:00-11:30													Simskola	Simskola	11:00-11:30
11:30-12:00													Simskola	Simskola	11:30-12:00
12:00-12:30													Avsim	Avsim	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												Avsim	Avsim	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														17:00-17:30	
17:30-18:00	Rundsim													17:30-18:00	
18:00-18:30													18:00-18:30		
18:30-19:00												18:30-19:00			
Med Reservation för ändringar															

19	Söndag											15-maj		
		0	1	2	3	4	5	6	7	8	9			
07:45-08:00													07:45-08:00	
08:00-08:30	Rundsim 08.00 - 10.00											Avsim	Avsim	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	Lekbanor 10.00 - 17.00	Bröstsim	Crawl				Avsim	Avsim	Avsim	Avsim	Avsim			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
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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	Rundsim 17.00 - 20.30						Avsim	Avsim	Avsim	Avsim	Avsim			15:30-16:00
16:00-16:30														16:00-16:30
16:30-17:00														16:30-17:00
17:00-17:30														17:00-17:30
17:30-18:00														17:30-18:00
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18:30-19:00														18:30-19:00
19:00-19:30														19:00-19:30
19:30-20:00														19:30-20:00
20:00-20:30														20:00-20:30

Med Reservation för ändringar

		Måndag											16-maj												
20		0	1	2	3	4	5	6	7	8	9														
06:00-06:30	Rundsim 06.00 - 10.00						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	Neptun Masters	Neptun Masters	07:00-07:30							
07:30-08:00	Lekbanor 10.00 - 15.00	Rundsim		Crawl		Snabbana		Atlas Copco	Atlas Copco	Team Snabbare	Team Snabbare	Evil	Evil	07:30-08:00											
08:00-08:30								Atlas Copco	Atlas Copco	Team Snabbare	Team Snabbare	Evil	Evil	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	Rundsim 15.00 - 21.30						Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00			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																							13.00-15.35	Skolsim	13:00-13:30
13:30-14:00																							Skolsim	Skolsim	13:30-14:00
14:00-14:30																							Skolsim	Skolsim	14:00-14:30
14:30-15:00																							Skolsim	Skolsim	14:30-15:00
15:00-15:30																		SPIF	SPIF	SPIF	SPIF	SK Neptun	Skolsim	Skolsim	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 Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	19:00-19:30											
19:30-20:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	19:30-20:00											
20:00-20:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	20:00-20:30											
20:30-21:00											Hellas	Hellas	Hellas	20:30-21:00											
21:00-21:30											Apnea	Apnea	Apnea	21:00-21:30											
21:30-22:00											Apnea	Apnea	Apnea	21:30-22:00											
Med Reservation för ändringar																									

20	Tisdag										17-maj						
		0	1	2	3	4	5	6	7	8		9					
06:00-06:30	Rundsim 06.00 - 10.00	Rundsim	Crawl	Svambana										06:00-06:30			
06:30-07:00					SPIF Masters	STH City	STH City	STH City	STH City	Ariel Fridyk	Ariel Fridyk	06:30-07:00					
07:00-07:30					SPIF Masters	STH City	STH City	STH City	STH City	Ariel Fridyk	Ariel Fridyk	07:00-07:30					
07:30-08:00					SPIF Masters	SPIF Masters	Team Jarla	Team Jarla	Team Jarla	Ariel Fridyk	Ariel Fridyk	07:30-08:00					
08:00-08:30					SPIF Masters	SPIF Masters	Team Jarla	Team Jarla	Team Jarla	Ariel Fridyk	Ariel Fridyk	08:00-08:30					
08:30-09:00	Lekbanor 10.00 - 15.00				Rundsim	Crawl	Svambana	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skolsim	Skolsim	08:30-09:00		
09:00-09:30													Skolsim	Skolsim	09:00-09:30		
09:30-10:00													Skolsim	Skolsim	09:30-10:00		
10:00-10:30													Skolsim	Skolsim	10:00-10:30		
10:30-11:00													Skolsim	Skolsim	10:30-11:00		
11:00-11:30		Skolsim	Skolsim	11:00-11:30													
11:30-12:00		Skolsim	Skolsim	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 15.00 - 21.30	Rundsim	Crawl	Svambana	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	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										Spårvägen	Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00										Spårvägen	Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30										Spårvägen	Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00										Spårvägen	Spårvägen	Spårvägen	Spårvägen	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	Simskola	20:00-20:30									
20:30-21:00	Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Simskola	20:30-21:00									
21:00-21:30								21:00-21:30									
21:30-22:00								21:30-22:00									
Med Reservation för ändringar																	

