

19	Måndag																			09-maj	
	O	1		2		3		4		5		6		7		8		9			
06:00-06:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	06:00-06:30	
06:30-07:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF									06:30-07:00	
07:00-07:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF									07:00-07:30	
07:30-08:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF									07:30-08:00	
08:00-08:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC									08:00-08:30	
08:30-09:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC									08:30-09:00	
09:00-09:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC									09:00-09:30	
09:30-10:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC	09:30-10:00									
10:00-10:30	Spårvägen											Snabbbana	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Rundsims	
10:30-11:00	Spårvägen																			10:00-10:30	
11:00-11:30	Spårvägen																			10:30-11:00	
11:30-12:00	Spårvägen																			11:00-11:30	
12:00-12:30																				11:30-12:00	
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15:00-15:30												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	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	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	16:30-17:00
17:00-17:30	Spårvägen	Spårvägen	Spårvägen	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	Spårvägen	Spårvägen	Spårvägen	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	Spårvägen	Spårvägen	Spårvägen	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	Spårvägen	Spårvägen	Spårvägen	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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																				19:00-19:30	
19:30-20:00																				19:30-20:00	
20:00-20:30	Hellas vattenpolo 19.00-21.00																			20:00-20:30	
20:30-21:00																				20:30-21:00	
21:00-21:30	Hellas Vattenpolo Herr 21.00-22.00																			21:00-21:30	
21:30-22:00																				21:30-22:00	
<b>Med Reservation för ändringar</b>																					

19	Tisdag																			10-maj
	O	1		2		3		4		5		6		7		8		9		
06:00-06:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	06:00-06:30
06:30-07:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF									06:30-07:00
07:00-07:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF									07:00-07:30
07:30-08:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF									07:30-08:00
08:00-08:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC									08:00-08:30
08:30-09:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC									08:30-09:00
09:00-09:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC									09:00-09:30
09:30-10:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC	09:30-10:00								
10:00-10:30												Snabbbana	Crawl	Bröstsims	Rundsims	Rundsims	Rundsims	Rundsims	10:00-10:30	
10:30-11:00																			10:30-11:00	
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15:00-15:30	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	15:00-15:30
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	15:30-16:00
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	16:00-16:30
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	16:30-17:00
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	17:00-17:30
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	18:30-19:00
19:00-19:30	SKK vattenpolo 19.00-21.00																			19:00-19:30
19:30-20:00	SKK vattenpolo 19.00-21.00																			19:30-20:00
20:00-20:30	SKK vattenpolo 19.00-21.00																			20:00-20:30
20:30-21:00	SKK vattenpolo 19.00-21.00																			20:30-21:00
21:00-21:30	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	21:00-21:30
21:30-22:00	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	21:30-22:00
<b>Med Reservation för ändringar</b>																				

