

Måndag	0				1				2				3				4				5				6				7				8				9				2025-10-20
05:45-06:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																				05:45-06:00
06:00-06:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																				06:00-06:30
06:30-07:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																				06:30-07:00
07:00-07:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																				07:00-07:30
07:30-08:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																				07:30-08:00
08:00-08:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEC				NEC				NEC																				08:00-08:30
08:30-09:00	IDF Skolsim	↑	NEP/SPIF		IDF Skolsim	↑	NEP/SPIF		NEP/SPIF		NEC		NEC		NEC		NEC																		08:30-09:00						
09:00-09:30	IDF Skolsim		NEP/SPIF		IDF Skolsim		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC		NEC																		09:00-09:30						
09:30-10:00	IDF Skolsim		NEP/SPIF		IDF Skolsim		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC		NEC																		09:30-10:00						
10:00-10:30	IDF Skolsim				IDF Skolsim		Skola		Skola	Skola	Skola	Skola	Snabb-bana	Crawl	Bröstsims	Rundsims																	10:00-10:30								
10:30-11:00	IDF Skolsim				IDF Skolsim		Skola																										10:30-11:00								
11:00-11:30					Skola																												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	IDF Skolsim	↑			IDF Skolsim	↑	Skola																										13:00-13:30								
13:30-14:00	IDF Skolsim				IDF Skolsim		Skola																										13:30-14:00								
14:00-14:30	IDF Skolsim				IDF Skolsim		Skola																										14:00-14:30								
14:30-15:00	IDF Skolsim				IDF Skolsim		Skola																										14:30-15:00								
15:00-15:30	Rundsims	Bröstsims	Bröstsims	Crawl	Snabb-bana		SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x					15:00-15:30															
15:30-16:00							SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x					15:30-16:00															
16:00-16:30							SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x					16:00-16:30															
16:30-17:00							SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x					16:30-17:00															
17:00-17:30							SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x					17:00-17:30															
17:30-18:00							SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x					17:30-18:00															
18:00-18:30							SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x					18:00-18:30															
18:30-19:00							SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x					18:30-19:00															
19:00-19:30							SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x					19:00-19:30															
19:30-20:00	POLO simning 19:30-20:00 (ej boll)																			x					19:30-20:00																
20:00-20:30																									20:00-20:30																
20:30-21:00																									20:30-21:00																
21:00-21:30																									21:00-21:30																
21:30-22:00																									21:30-22:00																

Med reservation för ändringar

Torsdag	0				1				2				3				4				5				6				7				8				9				2025-10-23																				
05:45-06:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																				05:45-06:00																				
06:00-06:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																				06:00-06:30																				
06:30-07:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																				06:30-07:00																				
07:00-07:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																				07:00-07:30																				
07:30-08:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																				07:30-08:00																				
08:00-08:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEC				NEC				NEC																				08:00-08:30																				
08:30-09:00	IDF Skolsim	▲	NEP/SPIF		IDF Skolsim	▲	NEP/SPIF		NEP/SPIF				NEC				NEC				NEC																				08:30-09:00																				
09:00-09:30	IDF Skolsim		NEP/SPIF		IDF Skolsim		NEP/SPIF		NEP/SPIF				NEC				NEC				NEC																				09:00-09:30																				
09:30-10:00	IDF Skolsim		NEP/SPIF		IDF Skolsim		NEP/SPIF		NEP/SPIF				NEC				NEC				NEC																				09:30-10:00																				
10:00-10:30	IDF Skolsim				IDF Skolsim		Skola		Skola				Skola				Skola				Snabb-bana				Crawl				Bröstsimsim				Rundsimsim				10:00-10:30																								
10:30-11:00	IDF Skolsim				IDF Skolsim		Skola																														▼		▼		▼		▼		▼		▼		▼		▼		▼		▼		▼		10:30-11:00		
