

| Måndag | ○ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 11-sep | | | | | | | | | | |
|-------------|----------------|----------------|----------------|----------------|----------------|--------------|-------------|-------------|------------|-----------|-------------|--------|--------|--------|-------------|--------|--------|--------|--------|-------------|-------------|
| 05:45-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45-06:00 | | | | | | | | | | |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsimsim | Rundsimsim | | 06:00-06:30 | | | | | | | | | | |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 06:30-07:00 | | | | | | | | | | |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:00-07:30 | | | | | | | | | | |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:30-08:00 | | | | | | | | | | |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:00-08:30 | | | | | | | | | | |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:30-09:00 | | | | | | | | | | |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:00-09:30 | | | | | | | | | | |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:30-10:00 | | | | | | | | | | |
| 10:00-10:30 | | | | | | | | | | | Snabbbana | | | | 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 | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 15:00-15:30 | | | | | | | | | | |
| 15:30-16:00 | NEC | NEC | NEC | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 15:30-16:00 | | | | | | | | | | |
| 16:00-16:30 | NEC | NEC | NEC | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 16:00-16:30 | | | | | | | | | | |
| 16:30-17:00 | NEC | NEC | NEC | SK Neptun | 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 | Hellas VP | | | | | | | | | | 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 | 12-sep | | | | | | | | | | | | |
|-------------------------------|----------------|----------------|----------------|----------------|----------------|--------------|-------------|----------------|----------------|----------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------------|-------------|-------------|
| 05:45:-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45:-06:00 | | | | | | | | | | | | |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsims | Rundsims | | 06:00-06:30 | | | | | | | | | | | | |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 06:30-07:00 | | | | | | | | | | | | |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:00-07:30 | | | | | | | | | | | | |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:30-08:00 | | | | | | | | | | | | |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:00-08:30 | | | | | | | | | | | | |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:30-09:00 | | | | | | | | | | | | |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:00-09:30 | | | | | | | | | | | | |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:30-10:00 | | | | | | | | | | | | |
| 10:00-10:30 | | | | | | | Snabbana | | | | 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 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:00-15:30 | | |
| 15:30-16:00 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:30-16:00 | |
| 16:00-16:30 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 16:00-16:30 | |
| 16:30-17:00 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 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 | 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 | | | | | | | | | | | | | | | | | | | | | 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 | 13-sep | | | | | | | | | | | |
|-------------------------------|----------------|----------------|----------------|----------------|----------------|--------------|-------------|----------|---------|--------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------------|-------------|
| 05:45:-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45:-06:00 | | | | | | | | | | | |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsım | Rundsım | | 06:00-06:30 | | | | | | | | | | | |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 06:30-07:00 | | | | | | | | | | | |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:00-07:30 | | | | | | | | | | | |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:30-08:00 | | | | | | | | | | | |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:00-08:30 | | | | | | | | | | | |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:30-09:00 | | | | | | | | | | | |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:00-09:30 | | | | | | | | | | | |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:30-10:00 | | | | | | | | | | | |
| 10:00-10:30 | | | | | | | Snabbana | | | | 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 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:00-15:30 | |
| 15:30-16:00 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:30-16:00 |
| 16:00-16:30 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 16:00-16:30 |
| 16:30-17:00 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 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 | 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 | | | | | | | | | | | Neptun VP | | | | | | | | | | 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 |
| Med reservation för ändringar | | | | | | | | | | | | | | | | | | | | | | |

| Torsdag | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 14-sep | | | | | | | | | | | | |
|-------------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-------------|
| 05:45:-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45:-06:00 | | | | | | | | | | | | |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsims | Rundsims | | 06:00-06:30 | | | | | | | | | | | | |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 06:30-07:00 | | | | | | | | | | | | |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:00-07:30 | | | | | | | | | | | | |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:30-08:00 | | | | | | | | | | | | |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:00-08:30 | | | | | | | | | | | | |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:30-09:00 | | | | | | | | | | | | |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:00-09:30 | | | | | | | | | | | | |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:30-10:00 | | | | | | | | | | | | |
| 10:00-10:30 | | | | | | | | | | | Snabbana | | | | 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 | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:00-15:30 | | |
| 15:30-16:00 | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:30-16:00 | |
| 16:00-16:30 | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 16:00-16:30 | |
| 16:30-17:00 | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 16:30-17:00 | |
| 17:00-17:30 | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 17:00-17:30 | |
| 17:30-18:00 | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 17:30-18:00 | |
| 18:00-18:30 | SPIF VP | SPIF VP | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 18:00-18:30 | |
| 18:30-19:00 | SPIF VP | SPIF VP | Neptun | Neptun | Neptun | Neptun | 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 | | | | | | | | | | | | | | | | | | | | | 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 | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | 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 | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | 21:30-22:00 |
| Med reservation för ändringar | | | | | | | | | | | | | | | | | | | | | | | |

