

Måndag	Hoppbassäng / 25-metersbassäng							6	7	8	9	10	11	20-okt
06:00-06:30				Neptun Master (simbana)				Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30
06:30-07:00	Neptun Hopp			Neptun Master (simbana)				Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00
07:00-07:30	Neptun Hopp			Neptun Master (simbana)				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				SPIF Skola				Neptun Masters	Neptun Masters	EVLI	EVLI	Team Snabbare	Team Snabbare	08:00-08:30
08:30-09:00	SPIF Skola			SPIF Skola										08:30-09:00
09:00-09:30	SPIF Skola			SPIF Skola										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												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														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	Neptun Hopp			Polisen hopp				SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00	Neptun Hopp			Polisen hopp				SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30	Neptun Hopp			Polisen hopp				SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00	Neptun Hopp			Polisen hopp				SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30	Neptun Hopp			Polisen hopp				SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00	Neptun Hopp			Polisen hopp				SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30	Neptun Hopp			Polisen hopp				SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00	Neptun Hopp			Polisen hopp				SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30	Neptun Hopp			Polisen hopp				SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	19:00-19:30
19:30-20:00	Neptun Masters			Polisen hopp				SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	19:30-20:00
20:00-20:30								SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	20:00-20:30
20:30-21:00	Rundsim	Bröstsimsim	Crawl	Crawl				SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	20:30-21:00
21:00-21:30								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Apnea	Apnea	21:00-21:30
21:30-22:00								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Apnea	Apnea	21:30-22:00

Tisdag	Hoppbassäng / 25-metersbassäng						6	7	8	9	10	11	21-okt
06:00-06:30	Neptun Konstsim Masters												06:00-06:30
06:30-07:00	Neptun Konstsim Masters			SPIF Masters sim			SPIF Masters	SCT	SCT	SCT	APNEA	APNEA	06:30-07:00
07:00-07:30	Neptun Konstsim Masters			SPIF Masters sim			SPIF Masters	SCT	SCT	SCT	APNEA	APNEA	07:00-07:30
07:30-08:00							SPIF Masters	SPIF Masters	Team Jarla	Team Jarla	APNEA	APNEA	07:30-08:00
08:00-08:30							SPIF Masters	SPIF Masters	Team Jarla	Team Jarla	APNEA	APNEA	08:00-08:30
08:30-09:00								NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	08:30-09:00
09:00-09:30								NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	09:00-09:30
09:30-10:00								NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	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	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													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	Neptun Hopp			Polisen hopp			NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00	Neptun Hopp			Polisen hopp			NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30	Neptun Hopp			Polisen hopp			NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00	Neptun Hopp			Polisen hopp			NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30	Neptun Hopp			Polisen hopp			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00	Neptun Hopp			Polisen hopp			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30	Neptun Hopp			Polisen hopp			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00	Neptun Hopp			Polisen hopp			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30	Neptun Hopp			Polisen hopp			Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	19:00-19:30
19:30-20:00	Neptun Masters			Polisen hopp			Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	19:30-20:00
20:00-20:30	Rundsim	Bröstsim	Crawl	Crawl	SCT	SCT	SCT	Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	20:00-20:30
20:30-21:00					SCT	SCT	SCT	Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	20:30-21:00
21:00-21:30					Dolphins	Dolphins	Dolphins	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30
21:30-22:00					Dolphins	Dolphins	Dolphins	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00

