Måndag	0		1		2		3		4		5		6		7		8		9		16-nov
05:45-06:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										05:45-06:00
06:00-06:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:00-06:30
06:30-07:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:30-07:00
07:00-07:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:00-07:30
07:30-08:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:30-08:00
08:00-08:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:00-08:30
08:30-09:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:30-09:00
09:00-09:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:00-09:30
09:30-10:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:30-10:00
10:00-10:30	Sjöviksskolan Magnus										*Snabb-bana*		*Crawl*		*Bröstsim*		*Rundsim*				10:00-10:30
10:30-11:00	Sjöviksskolan Magnus																				10:30-11:00
11:00-11:30	Sjöviksskolan Magnus																				11:00-11:30
11:30-12:00	Sjöviksskolan Magnus																				11:30-12:00
12:00-12:30	Entréskolan																				12:00-12:30
12:30-13:00	Entréskolan																				12:30-13:00
13:00-13:30	Entréskolan																				13:00-13:30
13:30-14:00	Entréskolan																				13:30-14:00
14:00-14:30	Södermalmsskolan Ingrid																				14:00-14:30
14:30-15:00	Södermalmsskolan Ingrid																				14:30-15:00
15:00-15:30	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		15:00-15:30
15:30-16:00	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		15:30-16:00
16:00-16:30	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		16:00-16:30
16:30-17:00	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		16:30-17:00
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:00-17:30
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	18:30-19:00
19:00-19:30	Hellas Vattenpolo																				19:00-19:30
19:30-20:00																					19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00
21:00-21:30																					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		17-nov
05:45-06:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										05:45-06:00
06:00-06:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:00-06:30
06:30-07:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:30-07:00
07:00-07:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:00-07:30
07:30-08:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:30-08:00
08:00-08:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:00-08:30
08:30-09:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:30-09:00
09:00-09:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:00-09:30
09:30-10:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:30-10:00
10:00-10:30			Johan Skytteskolan Ann										*Crawl*		*Bröstsim*		*Rundsim*				10:00-10:30
10:30-11:00			Johan Skytteskolan Ann																		10:30-11:00
11:00-11:30			Johan Skytteskolan Ann																		11:00-11:30
11:30-12:00	Länsförsäkringar Idf		Johan Skytteskolan Ann																		11:30-12:00
12:00-12:30	Länsförsäkringar Idf		Johan Skytteskolan Ann								*Snabb-bana*										12:00-12:30
12:30-13:00			Johan Skytteskolan Ann																		12:30-13:00
13:00-13:30																					13:00-13:30
13:30-14:00																					13:30-14:00
14:00-14:30	Södermalmsskolan Ingrid																				14:00-14:30
14:30-15:00	Södermalmsskolan Ingrid																				14:30-15:00
15:00-15:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	15:00-15:30
15:30-16:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	15:30-16:00
16:00-16:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	16:00-16:30
16:30-17:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	16:30-17:00
17:00-17:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	17:00-17:30
17:30-18:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	17:30-18:00
18:00-18:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	18:00-18:30
18:30-19:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	18:30-19:00
19:00-19:30	SKK Vattenpolo																				19:00-19:30
19:30-20:00																					19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00
21:00-21:30	SCT		SCT		SCT		SCT		SCT		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Hammarby Sim		21:00-21:30
21:30-22:00	SCT		SCT		SCT		SCT		SCT		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Hammarby Sim		21:30-22:00

