

Måndag		O	1	2	3	4	5	6	7	8	9			22-apr						
06:00-06:30	Rundsim						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30					
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	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	Neptun Masters	07:00-07:30
07:30-08:00							Running SWE	Running SWE	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli							07:30-08:00
08:00-08:30							Running SWE	Running SWE	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli							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	Lekbanor	Bröstsimsim	Crawl	Crawl	Snabb-bana	Skola	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												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	IDF Simskola	IDF Simskola	14:30-15:00																	
15:00-15:30	Rundsim						SPIF	SPIF	SPIF	SPIF	SK Neptun	IDF Simskola	IDF Simskola	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 Master	SPIF Master	SPIF Master	SPIF Master	Hellas	Hellas	Hellas	20:30-21:00						
21:00-21:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	Apnea	Apnea	Apnea	21:00-21:30						
21:30-22:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	Apnea	Apnea	Apnea	21:30-22:00						

Med reservation för ändringar

Tisdag		O	1	2	3	4	5	6	7	8	9			23-apr							
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana									06:00-06:30							
06:30-07:00						SPIF Master	SCT	SCT	SCT	SCT	Apnea	Apnea	06:30-07:00								
07:00-07:30						SPIF Master	SCT	SCT	SCT	SCT	Apnea	Apnea	07:00-07:30								
07:30-08:00						SPIF Master	SPIF Master	Team Jarla	Team Jarla		Apnea	Apnea	07:30-08:00								
08:00-08:30						SPIF Master	SPIF Master	Team Jarla	Team Jarla		Apnea	Apnea	08:00-08:30								
08:30-09:00	Lekbanor					Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	Skola	IDF Simskola	IDF Simskola	08:30-09:00			
09:00-09:30																IDF Simskola	IDF Simskola	09:00-09:30			
09:30-10:00																IDF Simskola	IDF Simskola	09:30-10:00			
10:00-10:30																IDF Simskola	IDF Simskola	10:00-10:30			
10:30-11:00																IDF Simskola	IDF Simskola	10:30-11:00			
11:00-11:30																IDF Simskola	IDF Simskola	11:00-11:30			
11:30-12:00																IDF Simskola	IDF Simskola	11:30-12:00			
12:00-12:30																SPIF Master	SPIF Master	12:00-12:30			
12:30-13:00																SPIF Master	SPIF Master	12:30-13:00			
13:00-13:30																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	IDF Simskola									IDF Simskola	14:30-15:00										
15:00-15:30	Rundsim									Bröstsims	Crawl	Crawl	Snabb-bana	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	21:00-21:30					
21:30-22:00						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters					Neptun Masters	Neptun Masters	21:30-22:00					

