

| Måndag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 11-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 | 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 | | | | | | | | Running SWE | Running SWE | Team Snabbare | Team Snabbare | Evli | Evli | 07:30-08:00 | | | | | |
| 08:00-08:30 | | | | | | | | Running SWE | Running SWE | Team Snabbare | Team Snabbare | Evli | Evli | 08:00-08:30 | | | | | |
| 08:30-09:00 | | | | | | | Lek | Bröstsims | Crawl | Crawl | Snabb-bana | Skola | Skola | Skola | Skola | Skola | IDF Skolsim | IDF Skolsim | 08:30-09:00 |
| 09:00-09:30 | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 |
| 09:30-10:00 | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 |
| 10:00-10:30 | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 10:00-10:30 |
| 10:30-11:00 | IDF Skolsim | IDF Skolsim | 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 Skolsim | IDF Skolsim | 13:00-13:30 | | | | | | | | | | | | | | | | |
| 13:30-14:00 | IDF Skolsim | IDF Skolsim | 13:30-14:00 | | | | | | | | | | | | | | | | |
| 14:00-14:30 | IDF Skolsim | IDF Skolsim | 14:00-14:30 | | | | | | | | | | | | | | | | |
| 14:30-15:00 | IDF Skolsim | IDF Skolsim | 14:30-15:00 | | | | | | | | | | | | | | | | |
| 15:00-15:30 | Rundsim | | | | Snabb-bana | | SPIF | SPIF | SPIF | SPIF | SK Neptun | IDF Skolsim | IDF 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

| Tisdag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12-nov | | | | |
|-------------|---------|----------|-------|-------|------------|--------------|--------------|------------|------------|--------------|-------------|-------------|--------------|-------------|-----------|--------------|--------------|-------------|
| 06:00-06:30 | Rundsim | Bröstsim | Crawl | Crawl | Snabb-bana | | | | | | | | | 06:00-06:30 | | | | |
| 06:30-07:00 | | | | | | SPIF Masters | SCT | SCT | SCT | SCT | APNEA | APNEA | 06:30-07:00 | | | | | |
| 07:00-07:30 | | | | | | SPIF Masters | SCT | SCT | SCT | SCT | APNEA | APNEA | 07:00-07:30 | | | | | |
| 07:30-08:00 | | | | | | SPIF Masters | SPIF Masters | Team Jarla | Team Jarla | SPIF Masters | APNEA | APNEA | 07:30-08:00 | | | | | |
| 08:00-08:30 | | | | | | SPIF Masters | SPIF Masters | Team Jarla | Team Jarla | SPIF Masters | APNEA | APNEA | 08:00-08:30 | | | | | |
| 08:30-09:00 | | | | | | | | | | IDF Skolsim | IDF Skolsim | 08:30-09:00 | | | | | | |
| 09:00-09:30 | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 | | | | | | |
| 09:30-10:00 | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 | | | | | | |
| 10:00-10:30 | Lek | | | | | | | | | | | | | | | | | 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 | | | | | | | | | | | | | | | | SPIF Masters | SPIF Masters | 12:00-12:30 |
| 12:30-13:00 | | | | | | | | | | | | | | | | SPIF Masters | SPIF Masters | 12:30-13:00 |
| 13:00-13:30 | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 13:00-13:30 |
| 13:30-14:00 | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 13:30-14:00 |
| 14:00-14:30 | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 14:00-14:30 |
| 14:30-15:00 | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 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 | 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 Simskola | 20:00-20:30 | | | | |
| 20:30-21:00 | | | | | | | Älvsjö AIK | Älvsjö AIK | Älvsjö AIK | Hellas | Hellas | Hellas | IDF 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

| Onsdag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 13-nov | | | | |
|-------------|-------------|-------------|-------------|-------|------------|-----------|-------------------|-------------------|-------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-------------|
| 06:00-06:30 | Rundsim | | | | | | 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 | | | | | | | 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 | Skola | Skola | Skola | Skola | Skola | Skola | Skola | IDF Skolsim | IDF Skolsim | 08:30-09:00 | |
| 09:00-09:30 | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 | |
| 09:30-10:00 | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 | |
| 10:00-10:30 | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 10:00-10:30 | |
| 10:30-11:00 | IDF Skolsim | IDF Skolsim | 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 | Bröstsim | Crawl | Crawl | Snabb-bana | 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 | 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 | 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 | 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 | 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 | 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 | | | | | | Team TT | Team TT | Team TT | APNEA | APNEA | APNEA | APNEA | APNEA | APNEA | APNEA | APNEA | APNEA | 21:00-21:30 |
| 21:30-22:00 | Team TT | Team TT | Team TT | APNEA | APNEA | APNEA | APNEA | APNEA | APNEA | APNEA | APNEA | APNEA | 21:30-22:00 | | | | | |

