

Måndag		0	1	2	3	4	5	6	7	8	9	10	11	14-sep
06:00-06:30	Rundsim	Bröstsimsim		Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00							Neptun Masters	Neptun Masters	Team Snabbare	Team Snabbare	Team Snabbare	EVLI	EVLI	07:30-08:00
08:00-08:30							Neptun Masters	Neptun Masters	Team Snabbare	Team Snabbare	Team Snabbare	EVLI	EVLI	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	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	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

[illegible]

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	16-sep					
06:00-06:30	Rundsim	Bröstsim		Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30					
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00					
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30					
07:30-08:00							Team Jarla	Team Jarla		Team Snabbare	Team Snabbare	EVLI	EVLI	07:30-08:00					
08:00-08:30							Team Jarla	Team Jarla		Team Snabbare	Team Snabbare	EVLI	EVLI	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													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	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						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							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	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			KTH	KTH	KTH	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	21:00-21:30					
21:30-22:00			KTH	KTH	KTH	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	21:30-22:00					

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	17-sep						
06:00-06:30	Rundsim	Bröstsimsim		Crawl	Crawl	Snabb-bana								06:00-06:30						
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	06:30-07:00						
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	07:00-07:30						
07:30-08:00										Neptun Masters	Neptun Masters	EVLI	EVLI	07:30-08:00						
08:00-08:30										Neptun Masters	Neptun Masters	EVLI	EVLI	08:00-08:30						
08:30-09:00							Lek						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						NEC	NEC	NEC	NEC	NEC	SPIF	SPIF	15:00-15:30						
15:30-16:00							NEC	NEC	NEC	NEC	NEC	SPIF	SPIF	15:30-16:00						
16:00-16:30							NEC	NEC	NEC	NEC	NEC	SPIF	SPIF	16:00-16:30						
16:30-17:00							NEC	NEC	NEC	NEC	NEC	SPIF	SPIF	16:30-17:00						
17:00-17:30							Snabb-bana	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30						
17:30-18:00								SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00						
18:00-18:30								SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30						
18:30-19:00								SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00						
19:00-19:30								SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	19:00-19:30						
19:30-20:00								SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	19:30-20:00						
20:00-20:30								SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	20:00-20:30						
20:30-21:00								SPIF Masters	SPIF Masters	SPIF Masters	SPIF	SPIF	SPIF	20:30-21:00						
21:00-21:30								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					

Fredag		0	1	2	3	4	5	6	7	8	9	10	11	18-sep
06:00-06:30	Rundsim	Bröstsimsim		Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	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							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												SPIF Masters	12:00-12:30	
12:30-13:00												SPIF 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						SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30
19:30-20:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00
20:00-20:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30
20:30-21:00								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun

Söndag		0	1	2	3	4	5	6	7	8	9	10	11	20-sep
07:45-08:00														07:45-08:00
08:00-08:30	Rundsim	Bröstsim		Crawl	Crawl	Snabb-bana				SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	08:00-08:30
08:30-09:00										SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	08:30-09:00
09:00-09:30										SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	09:00-09:30
09:30-10:00										SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	09:30-10:00
10:00-10:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	Mona Simskola	10:00-10:30
10:30-11:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	Mona 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	Lek						IDF Simskola	IDF Simskola	12:00-12:30					
12:30-13:00							IDF Simskola	IDF Simskola	12:30-13:00					
13:00-13:30							IDF Simskola	IDF Simskola	13:00-13:30					
13:30-14:00							IDF Simskola	IDF Simskola	13:30-14:00					
14:00-14:30								SPIF Masters		IDF Simskola	IDF Simskola	14:00-14:30		
14:30-15:00								SPIF Masters		IDF Simskola	IDF Simskola	14:30-15:00		
15:00-15:30								SPIF Masters	SPIF	SPIF	SPIF	SPIF	15:00-15:30	
15:30-16:00								SPIF Masters	SPIF	SPIF	SPIF	SPIF	15:30-16:00	
16:00-16:30		Hellas Masters	Hellas Masters	SPIF	SPIF		SPIF	SPIF	16:00-16:30					
16:30-17:00		Hellas Masters	Hellas Masters	SPIF	SPIF		SPIF	SPIF	16:30-17:00					
17:00-17:30		SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters		SPIF Masters	SPIF Masters	17:00-17:30					
17:30-18:00		SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters		SPIF Masters	SPIF Masters	17:30-18:00					
18:00-18:30		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	18:30-19:00					
19:00-19:30		Rundsim	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	19:30-20:00					
20:00-20:30									20:00-20:30					