Onsdag	Hoppbassäng / 25-metersbassäng						6	7	8	9	10	11	22-okt	
06:00-06:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30	
06:30-07:00					Neptun Hopp		Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00	
07:00-07:30	07:15				Neptun Hopp		Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30	
07:30-08:00	SPIF M.				Neptun Hopp		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	SPIF Skola				SPIF Skola								08:30-09:00	
09:00-09:30	SPIF Skola				SPIF Skola								09:00-09:30	
09:30-10:00	IDF, Städ/underhåll												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											Neptun Masters	Neptun Masters	11:30-12:00	
12:00-12:30											Neptun Masters	Neptun Masters	12:00-12:30	
12:30-13:00													12:30-13:00	
13:00-13:30													13:00-13:30	
13:30-14:00													13:30-14:00	
14:00-14:30													14:00-14:30	
14:30-15:00													14:30-15:00	
15:00-15:30	Neptun Hopp				Polisen hopp		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30	
15:30-16:00	Neptun Hopp				Polisen hopp		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00	
16:00-16:30	Neptun Hopp				Polisen hopp		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30	
16:30-17:00	Neptun Hopp				Polisen hopp		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00	
17:00-17:30	Neptun Hopp				Polisen hopp		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30	
17:30-18:00	Neptun Hopp				Polisen hopp		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00	
18:00-18:30	Neptun Hopp				Neptun Hopp		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30	
18:30-19:00	Neptun Hopp				Neptun Hopp		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00	
19:00-19:30	Neptun Hopp				Neptun Hopp		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30	
19:30-20:00	Neptun Masters				Neptun Hopp		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00	
20:00-20:30	Rundsim	Bröstsim	Crawl	Crawl	SCT	SCT	SCT	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30	
20:30-21:00					SCT	SCT	SCT	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00
21:00-21:30					SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	APNEA	21:00-21:30
21:30-22:00					5m djup				SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA

Torsdag	Hoppbassäng / 25-metersbassäng		6	7	8	9	10	11	23-okt		
06:00-06:30			Neptun Masters	Neptun Masters	Neptun Masters				06:00-06:30		
06:30-07:00		Neptun Hopp	Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	06:30-07:00		
07:00-07:30		Neptun Hopp	Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	07:00-07:30		
07:30-08:00		Neptun Hopp			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				NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	08:30-09:00		
09:00-09:30	Marginalen Bank Simhopp (inhopp) (SPIF)			NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	09:00-09:30		
09:30-10:00				NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	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	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										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	NEC	NEC	NEC	NEC	15:00-15:30
15:30-16:00					SPIF	SPIF	NEC	NEC	NEC	NEC	15:30-16:00
16:00-16:30					SPIF	SPIF	NEC	NEC	NEC	NEC	16:00-16:30
16:30-17:00					SPIF	SPIF	NEC	NEC	NEC	NEC	16:30-17:00
17:00-17:30					SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30
17:30-18:00					SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00
18:00-18:30					SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30
18:30-19:00					SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00
19:00-19:30					SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	19:00-19:30
19:30-20:00					SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	19:30-20:00
20:00-20:30			SPIF	Crawl	Crawl	Bröstsims	Rundsims		20:00-20:30		
20:30-21:00			SPIF Masters						20:30-21:00		
21:00-21:30			SPIF Masters						21:00-21:30		
21:30-22:00			SPIF Masters						5m djup		

Fredag	Hoppbassäng / 25-metersbassäng								6	7	8	9	10	11	24-okt
06:00-06:30	Marginalen Bank Simhopp (SPIF)								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	06:30-07:00
07:00-07:30									Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	APNEA	APNEA	07:00-07:30
07:30-08:00									Finansinsp.	KTH	KTH	KTH	APNEA	APNEA	07:30-08:00
08:00-08:30									Finansinsp.	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															09:30-10:00
10:00-10:30															10:00-10:30
10:30-11:00															10:30-11:00
11:00-11:30															11:00-11:30
11:30-12:00															11:30-12:00
12:00-12:30															12:00-12:30
12:30-13:00															12:30-13:00
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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
19:00-19:30															19:00-19:30
19:30-20:00															19:30-20:00
20:00-20:30						Neptun Masters	Neptun Masters	Neptun Masters						20:00-20:30	
20:30-21:00						Neptun Masters	Neptun Masters	Neptun Masters		5m djup				20:30-21:00	