| Fredag | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 15-sep | | | | | | | | | | |
|-------------------------------|----------------|----------------|----------------|----------------|----------------|--------------|-------------|-----------|-----------|-----------|--------------|--------|--------|--------|-------------|--------|--------|--------|--------|-------------|-------------|
| 05:45:-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45:-06:00 | | | | | | | | | | |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsims | Rundsims | | 06:00-06:30 | | | | | | | | | | |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 06:30-07:00 | | | | | | | | | | |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:00-07:30 | | | | | | | | | | |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:30-08:00 | | | | | | | | | | |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:00-08:30 | | | | | | | | | | |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:30-09:00 | | | | | | | | | | |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:00-09:30 | | | | | | | | | | |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:30-10:00 | | | | | | | | | | |
| 10:00-10:30 | | | | | | | | | | | Snabbana | | | | 10:00-10:30 | | | | | | |
| 10:30-11:00 | | | | | | | | | | | | | | | 10:30-11:00 | | | | | | |
| 11:00-11:30 | | | | | | | 11:00-11:30 | | | | | | | | | | | | | | |
| 11:30-12:00 | SPIF Triathlon | SPIF Triathlon | | | | | 11:30-12:00 | | | | | | | | | | | | | | |
| 12:00-12:30 | SPIF Triathlon | SPIF Triathlon | | | | | 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 | | | | Spårvägen | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 15:00-15:30 | | | | | | | | | | |
| 15:30-16:00 | | | | Spårvägen | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 15:30-16:00 | | | | | | | | | | |
| 16:00-16:30 | | | | Spårvägen | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 16:00-16:30 | | | | | | | | | | |
| 16:30-17:00 | | | | Spårvägen | 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 | | | | | | | | | | |
| Polo USM grundserie | | | | | | | | | | | | | | | | | | | | | |
| Med reservation för ändringar | | | | | | | | | | | | | | | | | | | | | |

| Lördag | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 16-sep |
|-------------------------------|---------------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-------------|
| 07:45-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | 07:45-08:00 |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | 08:00-08:30 |
| 08:30-09:00 | NEC | NEC | NEC | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | 08:30-09:00 |
| 09:00-09:30 | NEC | NEC | NEC | SK Neptun/SPIF | SK Neptun/SPIF | Crawl | Bröstsimsim | Crawl | Rundsimsim | | 09:00-09:30 |
| 09:30-10:00 | NEC | NEC | NEC | SK Neptun/SPIF | SK Neptun/SPIF | | | | | | 09:30-10:00 |
| 10:00-10:30 | Polo Elitserien/Allsvenskan/USM | | | | | | | | | | 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 | | | | | | | | | | |
| Med reservation för ändringar | | | | | | | | | | | |

| Söndag | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 17-sep |
|-------------------------------|-------|-------|-------|-------|---------------|---------------|---------------|------------|------------|------------|-------------|
| 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 | Neptun VP | Neptun VP | Älvsjö AIK | 18:00-18:30 |
| 18:30-19:00 | SCT | SCT | SCT | SCT | SCT | SCT | SCT | Neptun VP | Neptun VP | Älvsjö AIK | 18:30-19:00 |
| 19:00-19:30 | SCT | SCT | SCT | SCT | SCT | SCT | SCT | Neptun VP | Neptun VP | Älvsjö AIK | 19:00-19:30 |
| 19:30-20:00 | Apnea | Apnea | Apnea | Apnea | Neptun Master | Neptun Master | Neptun Master | Älvsjö AIK | Älvsjö AIK | Älvsjö AIK | 19:30-20:00 |
| 20:00-20:30 | Apnea | Apnea | Apnea | Apnea | Neptun Master | Neptun Master | Neptun Master | Älvsjö AIK | Älvsjö AIK | Älvsjö AIK | 20:00-20:30 |
| 20:30-21:00 | Apnea | Apnea | Apnea | Apnea | | | | | | | 20:30-21:00 |
| Med reservation för ändringar | | | | | | | | | | | |