Med reservation för ändringar

| Torsdag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 14-nov | | | | | | |
|-------------|--------------|--------------|-------------|-------|------------|--------------|--------------|--------------|--------------|--------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-------------|-------------|
| 06:00-06:30 | Rundsim | | | | | | | | | | | | | 06:00-06:30 | | | | | | |
| 06:30-07:00 | | | | | | | | | | | | | | SCT | SCT | SCT | SCT | 06:30-07:00 | | |
| 07:00-07:30 | | | | | | | | | | | | | | | SCT | SCT | SCT | SCT | 07:00-07:30 | |
| 07:30-08:00 | | | | | | | | | | | | | Evli | Evli | Evli | | Running SWE | Running SWE | Running SWE | 07:30-08:00 |
| 08:00-08:30 | | | | | | | | | | | | | Evli | Evli | Evli | | Running SWE | Running SWE | Running SWE | 08:00-08:30 |
| 08:30-09:00 | | | | | | | | | | | | | Skola | Skola | Skola | Skola | Skola | IDF Skolsim | IDF Skolsim | 08:30-09:00 |
| 09:00-09:30 | | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 | | | | | | | | | | | |
| 09:30-10:00 | | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 | | | | | | | | | | | |
| 10:00-10:30 | | | | | | | IDF Skolsim | IDF Skolsim | 10:00-10:30 | | | | | | | | | | | |
| 10:30-11:00 | IDF Skolsim | IDF Skolsim | 10:30-11:00 | | | | | | | | | | | | | | | | | |
| 11:00-11:30 | SPIF Masters | SPIF Masters | 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 | SPIF Masters | SPIF Masters | 12:30-13:00 | | | | | | | | | | | | | | | | | |
| 13:00-13:30 | IDF Skolsim | IDF Skolsim | 13:00-13:30 | | | | | | | | | | | | | | | | | |
| 13:30-14:00 | IDF Skolsim | IDF Skolsim | 13:30-14:00 | | | | | | | | | | | | | | | | | |
| 14:00-14:30 | IDF Skolsim | IDF Skolsim | 14:00-14:30 | | | | | | | | | | | | | | | | | |
| 14:30-15:00 | IDF Skolsim | IDF Skolsim | 14:30-15:00 | | | | | | | | | | | | | | | | | |
| 15:00-15:30 | Rundsim | Bröstsim | Crawl | Crawl | Snabb-bana | NEC | NEC | NEC | NEC | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 15:00-15:30 | | | | | | |
| 15:30-16:00 | | | | | | NEC | NEC | NEC | NEC | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 15:30-16:00 | | |
| 16:00-16:30 | | | | | | NEC | NEC | NEC | NEC | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 16:00-16:30 | | |
| 16:30-17:00 | | | | | | NEC | NEC | NEC | NEC | SK Neptun | IDF Simskola | IDF Simskola | IDF Simskola | IDF Simskola | IDF Simskola | IDF Simskola | IDF Simskola | 16:30-17:00 | | |
| 17:00-17:30 | | | | | | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | 17:00-17:30 | | |
| 17:30-18:00 | | | | | | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | 17:30-18:00 | | |
| 18:00-18:30 | | | | | | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | 18:00-18:30 | | |
| 18:30-19:00 | | | | | | SPIF | SPIF | SPIF | SPIF | 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 | 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 | 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 | Neptun Masters | Neptun Masters | IDF Simskola | IDF Simskola | 20:00-20:30 | |
| 20:30-21:00 | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | IDF Simskola | IDF Simskola | 20:30-21:00 | |
| 21:00-21:30 | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | 21:00-21:30 | |
| 21:30-22:00 | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | 21:30-22:00 | |

Med reservation för ändringar

| Fredag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 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 | APNEA | APNEA | 07:00-07:30 |
| 07:30-08:00 | | | | | | | SPIF Masters | SPIF Masters | KTH | KTH | KTH | KTH | KTH | KTH | KTH | KTH | APNEA | APNEA | 07:30-08:00 |
| 08:00-08:30 | | | | | | | SPIF Masters | SPIF Masters | KTH | KTH | KTH | KTH | KTH | KTH | KTH | KTH | APNEA | APNEA | 08:00-08:30 |
| 08:30-09:00 | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 08:30-09:00 |
| 09:00-09:30 | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 |
| 09:30-10:00 | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 |
| 10:00-10:30 | | | | | | | Lek | Bröstsim | Crawl | Crawl | Snabb-bana | Skola | Skola | 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 | 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 | | 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 | 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 | 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 | 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 | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | | | | | | | | | | 19:00-19:30 |
| 19:30-20:00 | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | | | | | | | | | | 19:30-20:00 |
| 20:00-20:30 | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | | | | | | | | | | 20:00-20:30 |
| 20:30-21:00 | | | | | | | | | | | | | | | | | | | 20:30-21:00 |

