

Måndag		O	1	2	3	4	5	6	7	8	9	10	11	18-maj						
06:00-06:30	Rundsims						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	Neptun Masters	Neptun Masters	07:00-07:30	
07:30-08:00									EVLI	EVLI	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	07:30-08:00	
08:00-08:30									EVLI	EVLI	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	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							Lekbanor	Bröstsims	Crawl	Crawl	Snabb-bana		Skola	Skola	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	Rundsims						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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00	
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30	
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	Hellas	Hellas	Hellas	Hellas	Hellas	Hellas	18:30-19:00
19:00-19:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	Hellas	Hellas	Hellas	Hellas	Hellas	Hellas	19:00-19:30
19:30-20:00							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	Hellas	Hellas	Hellas	Hellas	Hellas	Hellas	19:30-20:00
20:00-20:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Dolphins	Dolphins	Dolphins	Dolphins	Dolphins	Dolphins	Dolphins	Dolphins	Dolphins	20:00-20:30
							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Dolphins	Dolphins	Dolphins	Dolphins	Dolphins	Dolphins	Dolphins	Dolphins	Dolphins	20:30-21:00

Med reservation för ändringar

Tisdag		O	1	2	3	4	5	6	7	8	9	10	11	19-maj		
06:00-06:30	Rundsims													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													10:00-10:30			
10:30-11:00	Lekbanor	Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola				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	Rundsims						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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30		
17:30-18:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00		
18:00-18:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30		
18:30-19:00							SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	Hellas	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	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30								
20:30-21:00	Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00								

Med reservation för ändringar

Onsdag		O	1	2	3	4	5	6	7	8	9	10	11	20-maj					
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	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	Neptun Masters	07:00-07:30
07:30-08:00								EVLI	EVLI	Team Jarla	Team Jarla	Team Snabbare	Team Snabbare	07:30-08:00					
08:00-08:30								EVLI	EVLI	Team Jarla	Team Jarla	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							Lekbanor	Bröstsimsim	Crawl	Crawl	Snabb-bana	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						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								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	20:00-20:30					
								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	20:30-21:00					

Med reservation för ändringar

Torsdag		O	1	2	3	4	5	6	7	8	9	10	11	21-maj										
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															EVL	EVL	Matt Hill	Matt Hill	07:30-08:00					
08:00-08:30															EVL	EVL	Matt Hill	Matt Hill	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	Lekbanor	Brösts	Crawl	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola			10:00-10:30										
10:30-11:00																						SPIF M. j.s.	10:30-11:00	
11:00-11:30																							SPIF Masters	11:00-11:30
11:30-12:00																							SPIF Masters	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	SPIF	SPIF	SPIF	SPIF	15:00-15:30										
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00						
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30						
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:30-17:00						
17:00-17:30							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	17:30-18:00						
18:00-18:30							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	18:30-19:00						
19:00-19:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	19:00-19:30						
19:30-20:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	19:30-20:00						
20:00-20:30							Dive Club U.	Dolphins	Dolphins	Dolphins	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30										
							Dive Club U.	Dolphins	Dolphins	Dolphins	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00										

Med reservation för ändringar

Fredag		O	1	2	3	4	5	6	7	8	9	10	11	22-maj				
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	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																APNEA	APNEA	07:30-08:00
08:00-08:30																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							Lekbanor	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			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						Avsim	Avsim	Avsim	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30				
15:30-16:00										SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00				
16:00-16:30										SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30				
16:30-17:00										SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00				
17:00-17:30										SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30				
17:30-18:00										SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00				
18:00-18:30										SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30				
18:30-19:00										SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00				
19:00-19:30										Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters
														19:30-20:00				

