

Måndag	0	1	2	3	4	5	6	7	8	9	O1-dec										
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					05:45-06:00										
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:00-06:30										
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:30-07:00										
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:00-07:30										
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:30-08:00										
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:00-08:30										
08:30-09:00	IDF Skolsim ↑ NEP/SPIF	IDF Skolsim ↑ NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:30-09:00										
09:00-09:30	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:00-09:30										
09:30-10:00	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:30-10:00										
10:00-10:30	IDF Skolsim	IDF Skolsim	Skola	Skola	Skola	Skola	Snabb-bana	Crawl	Bröstsims	Rundsims	10:00-10:30										
10:30-11:00	IDF Skolsim	IDF Skolsim	Skola								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 Skolsim ↑	IDF Skolsim ↑	Skola								13:00-13:30										
13:30-14:00	IDF Skolsim	IDF Skolsim	Skola	13:30-14:00																	
14:00-14:30	IDF Skolsim	IDF Skolsim	Skola	14:00-14:30																	
14:30-15:00	IDF Skolsim	IDF Skolsim	Skola	14:30-15:00																	
15:00-15:30	Rundsims	Bröstsims	Bröstsims	Crawl	Snabb-bana	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:00-15:30		
15:30-16:00						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:30-16:00
16:00-16:30						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:00-16:30
16:30-17:00						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:30-17:00
17:00-17:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30
17:30-18:00						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30
18:30-19:00						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00
19:00-19:30	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	19:00-19:30					
19:30-20:00	POLO simning 19:30-20:00 (ej boll)										x	19:30-20:00									
20:00-20:30	HELLAS VATTENPOLO										20:00-20:30										
20:30-21:00	HELLAS VATTENPOLO										20:30-21:00										
21:00-21:30	HELLAS VATTENPOLO										21:00-21:30										
21:30-22:00	HELLAS VATTENPOLO										21:30-22:00										

Med reservation för ändringar

Tisdag	0	1	2	3	4	5	6	7	8	9	O2-dec										
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00										
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:00-06:30										
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:30-07:00										
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:00-07:30										
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:30-08:00										
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:00-08:30										
08:30-09:00	IDF Skolsim ↑ NEP/SPIF	IDF Skolsim ↑ NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:30-09:00										
09:00-09:30	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:00-09:30										
09:30-10:00	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:30-10:00										
10:00-10:30	IDF Skolsim	IDF Skolsim	Skola	Skola	Snabb-bana						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	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	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:00-15:30	
15:30-16:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	15:30-16:00						
16:00-16:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	16:00-16:30						
16:30-17:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	16:30-17:00						
17:00-17:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	17:00-17:30						
17:30-18:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	17:30-18:00						
18:00-18:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	18:00-18:30						
18:30-19:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	18:30-19:00						
19:00-19:30	SKK VATTENPOLO										19:00-19:30										
19:30-20:00											19:30-20:00										
20:00-20:30											20:00-20:30										
20:30-21:00											20:30-21:00										
21:00-21:30	SCT	SCT	SCT	SCT	SCT		Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	21:00-21:30										
21:30-22:00	SCT	SCT	SCT	SCT	SCT		Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	21:30-22:00										

Med reservation för ändringar

Onsdag	0	1	2	3	4	5	6	7	8	9	O3-dec										
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00										
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:00-06:30										
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:30-07:00										
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:00-07:30										
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:30-08:00										
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:00-08:30										
08:30-09:00	IDF Skolsim ↑ NEP/SPIF	IDF Skolsim ↑ NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:30-09:00										
09:00-09:30	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:00-09:30										
09:30-10:00	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					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 J.S.										11:00-11:30										
11:30-12:00	SPIF J.S.										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	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:00-15:30						
15:30-16:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00		
16:00-16:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:30-17:00
17:00-17:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30
17:30-18:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00
18:00-18:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30
18:30-19:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00
19:00-19:30																					19:00-19:30
19:30-20:00											NEPTUN VATTENPOLO										19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00
21:00-21:30											Strömstararna KANOT										21:00-21:30
21:30-22:00																					21:30-22:00