19	Onsdag																			11-maj	
	O	1		2		3		4		5		6		7		8		9			
06:00-06:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	06:00-06:30	
06:30-07:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF									06:30-07:00	
07:00-07:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF									07:00-07:30	
07:30-08:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF									07:30-08:00	
08:00-08:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC									08:00-08:30	
08:30-09:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC									08:30-09:00	
09:00-09:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC									09:00-09:30	
09:30-10:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC									09:30-10:00	
10:00-10:30	Spärvägen	Södertörn										Snabbbana	Crawl	Bröstsims	Rundsims	Rundsims	Rundsims	Rundsims	Rundsims	10:00-10:30	
10:30-11:00	Spärvägen	Södertörn																		10:30-11:00	
11:00-11:30	Spärvägen	Södertörn																		11:00-11:30	
11:30-12:00	Spärvägen	Södertörn																		11:30-12:00	
12:00-12:30																				12:00-12:30	
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15:00-15:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	15:00-15:30
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	15:30-16:00
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	16:00-16:30
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	16:30-17:00
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	17:00-17:30
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	18:30-19:00
19:00-19:30	SK Neptun vattenpolo 19.00-21.00																			19:00-19:30	
19:30-20:00	SK Neptun vattenpolo 19.00-21.00																			19:30-20:00	
20:00-20:30	SK Neptun vattenpolo 19.00-21.00																			20:00-20:30	
20:30-21:00	SK Neptun vattenpolo 19.00-21.00																			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	Torsdag																			12-maj	
	O	1		2		3		4		5		6		7		8		9			
06:00-06:30	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF		Crawl	Crawl	Rundsim	Rundsim	Rundsim	Rundsim	Rundsim	06:00-06:30	
06:30-07:00	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF									06:30-07:00	
07:00-07:30	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF									07:00-07:30	
07:30-08:00	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF									07:30-08:00	
08:00-08:30	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC									08:00-08:30	
08:30-09:00	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC									08:30-09:00	
09:00-09:30	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC									09:00-09:30	
09:30-10:00	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC		09:30-10:00								
10:00-10:30													Snabbana	Crawl	Rundsim	Rundsim	Rundsim	Rundsim	10:00-10:30		
10:30-11:00																			10:30-11:00		
11:00-11:30																			11:00-11:30		
11:30-12:00	Länsförsäkringar		Länsförsäkringar																11:30-12:00		
12:00-12:30	Länsförsäkringar		Länsförsäkringar																12:00-12:30		
12:30-13:00																			12:30-13:00		
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15:00-15:30	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	SK Neptun	15:00-15:30	
15:30-16:00	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	SK Neptun	15:30-16:00	
16:00-16:30	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	SK Neptun	16:00-16:30	
16:30-17:00	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	SK Neptun	16:30-17:00	
17:00-17:30	SKK	SKK	SKK	SKK	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	SK Neptun	SK Neptun	17:00-17:30	
17:30-18:00	SKK	SKK	SKK	SKK	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	SK Neptun	SK Neptun	17:30-18:00	
18:00-18:30	SKK	SKK	SKK	SKK	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	SK Neptun	SK Neptun	18:00-18:30	
18:30-19:00	SKK	SKK	SKK	SKK	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	SK Neptun	SK Neptun	18:30-19:00	
19:00-19:30																				19:00-19:30	
19:30-20:00	SPIF vattenpolo 19.00-21.00																			19:30-20:00	
20:00-20:30																				20:00-20:30	
20:30-21:00																				20:30-21:00	
21:00-21:30	STH City		STH City		STH City		STH City		STH City		STH Dolphins		STH Dolphins		STH Dolphins		SPIF Triathlon		SPIF Triathlon		21:00-21:30
21:30-22:00	STH City		STH City		STH City		STH City		STH City		STH Dolphins		STH Dolphins		STH Dolphins		SPIF Triathlon		SPIF Triathlon		21:30-22:00
<b>Med Reservation för ändringar</b>																					

19	Fredag									13-maj	
	0	1	2	3	4	5	6	7	8		9
06:00-06:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF	Crawl	Crawl	Rundsim		06:00-06:30
06:30-07:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF					06:30-07:00
07:00-07:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF					07:00-07:30
07:30-08:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF					07:30-08:00
08:00-08:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC					08:00-08:30
08:30-09:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC					08:30-09:00
09:00-09:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC					09:00-09:30
09:30-10:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC					09:30-10:00
10:00-10:30	Ariel Fridyk	Spårvägen				Snabbana				10:00-10:30	
10:30-11:00	Ariel Fridyk	Spårvägen								10:30-11:00	
11:00-11:30		Spårvägen								11:00-11:30	
11:30-12:00		Spårvägen								11:30-12:00	
12:00-12:30	Neptuniaden 12.00-21.00									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	
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18:00-18:30										18:00-18:30	
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										
20:30-21:00	20:30-21:00										
<b>Med Reservation för ändringar</b>											

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											08:30-09:00
09:00-09:30											09:00-09:30
09:30-10:00											09:30-10:00
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17:00-17:30											17:00-17:30
17:30-18:00											17:30-18:00
18:00-18:30											18:00-18:30
18:30-20:00											18:30-20:00
Neptuniaden 07.45-20.00											
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											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
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14:30-15:00											14:30-15:00
15:00-15:30											15:00-15:30
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17:00-17:30											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
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											

Neptuniaden 07.45-20.00

20	Måndag																			16-maj
	0		1		2		3		4		5		6		7		8		9	
06:00-06:30	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF		Crawl		Crawl		Rundsims			06:00-06:30
06:30-07:00	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF									06:30-07:00
07:00-07:30	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF									07:00-07:30
07:30-08:00	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF									07:30-08:00
08:00-08:30	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC									08:00-08:30
08:30-09:00	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC									08:30-09:00
09:00-09:30	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC									09:00-09:30
09:30-10:00	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC		09:30-10:00							
10:00-10:30	Spårvägen										Snabbbana		Crawl		Bröstsims				10:00-10:30	
10:30-11:00	Spårvägen																		10:30-11:00	
11:00-11:30	Spårvägen																		11:00-11:30	
11:30-12:00	Spårvägen																		11:30-12:00	
12:00-12:30																			12:00-12:30	
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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							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		15:30-16:00	
16:00-16:30							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		16:30-17:00	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
17:00-17:30	Spårvägen	Spårvägen	Spårvägen	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	Spårvägen	Spårvägen	Spårvägen	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	Spårvägen	Spårvägen	Spårvägen	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	Spårvägen	Spårvägen	Spårvägen	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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																				19:00-19:30
19:30-20:00																				19:30-20:00
20:00-20:30	Hellas vattenpolo 19.00-21.00																			20:00-20:30
20:30-21:00																				20:30-21:00
21:00-21:30	Hellas Vattenpolo Herr 21.00-22.00																			21:00-21:30
21:30-22:00																				21:30-22:00
<b>Med Reservation för ändringar</b>																				