11:00-11:30					Skola																																																11:00-11:30								
11:30-12:00	Länsförsäkringar																																																				11:30-12:00								
12:00-12:30	Länsförsäkringar																																																				12:00-12:30								
12:30-13:00					Skola																																																12:30-13:00								
13:00-13:30	IDF Skolsim	▲																																			IDF Skolsim	▲	Skola																						13:00-13:30
13:30-14:00	IDF Skolsim																																				IDF Skolsim		Skola																						13:30-14:00
14:00-14:30	IDF Skolsim																																				IDF Skolsim		Skola																						14:00-14:30
14:30-15:00	IDF Skolsim				IDF Skolsim		Skola																														▼		▼		▼		▼		▼		▼		▼		▼		▼		▼		▼		14:30-15:00		
15:00-15:30	Rundsimsim	Bröstsimsim	Bröstsimsim	Crawl	Snabb-bana	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30																															
15:30-16:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00																												
16:00-16:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30																												
16:30-17:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00																												
17:00-17:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30																												
17:30-18:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00																												
18:00-18:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30																												
18:30-19:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00																												
19:00-19:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Polisen VP	Polisen VP	x	19:00-19:30																												
19:30-20:00	POLO simning 19:30-20:00 (ej boll)																													x	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

Fredag	0		1		2		3		4		5		6		7		8		9		2025-10-24	
05:45-06:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC		CrawlBröstsimsRundsim									05:45-06:00
06:00-06:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC											06:00-06:30
06:30-07:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC											06:30-07:00
07:00-07:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC											07:00-07:30
07:30-08:00	SPIF Masters		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC											07:30-08:00
08:00-08:30	SPIF Masters		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC											08:00-08:30
08:30-09:00	IDF Skolsim	NEP/SPIF	IDF Skolsim	NEP/SPIF	NEP/SPIF		NEC		NEC		NEC											08:30-09:00
09:00-09:30	IDF Skolsim	NEP/SPIF	IDF Skolsim	NEP/SPIF	NEP/SPIF		NEC		NEC		NEC											09:00-09:30
09:30-10:00	IDF Skolsim	NEP/SPIF	IDF Skolsim	NEP/SPIF	NEP/SPIF		NEC		NEC		NEC											09:30-10:00
10:00-10:30	IDF Skolsim		IDF Skolsim	Skola	Skola		Skola		Skola		Snabb-bana											10:00-10:30
10:30-11:00	IDF Skolsim		IDF Skolsim	Skola									10:30-11:00									
11:00-11:30			Skola										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	Rundsim	Bröstsims	Bröstsims	Crawl	Snabb-bana	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:00-15:30	
15:30-16:00						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:30-16:00
16:00-16:30						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:00-16:30
16:30-17:00						SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:30-17:00
17:00-17:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30
17:30-18:00						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00
18:00-18:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30
18:30-19:00						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00		
19:00-19:30																					19:00-19:30	
19:30-20:00	USM grundserie vattenpolo																				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	2025-10-25
07:45-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	Crawl	Bröstsims	Rundsims		07:45-08:00
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					08:00-08:30
08:30-09:00	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					08:30-09:00
09:00-09:30	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					09:00-09:30
09:30-10:00	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					09:30-10:00
10:00-10:30	NEC	NEC	NEC			Snabb-bana					10:00-10:30
10:30-11:00	SK Neptun	SK Neptun	SK Neptun								10:30-11:00
11:00-11:30	SK Neptun	SK Neptun	SK Neptun								11:00-11:30
11:30-12:00	SK Neptun	SK Neptun	SK Neptun								11:30-12:00