Med reservation för ändringar

Torsdag	0	1	2	3	4	5	6	7	8	9	O4-dec	
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00	
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:00-06:30	
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:30-07:00	
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:00-07:30	
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:30-08:00	
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:00-08:30	
08:30-09:00	IDF Skolsim ↑ NEP/SPIF	IDF Skolsim ↑ NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:30-09:00	
09:00-09:30	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:00-09:30	
09:30-10:00	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					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 J.S.										11:00-11:30	
11:30-12:00	SPIF J.S.										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 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	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:00-15:30
15:30-16:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:30-16:00
16:00-16:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	16:00-16:30
16:30-17:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	16:30-17:00
17:00-17:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:00-17:30
17:30-18:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:30-18:00
18:00-18:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00-18:30
18:30-19:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:30-19:00
19:00-19:30												19:00-19:30
19:30-20:00												19:30-20:00
20:00-20:30												20:00-20:30
20:30-21:00												20:30-21:00
21:00-21:30	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	SPIF VP	SPIF VP		21:00-21:30
21:30-22:00	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	SPIF VP	SPIF VP		21:30-22:00

Med reservation för ändringar

Fredag	0	1	2	3	4	5	6	7	8	9	O5-dec											
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	Crawl	Bröstsims	Rundsim		05:45-06:00											
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:00-06:30											
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:30-07:00											
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:00-07:30											
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:30-08:00											
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:00-08:30											
08:30-09:00	IDF Skolsim ↑ NEP/SPIF	IDF Skolsim ↑ NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:30-09:00											
09:00-09:30	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:00-09:30											
09:30-10:00	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:30-10:00											
10:00-10:30	IDF Skolsim	IDF Skolsim									10:00-10:30											
10:30-11:00	IDF Skolsim	IDF Skolsim					10:30-11:00															
11:00-11:30							11:00-11:30															
11:30-12:00	U. Hausmann						Snabb-bana			11:30-12:00												
12:00-12:30	U. Hausmann									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	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun				SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30								
15:30-16:00	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00											
16:00-16:30	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30											
16:30-17:00	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00											
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:00-17:30	
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:30-19:00
19:00-19:30											19:00-19:30											
19:30-20:00	USM grundserie vattenpolo										19:30-20:00											
20:00-20:30											20:00-20:30											
20:30-21:00											20:30-21:00											

Med reservation för ändringar

Lördag	0	1	2	3	4	5	6	7	8	9	O6-dec
07:45-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					07:45-08:00
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					08:00-08:30
08:30-09:00	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					08:30-09:00
09:00-09:30	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					09:00-09:30
09:30-10:00	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					09:30-10:00
10:00-10:30	NEC	NEC	NEC								10:00-10:30
10:30-11:00	NEC	NEC	NEC								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							Crawl	Bröstsims		Rundsims	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											18:00-18:30
18:30-19:00											18:30-19:00

Med reservation för ändringar

Söndag	0	1	2	3	4	5	6	7	8	9	07-dec			
07:45-08:00	Team TT	Team TT				Neptun Masters	07:45-08:00							
08:00-08:30	Team TT	Team TT				Neptun Masters	08:00-08:30							
08:30-09:00	Team TT	Team TT				Neptun Masters	08:30-09:00							
09:00-09:30						Snabb-bana	Crawl	Bröstsöm	Rundsöm		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	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SK Neptun	SK Neptun	SK Neptun	18:00-18:30			
18:30-19:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SK Neptun	SK Neptun	SK Neptun	18:30-19:00			
19:00-19:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SK Neptun	SK Neptun	SK Neptun	19:00-19:30			
19:30-20:00	APNEA	APNEA	APNEA	APNEA				Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00			
20:00-20:30	APNEA	APNEA	APNEA	APNEA				Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30			
20:30-21:00											20:30-21:00			

Med reservation för ändringar

Måndag	0	1	2	3	4	5	6	7	8	9	O8-dec											
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	Crawl	Bröstsım	Rundsım		05:45-06:00											
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:00-06:30											
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:30-07:00											
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:00-07:30											
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:30-08:00											
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:00-08:30											
08:30-09:00	IDF Skolsım ↑ NEP/SPIF	IDF Skolsım ↑ NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:30-09:00											
09:00-09:30	IDF Skolsım NEP/SPIF	IDF Skolsım NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:00-09:30											
09:30-10:00	IDF Skolsım NEP/SPIF	IDF Skolsım NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:30-10:00											
10:00-10:30	IDF Skolsım	IDF Skolsım									10:00-10:30											
10:30-11:00	IDF Skolsım	IDF Skolsım									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 Skolsım ↑	IDF Skolsım ↑					13:00-13:30															
13:30-14:00	IDF Skolsım	IDF Skolsım					13:30-14:00															
14:00-14:30	IDF Skolsım	IDF Skolsım					14:00-14:30															
14:30-15:00	IDF Skolsım	IDF Skolsım					14:30-15:00															
15:00-15:30	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30											
15:30-16:00	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00											
16:00-16:30	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30											
16:30-17:00	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00											
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30	
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00
19:00-19:30											19:00-19:30											
19:30-20:00											19:30-20:00											
20:00-20:30	HELLAS VATTENPOLO										20:00-20:30											
20:30-21:00											20:30-21:00											
21:00-21:30											21:00-21:30											
21:30-22:00											21:30-22:00											