Med reservation för ändringar

Onsdag	0		1		2		3		4		5		6		7		8		9		18-nov
05:45-06:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										05:45-06:00
06:00-06:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:00-06:30
06:30-07:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:30-07:00
07:00-07:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:00-07:30
07:30-08:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:30-08:00
08:00-08:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:00-08:30
08:30-09:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:30-09:00
09:00-09:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:00-09:30
09:30-10:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:30-10:00
10:00-10:30	SPIF M.		Johan Skytteskolan Ann										*Crawl*		*Bröstsim*		*Rundsim*				10:00-10:30
10:30-11:00	SPIF M.		Johan Skytteskolan Ann																		10:30-11:00
11:00-11:30			Johan Skytteskolan Ann																		11:00-11:30
11:30-12:00			Johan Skytteskolan Ann																		11:30-12:00
12:00-12:30			Johan Skytteskolan Ann								*Snabb-bana*										12:00-12:30
12:30-13:00			Johan Skytteskolan Ann																		12:30-13:00
13:00-13:30																					13:00-13:30
13:30-14:00																					13:30-14:00
14:00-14:30	Södermalmsskolan Ingrid																				14:00-14:30
14:30-15:00	Södermalmsskolan Ingrid																				14:30-15:00
15:00-15:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	15:00-15:30
15:30-16:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	15:30-16:00
16:00-16:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	16:00-16:30
16:30-17:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	16:30-17:00
17:00-17:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	17:00-17:30
17:30-18:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	17:30-18:00
18:00-18:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	18:00-18:30
18:30-19:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	18:30-19:00
19:00-19:30	Neptun Vattenpolo																				19:00-19:30
19:30-20:00																					19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00
21:00-21:30	Strömstararna Kanotklubb																				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	19-nov
05:45-06:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										05:45-06:00
06:00-06:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:00-06:30
06:30-07:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:30-07:00
07:00-07:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:00-07:30
07:30-08:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:30-08:00
08:00-08:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:00-08:30
08:30-09:00	Skolsim		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:30-09:00
09:00-09:30	Skolsim		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:00-09:30
09:30-10:00	Skolsim		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:30-10:00
10:00-10:30	Johan Skytteskolan Ann																				10:00-10:30
10:30-11:00	Johan Skytteskolan Ann																				10:30-11:00
11:00-11:30	Johan Skytteskolan Ann																				11:00-11:30
11:30-12:00	Johan Skytteskolan Ann																				11:30-12:00
12:00-12:30	Johan Skytteskolan Ann																				12:00-12:30
12:30-13:00	Johan Skytteskolan Ann																				12:30-13:00
13:00-13:30	Kunskapsskolan Kader																				13:00-13:30
13:30-14:00	Kunskapsskolan Kader																				13:30-14:00
14:00-14:30	Södermalmsskolan Ingrid																				14:00-14:30
14:30-15:00	Södermalmsskolan Ingrid																				14:30-15:00
15:00-15:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	15:00-15:30
15:30-16:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	15:30-16:00
16:00-16:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	16:00-16:30
16:30-17:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	16:30-17:00
17:00-17:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:00-17:30
17:30-18:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:30-18:00
18:00-18:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	Hammarby VP	Hammarby VP	X	18:00-18:30
18:30-19:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	Hammarby VP	Hammarby VP	X	18:30-19:00
19:00-19:30	Hammarby Vattenpolo																				19:00-19:30
19:30-20:00																					19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00
21:00-21:30	SCT		SCT		SCT		SCT		SCT		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Hammarby Sim		Hammarby Sim		21:00-21:30
21:30-22:00	SCT		SCT		SCT		SCT		SCT		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Hammarby Sim		Hammarby Sim		21:30-22:00

Crawl | *Bröstsim* | *Rundsim*

Snabb-bana

Med reservation för ändringar

Fredag	0	1	2	3	4	5	6	7	8	9	20-nov
05:45-06:00	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF					05:45-06:00
06:00-06:30	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF					06:00-06:30
06:30-07:00	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF					06:30-07:00
07:00-07:30	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF					07:00-07:30
07:30-08:00	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF					07:30-08:00
08:00-08:30	NEC	NEC	NEC	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF					08:00-08:30
08:30-09:00	NEC	NEC	NEC	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF					08:30-09:00
09:00-09:30	NEC	NEC	NEC	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF					09:00-09:30
09:30-10:00	NEC	NEC	NEC	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF					09:30-10:00
10:00-10:30						*Snabb-bana*	*Crawl*	*Bröstsim*	*Rundsim*		10:00-10:30
10:30-11:00											10:30-11:00
11:00-11:30											11:00-11:30
11:30-12:00											11:30-12:00
12:00-12:30											12:00-12:30
12:30-13:00											12:30-13:00
13:00-13:30											13:00-13:30
13:30-14:00											13:30-14:00
14:00-14:30											14:00-14:30
14:30-15:00											14:30-15:00
15:00-15:30	NEC	NEC	NEC	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00	NEC	NEC	NEC	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30	NEC	NEC	NEC	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00	NEC	NEC	NEC	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30	NM U18 Vattenpolo										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	21-nov
07:45-08:00	NM U18 Vattenpolo										07:45-08:00
08:00-08:30											08:00-08:30
08:30-09:00											08:30-09:00
09:00-09:30											09:00-09:30
09:30-10:00											09:30-10:00
10:00-10:30											10:00-10:30
10:30-11:00											10:30-11:00
11:00-11:30											11:00-11:30
11:30-12:00											11:30-12:00
12:00-12:30											12:00-12:30
12:30-13:00											12:30-13:00
13:00-13:30											13:00-13:30
13:30-14:00											13:30-14:00
14:00-14:30											14:00-14:30
14:30-15:00											14:30-15:00
15:00-15:30											15:00-15:30
15:30-16:00											15:30-16:00
16:00-16:30											16:00-16:30
16:30-17:00											16:30-17:00
17:00-17:30											17:00-17:30
17:30-18:00											17:30-18:00
18:00-18:30											18:00-18:30
18:30-19:00											18:30-19:00