Med reservation för ändringar

Lördag		O	1	2	3	4	5	6	7	8	9	10	11	23-maj							
08:00-08:30	Rundsim	Bröstsım	Crawl	Crawl	Snabb-bana					Avsim	Avsim	Avsim	Avsim	07:45-08:00							
08:30-09:00																		08:00-08:30			
09:00-09:30																		08:30-09:00			
09:30-10:00																	09:00-09:30				
10:00-10:30	Lekbanor																				09:30-10:00
10:30-11:00																					10:00-10:30
11:00-11:30						Dolphins	Dolphins	Dolphins													10:30-11:00
11:30-12:00						Dolphins	Dolphins	Dolphins													11:00-11:30
12:00-12:30																					11:30-12:00
12:30-13:00																					12:00-12:30
13:00-13:30													12:30-13:00								
13:30-14:00													13:00-13:30								
14:00-14:30													13:30-14:00								
14:30-15:00													14:00-14:30								
15:00-15:30	Rundsim						Sthlm.simförb.	Sthlm.simförb.						14:30-15:00							
15:30-16:00							Sthlm.simförb.	Sthlm.simförb.						15:00-15:30							
16:00-16:30														15:30-16:00							
16:30-17:00							Nep. Konstsim	Nep. Konstsim	Nep. Konstsim					16:00-16:30							
17:00-17:30							Nep. Konstsim	Nep. Konstsim	Nep. Konstsim					16:30-17:00							
17:30-18:00							Nep. Konstsim	Nep. Konstsim	Nep. Konstsim					17:00-17:30							
18:00-18:30							Nep. Konstsim	Nep. Konstsim	Nep. Konstsim					17:30-18:00							
							Nep. Konstsim	Nep. Konstsim	Nep. Konstsim					18:00-18:30							
							Nep. Konstsim	Nep. Konstsim	Nep. Konstsim					18:30-19:00							

Med reservation för ändringar

Söndag		O	1	2	3	4	5	6	7	8	9	10	11	24-maj							
							Team TT	Team TT	SPIF	SPIF	Avsim	Avsim	Avsim	07:45-08:00							
08:00-08:30	Rundsim	Bröstsim	Crawl	Crawl	Snabb-bana	Team TT	Team TT	SPIF	SPIF								08:00-08:30				
08:30-09:00						Team TT	Team TT	SPIF	SPIF											08:30-09:00	
09:00-09:30						Team TT	Team TT	SPIF	SPIF												09:00-09:30
09:30-10:00	Lekbanor									Sthlm.simförb.				Sthlm.simförb.	SPIF	SPIF					09:30-10:00
10:00-10:30						Sthlm.simförb.	Sthlm.simförb.														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				15:00-15:30		
15:30-16:00												SPIF	SPIF	SPIF	SPIF				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								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters				18:00-18:30						
18:30-19:00								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters				18:30-19:00						
19:00-19:30								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters				19:00-19:30						

Med reservation för ändringar

Måndag		O	1	2	3	4	5	6	7	8	9	10	11	25-maj					
06:00-06:30	Rundsims						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									EVLI	EVLI	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	07:30-08:00	
08:00-08:30									EVLI	EVLI	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	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							Lekbanor	Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola			SPIF M. j.s.
10:30-11:00	SPIF M. j.s.	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	Rundsims													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														SPIF	SPIF	17:00-17:30			
17:30-18:00														SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30														SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00														SPIF	SPIF	Hellas	Hellas	Hellas	18:30-19:00
19:00-19:30														SPIF	SPIF	Hellas	Hellas	Hellas	19:00-19:30
19:30-20:00														SPIF	SPIF	Hellas	Hellas	Hellas	19:30-20:00
20:00-20:30														SPIF Masters	SPIF Masters	Dolphins	Dolphins	Dolphins	20:00-20:30
20:30-21:00	SPIF Masters	SPIF Masters	Dolphins	Dolphins	Dolphins	20:30-21:00													

Med reservation för ändringar

Tisdag		O	1	2	3	4	5	6	7	8	9	10	11	26-maj				
06:00-06:30	Rundsim													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							Lekbanor	Bröstsimsim	Crawl	Crawl	Snabb-bana	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						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	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	Hellas	Hellas	Hellas	18:30-19:00				
19:00-19:30							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	19:00-19:30				
19:30-20:00							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	19:30-20:00				
20:00-20:30							Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30				
20:30-21:00	Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00										

