

Torsdag		O	1	2	3	4	5	6	7	8	9	10	11	19-feb			
06:00-06:30	Rundsim					Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters					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								Länsförsäkringar	Länsförsäkringar	Neptun Masters	Neptun Masters	EVLI	EVLI	07:30-08:00			
08:00-08:30								Länsförsäkringar	Länsförsäkringar	Neptun Masters	Neptun Masters	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												IDF Skolsim	IDF Skolsim	10:00-10:30			
10:30-11:00	Lek	Bröstsimsim	Crawl	Crawl	Snabb-bana	skola	skola	skola	skola	skola							
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	15:00-15:30								
15:30-16:00						SPIF	SPIF	SPIF	15:30-16:00								
16:00-16:30						SPIF	SPIF	SPIF	16:00-16:30								
16:30-17:00						SPIF	SPIF	SPIF	16:30-17:00								
17:00-17:30						SPIF	SPIF	SPIF	17:00-17:30								
17:30-18:00						SPIF	SPIF	SPIF	17:30-18:00								
18:00-18:30						SPIF	SPIF	SPIF	18:00-18:30								
18:30-19:00						SPIF	SPIF	SPIF	18:30-19:00								
19:00-19:30						SPIF	SPIF	SPIF	19:00-19:30								
19:30-20:00						SPIF	SPIF	SPIF	19:30-20:00								
20:00-20:30						SPIF	SPIF	SPIF	20:00-20:30								
20:30-21:00						SPIF	SPIF	SPIF	20:30-21:00								
21:00-21:30						SPIF	SPIF	SPIF	21:00-21:30								
21:30-22:00						SPIF	SPIF	SPIF	21:30-22:00								
							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	SPIF Masters	SPIF Masters	SPIF Masters	21:00-21:30			
							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	SPIF Masters	SPIF Masters	SPIF Masters	21:30-22:00			

Fredag		O	1	2	3	4	5	6	7	8	9	10	11	20-feb															
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana	Neptun Masters	06:00-06:30																						
06:30-07:00						Neptun Masters	06:30-07:00																						
07:00-07:30						Neptun Masters	07:00-07:30																						
07:30-08:00						SPIF Masters	SPIF Masters	KTH	07:30-08:00																				
08:00-08:30						SPIF Masters	SPIF Masters	KTH	08:00-08:30																				
08:30-09:00	Lek					Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	Skola	IDF Skolsim	IDF Skolsim	08:30-09:00											
09:00-09:30																IDF Skolsim	09:00-09:30												
09:30-10:00																IDF Skolsim	09:30-10:00												
10:00-10:30																IDF Skolsim	10:00-10:30												
10:30-11:00																IDF Skolsim	10:30-11:00												
11:00-11:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana					Skola	Skola	Skola	Skola	Skola	Skola			11:00-11:30											
11:30-12:00																Neptun Masters	11:30-12:00												
12:00-12:30																Neptun Masters	12:00-12:30												
12:30-13:00																													12:30-13:00
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	Bröstsims	Crawl	Crawl	Snabb-bana	SPIF	SPIF	SPIF	SK Neptun	15:00-15:30														
15:30-16:00											SPIF	SPIF	SPIF	SK Neptun	15:30-16:00														
16:00-16:30	SPIF	SPIF	SPIF	SK Neptun	SK Neptun						SK Neptun	16:00-16:30																	
16:30-17:00	SPIF	SPIF	SPIF	SK Neptun	SK Neptun						SK Neptun	16:30-17:00																	
17:00-17:30	SK Neptun						SK Neptun	17:00-17:30																					
17:30-18:00	SK Neptun						SK Neptun	17:30-18:00																					
18:00-18:30	SK Neptun						SK Neptun	18:00-18:30																					
18:30-19:00	SK Neptun						SK Neptun	18:30-19:00																					
19:00-19:30													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										SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30															
20:30-21:00										SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00															

