

Måndag		0	1	2	3	4	5	6	7	8	9	10	11	05-maj
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								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							Lek	Skola	Skola	Skola	Skola	Skola	IDF Skolsim	IDF Skolsim
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	Rundsim						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	06-maj					
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	Lek										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	11:00-11:30
11:30-12:00																		SPIF Masters	11:30-12:00
12:00-12:30																	SPIF Masters	SPIF Masters	12:00-12:30
12:30-13:00																	SPIF Masters	SPIF Masters	12:30-13:00
13:00-13:30																	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																			
21:30-22:00													21:30-22:00						

Med reservation för ändringar

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	07-maj
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	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							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													11:00-11:30	
11:30-12:00													11:30-12:00	
12:00-12:30													12:00-12:30	
12:30-13:00													12:30-13:00	
13:00-13:30													13:00-13:30	
13:30-14:00													13:30-14:00	
14:00-14:30													14:00-14:30	
14:30-15:00													14:30-15:00	
15:00-15:30	Rundsim						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	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	21:30-22:00	

Med reservation för ändringar

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	08-maj					
06:00-06:30	Rundsim	Bröstsims		Crawl	Crawl	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		Running SWE	Running SWE	Running SWE	07:30-08:00					
08:00-08:30							Evli	Evli	Evli		Running SWE	Running SWE	Running SWE	08:00-08:30					
08:30-09:00	Lek										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																	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 Simskola	IDF Simskola	16:30-17:00
17:00-17:30												SPIF	SPIF	SPIF	SPIF	SPIF	IDF Simskola	IDF Simskola	17:00-17:30
17:30-18:00												SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00
18:00-18:30												SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30
18:30-19:00												SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00
19:00-19:30												SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30
19:30-20:00												SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00
20:00-20:30												SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	IDF Simskola	20:00-20:30
20:30-21:00												SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	IDF Simskola	20:30-21:00
21:00-21:30												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	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00						

Med reservation för ändringar

Fredag		0	1	2	3	4	5	6	7	8	9	10	11	09-maj
06:00-06:30	Rundsim	Bröstsimsim		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	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							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													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		0	1	2	3	4	5	6	7	8	9	10	11	10-maj	
07:45-08:00									Sthlm. Swim meat Avsim	Sthlm. Swim meat Avsim	Sthlm. Swim meat Avsim			07:45-08:00	
08:00-08:30	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana									08:00-08:30	
08:30-09:00						NEC	NEC					IDF Simskola	IDF Simskola	08:30-09:00	
09:00-09:30						NEC	NEC					IDF Simskola	IDF Simskola	09:00-09:30	
09:30-10:00						NEC	NEC					IDF Simskola	IDF Simskola	09:30-10:00	
10:00-10:30						NEC	NEC					IDF Simskola	IDF Simskola	10:00-10:30	
10:30-11:00												IDF Simskola	IDF Simskola	10:30-11:00	
11:00-11:30						Sthlm Dolphins	Sthlm Dolphins					IDF Simskola	IDF Simskola	11:00-11:30	
11:30-12:00						Sthlm Dolphins	Sthlm Dolphins					IDF Simskola	IDF Simskola	11:30-12:00	
12:00-12:30	Lek						Sthlm Dolphins	Sthlm Dolphins					IDF Simskola	IDF Simskola	12:00-12:30
12:30-13:00															12:30-13:00
13:00-13:30												IDF	IDF	13:00-13:30	
13:30-14:00												IDF	IDF	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														17:00-17:30	
17:30-18:00														17:30-18:00	
18:00-18:30														18:00-18:30	
18:30-19:00							Neptun KSIM	Neptun KSIM						18:30-19:00	