20	Tisdag																			17-maj
	0		1		2		3		4		5		6		7		8		9	
06:00-06:30	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF		Crawl		Crawl		Rundsim		9	06:00-06:30
06:30-07:00	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF									06:30-07:00
07:00-07:30	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF									07:00-07:30
07:30-08:00	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF									07:30-08:00
08:00-08:30	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC									08:00-08:30
08:30-09:00	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC									08:30-09:00
09:00-09:30	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC									09:00-09:30
09:30-10:00	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC		09:30-10:00							
10:00-10:30											Snabbbana		Crawl		Bröstsims		Rundsim		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	
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13:30-14:00																			13:30-14:00	
14:00-14:30											14:00-14:30									
14:30-15:00											14:30-15:00									
	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>	<i>18</i>	<i>19</i>	
15:00-15:30	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	15:00-15:30
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	15:30-16:00
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	16:00-16:30
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	16:30-17:00
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	17:00-17:30
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	18:30-19:00
19:00-19:30	SKK vattenpolo 19.00-21.00																			19:00-19:30
19:30-20:00																				19:30-20:00
20:00-20:30																				20:00-20:30
20:30-21:00																				20:30-21:00
21:00-21:30	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	21:00-21:30
21:30-22:00	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH City	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	STH Dolphins	21:30-22:00
<b>Med Reservation för ändringar</b>																				

20	Onsdag																			18-maj	
	O	1		2		3		4		5		6		7		8		9			
06:00-06:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	06:00-06:30	
06:30-07:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF									06:30-07:00	
07:00-07:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF									07:00-07:30	
07:30-08:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF									07:30-08:00	
08:00-08:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC									08:00-08:30	
08:30-09:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC									08:30-09:00	
09:00-09:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC									09:00-09:30	
09:30-10:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC	NEC	NEC	NEC	NEC	09:30-10:00									
10:00-10:30	Spärvägen	Södertörn									Snabbbana	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Crawl	Rundsims	
10:30-11:00	Spärvägen	Södertörn																		10:00-10:30	
11:00-11:30	Spärvägen	Södertörn																		10:30-11:00	
11:30-12:00	Spärvägen	Södertörn																		11:00-11:30	
12:00-12:30																				11:30-12:00	
12:30-13:00																				12:00-12:30	
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13:30-14:00											13:00-13:30										
14:00-14:30											13:30-14:00										
14:30-15:00											14:00-14:30										
																					14:30-15:00
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
15:00-15:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	15:00-15:30
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	15:30-16:00
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	16:00-16:30
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	16:30-17:00
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	17:00-17:30
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	18:30-19:00
19:00-19:30	SK Neptun vattenpolo 19.00-21.00																			19:00-19:30	
19:30-20:00	SK Neptun vattenpolo 19.00-21.00																			19:30-20:00	
20:00-20:30	SK Neptun vattenpolo 19.00-21.00																			20:00-20:30	
20:30-21:00	SK Neptun vattenpolo 19.00-21.00																			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	Torsdag																			19-maj	
	O	1		2		3		4		5		6		7		8		9			
06:00-06:30	Neptun/SPIF	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF		Crawl		Crawl		Rundsim				06:00-06:30	
06:30-07:00	Neptun/SPIF	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF										06:30-07:00	
07:00-07:30	Neptun/SPIF	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF										07:00-07:30	
07:30-08:00	Neptun/SPIF	Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		Neptun/SPIF		NEC/Neptun/SPIF										07:30-08:00	
08:00-08:30	Neptun/SPIF	Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC										08:00-08:30	
08:30-09:00	Neptun/SPIF	Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC										08:30-09:00	
09:00-09:30	Neptun/SPIF	Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC										09:00-09:30	
09:30-10:00	Neptun/SPIF	Neptun/SPIF		Neptun/SPIF		NEC		NEC		NEC										09:30-10:00	
10:00-10:30												Snabbana		Crawl		Bröstsims				10:00-10:30	
10:30-11:00																				10:30-11:00	
11:00-11:30																				11:00-11:30	
11:30-12:00	Länsförsäkringar	Länsförsäkringar																		11:30-12:00	
12:00-12:30	Länsförsäkringar	Länsförsäkringar																		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									
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
15:00-15:30	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	SK Neptun	15:00-15:30	
15:30-16:00	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	SK Neptun	15:30-16:00	
16:00-16:30	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	SK Neptun	16:00-16:30	
16:30-17:00	SPIF	SPIF	SPIF	SPIF	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	SK Neptun	SK Neptun	16:30-17:00	
17:00-17:30	SKK	SKK	SKK	SKK	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	SK Neptun	SK Neptun	17:00-17:30	
17:30-18:00	SKK	SKK	SKK	SKK	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	SK Neptun	SK Neptun	17:30-18:00	
18:00-18:30	SKK	SKK	SKK	SKK	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	SK Neptun	SK Neptun	18:00-18:30	
18:30-19:00	SKK	SKK	SKK	SKK	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	SK Neptun	SK Neptun	18:30-19:00	
19:00-19:30																				19:00-19:30	
19:30-20:00	SPIF vattenpolo 19.00-21.00																			19:30-20:00	
20:00-20:30																				20:00-20:30	
20:30-21:00																				20:30-21:00	
21:00-21:30	STH City	STH City		STH City		STH City		STH City		STH City		STH Dolphins		STH Dolphins		STH Dolphins		SPIF Triathlon		SPIF Triathlon	21:00-21:30
21:30-22:00	STH City	STH City		STH City		STH City		STH City		STH City		STH Dolphins		STH Dolphins		STH Dolphins		SPIF Triathlon		SPIF Triathlon	21:30-22:00
<b>Med Reservation för ändringar</b>																					