Med reservation för ändringar

Tisdag	0	1	2	3	4	5	6	7	8	9	09-dec											
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00											
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:00-06:30											
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:30-07:00											
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:00-07:30											
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:30-08:00											
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:00-08:30											
08:30-09:00	IDF Skolsim ↑ NEP/SPIF	IDF Skolsim ↑ NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:30-09:00											
09:00-09:30	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:00-09:30											
09:30-10:00	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:30-10:00											
10:00-10:30	IDF Skolsim	IDF Skolsim									10:00-10:30											
10:30-11:00	IDF Skolsim	IDF Skolsim									10:30-11:00											
11:00-11:30											11:00-11:30											
11:30-12:00											11:30-12:00											
12:00-12:30											12:00-12:30											
12:30-13:00							12:30-13:00															
13:00-13:30	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	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:00-15:30	
15:30-16:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00
16:00-16:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:30-17:00
17:00-17:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30
17:30-18:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00
18:00-18:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30
18:30-19:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00
19:00-19:30																					19:00-19:30	
19:30-20:00	SKK VATTENPOLO																				19:30-20:00	
20:00-20:30																					20:00-20:30	
20:30-21:00																					20:30-21:00	
21:00-21:30											SCT	SCT	SCT	SCT	SCT		Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	21:00-21:30	
21:30-22:00	SCT	SCT	SCT	SCT	SCT		Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	21:30-22:00											

Med reservation för ändringar

Onsdag	0	1	2	3	4	5	6	7	8	9	10-dec										
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00										
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:00-06:30										
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:30-07:00										
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:00-07:30										
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:30-08:00										
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:00-08:30										
08:30-09:00	IDF Skolsim ↑ NEP/SPIF	IDF Skolsim ↑ NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:30-09:00										
09:00-09:30	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:00-09:30										
09:30-10:00	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:30-10:00										
10:00-10:30	IDF Skolsim	IDF Skolsim									10:00-10:30										
10:30-11:00	IDF Skolsim	IDF Skolsim					10:30-11:00														
11:00-11:30							11:00-11:30														
11:30-12:00							11:30-12:00														
12:00-12:30							12:00-12:30														
12:30-13:00							12:30-13:00														
13:00-13:30							13:00-13:30														
13:30-14:00							13:30-14:00														
14:00-14:30							14:00-14:30														
14:30-15:00							14:30-15:00														
15:00-15:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:00-15:30	
15:30-16:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00
16:00-16:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:30-17:00
17:00-17:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30
17:30-18:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00
18:00-18:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30
18:30-19:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00
19:00-19:30																					19:00-19:30
19:30-20:00	NEPTUN VATTENPOLO																				19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00
21:00-21:30	Brunnsvikens KANOT																				21:00-21:30
21:30-22:00																					21:30-22:00

Med reservation för ändringar

Torsdag	0	1	2	3	4	5	6	7	8	9	11-dec	
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00	
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:00-06:30	
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:30-07:00	
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:00-07:30	
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:30-08:00	
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:00-08:30	
08:30-09:00	IDF Skolsim ↑ NEP/SPIF	IDF Skolsim ↑ NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:30-09:00	
09:00-09:30	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:00-09:30	
09:30-10:00	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:30-10:00	
10:00-10:30	IDF Skolsim	IDF Skolsim									10:00-10:30	
10:30-11:00	IDF Skolsim	IDF Skolsim									10:30-11:00	
11:00-11:30											11:00-11:30	
11:30-12:00	Länsförsäkringar										11:30-12:00	
12:00-12:30	Länsförsäkringar										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	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:00-15:30
15:30-16:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:30-16:00
16:00-16:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	16:00-16:30
16:30-17:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	16:30-17:00
17:00-17:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:00-17:30
17:30-18:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:30-18:00
18:00-18:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00-18:30
18:30-19:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:30-19:00
19:00-19:30											19:00-19:30	
19:30-20:00	SPIF VATTENPOLO										19:30-20:00	
20:00-20:30											20:00-20:30	
20:30-21:00											20:30-21:00	
21:00-21:30	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	SPIF VP	SPIF VP	21:00-21:30	
21:30-22:00	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	SPIF VP	SPIF VP	21:30-22:00	

