





Onsdag	0	1	2	3	4	5	6	7	8	9	21-sep																
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				05:45-06:00																
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				06:00-06:30																
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				06:30-07:00																
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				07:00-07:30																
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				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	Södertörn						Snabbåna	Crawl	Brottsim	Rundsims	10:00-10:30																
10:30-11:00	Södertörn										10:30-11:00																
11:00-11:30	Södertörn										11:00-11:30																
11:30-12:00	Södertörn										11:30-12:00																
12:00-12:30											12:00-12:30																
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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	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	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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	x	15:30-16:00		
16:00-16:30	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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	x	16:00-16:30	
16:30-17:00	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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	x	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	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	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	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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	x	18:30-19:00
19:00-19:30	Neptun VP											19:00-19:30															
19:30-20:00	Neptun VP											19:30-20:00															
20:00-20:30	Neptun VP											20:00-20:30															
20:30-21:00	Neptun VP											20:30-21:00															
21:00-21:30																										21:00-21:30	
21:30-22:00	Med reservation för ändringar											21:30-22:00															



Fredag	0	1	2	3	4	5	6	7	8	9	23-sep				
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				05:45-06:00				
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				06:00-06:30				
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				06:30-07:00				
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				07:00-07:30				
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				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									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	Spårvågen	Spårvågen	Spårvågen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30				
15:30-16:00	NEC	NEC	NEC	Spårvågen	Spårvågen	Spårvågen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00				
16:00-16:30	NEC	NEC	NEC	Spårvågen	Spårvågen	Spårvågen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30				
16:30-17:00	NEC	NEC	NEC	Spårvågen	Spårvågen	Spårvågen	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	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	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	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	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
Med reservation for ändringar															

Lördag	0	1	2	3	4	5	6	7	8	9	24-sep
07:45-08:00	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						08:00-08:30
08:30-09:00	NEC	NEC	NEC	NEC	SK Neptun/SPIF						08:30-09:00
09:00-09:30	Simskola IDF	NEC	NEC	NEC	SK Neptun/SPIF						09:00-09:30
09:30-10:00	Simskola IDF	NEC	NEC	NEC	SK Neptun/SPIF						09:30-10:00
10:00-10:30	Simskola IDF	NEC	NEC	NEC	SK Neptun/SPIF						10:00-10:30
10:30-11:00	Simskola IDF	SK Neptun KT	SK Neptun KT	Apnea	Apnea						10:30-11:00
11:00-11:30	Simskola IDF	SK Neptun KT	SK Neptun KT	Apnea	Apnea						11:00-11:30
11:30-12:00	Simskola IDF	SK Neptun KT	SK Neptun KT	Apnea	Apnea						11:30-12:00
12:00-12:30											12:00-12:30
12:30-13:00						Crawl	Bröstsims	Crawl			12:30-13:00
13:00-13:30									Rundsims		13:00-13:30
13:30-14:00											13:30-14:00
14:00-14:30											14:00-14:30
14:30-15:00											14:30-15:00
15:00-15:30											15:00-15:30
15:30-16:00											15:30-16:00
16:00-16:30											16:00-16:30
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17:00-17:30											17:00-17:30
17:30-18:00											17:30-18:00
18:00-18:30											18:00-18:30
18:30-19:00											18:30-19:00

Med reservation för ändringar

Söndag	0	1	2	3	4	5	6	7	8	9	25-sep
07:45-08:00	Terrible T	Terrible T	Terrible T	Terrible T	Neptun Masters						07:45-08:00
08:00-08:30	Terrible T	Terrible T	Terrible T	Terrible T	Neptun Masters						08:00-08:30
08:30-09:00	Terrible T	Terrible T	Terrible T	Terrible T	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	Simskola IDF										11:00-11:30
11:30-12:00	Simskola IDF										11:30-12:00
12:00-12:30	Simskola IDF										12:00-12:30
12:30-13:00											12:30-13:00
13:00-13:30											13:00-13:30
13:30-14:00	Simskola IDF										13:30-14:00
14:00-14:30	Simskola IDF					Snabbbana	Crawl	Bröstsöm	Rundsöm		14:00-14:30
14:30-15:00	Simskola IDF										14:30-15:00
15:00-15:30											15:00-15:30
15:30-16:00											15:30-16:00
16:00-16:30											16:00-16:30
16:30-17:00											16:30-17:00
17:00-17:30											17:00-17:30
17:30-18:00											17:30-18:00
18:00-18:30	SCT	SCT	SCT	SCT	SCT						18:00-18:30
18:30-19:00	SCT	SCT	SCT	SCT	SCT						18:30-19:00
19:00-19:30	SCT	SCT	SCT	SCT	SCT						19:00-19:30
19:30-20:00	APNEA	APNEA	APNEA	APNEA	Neptun Masters						19:30-20:00
20:00-20:30	APNEA	APNEA	APNEA	APNEA	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	26-sep							
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					05:45-06:00							
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					06:00-06:30							
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					06:30-07:00							
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					07:00-07:30							
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					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							Crawl	Brostsims	Rundsims		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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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	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	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	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	x	18:30-19:00
19:00-19:30							Hellas VP										19:00-19:30	
19:30-20:00							Hellas VP										19:30-20:00	
20:00-20:30							Hellas VP										20:00-20:30	
20:30-21:00							Hellas VP										20:30-21:00	
21:00-21:30							Hellas VP										21:00-21:30	
21:30-22:00							Hellas VP										21:30-22:00	
Med reservation för ändringar																		