| Måndag | ○ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 18-sep | | | | | | | | | | |
|-------------|----------------|----------------|----------------|----------------|----------------|--------------|-------------|-------------|------------|-----------|-------------|--------|--------|--------|-------------|--------|--------|--------|--------|-------------|-------------|
| 05:45-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45-06:00 | | | | | | | | | | |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsimsim | Rundsimsim | | 06:00-06:30 | | | | | | | | | | |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 06:30-07:00 | | | | | | | | | | |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:00-07:30 | | | | | | | | | | |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:30-08:00 | | | | | | | | | | |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:00-08:30 | | | | | | | | | | |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:30-09:00 | | | | | | | | | | |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:00-09:30 | | | | | | | | | | |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:30-10:00 | | | | | | | | | | |
| 10:00-10:30 | | | | | | | | | | | Snabbbana | | | | 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 | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 15:00-15:30 | | | | | | | | | | |
| 15:30-16:00 | NEC | NEC | NEC | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 15:30-16:00 | | | | | | | | | | |
| 16:00-16:30 | NEC | NEC | NEC | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 16:00-16:30 | | | | | | | | | | |
| 16:30-17:00 | NEC | NEC | NEC | SK Neptun | 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 | Hellas VP | | | | | | | | | | 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 | 19-sep | | | | | | | | | | | | |
|-------------------------------|----------------|----------------|----------------|----------------|----------------|--------------|----------------|----------------|----------------|----------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------------|-------------|-------------|
| 05:45:-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45:-06:00 | | | | | | | | | | | | |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsims | Rundsims | | 06:00-06:30 | | | | | | | | | | | | |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 06:30-07:00 | | | | | | | | | | | | |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:00-07:30 | | | | | | | | | | | | |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:30-08:00 | | | | | | | | | | | | |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:00-08:30 | | | | | | | | | | | | |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:30-09:00 | | | | | | | | | | | | |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:00-09:30 | | | | | | | | | | | | |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:30-10:00 | | | | | | | | | | | | |
| 10:00-10:30 | | | | | | | Snabbana | | | | 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 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:00-15:30 | | |
| 15:30-16:00 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:30-16:00 | |
| 16:00-16:30 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 16:00-16:30 | |
| 16:30-17:00 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 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 | 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 | | | | | | | | | | | | | | | | | | | | | 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 | 20-sep | | | | | | | | | | | |
|-------------------------------|----------------|----------------|----------------|----------------|----------------|--------------|-------------|-----------|----------|-------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------------|-------------|
| 05:45:-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45:-06:00 | | | | | | | | | | | |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsims | Rundsims | | 06:00-06:30 | | | | | | | | | | | |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 06:30-07:00 | | | | | | | | | | | |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:00-07:30 | | | | | | | | | | | |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:30-08:00 | | | | | | | | | | | |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:00-08:30 | | | | | | | | | | | |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:30-09:00 | | | | | | | | | | | |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:00-09:30 | | | | | | | | | | | |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:30-10:00 | | | | | | | | | | | |
| 10:00-10:30 | | | | | | | Snabbana | | | | 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 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:00-15:30 | |
| 15:30-16:00 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:30-16:00 |
| 16:00-16:30 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 16:00-16:30 |
| 16:30-17:00 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 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 | 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 | | | | | | | | | | | | | | | | | | | | | 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 | | | | | | | | | | | | | | | | | | | | | | |

| Torsdag | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 21-sep | | | | | | | | | | | |
|-------------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-------------|-------------|
| 05:45:-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45:-06:00 | | | | | | | | | | | |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsims | Rundsims | | 06:00-06:30 | | | | | | | | | | | |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | | | 06:30-07:00 | | | | | | | | | |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | | | 07:00-07:30 | | | | | | | | | |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | | | 07:30-08:00 | | | | | | | | | |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | | | 08:00-08:30 | | | | | | | | | |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | | | 08:30-09:00 | | | | | | | | | |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | | | 09:00-09:30 | | | | | | | | | |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | | | 09:30-10:00 | | | | | | | | | |
| 10:00-10:30 | | | | | | | | | | Snabbana | | | | 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 | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:00-15:30 | |
| 15:30-16:00 | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:30-16:00 |
| 16:00-16:30 | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 16:00-16:30 |
| 16:30-17:00 | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 16:30-17:00 |
| 17:00-17:30 | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 17:00-17:30 |
| 17:30-18:00 | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 17:30-18:00 |
| 18:00-18:30 | SPIF VP | SPIF VP | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 18:00-18:30 |
| 18:30-19:00 | SPIF VP | SPIF VP | Neptun | Neptun | Neptun | Neptun | 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 | | | | | | | | | | | | | | | | | | | | | | 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 | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | x | 21:00-21:30 |
| 21:30-22:00 | SCT | SCT | SCT | SCT | SCT | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | x | 21:30-22:00 |
| Med reservation för ändringar | | | | | | | | | | | | | | | | | | | | | | |