12:00-12:30											12:00-12:30
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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	2	3	4	5	6	7	8	9	10	2025-10-26
07:45-08:00	Team TT	Team TT	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Crawl	Bröstsims		Rundsims	07:45-08:00
08:00-08:30	Team TT	Team TT	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters					08:00-08:30
08:30-09:00	Team TT	Team TT	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters					08:30-09:00
09:00-09:30						Snabb-bana					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	SPIF Masters J.S.										16:00-16:30
16:30-17:00	SPIF Masters J.S.										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	Neptun VP					18:00-18:30
18:30-19:00	SCT	SCT	SCT	SCT	SCT	Neptun VP					18:30-19:00
19:00-19:30	SCT	SCT	SCT	SCT	SCT	Neptun VP					19:00-19:30
19:30-20:00	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters					19:30-20:00
20:00-20:30	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters					20:00-20:30

Måndag	0		1		2		3		4		5		6		7		8		9		2025-10-27		
05:45-06:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC		Crawl Bröstsims Rundsims										05:45-06:00
06:00-06:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC												06:00-06:30
06:30-07:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC												06:30-07:00
07:00-07:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC												07:00-07:30
07:30-08:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC												07:30-08:00
08:00-08:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC												08:00-08:30
08:30-09:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC												08:30-09:00
09:00-09:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC												09:00-09:30
09:30-10:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC												09:30-10:00
10:00-10:30	SPIF		SPIF		SPIF		SPIF		SPIF		Snabb-bana												10:00-10:30
10:30-11:00	SPIF		SPIF		SPIF		SPIF		SPIF														10:30-11:00
11:00-11:30	SPIF		SPIF		SPIF		SPIF		SPIF														11:00-11:30
11:30-12:00	SPIF		SPIF		SPIF		SPIF		SPIF														11:30-12:00
12:00-12:30																							12:00-12:30
12:30-13:00	SK Neptun		SK Neptun		SK Neptun		SK Neptun						12:30-13:00										
13:00-13:30	SK Neptun		SK Neptun		SK Neptun		SK Neptun						13:00-13:30										
13:30-14:00	SK Neptun		SK Neptun		SK Neptun		SK Neptun				13:30-14:00												
14:00-14:30											14:00-14:30												
14:30-15:00											14:30-15:00												
15:00-15:30	LEK	Rundsims		Bröstsims	Crawl	SPIF	SPIF	SPIF			Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:00-15:30			
15:30-16:00						SPIF	SPIF	SPIF			Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:30-16:00			
16:00-16:30						SPIF	SPIF	SPIF			Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:00-16:30			
16:30-17:00						SPIF	SPIF	SPIF			Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:30-17:00			
17:00-17:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30		
17:30-18:00						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00		
18:00-18:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30		
18:30-19:00						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00		
19:00-19:30																		x	19:00-19:30				
19:30-20:00	POLO simning 19:30-20:00 (ej boll)																			x	19:30-20:00		
20:00-20:30	HELLAS VATTENPOLO																				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		2025-10-28	
05:45-06:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC		Crawl Bröstsims Rundsims									05:45-06:00
06:00-06:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC											06:00-06:30
06:30-07:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC											06:30-07:00
07:00-07:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC											07:00-07:30
07:30-08:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC											07:30-08:00
08:00-08:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC											08:00-08:30
08:30-09:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC											08:30-09:00
09:00-09:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC											09:00-09:30
09:30-10:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC											09:30-10:00
10:00-10:30	SPIF		SPIF		SPIF		SPIF		SPIF		Snabb-bana											10:00-10:30
10:30-11:00	SPIF		SPIF		SPIF		SPIF		SPIF				10:30-11:00									
11:00-11:30	SPIF		SPIF		SPIF		SPIF		SPIF				11:00-11:30									
