Måndag		0	1	2	3	4	5	6	7	8	9	10	11	09-nov
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							Neptun Masters	Neptun Masters	Team Snabbare	Team Snabbare	Team Snabbare	EVLI	EVLI	07:30-08:00
08:00-08:30							Neptun Masters	Neptun Masters	Team Snabbare	Team Snabbare	Team Snabbare	EVLI	EVLI	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	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						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	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							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

Tisdag		0	1	2	3	4	5	6	7	8	9	10	11	10-nov
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	Mona Simskola	*Team Jarla*	*Team Jarla*	APNEA	APNEA	07:30-08:00
08:00-08:30							SPIF Masters	SPIF Masters	Mona Simskola	*Team Jarla*	*Team Jarla*	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	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					SK Neptun	SK Neptun	SK Neptun	NEC	NEC	NEC	NEC	NEC	15:00-15:30
15:30-16:00						SK Neptun	SK Neptun	SK Neptun	NEC	NEC	NEC	NEC	NEC	15:30-16:00
16:00-16:30						SK Neptun	SK Neptun	SK Neptun	NEC	NEC	NEC	NEC	NEC	16:00-16:30
16:30-17:00						SK Neptun	SK Neptun	SK Neptun	NEC	NEC	NEC	NEC	NEC	16:30-17:00
17:00-17:30						Snabb-bana	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00							SPIF	SPIF	SPIF	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

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	11-nov
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*		Team Snabbare	Team Snabbare	EVLI	EVLI	07:30-08:00
08:00-08:30							*Team Jarla*	*Team Jarla*		Team Snabbare	Team Snabbare	EVLI	EVLI	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	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														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												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						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	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30
20:30-21:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00
21:00-21:30							KTH	KTH	KTH	APNEA	APNEA	APNEA	APNEA	21:00-21:30
21:30-22:00							KTH	KTH	KTH	APNEA	APNEA	APNEA	APNEA	21:30-22:00

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	12-nov
06:00-06:30	Rundsim	Bröstsim		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								Länsförsäkr. Idf	Länsförsäkr.Idf	Neptun Masters	Neptun Masters	EVLI	EVLI	07:30-08:00
08:00-08:30								Länsförsäkr. Idf	Länsförsäkr.Idf	Neptun Masters	Neptun Masters	EVLI	EVLI	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	Lek											IDF Skolsim	IDF Skolsim	10:00-10:30
10:30-11:00												IDF Skolsim	IDF Skolsim	10:30-11:00
11:00-11:30												SPIF Masters	SPIF Masters	11:00-11:30
11:30-12:00												SPIF Masters	SPIF Masters	11:30-12:00
12:00-12:30												SPIF Masters	SPIF Masters	12:00-12:30
12:30-13:00												SPIF Masters	SPIF Masters	12:30-13:00
13:00-13:30												IDF Skolsim	IDF Skolsim	13:00-13:30
13:30-14:00												IDF Skolsim	IDF Skolsim	13:30-14:00
14:00-14:30												IDF Skolsim	IDF Skolsim	14:00-14:30
14:30-15:00												IDF Skolsim	IDF Skolsim	14:30-15:00
15:00-15:30	Rundsim					NEC	NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	15:00-15:30
15:30-16:00						NEC	NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	15:30-16:00
16:00-16:30						NEC	NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00						NEC	NEC	NEC	NEC	NEC	SPIF	IDF Simskola	IDF Simskola	16:30-17:00
17:00-17:30						Snabb-bana	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	SPIF	SPIF	SPIF	19:00-19:30
19:30-20:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	19:30-20:00
20:00-20:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	20:00-20:30
20:30-21:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF	SPIF	SPIF	SPIF	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	Neptun Masters	21:30-22:00