Måndag		O	1	2	3	4	5	6	7	8	9	10	11	23-feb					
06:00-06:30	Rundsim	Bröstsim	Crawl	Crawl	Snabb-bana	Neptun Masters	06:00-06:30												
06:30-07:00						Neptun Masters	06:30-07:00												
07:00-07:30						Neptun Masters	07:00-07:30												
07:30-08:00						Neptun Masters	Neptun Masters	EVLI	EVLI	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																			08:30-09:00
09:00-09:30																			09:00-09:30
09:30-10:00												SK Neptun A.R.	SK Neptun A.R.	SK Neptun A.R.	SK Neptun A.R.				09:30-10:00
10:00-10:30						Hinderbana	Bröstsim	Bröstsim	Crawl	Snabb-bana	SK Neptun A.R.	IDF Siskola	IDF Siskola	IDF Siskola	10:00-10:30				
10:30-11:00	SK Neptun A.R.	SK Neptun A.R.	SK Neptun A.R.	SK Neptun A.R.	IDF Siskola						IDF Siskola	10:30-11:00							
11:00-11:30	SPIF	SPIF	SPIF	SPIF														11:00-11:30	
11:30-12:00	SPIF	SPIF	SPIF	SPIF															11:30-12:00
12:00-12:30	SPIF	SPIF	SPIF	SPIF															12:00-12:30
12:30-13:00	SPIF	SPIF	SPIF	SPIF															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	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	SPIF	16:30-17:00						
17:00-17:30	Rundsim	Bröstsim	Crawl	Crawl	Snabb-bana	SPIF	17:00-17:30												
17:30-18:00						SPIF	17:30-18:00												
18:00-18:30						SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SK Neptun	18:00-18:30								
18:30-19:00						SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SK Neptun	SK Neptun	18:30-19:00							
19:00-19:30						SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	19:00-19:30							
19:30-20:00															Hellas	Hellas	Hellas	Hellas	19:30-20:00
20:00-20:30															Hellas	Hellas	Hellas	Hellas	20:00-20:30
20:30-21:00															Hellas	Hellas	Hellas	Hellas	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		O	1	2	3	4	5	6	7	8	9	10	11	26-feb
06:00-06:30	Rundsim	Bröstsim	Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters						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													08:30-09:00	
09:00-09:30													09:00-09:30	
09:30-10:00													09:30-10:00	
10:00-10:30						Hinderbana	Bröstsim	Bröstsim	Crawl	Snabb-bana	SK Neptun A.R.	SK Neptun A.R.	SK Neptun A.R.	SK Neptun A.R.
10:30-11:00	SK Neptun A.R.	SK Neptun A.R.	SK Neptun A.R.	SK Neptun A.R.	IDF Simskola						IDF Simskola	10:30-11:00		
11:00-11:30	SPIF	SPIF	SPIF	SPIF								11:00-11:30		
11:30-12:00	SPIF	SPIF	SPIF	SPIF								11:30-12:00		
12:00-12:30	SPIF	SPIF	SPIF	SPIF								12:00-12:30		
12:30-13:00	SPIF	SPIF	SPIF	SPIF								12:30-13:00		
13:00-13:30					Krokodilrace						Krokodilrace	Krokodilrace	13:00-13:30	
13:30-14:00					Krokodilrace						Krokodilrace	Krokodilrace	13:30-14:00	
14:00-14:30											IDF	IDF	14:00-14:30	
14:30-15:00											IDF	IDF	14:30-15:00	
15:00-15:30					SPIF						SPIF	SPIF	SPIF	15:00-15:30
15:30-16:00					SPIF						SPIF	SPIF	SPIF	15:30-16:00
16:00-16:30					SPIF						SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00					SPIF						SPIF	SPIF	SPIF	16:30-17:00
17:00-17:30	Rundsim	Bröstsim	Crawl	Crawl	Snabb-bana						SPIF	SPIF	SPIF	SPIF
17:30-18:00						SPIF	17:30-18:00							
18:00-18:30						SPIF	18:00-18:30							
18:30-19:00						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													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	O	1	2	3	4	5	6	7	8	9	10	11	27-feb				
06:00-06:30	Rundsim	Bröstsim	Crawl	Crawl	Snabb-bana	Neptun Masters	06:00-06:30										
06:30-07:00						Neptun Masters	06:30-07:00										
07:00-07:30						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													08:30-09:00				
09:00-09:30													09:00-09:30				
09:30-10:00											SK Neptun A.R.	SK Neptun A.R.	SK Neptun A.R.	SK Neptun A.R.			09:30-10:00
10:00-10:30						Hinderbana	Bröstsim	Bröstsim	Crawl	Snabb-bana	SK Neptun A.R.	IDF Simskola	IDF Simskola				
10:30-11:00	SK Neptun A.R.						IDF Simskola	IDF Simskola	10:30-11:00								
11:00-11:30	SPIF	SPIF	SPIF	SPIF									11:00-11:30				
11:30-12:00	SPIF	SPIF	SPIF	SPIF	Neptun Masters						Neptun Masters		11:30-12:00				
12:00-12:30	SPIF	SPIF	SPIF	SPIF	Neptun Masters						Neptun Masters		12:00-12:30				
12:30-13:00	SPIF	SPIF	SPIF	SPIF									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	Rundsim	Bröstsim	Crawl	Crawl	Snabb-bana	SK Neptun	17:00-17:30										
17:30-18:00						SK Neptun	17:30-18:00										
18:00-18:30						SK Neptun	18:00-18:30										
18:30-19:00						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										SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30			
20:30-21:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00						