Med reservation för ändringar

Onsdag			O	1	2	3	4	5	6	7	8	9			24-apr							
06:00-06:30	Rundsim							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30						
06:30-07:00								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	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	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00								Team Jarla	Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	07:30-08:00							
08:00-08:30								Team Jarla	Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	08:00-08:30							
08:30-09:00														Länsförsäkringar	08:30-09:00							
09:00-09:30														Länsförsäkringar	09:00-09:30							
09:30-10:00															09:30-10:00							
10:00-10:30								Lekbanor		Bröstsimsim	Crawl	Crawl		Snabb-bana	Skola	Skola	Skola	Skola	Skola			10:00-10:30
10:30-11:00		Sim Coachen	10:30-11:00																			
11:00-11:30		Sim Coachen	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		Sim Coachen	13:30-14:00																			
14:00-14:30		Sim Coachen	14:00-14:30																			
14:30-15:00			14:30-15:00																			
15:00-15:30	Rundsim							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	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	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	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	IDF Simskola	IDF Simskola	IDF Simskola	IDF Simskola	IDF Simskola	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	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	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	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	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	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	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	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	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		O	1	2	3	4	5	6	7	8	9		25-apr				
06:00-06:30	Rundsim	Bröstsims	1	2	3	4							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										Running SWE	Running SWE	Running SWE	Running SWE	07:30-08:00			
08:00-08:30										Running SWE	Running SWE	Running SWE	Running SWE	08:00-08:30			
08:30-09:00										Skola	Skola	Skola	Skola	Skola	IDF Samskola	IDF Samskola	08:30-09:00
09:00-09:30							IDF Samskola	IDF Samskola	09:00-09:30								
09:30-10:00							IDF Samskola	IDF Samskola	09:30-10:00								
10:00-10:30							IDF Samskola	IDF Samskola	10:00-10:30								
10:30-11:00	IDF Samskola	IDF Samskola	10:30-11:00														
11:00-11:30	IDF Samskola	IDF Samskola	11:00-11:30														
11:30-12:00	SPIF Master	SPIF Master	11:30-12:00														
12:00-12:30	SPIF Master	SPIF Master	12:00-12:30														
12:30-13:00	SPIF Master	SPIF Master	12:30-13:00														
13:00-13:30	IDF Samskola	IDF Samskola	13:00-13:30														
13:30-14:00	IDF Samskola	IDF Samskola	13:30-14:00														
14:00-14:30	IDF Samskola	IDF Samskola	14:00-14:30														
14:30-15:00	IDF Samskola	IDF Samskola	14:30-15:00														
15:00-15:30	Lekbanor	Bröstsims	1	2	3	4	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							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30			
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00			
18:00-18:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30			
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00			
19:00-19:30							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30			
19:30-20:00							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00			
20:00-20:30							SPIF	SPIF	SPIF	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30			
20:30-21:00							SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00			
21:00-21:30							SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30			
21:30-22:00							SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00			

Med reservation för ändringar

Fredag			O	1	2	3	4	5	6	7	8	9			26-apr			
06:00-06:30	Rundsim							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30			
06:30-07:00								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00
07:00-07:30								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Apnea	07:00-07:30
07:30-08:00								SPIF Master	SPIF Master	KTH	KTH	KTH	Evli	Apnea	07:30-08:00			
08:00-08:30								SPIF Master	SPIF Master	KTH	KTH	KTH	Evli	Apnea	08:00-08:30			
08:30-09:00	Lekbanor		Bröstsimsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	Skola	IDF Simskola	IDF Simskola	08:30-09:00			
09:00-09:30													IDF Simskola	IDF Simskola	09:00-09:30			
09:30-10:00													IDF Simskola	IDF Simskola	09:30-10:00			
10:00-10:30															10:00-10:30			
10:30-11:00															10:30-11:00			
11:00-11:30															11:00-11:30			
11:30-12:00													Neptun Masters	Neptun Masters	11:30-12:00			
12:00-12:30													Neptun Masters	Neptun Masters	12:00-12:30			
12:30-13:00													IDF Simskola	IDF Simskola	12:30-13:00			
13:00-13:30													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	IDF Simskola	IDF Simskola	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 Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30			
19:30-20:00								SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00			
20:00-20:30	SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30										
										Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00				

Med reservation för ändringar

Lördag		O	1	2	3	4	5	6	7	8	9			27-apr				
07:30-08:00	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana		SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH				07:30-08:00				
08:00-08:30						SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH				08:00-08:30					
08:30-09:00						SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	IDF Simskola	IDF Simskola		08:30-09:00					
09:00-09:30						SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	IDF Simskola	IDF Simskola		09:00-09:30					
09:30-10:00						NEC	NEC	NEC	IDF Simskola	IDF Simskola		09:30-10:00						
10:00-10:30	Lekbanor									NEC	NEC	NEC	IDF Simskola	IDF Simskola			10:00-10:30	
10:30-11:00													IDF Simskola	IDF Simskola			10:30-11:00	
11:00-11:30														IDF Simskola	IDF Simskola			11:00-11:30
11:30-12:00														IDF Simskola	IDF Simskola			11:30-12:00
12:00-12:30															RescueTeam			12:00-12:30
12:30-13:00															RescueTeam			12:30-13:00
13:00-13:30															RescueTeam			13:00-13:30
13:30-14:00															RescueTeam			13:30-14:00
14:00-14:30															RescueTeam			14:00-14:30
14:30-15:00															RescueTeam			14:30-15:00
15:00-15:30															RescueTeam			15:00-15:30
15:30-16:00											RescueTeam			15:30-16:00				
16:00-16:30										RescueTeam			16:00-16:30					
16:30-17:00										RescueTeam			16:30-17:00					
17:00-17:30	Rundsim										APNEA	APNEA		17:00-17:30				
17:30-18:00											APNEA	APNEA		17:30-18:00				
18:00-18:30											APNEA	APNEA		18:00-18:30				
18:30-19:00											APNEA	APNEA		18:30-19:00				

