Måndag		0	1	2	3	4	5	6	7	8	9	10	11	15-dec
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								Neptun Masters	Neptun Masters	EVLI	EVLI	Team Snabbare	Team Snabbare	07:30-08:00
08:00-08:30								Neptun Masters	Neptun Masters	EVLI	EVLI	Team Snabbare	Team Snabbare	08:00-08:30
08:30-09:00							Skola	Skola	Skola	Skola	Skola			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													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	SPIF	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	21:30-22:00

Tisdag		0	1	2	3	4	5	6	7	8	9	10	11	16-dec
06:00-06:30														06:00-06:30
06:30-07:00								SCT	SCT	SCT	SCT	APNEA	APNEA	06:30-07:00
07:00-07:30								SCT	SCT	SCT	SCT	APNEA	APNEA	07:00-07:30
07:30-08:00	Rundsim									*Team Jarla*	*Team Jarla*	APNEA	APNEA	07:30-08:00
08:00-08:30										*Team Jarla*	*Team Jarla*	APNEA	APNEA	08:00-08:30
08:30-09:00							Skola	Skola	Skola	Skola	Skola			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	Lek													12:00-12:30
12:30-13:00														12:30-13:00
13:00-13:30														13:00-13:30
13:30-14:00		Bröstsim		Crawl	Crawl	Snabb-bana								13:30-14:00
14:00-14:30														14:00-14:30
14:30-15:00														14:30-15:00
15:00-15:30							NEC	NEC	NEC	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	Rundsim						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							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:00-19:30
19:30-20:00							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:30-20:00
20:00-20:30							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	Hellas	20:00-20:30
20:30-21:00							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	Hellas	20:30-21:00
21:00-21:30							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	21:30-22:00

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	17-dec
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*	EVLI	EVLI	Team Snabbare	Team Snabbare	07:30-08:00
08:00-08:30								*Team Jarla*	*Team Jarla*	EVLI	EVLI	Team Snabbare	Team Snabbare	08:00-08:30
08:30-09:00							Skola	Skola	Skola	Skola	Skola			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													10:00-10:30
10:30-11:00														10:30-11:00
11:00-11:30														11:00-11:30
11:30-12:00														11:30-12:00
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13:30-14:00														13:30-14:00
14:00-14:30														14:00-14:30
14:30-15:00														14:30-15:00
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										APNEA	APNEA	APNEA	APNEA	21:00-21:30
21:30-22:00										APNEA	APNEA	APNEA	APNEA	21:30-22:00

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	18-dec
06:00-06:30														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	Rundsim						Atlas Copco	Atlas Copco	TOVE & CO	Neptun Masters	Neptun Masters	EVLI	EVLI	07:30-08:00
08:00-08:30							Atlas Copco	Atlas Copco	TOVE & CO	Neptun Masters	Neptun Masters	EVLI	EVLI	08:00-08:30
08:30-09:00														08:30-09:00
09:00-09:30														09:00-09:30
09:30-10:00														09:30-10:00
10:00-10:30														10:00-10:30
10:30-11:00														10:30-11:00
11:00-11:30														11:00-11:30
11:30-12:00							skola	skola	skola	skola	skola			11:30-12:00
12:00-12:30	Lek													12:00-12:30
12:30-13:00														12:30-13:00
13:00-13:30														13:00-13:30
13:30-14:00		Bröstsim		Crawl	Crawl	Snabb-bana								13:30-14:00
14:00-14:30														14:00-14:30
14:30-15:00														14:30-15:00
15:00-15:30							NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	15:00-15:30
15:30-16:00							NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	15:30-16:00
16:00-16:30							NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00							NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	16:30-17:00
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00
18:00-18:30	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														19:00-19:30
19:30-20:00														19:30-20:00
20:00-20:30														20:00-20:30
20:30-21:00												SPIF Masters	SPIF Masters	20:30-21:00
21:00-21:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters		SPIF Masters	SPIF Masters	21:00-21:30
21:30-22:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters		SPIF Masters	SPIF Masters	21:30-22:00