Med reservation för ändringar

| Lördag | | O | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 16-nov | | | |
|-------------|---------|-------------|-------|-------|------------|------|----------|----------|------|-----------|----------------|----------------|----------------|-------------|--------------|--------------|-------------|
| 07:45-08:00 | | | | | | | | | | | | | | | 07:45-08:00 | | |
| 08:00-08:30 | Rundsim | Bröstsimsim | Crawl | Crawl | Snabb-bana | | | | | | | | | 08:00-08:30 | | | |
| 08:30-09:00 | | | | | | | NEC | NEC | NEC | NEC | IDF Samskola | IDF Samskola | 08:30-09:00 | | | | |
| 09:00-09:30 | | | | | | | NEC | NEC | NEC | NEC | IDF Samskola | IDF Samskola | 09:00-09:30 | | | | |
| 09:30-10:00 | | | | | | | NEC | NEC | NEC | NEC | IDF Samskola | IDF Samskola | 09:30-10:00 | | | | |
| 10:00-10:30 | | | | | | | NEC | NEC | NEC | NEC | IDF Samskola | IDF Samskola | 10:00-10:30 | | | | |
| 10:30-11:00 | Lek | | | | | | | | | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | IDF Samskola | IDF Samskola | 10:30-11:00 |
| 11:00-11:30 | | | | | | | | | | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | IDF Samskola | IDF Samskola | 11:00-11:30 |
| 11:30-12:00 | | | | | | | | | | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | IDF Samskola | IDF Samskola | 11:30-12:00 |
| 12:00-12:30 | | | | | | | | | | SPIF | SPIF | SPIF | SPIF | SPIF | | | 12:00-12:30 |
| 12:30-13:00 | | | | | | | | | | SPIF | SPIF | SPIF | SPIF | SPIF | | | 12:30-13:00 |
| 13:00-13:30 | | | | | | SPIF | SPIF | SPIF | SPIF | SPIF | | | 13:00-13:30 | | | | |
| 13:30-14:00 | | | | | | SPIF | SPIF | SPIF | SPIF | SPIF | | | 13:30-14:00 | | | | |
| 14:00-14:30 | | | | | | | | Dykhuset | | | Sthlm Simförb. | Sthlm Simförb. | Sthlm Simförb. | 14:00-14:30 | | | |
| 14:30-15:00 | | | | | | | | Dykhuset | | | Sthlm Simförb. | Sthlm Simförb. | Sthlm Simförb. | 14:30-15:00 | | | |
| 15:00-15:30 | | | | | | | | Dykhuset | | | Sthlm Simförb. | Sthlm Simförb. | Sthlm Simförb. | 15:00-15:30 | | | |
| 15:30-16:00 | | | | | | | Dykhuset | | | | | | 15:30-16:00 | | | | |
| 16:00-16:30 | | | | | | | Dykhuset | | | | | | 16:00-16:30 | | | | |
| 16:30-17:00 | | | | | | | Dykhuset | | | | | | 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 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 17-nov | | | | |
|-------------|---------|-------------|-------|-------|------------|-----|--------------|--------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|----------------|----------------|
| 07:45-08:00 | | | | | | | Team TT | Team TT | Team TT | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | 07:45-08:00 | | | | |
| 08:00-08:30 | Rundsim | Bröstsimsim | Crawl | Crawl | Snabb-bana | | Team TT | Team TT | Team TT | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | 08:00-08:30 | | | | |
| 08:30-09:00 | | | | | | | Team TT | Team TT | Team TT | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | 08:30-09:00 | | | | |
| 09:00-09:30 | | | | | | | | | | | | | Sthlm Simförb. | Sthlm Simförb. | Sthlm Simförb. | 09:00-09:30 | | |
| 09:30-10:00 | | | | | | | | | | | | | Sthlm Simförb. | Sthlm Simförb. | Sthlm Simförb. | 09:30-10:00 | | |
| 10:00-10:30 | | | | | | Lek | | | | | | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | Sthlm Simförb. | Sthlm Simförb. | Sthlm Simförb. |
| 10:30-11:00 | | | | | | | | | | | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | | | | 10:30-11:00 |
| 11:00-11:30 | | | | | | | | | | | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | | IDF Simskola | IDF Simskola | 11:00-11:30 |
| 11:30-12:00 | | | | | | | | | | | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | | IDF Simskola | IDF Simskola | 11:30-12:00 |
| 12:00-12:30 | | | | | | | | | | | | | | | | IDF Simskola | IDF Simskola | 12:00-12:30 |
| 12:30-13:00 | | | | | | | | | | | | | | | | IDF Simskola | IDF Simskola | 12:30-13:00 |
| 13:00-13:30 | | | | | | | | | | | | | | 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 | | | | | | | | | | | | | | 15:00-15:30 | | | | |
| 15:30-16:00 | | | | | | | | SPIF | | | | | | 15:30-16:00 | | | | |
| 16:00-16:30 | | | | | | | | SPIF | Hellas Masters | Hellas Masters | | | | | 16:00-16:30 | | | |
| 16:30-17:00 | | | | | | | | | Hellas Masters | Hellas Masters | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | 16:30-17:00 | | | |
| 17:00-17:30 | Rundsim | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | 17:00-17:30 | | | |
| 17:30-18:00 | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | 17:30-18:00 | | | | |
| 18:00-18:30 | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | 18:00-18:30 | | | | |
| 18:30-19:00 | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | 18:30-19:00 | | | | |
| 19:00-19:30 | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | 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 | | | | |
| 20:30-21:00 | | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | 20:30-21:00 | | | |

