

Måndag		0	1	2	3	4	5	6	7	8	9	10	11	O6-jan					
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													Team Snabbare	Team Snabbare	<b>Evli</b>	<b>Evli</b>		07:30-08:00	
08:00-08:30													Team Snabbare	Team Snabbare	<b>Evli</b>	<b>Evli</b>		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							Lek	Bröstsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola			
10:30-11:00																			
11:00-11:30																			
11:30-12:00																			
12:00-12:30																			
12:30-13:00																			
13:00-13:30																			
13:30-14:00																			
14:00-14:30																			
14:30-15:00																			
15:00-15:30	Rundsim				Snabb-bana		SPIF	SPIF	SPIF	SPIF	SK Neptun			15:00-15:30					
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	15:30-16:00					
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:00-16:30					
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:30-17:00					
17:00-17:30							SPIF	SPIF	SPIF	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												Hellas	Hellas	Hellas	19:00-19:30				
19:30-20:00												Hellas	Hellas	Hellas	19:30-20:00				
20:00-20:30												Hellas	Hellas	Hellas	20:00-20:30				
20:30-21:00												Hellas	Hellas	Hellas	20:30-21:00				
21:00-21:30													APNEA	APNEA	APNEA	21:00-21:30			
21:30-22:00													APNEA	APNEA	APNEA	21:30-22:00			

Med reservation för ändringar

Tisdag		0	1	2	3	4	5	6	7	8	9	10	11	O7-jan	
06:00-06:30	Rundsim													06:00-06:30	
06:30-07:00								SCT	SCT	SCT	SCT	APNEA	APNEA	06:30-07:00	
07:00-07:30								SCT	SCT	SCT	SCT	APNEA	APNEA	07:00-07:30	
07:30-08:00											Team Jarla	Team Jarla	APNEA	APNEA	07:30-08:00
08:00-08:30											Team Jarla	Team Jarla	APNEA	APNEA	08:00-08:30
08:30-09:00															08:30-09:00
09:00-09:30															09:00-09:30
09:30-10:00															09:30-10:00
10:00-10:30	Lek	Bröstsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola				10:00-10:30	
10:30-11:00														10:30-11:00	
11:00-11:30														11:00-11:30	
11:30-12:00														11:30-12:00	
12:00-12:30														12:00-12:30	
12:30-13:00														12:30-13:00	
13:00-13:30														13:00-13:30	
13:30-14:00														13:30-14:00	
14:00-14:30	14:00-14:30														
14:30-15:00	14:30-15:00														
15:00-15:30	Rundsim						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	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30							
21:30-22:00	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00							

Med reservation för ändringar

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	O8-jan					
06:00-06:30	Rundsim						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30					
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00		
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30	
07:30-08:00							<b>Team Jarla</b>	<b>Team Jarla</b>	<b>Team Jarla</b>	<b>Evli</b>	<b>Evli</b>	Team Snabbare	Team Snabbare	07:30-08:00					
08:00-08:30							<b>Team Jarla</b>	<b>Team Jarla</b>	<b>Team Jarla</b>	<b>Evli</b>	<b>Evli</b>	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	Lek	Bröstsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola				10:00-10:30					
10:30-11:00														10:30-11:00					
11:00-11:30														Neptun Masters	Neptun Masters	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														Neptun Masters	Neptun Masters	12:30-13:00			
13:00-13:30																13:00-13:30			
13:30-14:00																13:30-14:00			
14:00-14:30			14:00-14:30																
14:30-15:00			14:30-15:00																
15:00-15:30	Rundsim						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30					
15:30-16:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00	
16:00-16:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30
19:30-20:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00
20:00-20:30							SK Neptun	SK Neptun	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	SK Neptun	SK Neptun	20:30-21:00
21:00-21:30							Team TT	Team TT	Team TT	APNEA	APNEA	APNEA	APNEA	21:00-21:30					
21:30-22:00							Team TT	Team TT	Team TT	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	O9-jan		
06:00-06:30	Rundsim											Purr UT	Purr UT	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	07:30-08:00	
08:00-08:30							Evli	Evli	Evli					Running SWE	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	Lek	Bröstsim	Crawl	Crawl	Snabb-bana		Skola	Skola	Skola	Skola	Skola			10:00-10:30		
10:30-11:00														10:30-11:00		
11:00-11:30														11:00-11:30		
11:30-12:00														11:30-12:00		
12:00-12:30														12:00-12:30		
12:30-13:00														12:30-13:00		
13:00-13:30														13:00-13:30		
13:30-14:00														13:30-14:00		
14:00-14:30			14:00-14:30													
14:30-15:00													14:30-15:00			
15:00-15:30	Rundsim						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	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 Simskola	20:00-20:30	
20:30-21:00												Neptun Masters	Neptun Masters	Neptun Masters	IDF Simskola	20:30-21:00
21:00-21:30												Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30
21:30-22:00													Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters

Med reservation för ändringar

Fredag		0	1	2	3	4	5	6	7	8	9	10	11	10-jan						
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	APNEA	APNEA	07:00-07:30	
07:30-08:00																	APNEA	APNEA	07:30-08:00	
08:00-08:30																	APNEA	APNEA	08:00-08:30	
08:30-09:00																				08:30-09:00
09:00-09:30																				09:00-09:30
09:30-10:00																				09:30-10:00
10:00-10:30	Lek	Bröstsim	Crawl	Crawl	Snabb-bana		Skola	Skola	Skola	Skola	Skola			10:00-10:30						
10:30-11:00														10:30-11:00						
11:00-11:30														11:00-11:30						
11:30-12:00														11:30-12:00						
12:00-12:30														12:00-12:30						
12:30-13:00														12:30-13:00						
13:00-13:30														13:00-13:30						
13:30-14:00														13:30-14:00						
14:00-14:30	14:00-14:30																			
14:30-15:00	14:30-15:00																			
15:00-15:30	Rundsim						SPIF	SPIF	SPIF	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	SK Neptun	15:30-16:00		
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	SK Neptun	17:00-17:30
17:30-18:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30														Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30
19:30-20:00														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	Neptun Masters	20:30-21:00

Med reservation för ändringar

Lördag		0	1	2	3	4	5	6	7	8	9	10	11	11-jan				
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 Samskola	IDF Samskola	08:30-09:00					
09:00-09:30							NEC	NEC	NEC	NEC	IDF Samskola	IDF Samskola	09:00-09:30					
09:30-10:00							NEC	NEC	NEC	NEC	IDF Samskola	IDF Samskola	09:30-10:00					
10:00-10:30							NEC	NEC	NEC	NEC	IDF Samskola	IDF Samskola	10:00-10:30					
10:30-11:00	Lek	Bröstsimsim	Crawl	Crawl	Snabb-bana							IDF Samskola	IDF Samskola	10:30-11:00				
11:00-11:30													IDF Samskola	IDF Samskola	11:00-11:30			
11:30-12:00														IDF Samskola	IDF Samskola	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																		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	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana									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		0	1	2	3	4	5	6	7	8	9	10	11	12-jan				
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																	08:30-09:00	
09:00-09:30						SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	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	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	09:30-10:00
10:00-10:30						SPIF	SPIF	SPIF						SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	10:00-10:30
10:30-11:00															SPIF Masters	SPIF Masters	10:30-11:00	
11:00-11:30															IDF Simskola	IDF Simskola	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															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														15:30-16:00				
16:00-16:30								Hellas Masters	Hellas Masters					16:00-16:30				
16:30-17:00								Hellas Masters	Hellas Masters	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	16:30-17:00				
17:00-17:30								SPIF Masters	SPIF Masters	SPIF Masters	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:00-17:30				
17:30-18:00								SPIF Masters	SPIF Masters	SPIF Masters	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:30-18:00				
18:00-18:30								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	18:00-18:30				
18:30-19:00								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	18:30-19:00				
19:00-19:30								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	19:00-19:30				
19:30-20:00								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	19:30-20:00				
20:00-20:30								SPIF Masters	SPIF Masters	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	13-jan					
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	<b>Evli</b>	<b>Evli</b>	07:30-08:00					
08:00-08:30								Running SWE	Running SWE	Team Snabbare	Team Snabbare	<b>Evli</b>	<b>Evli</b>	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	Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	Skola	IDF Skolsim	IDF Skolsim
10:30-11:00	IDF Skolsim	IDF Skolsim	10:30-11:00																
11:00-11:30	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				Hellas	Hellas	Hellas	19:00-19:30				
19:30-20:00							SPIF	SPIF				Hellas	Hellas	Hellas	19:30-20:00				
20:00-20:30							SPIF	SPIF				Hellas	Hellas	Hellas	20:00-20:30				
20:30-21:00							SPIF Masters	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	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				