Fredag		0	1	2	3	4	5	6	7	8	9	10	11	19-dec
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	APNEA	APNEA	07:00-07:30
07:30-08:00									KTH	KTH	KTH	APNEA	APNEA	07:30-08:00
08:00-08:30									KTH	KTH	KTH	APNEA	APNEA	08:00-08:30
08:30-09:00							Skola	Skola	Skola	Skola	Skola			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													10:00-10:30
10:30-11:00														10:30-11:00
11:00-11:30														11:00-11:30
11:30-12:00														11:30-12:00
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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										SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30
19:30-20:00										SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00
20:00-20:30										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

Lördag		0	1	2	3	4	5	6	7	8	9	10	11	20-dec
07:45-08:00														07:45-08:00
08:00-08:30											Team Snabbare	Team Snabbare	Team Snabbare	08:00-08:30
08:30-09:00											Team Snabbare	Team Snabbare	Team Snabbare	08:30-09:00
09:00-09:30											Team Snabbare	Team Snabbare	Team Snabbare	09:00-09:30
09:30-10:00	Rundsim													09:30-10:00
10:00-10:30														10:00-10:30
10:30-11:00														10:30-11:00
11:00-11:30											Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	11:00-11:30
11:30-12:00											Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	11:30-12:00
12:00-12:30											Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	12:00-12:30
12:30-13:00														12:30-13:00
13:00-13:30		Bröstsim		Crawl	Crawl	Snabb-bana								13:00-13:30
13:30-14:00														13:30-14:00
14:00-14:30													Dykhuset	14:00-14:30
14:30-15:00													Dykhuset	14:30-15:00
15:00-15:30	Lek												Dykhuset	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														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

Söndag		0	1	2	3	4	5	6	7	8	9	10	11	21-dec
07:45-08:00														07:45-08:00
08:00-08:30	Rundsim	Bröstsim		Crawl	Crawl	Snabb-bana	SPIF Masters	SPIF Masters	SPIF Masters					08:00-08:30
08:30-09:00							SPIF Masters	SPIF Masters	SPIF Masters					08:30-09:00
09:00-09:30							SPIF Masters	SPIF Masters	SPIF Masters					09:00-09:30
09:30-10:00							SPIF Masters	SPIF Masters	SPIF Masters					09:30-10:00
10:00-10:30									SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	10:00-10:30
10:30-11:00									SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	10:30-11:00
11:00-11:30									SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	11:00-11:30
11:30-12:00									SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	11:30-12:00
12:00-12:30	Lek													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							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:00-15:30
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00
16:00-16:30							Hellas Masters	Hellas Masters	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00							Hellas Masters	Hellas Masters	SPIF	SPIF	SPIF	SPIF	SPIF	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
19:00-19:30	Rundsim													19:00-19:30
19:30-20:00														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	22-dec
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										EVLI	EVLI	Team Snabbare	Team Snabbare	07:30-08:00
08:00-08:30										EVLI	EVLI	Team Snabbare	Team Snabbare	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	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
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14:00-14:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	14:00-14:30
14:30-15:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	14:30-15:00
15:00-15:30	Rundsim						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:00-15:30
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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
19:00-19:30											Hellas	Hellas	Hellas	19:00-19:30
19:30-20:00											Hellas	Hellas	Hellas	19:30-20:00
20:00-20:30											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

Tisdag		0	1	2	3	4	5	6	7	8	9	10	11	23-dec
06:00-06:30	Rundsim	Bröstsim		Crawl	Crawl	Snabb-bana								06:00-06:30
06:30-07:00								SCT	SCT	SCT	SCT	APNEA	APNEA	06:30-07:00
07:00-07:30								SCT	SCT	SCT	SCT	APNEA	APNEA	07:00-07:30
07:30-08:00										*Team Jarla*	*Team Jarla*	APNEA	APNEA	07:30-08:00
08:00-08:30										*Team Jarla*	*Team Jarla*	APNEA	APNEA	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	Lek													10:00-10:30
10:30-11:00														10:30-11:00
11:00-11:30														11:00-11:30
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14:00-14:30														14:00-14:30
14:30-15:00														14:30-15:00
15:00-15:30	Rundsim													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							Spårvägen	Spårvägen	Spårvägen					17:00-17:30
17:30-18:00							Spårvägen	Spårvägen	Spårvägen					17:30-18:00
18:00-18:30							Spårvägen	Spårvägen	Spårvägen					18:00-18:30
18:30-19:00							Spårvägen	Spårvägen	Spårvägen					18:30-19:00
19:00-19:30							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:00-19:30
19:30-20:00							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:30-20:00
20:00-20:30							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	Hellas	20:00-20:30
20:30-21:00							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	Hellas	20:30-21:00
21:00-21:30														21:00-21:30
21:30-22:00														21:30-22:00