Med reservation för ändringar

| Måndag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 18-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 | 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 | | | | | | | | Running SWE | Running SWE | Team Snabbare | Team Snabbare | Evli | Evli | 07:30-08:00 | | | | |
| 08:00-08:30 | | | | | | | | Running SWE | Running SWE | Team Snabbare | Team Snabbare | Evli | Evli | 08:00-08:30 | | | | |
| 08:30-09:00 | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 08:30-09:00 | | | | |
| 09:00-09:30 | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 | | | | |
| 09:30-10:00 | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 | | | | |
| 10:00-10:30 | | | | | | | Lek | Bröstsims | Crawl | Crawl | Snabb-bana | Skola | Skola | Skola | Skola | Skola | Skola | IDF Skolsim |
| 10:30-11:00 | IDF Skolsim | IDF Skolsim | 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 Skolsim | IDF Skolsim | 13:00-13:30 | | | | | | | | | | | | | | | |
| 13:30-14:00 | IDF Skolsim | IDF Skolsim | 13:30-14:00 | | | | | | | | | | | | | | | |
| 14:00-14:30 | IDF Skolsim | IDF Skolsim | 14:00-14:30 | | | | | | | | | | | | | | | |
| 14:30-15:00 | IDF Skolsim | IDF Skolsim | 14:30-15:00 | | | | | | | | | | | | | | | |
| 15:00-15:30 | | | | | | SPIF | SPIF | SPIF | SPIF | SK Neptun | IDF Skolsim | IDF 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

| Tisdag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 19-nov | | | |
|-------------|---------|----------|-------|-------|------------|--------------|--------------|------------|------------|-------------|-------------|-------------|--------------|-------------|--------------|--------------|-------------|
| 06:00-06:30 | Rundsim | Bröstsim | Crawl | Crawl | Snabb-bana | | | | | | | | | 06:00-06:30 | | | |
| 06:30-07:00 | | | | | | SPIF Masters | SCT | SCT | SCT | SCT | APNEA | APNEA | 06:30-07:00 | | | | |
| 07:00-07:30 | | | | | | SPIF Masters | SCT | SCT | SCT | SCT | APNEA | APNEA | 07:00-07:30 | | | | |
| 07:30-08:00 | | | | | | SPIF Masters | SPIF Masters | Team Jarla | Team Jarla | | APNEA | APNEA | 07:30-08:00 | | | | |
| 08:00-08:30 | | | | | | SPIF Masters | SPIF Masters | Team Jarla | Team Jarla | | APNEA | APNEA | 08:00-08:30 | | | | |
| 08:30-09:00 | | | | | | | | | | IDF Skolsim | IDF Skolsim | 08:30-09:00 | | | | | |
| 09:00-09:30 | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 | | | | | |
| 09:30-10:00 | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 | | | | | |
| 10:00-10:30 | Lek | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 10:00-10:30 |
| 10:30-11:00 | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 10:30-11:00 |
| 11:00-11:30 | | | | | | | | | | | | | | | SPIF Masters | SPIF Masters | 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 | | | | | | | | | | | | | | | SPIF Masters | SPIF Masters | 12:30-13:00 |
| 13:00-13:30 | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 13:00-13:30 |
| 13:30-14:00 | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 13:30-14:00 |
| 14:00-14:30 | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 14:00-14:30 | |
| 14:30-15:00 | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 14:30-15:00 | |
| 15:00-15:30 | Rundsim | | | | | | | | | | NEC | NEC | NEC | NEC | SK Neptun | SK Neptun | SK Neptun |
| 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 Simskola | 20:00-20:30 | | | |
| 20:30-21:00 | | | | | | | Älvsjö AIK | Älvsjö AIK | Älvsjö AIK | Hellas | Hellas | Hellas | IDF 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