Med reservation för ändringar

Söndag	0	1	2	3	4	5	6	7	8	9	22-nov
07:45-08:00	NM U18 Vattenpolo										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						*Snabb-bana*	*Crawl*	*Bröstsim*	*Rundsim*		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	18:00-18:30
18:30-19:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT		Neptun VP	Neptun VP	18:30-19:00
19:00-19:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT		Neptun VP	Neptun VP	19:00-19:30
19:30-20:00	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters	Neptun Masters				19:30-20:00
20:00-20:30	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters	Neptun Masters				20:00-20:30
20:30-21:00											20:30-21:00

Med reservation för ändringar

Måndag	0		1		2		3		4		5		6		7		8		9		23-nov
05:45-06:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										05:45-06:00
06:00-06:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:00-06:30
06:30-07:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:30-07:00
07:00-07:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:00-07:30
07:30-08:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:30-08:00
08:00-08:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:00-08:30
08:30-09:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:30-09:00
09:00-09:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:00-09:30
09:30-10:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:30-10:00
10:00-10:30											*Snabb-bana*		*Crawl*		*Bröstsim*		*Rundsim*				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	Sofia skolan Karin		Sofia skolan Karin																		13:00-13:30
13:30-14:00	Sofia skolan Karin		Sofia skolan Karin																		13:30-14:00
14:00-14:30	Sofia skolan Karin		Sofia skolan Karin																		14:00-14:30
14:30-15:00																					14:30-15:00
15:00-15:30	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		15:00-15:30
15:30-16:00	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		15:30-16:00
16:00-16:30	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		16:00-16:30
16:30-17:00	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		16:30-17:00
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:00-17:30
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	18:30-19:00
19:00-19:30	Hellas Vattenpolo																				19:00-19:30
19:30-20:00																					19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00
21:00-21:30																					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		24-nov
05:45-06:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										05:45-06:00
06:00-06:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:00-06:30
06:30-07:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:30-07:00
07:00-07:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:00-07:30
07:30-08:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:30-08:00
08:00-08:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:00-08:30
08:30-09:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:30-09:00
09:00-09:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:00-09:30
09:30-10:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:30-10:00
10:00-10:30			Hällsboskolan		Hällsboskolan								*Crawl*		*Bröstsim*		*Rundsim*				10:00-10:30
10:30-11:00			Hällsboskolan		Hällsboskolan																10:30-11:00
11:00-11:30			Hällsboskolan		Hällsboskolan																11:00-11:30
11:30-12:00	Länsförsäkringar Idf		Hällsboskolan		Hällsboskolan																11:30-12:00
12:00-12:30	Länsförsäkringar Idf										*Snabb-bana*										12:00-12:30
12:30-13:00	Sofia skolan Karin		Sofia skolan Karin																		12:30-13:00
13:00-13:30	Sofia skolan Karin		Sofia skolan Karin																		13:00-13:30
13:30-14:00	Sofia skolan Karin		Sofia skolan Karin																		13:30-14:00
14:00-14:30																					14:00-14:30
14:30-15:00																					14:30-15:00
15:00-15:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	15:00-15:30
15:30-16:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	15:30-16:00
16:00-16:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	16:00-16:30
16:30-17:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	16:30-17:00
17:00-17:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	17:00-17:30
17:30-18:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	17:30-18:00
18:00-18:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	18:00-18:30
18:30-19:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	18:30-19:00
19:00-19:30	SKK Vattenpolo																				19:00-19:30
19:30-20:00																					19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00
21:00-21:30	SCT		SCT		SCT		SCT		SCT		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Hammarby Sim		21:00-21:30
21:30-22:00	SCT		SCT		SCT		SCT		SCT		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Hammarby Sim		21:30-22:00