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	24-dec
06:00-06:30														06:00-06:30
06:30-07:00														06:30-07:00
07:00-07:30														07:00-07:30
07:30-08:00														07:30-08:00
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13:00-13:30														13:00-13:30
13:30-14:00														13:30-14:00
14:00-14:30							*Julafton*							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
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20:30-21:00														20:30-21:00
21:00-21:30														21:00-21:30
21:30-22:00														21:30-22:00

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	25-dec
06:00-06:30														06:00-06:30
06:30-07:00														06:30-07:00
07:00-07:30														07:00-07:30
07:30-08:00														07:30-08:00
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12:30-13:00														12:30-13:00
13:00-13:30														13:00-13:30
13:30-14:00							*Juldagen*							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
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20:30-21:00														20:30-21:00
21:00-21:30														21:00-21:30
21:30-22:00														21:30-22:00

Fredag		0	1	2	3	4	5	6	7	8	9	10	11	26-dec
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	APNEA	APNEA	07:00-07:30
07:30-08:00									KTH	KTH	KTH	APNEA	APNEA	07:30-08:00
08:00-08:30									KTH	KTH	KTH	APNEA	APNEA	08:00-08:30
08:30-09:00									Team Snabbare	Team Snabbare	Team Snabbare			08:30-09:00
09:00-09:30									Team Snabbare	Team Snabbare	Team Snabbare			09:00-09:30
09:30-10:00														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
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13:00-13:30														13:00-13:30
13:30-14:00														13:30-14:00
14:00-14:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	14:00-14:30
14:30-15:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	14:30-15:00
15:00-15:30	Rundsim						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:00-15:30
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:30-17:00
17:00-17:30														17:00-17:30
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19:00-19:30														19:00-19:30
19:30-20:00														19:30-20:00
20:00-20:30														20:00-20:30
20:30-21:00														20:30-21:00

Lördag		0	1	2	3	4	5	6	7	8	9	10	11	27-dec
07:45-08:00							SPIF	SPIF	SPIF	SPIF				07:45-08:00
08:00-08:30							SPIF	SPIF	SPIF	SPIF	Team Snabbare	Team Snabbare	Team Snabbare	08:00-08:30
08:30-09:00							SPIF	SPIF	SPIF	SPIF	Team Snabbare	Team Snabbare	Team Snabbare	08:30-09:00
09:00-09:30							SPIF	SPIF	SPIF	SPIF	Team Snabbare	Team Snabbare	Team Snabbare	09:00-09:30
09:30-10:00	Rundsim						SPIF	SPIF	SPIF	SPIF				09:30-10:00
10:00-10:30														10:00-10:30
10:30-11:00														10:30-11:00
11:00-11:30											Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	11:00-11:30
11:30-12:00											Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	11:30-12:00
12:00-12:30											Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	12:00-12:30
12:30-13:00														12:30-13:00
13:00-13:30		Bröstsim		Crawl	Crawl	Snabb-bana								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	Lek													15:00-15:30
15:30-16:00														15:30-16:00
16:00-16:30														16:00-16:30
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17:30-18:00														17:30-18:00
18:00-18:30														18:00-18:30
18:30-19:00														18:30-19:00

