

Måndag		0	1	2	3	4	5	6	7	8	9	10	11	24-mar				
06:00-06:30	Rundsim					Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30				
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	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								Running SWE	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli	07:30-08:00				
08:00-08:30								Running SWE	Running SWE	Team Snabbare	Team Snabbare	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	Bröstsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola		IDF Skolsim	IDF Skolsim	10:30-11:00				
11:00-11:30												SPIF Masters	SPIF Masters	11:00-11:30				
11:30-12:00												SPIF Masters	SPIF Masters	11:30-12:00				
12:00-12:30												SPIF Masters	SPIF Masters	12:00-12:30				
12:30-13:00														12:30-13:00				
13:00-13:30												IDF Skolsim	IDF Skolsim	13:00-13:30				
13:30-14:00												IDF Skolsim	IDF Skolsim	13:30-14:00				
14:00-14:30												IDF Skolsim	IDF Skolsim	14:00-14:30				
14:30-15:00												IDF Skolsim	IDF Skolsim	14:30-15:00				
15:00-15:30						SPIF	SPIF	SPIF	SPIF	SK Neptun	IDF Skolsim	IDF Skolsim	15:00-15:30					
15:30-16:00						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	15:30-16:00					
16:00-16:30						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:00-16:30					
16:30-17:00						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:30-17:00					
17:00-17:30						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:00-17:30					
17:30-18:00						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:30-18:00					
18:00-18:30	Rundsim						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:00-18:30				
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:30-19:00				
19:00-19:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:00-19:30				
19:30-20:00							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:30-20:00				
20:00-20:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	20:00-20:30				
20:30-21:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	20:30-21:00				
21:00-21:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	21:00-21:30				
21:30-22:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	21:30-22:00				

Med reservation för ändringar

Tisdag		0	1	2	3	4	5	6	7	8	9	10	11	25-mar				
06:00-06:30	Rundsim	Bröstsim	Crawl	Crawl	Snabb-bana									06:00-06:30				
06:30-07:00						SPIF Masters	SCT	SCT	SCT	SCT	APNEA	APNEA	06:30-07:00					
07:00-07:30						SPIF Masters	SCT	SCT	SCT	SCT	APNEA	APNEA	07:00-07:30					
07:30-08:00						SPIF Masters	SPIF Masters	SPIF Masters	Team Jarla	Team Jarla	APNEA	APNEA	07:30-08:00					
08:00-08:30						SPIF Masters	SPIF Masters	SPIF Masters	Team Jarla	Team Jarla	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	Lek															IDF Skolsim	IDF Skolsim	10:00-10:30
10:30-11:00																IDF Skolsim	IDF Skolsim	10:30-11:00
11:00-11:30																	SPIF Masters	SPIF Masters
11:30-12:00													SPIF Masters	SPIF Masters	11:30-12:00			
12:00-12:30													SPIF Masters	SPIF Masters	12:00-12:30			
12:30-13:00													SPIF Masters	SPIF Masters	12:30-13:00			
13:00-13:30													IDF Skolsim	IDF Skolsim	13:00-13:30			
13:30-14:00													IDF Skolsim	IDF Skolsim	13:30-14:00			
14:00-14:30													IDF Skolsim	IDF Skolsim	14:00-14:30			
14:30-15:00													IDF Skolsim	IDF Skolsim	14:30-15:00			
15:00-15:30	Rundsim						NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:00-15:30				
15:30-16:00							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:30-16:00				
16:00-16:30							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:00-16:30				
16:30-17:00							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:30-17:00				
17:00-17:30							Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30				
17:30-18:00							Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00				
18:00-18:30							Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30				
18:30-19:00							Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00				
19:00-19:30							Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:00-19:30				
19:30-20:00							Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:30-20:00				
20:00-20:30							Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	IDF Simskola	20:00-20:30				
20:30-21:00							Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	IDF Simskola	20:30-21:00				
21:00-21:30														21:00-21:30				
21:30-22:00													21:30-22:00					