Med reservation för ändringar

Onsdag	0		1		2		3		4		5		6		7		8		9		25-nov
05:45-06:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										05:45-06:00
06:00-06:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:00-06:30
06:30-07:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:30-07:00
07:00-07:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:00-07:30
07:30-08:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:30-08:00
08:00-08:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:00-08:30
08:30-09:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:30-09:00
09:00-09:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:00-09:30
09:30-10:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:30-10:00
10:00-10:30	Hällsboskolan		Hällsboskolan										*Crawl*		*Bröstsim*		*Rundsim*				10:00-10:30
10:30-11:00	Hällsboskolan		Hällsboskolan																		10:30-11:00
11:00-11:30	Hällsboskolan		Hällsboskolan																		11:00-11:30
11:30-12:00	Hällsboskolan		Hällsboskolan																		11:30-12:00
12:00-12:30											*Snabb-bana*										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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	15:00-15:30
15:30-16:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	15:30-16:00
16:00-16:30	SK Neptun	Le Mans 50-manna 15:00-19:00										SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	16:00-16:30
16:30-17:00	SK Neptun											SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	16:30-17:00
17:00-17:30	SK Neptun											SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	17:00-17:30
17:30-18:00	SK Neptun											SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	17:30-18:00
18:00-18:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	18:00-18:30
18:30-19:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	18:30-19:00
19:00-19:30	Neptun Vattenpolo																				19:00-19:30
19:30-20:00																					19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00
21:00-21:30	Brunnsvikens Kanotklubb																				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	26-nov
05:45-06:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										05:45-06:00
06:00-06:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:00-06:30
06:30-07:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:30-07:00
07:00-07:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:00-07:30
07:30-08:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:30-08:00
08:00-08:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:00-08:30
08:30-09:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:30-09:00
09:00-09:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:00-09:30
09:30-10:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:30-10:00
10:00-10:30	Sofia skolan Karin		Sofia skolan Karin										*Crawl*		*Bröstsim*		*Rundsim*				10:00-10:30
10:30-11:00	Sofia skolan Karin		Sofia skolan Karin																		10:30-11:00
11:00-11:30	Sofia skolan Karin		Sofia skolan Karin																		11:00-11:30
11:30-12:00																					11:30-12:00
12:00-12:30											*Snabb-bana*										12:00-12:30
12:30-13:00																					12:30-13:00
13:00-13:30	Sofia skolan Karin		Sofia skolan Karin																		13:00-13:30
13:30-14:00	Sofia skolan Karin		Sofia skolan Karin																		13:30-14:00
14:00-14:30	Sofia skolan Karin		Sofia skolan Karin																		14:00-14:30
14:30-15:00																					14:30-15:00
15:00-15:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	15:00-15:30
15:30-16:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	15:30-16:00
16:00-16:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	16:00-16:30
16:30-17:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	16:30-17:00
17:00-17:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:00-17:30
17:30-18:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:30-18:00
18:00-18:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	Hammarby VP	Hammarby VP	X	18:00-18:30
18:30-19:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	Hammarby VP	Hammarby VP	X	18:30-19:00
19:00-19:30	Hammarby Vattenpolo																				19:00-19:30
19:30-20:00																					19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00
21:00-21:30	SCT		SCT		SCT		SCT		SCT		**Sthlm Dolphins**		**Sthlm Dolphins**		**Sthlm Dolphins**		Hammarby Sim			Hammarby Sim	21:00-21:30
21:30-22:00	SCT		SCT		SCT		SCT		SCT		**Sthlm Dolphins**		**Sthlm Dolphins**		**Sthlm Dolphins**		Hammarby Sim			Hammarby Sim	21:30-22:00