20	Onsdag												18-maj				
		0	1	2	3	4	5	6	7	8	9						
06:00-06:30	Rundsim 06.00 - 10.00	Rundsim	Crawl	Svambana	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	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	07:00-07:30	
07:30-08:00					Evil	Evil	Team Jarla	Team Jarla	Team Jarla	Team Snabbare	Team Snabbare	07:30-08:00					
08:00-08:30					Evil	Evil	Team Jarla	Team Jarla	Team Jarla	Team Snabbare	Team Snabbare	08:00-08:30					
08:30-09:00					Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skolsim	Skolsim	08:30-09:00				
09:00-09:30											Skolsim	Skolsim	09:00-09:30				
09:30-10:00											Skolsim	Skolsim	09:30-10:00				
10:00-10:30											Skolsim	Skolsim	10:00-10:30				
10:30-11:00	Skolsim	Skolsim	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 15.00 - 21.30	Rundsim	Crawl	Svambana	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	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	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	16.30-18.10	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	Simskola	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	Simskola	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	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	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	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	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	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	20:30-21:00
21:00-21:30					TT Triathlon	TT Triathlon	TT Triathlon	Apnea	Apnea	Apnea	Apnea	Apnea	Apnea	Apnea	Apnea	Apnea	21:00-21:30
21:30-22:00					TT Triathlon	TT Triathlon	TT Triathlon	Apnea	Apnea	Apnea	Apnea	Apnea	Apnea	Apnea	Apnea	Apnea	21:30-22:00
Med Reservation för ändringar																	

		Torsdag											19-maj	
20		0	1	2	3	4	5	6	7	8	9			
06:00-06:30	Rundsim 06.00 - 10.00						Neptun Master	Neptun Master	Neptun Master					06:00-06:30
06:30-07:00							Neptun Master	Neptun Master	Neptun Master	STH City	STH City	STH City	STH City	06:30-07:00
07:00-07:30							Neptun Master	Neptun Master	Neptun Master	STH City	STH City	STH City	STH City	07:00-07:30
07:30-08:00							Neptun Master	Neptun Master	Neptun Master			Team Jarla	Team Jarla	07:30-08:00
08:00-08:30												Team Jarla	Team Jarla	08:00-08:30
08:30-09:00												Skolsim	Skolsim	08:30-09:00
09:00-09:30						Skolsim	Skolsim	09:00-09:30						
09:30-10:00						Skolsim	Skolsim	09:30-10:00						
10:00-10:30	Lekbanor 10.00 - 15.00	Rundsim	Crawl	Svabbana	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skolsim	Skolsim	10:00-10:30
10:30-11:00												Skolsim	Skolsim	10:30-11:00
11:00-11:30												Skolsim	Skolsim	11:00-11:30
11:30-12:00												SPIF Masters	SPIF Masters	11:30-12:00
12:00-12:30												SPIF Masters	SPIF Masters	12:00-12:30
12:30-13:00														12:30-13:00
13:00-13:30												Skolsim	Skolsim	13:00-13:30
13:30-14:00												Skolsim	Skolsim	13:30-14:00
14:00-14:30												Skolsim	Skolsim	14:00-14:30
14:30-15:00												Skolsim	Skolsim	14:30-15:00
15:00-15:30						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	17:00-17:30					
17:30-18:00						SPIF	SPIF	SPIF	17:30-18:00					
18:00-18:30						SPIF	SPIF	SPIF	18:00-18:30					
18:30-19:00						SPIF	SPIF	SPIF	18:30-19:00					
19:00-19:30						SPIF	SPIF	SPIF	19:00-19:30					
19:30-20:00						SPIF	SPIF	SPIF	19:30-20:00					
20:00-20:30						SPIF	SPIF	SPIF	20:00-20:30					
20:30-21:00						SPIF	SPIF	SPIF	20:30-21:00					
21:00-21:30						SPIF	SPIF	SPIF	21:00-21:30					
21:30-22:00						SPIF	SPIF	SPIF	21:30-22:00					
Med Reservation för ändringar														