20	Fredag										20-maj
	0	1	2	3	4	5	6	7	8	9	
06:00-06:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF	Crawl	Crawl	Rundsim	Rundsim	06:00-06:30
06:30-07:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF					06:30-07:00
07:00-07:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF					07:00-07:30
07:30-08:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC/Neptun/SPIF					07:30-08:00
08:00-08:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC					08:00-08:30
08:30-09:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC					08:30-09:00
09:00-09:30	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC					09:00-09:30
09:30-10:00	Neptun/SPIF	Neptun/SPIF	Neptun/SPIF	NEC	NEC	NEC					09:30-10:00
10:00-10:30	Ariel Fridyk	Spårvägen					Crawl	Crawl	Rundsim	Rundsim	10:00-10:30
10:30-11:00	Ariel Fridyk	Spårvägen									10:30-11:00
11:00-11:30		Spårvägen									11:00-11:30
11:30-12:00	SPIF Triathlon	SPIF Triathlon									11:30-12:00
12:00-12:30	SPIF Triathlon	SPIF Triathlon									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	NEC	NEC	NEC	Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00	NEC	NEC	NEC	Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30	NEC	NEC	NEC	Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00	NEC	NEC	NEC	Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30	SM-Finaler Vattenpolo 17.00-21.00										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
19:00-19:30											19:00-19:30
19:30-20:00											19:30-20:00
20:00-20:30											20:00-20:30
20:30-21:00											20:30-21:00
<b>Med Reservation för ändringar</b>											

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											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
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16:30-17:00											16:30-17:00
17:00-17:30											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										

SM-Finaler vattenpolo 08.00-19.00

20	Söndag									22-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											08:30-09:00
09:00-09:30											09:00-09:30
09:30-10:00											09:30-10:00
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10:30-11:00											10:30-11:00
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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
18:00-18:30	STH City	STH City	STH City	STH City	STH City	STH City	STH City	SK Neptun VP	SK Neptun VP	Ävsjö AIK	18:00-18:30
18:30-19:00	STH City	STH City	STH City	STH City	STH City	STH City	STH City	SK Neptun VP	SK Neptun VP	Ävsjö AIK	18:30-19:00
19:00-19:30	STH City	STH City	STH City	STH City	STH City	STH City	STH City	SK Neptun VP	SK Neptun VP	Ävsjö AIK	19:00-19:30
19:30-20:00	Apnea	Apnea	Apnea	Apnea	Neptun Masters	Neptun Masters	Neptun Masters	Ävsjö AIK	Ävsjö AIK	Ävsjö AIK	19:30-20:00
20:00-20:30	Apnea	Apnea	Apnea	Apnea	Neptun Masters	Neptun Masters	Neptun Masters	Ävsjö AIK	Ävsjö AIK	Ävsjö AIK	20:00-20:30
SM-Finaler vattenpolo 08.00-17.00											
Med Reservation för ändringar											