11:30-12:00	SPIF		SPIF		SPIF		SPIF		SPIF				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	LEK	Rundsims		Bröstsims	Crawl					Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	15:00-15:30	
15:30-16:00										Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	15:30-16:00	
16:00-16:30										Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	16:00-16:30	
16:30-17:00										Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	16:30-17:00	
17:00-17:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	17:00-17:30	
17:30-18:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	17:30-18:00	
18:00-18:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	18:00-18:30	
18:30-19:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	18:30-19:00	
19:00-19:30																					x	19:00-19:30
19:30-20:00																					x	19:30-20:00
20:00-20:30	SKK POLO																				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

Onsdag	0		1		2		3		4		5		6		7		8		9		2025-10-29	
05:45-06:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC		Crawl Bröstsims Rundsims									05:45-06:00
06:00-06:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC											06:00-06:30
06:30-07:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC											06:30-07:00
07:00-07:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC											07:00-07:30
07:30-08:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC											07:30-08:00
08:00-08:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC											08:00-08:30
08:30-09:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC											08:30-09:00
09:00-09:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC											09:00-09:30
09:30-10:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC											09:30-10:00
10:00-10:30	SPIF		SPIF		SPIF		SPIF		SPIF		Snabb-bana											10:00-10:30
10:30-11:00	SPIF		SPIF		SPIF		SPIF		SPIF													10:30-11:00
11:00-11:30	SPIF		SPIF		SPIF		SPIF		SPIF													11:00-11:30
11:30-12:00	SPIF		SPIF		SPIF		SPIF		SPIF													11:30-12:00
12:00-12:30																						12:00-12:30
12:30-13:00	SK Neptun		SK Neptun		SK Neptun		SK Neptun						12:30-13:00									
13:00-13:30	SK Neptun		SK Neptun		SK Neptun		SK Neptun						13:00-13:30									
13:30-14:00	SK Neptun		SK Neptun		SK Neptun		SK Neptun				13:30-14:00											
14:00-14:30	Sthlm. Simförbund.											14:00-14:30										
14:30-15:00	Sthlm. Simförbund.											14:30-15:00										
15:00-15:30	LEK	Rundsims	Bröstsims	Crawl						Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	15:00-15:30		
15:30-16:00										Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	15:30-16:00		
16:00-16:30										Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	16:00-16:30		
16:30-17:00										Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	16:30-17:00		
17:00-17:30					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	17:00-17:30			
17:30-18:00					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	17:30-18:00			
18:00-18:30					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	18:00-18:30			
18:30-19:00					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	18:30-19:00			
19:00-19:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	19:00-19:30							
19:30-20:00	POLO simning 19:30-20:00 (ej boll)																			x	19:30-20:00	
20:00-20:30	NEPTUN VATTENPOLO																			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

Fredag	0		1		2		3		4		5		6		7		8		9		2025-10-31		
05:45-06:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC		CrawlBröstsimsRundsims										05:45-06:00
06:00-06:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC												06:00-06:30
06:30-07:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC												06:30-07:00
07:00-07:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC												07:00-07:30
07:30-08:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC												07:30-08:00
08:00-08:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC												08:00-08:30
08:30-09:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC												08:30-09:00
09:00-09:30	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC												09:00-09:30
09:30-10:00	NEP/SPIF		NEP/SPIF		NEP/SPIF		NEC		NEC		NEC												09:30-10:00
10:00-10:30	SPIF		SPIF		SPIF		SPIF		SPIF		Snabb-bana												10:00-10:30
10:30-11:00	SPIF		SPIF		SPIF		SPIF		SPIF														10:30-11:00
11:00-11:30	SPIF		SPIF		SPIF		SPIF		SPIF														11:00-11:30