Med reservation för ändringar

Onsdag		O	1	2	3	4	5	6	7	8	9	10	11	26-mar		
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	06:30-07:00		
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30		
07:30-08:00								Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	07:30-08:00		
08:00-08:30								Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	08:00-08:30		
08:30-09:00												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							Lek	Bröstsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola
10:30-11:00	IDF Skolsim	IDF Skolsim	10:30-11:00													
11:00-11:30	Neptun Masters	Neptun Masters	11:00-11:30													
11:30-12:00	Neptun Masters	Neptun Masters	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	15:30-16:00		
16:00-16:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30		
16:30-17:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00		
17:00-17:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30		
17:30-18:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00		
18:00-18:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30		
18:30-19:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00		
19:00-19:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30		
19:30-20:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00		
20:00-20:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30		
20:30-21:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00		
21:00-21:30												APNEA	APNEA	APNEA	APNEA	21:00-21:30
21:30-22:00												APNEA	APNEA	APNEA	APNEA	21:30-22:00

Med reservation för ändringar

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	27-mar						
06:00-06:30	Rundsim	Bröstsim				Snabb-bana								06:00-06:30						
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	06:30-07:00						
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	07:00-07:30						
07:30-08:00							Evli	Evli	Evli	M. Sinskola AB	Running SWE	Running SWE	Running SWE	07:30-08:00						
08:00-08:30							Evli	Evli	Evli	M. Sinskola AB	Running SWE	Running SWE	Running SWE	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							Lek					Skola						IDF Skolsim	IDF Skolsim	10:00-10:30
10:30-11:00																				
11:00-11:30																SPIF Masters	SPIF Masters	11:00-11:30		
11:30-12:00																SPIF Masters	SPIF Masters	11:30-12:00		
12:00-12:30																SPIF Masters	SPIF Masters	12:00-12:30		
12:30-13:00																SPIF Masters	SPIF Masters	12:30-13:00		
13:00-13:30																IDF Skolsim	IDF Skolsim	13:00-13:30		
13:30-14:00																IDF Skolsim	IDF Skolsim	13:30-14:00		
14:00-14:30																IDF Skolsim	IDF Skolsim	14:00-14:30		
14:30-15:00																IDF Skolsim	IDF Skolsim	14:30-15:00		
15:00-15:30	Rundsim						NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:00-15:30						
15:30-16:00							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:30-16:00						
16:00-16:30							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:00-16:30						
16:30-17:00							NEC	NEC	NEC	NEC	SK Neptun	IDF Sinskola	IDF Sinskola	16:30-17:00						
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SPIF	IDF Sinskola	IDF Sinskola	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	SK Neptun	SK Neptun	SK Neptun	19:00-19:30						
19:30-20:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	19:30-20:00						
20:00-20:30							SPIF	SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	IDF Sinskola	20:00-20:30					
20:30-21:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	IDF Sinskola	20:30-21:00					
21:00-21:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30					
21:30-22:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00					

Med reservation för ändringar

Fredag		O	1	2	3	4	5	6	7	8	9	10	11	28-mar									
06:00-06:30	Rundsim	Bröstsim	Crawl	Crawl	Snabb-bana	Neptun Masters	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	APNEA	APNEA	APNEA	APNEA	07:00-07:30					
07:30-08:00						SPIF Masters	SPIF Masters	KTH	KTH	KTH	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	07:30-08:00					
08:00-08:30						SPIF Masters	SPIF Masters	KTH	KTH	KTH	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	08:00-08:30					
08:30-09:00	Lek					Bröstsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	Skola	IDF Skolsim	IDF Skolsim	08:30-09:00					
09:00-09:30																IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	09:00-09:30
09:30-10:00																IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	09:30-10:00
10:00-10:30																IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	10:00-10:30
10:30-11:00																IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	10:30-11:00
11:00-11:30																							11:00-11:30
11:30-12:00																Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	11:30-12:00
12:00-12:30																Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	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	Rundsim									Bröstsim	Crawl	Crawl	Snabb-bana	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30	
15:30-16:00														SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun
16:00-16:30		SPIF	SPIF	SPIF	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		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		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 Masters	Neptun Masters	Neptun Masters					Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30					
19:30-20:00							SPIF Masters	Neptun Masters	Neptun Masters					Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00					
20:00-20:30							Neptun Masters	Neptun Masters	Neptun Masters					Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30						
20:30-21:00								Neptun Masters	Neptun Masters					Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00						