Fredag		0	1	2	3	4	5	6	7	8	9	10	11	13-nov
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							Skola	Skola	Skola	Skola	Skola	Eriksdalsskolan	Eriksdalsskolan	08:30-09:00
09:00-09:30												Eriksdalsskolan	Eriksdalsskolan	09:00-09:30
09:30-10:00												Eriksdalsskolan	Eriksdalsskolan	09:30-10:00
10:00-10:30	Lek											Eriksdalsskolan	Eriksdalsskolan	10:00-10:30
10:30-11:00												Eriksdalsskolan	Eriksdalsskolan	10:30-11:00
11:00-11:30												Eriksdalsskolan	Eriksdalsskolan	11:00-11:30
11:30-12:00												Eriksdalsskolan	Eriksdalsskolan	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	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30
19:30-20:00							SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00
20:00-20:30							SPIF	SPIF	SPIF					20:00-20:30
20:30-21:00							SPIF	SPIF	SPIF					20:30-21:00

Lördag		0	1	2	3	4	5	6	7	8	9	10	11	14-nov
07:45-08:00														07:45-08:00
08:00-08:30	Rundsim	Bröstsim		Crawl	Crawl	Snabb-bana					SK Neptun	SK Neptun	SK Neptun	08:00-08:30
08:30-09:00							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	08:30-09:00
09:00-09:30							NEC	NEC	NEC	NEC	NEC	IDF Simskola	IDF Simskola	09:00-09:30
09:30-10:00							NEC	NEC	NEC	NEC	NEC	IDF Simskola	IDF Simskola	09:30-10:00
10:00-10:30							NEC	NEC	NEC	Hammarby Sim	Hammarby Sim	IDF Simskola	IDF Simskola	10:00-10:30
10:30-11:00									Hammarby Sim	Hammarby Sim	Hammarby Sim	IDF Simskola	IDF Simskola	10:30-11:00
11:00-11:30							SPIF M.	SPIF	SPIF	SPIF	SPIF	IDF Simskola	IDF Simskola	11:00-11:30
11:30-12:00							SPIF M.	SPIF	SPIF	SPIF	SPIF	IDF Simskola	IDF Simskola	11:30-12:00
12:00-12:30	Lek							SPIF	SPIF	SPIF	SPIF	IDF Simskola	IDF Simskola	12:00-12:30
12:30-13:00								SPIF	SPIF	SPIF	SPIF			12:30-13:00
13:00-13:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	13:00-13:30
13:30-14:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	13:30-14:00
14:00-14:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	14:00-14:30
14:30-15:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	14:30-15:00
15:00-15:30												Deep End Fit.	Deep End Fit.	15:00-15:30
15:30-16:00												Deep End Fit.	Deep End Fit.	15:30-16:00
16:00-16:30												Deep End Fit.	Deep End Fit.	16:00-16:30
16:30-17:00												Deep End Fit.	Deep End Fit.	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

Söndag		0	1	2	3	4	5	6	7	8	9	10	11	15-nov
07:45-08:00														07:45-08:00
08:00-08:30	Rundsim	Bröstsim		Crawl	Crawl	Snabb-bana	SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	08:00-08:30
08:30-09:00							SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	SPIF 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							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun		10:00-10:30
10:30-11:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun		10:30-11:00
11:00-11:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	11:00-11:30
11:30-12:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	11:30-12:00
12:00-12:30	Lek						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	IDF Simskola	IDF Simskola	12:00-12:30
12:30-13:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	IDF Simskola	IDF Simskola	12:30-13:00
13:00-13:30							13:15					IDF Simskola	IDF Simskola	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							SPIF	SPIF				IDF Simskola	IDF Simskola	14:30-15:00
15:00-15:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF M.	15:00-15:30
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF M.	15:30-16:00
16:00-16:30							Hellas Masters	Hellas Masters	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00							Hellas Masters	Hellas Masters	SPIF	SPIF	SPIF	SPIF	SPIF	16:30-17:00
17:00-17:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	17:00-17:30
17:30-18:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	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							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	19:30-20:00
20:00-20:30														20:00-20:30