11:30-12:00	U. Hausmann		SPIF		SPIF		SPIF		SPIF														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	LEK		Rundsims	Bröstsims	Crawl	SPIF	SPIF	SPIF				Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:00-15:30		
15:30-16:00						SPIF	SPIF	SPIF				Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:30-16:00		
16:00-16:30						SPIF	SPIF	SPIF				Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:00-16:30		
16:30-17:00						SPIF	SPIF	SPIF				Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:30-17:00		
17:00-17:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30		
17:30-18:00						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00		
18:00-18:30						SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30		
18:30-19:00																		x	18:30-19:00				
19:00-19:30	USM grundserie 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	2025-11-01
07:45-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	Crawl	Bröstsims	Rundsims		07:45-08:00
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					08:00-08:30
08:30-09:00	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					08:30-09:00
09:00-09:30	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					09:00-09:30
09:30-10:00	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					09:30-10:00
10:00-10:30	NEC	NEC	NEC			Snabb-bana					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
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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	2025-11-02	
07:45-08:00	Team TT	Team TT	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Crawl	Bröstsims	Rundsims		07:45-08:00	
08:00-08:30	Team TT	Team TT	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters					08:00-08:30	
08:30-09:00	Team TT	Team TT	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters					Snabb-bana	08:30-09:00
09:00-09:30												09:00-09:30
09:30-10:00												09:30-10:00
10:00-10:30												10:00-10:30
10:30-11:00												10:30-11:00
11:00-11:30												11:00-11:30
11:30-12:00												11:30-12:00
12:00-12:30												12:00-12:30
12:30-13:00												12:30-13:00
13:00-13:30												13:00-13:30
13:30-14:00												13:30-14:00
14:00-14:30												14:00-14:30
14:30-15:00												14:30-15:00
15:00-15:30												15:00-15:30
15:30-16:00												15:30-16:00
16:00-16:30												16:00-16:30
16:30-17:00												16:30-17:00
17:00-17:30												17:00-17:30
17:30-18:00											17:30-18:00	
18:00-18:30	SCT	SCT	SCT	SCT	SCT	Neptun VP					18:00-18:30	
18:30-19:00	SCT	SCT	SCT	SCT	SCT	Neptun VP					18:30-19:00	
19:00-19:30	SCT	SCT	SCT	SCT	SCT	Neptun VP					19:00-19:30	
19:30-20:00	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters					19:30-20:00	
20:00-20:30	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters					20:00-20:30	

Måndag	0			1			2			3			4		5		6		7		8			9		03-nov
05:45-06:00	NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF		NEP/SPIF/NEC		Crawl						05:45-06:00			
06:00-06:30	NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF		NEP/SPIF		NEP/SPIF/NEC		06:00-06:30										
06:30-07:00	NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF		NEP/SPIF/NEC		06:30-07:00												
07:00-07:30	NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF		NEP/SPIF/NEC		07:00-07:30												
07:30-08:00	NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF		NEP/SPIF/NEC		07:30-08:00												
08:00-08:30	NEP/SPIF			NEP/SPIF			NEP/SPIF			NEC		NEC		NEC		08:00-08:30										
08:30-09:00	IDF Skolsim	↑	NEP/SPIF	IDF Skolsim	↑	NEP/SPIF	NEP/SPIF			NEC		NEC		NEC		08:30-09:00										
09:00-09:30	IDF Skolsim		NEP/SPIF	IDF Skolsim		NEP/SPIF	NEP/SPIF			NEC		NEC		NEC		09:00-09:30										
09:30-10:00	IDF Skolsim		NEP/SPIF	IDF Skolsim		NEP/SPIF	NEP/SPIF			NEC		NEC		NEC		09:30-10:00										
10:00-10:30	IDF Skolsim			IDF Skolsim		Skola	Skola			Skola			Snabb-bana			Bröstsims							10:00-10:30			
10:30-11:00	IDF Skolsim			IDF Skolsim		Skola																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	IDF Skolsim	↑		IDF Skolsim	↑	Skola																13:00-13:30				
13:30-14:00	IDF Skolsim			IDF Skolsim		Skola																13:30-14:00				
14:00-14:30	IDF Skolsim			IDF Skolsim		Skola																14:00-14:30				
14:30-15:00	IDF Skolsim			IDF Skolsim		Skola																14:30-15:00				
15:00-15:30	Rundsim	Bröstsims	Bröstsims	Crawl	Snabb-bana		SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:00-15:30				
15:30-16:00							SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	15:30-16:00				
16:00-16:30							SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:00-16:30				