| Onsdag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 20-nov | | | | | | | |
|-------------|-------------|-------------|-------------|-------|-------|------------|-------------------|-------------------|-------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-------------|-------------|-------------|-------------|
| 06:00-06:30 | Rundsim | Bröstsim | | | | 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 | 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 Skolsim | IDF Skolsim | 08:30-09:00 |
| 09:00-09:30 | | | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 |
| 09:30-10:00 | | | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 |
| 10:00-10:30 | | | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 10:00-10:30 |
| 10:30-11:00 | IDF Skolsim | IDF Skolsim | 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 | | | | | | 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 | 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 | | | | | | | 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 | APNEA | APNEA | APNEA | APNEA | APNEA | APNEA | 21:00-21:30 | |
| 21:30-22:00 | Team TT | Team TT | Team TT | APNEA | APNEA | APNEA | APNEA | APNEA | APNEA | APNEA | APNEA | APNEA | APNEA | 21:30-22:00 | | | | | | | |

Med reservation för ändringar

| Torsdag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 21-nov | | | | | | |
|-------------|--------------|--------------|-------------|---|---|---|------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|------------------|-------------|-------------|-------------|-------------|
| 06:00-06:30 | Rundsim | | | | | | | | | | | | | 06:00-06:30 | | | | | | |
| 06:30-07:00 | | | | | | | | | | | | | | SCT | SCT | SCT | SCT | 06:30-07:00 | | |
| 07:00-07:30 | | | | | | | | | | | | | | | SCT | SCT | SCT | SCT | 07:00-07:30 | |
| 07:30-08:00 | | | | | | | | | | | | | Evli | Evli | Evli | Länsförsäkringar | Running SWE | Running SWE | Running SWE | 07:30-08:00 |
| 08:00-08:30 | | | | | | | | | | | | | Evli | Evli | Evli | Länsförsäkringar | Running SWE | Running SWE | Running SWE | 08:00-08:30 |
| 08:30-09:00 | | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 08:30-09:00 |
| 09:00-09:30 | | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 |
| 09:30-10:00 | | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 |
| 10:00-10:30 | | | | | | | Lek | Bröstsim | Crawl | Crawl | Snabb-bana | Skola | Skola | Skola | Skola | Skola | Skola | IDF Skolsim | IDF Skolsim | 10:00-10:30 |
| 10:30-11:00 | IDF Skolsim | IDF Skolsim | 10:30-11:00 | | | | | | | | | | | | | | | | | |
| 11:00-11:30 | SPIF Masters | SPIF Masters | 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 | SPIF Masters | SPIF Masters | 12:30-13:00 | | | | | | | | | | | | | | | | | |
| 13:00-13:30 | IDF Skolsim | IDF Skolsim | 13:00-13:30 | | | | | | | | | | | | | | | | | |
| 13:30-14:00 | IDF Skolsim | IDF Skolsim | 13:30-14:00 | | | | | | | | | | | | | | | | | |
| 14:00-14:30 | IDF Skolsim | IDF Skolsim | 14:00-14:30 | | | | | | | | | | | | | | | | | |
| 14:30-15:00 | IDF Skolsim | IDF 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 | IDF Simskola | IDF Simskola | 16:30-17:00 | | | | | | | |
| 17:00-17:30 | | | | | | | SPIF | SPIF | SPIF | SPIF | SPIF | IDF Simskola | IDF Simskola | 17:00-17:30 | | | | | | |
| 17:30-18:00 | | | | | | | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | 17:30-18:00 | | | | | | |
| 18:00-18:30 | Rundsim | | | | | | 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 | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 19:00-19:30 | | | | | |
| 19:30-20:00 | | | | | | | | | | SPIF | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 19:30-20:00 | | | | | |
| 20:00-20:30 | | | | | | | | | | | | | | IDF Simskola | 20:00-20:30 | | | | | |
| 20:30-21:00 | | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | | | | IDF Simskola | 20:30-21:00 | | | | | |
| 21:00-21:30 | | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | | | | | 21:00-21:30 | | | | | |
| 21:30-22:00 | | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | | | | | 21:30-22:00 | | | | | |

Med reservation för ändringar

| Fredag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 22-nov | | | |
|-------------|--------------|--------------|--------------|-------|------------|-------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-------------|
| 06:00-06:30 | Rundsim | | | | | | 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 | APNEA | APNEA | 07:00-07:30 | | |
| 07:30-08:00 | | | | | | | SPIF Masters | SPIF Masters | KTH | KTH | KTH | APNEA | APNEA | 07:30-08:00 | | | |
| 08:00-08:30 | | | | | | | SPIF Masters | SPIF Masters | KTH | KTH | KTH | APNEA | APNEA | 08:00-08:30 | | | |
| 08:30-09:00 | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 08:30-09:00 | | | |
| 09:00-09:30 | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 | | | | | | | | | |
| 09:30-10:00 | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 | | | | | | | | | |
| 10:00-10:30 | Lek | Bröstsim | 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 | | | | | | | | | | | | | | 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 | | | | | | 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 | | | | | 19:00-19:30 | | | |
| 19:30-20:00 | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | | | | | 19:30-20:00 | | | |
| 20:00-20:30 | SPIF Masters | SPIF Masters | SPIF Masters | | | | | 20:00-20:30 | | | | | | | | | |
| 20:30-21:00 | | | | | | | | | 20:30-21:00 | | | | | | | | |

