

Måndag	Hoppbassäng / 25-metersbassäng						6	7	8	9	10	11	27-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 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						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	10:00-10:30
10:30-11:00	Neptun						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	10:30-11:00
11:00-11:30	SPIF						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	11:00-11:30
11:30-12:00	SPIF						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	11:30-12:00
12:00-12:30	SPIF												12:00-12:30
12:30-13:00	SPIF												12:30-13:00
13:00-13:30	Neptun												13:00-13:30
13:30-14:00	Neptun												13:30-14:00
14:00-14:30	SPIF												14:00-14:30
14:30-15:00	SPIF												14:30-15:00
15:00-15:30	Neptun Hopp												15:00-15:30
15:30-16:00	Neptun Hopp												15:30-16:00
16:00-16:30	Neptun Hopp												16:00-16:30
16:30-17:00	Neptun Hopp												16:30-17:00
17:00-17:30	Neptun Hopp												17:00-17:30
17:30-18:00	Neptun Hopp												17:30-18:00
18:00-18:30	Neptun Hopp									SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00	Neptun Hopp									SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30	Neptun Hopp												19:00-19:30
19:30-20:00	Neptun Masters						SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	19:30-20:00
20:00-20:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	20:00-20:30
20:30-21:00	Rundsim										Hellas	Hellas	20:30-21:00
21:00-21:30	Bröstsim										Apnea	Apnea	21:00-21:30
21:30-22:00	Crawl										Apnea	Apnea	21:30-22:00
	Crawl												
	5m djup												

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	Bröstsims	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	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

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	SPIF	SPIF	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							Sthlm. Simförb.	Sthlm. Simförb.	Sthlm. Simförb.	14:30-15:00			
15:30-16:00	Neptun Hopp			Polisen hopp							Sthlm. Simförb.	Sthlm. Simförb.	Sthlm. Simförb.	15:00-15:30			
15:30-16:00	Neptun Hopp			Polisen hopp							Sthlm. Simförb.	Sthlm. Simförb.	Sthlm. Simförb.	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	SK Neptun	18:00-18:30			
18:30-19:00	Neptun Hopp			Neptun Hopp						SK Neptun	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	APNEA	21:00-21:30		
21:30-22:00					5m djup				SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	APNEA	APNEA	APNEA	APNEA

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	Sthlm. Simförb.	Sthlm. Simförb.	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		Sthlm. Simförb.	Sthlm. Simförb.	Sthlm. Simförb.			12:00-12:30
12:30-13:00	SPIF	SPIF		Sthlm. Simförb.	Sthlm. Simförb.	Sthlm. Simförb.			12:30-13:00
13:00-13:30	Neptun	Neptun		Sthlm. Simförb.	Sthlm. Simförb.	Sthlm. Simförb.	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	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	Bröstsims	Rundsims		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		5m djup					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					Sthlm. Simförb.	Sthlm. Simförb.	14:30-15:00
15:00-15:30	Polisen hopp	Polisen hopp					Sthlm. Simförb.	Sthlm. Simförb.	15:00-15:30
15:30-16:00	Polisen hopp	Polisen hopp					Sthlm. Simförb.	Sthlm. Simförb.	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	Bröstsim	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	SPIF Masters	Apnea	Apnea	21:30-22:00

[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	Bröstsimsim	Rundsimsim		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

[illegible]

[illegible]

[illegible]

Måndag		0	1	2	3	4	5	6	7	8	9	10	11	10-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														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												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	Bröstsim	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								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Apnea	Apnea	21:30-22:00

[illegible]

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	12-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														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												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						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	20:30-21:00
21:00-21:30						SPIF Masters	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	SPIF Masters	APNEA	APNEA	APNEA	21:30-22:00

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	13-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														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			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

[illegible]

Lördag		0	1	2	3	4	5	6	7	8	9	10	11	15-nov
07:45-08:00	Polisen hopp				Polisen hopp			Crawl	Bröstsimsim	Rundsimsim		LEK	07:45-08:00	
08:00-08:30	Polisen hopp				Polisen hopp								08:00-08:30	
08:30-09:00	Polisen hopp				Polisen hopp								08:30-09:00	
09:00-09:30	Polisen hopp				Polisen hopp								09:00-09:30	
09:30-10:00	Polisen hopp				Polisen hopp								09:30-10:00	
10:00-10:30	Polisen hopp				Polisen hopp								10:00-10:30	
10:30-11:00	Polisen hopp				Polisen hopp								10:30-11:00	
11:00-11:30	Polisen hopp				Polisen hopp								11:00-11:30	
11:30-12:00	Polisen hopp				Polisen hopp								11:30-12:00	
12:00-12:30	Polisen hopp				Polisen hopp								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						

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