Måndag		0	1	2	3	4	5	6	7	8	9	10	11	16-nov
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	Underhåll av bassängbotten	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00							Neptun Masters	Neptun Masters	Team Snabbare	Team Snabbare		EVLI	EVLI	07:30-08:00
08:00-08:30							Neptun Masters	Neptun Masters	Team Snabbare	Team Snabbare		EVLI	EVLI	08:00-08:30
08:30-09:00							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	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						SPIF	SPIF	SPIF	SPIF		SK Neptun	SK Neptun	15:00-15:30
15:30-16:00							SPIF	SPIF	SPIF	SPIF		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

Tisdag		0	1	2	3	4	5	6	7	8	9	10	11	17-nov
06:00-06:30														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		APNEA	APNEA	07:00-07:30
07:30-08:00	Rundsim						SPIF Masters	SPIF Masters	Mona Simskola	*Team Jarla*		APNEA	APNEA	07:30-08:00
08:00-08:30							SPIF Masters	SPIF Masters	Mona Simskola	*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						Snabb-bana						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	Lek						Skola	Skola	Skola	Skola		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		Bröstsim		Crawl	Crawl							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						SK Neptun	SK Neptun	SK Neptun	NEC	NEC	Underhåll av bassängbotten	NEC	NEC	15:00-15:30
15:30-16:00						SK Neptun	SK Neptun	SK Neptun	NEC	NEC		NEC	NEC	15:30-16:00
16:00-16:30						SK Neptun	SK Neptun	SK Neptun	NEC	NEC	NEC	NEC	NEC	16:00-16:30
16:30-17:00						SK Neptun	SK Neptun	SK Neptun	NEC	NEC	NEC	NEC	NEC	16:30-17:00
17:00-17:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30	Rundsim						SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00							SPIF	SPIF	SPIF	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

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	18-nov
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	Underhåll av bassängbotten	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00							*Team Jarla*	*Team Jarla*	Team Snabbare	Team Snabbare		EVLI	EVLI	07:30-08:00
08:00-08:30							*Team Jarla*	*Team Jarla*	Team Snabbare	Team Snabbare		EVLI	EVLI	08:00-08:30
08:30-09:00							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	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														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												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						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	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	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30
20:30-21:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00
21:00-21:30							KTH	KTH	KTH	APNEA	APNEA	APNEA	APNEA	21:00-21:30
21:30-22:00							KTH	KTH	KTH	APNEA	APNEA	APNEA	APNEA	21:30-22:00

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	19-nov
06:00-06:30														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	07:00-07:30
07:30-08:00	Rundsim						Länsförsäkr. Idf	Länsförsäkr.Idf	Neptun Masters	Neptun Masters		EVLI	EVLI	07:30-08:00
08:00-08:30							Länsförsäkr. Idf	Länsförsäkr.Idf	Neptun Masters	Neptun Masters		EVLI	EVLI	08:00-08:30
08:30-09:00												IDF Skolsim	IDF Skolsim	08:30-09:00
09:00-09:30												IDF Skolsim	IDF Skolsim	09:00-09:30
09:30-10:00						Snabb-bana						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	Lek						Skola	Skola	Skola	Skola		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	NEC		SPIF	SPIF	15:00-15:30
15:30-16:00						NEC	NEC	NEC	NEC	NEC		SPIF	SPIF	15:30-16:00
16:00-16:30						NEC	NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00						NEC	NEC	NEC	NEC	NEC	SPIF	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	Rundsim						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	SPIF	SPIF	SPIF	19:00-19:30
19:30-20:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	19:30-20:00
20:00-20:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	20:00-20:30
20:30-21:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF	SPIF	SPIF	SPIF	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	Neptun Masters	21:30-22:00