Lördag	Hoppbassäng / 25-metersbassäng		6	7	8	9	10	11	25-okt
07:45-08:00	Marginalen Bank Simhopp (SPIF)								07:45-08:00
08:00-08:30			SPIF	SPIF	SPIF	Team Snabbare	Team Snabbare	Team Snabbare	08:00-08:30
08:30-09:00			SPIF	SPIF	SPIF	Team Snabbare	Team Snabbare	Team Snabbare	08:30-09:00
09:00-09:30			SPIF	SPIF	SPIF	Team Snabbare	Team Snabbare	Team Snabbare	09:00-09:30
09:30-10:00			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							SPIF HLR	SPIF HLR	13:00-13:30
13:30-14:00							SPIF HLR	SPIF HLR	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								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	Neptun Konstsim	Neptun Konstsim							17:00-17:30
17:30-18:00	Neptun Konstsim	Neptun Konstsim							17:30-18:00
18:00-18:30	Neptun Konstsim	Neptun Konstsim							18:00-18:30
18:30-19:00	Neptun Konstsim	Neptun Konstsim							18:30-19:00

[illegible]

Måndag	Hoppbassäng / 25-metersbassäng							6	7	8	9	10	11	27-okt
06:00-06:30				Neptun Master (simbana)				Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30
06:30-07:00	Neptun Hopp			Neptun Master (simbana)				Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00
07:00-07:30	Neptun Hopp			Neptun Master (simbana)				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														08:30-09:00
09:00-09:30											SK Neptun	SK Neptun	SK Neptun	09:00-09:30
09:30-10:00											SK Neptun	SK Neptun	SK Neptun	09:30-10:00
10:00-10:30	Neptun			Neptun				SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	10:00-10:30
10:30-11:00	Neptun			Neptun				SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	10:30-11:00
11:00-11:30	SPIF			SPIF				SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	11:00-11:30
11:30-12:00	SPIF			SPIF				SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	11:30-12:00
12:00-12:30	SPIF			SPIF										12:00-12:30
12:30-13:00	SPIF			SPIF										12:30-13:00
13:00-13:30	Neptun			Neptun										13:00-13:30
13:30-14:00	Neptun			Neptun										13:30-14:00
14:00-14:30	SPIF			SPIF										14:00-14:30
14:30-15:00	SPIF			SPIF										14:30-15:00
15:00-15:30	Neptun Hopp			Polisen hopp				SPIF	SPIF					15:00-15:30
15:30-16:00	Neptun Hopp			Polisen hopp				SPIF	SPIF					15:30-16:00
16:00-16:30	Neptun Hopp			Polisen hopp				SPIF	SPIF					16:00-16:30
16:30-17:00	Neptun Hopp			Polisen hopp				SPIF	SPIF					16:30-17:00
17:00-17:30	Neptun Hopp			Polisen hopp										17:00-17:30
17:30-18:00	Neptun Hopp			Polisen hopp										17:30-18:00
18:00-18:30	Neptun Hopp			Polisen hopp							SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00	Neptun Hopp			Polisen hopp							SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30	Neptun Hopp			Polisen hopp Masters				SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	19:00-19:30
19:30-20:00	Neptun Masters			Polisen hopp Masters				SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	19:30-20:00
20:00-20:30	Rundsim	Bröstsim	Crawl	Crawl				SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	20:00-20:30
20:30-21:00												Hellas	Hellas	20:30-21:00
21:00-21:30												Apnea	Apnea	21:00-21:30
21:30-22:00												Apnea	Apnea	21:30-22:00