16:30-17:00							SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	NEC	NEC	NEC	NEC	NEC	x	16:30-17:00				
17:00-17:30							SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:00-17:30			
17:30-18:00							SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	17:30-18:00			
18:00-18:30							SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:00-18:30			
18:30-19:00							SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00			
19:00-19:30							SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	19:00-19:30		
19:30-20:00	POLO simning 19:30-20:00 (ej boll)																				x	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				04-nov								
05:45-06:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC				Crawl																Bröstsims				Rundsim				05:45-06:00
06:00-06:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																												06:00-06:30
06:30-07:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																												06:30-07:00
07:00-07:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																												07:00-07:30
07:30-08:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																												07:30-08:00
08:00-08:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEC				NEC				NEC																												08:00-08:30
08:30-09:00	IDF Skolsim	↑	NEP/SPIF		IDF Skolsim	↑	NEP/SPIF		NEP/SPIF				NEC				NEC				NEC																												08:30-09:00
09:00-09:30	IDF Skolsim		NEP/SPIF		IDF Skolsim		NEP/SPIF		NEP/SPIF				NEC				NEC				NEC																												09:00-09:30
09:30-10:00	IDF Skolsim		NEP/SPIF		IDF Skolsim		NEP/SPIF		NEP/SPIF				NEC				NEC				NEC																												09:30-10:00
10:00-10:30	IDF Skolsim				IDF Skolsim		Skola		Skola				Skola				Skola				Snabb-bana																												10:00-10:30
10:30-11:00	IDF Skolsim				IDF Skolsim		Skola																		10:30-11:00																								
11:00-11:30					Skola																				11:00-11:30																								
11:30-12:00	Länsförsäkringar																								11:30-12:00																								
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13:00-13:30	IDF Skolsim	↑			IDF Skolsim	↑	Skola																		13:00-13:30																								
13:30-14:00	IDF Skolsim				IDF Skolsim		Skola																		13:30-14:00																								
14:00-14:30	IDF Skolsim				IDF Skolsim		Skola																		14:00-14:30																								
14:30-15:00	IDF Skolsim				IDF Skolsim		Skola																		14:30-15:00																								
15:00-15:30	Rundsim	Bröstsims	Bröstsims	Crawl	Snabb-bana		Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	15:00-15:30																							
15:30-16:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	15:30-16:00																					
16:00-16:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	16:00-16:30																					
16:30-17:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	16:30-17:00																					
17:00-17:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	17:00-17:30																					
17:30-18:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	17:30-18:00																					
18:00-18:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	18:00-18:30																					
18:30-19:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	18:30-19:00																					
19:00-19:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	x	19:00-19:30																					
19:30-20:00	POLO simning 19:30-20:00 (ej boll)																								19:30-20:00																								
20:00-20:30	SKK POLO																								20:00-20:30																								
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Med reservation för ändringar

Onsdag	0			1			2			3			4		5		6		7		8			9		05-nov		
05:45-06:00	NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF		NEP/SPIF/NEC		Crawl Bröstsims Rundsims										05:45-06:00	
06:00-06:30	NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF/NEC		NEP/SPIF/NEC												06:00-06:30	
06:30-07:00	NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF/NEC		NEP/SPIF/NEC												06:30-07:00	
07:00-07:30	NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF/NEC		NEP/SPIF/NEC												07:00-07:30	
07:30-08:00	NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF			NEP/SPIF/NEC		NEP/SPIF/NEC												07:30-08:00	
08:00-08:30	NEP/SPIF			NEP/SPIF			NEP/SPIF			NEC		NEC		NEC		NEC											08:00-08:30	
08:30-09:00	IDF Skolsim	↑	NEP/SPIF	IDF Skolsim	↑	NEP/SPIF	NEP/SPIF			NEC		NEC		NEC		NEC											08:30-09:00	