Med reservation för ändringar

Söndag		O	1	2	3	4	5	6	7	8	9			28-apr				
07:30-08:00	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana	Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	07:30-08:00					
08:00-08:30						Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	08:00-08:30					
08:30-09:00						Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	08:30-09:00					
09:00-09:30													09:00-09:30					
09:30-10:00													09:30-10:00					
10:00-10:30													10:00-10:30					
10:30-11:00													10:30-11:00					
11:00-11:30	Lekbanor														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											SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	IDF Simskola	IDF Simskola	14:00-14:30
14:30-15:00											SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	IDF Simskola	IDF Simskola	14:30-15:00
15:00-15:30											SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH			15:00-15:30
15:30-16:00											SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SPIF	SPIF	15:30-16:00
16:00-16:30											Hellas Master	Hellas Master			SPIF	SPIF	16:00-16:30	
16:30-17:00											Hellas Master	Hellas Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	16:30-17:00	
17:00-17:30	Rundsim										SPIF Master	SPIF Master	SPIF Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:00-17:30
17:30-18:00							SPIF Master	SPIF Master	SPIF Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:30-18:00				
18:00-18:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	18:00-18:30				
18:30-19:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	18:30-19:00				
19:00-19:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	19:00-19:30				
19:30-20:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	19:30-20:00				
20:00-20:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	20:00-20:30				
							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	20:30-21:00				

Med reservation för ändringar

Måndag		O	1	2	3	4	5	6	7	8	9			29-apr				
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	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	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli	Evli	Evli	Evli	Evli	Evli	07:30-08:00
08:00-08:30						Running SWE	Running SWE	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli	Evli	Evli	Evli	Evli	Evli	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	Lekbanor																	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																IDF Sinskola	IDF Sinskola	13:00-13:30
13:30-14:00																IDF Sinskola	IDF Sinskola	13:30-14:00
14:00-14:30															IDF Sinskola	IDF Sinskola	14:00-14:30	
14:30-15:00															IDF Sinskola	IDF Sinskola	14:30-15:00	
15:00-15:30	Rundsim										SPIF	SPIF	SPIF	SPIF	SK Neptun	IDF Sinskola	IDF Sinskola	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 Master	SPIF Master	SPIF Master	SPIF Master	Hellas	Hellas	Hellas	20:30-21:00				
21:00-21:30						SPIF Master	SPIF Master	SPIF Master	SPIF Master	Apnea	Apnea	Apnea	21:00-21:30					
21:30-22:00						SPIF Master	SPIF Master	SPIF Master	SPIF Master	Apnea	Apnea	Apnea	21:30-22:00					