Onsdag	0	1	2	3	4	5	6	7	8	9	28-sep																
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				05:45-06:00																
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				06:00-06:30																
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				06:30-07:00																
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				07:00-07:30																
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC				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	Södertörn						Snabbåna	Crawl	Brottsim	Rundsims	10:00-10:30																
10:30-11:00	Södertörn										10:30-11:00																
11:00-11:30	Södertörn										11:00-11:30																
11:30-12:00	Södertörn										11:30-12:00																
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14:30-15:00											14:30-15:00																
15:00-15:30	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	SK Neptun	x	15:00-15:30					
15:30-16:00	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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	x	15:30-16:00		
16:00-16:30	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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	x	16:00-16:30	
16:30-17:00	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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	x	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	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	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	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	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	x	18:30-19:00
19:00-19:30	Neptun VP											19:00-19:30															
19:30-20:00	Neptun VP											19:30-20:00															
20:00-20:30	Neptun VP											20:00-20:30															
20:30-21:00	Neptun VP											20:30-21:00															
21:00-21:30																										21:00-21:30	
21:30-22:00	Med reservation för ändringar											21:30-22:00															



Fredag	0	1	2	3	4	5	6	7	8	9	30-sep			
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF					05:45-06:00			
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF					06:00-06:30			
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF					06:30-07:00			
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF					07:00-07:30			
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF					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							Crawl	Bröstsöm	Rundsöm		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	SPIF VP	SPIF VP									12:00-12:30	
12:30-13:00	SPIF VP	SPIF VP				Snabbbana							12:30-13:00	
13:00-13:30	SPIF VP	SPIF VP												13:00-13:30
13:30-14:00	SPIF VP	SPIF VP												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	Spårvägen		Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30		
15:30-16:00	NEC	NEC	NEC	Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00			
16:00-16:30	NEC	NEC	NEC	Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30			
16:30-17:00	NEC	NEC	NEC	Spårvägen	Spårvägen	Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	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											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	01-okt
07:45-08:00											07:45-08:00
08:00-08:30											08:00-08:30
08:30-09:00											08:30-09:00
09:00-09:30											09:00-09:30
09:30-10:00											09:30-10:00
10:00-10:30											10:00-10:30
10:30-11:00											10:30-11:00
11:00-11:30											11:00-11:30
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14:30-15:00											14:30-15:00
15:00-15:30											15:00-15:30
15:30-16:00											15:30-16:00
16:00-16:30											16:00-16:30
16:30-17:00											16:30-17:00
17:00-17:30											17:00-17:30
17:30-18:00											17:30-18:00
18:00-18:30											18:00-18:30
18:30-19:00											18:30-19:00
Med reservation for ändringar											

NM Klubbtag

Söndag	0	1	2	3	4	5	6	7	8	9	O2-okt
07:45-08:00											07:45-08:00
08:00-08:30											08:00-08:30
08:30-09:00											08:30-09:00
09:00-09:30											09:00-09:30
09:30-10:00											09:30-10:00
10:00-10:30											10:00-10:30
10:30-11:00											10:30-11:00
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11:30-12:00											11:30-12:00
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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							Snabbåna	Crawl	Bröstsöm	Rundsöm	17:00-17:30
17:30-18:00											17:30-18:00
18:00-18:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP	Åvsjö AIK
18:30-19:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP	Åvsjö AIK
19:00-19:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP	Åvsjö AIK
19:30-20:00	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters	Neptun Masters	Åvsjö AIK	Åvsjö AIK	Åvsjö AIK	19:30-20:00
20:00-20:30	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters	Neptun Masters	Åvsjö AIK	Åvsjö AIK	Åvsjö AIK	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	O3-okt							
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					05:45-06:00							
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					06:00-06:30							
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					06:30-07:00							
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					07:00-07:30							
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					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							Crawl	Brostsims	Rundsims		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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13:00-13:30													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	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	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	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	x	18:30-19:00
19:00-19:30							Hellas VP										19:00-19:30	
19:30-20:00							Hellas VP										19:30-20:00	
20:00-20:30							Hellas VP										20:00-20:30	
20:30-21:00							Hellas VP										20:30-21:00	
21:00-21:30							Hellas VP										21:00-21:30	
21:30-22:00							Hellas VP										21:30-22:00	
Med reservation for ändringar																		