Med reservation för ändringar

Fredag	0		1		2		3		4		5		6		7		8		9		27-nov
05:45-06:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										05:45-06:00
06:00-06:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:00-06:30
06:30-07:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:30-07:00
07:00-07:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:00-07:30
07:30-08:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:30-08:00
08:00-08:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:00-08:30
08:30-09:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:30-09:00
09:00-09:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:00-09:30
09:30-10:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:30-10:00
10:00-10:30	SPIF M.										*Snabb-bana*		*Crawl*		*Bröstsim*		*Rundsim*				10:00-10:30
10:30-11:00	SPIF M.																				10:30-11:00
11:00-11:30																					11:00-11:30
11:30-12:00	U.Hausmann																				11:30-12:00
12:00-12:30	U.Hausmann																				12:00-12:30
12:30-13:00																					12:30-13:00
13:00-13:30																					13:00-13:30
13:30-14:00																					13:30-14:00
14:00-14:30																					14:00-14:30
14:30-15:00																					14:30-15:00
15:00-15:30	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		15:00-15:30
15:30-16:00	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		15:30-16:00
16:00-16:30	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		16:00-16:30
16:30-17:00	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		16:30-17:00
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:00-17:30
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	18:30-19:00
19:00-19:30	Polo USM Grundserie																				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	28-nov
07:45-08:00	SPIF Masters	SPIF Masters	SPIF Masters								07:45-08:00
08:00-08:30	SPIF Masters	SPIF Masters	SPIF Masters	NEC	NEC	NEC					08:00-08:30
08:30-09:00	SPIF Masters	SPIF Masters	SPIF Masters	NEC	NEC	NEC					08:30-09:00
09:00-09:30	IDF Simskola			NEC	NEC	NEC					09:00-09:30
09:30-10:00	IDF Simskola			NEC	NEC	NEC					09:30-10:00
10:00-10:30	IDF Simskola										10:00-10:30
10:30-11:00	IDF Simskola										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							*Crawl*	*Bröstsim*	*Rundsim*		12:30-13:00
13:00-13:30											13:00-13:30
13:30-14:00		Avsim USM-reg	Avsim USM-reg								13:30-14:00
14:00-14:30				Avsim USM-reg	Avsim USM-reg	*Snabb-bana*					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	29-nov
07:45-08:00	Team TT	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters						07:45-08:00
08:00-08:30	Team TT	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters						08:00-08:30
08:30-09:00	Team TT	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters						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	IDF Simskola										13:00-13:30
13:30-14:00	IDF Simskola										13:30-14:00
14:00-14:30	IDF Simskola	Avsim USM-reg	Avsim USM-reg	Avsim USM-reg	Avsim USM-reg	*Snabb-bana*	*Crawl*	*Bröstsim*	*Rundsim*		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											18:00-18:30
18:30-19:00											18:30-19:00
19:00-19:30											19:00-19:30
19:30-20:00	APNEA	APNEA	APNEA	APNEA							19:30-20:00
20:00-20:30	APNEA	APNEA	APNEA	APNEA							20:00-20:30
20:30-21:00											20:30-21:00