Tisdag	Hoppbassäng / 25-metersbassäng						6	7	8	9	10	11	28-okt	
06:00-06:30	Neptun Konstsim Masters												06:00-06:30	
06:30-07:00	Neptun Konstsim Masters				SPIF Masters sim			SCT	SCT	SCT	APNEA	APNEA	06:30-07:00	
07:00-07:30	Neptun Konstsim Masters				SPIF Masters sim			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										SK Neptun	SK Neptun	SK Neptun	09:00-09:30	
09:30-10:00										SK Neptun	SK Neptun	SK Neptun	09:30-10:00	
10:00-10:30	Neptun				Neptun				SPIF	SPIF	SPIF	SPIF	10:00-10:30	
10:30-11:00	Neptun				Neptun				SPIF	SPIF	SPIF	SPIF	10:30-11:00	
11:00-11:30	SPIF				SPIF				SPIF	SPIF	SPIF	SPIF	11:00-11:30	
11:30-12:00	SPIF				SPIF				SPIF	SPIF	SPIF	SPIF	11:30-12:00	
12:00-12:30	SPIF				SPIF								12:00-12:30	
12:30-13:00	SPIF				SPIF								12:30-13:00	
13:00-13:30	Neptun				Neptun						SK Neptun	SK Neptun	13:00-13:30	
13:30-14:00	Neptun				Neptun						SK Neptun	SK Neptun	13:30-14:00	
14:00-14:30	SPIF				SPIF								14:00-14:30	
14:30-15:00	SPIF				SPIF								14:30-15:00	
15:00-15:30	Neptun Hopp				Polisen hopp		NEC	NEC	NEC	NEC			15:00-15:30	
15:30-16:00	Neptun Hopp				Polisen hopp		NEC	NEC	NEC	NEC			15:30-16:00	
16:00-16:30	Neptun Hopp				Polisen hopp		NEC	NEC	NEC	NEC			16:00-16:30	
16:30-17:00	Neptun Hopp				Polisen hopp		NEC	NEC	NEC	NEC			16:30-17:00	
17:00-17:30	Neptun Hopp				Polisen hopp								17:00-17:30	
17:30-18:00	Neptun Hopp				Polisen hopp								17:30-18:00	
18:00-18:30	Neptun Hopp				Polisen hopp					SK Neptun	SK Neptun	SK Neptun	18:00-18:30	
18:30-19:00	Neptun Hopp				Polisen hopp					SK Neptun	SK Neptun	SK Neptun	18:30-19:00	
19:00-19:30	Neptun Hopp				Polisen hopp Masters		Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	19:00-19:30	
19:30-20:00	Neptun Masters				Polisen hopp Masters		Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	19:30-20:00	
20:00-20:30	Rundsim	Bröstsim	Crawl	Crawl	SCT	SCT	SCT	Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	20:00-20:30
20:30-21:00					SCT	SCT	SCT	Alvsjö AIK	Alvsjö AIK	Alvsjö AIK	Hellas	Hellas	Hellas	20:30-21:00
21:00-21:30					Dolphins	Dolphins	Dolphins	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30
21:30-22:00	5m djup				Dolphins	Dolphins	Dolphins	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00	