Fredag		0	1	2	3	4	5	6	7	8	9	10	11	20-nov
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							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	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														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	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30
19:30-20:00							SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00
20:00-20:30							SPIF	SPIF	SPIF					20:00-20:30
20:30-21:00							SPIF	SPIF	SPIF					20:30-21:00

Lördag		0	1	2	3	4	5	6	7	8	9	10	11	21-nov
07:45-08:00														07:45-08:00
08:00-08:30	Rundsim	Bröstsim		Crawl	Crawl	Snabb-bana					SK Neptun	SK Neptun	SK Neptun	08:00-08:30
08:30-09:00							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	08:30-09:00
09:00-09:30							NEC	NEC	NEC	NEC	NEC	IDF Simskola	IDF Simskola	09:00-09:30
09:30-10:00							NEC	NEC	NEC	NEC	NEC	IDF Simskola	IDF Simskola	09:30-10:00
10:00-10:30							NEC	NEC	NEC	Hammarby Sim	Hammarby Sim	IDF Simskola	IDF Simskola	10:00-10:30
10:30-11:00									Hammarby Sim	Hammarby Sim	Hammarby Sim	IDF Simskola	IDF Simskola	10:30-11:00
11:00-11:30								Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	IDF Simskola	IDF Simskola	11:00-11:30
11:30-12:00								Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	IDF Simskola	IDF Simskola	11:30-12:00
12:00-12:30	Lek							Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	IDF Simskola	IDF Simskola	12:00-12:30
12:30-13:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun		12:30-13:00
13:00-13:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	Dykhuset	13:00-13:30
13:30-14:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	Dykhuset	13:30-14:00
14:00-14:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	Dykhuset	14:00-14:30
14:30-15:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	Dykhuset	14:30-15:00
15:00-15:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	Dykhuset	15:00-15:30
15:30-16:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	Dykhuset	15:30-16:00
16:00-16:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun		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

Söndag		0	1	2	3	4	5	6	7	8	9	10	11	22-nov
07:45-08:00														07:45-08:00
08:00-08:30	Rundsim	Bröstsim		Crawl	Crawl	Snabb-bana	SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	08:00-08:30
08:30-09:00							SPIF	SPIF	SPIF	SPIF Masters	SPIF Masters	SPIF Masters	SPIF 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							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun		10:00-10:30
10:30-11:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun		10:30-11:00
11:00-11:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	11:00-11:30
11:30-12:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	IDF Simskola	11:30-12:00
12:00-12:30	Lek						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	IDF Simskola	IDF Simskola	12:00-12:30
12:30-13:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	IDF Simskola	IDF Simskola	12:30-13:00
13:00-13:30							13:15					IDF Simskola	IDF Simskola	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							SPIF	SPIF				IDF Simskola	IDF Simskola	14:30-15:00
15:00-15:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:00-15:30
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00
16:00-16:30							Hellas Masters	Hellas Masters	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00							Hellas Masters	Hellas Masters	SPIF	SPIF	SPIF	SPIF	SPIF	16:30-17:00
17:00-17:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	17:00-17:30
17:30-18:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	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							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	19:30-20:00
20:00-20:30														20:00-20:30

Måndag		0	1	2	3	4	5	6	7	8	9	10	11	23-nov
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							Neptun Masters	Neptun Masters	Team Snabbare	Team Snabbare	Team Snabbare	EVLI	EVLI	07:30-08:00
08:00-08:30							Neptun Masters	Neptun Masters	Team Snabbare	Team Snabbare	Team Snabbare	EVLI	EVLI	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	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						SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	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							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