Med reservation för ändringar

Onsdag		O	1	2	3	4	5	6	7	8	9	10	11	27-maj												
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	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	Neptun Masters	07:00-07:30							
07:30-08:00								EVLI	EVLI	Team Jarla	Team Jarla	Team Snabbare	Team Snabbare	07:30-08:00												
08:00-08:30								EVLI	EVLI	Team Jarla	Team Jarla	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							Lekbanor	Bröstsimsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola			SPIF M. j.s.	10:00-10:30						
10:30-11:00	SPIF M. j.s.	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	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														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																					APNEA	APNEA	19:00-19:30			
19:30-20:00																					APNEA	APNEA	19:30-20:00			
20:00-20:30																					SPIF Masters	SPIF Masters	APNEA	APNEA	20:00-20:30	
								SPIF Masters	SPIF Masters	APNEA	APNEA	20:30-21:00														

Med reservation för ändringar

Torsdag		O	1	2	3	4	5	6	7	8	9	10	11	28-maj										
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															EVL	EVL	Bruce	Bruce	07:30-08:00					
08:00-08:30															EVL	EVL	Bruce	Bruce	08:00-08:30					
08:30-09:00																			08:30-09:00					
09:00-09:30																			09:00-09:30					
09:30-10:00	Lekbanor	Brösts	Crawl	Crawl	Snabb-bana		Skola	Skola	Skola	Skola	Skola			09:30-10:00										
10:00-10:30																							10:00-10:30	
10:30-11:00																								10:30-11:00
11:00-11:30																							SPIF Masters	11:00-11:30
11:30-12:00																							SPIF Masters	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						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							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	Dive Club U.	Dolphins	Dolphins	Dolphins	Dolphins	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30															
	Dive Club U.	Dolphins	Dolphins	Dolphins	Dolphins	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00															

Med reservation för ändringar

Fredag		O	1	2	3	4	5	6	7	8	9	10	11	29-maj					
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	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																APNEA	APNEA	07:30-08:00	
08:00-08:30																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							Lekbanor	Bröstsimsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	Skola	IDF Skolsim	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			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	SPIF	SPIF	SPIF	15:00-15:30					
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00	
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30	
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30
							SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00					

Med reservation för ändringar

Lördag		O	1	2	3	4	5	6	7	8	9	10	11	30-maj				
														07:45-08:00				
08:00-08:30	Rundsims	Bröstsims	Crawl	Crawl	Snabb-bana									08:00-08:30				
08:30-09:00																	08:30-09:00	
09:00-09:30														NEC	NEC	NEC	NEC	09:00-09:30
09:30-10:00														NEC	NEC	NEC	NEC	09:30-10:00
10:00-10:30	Lekbanor																	10:00-10:30
10:30-11:00																		10:30-11:00
11:00-11:30															Dolphins	Dolphins	Dolphins	11:00-11:30
11:30-12:00															Dolphins	Dolphins	Dolphins	11:30-12:00
12:00-12:30															Dolphins	Dolphins	Dolphins	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	Rundsims																	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				

Med reservation för ändringar

Söndag		O	1	2	3	4	5	6	7	8	9	10	11	31-maj
							SPIF	SPIF	SPIF			Team TT	Team TT	07:45-08:00
08:00-08:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana	SPIF	SPIF	SPIF				Team TT	Team TT	08:00-08:30
08:30-09:00						SPIF	SPIF	SPIF				Team TT	Team TT	08:30-09:00
09:00-09:30						SPIF	SPIF	SPIF						09:00-09:30
09:30-10:00						SPIF	SPIF	SPIF						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													14:00-14:30	
14:30-15:00													14:30-15:00	
15:00-15:30	Rundsim									SPIF	SPIF	SPIF	SPIF	SPIF
15:30-16:00		SPIF	SPIF	SPIF	SPIF	SPIF	SPIF			15:30-16:00				
16:00-16:30		SPIF	SPIF	SPIF	SPIF	SPIF	SPIF			16:00-16:30				
16:30-17:00										16:30-17:00				
17:00-17:30										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							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters		19:00-19:30