Med reservation för ändringar

Lördag		O	1	2	3	4	5	6	7	8	9	10	11	29-mar
07:45-08:00														07:45-08:00
08:00-08:30	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana									08:00-08:30
08:30-09:00						NEC	NEC	NEC	NEC	IDF Simskola	IDF Simskola	08:30-09:00		
09:00-09:30						NEC	NEC	NEC	NEC	IDF Simskola	IDF Simskola	09:00-09:30		
09:30-10:00						NEC	NEC	NEC	NEC	IDF Simskola	IDF Simskola	09:30-10:00		
10:00-10:30						NEC	NEC	NEC	NEC	IDF Simskola	IDF Simskola	10:00-10:30		
10:30-11:00	SK Neptun					SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	10:30-11:00		
11:00-11:30	SK Neptun					SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	11:00-11:30		
11:30-12:00	SK Neptun					SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	11:30-12:00		
12:00-12:30	SK Neptun					SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	12:00-12:30		
12:30-13:00										Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Vattenmix	Vattenmix
13:00-13:30						Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Vattenmix	Vattenmix	13:00-13:30			
13:30-14:00													13:30-14:00	
14:00-14:30	Lek											Sthlm Simförb.	Sthlm Simförb.	14:00-14:30
14:30-15:00												Sthlm Simförb.	Sthlm Simförb.	14:30-15:00
15:00-15:30												Sthlm Simförb.	Sthlm Simförb.	15:00-15:30
15:30-16:00												IDF Simskola utb.	IDF Simskola utb.	15:30-16:00
16:00-16:30												IDF Simskola utb.	IDF Simskola utb.	16:00-16:30
16:30-17:00												IDF Simskola utb.	IDF Simskola utb.	16:30-17:00
17:00-17:30														17:00-17:30
17:30-18:00														17:30-18:00
18:00-18:30													18:00-18:30	
18:30-19:00													18:30-19:00	

Med reservation för ändringar

Söndag		O	1	2	3	4	5	6	7	8	9	10	11	30-mar			
07:45-08:00							Team TT	Team TT		Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:45-08:00			
08:00-08:30	Rundsim					Snabb-bana	Team TT	Team TT		Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	08:00-08:30			
08:30-09:00							Team TT	Team TT		Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	08:30-09:00			
09:00-09:30							SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	09:00-09:30			
09:30-10:00							SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	09:30-10:00			
10:00-10:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	10:00-10:30			
10:30-11:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	10:30-11:00			
11:00-11:30							M. Simskola AB	SK Neptun	SK Neptun	SPIF	SPIF	IDF Simskola	IDF Simskola	11:00-11:30			
11:30-12:00							M. Simskola AB	SK Neptun	SK Neptun	SK Neptun		IDF Simskola	IDF Simskola	11:30-12:00			
12:00-12:30	Lek	Bröstsimsim	Crawl	Crawl			M. Simskola AB	SK Neptun	SK Neptun	SK Neptun		IDF Simskola	IDF Simskola	12:00-12:30			
12:30-13:00							M. Simskola AB	SK Neptun	SK Neptun	SK Neptun		IDF Simskola	IDF Simskola	12:30-13:00			
13:00-13:30							IK Hephata	IK Hephata	IK Hephata	IK Hephata				13:00-13:30			
13:30-14:00							IK Hephata	IK Hephata	IK Hephata	IK Hephata		IDF Simskola	IDF Simskola	13:30-14:00			
14:00-14:30							IK Hephata	IK Hephata	IK Hephata	IK Hephata		IDF Simskola	IDF Simskola	14:00-14:30			
14:30-15:00												IDF Simskola	IDF Simskola	14:30-15:00			
15:00-15:30														15:00-15:30			
15:30-16:00													SPIF J.F.	SPIF J.F.	15:30-16:00		
16:00-16:30												Hellas Masters	Hellas Masters		SPIF J.F.	SPIF J.F.	16:00-16:30
16:30-17:00												Hellas Masters	Hellas Masters			Sthlm Dolphins	Sthlm Dolphins
17:00-17:30							SPIF Masters	SPIF Masters	SPIF Masters			Sthlm Dolphins	Sthlm Dolphins	17:00-17:30			
17:30-18:00							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	SPIF Masters	18:00-18:30			
18:30-19:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	18:30-19:00			
19:00-19:30	Rundsim						SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	19:00-19:30			
19:30-20:00							19.45	19.45	19.45	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	19:30-20:00			
20:00-20:30										SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	20:00-20:30			
20:30-21:00														20:30-21:00			