Måndag		0	1	2	3	4	5	6	7	8	9	10	11	21-sep
06:00-06:30	Rundsim	Bröstsimsim		Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00							Neptun Masters	Neptun Masters	Team Snabbare	Team Snabbare	Team Snabbare	EVLI	EVLI	07:30-08:00
08:00-08:30							Neptun Masters	Neptun Masters	Team Snabbare	Team Snabbare	Team Snabbare	EVLI	EVLI	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	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	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

[illegible]

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	23-sep					
06:00-06:30	Rundsim	Bröstsimsim		Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30					
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00					
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30					
07:30-08:00							Team Jarla	Team Jarla		Team Snabbare	Team Snabbare	EVLI	EVLI	07:30-08:00					
08:00-08:30							Team Jarla	Team Jarla		Team Snabbare	Team Snabbare	EVLI	EVLI	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						
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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	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						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							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	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								KTH	KTH	KTH	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	21:00-21:30
21:30-22:00							KTH	KTH	KTH	APNEA	APNEA	APNEA	APNEA	21:30-22:00					

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	24-sep																																						
06:00-06:30	Rundsim	Bröstsimsim		Crawl	Crawl	Snabb-bana								06:00-06:30																																						
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	06:30-07:00																																						
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	07:00-07:30																																						
07:30-08:00										Neptun Masters	Neptun Masters	EVLI	EVLI	07:30-08:00																																						
08:00-08:30										Neptun Masters	Neptun Masters	EVLI	EVLI	08:00-08:30																																						
08:30-09:00	Lek						IDF Skolsim	IDF Skolsim	08:30-09:00																																											
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15:00-15:30						NEC																																								NEC	NEC	NEC	NEC	SPIF	SPIF	15:00-15:30
15:30-16:00						NEC																																								NEC	NEC	NEC	NEC	SPIF	SPIF	15:30-16:00
16:00-16:30	NEC	NEC	NEC	NEC	NEC	SPIF																																								SPIF	16:00-16:30					
16:30-17:00	NEC	NEC	NEC	NEC	NEC	SPIF																																								SPIF	16:30-17:00					
17:00-17:30	Snabb-bana	SPIF	SPIF	SPIF	SPIF	SPIF																																								SPIF	SPIF	17:00-17:30				
17:30-18:00		SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00																																											
18:00-18:30		SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30																																											
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20:00-20:30		SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	20:00-20:30																																											
20:30-21:00		SPIF Masters	SPIF Masters	SPIF Masters	SPIF	SPIF	SPIF	SPIF	20:30-21:00																																											
21:00-21:30		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																																					

Fredag		0	1	2	3	4	5	6	7	8	9	10	11	25-sep
06:00-06:30	Rundsim	Bröstsims		Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	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							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	
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14:30-15:00													14:30-15:00	
15:00-15:30	Rundsim											SPIF	SPIF	SPIF
15:30-16:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30
19:30-20:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00
20:00-20:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30
20:30-21:00								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun

Måndag		0	1	2	3	4	5	6	7	8	9	10	11	28-sep	
06:00-06:30	Rundsim	Bröstsim		Crawl	Crawl	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							Neptun Masters	Neptun Masters	Team Snabbare	Team Snabbare	Team Snabbare	EVLI	EVLI	07:30-08:00	
08:00-08:30							Neptun Masters	Neptun Masters	Team Snabbare	Team Snabbare	Team Snabbare	EVLI	EVLI	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	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	SPIF											SPIF	SPIF	SPIF	SK Neptun
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	