Onsdag	Hoppbassäng / 25-metersbassäng							6	7	8	9	10	11	29-okt
06:00-06:30								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30
06:30-07:00	Neptun Hopp							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00
07:00-07:30	Neptun Hopp							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00	Neptun Hopp							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														08:30-09:00
09:00-09:30	Neptun			Neptun							SK Neptun	SK Neptun	SK Neptun	09:00-09:30
09:30-10:00	Neptun			Neptun							SK Neptun	SK Neptun	SK Neptun	09:30-10:00
10:00-10:30	Neptun			Neptun				SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	10:00-10:30
10:30-11:00	Neptun			Neptun				SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	10:30-11:00
11:00-11:30	SPIF			SPIF				SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	11:00-11:30
11:30-12:00	SPIF			SPIF				SPIF	SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	11:30-12:00
12:00-12:30	SPIF			SPIF								Neptun Masters	Neptun Masters	12:00-12:30
12:30-13:00	SPIF			SPIF										12:30-13:00
13:00-13:30	Neptun			Neptun										13:00-13:30
13:30-14:00	Neptun			Neptun										13:30-14:00
14:00-14:30	SPIF			SPIF										14:00-14:30
14:30-15:00	SPIF			SPIF										14:30-15:00
15:00-15:30	Neptun Hopp			Polisen hopp										15:00-15:30
15:30-16:00	Neptun Hopp			Polisen hopp										15:30-16:00
16:00-16:30	Neptun Hopp			Polisen hopp										16:00-16:30
16:30-17:00	Neptun Hopp			Polisen hopp										16:30-17:00
17:00-17:30	Neptun Hopp			Polisen hopp										17:00-17:30
17:30-18:00	Neptun Hopp			Polisen hopp										17:30-18:00
18:00-18:30	Neptun Hopp			Neptun Hopp							SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00	Neptun Hopp			Neptun Hopp							SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30	Neptun Hopp			Neptun Hopp										19:00-19:30
19:30-20:00	Neptun Masters			Neptun Hopp										19:30-20:00
20:00-20:30	Rundsim	Bröstsim	Crawl	Crawl	SCT	SCT	SCT							20:00-20:30
20:30-21:00					SCT	SCT	SCT							20:30-21:00
21:00-21:30					SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	APNEA	21:00-21:30
21:30-22:00					SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	APNEA	21:30-22:00

Torsdag	Hoppbassäng / 25-metersbassäng		6	7	8	9	10	11	30-okt
06:00-06:30			Neptun Masters	Neptun Masters	Neptun Masters				06:00-06:30
06:30-07:00		Neptun Hopp	Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	06:30-07:00
07:00-07:30		Neptun Hopp	Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	07:00-07:30
07:30-08:00		Neptun Hopp			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	Neptun	Neptun		SK Neptun	SK Neptun	SK Neptun			09:00-09:30
09:30-10:00	Neptun	Neptun		SK Neptun	SK Neptun	SK Neptun	Sthlm Simförb.	Sthlm Simförb.	09:30-10:00
10:00-10:30	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	Sthlm Simförb.	Sthlm Simförb.	10:00-10:30
10:30-11:00	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF			10:30-11:00
11:00-11:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF			11:00-11:30
11:30-12:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF			11:30-12:00
12:00-12:30	SPIF	SPIF							12:00-12:30
12:30-13:00	SPIF	SPIF							12:30-13:00
13:00-13:30	Neptun	Neptun					SK Neptun	SK Neptun	13:00-13:30
13:30-14:00	Neptun	Neptun					SK Neptun	SK Neptun	13:30-14:00
14:00-14:30	SPIF	SPIF							14:00-14:30
14:30-15:00	SPIF	SPIF							14:30-15:00
15:00-15:30	Neptun Hopp	Polisen hopp	SPIF	SPIF	NEC	NEC	NEC	NEC	15:00-15:30
15:30-16:00	Neptun Hopp	Polisen hopp	SPIF	SPIF	NEC	NEC	NEC	NEC	15:30-16:00
16:00-16:30	Neptun Hopp	Polisen hopp	SPIF	SPIF	NEC	NEC	NEC	NEC	16:00-16:30
16:30-17:00	Neptun Hopp	Polisen hopp	SPIF	SPIF	NEC	NEC	NEC	NEC	16:30-17:00
17:00-17:30	Neptun Hopp	Polisen hopp	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30
17:30-18:00	Neptun Hopp	Polisen hopp	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00
18:00-18:30	Neptun Hopp	Polisen hopp	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30
18:30-19:00	Neptun Hopp	Polisen hopp	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00
19:00-19:30	Neptun Hopp	Polisen hopp Masters							19:00-19:30
19:30-20:00	Neptun Hopp	Polisen hopp Masters							19:30-20:00
20:00-20:30	Neptun Hopp Masters	Neptun Hopp Masters		Crawl	Crawl	Bröstsimsim	Rundsimsim		20:00-20:30
20:30-21:00	Neptun Hopp Masters	Neptun Hopp Masters							20:30-21:00
21:00-21:30	Neptun Hopp Masters	Neptun Hopp							21:00-21:30
21:30-22:00	21:45	Neptun Hopp							21:30-22:00