Med reservation för ändringar

Måndag		0	1	2	3	4	5	6	7	8	9	10	11	31-mar					
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								Running SWE	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli	07:30-08:00					
08:00-08:30								Running SWE	Running SWE	Team Snabbare	Team Snabbare	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	Bröstsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola		IDF Skolsim	IDF Skolsim	10:30-11:00					
11:00-11:30												SPIF Masters	SPIF Masters	11:00-11:30					
11:30-12:00												SPIF Masters	SPIF Masters	11:30-12:00					
12:00-12:30												SPIF Masters	SPIF Masters	12:00-12:30					
12:30-13:00														12:30-13:00					
13:00-13:30												IDF Skolsim	IDF Skolsim	13:00-13:30					
13:30-14:00												IDF Skolsim	IDF Skolsim	13:30-14:00					
14:00-14:30												IDF Skolsim	IDF Skolsim	14:00-14:30					
14:30-15:00												IDF Skolsim	IDF Skolsim	14:30-15:00					
15:00-15:30						SPIF	SPIF	SPIF	SPIF	SK Neptun	IDF Skolsim	IDF Skolsim	15:00-15:30						
15:30-16:00						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	15:30-16:00						
16:00-16:30						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:00-16:30						
16:30-17:00						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:30-17:00						
17:00-17:30						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:00-17:30						
17:30-18:00						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:30-18:00						
18:00-18:30	Rundsim						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:00-18:30					
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:30-19:00					
19:00-19:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:00-19:30					
19:30-20:00							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:30-20:00					
20:00-20:30							SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	20:00-20:30					
20:30-21:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	20:30-21:00					
21:00-21:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	21:00-21:30					
21:30-22:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	21:30-22:00					

Med reservation för ändringar

Tisdag		0	1	2	3	4	5	6	7	8	9	10	11	O1-apr					
06:00-06:30	Rundsim	Bröstsim		Crawl	Crawl	Snabb-bana								06:00-06:30					
06:30-07:00							SPIF Masters	SCT	SCT	SCT	SCT	APNEA	APNEA	06:30-07:00					
07:00-07:30							SPIF Masters	SCT	SCT	SCT	SCT	APNEA	APNEA	07:00-07:30					
07:30-08:00							SPIF Masters	SPIF Masters	SPIF Masters	Team Jarla	Team Jarla	APNEA	APNEA	07:30-08:00					
08:00-08:30	SPIF Masters						SPIF Masters	SPIF Masters	Team Jarla	Team Jarla	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	Lek																IDF Skolsim	IDF Skolsim	10:00-10:30
10:30-11:00																	IDF Skolsim	IDF Skolsim	10:30-11:00
11:00-11:30																	SPIF Masters	SPIF Masters	11:00-11:30
11:30-12:00																	SPIF Masters	SPIF Masters	11:30-12:00
12:00-12:30																	SPIF Masters	SPIF Masters	12:00-12:30
12:30-13:00																	SPIF Masters	SPIF Masters	12:30-13:00
13:00-13:30																	IDF Skolsim	IDF Skolsim	13:00-13:30
13:30-14:00																	IDF Skolsim	IDF Skolsim	13:30-14:00
14:00-14:30											IDF Skolsim	IDF Skolsim	14:00-14:30						
14:30-15:00											IDF Skolsim	IDF Skolsim	14:30-15:00						
15:00-15:30	Rundsim						NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:00-15:30					
15:30-16:00							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:30-16:00					
16:00-16:30							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:00-16:30					
16:30-17:00							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:30-17:00					
17:00-17:30							Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30					
17:30-18:00							Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00					
18:00-18:30							Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30					
18:30-19:00							Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00					
19:00-19:30							Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:00-19:30					
19:30-20:00							Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:30-20:00					
20:00-20:30							Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	IDF Simskola	20:00-20:30					
20:30-21:00							Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	IDF Simskola	20:30-21:00					
21:00-21:30													21:00-21:30						
21:30-22:00													21:30-22:00						