| Fredag | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 22-sep | | | | | | | | | | |
|-------------------------------|----------------|----------------|----------------|----------------|----------------|--------------|-------------|-----------|-----------|-----------|--------------|-------------|--------|--------|-------------|--------|--------|--------|--------|-------------|-------------|
| 05:45:-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45:-06:00 | | | | | | | | | | |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsims | Rundsims | | 06:00-06:30 | | | | | | | | | | |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 06:30-07:00 | | | | | | | | | | |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:00-07:30 | | | | | | | | | | |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:30-08:00 | | | | | | | | | | |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:00-08:30 | | | | | | | | | | |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:30-09:00 | | | | | | | | | | |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:00-09:30 | | | | | | | | | | |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:30-10:00 | | | | | | | | | | |
| 10:00-10:30 | | | | | | | | | | | Snabbana | | | | 10:00-10:30 | | | | | | |
| 10:30-11:00 | | | | | | | | | | | | | | | 10:30-11:00 | | | | | | |
| 11:00-11:30 | | | | | | | 11:00-11:30 | | | | | | | | | | | | | | |
| 11:30-12:00 | SPIF Triathlon | SPIF Triathlon | | | | | 11:30-12:00 | | | | | | | | | | | | | | |
| 12:00-12:30 | SPIF Triathlon | SPIF Triathlon | | | | | 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 | | | | Spårvägen | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 15:00-15:30 | | | | | | | | | | |
| 15:30-16:00 | | | | Spårvägen | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 15:30-16:00 | | | | | | | | | | |
| 16:00-16:30 | | | | Spårvägen | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 16:00-16:30 | | | | | | | | | | |
| 16:30-17:00 | | | | Spårvägen | 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 | | | | | | | | | |
| Polo USM Grundserie | | | | | | | | | | | | | | | | | | | | | |
| Med reservation för ändringar | | | | | | | | | | | | | | | | | | | | | |

| Lördag | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 23-sep |
|-------------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-------------|
| 07:45-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | 07:45-08:00 |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | 08:00-08:30 |
| 08:30-09:00 | NEC | NEC | NEC | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | 08:30-09:00 |
| 09:00-09:30 | NEC | NEC | NEC | SK Neptun/SPIF | SK Neptun/SPIF | Crawl | Bröstsimsim | Crawl | Rundsimsim | SK Neptun/SPIF | 09:00-09:30 |
| 09:30-10:00 | NEC | NEC | NEC | SK Neptun/SPIF | SK Neptun/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 |
| 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 | | | | | |
| Med reservation för ändringar | | | | | | | | | | | |

| Söndag | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 24-sep |
|-------------------------------|--------------|---------|---------|---------|---------------|-------------|-------|-------|---------|---|-------------|
| 07:45-08:00 | Team TT | Team TT | Team TT | Team TT | Neptun Master | | | | | | 07:45-08:00 |
| 08:00-08:30 | Team TT | Team TT | Team TT | Team TT | Neptun Master | Snabbana | Crawl | Crawl | Rundsim | | 08:00-08:30 |
| 08:30-09:00 | Team TT | Team TT | Team TT | Team TT | 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 | IDF Simskola | | | | | | | | | | 11:00-11:30 |
| 11:30-12:00 | IDF Simskola | | | | | | | | | | 11:30-12:00 |
| 12:00-12:30 | IDF Simskola | | | | | | | | | | 12:00-12:30 |
| 12:30-13:00 | IDF Simskola | | | | | | | | | | 12:30-13:00 |
| 13:00-13:30 | | | | | | | | | | | 13:00-13:30 |
| 13:30-14:00 | IDF Simskola | | | | | | | | | | 13:30-14:00 |
| 14:00-14:30 | IDF Simskola | | | | | | | | | | 14:00-14:30 |
| 14:30-15:00 | IDF Simskola | | | | | | | | | | 14:30-15:00 |
| 15:00-15:30 | | | | | | | | | | | 15:00-15:30 |
| 15:30-16:00 | | | | | | | | | | | 15:30-16:00 |
| 16:00-16:30 | | | | | | | | | | | 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 | 18:00-18:30 | | | | | |
| 18:30-19:00 | SCT | SCT | SCT | SCT | SCT | 18:30-19:00 | | | | | |
| 19:00-19:30 | SCT | SCT | SCT | SCT | SCT | 19:00-19:30 | | | | | |
| 19:30-20:00 | Apnea | Apnea | Apnea | Apnea | Neptun Master | 19:30-20:00 | | | | | |
| 20:00-20:30 | Apnea | Apnea | Apnea | Apnea | Neptun Master | 20:00-20:30 | | | | | |
| 20:30-21:00 | Apnea | Apnea | Apnea | Apnea | | 20:30-21:00 | | | | | |
| Med reservation för ändringar | | | | | | | | | | | |