Med reservation för ändringar

| Lördag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 23-nov | | | | |
|-------------|---------|-------------|-------|-------|------------|---|------|------|------|------|-----------|-----------|-------------|-------------|--------------|--------------|--------------|-------------|
| 07:45-08:00 | | | | | | | | | | | | | | | 07:45-08:00 | | | |
| 08:00-08:30 | Rundsim | Bröstsimsim | Crawl | Crawl | Snabb-bana | | | | | | | | | 08:00-08:30 | | | | |
| 08:30-09:00 | | | | | | | | | | | | | | | 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 | Lek | | | | | | | | | | 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 | | | | | | | | | | | SPIF | SPIF | SPIF | SPIF | SPIF | | | 12:00-12:30 |
| 12:30-13:00 | | | | | | | | | | | SPIF | SPIF | SPIF | SPIF | SPIF | | | 12:30-13:00 |
| 13:00-13:30 | | | | | | | SPIF | SPIF | SPIF | SPIF | SPIF | | | 13:00-13:30 | | | | |
| 13:30-14:00 | | | | | | | SPIF | SPIF | SPIF | SPIF | SPIF | | | 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 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 24-nov | | | | | |
|-------------|---------|-------------|-------|-------|------------|---|--------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-------------|--------------|--------------|--------------|-------------|
| 07:45-08:00 | | | | | | | Team TT | Team TT | Team TT | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | 07:45-08:00 | | | | | |
| 08:00-08:30 | Rundsim | Bröstsimsim | Crawl | Crawl | Snabb-bana | | Team TT | Team TT | Team TT | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | 08:00-08:30 | | | | | |
| 08:30-09:00 | | | | | | | Team TT | Team TT | Team TT | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | 08:30-09:00 | | | | | |
| 09:00-09:30 | | | | | | | | | | | | | | | | | 09:00-09:30 | | |
| 09:30-10:00 | | | | | | | | | | | | | | | | | | 09:30-10:00 | |
| 10:00-10:30 | Lek | | | | | | | | | | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | | | | 10:00-10:30 | |
| 10:30-11:00 | | | | | | | | | | | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | | | | 10:30-11:00 | |
| 11:00-11:30 | | | | | | | | | | | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | | IDF Sinskola | IDF Sinskola | 11:00-11:30 | |
| 11:30-12:00 | | | | | | | | | | | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | SK Neptun Ultra | | IDF Sinskola | IDF Sinskola | 11:30-12:00 | |
| 12:00-12:30 | | | | | | | | | | | | | | | | IDF Sinskola | IDF Sinskola | 12:00-12:30 | |
| 12:30-13:00 | | | | | | | | | | | | | | | | IDF Sinskola | IDF Sinskola | 12:30-13:00 | |
| 13:00-13:30 | | | | | | | | | | | | | | | | | | 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 | | | | | | | | | | | | | | | | | | | 15:00-15:30 |
| 15:30-16:00 | | | | | | | | | | | | SPIF | | | | | | | 15:30-16:00 |
| 16:00-16:30 | | | | | | | SPIF | Hellas Masters | Hellas Masters | | | | | 16:00-16:30 | | | | | |
| 16:30-17:00 | | | | | | | | Hellas Masters | Hellas Masters | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | 16:30-17:00 | | | | | |
| 17:00-17:30 | Rundsim | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | 17:00-17:30 | | | | | |
| 17:30-18:00 | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | 17:30-18:00 | | | | | |
| 18:00-18:30 | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | 18:00-18:30 | | | | | |
| 18:30-19:00 | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | 18:30-19:00 | | | | | |
| 19:00-19:30 | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | 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 | | | | | |
| 20:30-21:00 | | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | 20:30-21:00 | | | | |