Med reservation för ändringar

Måndag	0		1		2		3		4		5		6		7		8		9		30-nov
05:45-06:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										05:45-06:00
06:00-06:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:00-06:30
06:30-07:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:30-07:00
07:00-07:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:00-07:30
07:30-08:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:30-08:00
08:00-08:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:00-08:30
08:30-09:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:30-09:00
09:00-09:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:00-09:30
09:30-10:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:30-10:00
10:00-10:30	Rödabergsskolan		Rödabergsskolan								*Snabb-bana*		*Crawl*		*Bröstsim*		*Rundsim*				10:00-10:30
10:30-11:00	Rödabergsskolan		Rödabergsskolan																		10:30-11:00
11:00-11:30	Rödabergsskolan		Rödabergsskolan																		11:00-11:30
11:30-12:00	Rödabergsskolan		Rödabergsskolan																		11:30-12:00
12:00-12:30	Rödabergsskolan		Rödabergsskolan																		12:00-12:30
12:30-13:00	Rödabergsskolan		Rödabergsskolan																		12:30-13:00
13:00-13:30	Rödabergsskolan		Rödabergsskolan																		13:00-13:30
13:30-14:00																					13:30-14:00
14:00-14:30																					14:00-14:30
14:30-15:00																					14:30-15:00
15:00-15:30	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		15:00-15:30
15:30-16:00	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		15:30-16:00
16:00-16:30	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		16:00-16:30
16:30-17:00	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		16:30-17:00
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:00-17:30
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	18:30-19:00
19:00-19:30	Hellas Vattenpolo																				19:00-19:30
19:30-20:00																					19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00
21:00-21:30																					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		01-dec
05:45-06:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										05:45-06:00
06:00-06:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:00-06:30
06:30-07:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:30-07:00
07:00-07:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:00-07:30
07:30-08:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:30-08:00
08:00-08:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:00-08:30
08:30-09:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:30-09:00
09:00-09:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:00-09:30
09:30-10:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:30-10:00
10:00-10:30			Rödabergsskolan		Rödabergsskolan								*Crawl*		*Bröstsim*		*Rundsim*				10:00-10:30
10:30-11:00			Rödabergsskolan		Rödabergsskolan																10:30-11:00
11:00-11:30			Rödabergsskolan		Rödabergsskolan																11:00-11:30
11:30-12:00	Länsförsäkringar Idf		Rödabergsskolan		Rödabergsskolan																11:30-12:00
12:00-12:30	Länsförsäkringar Idf		Rödabergsskolan		Rödabergsskolan																12:00-12:30
12:30-13:00			Rödabergsskolan		Rödabergsskolan																12:30-13:00
13:00-13:30			Rödabergsskolan		Rödabergsskolan																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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	15:00-15:30
15:30-16:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	15:30-16:00
16:00-16:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	16:00-16:30
16:30-17:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	16:30-17:00
17:00-17:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	17:00-17:30
17:30-18:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	17:30-18:00
18:00-18:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	18:00-18:30
18:30-19:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	18:30-19:00
19:00-19:30	SKK Vattenpolo																				19:00-19:30
19:30-20:00																					19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00
21:00-21:30	SCT		SCT		SCT		SCT		SCT		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Hammarby Sim		21:00-21:30
21:30-22:00	SCT		SCT		SCT		SCT		SCT		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Hammarby Sim		21:30-22:00

Snabb-bana

Med reservation för ändringar

Onsdag	0		1		2		3		4		5		6		7		8		9		02-dec
05:45-06:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										05:45-06:00
06:00-06:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:00-06:30
06:30-07:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:30-07:00
07:00-07:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:00-07:30
07:30-08:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:30-08:00
08:00-08:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:00-08:30
08:30-09:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:30-09:00
09:00-09:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:00-09:30
09:30-10:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:30-10:00
10:00-10:30	Hällsboskolan		Hällsboskolan										*Crawl*		*Bröstsim*		*Rundsim*				10:00-10:30
10:30-11:00	Hällsboskolan		Hällsboskolan																		10:30-11:00
11:00-11:30	Hällsboskolan		Hällsboskolan																		11:00-11:30
11:30-12:00	Hällsboskolan		Hällsboskolan																		11:30-12:00
12:00-12:30											*Snabb-bana*										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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	15:00-15:30
15:30-16:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	15:30-16:00
16:00-16:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	16:00-16:30
16:30-17:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	16:30-17:00
17:00-17:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	17:00-17:30
17:30-18:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	17:30-18:00
18:00-18:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	18:00-18:30
18:30-19:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	X	18:30-19:00
19:00-19:30	Neptun Vattenpolo																				19:00-19:30
19:30-20:00																					19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00
21:00-21:30	Strömstararna Kanotklubb																				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	03-dec
05:45-06:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										05:45-06:00
06:00-06:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:00-06:30
06:30-07:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:30-07:00
07:00-07:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:00-07:30
07:30-08:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:30-08:00
08:00-08:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:00-08:30
08:30-09:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:30-09:00
09:00-09:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:00-09:30
09:30-10:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:30-10:00
10:00-10:30											*Snabb-bana*		*Crawl*		*Bröstsim*		*Rundsim*				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	Fryshusets skolan Ulrika		Fryshusets skolan Ulrika																		12:00-12:30
12:30-13:00	Fryshusets skolan Ulrika		Fryshusets skolan Ulrika																		12:30-13:00
13:00-13:30	Fryshusets skolan Ulrika		Fryshusets skolan Ulrika																		13:00-13:30
13:30-14:00	Fryshusets skolan Ulrika		Fryshusets skolan Ulrika																		13:30-14:00
14:00-14:30	Fryshusets skolan Ulrika		Fryshusets skolan Ulrika																		14:00-14:30
14:30-15:00	Fryshusets skolan Ulrika		Fryshusets skolan Ulrika																		14:30-15:00
15:00-15:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	15:00-15:30
15:30-16:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	15:30-16:00
16:00-16:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	16:00-16:30
16:30-17:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	16:30-17:00
17:00-17:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:00-17:30
17:30-18:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:30-18:00
18:00-18:30	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	Hammarby VP	Hammarby VP	X	18:00-18:30
18:30-19:00	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	Hammarby VP	Hammarby VP	X	18:30-19:00
19:00-19:30	Hammarby Vattenpolo																				19:00-19:30
19:30-20:00																					19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00
21:00-21:30	SCT		SCT		SCT		SCT		SCT		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Hammarby Sim			Hammarby Sim	21:00-21:30
21:30-22:00	SCT		SCT		SCT		SCT		SCT		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Hammarby Sim			Hammarby Sim	21:30-22:00