Med reservation för ändringar

Tisdag		O	1	2	3	4	5	6	7	8	9			30-apr							
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana									06:00-06:30							
06:30-07:00						SPIF Master	SCT	SCT	SCT	SCT	Apnea	Apnea	06:30-07:00								
07:00-07:30						SPIF Master	SCT	SCT	SCT	SCT	Apnea	Apnea	07:00-07:30								
07:30-08:00						SPIF Master	SPIF Master	Team Jarla	Team Jarla		Apnea	Apnea	07:30-08:00								
08:00-08:30						SPIF Master	SPIF Master	Team Jarla	Team Jarla		Apnea	Apnea	08:00-08:30								
08:30-09:00	Lekbanor					Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	IDF Simskola	IDF Simskola	08:30-09:00				
09:00-09:30															IDF Simskola	IDF Simskola	09:00-09:30				
09:30-10:00															IDF Simskola	IDF Simskola	09:30-10:00				
10:00-10:30															IDF Simskola	IDF Simskola	10:00-10:30				
10:30-11:00															IDF Simskola	IDF Simskola	10:30-11:00				
11:00-11:30															IDF Simskola	IDF Simskola	11:00-11:30				
11:30-12:00															IDF Simskola	IDF Simskola	11:30-12:00				
12:00-12:30															SPIF Master	SPIF Master	12:00-12:30				
12:30-13:00															SPIF Master	SPIF Master	12:30-13:00				
13:00-13:30															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	IDF Simskola									IDF Simskola	14:30-15:00										
15:00-15:30	Rundsim									Bröstsims	Crawl	Crawl	Snabb-bana	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	21:00-21:30					
21:30-22:00						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters					Neptun Masters	Neptun Masters	21:30-22:00					

Med reservation för ändringar

Onsdag		O	1	2	3	4	5	6	7	8	9		O1-maj	
06:00-06:30	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30	
06:30-07:00						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00	
07:00-07:30						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30	
07:30-08:00						Team Jarla	Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	07:30-08:00	
08:00-08:30						Team Jarla	Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	08:00-08:30	
08:30-09:00													08:30-09:00	
09:00-09:30													09:00-09:30	
09:30-10:00													09:30-10:00	
10:00-10:30						Lekbanor	Bröstsimsim	Crawl	Crawl	Snabb-bana				
10:30-11:00													Sim Coachen	10:30-11:00
11:00-11:30													Sim Coachen	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													Sim Coachen	13:30-14:00
14:00-14:30													Sim Coachen	14:00-14:30
14:30-15:00									14:30-15:00					
15:00-15:30	Rundsim	Bröstsimsim	Crawl	Crawl	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	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	IDF Sinskola	IDF Sinskola	16:30-17:00	
17:00-17:30						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Sinskola	IDF Sinskola	17:00-17:30	
17:30-18:00						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Sinskola	IDF Sinskola	17:30-18:00	
18:00-18:30						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30	
18:30-19:00						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00	
19:00-19:30						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30	
19:30-20:00						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00	
20:00-20:30						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:00-20:30	
20:30-21:00						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	20:30-21:00	
21:00-21:30						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		O	1	2	3	4	5	6	7	8	9		O2-maj	
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana								06:00-06:30	
06:30-07:00						Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	06:30-07:00	
07:00-07:30						Neptun Masters	Neptun Masters	Neptun Masters	SCT	SCT	SCT	SCT	07:00-07:30	
07:30-08:00									Running SWE	Running SWE	Running SWE	Running SWE	07:30-08:00	
08:00-08:30									Running SWE	Running SWE	Running SWE	Running SWE	08:00-08:30	
08:30-09:00												IDF Samskola	IDF Samskola	08:30-09:00
09:00-09:30												IDF Samskola	IDF Samskola	09:00-09:30
09:30-10:00												IDF Samskola	IDF Samskola	09:30-10:00
10:00-10:30						Lekbanor	Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola
10:30-11:00	IDF Samskola	IDF Samskola	10:30-11:00											
11:00-11:30	IDF Samskola	IDF Samskola	11:00-11:30											
11:30-12:00	SPIF Master	SPIF Master	11:30-12:00											
12:00-12:30	SPIF Master	SPIF Master	12:00-12:30											
12:30-13:00	SPIF Master	SPIF Master	12:30-13:00											
13:00-13:30	IDF Samskola	IDF Samskola	13:00-13:30											
13:30-14:00	IDF Samskola	IDF Samskola	13:30-14:00											
14:00-14:30	IDF Samskola	IDF Samskola	14:00-14:30											
14:30-15:00	IDF Samskola	IDF Samskola	14:30-15:00											
15:00-15:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana	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						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	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	20:00-20:30	
20:30-21:00						SPIF Master	SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00	
21:00-21:30						SPIF Master	SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	21:00-21:30	
21:30-22:00	SPIF Master	SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	21:30-22:00						