Med reservation för ändringar

| Måndag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 25-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 | 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 | | | | | | | | Running SWE | Running SWE | Team Snabbare | Team Snabbare | Evli | Evli | 07:30-08:00 | | | | | |
| 08:00-08:30 | | | | | | | | Running SWE | Running SWE | Team Snabbare | Team Snabbare | Evli | Evli | 08:00-08:30 | | | | | |
| 08:30-09:00 | | | | | | | Lek | Bröstsims | Crawl | Crawl | Snabb-bana | Skola | Skola | Skola | Skola | Skola | IDF Skolsim | IDF Skolsim | 08:30-09:00 |
| 09:00-09:30 | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 |
| 09:30-10:00 | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 |
| 10:00-10:30 | | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 10:00-10:30 |
| 10:30-11:00 | IDF Skolsim | IDF Skolsim | 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 Skolsim | IDF Skolsim | 13:00-13:30 | | | | | | | | | | | | | | | | |
| 13:30-14:00 | IDF Skolsim | IDF Skolsim | 13:30-14:00 | | | | | | | | | | | | | | | | |
| 14:00-14:30 | IDF Skolsim | IDF Skolsim | 14:00-14:30 | | | | | | | | | | | | | | | | |
| 14:30-15:00 | IDF Skolsim | IDF Skolsim | 14:30-15:00 | | | | | | | | | | | | | | | | |
| 15:00-15:30 | Rundsim | | | | Snabb-bana | | SPIF | SPIF | SPIF | SPIF | SK Neptun | IDF Skolsim | IDF 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

| Tisdag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 26-nov | | | | |
|-------------|---------|----------|-------|-------|------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-------------|--------------|--------------|-------------|
| 06:00-06:30 | Rundsim | Bröstsim | Crawl | Crawl | Snabb-bana | | | | | | | | | 06:00-06:30 | | | | |
| 06:30-07:00 | | | | | | SPIF Masters | SCT | SCT | SCT | SCT | APNEA | APNEA | 06:30-07:00 | | | | | |
| 07:00-07:30 | | | | | | SPIF Masters | SCT | SCT | SCT | SCT | APNEA | APNEA | 07:00-07:30 | | | | | |
| 07:30-08:00 | | | | | | SPIF Masters | SPIF Masters | Team Jarla | Team Jarla | | APNEA | APNEA | 07:30-08:00 | | | | | |
| 08:00-08:30 | | | | | | SPIF Masters | SPIF Masters | Team Jarla | Team Jarla | | APNEA | APNEA | 08:00-08:30 | | | | | |
| 08:30-09:00 | | | | | | | | | | IDF Skolsim | IDF Skolsim | 08:30-09:00 | | | | | | |
| 09:00-09:30 | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 | | | | | | |
| 09:30-10:00 | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 | | | | | | |
| 10:00-10:30 | Lek | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 10:00-10:30 |
| 10:30-11:00 | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 10:30-11:00 |
| 11:00-11:30 | | | | | | | | | | | | | | | | SPIF Masters | SPIF Masters | 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 | | | | | | | | | | | | | | | | SPIF Masters | SPIF Masters | 12:30-13:00 |
| 13:00-13:30 | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 13:00-13:30 |
| 13:30-14:00 | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 13:30-14:00 |
| 14:00-14:30 | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 14:00-14:30 |
| 14:30-15:00 | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 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 | 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 Simskola | 20:00-20:30 | | | | |
| 20:30-21:00 | | | | | | | Älvsjö AIK | Älvsjö AIK | Älvsjö AIK | Hellas | Hellas | Hellas | IDF Simskola | 20:30-21:00 | | | | |
| 21:00-21:30 | | | | | | | Neptun Masters | Neptun Masters | 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 | Neptun Masters | Neptun Masters | 21:30-22:00 | | | | |