Med reservation för ändringar

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	O2-apr					
06:00-06:30	Rundsim	Bröstsim		Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30					
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00					
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30					
07:30-08:00								Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	07:30-08:00					
08:00-08:30								Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	08:00-08:30					
08:30-09:00												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							Lek			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	Neptun Masters	Neptun Masters	11:00-11:30																
11:30-12:00	Neptun Masters	Neptun Masters	11:30-12:00																
12:00-12:30			12:00-12:30																
12:30-13:00			12:30-13:00																
13:00-13:30	IDF Livräddning		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	Bröstsim		Crawl	Crawl	Snabb-bana	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30				
15:30-16:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	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	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	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	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	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	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	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	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	19:30-20:00			
20:00-20:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30			
20:30-21:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00			
21:00-21:30													APNEA	APNEA	APNEA	APNEA	APNEA	APNEA	21:00-21:30
21:30-22:00																APNEA	APNEA	APNEA	APNEA

Med reservation för ändringar

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	O3-apr								
06:00-06:30	Rundsim	Bröstsim				Snabb-bana								06:00-06:30								
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	06:30-07:00								
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	07:00-07:30								
07:30-08:00							Evli	Evli	Evli	M. Sinskola AB	Running SWE	Running SWE	Running SWE	07:30-08:00								
08:00-08:30							Evli	Evli	Evli	M. Sinskola AB	Running SWE	Running SWE	Running SWE	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							Lek					Skola								IDF Skolsim	IDF Skolsim	10:00-10:30
10:30-11:00																				IDF Skolsim	IDF Skolsim	10:30-11:00
11:00-11:30	SPIF Masters	SPIF Masters	11:00-11:30																			
11:30-12:00	SPIF Masters	SPIF Masters	11:30-12:00																			
12:00-12:30	SPIF Masters	SPIF Masters	12:00-12:30																			
12:30-13:00	SPIF Masters	SPIF Masters	12:30-13:00																			
13:00-13:30	IDF Skolsim	IDF Skolsim	13:00-13:30																			
13:30-14:00	IDF Skolsim	IDF Skolsim	13:30-14:00																			
14:00-14:30	IDF Skolsim	IDF Skolsim	14:00-14:30																			
14:30-15:00	IDF Skolsim	IDF Skolsim	14:30-15:00																			
15:00-15:30	Rundsim						NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:00-15:30								
15:30-16:00							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:30-16:00								
16:00-16:30							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:00-16:30								
16:30-17:00							NEC	NEC	NEC	NEC	SK Neptun	IDF Sinskola	IDF Sinskola	16:30-17:00								
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SPIF	IDF Sinskola	IDF Sinskola	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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30							
19:30-20:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00							
20:00-20:30							SPIF	SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	IDF Sinskola	20:00-20:30							
20:30-21:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	IDF Sinskola	20:30-21:00							
21:00-21:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30							
21:30-22:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00							

Med reservation för ändringar

Fredag		O	1	2	3	4	5	6	7	8	9	10	11	O4-apr			
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	APNEA	APNEA	07:00-07:30		
07:30-08:00							SPIF Masters	SPIF Masters	KTH	KTH	KTH	APNEA	APNEA	07:30-08:00			
08:00-08:30							SPIF Masters	SPIF Masters	KTH	KTH	KTH	APNEA	APNEA	08:00-08:30			
08:30-09:00												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	Lek	Bröstsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	Skola	IDF Skolsim	IDF Skolsim	10:00-10:30			
10:30-11:00												IDF Skolsim	IDF Skolsim	10:30-11:00			
11:00-11:30														11:00-11:30			
11:30-12:00												Neptun Masters	Neptun Masters	11:30-12:00			
12:00-12:30												Neptun Masters	Neptun Masters	12:00-12:30			
12:30-13:00														12:30-13:00			
13:00-13:30			13:00-13:30														
13:30-14:00			13:30-14:00														
14:00-14:30			14:00-14:30														
14:30-15:00			14:30-15:00														
15:00-15:30	Rundsim						SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30			
15:30-16:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00			
16:00-16:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30			
16:30-17:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00			
17:00-17:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30			
17:30-18:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00			
18:00-18:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30			
18:30-19:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00			
19:00-19:30									SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30			
19:30-20:00									SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00			
20:00-20:30				Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30									
20:30-21:00						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00							