Med reservation för ändringar

Fredag			O	1	2	3	4	5	6	7	8	9			O3-maj			
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	Apnea	07:00-07:30
07:30-08:00								SPIF Master	SPIF Master	KTH	KTH	KTH	Evli	Apnea	07:30-08:00			
08:00-08:30								SPIF Master	SPIF Master	KTH	KTH	KTH	Evli	Apnea	08:00-08:30			
08:30-09:00	Lekbanor		Bröstsimsim	Crawl	Crawl		Snabb-bana	Skola	Skola	Skola	Skola	Skola	IDF Simskola	IDF Simskola	08:30-09:00			
09:00-09:30													IDF Simskola	IDF Simskola	09:00-09:30			
09:30-10:00													IDF Simskola	IDF Simskola	09:30-10:00			
10:00-10:30															10:00-10:30			
10:30-11:00															10:30-11:00			
11:00-11:30															11:00-11:30			
11:30-12:00													Neptun Masters	Neptun Masters	11:30-12:00			
12:00-12:30													Neptun Masters	Neptun Masters	12:00-12:30			
12:30-13:00													IDF Simskola	IDF Simskola	12:30-13:00			
13:00-13:30													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	IDF Simskola	IDF Simskola	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 Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30			
19:30-20:00								SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00			
20:00-20:30	SPIF Master	SPIF Master	SPIF Master	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30										
										Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00				

Med reservation för ändringar

Lördag			O	1	2	3	4	5	6	7	8	9			O4-maj									
07:30-08:00	Rundsim						Snabb-bana								07:30-08:00									
08:00-08:30																				08:00-08:30				
08:30-09:00																NEC	NEC	NEC	IDF Sinskola	IDF Sinskola	08:30-09:00			
09:00-09:30																	NEC	NEC	NEC	IDF Sinskola	IDF Sinskola	09:00-09:30		
09:30-10:00																	NEC	NEC	NEC	IDF Sinskola	IDF Sinskola	09:30-10:00		
10:00-10:30	Lekbanor	Bröstsims	Crawl	Crawl			Snabb-bana								10:00-10:30									
10:30-11:00																SPIF	SPIF	SPIF	SPIF	SPIF	IDF Sinskola	IDF Sinskola	10:30-11:00	
11:00-11:30																	SPIF	SPIF	SPIF	SPIF	SPIF	IDF Sinskola	IDF Sinskola	11:00-11:30
11:30-12:00																	SPIF	SPIF	SPIF	SPIF	SPIF	IDF Sinskola	IDF Sinskola	11:30-12:00
12:00-12:30																	SPIF	SPIF	SPIF	SPIF	SPIF			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						Snabb-bana								APNEA	APNEA	17:00-17:30							
17:30-18:00																				APNEA	APNEA	17:30-18:00		
18:00-18:30																					APNEA	APNEA	18:00-18:30	
18:30-19:00																					APNEA	APNEA	18:30-19:00	

Med reservation för ändringar

Söndag		O	1	2	3	4	5	6	7	8	9			O5-maj				
07:30-08:00	Rundsims	Bröstsims	Crawl	Crawl	Snabb-bana	Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	07:30-08:00					
08:00-08:30						Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	08:00-08:30					
08:30-09:00						Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	08:30-09:00					
09:00-09:30													09:00-09:30					
09:30-10:00													09:30-10:00					
10:00-10:30													10:00-10:30					
10:30-11:00													10:30-11:00					
11:00-11:30	Lekbanor														IDF Samskola	IDF Samskola	11:00-11:30	
11:30-12:00															IDF Samskola	IDF Samskola	11:30-12:00	
12:00-12:30															IDF Samskola	IDF Samskola	12:00-12:30	
12:30-13:00															IDF Samskola	IDF Samskola	12:30-13:00	
13:00-13:30																	13:00-13:30	
13:30-14:00																IDF Samskola	IDF Samskola	13:30-14:00
14:00-14:30											SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	IDF Samskola	IDF Samskola	14:00-14:30
14:30-15:00											SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	IDF Samskola	IDF Samskola	14:30-15:00
15:00-15:30											SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH			15:00-15:30
15:30-16:00											SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH	SPIF	SPIF	15:30-16:00
16:00-16:30											Hellas Master	Hellas Master			SPIF	SPIF	16:00-16:30	
16:30-17:00											Hellas Master	Hellas Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	16:30-17:00	
17:00-17:30	Rundsims										SPIF Master	SPIF Master	SPIF Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:00-17:30
17:30-18:00							SPIF Master	SPIF Master	SPIF Master	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:30-18:00				
18:00-18:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	18:00-18:30				
18:30-19:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	18:30-19:00				
19:00-19:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	19:00-19:30				
19:30-20:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	19:30-20:00				
20:00-20:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	20:00-20:30				
							SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	20:30-21:00				

