

Måndag	○	1	2	3	4	5	6	7	8	9	13-nov										
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	Rundsim		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														
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13:30-14:00							13:30-14:00														
14:00-14:30							14:00-14:30														
14:30-15:00							14:30-15:00														
15:00-15:30	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	14-nov												
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												
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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	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	x	21:30-22:00
Med reservation för ändringar																							

Onsdag	0	1	2	3	4	5	6	7	8	9	15-nov																				
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	IDF Utbildn.	IDF Utbildn.	IDF Utbildn.								Snabbana				10:00-10:30																
10:30-11:00	IDF Utbildn.	IDF Utbildn.	IDF Utbildn.												10:30-11:00																
11:00-11:30	IDF Utbildn.	IDF Utbildn.	IDF Utbildn.				11:00-11:30																								
11:30-12:00	IDF Utbildn.	IDF Utbildn.	IDF Utbildn.				11:30-12:00																								
12:00-12:30	IDF Utbildn.	IDF Utbildn.	IDF Utbildn.				12:00-12:30																								
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15:00-15:30	SPIF	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	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	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	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	SPIF	SPIF	SPIF	SPIF	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	SPIF	SPIF	SPIF	SPIF	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	SPIF	SPIF	SPIF	SPIF	SPIF	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	SPIF	SPIF	SPIF	SPIF	SPIF	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											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											Brunnsviken 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	16-nov											
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	Länsförsäkringar										11:30-12:00											
12:00-12:30	Länsförsäkringar										12:00-12:30											
12:30-13:00											12:30-13:00											
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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	17-nov				
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	skola										Snabbbana				10:00-10:30
10:30-11:00	skola														10:30-11:00
11:00-11:30	skola						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								
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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	Movember Cup (VP)										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	18-nov
07:45-08:00											07:45-08:00
08:00-08:30											08:00-08:30
08:30-09:00											08:30-09:00
09:00-09:30											09:00-09:30
09:30-10:00											09:30-10:00
10:00-10:30											10:00-10:30
10:30-11:00											10:30-11:00
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	Movember Cup (VP)										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	19-nov
07:45-08:00											07:45-08:00
08:00-08:30											08:00-08:30
08:30-09:00											08:30-09:00
09:00-09:30											09:00-09:30
09:30-10:00											09:30-10:00
10:00-10:30											10:00-10:30
10:30-11:00											10:30-11:00
11:00-11:30											11:00-11:30
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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	20-nov										
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	Rundsim		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														
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13:30-14:00							13:30-14:00														
14:00-14:30							14:00-14:30														
14:30-15:00							14:30-15:00														
15:00-15:30	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	21-nov											
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											
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13:30-14:00											13:30-14:00											
14:00-14:30							14:00-14:30															
14:30-15:00										14:30-15:00												
15:00-15:30	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											SKK 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	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	22-nov											
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	Rundsim		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	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF					08:00-08:30											
08:30-09:00	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	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF					09:00-09:30											
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF					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															
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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											Strömstarar 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	23-nov											
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	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF					08:00-08:30											
08:30-09:00	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	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF					09:00-09:30											
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF					09:30-10:00											
10:00-10:30											10:00-10:30											
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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	24-nov												
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	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF					08:00-08:30												
08:30-09:00	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	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF					09:00-09:30												
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF					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	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	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	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	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	Neptun	18:30-19:00
19:00-19:30											19:00-19:30												
19:30-20:00	USM Grundserie										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	25-nov	
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	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	SK Neptun/SPIF	08:00-08:30
08:30-09:00	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	SK Neptun/SPIF	08:30-09:00
09:00-09:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	Crawl	Bröstsimsim	Crawl	Rundsimsim			09:00-09:30
09:30-10:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF							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
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15:00-15:30												15:00-15:30
15:30-16:00												15:30-16:00
16:00-16:30	Apnea	Apnea										16:00-16:30
16:30-17:00	Apnea	Apnea										16:30-17:00
17:00-17:30	Apnea	Apnea										17:00-17:30
17:30-18:00	Apnea	Apnea										17:30-18:00
18:00-18:30	Apnea	Apnea				18:00-18:30						
18:30-19:00	Apnea	Apnea				18:30-19:00						
Med reservation för ändringar												

Söndag	0	1	2	3	4	5	6	7	8	9	26-nov			
07:45-08:00	Team TT	Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	Neptun Master		07:45-08:00			
08:00-08:30	Team TT	Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	Neptun Master		08:00-08:30			
08:30-09:00	Team TT	Team TT	Team TT	Team TT	Neptun Master	Neptun Master	Neptun Master	Neptun Master	Neptun Master		08:30-09:00			
09:00-09:30	Team Snabbare	Team Snabbare	Team Snabbare			Snabbana	Crawl	Bröstsım	Rundsım		09:00-09:30			
09:30-10:00	Team Snabbare	Team Snabbare	Team Snabbare											09:30-10:00
10:00-10:30	Team Snabbare	Team Snabbare	Team Snabbare											10:00-10:30
10:30-11:00	Team Snabbare	Team Snabbare	Team Snabbare											10:30-11:00
11:00-11:30	Team Snabbare	Team Snabbare	Team Snabbare											11:00-11:30
11:30-12:00	Team Snabbare	Team Snabbare	Team Snabbare											11:30-12:00
12:00-12:30														12:00-12:30
12:30-13:00														12:30-13:00
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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	27-nov										
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	28-nov												
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												
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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											SKK 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	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	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	x	21:30-22:00
Med reservation för ändringar																							

Onsdag	0	1	2	3	4	5	6	7	8	9	29-nov											
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											Brunnsviken kanot										21:00-21:30	
21:30-22:00																					21:30-22:00	
Med reservation för ändringar																						

Fredag	0	1	2	3	4	5	6	7	8	9	O1-dec
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											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					Snabbana				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
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	Nordiska ligan (VP)										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	O2-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
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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											

Nordiska ligan (VP)

Söndag	0	1	2	3	4	5	6	7	8	9	O3-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
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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							Snabb-bana	Crawl	Bröstsimsim	Rundsimsim	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											