[illegible]

Lördag	Hoppbassäng / 25-metersbassäng		6	7	8	9	10	11	01-nov
07:45-08:00	Polisen hopp	Polisen hopp							07:45-08:00
08:00-08:30	Polisen hopp	Polisen hopp	SPIF	SPIF	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	08:00-08:30
08:30-09:00	Polisen hopp	Polisen hopp	SPIF	SPIF	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	08:30-09:00
09:00-09:30	Polisen hopp	Polisen hopp	SPIF	SPIF	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	09:00-09:30
09:30-10:00	Polisen hopp	Polisen hopp	SPIF	SPIF	Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	09:30-10:00
10:00-10:30	Polisen hopp	Polisen hopp			Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	10:00-10:30
10:30-11:00	Polisen hopp	Polisen hopp			Team Snabbare	Team Snabbare	Team Snabbare	Team Snabbare	10:30-11:00
11:00-11:30	Polisen hopp	Polisen hopp				Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	11:00-11:30
11:30-12:00	Polisen hopp	Polisen hopp				Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	11:30-12:00
12:00-12:30	Polisen hopp	Polisen hopp				Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	12:00-12:30
12:30-13:00	Polisen hopp	Polisen hopp							12:30-13:00
13:00-13:30	Polisen hopp	Polisen hopp							13:00-13:30
13:30-14:00	Polisen hopp	Polisen hopp							13:30-14:00
14:00-14:30	Polisen hopp	Polisen hopp							14:00-14:30
14:30-15:00	Polisen hopp	Polisen hopp							14:30-15:00
15:00-15:30	Polisen hopp	Polisen hopp							15:00-15:30
15:30-16:00	Polisen hopp	Polisen hopp							15:30-16:00
16:00-16:30	Neptun Konstsim	Neptun Konstsim							16:00-16:30
16:30-17:00	Neptun Konstsim	Neptun Konstsim							16:30-17:00
17:00-17:30	Neptun Konstsim	Neptun Konstsim							17:00-17:30
17:30-18:00	Neptun Konstsim	Neptun Konstsim							17:30-18:00
18:00-18:30	Neptun Konstsim	Neptun Konstsim							18:00-18:30
18:30-19:00	Neptun Konstsim	Neptun Konstsim							18:30-19:00

[illegible]

Måndag		0	1	2	3	4	5	6	7	8	9	10	11	03-nov
06:00-06:30				Neptun Master (simbana)				Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30
06:30-07:00	Neptun Hopp			Neptun Master (simbana)				Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00
07:00-07:30	Neptun Hopp			Neptun Master (simbana)				Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00	Neptun Hopp							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	SPIF Skola			SPIF Skola										08:30-09:00
09:00-09:30	SPIF Skola			SPIF Skola										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												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														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	Neptun Hopp			SPIF Skola				SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00	Neptun Hopp			SPIF Skola				SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30	Neptun Hopp			SPIF Skola				SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00	Neptun Hopp			Polisen hopp				SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30	Neptun Hopp			Polisen hopp				SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00	Neptun Hopp			Polisen hopp				SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30	Neptun Hopp			Polisen hopp				SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00	Neptun Hopp			Polisen hopp				SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30	Neptun Hopp			Polisen hopp				SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	19:00-19:30
19:30-20:00	Neptun Masters			Polisen hopp				SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	19:30-20:00
20:00-20:30	Rundsim	Bröstsimsim	Crawl	Crawl				SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	20:00-20:30
20:30-21:00								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	20:30-21:00
21:00-21:30								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Apnea	Apnea	21:00-21:30
21:30-22:00					5m djup							SPIF Masters	SPIF Masters	SPIF Masters