Torsdag	O	1	2	3	4	5	6	7	8	9	10	11	O5-mar					
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters					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							Länsförsäkringar	Länsförsäkringar	Neptun Masters	Neptun Masters	EVLI	EVLI	07:30-08:00					
08:00-08:30							Länsförsäkringar	Länsförsäkringar	Neptun Masters	Neptun Masters	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											IDF Skolsim	IDF Skolsim	10:00-10:30					
10:30-11:00											IDF Skolsim	IDF Skolsim	10:30-11:00					
11:00-11:30	Lek	Bröstsims	Crawl	Crawl	Snabb-bana	skola	skola	skola	skola	skola	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	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	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	SPIF	SPIF	SPIF	19:00-19:30										
19:30-20:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	19:30-20:00										
20:00-20:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	20:00-20:30										
20:30-21:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	20:30-21:00										
21:00-21:30	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	SPIF 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	SPIF Masters	21:30-22:00										

Söndag		O	1	2	3	4	5	6	7	8	9	10	11	O8-mar
07:45-08:00														07:45-08:00
08:00-08:30	Rundsim					Snabb-bana	SPIF Masters	SPIF Masters	Sthlm. Swim meet	Sthlm. Swim meet	Sthlm. Swim meet	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						10:00-10:30
10:30-11:00							SK Neptun	SK Neptun						10:30-11:00
11:00-11:30							SK Neptun	SK Neptun						11:00-11:30
11:30-12:00							SK Neptun	SK Neptun						11:30-12:00
12:00-12:30							Mona Samskola	Mona Samskola						12:00-12:30
12:30-13:00							Mona Samskola	Mona Samskola						12:30-13:00
13:00-13:30	Mona Samskola	Mona Samskola			13:00-13:30									
13:30-14:00	Mona Samskola	Mona Samskola			13:30-14:00									
14:00-14:30	Lek	Bröstsims	Crawl	Crawl		Snabb-bana	SPIF Masters	SPIF Masters	Sthlm. Swim meet	Sthlm. Swim meet	Sthlm. Swim meet	IDF Samskola	IDF Samskola	14:00-14:30
14:30-15:00							SPIF Masters	SPIF Masters				IDF Samskola	IDF Samskola	14:30-15:00
15:00-15:30							SPIF Masters	SPIF Masters				SPIF Masters	Mona Samskola	15:00-15:30
15:30-16:00							SPIF Masters	SPIF Masters				SPIF Masters	Mona Samskola	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							SPIF Masters	SPIF Masters						17:00-17:30
17:30-18:00							SPIF Masters	SPIF Masters						17:30-18:00
18:00-18:30							SPIF Masters	SPIF Masters						18:00-18:30
18:30-19:00							SPIF Masters	SPIF Masters						18:30-19:00
19:00-19:30	Rundsim					Snabb-bana	SPIF Masters	SPIF Masters	Sthlm. Swim meet	Sthlm. Swim meet	Sthlm. Swim meet	SPIF Masters	SPIF Masters	19:00-19:30
19:30-20:00							SPIF Masters	SPIF Masters				SPIF Masters	SPIF Masters	19:30-20:00
20:00-20:30														20:00-20:30