Med reservation för ändringar

Lördag		O	1	2	3	4	5	6	7	8	9	10	11	O5-apr
07:45-08:00														07:45-08:00
08:00-08:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana									08:00-08:30
08:30-09:00						NEC	NEC	NEC	NEC	IDF Simskola	IDF Simskola	08:30-09:00		
09:00-09:30						NEC	NEC	NEC	NEC	IDF Simskola	IDF Simskola	09:00-09:30		
09:30-10:00						NEC	NEC	NEC	NEC	IDF Simskola	IDF Simskola	09:30-10:00		
10:00-10:30						NEC	NEC	NEC	NEC	IDF Simskola	IDF Simskola	10:00-10:30		
10:30-11:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	10:30-11:00						
11:00-11:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	11:00-11:30						
11:30-12:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	11:30-12:00						
12:00-12:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	12:00-12:30						
12:30-13:00						Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Vattenmix	Vattenmix	12:30-13:00		
13:00-13:30						Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Vattenmix	Vattenmix	13:00-13:30		
13:30-14:00							Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins			13:30-14:00		
14:00-14:30									Dykhuset			14:00-14:30		
14:30-15:00									Dykhuset	Sthlm Simförb.	Sthlm Simförb.	14:30-15:00		
15:00-15:30	Lek								Dykhuset	Sthlm Simförb.	Sthlm Simförb.	15:00-15:30		
15:30-16:00									Dykhuset	Sthlm Simförb.	Sthlm Simförb.	15:30-16:00		
16:00-16:30										Dykhuset		16:00-16:30		
16:30-17:00										Dykhuset		16:30-17:00		
17:00-17:30												17:00-17:30		
17:30-18:00												17:30-18:00		
18:00-18:30												18:00-18:30		
18:30-19:00												18:30-19:00		

Med reservation för ändringar

Söndag		O	1	2	3	4	5	6	7	8	9	10	11	O6-apr				
07:45-08:00							Team TT	Team TT		Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:45-08:00				
08:00-08:30	Rundsim					Snabb-bana	Team TT	Team TT		Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	08:00-08:30				
08:30-09:00							Team TT	Team TT		Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	08:30-09:00				
09:00-09:30							SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	09:00-09:30				
09:30-10:00							SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	09:30-10:00				
10:00-10:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	10:00-10:30				
10:30-11:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	10:30-11:00				
11:00-11:30							M. Simskola AB	SK Neptun	SK Neptun	SPIF	SPIF	IDF Simskola	IDF Simskola	11:00-11:30				
11:30-12:00							M. Simskola AB	SK Neptun	SK Neptun	SK Neptun		IDF Simskola	IDF Simskola	11:30-12:00				
12:00-12:30	Lek	Bröstsimsim	Crawl	Crawl		Snabb-bana	M. Simskola AB	SK Neptun	SK Neptun	SK Neptun		IDF Simskola	IDF Simskola	12:00-12:30				
12:30-13:00							M. Simskola AB	SK Neptun	SK Neptun	SK Neptun		IDF Simskola	IDF Simskola	12:30-13:00				
13:00-13:30							IK Hephata	IK Hephata	IK Hephata	IK Hephata				13:00-13:30				
13:30-14:00							IK Hephata	IK Hephata	IK Hephata	IK Hephata		IDF Simskola	IDF Simskola	13:30-14:00				
14:00-14:30							IK Hephata	IK Hephata	IK Hephata	IK Hephata		IDF Simskola	IDF Simskola	14:00-14:30				
14:30-15:00												IDF Simskola	IDF Simskola	14:30-15:00				
15:00-15:30														15:00-15:30				
15:30-16:00														SPIF J.F.	SPIF J.F.	15:30-16:00		
16:00-16:30													Hellas Masters	Hellas Masters		SPIF J.F.	SPIF J.F.	16:00-16:30
16:30-17:00													Hellas Masters	Hellas Masters				
17:00-17:30							SPIF Masters	SPIF Masters	SPIF Masters					17:00-17:30				
17:30-18:00							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	SPIF Masters	18:00-18:30				
18:30-19:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	18:30-19:00				
19:00-19:30	Rundsim					Snabb-bana	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	19:00-19:30				
19:30-20:00							19.45	19.45	19.45	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	19:30-20:00				
20:00-20:30										SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	20:00-20:30				
20:30-21:00														20:30-21:00				