Med reservation för ändringar

Fredag	0	1	2	3	4	5	6	7	8	9	12-dec
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:00-06:30
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:30-07:00
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:00-07:30
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:30-08:00
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:00-08:30
08:30-09:00	IDF Skolsim ↑ NEP/SPIF	IDF Skolsim ↑ NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:30-09:00
09:00-09:30	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:00-09:30
09:30-10:00	IDF Skolsim NEP/SPIF	IDF Skolsim NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:30-10:00
10:00-10:30	IDF Skolsim	IDF Skolsim									10:00-10:30
10:30-11:00	IDF Skolsim	IDF Skolsim					10:30-11:00				
11:00-11:30							11:00-11:30				
11:30-12:00	U. Hausmann						Snabb-bana			11:30-12:00	
12:00-12:30	U. Hausmann							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	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30	Nordic Water polo league										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
19:00-19:30											19:00-19:30
19:30-20:00											19:30-20:00
20:00-20:30											20:00-20:30
20:30-21:00	20:30-21:00										

Med reservation för ändringar

Lördag	○	1	2	3	4	5	6	7	8	9	13-dec
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
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											18:00-18:30
18:30-19:00											18:30-19:00

Nordic Water polo league

Med reservation för ändringar

Söndag	0	1	2	3	4	5	6	7	8	9	14-dec
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
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	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SK Neptun	SK Neptun	SK Neptun	19:00-19:30
19:30-20:00	APNEA	APNEA	APNEA	APNEA							19:30-20:00
20:00-20:30	APNEA	APNEA	APNEA	APNEA							20:00-20:30
20:30-21:00											20:30-21:00

Nordic Water polo league

Med reservation för ändringar

Måndag	0	1	2	3	4	5	6	7	8	9	15-dec										
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	Crawl	Bröstsims	Rundsim		05:45-06:00										
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	06:00-06:30															
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	06:30-07:00															
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	07:00-07:30															
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	07:30-08:00															
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	08:00-08:30															
08:30-09:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	08:30-09:00															
09:00-09:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	09:00-09:30															
09:30-10:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	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	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30										
15:30-16:00	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00										
16:00-16:30	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30										
16:30-17:00	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00										
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30	
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00
19:00-19:30											19:00-19:30										
19:30-20:00											19:30-20:00										
20:00-20:30											20:00-20:30										
20:30-21:00											20:30-21:00										
21:00-21:30											21:00-21:30										
21:30-22:00											21:30-22:00										

HELLAS VATTENPOLO

Med reservation för ändringar

Tisdag	0	1	2	3	4	5	6	7	8	9	16-dec											
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00											
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:00-06:30											
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:30-07:00											
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:00-07:30											
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:30-08:00											
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:00-08:30											
08:30-09:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:30-09:00											
09:00-09:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:00-09:30											
09:30-10:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:30-10:00											
10:00-10:30											Snabb-bana			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	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:00-15:30		
15:30-16:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00	
16:00-16:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30	
16:30-17:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:30-17:00	
17:00-17:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30	
17:30-18:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00	
18:00-18:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30	
18:30-19:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00	
19:00-19:30															19:00-19:30							
19:30-20:00											SKK VATTENPOLO				19:30-20:00							
20:00-20:30															20:00-20:30							
20:30-21:00															20:30-21:00							
21:00-21:30	SCT	SCT	SCT	SCT	SCT	SCT		Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins										21:00-21:30	
21:30-22:00	SCT	SCT	SCT	SCT	SCT	SCT		Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins											21:30-22:00