[illegible]

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	05-nov
06:00-06:30								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30
06:30-07:00					Neptun Hopp			Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00
07:00-07:30		07:15			Neptun Hopp			Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00		SPIF M.			Neptun Hopp			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		SPIF Skola			SPIF Skola									08:30-09:00
09:00-09:30		SPIF Skola			SPIF Skola									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												Neptun Masters	Neptun Masters	11:30-12:00
12:00-12:30												Neptun Masters	Neptun Masters	12:00-12:30
12:30-13:00														12:30-13:00
13:00-13:30														13:00-13:30
13:30-14:00														13:30-14:00
14:00-14:30														14:00-14:30
14:30-15:00														14:30-15:00
15:00-15:30		Neptun Hopp			Polisen hopp			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00		Neptun Hopp			Polisen hopp			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30		Neptun Hopp			Polisen hopp			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00		Neptun Hopp			Polisen hopp			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30		Neptun Hopp			Polisen hopp			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00		Neptun Hopp			Polisen hopp			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30		Neptun Hopp			Neptun Hopp			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00		Neptun Hopp			Neptun Hopp			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30		Neptun Hopp			Neptun Hopp			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30
19:30-20:00		Neptun Masters			Neptun Hopp			SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00
20:00-20:30	Rundsim	Bröstsim	Crawl	Crawl	SCT	SCT	SCT	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30
20:30-21:00					SCT	SCT	SCT	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00
21:00-21:30					SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	APNEA	21:00-21:30
21:30-22:00					5m djup				SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	06-nov
06:00-06:30								Neptun Masters	Neptun Masters	Neptun Masters				06:00-06:30
06:30-07:00					Neptun Hopp			Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	06:30-07:00
07:00-07:30		07:15			Neptun Hopp			Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	07:00-07:30
07:30-08:00		SPIF M.			Neptun Hopp					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									NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	08:30-09:00
09:00-09:30									NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	09:00-09:30
09:30-10:00									NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	NIU NEP.	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	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														13:00-13:30
13:30-14:00														13:30-14:00
14:00-14:30														14:00-14:30
14:30-15:00					SPIF Skola									14:30-15:00
15:00-15:30		Neptun Hopp			SPIF Skola			SPIF	SPIF	NEC	NEC	NEC	NEC	15:00-15:30
15:30-16:00		Neptun Hopp			SPIF Skola			SPIF	SPIF	NEC	NEC	NEC	NEC	15:30-16:00
16:00-16:30		Neptun Hopp			Polisen hopp			SPIF	SPIF	NEC	NEC	NEC	NEC	16:00-16:30
16:30-17:00		Neptun Hopp			Polisen hopp			SPIF	SPIF	NEC	NEC	NEC	NEC	16:30-17:00
17:00-17:30		Neptun Hopp			Polisen hopp			SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30
17:30-18:00		Neptun Hopp			Polisen hopp			SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00
18:00-18:30		Neptun Hopp			Polisen hopp			SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30
18:30-19:00		Neptun Hopp			Polisen hopp			SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00
19:00-19:30		Neptun Hopp			Polisen hopp			SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	19:00-19:30
19:30-20:00		Neptun Hopp			Polisen hopp			SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	19:30-20:00
20:00-20:30		Neptun Hopp Masters			Neptun Hopp Masters			SPIF	Crawl	Crawl	Bröstsims	Rundsims		20:00-20:30
20:30-21:00		Neptun Hopp Masters			Neptun Hopp Masters			SPIF Masters						20:30-21:00
21:00-21:30		Neptun Hopp Masters			Polisen hopp Masters			SPIF Masters						21:00-21:30
21:30-22:00		21:45			20:45-21:30			SPIF Masters	5m djup					21:30-22:00

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