Med reservation för ändringar



Tisdag		0	1	2	3	4	5	6	7	8	9	10	11	14-jan				
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					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	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					Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	Skola	SK Neptun	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00															SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30		SK Neptun	SK Neptun	SK Neptun	16:00-16:30													
16:30-17:00		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		Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters										Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30
21:30-22:00		Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters										Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00

Med reservation för ändringar

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	15-jan		
06:00-06:30	Rundsim	Bröstsim				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	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							<b>Team Jarla</b>	<b>Team Jarla</b>	<b>Team Jarla</b>	<b>Evli</b>	<b>Evli</b>	Team Snabbare	Team Snabbare	07:30-08:00		
08:00-08:30							<b>Team Jarla</b>	<b>Team Jarla</b>	<b>Team Jarla</b>	<b>Evli</b>	<b>Evli</b>	Team Snabbare	Team Snabbare	08:00-08:30		
08:30-09:00							Skola	Skola	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	Neptun Masters	Neptun Masters	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	Neptun Masters	Neptun Masters	12:30-13:00													
13:00-13:30			13:00-13:30													
13:30-14:00			13:30-14:00													
14:00-14:30			14:00-14:30													
14:30-15:00			14:30-15:00													
15:00-15:30	Rundsim					Snabb-bana	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	16:00-16:30	
16:30-17:00							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	17:00-17:30	
17:30-18:00							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	18:00-18:30	
18:30-19:00							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	19:00-19:30	
19:30-20:00							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	20:00-20:30	
20:30-21:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00	
21:00-21:30							Team TT	Team TT	Team TT	APNEA	APNEA	APNEA	APNEA	APNEA	21:00-21:30	
21:30-22:00	Team TT	Team TT	Team TT	APNEA	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	16-jan						
06:00-06:30	Rundsim											Purr UT	Purr UT	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											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	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	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 Simskola	20:00-20:30											
20:30-21:00	SPIF Masters	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	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		0	1	2	3	4	5	6	7	8	9	10	11	17-jan	
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	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				10:00-10:30	
10:30-11:00															
11:00-11:30															
11:30-12:00															
12:00-12:30															
12:30-13:00															
13:00-13:30															
13:30-14:00															
14:00-14:30															
14:30-15:00															
15:00-15:30	Rundsim				Snabb-bana		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	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30	
19:30-20:00							SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00	
20:00-20:30	SPIF Masters	SPIF Masters	SPIF 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	20:30-21:00				