Med reservation för ändringar

Måndag		O	1	2	3	4	5	6	7	8	9			O6-maj				
06:00-06:30	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	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	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli	Evli	Evli	Evli	Evli	Evli	07:30-08:00
08:00-08:30						Running SWE	Running SWE	Running SWE	Team Snabbare	Team Snabbare	Evli	Evli	Evli	Evli	Evli	Evli	Evli	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	Lekbanor																	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																IDF Sinskola	IDF Sinskola	13:00-13:30
13:30-14:00																IDF Sinskola	IDF Sinskola	13:30-14:00
14:00-14:30															IDF Sinskola	IDF Sinskola	14:00-14:30	
14:30-15:00															IDF Sinskola	IDF Sinskola	14:30-15:00	
15:00-15:30	Rundsim										SPIF	SPIF	SPIF	SPIF	SK Neptun	IDF Sinskola	IDF Sinskola	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 Master	SPIF Master	SPIF Master	SPIF Master	Hellas	Hellas	Hellas	20:30-21:00				
21:00-21:30							SPIF Master	SPIF Master	SPIF Master	SPIF Master	Apnea	Apnea	Apnea	21:00-21:30				
21:30-22:00							SPIF Master	SPIF Master	SPIF Master	SPIF Master	Apnea	Apnea	Apnea	21:30-22:00				

Med reservation för ändringar

Tisdag		O	1	2	3	4	5	6	7	8	9			O7-maj							
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana									06:00-06:30							
06:30-07:00						SPIF Master	SCT	SCT	SCT	SCT	Apnea	Apnea	06:30-07:00								
07:00-07:30						SPIF Master	SCT	SCT	SCT	SCT	Apnea	Apnea	07:00-07:30								
07:30-08:00						SPIF Master	SPIF Master	Team Jarla	Team Jarla		Apnea	Apnea	07:30-08:00								
08:00-08:30						SPIF Master	SPIF Master	Team Jarla	Team Jarla		Apnea	Apnea	08:00-08:30								
08:30-09:00	Lekbanor					Bröstsims	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	IDF Simskola	IDF Simskola	08:30-09:00				
09:00-09:30															IDF Simskola	IDF Simskola	09:00-09:30				
09:30-10:00															IDF Simskola	IDF Simskola	09:30-10:00				
10:00-10:30															IDF Simskola	IDF Simskola	10:00-10:30				
10:30-11:00															IDF Simskola	IDF Simskola	10:30-11:00				
11:00-11:30															IDF Simskola	IDF Simskola	11:00-11:30				
11:30-12:00															IDF Simskola	IDF Simskola	11:30-12:00				
12:00-12:30															SPIF Master	SPIF Master	12:00-12:30				
12:30-13:00															SPIF Master	SPIF Master	12:30-13:00				
13:00-13:30															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	IDF Simskola									IDF Simskola	14:30-15:00										
15:00-15:30	Rundsim									Bröstsims	Crawl	Crawl	Snabb-bana	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	21:00-21:30					
21:30-22:00						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters					Neptun Masters	Neptun Masters	21:30-22:00					