[illegible]

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	30-sep					
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	06:30-07:00					
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30					
07:30-08:00							Team Jarla	Team Jarla		Team Snabbare	Team Snabbare	EVLI	EVLI	07:30-08:00					
08:00-08:30							Team Jarla	Team Jarla		Team Snabbare	Team Snabbare	EVLI	EVLI	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													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						
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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						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							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	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			KTH	KTH	KTH	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	21:00-21:30					
21:30-22:00							KTH	KTH	KTH	APNEA	APNEA	APNEA	APNEA	21:30-22:00					

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	01-okt																															
06:00-06:30	Rundsim	Bröstsimsim		Crawl	Crawl	Snabb-bana								06:00-06:30																															
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	06:30-07:00																															
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	07:00-07:30																															
07:30-08:00										Neptun Masters	Neptun Masters	EVLI	EVLI	07:30-08:00																															
08:00-08:30										Neptun Masters	Neptun Masters	EVLI	EVLI	08:00-08:30																															
08:30-09:00							Lek	IDF Skolsim	IDF Skolsim	08:30-09:00																																			
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15:00-15:30																																													
15:30-16:00							SPIF	SPIF	15:30-16:00																																				
16:00-16:30	SPIF	SPIF	16:00-16:30																																										
16:30-17:00				SPIF	IDF Simskola	IDF Simskola				16:30-17:00																																			
17:00-17:30											IDF Simskola	IDF Simskola	17:00-17:30																																
17:30-18:00														SPIF	SPIF	17:30-18:00																													
18:00-18:30																	SPIF	SPIF	18:00-18:30																										
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19:30-20:00																										SPIF	SPIF	19:30-20:00																	
20:00-20:30																													SPIF	SPIF	20:00-20:30														
20:30-21:00																																SPIF	SPIF	20:30-21:00											
21:00-21:30																																			Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30						
21:30-22:00																																								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00	

Fredag		0	1	2	3	4	5	6	7	8	9	10	11	02-okt
06:00-06:30	Rundsim	Bröstsimsim		Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	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							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	
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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	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30
19:30-20:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00
20:00-20:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30
20:30-21:00								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun

Lördag		0	1	2	3	4	5	6	7	8	9	10	11	03-okt	
07:45-08:00														07:45-08:00	
08:00-08:30	Rundsim					Snabb-bana	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	SK Neptun	SK Neptun	08:00-08:30	
08:30-09:00							Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	SK Neptun	SK Neptun	08:30-09:00	
09:00-09:30							Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	IDF Simskola	IDF Simskola	09:00-09:30	
09:30-10:00							Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	IDF Simskola	IDF Simskola	09:30-10:00	
10:00-10:30										Hammarby Sim	Hammarby Sim	IDF Simskola	IDF Simskola	10:00-10:30	
10:30-11:00										Hammarby Sim	Hammarby Sim	IDF Simskola	IDF Simskola	10:30-11:00	
11:00-11:30								Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	IDF Simskola	IDF Simskola	11:00-11:30	
11:30-12:00								Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	IDF Simskola	IDF Simskola	11:30-12:00	
12:00-12:30	Lek	Bröstsim	Crawl	Crawl		Snabb-bana		Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	IDF Simskola	IDF Simskola	12:00-12:30	
12:30-13:00														12:30-13:00	
13:00-13:30													Dykhuset	13:00-13:30	
13:30-14:00												SPIF HLR utb.	SPIF HLR utb.	Dykhuset	13:30-14:00
14:00-14:30												SPIF HLR utb.	SPIF HLR utb.	Dykhuset	14:00-14:30
14:30-15:00														Dykhuset	14:30-15:00
15:00-15:30														Dykhuset	15:00-15:30
15:30-16:00														Dykhuset	15:30-16:00
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