20	Fredag													20-maj			
		0	1	2	3	4	5	6	7	8	9						
06:00-06:30	Rundsim 06.00 - 10.00	Rundsim	Crawl	Svabbana			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	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	07:00-07:30
07:30-08:00												SPIF Masters	SPIF Masters	Evil	Evil	07:30-08:00	
08:00-08:30												SPIF Masters	SPIF Masters	Evil	Evil	08:00-08:30	
08:30-09:00														Skolsim	Skolsim	08:30-09:00	
09:00-09:30														Skolsim	Skolsim	09:00-09:30	
09:30-10:00														Skolsim	Skolsim	09:30-10:00	
10:00-10:30							Lekbanor 10.00 - 15.00	Rundsim	Crawl	Svabbana		Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00	Skola 08.30-15.00
10:30-11:00		Tullgårdsskolan	10:30-11:00														
11:00-11:30		Tullgårdsskolan	11:00-11:30														
11:30-12:00		Tullgårdsskolan	11:30-12:00														
12:00-12:30		Skolsim	Skolsim	12:00-12:30													
12:30-13:00		Skolsim	Skolsim	12:30-13:00													
13:00-13:30		Skolsim	Skolsim	13:00-13:30													
13:30-14:00		Skolsim	Skolsim	13:30-14:00													
14:00-14:30		Skolsim	Skolsim	14:00-14:30													
14:30-15:00													14:30-15:00				
15:00-15:30	Rundsim 15.00 - 21.30	Rundsim	Crawl	Svabbana			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 Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30			
19:30-20:00							SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00			
20:00-20:30												Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30	
20:30-21:00	Med Reservation för ändringar													20:30-21:00			

20	Lördag										21-maj						
	0	1	2	3	4	5	6	7	8	9							
07:45-08:00												07:45-08:00					
08:00-08:30												08:00-08:30					
08:30-09:00	Rundsim 08.00 - 10.00	Bröstsim	Crawl		Snabbana			NEC	NEC	NEC		08:30-09:00					
09:00-09:30								NEC	NEC	NEC	Simskola	Simskola	09:00-09:30				
09:30-10:00											NEC	NEC	NEC	Simskola	Simskola	09:30-10:00	
10:00-10:30												NEC	NEC	NEC	Simskola	Simskola	10:00-10:30
10:30-11:00												SPIF	SPIF	SPIF	Simskola	Simskola	10:30-11:00
11:00-11:30												SPIF	SPIF	SPIF	Simskola	Simskola	11:00-11:30
11:30-12:00												SPIF	SPIF	SPIF	Simskola	Simskola	11:30-12:00
12:00-12:30												SPIF	SPIF	SPIF			12:00-12:30
12:30-13:00																	12:30-13:00
13:00-13:30	Lekbanor 10.00 - 17.30																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																	

20	Söndag										22-maj					
		0	1	2	3	4	5	6	7	8		9				
07:45-08:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	TT Triathlon	TT Triathlon	TT Triathlon	07:45-08:00		
08:00-08:30	Rundsim 08.00 - 10.00	Bröstsimsim	Crawl	Svabbana			Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	TT Triathlon	TT Triathlon	TT Triathlon	08:00-08:30		
08:30-09:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	TT Triathlon	TT Triathlon	TT Triathlon	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														Simskola	Simskola	11:00-11:30
11:30-12:00														Simskola	Simskola	11:30-12:00
12:00-12:30														Simskola	Simskola	12:00-12:30
12:30-13:00																12:30-13:00
13:00-13:30	Lekbanor 10.00 - 17.00													13:00-13:30		
13:30-14:00												Simskola	Simskola	13:30-14:00		
14:00-14:30							SK Neptun MR	SK Neptun MR	SK Neptun MR	SK Neptun MR	SK Neptun MR	Simskola	Simskola	14:00-14:30		
14:30-15:00							SK Neptun MR	SK Neptun MR	SK Neptun MR	SK Neptun MR	SK Neptun MR	Simskola	Simskola	14:30-15:00		
15:00-15:30							SK Neptun MR	SK Neptun MR	SK Neptun MR	SK Neptun MR	SK Neptun MR	Team Jarla	Team Jarla	15:00-15:30		
15:30-16:00						SK Neptun MR	SK Neptun MR	SK Neptun MR	SK Neptun MR	SK Neptun MR	Team Jarla	Team Jarla	15:30-16:00			
16:00-16:30							Hellas Masters	Hellas Masters						16:00-16:30		
16:30-17:00							Hellas Masters	Hellas Masters	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	16:30-17:00		
17:00-17:30									STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	17:00-17:30		
17:30-18:00	Rundsim 17.00 - 20.30						SPIF Masters	SPIF Masters	SPIF Masters	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	17:30-18:00		
18:00-18:30							SPIF Masters	SPIF Masters	SPIF Masters		SPIF Triathlon	SPIF Triathlon	SPIF Triathlon	18:00-18:30		
18:30-19:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Triathlon	SPIF Triathlon	SPIF Triathlon	18:30-19:00		
19:00-19:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Triathlon	SPIF Triathlon	SPIF Triathlon	19:00-19:30		
19:30-20:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	19:30-20:00		
20:00-20:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	20:00-20:30		
							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters			

Med Reservation för ändringar