| Måndag | ○ | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 25-sep | | | | | | | | | | |
|-------------|----------------|----------------|----------------|----------------|----------------|--------------|-----------|-----------|-----------|-----------|-------------|-------------|-------------|-------------|--------|-------------|--------|--------|--------|-------------|-------------|
| 05:45-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45-06:00 | | | | | | | | | | |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsims | Rundsims | | 06:00-06:30 | | | | | | | | | | |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | | | 06:30-07:00 | | | | | | | | |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | | | 07:00-07:30 | | | | | | | | |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | | | 07:30-08:00 | | | | | | | | |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | | | 08:00-08:30 | | | | | | | | |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | | | 08:30-09:00 | | | | | | | | |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | | | 09:00-09:30 | | | | | | | | |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | | | 09:30-10:00 | | | | | | | | |
| 10:00-10:30 | | | | | | | | | | Snabbana | | | | 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 | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 15:00-15:30 | | | | | | | | | | |
| 15:30-16:00 | NEC | NEC | NEC | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 15:30-16:00 | | | | | | | | | | |
| 16:00-16:30 | NEC | NEC | NEC | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 16:00-16:30 | | | | | | | | | | |
| 16:30-17:00 | NEC | NEC | NEC | SK Neptun | 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 | Hellas VP | | | | | | | | | | | 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 | 26-sep | | | | | | | | | | | |
|-------------------------------|----------------|----------------|----------------|----------------|----------------|--------------|-------------|----------------|----------------|----------------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------------|-------------|
| 05:45:-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45:-06:00 | | | | | | | | | | | |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsims | Rundsims | | 06:00-06:30 | | | | | | | | | | | |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 06:30-07:00 | | | | | | | | | | | |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:00-07:30 | | | | | | | | | | | |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:30-08:00 | | | | | | | | | | | |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:00-08:30 | | | | | | | | | | | |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:30-09:00 | | | | | | | | | | | |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:00-09:30 | | | | | | | | | | | |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:30-10:00 | | | | | | | | | | | |
| 10:00-10:30 | | | | | | | Snabbana | | | | 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 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:00-15:30 | |
| 15:30-16:00 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:30-16:00 |
| 16:00-16:30 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 16:00-16:30 |
| 16:30-17:00 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 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 | 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 | | | | | | | | | | | | | | | | | | | | | 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 | 27-sep | | | | | | | | | | | |
|-------------------------------|----------------|----------------|----------------|----------------|----------------|--------------|-------------|-----------|----------|-------------|--------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------------|-------------|
| 05:45:-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45:-06:00 | | | | | | | | | | | |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsims | Rundsims | | 06:00-06:30 | | | | | | | | | | | |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 06:30-07:00 | | | | | | | | | | | |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:00-07:30 | | | | | | | | | | | |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:30-08:00 | | | | | | | | | | | |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:00-08:30 | | | | | | | | | | | |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:30-09:00 | | | | | | | | | | | |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:00-09:30 | | | | | | | | | | | |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:30-10:00 | | | | | | | | | | | |
| 10:00-10:30 | | | | | | | Snabbana | | | | 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 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:00-15:30 | |
| 15:30-16:00 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:30-16:00 |
| 16:00-16:30 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 16:00-16:30 |
| 16:30-17:00 | SPIF | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 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 | 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 | | | | | | | | | | | | | | | | | | | | | 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 | | | | | | | | | | | | | | | | | | | | | | |