Söndag		0	1	2	3	4	5	6	7	8	9	10	11	28-dec
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	Rundsim													09:30-10:00
10:00-10:30									SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	10:00-10:30
10:30-11:00									SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	10:30-11:00
11:00-11:30									SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	11:00-11:30
11:30-12:00									SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	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		Bröstsim		Crawl	Crawl	Snabb-bana								14:00-14:30
14:30-15:00														14:30-15:00
15:00-15:30	Lek													15:00-15:30
15:30-16:00														15:30-16:00
16:00-16:30							Hellas Masters	Hellas Masters						16:00-16:30
16:30-17:00							Hellas Masters	Hellas Masters						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
19:00-19:30														19:00-19:30
19:30-20:00	Rundsim													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	29-dec
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									EVLI	EVLI	Team Snabbare	Team Snabbare	Team Snabbare	07:30-08:00
08:00-08:30									EVLI	EVLI	Team Snabbare	Team Snabbare	Team Snabbare	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	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
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13:30-14:00														13:30-14:00
14:00-14:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	14:00-14:30
14:30-15:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	14:30-15:00
15:00-15:30	Rundsim						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:00-15:30
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:30-17:00
17:00-17:30														17:00-17:30
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18:00-18:30														18:00-18:30
18:30-19:00														18:30-19:00
19:00-19:30											Hellas	Hellas	Hellas	19:00-19:30
19:30-20:00											Hellas	Hellas	Hellas	19:30-20:00
20:00-20:30											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

Tisdag		0	1	2	3	4	5	6	7	8	9	10	11	30-dec
06:00-06:30														06:00-06:30
06:30-07:00								SCT	SCT	SCT	SCT	APNEA	APNEA	06:30-07:00
07:00-07:30								SCT	SCT	SCT	SCT	APNEA	APNEA	07:00-07:30
07:30-08:00	Rundsim									*Team Jarla*	*Team Jarla*	APNEA	APNEA	07:30-08:00
08:00-08:30										*Team Jarla*	*Team Jarla*	APNEA	APNEA	08:00-08:30
08:30-09:00									Team Snabbare	Team Snabbare	Team Snabbare			08:30-09:00
09:00-09:30									Team Snabbare	Team Snabbare	Team Snabbare			09:00-09:30
09:30-10:00									Team Snabbare	Team Snabbare	Team Snabbare			09:30-10:00
10:00-10:30									Team Snabbare	Team Snabbare	Team Snabbare			10:00-10:30
10:30-11:00									Team Snabbare	Team Snabbare	Team Snabbare			10:30-11:00
11:00-11:30									Team Snabbare	Team Snabbare	Team Snabbare			11:00-11:30
11:30-12:00									Team Snabbare	Team Snabbare	Team Snabbare			11:30-12:00
12:00-12:30	Lek													12:00-12:30
12:30-13:00														12:30-13:00
13:00-13:30														13:00-13:30
13:30-14:00		Bröstsim		Crawl	Crawl	Snabb-bana								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
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16:00-16:30														16:00-16:30
16:30-17:00														16:30-17:00
17:00-17:30							Spårvägen	Spårvägen	Spårvägen					17:00-17:30
17:30-18:00							Spårvägen	Spårvägen	Spårvägen					17:30-18:00
18:00-18:30	Rundsim						Spårvägen	Spårvägen	Spårvägen					18:00-18:30
18:30-19:00							Spårvägen	Spårvägen	Spårvägen					18:30-19:00
19:00-19:30							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:00-19:30
19:30-20:00							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:30-20:00
20:00-20:30							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas		20:00-20:30
20:30-21:00							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas		20:30-21:00
21:00-21:30														21:00-21:30
21:30-22:00														21:30-22:00

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	31-dec
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*	EVLI	EVLI	Team Snabbare	Team Snabbare	Team Snabbare	07:30-08:00
08:00-08:30							*Team Jarla*	*Team Jarla*	EVLI	EVLI	Team Snabbare	Team Snabbare	Team Snabbare	08:00-08:30
08:30-09:00									Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	08:30-09:00
09:00-09:30									Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	09:00-09:30
09:30-10:00									Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	09:30-10:00
10:00-10:30	Lek								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	10:00-10:30
10:30-11:00									Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	10:30-11:00
11:00-11:30									Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	11:00-11:30
11:30-12:00									Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	11:30-12:00
12:00-12:30									Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	12:00-12:30
12:30-13:00														12:30-13:00
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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													15:00-15:30
15:30-16:00														15:30-16:00
16:00-16:30	*Nyårsafton*													16:00-16:30
16:30-17:00														16:30-17:00
17:00-17:30														17:00-17:30
17:30-18:00														17:30-18:00
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21:30-22:00														21:30-22:00