Med reservation för ändringar

Måndag		0	1	2	3	4	5	6	7	8	9	10	11	07-apr										
06:00-06:30	Rundsim	Bröstsims		Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30										
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	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							Atlas Copco	Running SWE	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli	07:30-08:00										
08:00-08:30							Atlas Copco	Running SWE	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli	08:00-08:30										
08:30-09:00							Lek			Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	IDF Skolsim	IDF Skolsim	08:30-09:00				
09:00-09:30	IDF Skolsim																	IDF Skolsim	09:00-09:30					
09:30-10:00	IDF Skolsim																	IDF Skolsim	09:30-10:00					
10:00-10:30	IDF Skolsim																	IDF Skolsim	10:00-10:30					
10:30-11:00	IDF Skolsim																	IDF Skolsim	10:30-11:00					
11:00-11:30	SPIF Masters																	SPIF Masters	11:00-11:30					
11:30-12:00	SPIF Masters																	SPIF Masters	11:30-12:00					
12:00-12:30	SPIF Masters																	SPIF Masters	12:00-12:30					
12:30-13:00																			12:30-13:00					
13:00-13:30	IDF Skolsim																	IDF Skolsim	13:00-13:30					
13:30-14:00	IDF Skolsim																	IDF Skolsim	13:30-14:00					
14:00-14:30	IDF Skolsim																	IDF Skolsim	14:00-14:30					
14:30-15:00	IDF Skolsim																	IDF Skolsim	14:30-15:00					
15:00-15:30	SPIF																	SPIF	SPIF	SPIF	SK Neptun	IDF Skolsim	IDF Skolsim	15:00-15:30
15:30-16:00	SPIF																	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30	SPIF																	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00	SPIF																	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30	SPIF																	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00	SPIF						SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:30-18:00											
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:00-18:30																
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:30-19:00																
19:00-19:30	SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:00-19:30																
19:30-20:00	SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	19:30-20:00																
20:00-20:30	SPIF	SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	20:00-20:30																
20:30-21:00	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	20:30-21:00																
21:00-21:30	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	21:00-21:30																
21:30-22:00	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	21:30-22:00																

Med reservation för ändringar

Tisdag		0	1	2	3	4	5	6	7	8	9	10	11	O8-apr				
06:00-06:30	Rundsim	Bröstsim	Crawl	Crawl	Snabb-bana									06:00-06:30				
06:30-07:00						SPIF Masters	SCT	SCT	SCT	SCT	APNEA	APNEA	06:30-07:00					
07:00-07:30						SPIF Masters	SCT	SCT	SCT	SCT	APNEA	APNEA	07:00-07:30					
07:30-08:00						SPIF Masters	SPIF Masters	SPIF Masters	Team Jarla	Team Jarla	APNEA	APNEA	07:30-08:00					
08:00-08:30	SPIF Masters					SPIF Masters	SPIF Masters	Team Jarla	Team Jarla	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	Lek															IDF Skolsim	IDF Skolsim	10:00-10:30
10:30-11:00																IDF Skolsim	IDF Skolsim	10:30-11:00
11:00-11:30																SPIF Masters	SPIF Masters	11:00-11:30
11:30-12:00																SPIF Masters	SPIF Masters	11:30-12:00
12:00-12:30																SPIF Masters	SPIF Masters	12:00-12:30
12:30-13:00																SPIF Masters	SPIF Masters	12:30-13:00
13:00-13:30																IDF Skolsim	IDF Skolsim	13:00-13:30
13:30-14:00																IDF Skolsim	IDF Skolsim	13:30-14:00
14:00-14:30											IDF Skolsim	IDF Skolsim	14:00-14:30					
14:30-15:00											IDF Skolsim	IDF Skolsim	14:30-15:00					
15:00-15:30	Rundsim						NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:00-15:30				
15:30-16:00							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:30-16:00				
16:00-16:30							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:00-16:30				
16:30-17:00							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:30-17:00				
17:00-17:30							Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30				
17:30-18:00							Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00				
18:00-18:30							Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30				
18:30-19:00							Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00				
19:00-19:30							Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:00-19:30				
19:30-20:00							Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Hellas	19:30-20:00				
20:00-20:30							Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	IDF Simskola	20:00-20:30				
20:30-21:00							Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	IDF Simskola	20:30-21:00				
21:00-21:30													21:00-21:30					
21:30-22:00													21:30-22:00					