| Torsdag | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 28-sep | | | | | | | | | | | |
|-------------------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-------------|
| 05:45:-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45:-06:00 | | | | | | | | | | | |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsims | Rundsims | | 06:00-06:30 | | | | | | | | | | | |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 06:30-07:00 | | | | | | | | | | | |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:00-07:30 | | | | | | | | | | | |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:30-08:00 | | | | | | | | | | | |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:00-08:30 | | | | | | | | | | | |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:30-09:00 | | | | | | | | | | | |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:00-09:30 | | | | | | | | | | | |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:30-10:00 | | | | | | | | | | | |
| 10:00-10:30 | | | | | | | | | | | Snabbana | | | | 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 | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:00-15:30 | |
| 15:30-16:00 | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 15:30-16:00 |
| 16:00-16:30 | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 16:00-16:30 |
| 16:30-17:00 | SPIF | SPIF | SPIF | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 16:30-17:00 |
| 17:00-17:30 | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 17:00-17:30 |
| 17:30-18:00 | SPIF | SPIF | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 17:30-18:00 |
| 18:00-18:30 | SPIF VP | SPIF VP | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | Neptun | x | 18:00-18:30 |
| 18:30-19:00 | SPIF VP | SPIF VP | Neptun | Neptun | Neptun | Neptun | 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 | | | | | | | | | | | | | | | | | | | | | 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 | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | 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 | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | Sthlm Dolphins | 21:30-22:00 |
| Med reservation för ändringar | | | | | | | | | | | | | | | | | | | | | | |

| Fredag | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 29-sep |
|-------------------------------|----------------|----------------|----------------|----------------|----------------|--------------|-------------|-----------|-----------|-------------|--------------|
| 05:45:-06:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 05:45:-06:00 |
| 06:00-06:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | Crawl | Bröstsims | Rundsims | | 06:00-06:30 |
| 06:30-07:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 06:30-07:00 |
| 07:00-07:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:00-07:30 |
| 07:30-08:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC/SPIF/Nep | | | | | 07:30-08:00 |
| 08:00-08:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:00-08:30 |
| 08:30-09:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 08:30-09:00 |
| 09:00-09:30 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:00-09:30 |
| 09:30-10:00 | SK Neptun/SPIF | SK Neptun/SPIF | SK Neptun/SPIF | NEC | NEC | NEC | | | | | 09:30-10:00 |
| 10:00-10:30 | | | | | | | Snabbana | | | | 10:00-10:30 |
| 10:30-11:00 | | | | | | | | | | | 10:30-11:00 |
| 11:00-11:30 | | | | | | | | | | | 11:00-11:30 |
| 11:30-12:00 | SPIF Triathlon | SPIF Triathlon | | | | | | | | | 11:30-12:00 |
| 12:00-12:30 | SPIF Triathlon | SPIF Triathlon | | | | | | | | | 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 | Spårvägen | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 15:00-15:30 |
| 15:30-16:00 | NEC | NEC | NEC | Spårvägen | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 15:30-16:00 |
| 16:00-16:30 | NEC | NEC | NEC | Spårvägen | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 16:00-16:30 |
| 16:30-17:00 | NEC | NEC | NEC | Spårvägen | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | SK Neptun | 16:30-17:00 |
| 17:00-17:30 | Vattenpolo NM | | | | | | | | | | 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 | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 30-sep |
|-------------------------------|---------------|---|---|---|---|---|---|---|---|---|-------------|
| 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 | Vattenpolo NM | | | | | | | | | | 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 | 01-okt |
|-------------------------------|-------|-------|-------|-------|---------------|---------------|---------------|------------|------------|------------|-------------|
| 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 | Neptun VP | Neptun VP | Älvsjö AIK | 18:00-18:30 |
| 18:30-19:00 | SCT | SCT | SCT | SCT | SCT | SCT | SCT | Neptun VP | Neptun VP | Älvsjö AIK | 18:30-19:00 |
| 19:00-19:30 | SCT | SCT | SCT | SCT | SCT | SCT | SCT | Neptun VP | Neptun VP | Älvsjö AIK | 19:00-19:30 |
| 19:30-20:00 | Apnea | Apnea | Apnea | Apnea | Neptun Master | Neptun Master | Neptun Master | Älvsjö AIK | Älvsjö AIK | Älvsjö AIK | 19:30-20:00 |
| 20:00-20:30 | Apnea | Apnea | Apnea | Apnea | Neptun Master | Neptun Master | Neptun Master | Älvsjö AIK | Älvsjö AIK | Älvsjö AIK | 20:00-20:30 |
| 20:30-21:00 | Apnea | Apnea | Apnea | Apnea | | | | | | | 20:30-21:00 |
| Med reservation för ändringar | | | | | | | | | | | |