Med reservation för ändringar

Onsdag		O	1	2	3	4	5	6	7	8	9			O8-maj				
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	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						Team Jarla	Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	07:30-08:00					
08:00-08:30						Team Jarla	Team Jarla	Team Jarla	Evli	Evli	Team Snabbare	Team Snabbare	08:00-08:30					
08:30-09:00													08:30-09:00					
09:00-09:30												09:00-09:30						
09:30-10:00												09:30-10:00						
10:00-10:30	Lekbanor																	10:00-10:30
10:30-11:00																Sim Coachen	10:30-11:00	
11:00-11:30																Sim Coachen	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																Sim Coachen	13:30-14:00	
14:00-14:30																Sim Coachen	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	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	IDF Sinskola	IDF Sinskola	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	IDF Sinskola	IDF Sinskola	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	IDF Sinskola	IDF Sinskola	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			O9-maj
06:00-06:30															06:00-06:30
06:30-07:00															06:30-07:00
07:00-07:30															07:00-07:30
07:30-08:00															07:30-08:00
08:00-08:30															08:00-08:30
08:30-09:00															08:30-09:00
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19:00-19:30															19:00-19:30
19:30-20:00															19:30-20:00
20:00-20:30											Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30
20:30-21:00											SPIF Master	SPIF Master	SPIF Master	Neptun Masters	20:30-21:00
21:00-21:30											SPIF Master	SPIF Master	SPIF Master	Neptun Masters	21:00-21:30
21:30-22:00											SPIF Master	SPIF Master	SPIF Master	Neptun Masters	21:30-22:00

USM Konstsim synkro (SK Neptun)

Med reservation för ändringar

Fredag			0	1	2	3	4	5	6	7	8	9			10-maj
06:00-06:30															06:00-06:30
06:30-07:00															06:30-07:00
07:00-07:30															07:00-07:30
07:30-08:00															07:30-08:00
08:00-08:30															08:00-08:30
08:30-09:00															08:30-09:00
09:00-09:30															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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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

USM Konstsim synkro (SK Neptun)

Med reservation för ändringar

Lördag			0	1	2	3	4	5	6	7	8	9			11-maj
07:30-08:00															07:30-08:00
08:00-08:30															08:00-08:30
08:30-09:00															08:30-09:00
09:00-09:30															09:00-09:30
09:30-10:00															09:30-10:00
10:00-10:30															10:00-10:30
10:30-11:00															10:30-11:00
11:00-11:30															11:00-11:30
11:30-12:00															11:30-12:00
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14:30-15:00															14:30-15:00
15:00-15:30															15:00-15:30
15:30-16:00															15:30-16:00
16:00-16:30															16:00-16:30
16:30-17:00															16:30-17:00
17:00-17:30															17:00-17:30
17:30-18:00															17:30-18:00
18:00-18:30															18:00-18:30
18:30-19:00															18:30-19:00

USM Konstsim synkro (SK Neptun)

Med reservation för ändringar

Söndag			0	1	2	3	4	5	6	7	8	9			12-maj
07:30-08:00															07:30-08:00
08:00-08:30															08:00-08:30
08:30-09:00															08:30-09:00
09:00-09:30															09:00-09:30
09:30-10:00															09:30-10:00
10:00-10:30															10:00-10:30
10:30-11:00															10:30-11:00
11:00-11:30															11:00-11:30
11:30-12:00															11:30-12:00
12:00-12:30															12:00-12:30
12:30-13:00															12:30-13:00
13:00-13:30															13:00-13:30
13:30-14:00															13:30-14:00
14:00-14:30															14:00-14:30
14:30-15:00															14:30-15:00
15:00-15:30															15:00-15:30
15:30-16:00															15:30-16:00
16:00-16:30															16:00-16:30
16:30-17:00															16:30-17:00
17:00-17:30															17:00-17:30
17:30-18:00															17:30-18:00
18:00-18:30	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb bana	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	18:00-18:30	
18:30-19:00						SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	18:30-19:00	
19:00-19:30						SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	19:00-19:30	
19:30-20:00						SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	19:30-20:00	
20:00-20:30						SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	20:00-20:30	
						SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	SPIF Master	20:30-21:00	

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