Med reservation för ändringar

Lördag		0	1	2	3	4	5	6	7	8	9	10	11	18-jan					
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	Lek	Bröstsimsim	Crawl	Crawl	Snabb-bana							IDF Simskola	IDF Simskola	10:30-11:00					
11:00-11:30													IDF Simskola	IDF Simskola	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																		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	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana									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		0	1	2	3	4	5	6	7	8	9	10	11	19-jan				
07:45-08:00							Team TT	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	Team TT	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	08:00-08:30				
08:30-09:00							Team TT	Team TT	Team TT	Neptun Masters	Neptun Masters	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	SPIF Masters	SPIF Masters	09:00-09:30		
09:30-10:00							SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	09:30-10:00		
10:00-10:30						Lek					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														SPIF	SPIF	IDF Simskola	IDF Simskola	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																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														15:30-16:00				
16:00-16:30									Hellas Masters	Hellas Masters					16:00-16:30			
16:30-17:00									Hellas Masters	Hellas Masters	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	16:30-17:00			
17:00-17:30	Rundsim							SPIF Masters	SPIF Masters	SPIF Masters	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:00-17:30			
17:30-18:00							SPIF Masters	SPIF Masters	SPIF Masters	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:30-18:00				
18:00-18:30											SPIF Masters	SPIF Masters	SPIF Masters	18:00-18:30				
18:30-19:00											SPIF Masters	SPIF Masters	SPIF Masters	18:30-19:00				
19:00-19:30											SPIF Masters	SPIF Masters	SPIF Masters	19:00-19:30				
19:30-20:00											SPIF Masters	SPIF Masters	SPIF Masters	19:30-20:00				
20:00-20:30											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	20-jan				
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	<b>Evli</b>	<b>Evli</b>	07:30-08:00				
08:00-08:30								Running SWE	Running SWE	Team Snabbare	Team Snabbare	<b>Evli</b>	<b>Evli</b>	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	Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	IDF Skolsim	IDF Skolsim
10:30-11:00	IDF Skolsim	IDF Skolsim	10:30-11:00															
11:00-11:30	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				Snabb-bana		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	21-jan				
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	SK Neptun	SK Neptun	SK Neptun	15:00-15:30				
15:30-16:00											NEC	SK Neptun	SK Neptun	SK Neptun	15:30-16:00			
16:00-16:30												NEC	SK Neptun	SK Neptun	SK Neptun	16:00-16:30		
16:30-17:00													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	SK Neptun	SK Neptun	17:00-17:30		
17:30-18:00							Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	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	SK Neptun	SK Neptun	18:00-18:30		
18:30-19:00							Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	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	Hellas	Hellas	19:00-19:30		
19:30-20:00							Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	Hellas	Hellas	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						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30			
21:30-22:00						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00			