Med reservation för ändringar

Onsdag	0	1	2	3	4	5	6	7	8	9	17-dec				
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	Crawl	Bröstsims	Rundsim		05:45-06:00				
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:00-06:30				
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:30-07:00				
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:00-07:30				
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:30-08:00				
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:00-08:30				
08:30-09:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:30-09:00				
09:00-09:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:00-09:30				
09:30-10:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:30-10:00				
10:00-10:30											Snabb-bana			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	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:00-15:30
15:30-16:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00
16:00-16:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:30-17:00
17:00-17:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30
17:30-18:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:30-18:00
18:00-18:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:00-18:30
18:30-19:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00
19:00-19:30											19:00-19:30				
19:30-20:00	NEPTUN VATTENPOLO										19:30-20:00				
20:00-20:30											20:00-20:30				
20:30-21:00											20:30-21:00				
21:00-21:30	Strömstararna KANOT										21:00-21:30				
21:30-22:00											21:30-22:00				

Med reservation för ändringar

Torsdag	0	1	2	3	4	5	6	7	8	9	18-dec			
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	Crawl	Bröstsims	Rundsims		05:45-06:00			
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:00-06:30			
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:30-07:00			
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:00-07:30			
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:30-08:00			
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:00-08:30			
08:30-09:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:30-09:00			
09:00-09:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:00-09:30			
09:30-10:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:30-10:00			
10:00-10:30											Snabb-bana			10:00-10:30
10:30-11:00							10:30-11:00							
11:00-11:30							11:00-11:30							
11:30-12:00	Länsförsäkringar						11:30-12:00							
12:00-12:30	Länsförsäkringar						12:00-12:30							
12:30-13:00							12:30-13:00							
13:00-13:30							13:00-13:30							
13:30-14:00							13:30-14:00							
14:00-14:30							14:00-14:30							
14:30-15:00							14:30-15:00							
15:00-15:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:00-15:30		
15:30-16:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:30-16:00		
16:00-16:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	16:00-16:30		
16:30-17:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	16:30-17:00		
17:00-17:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:00-17:30		
17:30-18:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:30-18:00		
18:00-18:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF VP	18:00-18:30	
18:30-19:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF VP	18:30-19:00
19:00-19:30											19:00-19:30			
19:30-20:00	SPIF VATTENPOLO										19:30-20:00			
20:00-20:30											20:00-20:30			
20:30-21:00											20:30-21:00			
21:00-21:30	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	SPIF VP	SPIF VP	21:00-21:30			
21:30-22:00	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	SPIF VP	SPIF VP	21:30-22:00			

Med reservation för ändringar

Fredag	0	1	2	3	4	5	6	7	8	9	19-dec											
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC	Crawl	Bröstsims	Rundsim		05:45-06:00											
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:00-06:30											
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					06:30-07:00											
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:00-07:30											
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF/NEC					07:30-08:00											
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:00-08:30											
08:30-09:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					08:30-09:00											
09:00-09:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					09:00-09:30											
09:30-10:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC					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	U. Hausmann						Snabb-bana			11:30-12:00												
12:00-12:30	U. Hausmann									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	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun				SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30								
15:30-16:00	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00											
16:00-16:30	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30											
16:30-17:00	NEC	NEC	NEC	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00											
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:00-17:30	
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:30-19:00
19:00-19:30											19:00-19:30											
19:30-20:00	USM grundserie vattenpolo										19:30-20:00											
20:00-20:30											20:00-20:30											
20:30-21:00											20:30-21:00											

Med reservation för ändringar

Lördag	0	1	2	3	4	5	6	7	8	9	20-dec
07:45-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					07:45-08:00
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					08:00-08:30
08:30-09:00	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					08:30-09:00
09:00-09:30	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					09:00-09:30
09:30-10:00	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					09:30-10:00
10:00-10:30	NEC	NEC	NEC								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
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14:30-15:00											14:30-15:00
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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

Med reservation for ändringar

Söndag	0	1	2	3	4	5	6	7	8	9	21-dec			
07:45-08:00	Team TT	Team TT				Neptun Masters	07:45-08:00							
08:00-08:30	Team TT	Team TT				Neptun Masters	08:00-08:30							
08:30-09:00	Team TT	Team TT				Neptun Masters	08:30-09:00							
09:00-09:30						Snabb-bana	Crawl	Bröstsöm	Rundsöm		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
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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	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SK Neptun	SK Neptun	SK Neptun	18:00-18:30			
18:30-19:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SK Neptun	SK Neptun	SK Neptun	18:30-19:00			
19:00-19:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SK Neptun	SK Neptun	SK Neptun	19:00-19:30			
19:30-20:00	APNEA	APNEA	APNEA	APNEA				Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00			
20:00-20:30	APNEA	APNEA	APNEA	APNEA				Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30			
20:30-21:00											20:30-21:00			

Med reservation för ändringar