Med reservation för ändringar

Onsdag		O	1	2	3	4	5	6	7	8	9	10	11	09-apr
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	06:30-07:00
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00							Team Jarla	Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	07:30-08:00
08:00-08:30							Team Jarla	Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	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							Lek	Bröstsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola
10:30-11:00	IDF Skolsim	IDF Skolsim	10:30-11:00											
11:00-11:30	Neptun Masters	Neptun Masters	11:00-11:30											
11:30-12:00	Neptun Masters	Neptun Masters	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	15:30-16:00
16:00-16:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30
19:30-20:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00
20:00-20:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30
20:30-21:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00
21:00-21:30							SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	APNEA	21:00-21:30
21:30-22:00							SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	APNEA	21:30-22:00

Med reservation för ändringar

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	10-apr
06:00-06:30	Rundsim						Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	IDF Skolsim	IDF Skolsim	06:00-06:30
06:30-07:00														06:30-07:00
07:00-07:30														07:00-07:30
07:30-08:00														07:30-08:00
08:00-08:30														08:00-08:30
08:30-09:00														08:30-09:00
09:00-09:30	Lek	Bröstsim	Crawl	Crawl	Snabb-bana	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	IDF Skolsim	IDF Skolsim	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	Rundsim					Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	IDF Skolsim	IDF Skolsim	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					Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	IDF Skolsim	IDF Skolsim	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	
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20:00-20:30													20:00-20:30	
20:30-21:00													20:30-21:00	
21:00-21:30													21:00-21:30	
21:30-22:00													21:30-22:00	

Med reservation för ändringar

Fredag		0	1	2	3	4	5	6	7	8	9	10	11	11-apr													
06:00-06:30	Rundsim													06:00-06:30													
06:30-07:00														06:30-07:00													
07:00-07:30														07:00-07:30													
07:30-08:00														07:30-08:00													
08:00-08:30														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	Lek	Bröstsim	Crawl	Crawl	Snabb-bana	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm				09:30-10:00													
10:00-10:30														IDF Skolsim	IDF Skolsim	10:00-10:30											
10:30-11:00														IDF Skolsim	IDF Skolsim	10:30-11:00											
11:00-11:30																											11:00-11:30
11:30-12:00																											11:30-12:00
12:00-12:30	12:00-12:30																										
12:30-13:00	12:30-13:00																										
13:00-13:30	13:00-13:30																										
13:30-14:00	Rundsim													13:30-14:00													
14:00-14:30														14:00-14:30													
14:30-15:00														14:30-15:00													
15:00-15:30														15:00-15:30													
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16:00-16:30	16:00-16:30																										
16:30-17:00	16:30-17:00																										
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18:30-19:00	18:30-19:00																										
19:00-19:30	19:00-19:30																										
19:30-20:00	19:30-20:00																										
20:00-20:30	20:00-20:30																										
20:30-21:00	20:30-21:00																										

Med reservation för ändringar

Lördag		0	1	2	3	4	5	6	7	8	9	10	11	12-apr
07:45-08:00														07:45-08:00
08:00-08:30	Rundsim						Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm			08:00-08:30
08:30-09:00												IDF Simskola	IDF Simskola	08:30-09:00
09:00-09:30												IDF Simskola	IDF Simskola	09:00-09:30
09:30-10:00												IDF Simskola	IDF Simskola	09:30-10:00
10:00-10:30												IDF Simskola	IDF Simskola	10:00-10:30
10:30-11:00												IDF Simskola	IDF Simskola	10:30-11:00
11:00-11:30	Lek	Bröstsims	Crawl	Crawl			Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm			11:00-11:30
11:30-12:00												IDF Simskola	IDF Simskola	11:30-12:00
12:00-12:30												IDF Simskola	IDF Simskola	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			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			18:30-19:00											

Med reservation för ändringar

Söndag		O	1	2	3	4	5	6	7	8	9	10	11	13-apr	
07:45-08:00															07:45-08:00
08:00-08:30	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	IDF Singskola	IDF Singskola	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	Lek	Bröstsimsim	Crawl	Crawl	Snabb-bana	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	IDF Singskola	IDF Singskola	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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17:00-17:30	17:00-17:30														
17:30-18:00	17:30-18:00														
18:00-18:30	18:00-18:30														
18:30-19:00	18:30-19:00														
19:00-19:30	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	Swim Open Stockholm	IDF Singskola	IDF Singskola	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	

Med reservation för ändringar