Med reservation för ändringar



Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	22-jan		
06:00-06:30	Rundsim	Bröstsim				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	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							<b>Team Jarla</b>	<b>Team Jarla</b>	<b>Team Jarla</b>	<b>Evli</b>	<b>Evli</b>	Team Snabbare	Team Snabbare	07:30-08:00		
08:00-08:30							<b>Team Jarla</b>	<b>Team Jarla</b>	<b>Team Jarla</b>	<b>Evli</b>	<b>Evli</b>	Team Snabbare	Team Snabbare	08:00-08:30		
08:30-09:00							Skola	Skola	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	Neptun Masters	Neptun Masters	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	Neptun Masters	Neptun Masters	12:30-13:00													
13:00-13:30			13:00-13:30													
13:30-14:00			13:30-14:00													
14:00-14:30			14:00-14:30													
14:30-15:00			14:30-15:00													
15:00-15:30	Rundsim					Snabb-bana	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	16:00-16:30	
16:30-17:00							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	17:00-17:30	
17:30-18:00							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	18:00-18:30	
18:30-19:00							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	19:00-19:30	
19:30-20:00							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	20:00-20:30	
20:30-21:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00	
21:00-21:30							Team TT	Team TT	Team TT	APNEA	APNEA	APNEA	APNEA	APNEA	21:00-21:30	
21:30-22:00	Team TT	Team TT	Team TT	APNEA	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	23-jan
06:00-06:30	Rundsim	Bröstsim	Crawl	Crawl	Snabb-bana							Purr UT	Purr UT	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	IDF Skolsim	08:30-09:00
09:00-09:30											IDF Skolsim	IDF Skolsim	IDF Skolsim	09:00-09:30
09:30-10:00											IDF Skolsim	IDF Skolsim	IDF Skolsim	09:30-10:00
10:00-10:30											IDF Skolsim	IDF Skolsim	IDF Skolsim	10:00-10:30
10:30-11:00	SPIF Masters	SPIF Masters	SPIF Masters	10:30-11:00										
11:00-11:30	SPIF Masters	SPIF Masters	SPIF Masters	11:00-11:30										
11:30-12:00	SPIF Masters	SPIF Masters	SPIF Masters	11:30-12:00										
12:00-12:30	SPIF Masters	SPIF Masters	SPIF Masters	12:00-12:30										
12:30-13:00	IDF Skolsim	IDF Skolsim	IDF Skolsim	12:30-13:00										
13:00-13:30	IDF Skolsim	IDF Skolsim	IDF Skolsim	13:00-13:30										
13:30-14:00	IDF Skolsim	IDF Skolsim	IDF Skolsim	13:30-14:00										
14:00-14:30	IDF Skolsim	IDF Skolsim	IDF Skolsim	14:00-14:30										
14:30-15:00	IDF Skolsim	IDF Skolsim	IDF Skolsim	14:30-15:00										
15:00-15:30					SK Neptun	SK Neptun	SK Neptun	15:00-15:30						
15:30-16:00					SK Neptun	SK Neptun	SK Neptun	15:30-16:00						
16:00-16:30					SK Neptun	SK Neptun	SK Neptun	16:00-16:30						
16:30-17:00					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	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 Simskola	20:00-20:30					
20:30-21:00	SPIF Masters	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	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		0	1	2	3	4	5	6	7	8	9	10	11	24-jan				
06:00-06:30	Rundsim						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30				
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00	
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00							SPIF Masters	SPIF Masters	KTH	KTH	KTH	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	08:00-08:30
08:30-09:00	Lek	Bröstsim	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														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													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				
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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	25-jan
07:45-08:00														07:45-08:00
08:00-08:30														08:00-08:30
08:30-09:00														08:30-09:00
09:00-09:30														09:00-09:30
09:30-10:00														09:30-10:00
10:00-10:30														10:00-10:30
10:30-11:00														10:30-11:00
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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

Knattesim vinter (SK Neptun)

Med reservation för ändringar

Söndag		0	1	2	3	4	5	6	7	8	9	10	11	26-jan				
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																	08:30-09:00	
09:00-09:30						SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	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	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	09:30-10:00
10:00-10:30						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	10:00-10:30
10:30-11:00	SPIF					SPIF	SPIF	SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	10:30-11:00	
11:00-11:30											SPIF	SPIF	IDF Simskola	IDF Simskola	IDF Simskola	IDF Simskola	11:00-11:30	
11:30-12:00													IDF Simskola	IDF Simskola	IDF Simskola	IDF Simskola	11:30-12:00	
12:00-12:30													IDF Simskola	IDF Simskola	IDF Simskola	IDF Simskola	12:00-12:30	
12:30-13:00													IDF Simskola	IDF Simskola	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													15:30-16:00					
16:00-16:30								Hellas Masters	Hellas Masters					16:00-16:30				
16:30-17:00								Hellas Masters	Hellas Masters	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	16:30-17:00				
17:00-17:30								SPIF Masters	SPIF Masters	SPIF Masters	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:00-17:30				
17:30-18:00								SPIF Masters	SPIF Masters	SPIF Masters	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:30-18:00				
18:00-18:30	Rundsim							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	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	18:30-19:00				
19:00-19:30		SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	19:00-19:30				
19:30-20:00		SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	19:30-20:00				
20:00-20:30		SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	20:00-20:30				
20:30-21:00														20:30-21:00				

Med reservation för ändringar