Med reservation för ändringar

Söndag		0	1	2	3	4	5	6	7	8	9	10	11	11-maj	
07:45-08:00							Team TT	Team TT	Sthlm. Swim meat Avsim	Sthlm. Swim meat Avsim	Sthlm. Swim meat Avsim	Neptun Masters	Neptun Masters	07:45-08:00	
08:00-08:30	Rundsim	Bröstsimsim		Crawl	Crawl	Snabb-bana	Team TT	Team TT				Neptun Masters	Neptun Masters	08:00-08:30	
08:30-09:00							Team TT	Team TT				Neptun Masters	Neptun Masters	08:30-09:00	
09:00-09:30							SPIF Masters	SPIF Masters				SPIF Masters	SPIF Masters	09:00-09:30	
09:30-10:00							SPIF Masters	SPIF Masters				SPIF Masters	SPIF Masters	09:30-10:00	
10:00-10:30							SPIF Masters	SPIF Masters				SPIF Masters	SPIF Masters	10:00-10:30	
10:30-11:00							SPIF Masters	SPIF Masters				SPIF Masters	SPIF Masters	10:30-11:00	
11:00-11:30							SPIF Masters					IDF Simskola	IDF Simskola	11:00-11:30	
11:30-12:00							SPIF Masters					IDF Simskola	IDF Simskola	11:30-12:00	
12:00-12:30	Lek						SPIF Masters					IDF Simskola	IDF Simskola	12:00-12:30	
12:30-13:00							SPIF Masters					IDF Simskola	IDF Simskola	12:30-13:00	
13:00-13:30														13:00-13:30	
13:30-14:00												IDF Simskola	IDF Simskola	13:30-14:00	
14:00-14:30												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						16:30-17:00	
17:00-17:30							SPIF Masters	SPIF Masters						17:00-17:30	
17:30-18:00							SPIF Masters	SPIF Masters						17:30-18:00	
18:00-18:30							SPIF Masters	SPIF Masters				SPIF Masters	SPIF Masters	18:00-18:30	
18:30-19:00							SPIF Masters	SPIF Masters				SPIF Masters	SPIF Masters	18:30-19:00	
19:00-19:30	Rundsim						SPIF Masters	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	12-maj							
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	06:30-07:00							
07:00-07:30						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						Lek	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	IDF Skolsim	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	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																		IDF Skolsim	IDF Skolsim	IDF Skolsim
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	13-maj						
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	Lek										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	11:00-11:30		
11:30-12:00																	SPIF Masters	11:30-12:00		
12:00-12:30																SPIF Masters	SPIF Masters	12:00-12:30		
12:30-13:00																SPIF Masters	SPIF Masters	12:30-13:00		
13:00-13:30																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	Hellas	IDF Simskola	20:00-20:30
20:30-21:00												Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	Hellas	Hellas	IDF Simskola	20:30-21:00
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	14-maj			
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							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													11:00-11:30				
11:30-12:00													11:30-12:00				
12:00-12:30													12:00-12:30				
12:30-13:00													12:30-13:00				
13:00-13:30													13:00-13:30				
13:30-14:00													13:30-14:00				
14:00-14:30													14:00-14:30				
14:30-15:00													14:30-15:00				
15:00-15:30	Rundsim						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	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	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	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	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	18:30-19:00					
19:00-19:30		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30					
19:30-20:00		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	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	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	SK Neptun	20:30-21:00					
21:00-21:30					APNEA	APNEA	APNEA	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	15-maj
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		Running SWE	Running SWE	Running SWE	07:30-08:00
08:00-08:30							Evli	Evli	Evli		Running SWE	Running SWE	Running SWE	08:00-08:30
08:30-09:00							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	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 Simskola	IDF Simskola	16:30-17:00
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SPIF	IDF Simskola	IDF Simskola	17:00-17:30
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00
18:00-18:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00
19:00-19:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30
19:30-20:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00
20:00-20:30							SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	IDF Simskola	20:00-20:30
20:30-21:00							SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	IDF Simskola	20:30-21:00
21:00-21:30							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	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00	

Med reservation för ändringar

Fredag		0	1	2	3	4	5	6	7	8	9	10	11	16-maj					
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	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	Lek										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																		11:00-11:30	
11:30-12:00																		11:30-12:00	
12:00-12:30																		12:00-12:30	
12:30-13:00																		12:30-13:00	
13:00-13:30																		13:00-13:30	
13:30-14:00																		13:30-14:00	
14:00-14:30																		14:00-14:30	
14:30-15:00																		14:30-15:00	
15:00-15:30	Rundsim											SPIF	SPIF	SPIF	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		0	1	2	3	4	5	6	7	8	9	10	11	17-maj
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	Lek							Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins			12:30-13:00	
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			13:00-13:30	
13:00-13:30								Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins			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	

Med reservation för ändringar

Söndag		0	1	2	3	4	5	6	7	8	9	10	11	18-maj
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	Bröstsimsim	Crawl	Crawl	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						SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	IDF Simskola	IDF Simskola	11:00-11:30	
11:30-12:00						SK Neptun	SK Neptun	SK Neptun			IDF Simskola	IDF Simskola	11:30-12:00	
12:00-12:30	Lek					SK Neptun	SK Neptun	SK Neptun			IDF Simskola	IDF Simskola	12:00-12:30	
12:30-13:00						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													15:30-16:00	
16:00-16:30											SPIF J.F.	SPIF J.F.	16:00-16:30	
16:30-17:00													16:30-17:00	
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					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