Tisdag		0	1	2	3	4	5	6	7	8	9	10	11	24-nov
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	Mona Simskola	*Team Jarla*	*Team Jarla*	APNEA	APNEA	07:30-08:00
08:00-08:30							SPIF Masters	SPIF Masters	Mona Simskola	*Team Jarla*	*Team Jarla*	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	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					SK Neptun	SK Neptun	SK Neptun	NEC	NEC	NEC	NEC	NEC	15:00-15:30
15:30-16:00						SK Neptun	SK Neptun	SK Neptun	NEC	NEC	NEC	NEC	NEC	15:30-16:00
16:00-16:30						SK Neptun	SK Neptun	SK Neptun	NEC	NEC	NEC	NEC	NEC	16:00-16:30
16:30-17:00						SK Neptun	SK Neptun	SK Neptun	NEC	NEC	NEC	NEC	NEC	16:30-17:00
17:00-17:30						Snabb-bana	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00							SPIF	SPIF	SPIF	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

Onsdag		0	1	2	3	4	5	6	7	8	9	10	11	25-nov
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*		Team Snabbare	Team Snabbare	EVLI	EVLI	07:30-08:00
08:00-08:30							*Team Jarla*	*Team Jarla*		Team Snabbare	Team Snabbare	EVLI	EVLI	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	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														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												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						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	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30
20:30-21:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00
21:00-21:30							KTH	KTH	KTH	APNEA	APNEA	APNEA	APNEA	21:00-21:30
21:30-22:00							KTH	KTH	KTH	APNEA	APNEA	APNEA	APNEA	21:30-22:00

Torsdag		0	1	2	3	4	5	6	7	8	9	10	11	26-nov
06:00-06:30	Rundsim	Bröstsim		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								Länsförsäkr. Idf	Länsförsäkr.Idf	Neptun Masters	Neptun Masters	EVLI	EVLI	07:30-08:00
08:00-08:30								Länsförsäkr. Idf	Länsförsäkr.Idf	Neptun Masters	Neptun Masters	EVLI	EVLI	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	Lek											IDF Skolsim	IDF Skolsim	10:00-10:30
10:30-11:00												IDF Skolsim	IDF Skolsim	10:30-11:00
11:00-11:30												SPIF Masters	SPIF Masters	11:00-11:30
11:30-12:00												SPIF Masters	SPIF Masters	11:30-12:00
12:00-12:30												SPIF Masters	SPIF Masters	12:00-12:30
12:30-13:00												SPIF Masters	SPIF Masters	12:30-13:00
13:00-13:30												IDF Skolsim	IDF Skolsim	13:00-13:30
13:30-14:00												IDF Skolsim	IDF Skolsim	13:30-14:00
14:00-14:30												IDF Skolsim	IDF Skolsim	14:00-14:30
14:30-15:00												IDF Skolsim	IDF Skolsim	14:30-15:00
15:00-15:30	Rundsim					NEC	NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	15:00-15:30
15:30-16:00						NEC	NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	15:30-16:00
16:00-16:30						NEC	NEC	NEC	NEC	NEC	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00						NEC	NEC	NEC	NEC	NEC	SPIF	IDF Simskola	IDF Simskola	16:30-17:00
17:00-17:30						Snabb-bana	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	SPIF	SPIF	SPIF	19:00-19:30
19:30-20:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	19:30-20:00
20:00-20:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	20:00-20:30
20:30-21:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF	SPIF	SPIF	SPIF	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	Neptun Masters	21:30-22:00

Fredag		0	1	2	3	4	5	6	7	8	9	10	11	27-nov
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							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	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														11:00-11:30
11:30-12:00														11:30-12:00
12:00-12:30														12:00-12:30
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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	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30
19:30-20:00							SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00
20:00-20:30							SPIF	SPIF	SPIF					20:00-20:30
20:30-21:00							SPIF	SPIF	SPIF					20:30-21:00

Lördag		0	1	2	3	4	5	6	7	8	9	10	11	28-nov
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
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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

USM-reg (SKK)

Söndag		0	1	2	3	4	5	6	7	8	9	10	11	29-nov
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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12:00-12:30														12:00-12:30
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14:30-15:00														14:30-15:00
15:00-15:30														15:00-15:30
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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

USM-reg (SKK)

Avrigg