Fredag	0	1	2	3	4	5	6	7	8	9	O7-okt				
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					05:45-06:00			
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					06:00-06:30			
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					06:30-07:00			
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					07:00-07:30			
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC					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										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	Spårvågen	Spårvågen	Spårvågen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30			
15:30-16:00	NEC	NEC	NEC	Spårvågen	Spårvågen	Spårvågen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00			
16:00-16:30	NEC	NEC	NEC	Spårvågen	Spårvågen	Spårvågen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30			
16:30-17:00	NEC	NEC	NEC	Spårvågen	Spårvågen	Spårvågen	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	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	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	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	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
Med reservation för ändringar															

Lördag	0	1	2	3	4	5	6	7	8	9	08-okt
07:45-08:00	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						08:00-08:30
08:30-09:00	SK Neptun/SPIF	NEC	NEC	NEC	SK Neptun/SPIF						08:30-09:00
09:00-09:30	Simskola IDF	NEC	NEC	NEC	SK Neptun/SPIF						09:00-09:30
09:30-10:00	Simskola IDF	NEC	NEC	NEC	SK Neptun/SPIF						09:30-10:00
10:00-10:30	Simskola IDF	NEC	NEC	NEC	SK Neptun/SPIF						10:00-10:30
10:30-11:00	Simskola IDF			Team Jarla	Team Jarla						10:30-11:00
11:00-11:30	Simskola IDF			Team Jarla	Team Jarla						11:00-11:30
11:30-12:00				Apnea	Apnea						11:30-12:00
12:00-12:30				Apnea	Apnea						12:00-12:30
12:30-13:00				Apnea	Apnea	Crawl	Bröstsims	Crawl		Rundsims	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	Stilm simförbund	Stilm simförbund									14:30-15:00
15:00-15:30	Stilm simförbund	Stilm simförbund	Team Jarla	Team Jarla							15:00-15:30
15:30-16:00	Stilm simförbund	Stilm simförbund	Team Jarla	Team Jarla							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	O9-okt
07:45-08:00	Terrible T	Terrible T	Terrible T	Terrible T	Neptun Masters						07:45-08:00
08:00-08:30	Terrible T	Terrible T	Terrible T	Terrible T	Neptun Masters						08:00-08:30
08:30-09:00	Terrible T	Terrible T	Terrible T	Terrible T	Neptun Masters						08:30-09:00
09:00-09:30	Sthlm simförbund	Sthlm simförbund									09:00-09:30
09:30-10:00	Sthlm simförbund	Sthlm simförbund									09:30-10:00
10:00-10:30	Sthlm simförbund	Sthlm simförbund	Team Jarla	Team Jarla							10:00-10:30
10:30-11:00			Team Jarla	Team Jarla							10:30-11:00
11:00-11:30	Smskola IDF		Team Jarla	Team Jarla							11:00-11:30
11:30-12:00	Smskola IDF										11:30-12:00
12:00-12:30	Smskola IDF										12:00-12:30
12:30-13:00											12:30-13:00
13:00-13:30											13:00-13:30
13:30-14:00	Smskola IDF										13:30-14:00
14:00-14:30	Smskola IDF					Snabbbana	Crawl	Bröstsöm	Rundsöm		14:00-14:30
14:30-15:00	Smskola IDF										14:30-15:00
15:00-15:30											15:00-15:30
15:30-16:00											15:30-16:00
16:00-16:30											16:00-16:30
16:30-17:00											16:30-17:00
17:00-17:30											17:00-17:30
17:30-18:00											17:30-18:00
18:00-18:30	SCT	SCT	SCT	SCT	SCT						18:00-18:30
18:30-19:00	SCT	SCT	SCT	SCT	SCT						18:30-19:00
19:00-19:30	SCT	SCT	SCT	SCT	SCT						19:00-19:30
19:30-20:00	APNEA	APNEA	APNEA	APNEA	Neptun Masters						19:30-20:00
20:00-20:30	APNEA	APNEA	APNEA	APNEA	Neptun Masters						20:00-20:30
20:30-21:00											20:30-21:00
Med reservation för ändringar											