

Måndag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		18-aug
05:45-06:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana				NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30
06:30-07:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00
07:00-07:30									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30
07:30-08:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00
08:00-08:30							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00
09:00-09:3																					

Onsdag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		20-aug
05:45-06:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana				NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30
06:30-07:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00
07:00-07:30									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30
07:30-08:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00
08:00-08:30							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00
09:00-09:3																					

Fredag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		22-aug
05:45-06:00								NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana			NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30
06:30-07:00								NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00
07:00-07:30								NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30
07:30-08:00						SPIF Master	SPIF Master	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00
08:00-08:30						SPIF Master	SPIF Master	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00								NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	

Lördag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		23-aug	
07:45-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:45-08:00	
08:00-08:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	08:00-08:30	
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	x	08:30-09:00
09:00-09:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	x	09:00-09:30
09:30-10:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	x	09:30-10:00
10:00-10:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	x	10:00-10:30
10:30-11:00	LEK					Snabb-bana</																

Söndag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		24-aug
07:45-08:00										Team TT	Team TT	Team TT	Team TT	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	x	07:45-08:00
08:00-08:30	LEK	Rundsim		Bröstsim	Crawl	Snabb-bana				Team TT	Team TT	Team TT	Team TT	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	x	08:00-08:30
08:30-09:00										Team TT	Team TT	Team TT	Team TT	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	Neptun M.	x	08:30-09:00
09:00-09:30																				x	09:00-09:30
09:30-10:00																				x	09:30-10:00
10:00-10:30																				x	10:00-10:30
10:30-11:00																				x	10:30-11:00
11:00-11:30																				x	11:00-11:30
11:30-12:00																				x	11:30-12:00
12:00-12:30																					

Måndag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-08-25	
05:45-06:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00	
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30	
06:30-07:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00	
07:00-07:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30	
07:30-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00	
08:00-08:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF</													

Onsdag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-08-27
05:45-06:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana				NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30
06:30-07:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00
07:00-07:30									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30
07:30-08:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00
08:00-08:30							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00

Fredag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-08-29
05:45-06:00								NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana			NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30
06:30-07:00								NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00
07:00-07:30								NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30
07:30-08:00						SPIF Master	SPIF Master	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00
08:00-08:30						SPIF Master	SPIF Master	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00								NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim			

Måndag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-01
05:45-06:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30
06:30-07:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00
07:00-07:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30
07:30-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00
08:00-08:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPI											

Tisdag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-02
05:45-06:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30
06:30-07:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00
07:00-07:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30
07:30-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00
08:00-08:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/S											

Onsdag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-03
05:45-06:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana				NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30
06:30-07:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00
07:00-07:30									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30
07:30-08:00									NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00
08:00-08:30							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00							NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	IDF Skolsim	IDF Skolsim	x	08:30-09:00

Torsdag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-04
05:45-06:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	05:45-06:00
06:00-06:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:00-06:30
06:30-07:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	06:30-07:00
07:00-07:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:00-07:30
07:30-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	x	07:30-08:00
08:00-08:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	x	08:00-08:30
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NE											

Lördag	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		2025-09-06		
07:45-08:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	X	07:45-08:00		
08:00-08:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	X	08:00-08:30		
08:30-09:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	X	08:30-09:00	
09:00-09:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	X	09:00-09:30	
09:30-10:00						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	X	09:30-10:00	
10:00-10:30						NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC	NEC	X	10:00-10:30	
10:30-11:00	LEK																						