Med reservation för ändringar

Måndag		O	1	2	3	4	5	6	7	8	9	10	11	O1-Jun													
06:00-06:30	Rundsims						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	Neptun Masters	Neptun Masters	07:00-07:30								
07:30-08:00															Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	07:30-08:00								
08:00-08:30																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							Lekbanor	Bröstsims	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	Rundsims													SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:00-15:30			
15:30-16:00														SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00
16:00-16:30														SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00														SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:30-17:00
17:00-17:30														SPIF	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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30														SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00														SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	Hellas	18:30-19:00
19:00-19:30														SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	Hellas	19:00-19:30
19:30-20:00														SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	Hellas	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	Dolphins	Dolphins	Dolphins	Dolphins	20:00-20:30
	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Dolphins	Dolphins	Dolphins	Dolphins	20:30-21:00													

Med reservation för ändringar

Tisdag		O	1	2	3	4	5	6	7	8	9	10	11	O2-jun
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														07:30-08:00
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	Lekbanor	Bröstsimsim	Crawl	Crawl	Snabb-bana		Skola	Skola	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						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	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00							SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	Hellas	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	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30						
20:30-21:00	Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00						

Med reservation för ändringar

Onsdag		O	1	2	3	4	5	6	7	8	9	10	11	O3-jun						
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																			07:30-08:00	
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	Lekbanor	Bröstsimsim	Crawl	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	SPIF	SPIF	SPIF	SPIF	15:00-15:30						
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00		
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30	
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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												APNEA	APNEA	19:00-19:30						
19:30-20:00												APNEA	APNEA	19:30-20:00						
20:00-20:30								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	20:00-20:30						
								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	20:30-21:00						

Med reservation för ändringar

Torsdag		O	1	2	3	4	5	6	7	8	9	10	11	O4-jun												
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																			07:30-08:00							
08:00-08:30																		Bruce	Bruce	08:00-08:30						
08:30-09:00																		Bruce	Bruce	08:30-09:00						
09:00-09:30																				09:00-09:30						
09:30-10:00																				09:30-10:00						
10:00-10:30	Lekbanor	Bröstsimsim	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																								SPIF Masters	11:00-11:30	
11:30-12:00																									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																									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						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							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	Dive Club U.	Dolphins	Dolphins	Dolphins	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30																		
	Dive Club U.	Dolphins	Dolphins	Dolphins	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00																		

Med reservation för ändringar

Fredag		O	1	2	3	4	5	6	7	8	9	10	11	O5-jun						
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					APNEA	APNEA	07:00-07:30		
07:30-08:00																APNEA	APNEA	07:30-08:00		
08:00-08:30																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	Lekbanor	Bröstsimsim	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																				
14:00-14:30																				
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	SPIF	SPIF	SPIF	SPIF	15:30-16:00		
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30	
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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							SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30						
							SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00						

Med reservation för ändringar

Lördag		O	1	2	3	4	5	6	7	8	9	10	11	O6-jun				
							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	07:45-08:00				
08:00-08:30	Rundsims	Bröstsims	Crawl	Crawl	Snabb-bana	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	08:00-08:30				
08:30-09:00						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	08:30-09:00		
09:00-09:30						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	09:00-09:30	
09:30-10:00						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	09:30-10:00	
10:00-10:30	Lekbanor																	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	Rundsims																	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				

Med reservation för ändringar

Söndag		O	1	2	3	4	5	6	7	8	9	10	11	O7-jun
							SPIF	SPIF	SPIF			Team TT	Team TT	07:45-08:00
08:00-08:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana	SPIF	SPIF	SPIF				Team TT	Team TT	08:00-08:30
08:30-09:00						SPIF	SPIF	SPIF				Team TT	Team TT	08:30-09:00
09:00-09:30						SPIF	SPIF	SPIF						09:00-09:30
09:30-10:00						SPIF	SPIF	SPIF						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				D.P. Simskola	10:30-11:00
11:00-11:30	SK Neptun					SK Neptun	SK Neptun	SK Neptun	SK Neptun				10:30-11:15	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														14:00-14:30
14:30-15:00														14:30-15:00
15:00-15:30	Rundsim										SPIF	SPIF	SPIF	SPIF
15:30-16:00		SPIF	SPIF	SPIF	SPIF	SPIF	SPIF			15:30-16:00				
16:00-16:30		SPIF	SPIF	SPIF	SPIF	SPIF	SPIF			16:00-16:30				
16:30-17:00										16:30-17:00				
17:00-17:30										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								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	19:00-19:30

Med reservation för ändringar