Med reservation för ändringar

| Onsdag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 27-nov | | | | |
|-------------|----------------|----------------|-------------|-------|-------|------------|-------------------|-------------------|-------------------|----------------|----------------|----------------|----------------|----------------|-------------|-------------|-------------|-------------|
| 06:00-06:30 | Rundsim | Bröstsim | | | | 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 | 06:30-07:00 | | | |
| 07:00-07:30 | | | | | | | 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 Skolsim | IDF Skolsim | 08:30-09:00 |
| 09:00-09:30 | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 |
| 09:30-10:00 | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 |
| 10:00-10:30 | | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 10:00-10:30 |
| 10:30-11:00 | IDF Skolsim | IDF Skolsim | 10:30-11:00 | | | | | | | | | | | | | | | |
| 11:00-11:30 | Neptun Masters | Neptun Masters | 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 | Neptun Masters | Neptun Masters | 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 | | | | | | 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 | 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 | | | | | | | 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 | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 28-nov | | | |
|-------------|--------------|--------------|--------------|--------------|----------------|----------------|----------------|----------------|----------------|------------------|----------------|----------------|----------------|-------------|-------------|-------------|-------------|
| 06:00-06:30 | Rundsim | | | | | | | | | | | | | 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 | | | | | | | Evli | Evli | Evli | Länsförsäkringar | Running SWE | Running SWE | Running SWE | 07:30-08:00 | | | |
| 08:00-08:30 | | | | | | | Evli | Evli | Evli | Länsförsäkringar | Running SWE | Running SWE | Running SWE | 08:00-08:30 | | | |
| 08:30-09:00 | | | | | | | Skola | Skola | Skola | Skola | Skola | Skola | Skola | Skola | IDF Skolsim | IDF Skolsim | 08:30-09:00 |
| 09:00-09:30 | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 |
| 09:30-10:00 | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 |
| 10:00-10:30 | | | | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 10:00-10:30 |
| 10:30-11:00 | IDF Skolsim | IDF Skolsim | 10:30-11:00 | | | | | | | | | | | | | | |
| 11:00-11:30 | SPIF Masters | SPIF Masters | 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 | SPIF Masters | SPIF Masters | 12:30-13:00 | | | | | | | | | | | | | | |
| 13:00-13:30 | IDF Skolsim | IDF Skolsim | 13:00-13:30 | | | | | | | | | | | | | | |
| 13:30-14:00 | IDF Skolsim | IDF Skolsim | 13:30-14:00 | | | | | | | | | | | | | | |
| 14:00-14:30 | IDF Skolsim | IDF Skolsim | 14:00-14:30 | | | | | | | | | | | | | | |
| 14:30-15:00 | IDF Skolsim | IDF Skolsim | 14:30-15:00 | | | | | | | | | | | | | | |
| 15:00-15:30 | 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 | IDF Simskola | IDF Simskola | 16:30-17:00 | | | | | | | | | |
| 17:00-17:30 | SPIF | SPIF | SPIF | SPIF | SPIF | IDF Simskola | IDF Simskola | 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 | SK Neptun | 19:00-19:30 | | | | | | | | |
| 19:30-20:00 | SPIF | SPIF | SPIF | SPIF | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 19:30-20:00 | | | | | | | | |
| 20:00-20:30 | SPIF | SPIF | SPIF | SPIF | Neptun Masters | Neptun Masters | Neptun Masters | IDF Simskola | 20:00-20:30 | | | | | | | | |
| 20:30-21:00 | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | Neptun Masters | Neptun Masters | Neptun Masters | IDF Simskola | 20:30-21:00 | | | | | | | | |
| 21:00-21:30 | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | 21:00-21:30 | | | | | | | | |
| 21:30-22:00 | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | 21:30-22:00 | | | |

Med reservation för ändringar

| Fredag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 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 | Neptun Masters | 06:30-07:00 | | |
| 07:00-07:30 | | | | | | | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | APNEA | APNEA | 07:00-07:30 | | |
| 07:30-08:00 | | | | | | | SPIF Masters | SPIF Masters | KTH | KTH | KTH | APNEA | APNEA | 07:30-08:00 | | | |
| 08:00-08:30 | | | | | | | SPIF Masters | SPIF Masters | KTH | KTH | KTH | APNEA | APNEA | 08:00-08:30 | | | |
| 08:30-09:00 | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 08:30-09:00 | | | |
| 09:00-09:30 | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:00-09:30 | | | |
| 09:30-10:00 | | | | | | | | | | | | IDF Skolsim | IDF Skolsim | 09:30-10:00 | | | |
| 10:00-10:30 | | | | | | | Lek | Bröstsim | Crawl | Crawl | Snabb-bana | Skola | Skola | Skola | Skola | Skola | |
| 10:30-11:00 | IDF Skolsim | IDF 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 | | | | 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 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 | | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | 20:00-20:30 | | | |
| 20:30-21:00 | | | | | | | | | | | | Neptun Masters | Neptun Masters | Neptun Masters | Neptun Masters | 20:30-21:00 | |

Med reservation för ändringar

| Lördag | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 30-nov |
|-------------|---|---|---|---|---|---|---|---|---|---|----|----|-------------|
| 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 |
| 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 | | | | | | | | | | | | | 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 | | | | | | | | | | | | | 17:30-18:00 |
| 18:00-18:30 | | | | | | | | | | | | | 18:00-18:30 |
| 18:30-19:00 | | | | | | | | | | | | | 18:30-19:00 |

Höstsimiaden (Spårvägen)

Med reservation för ändringar

| Söndag | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | O1-dec | | | |
|-------------|--------------------------|-------------|-------|-------|------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------|
| 07:45-08:00 | Höstsimiaden (Spårvägen) | | | | | | | | | | | | | 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 | | | |
| 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 | | | | | | | | | | | | | | 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 | 17:30-18:00 | | | | | | | | | | | | | | | | |
| 18:00-18:30 | 18:00-18:30 | | | | | | | | | | | | | | | | |
| 18:30-19:00 | Rundsim | Bröstsimsim | Crawl | Crawl | Snabb-bana | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | 18:30-19:00 | | | |
| 19:00-19:30 | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | 19:00-19:30 | |
| 19:30-20:00 | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | 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 | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | 20:00-20:30 |
| 20:30-21:00 | | | | | | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | SPIF Masters | 20:30-21:00 | | | |

Med reservation för ändringar