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	01-jan
06:00-06:30														06:00-06:30
06:30-07:00														06:30-07:00
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13:00-13:30														13:00-13:30
13:30-14:00							Nyårsdagen							13:30-14:00
14:00-14:30														14:00-14:30
14:30-15:00														14:30-15:00
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19:30-20:00														19:30-20:00
20:00-20:30														20:00-20:30
20:30-21:00														20:30-21:00
21:00-21:30														21:00-21:30
21:30-22:00														21:30-22:00

Fredag		0	1	2	3	4	5	6	7	8	9	10	11	02-jan
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	APNEA	APNEA	07:00-07:30
07:30-08:00									KTH	KTH	KTH	APNEA	APNEA	07:30-08:00
08:00-08:30									KTH	KTH	KTH	APNEA	APNEA	08:00-08:30
08:30-09:00											Team Snabbare	Team Snabbare	Team Snabbare	08:30-09:00
09:00-09:30											Team Snabbare	Team Snabbare	Team Snabbare	09:00-09:30
09:30-10:00														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														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							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	14:00-14:30
14:30-15:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	14:30-15:00
15:00-15:30	Rundsim						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:00-15:30
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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
19:00-19:30														19:00-19:30
19:30-20:00														19:30-20:00
20:00-20:30														20:00-20:30
20:30-21:00														20:30-21:00

Lördag		0	1	2	3	4	5	6	7	8	9	10	11	03-jan
07:45-08:00														07:45-08:00
08:00-08:30											Team Snabbare	Team Snabbare	Team Snabbare	08:00-08:30
08:30-09:00											Team Snabbare	Team Snabbare	Team Snabbare	08:30-09:00
09:00-09:30											Team Snabbare	Team Snabbare	Team Snabbare	09:00-09:30
09:30-10:00	Rundsim													09:30-10:00
10:00-10:30														10:00-10:30
10:30-11:00														10:30-11:00
11:00-11:30											Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	11:00-11:30
11:30-12:00											Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	11:30-12:00
12:00-12:30											Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	12:00-12:30
12:30-13:00														12:30-13:00
13:00-13:30		Bröstsim		Crawl	Crawl									13:00-13:30
13:30-14:00						Snabb-bana								13:30-14:00
14:00-14:30											Nep. Konstsim	Nep. Konstsim	Nep. Konstsim	14:00-14:30
14:30-15:00											Nep. Konstsim	Nep. Konstsim	Nep. Konstsim	14:30-15:00
15:00-15:30	Lek										Nep. Konstsim	Nep. Konstsim	Nep. Konstsim	15:00-15:30
15:30-16:00											Nep. Konstsim	Nep. Konstsim	Nep. Konstsim	15:30-16:00
16:00-16:30											Nep. Konstsim	Nep. Konstsim	Nep. Konstsim	16:00-16:30
16:30-17:00											Nep. Konstsim	Nep. Konstsim	Nep. Konstsim	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

Söndag		0	1	2	3	4	5	6	7	8	9	10	11	04-jan
07:45-08:00														07:45-08:00
08:00-08:30	Rundsim	Bröstsim		Crawl	Crawl	Snabb-bana								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									SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	10:00-10:30
10:30-11:00									SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	10:30-11:00
11:00-11:30									SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	11:00-11:30
11:30-12:00									SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	11:30-12:00
12:00-12:30	Lek										Nep. Konstsim	Nep. Konstsim	Nep. Konstsim	12:00-12:30
12:30-13:00											Nep. Konstsim	Nep. Konstsim	Nep. Konstsim	12:30-13:00
13:00-13:30											Nep. Konstsim	Nep. Konstsim	Nep. Konstsim	13:00-13:30
13:30-14:00											Nep. Konstsim	Nep. Konstsim	Nep. Konstsim	13:30-14:00
14:00-14:30											Nep. Konstsim	Nep. Konstsim	Nep. Konstsim	14:00-14:30
14:30-15:00											Nep. Konstsim	Nep. Konstsim	Nep. Konstsim	14:30-15:00
15:00-15:30														15:00-15:30
15:30-16:00														15:30-16:00
16:00-16:30							Hellas Masters	Hellas Masters						16:00-16:30
16:30-17:00							Hellas Masters	Hellas Masters						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
19:00-19:30	Rundsim													19:00-19:30
19:30-20:00														19:30-20:00
20:00-20:30														20:00-20:30