Med reservation för ändringar

Fredag	0		1		2		3		4		5		6		7		8		9		04-dec
05:45-06:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										05:45-06:00
06:00-06:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:00-06:30
06:30-07:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										06:30-07:00
07:00-07:30	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:00-07:30
07:30-08:00	Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										07:30-08:00
08:00-08:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:00-08:30
08:30-09:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										08:30-09:00
09:00-09:30	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:00-09:30
09:30-10:00	NEC		NEC		NEC		Neptun / SPIF		Neptun / SPIF		Neptun / SPIF										09:30-10:00
10:00-10:30											*Snabb-bana*		*Crawl*		*Bröstsim*		*Rundsim*				10:00-10:30
10:30-11:00																					10:30-11:00
11:00-11:30																					11:00-11:30
11:30-12:00	U.Hausmann																				11:30-12:00
12:00-12:30	U.Hausmann																				12:00-12:30
12:30-13:00																					12:30-13:00
13:00-13:30																					13:00-13:30
13:30-14:00																					13:30-14:00
14:00-14:30																					14:00-14:30
14:30-15:00																					14:30-15:00
15:00-15:30	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		15:00-15:30
15:30-16:00	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		15:30-16:00
16:00-16:30	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		16:00-16:30
16:30-17:00	NEC		NEC		NEC		SPIF		SPIF		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		16:30-17:00
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:00-17:30
17:30-18:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	X	18:30-19:00
19:00-19:30	Elitserien / Allsvenskan vattenpolo																				19:00-19:30
19:30-20:00																					19:30-20:00
20:00-20:30																					20:00-20:30
20:30-21:00																					20:30-21:00

Med reservation för ändringar

Lördag	0	1	2	3	4	5	6	7	8	9	05-dec
07:45-08:00				Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	07:45-08:00
08:00-08:30				Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	08:00-08:30
08:30-09:00	NEC	NEC	NEC	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	08:30-09:00
09:00-09:30	NEC	NEC	NEC	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	Neptun / SPIF	09:00-09:30
09:30-10:00											09:30-10:00
10:00-10:30											10:00-10:30
10:30-11:00											10:30-11:00
11:00-11:30											11:00-11:30
11:30-12:00											11:30-12:00
12:00-12:30											12:00-12:30
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14:30-15:00											14:30-15:00
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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											18:00-18:30
18:30-19:00											18:30-19:00

Elitserien / Allsvenskan vattenpolo

Med reservation för ändringar

Söndag	0	1	2	3	4	5	6	7	8	9	06-dec
07:45-08:00	Elitserien / Allsvenskan vattenpolo										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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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*	*Bröstsim*	*Rundsim*		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	18:00-18:30
18:30-19:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT		Neptun VP	Neptun VP	18:30-19:00
19:00-19:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT		Neptun VP	Neptun VP	19:00-19:30
19:30-20:00	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters	Neptun Masters				19:30-20:00
20:00-20:30	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters	Neptun Masters				20:00-20:30
20:30-21:00											20:30-21:00

Med reservation för ändringar