09:00-09:30	IDF Skolsim		NEP/SPIF	IDF Skolsim		NEP/SPIF	NEP/SPIF			NEC		NEC		NEC		NEC											09:00-09:30	
09:30-10:00	IDF Skolsim		NEP/SPIF	IDF Skolsim		NEP/SPIF	NEP/SPIF			NEC		NEC		NEC		NEC											09:30-10:00	
10:00-10:30	IDF Skolsim			IDF Skolsim		Skola	Skola			Skola			Skola		Snabb-bana												14:00-14:30	
10:30-11:00	IDF Skolsim			IDF Skolsim		Skola											10:30-11:00											
11:00-11:30				Skola													11:00-11:30											
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14:30-15:00																	14:30-15:00											
15:00-15:30	Rundsims	Bröstsims	Bröstsims	Crawl	Snabb-bana	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	15:00-15:30								
15:30-16:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	15:30-16:00							
16:00-16:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	16:00-16:30							
16:30-17:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	16:30-17:00							
17:00-17:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	17:00-17:30							
17:30-18:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	17:30-18:00							
18:00-18:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	18:00-18:30							
18:30-19:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	18:30-19:00							
19:00-19:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	SPIF	SPIF	SPIF	SPIF	x	19:00-19:30								
19:30-20:00	POLO simning 19:30-20:00 (ej boll)																				x	19:30-20:00						
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Med reservation för ändringar

Torsdag	0				1				2				3				4				5				6				7				8				9				06-nov								
05:45-06:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC				Crawl																Bröstsim				Rundsim				05:45-06:00
06:00-06:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																												06:00-06:30
06:30-07:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC				06:30-07:00																												
07:00-07:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC				07:00-07:30																												
07:30-08:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC				07:30-08:00																												
08:00-08:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEC				NEC				NEC																												08:00-08:30
08:30-09:00	IDF Skolsim	↑	NEP/SPIF		IDF Skolsim	↑	NEP/SPIF		NEP/SPIF				NEC				NEC				NEC																												08:30-09:00
09:00-09:30	IDF Skolsim		NEP/SPIF		IDF Skolsim		NEP/SPIF		NEP/SPIF				NEC				NEC				NEC																												09:00-09:30
09:30-10:00	IDF Skolsim		NEP/SPIF		IDF Skolsim		NEP/SPIF		NEP/SPIF				NEC				NEC				NEC																												09:30-10:00
10:00-10:30	IDF Skolsim				IDF Skolsim		Skola		Skola				Skola				Skola				Snabb-bana																												10:00-10:30
10:30-11:00	IDF Skolsim				IDF Skolsim		Skola																		10:30-11:00																								
11:00-11:30					Skola																				11:00-11:30																								
11:30-12:00	Länsförsäkringar																								11:30-12:00																								
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13:00-13:30	IDF Skolsim	↑			IDF Skolsim	↑	Skola																		13:00-13:30																								
13:30-14:00	IDF Skolsim				IDF Skolsim		Skola																		13:30-14:00																								
14:00-14:30	IDF Skolsim				IDF Skolsim		Skola																		14:00-14:30																								
14:30-15:00	IDF Skolsim				IDF Skolsim		Skola																		14:30-15:00																								
15:00-15:30	Rundsim	Bröstsim	Bröstsim	Crawl	Snabb-bana	Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		x	15:00-15:30																
15:30-16:00						Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		x	15:30-16:00														
16:00-16:30						Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		x	16:00-16:30														
16:30-17:00						Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		x	16:30-17:00														
17:00-17:30						Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		x	17:00-17:30														
17:30-18:00						Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		x	17:30-18:00														
18:00-18:30						Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		x	18:00-18:30														
18:30-19:00						Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		x	18:30-19:00														
19:00-19:30						Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Polisen VP	Polisen VP	x	19:00-19:30												
19:30-20:00	POLO simning 19:30-20:00 (ej boll)																				x	19:30-20:00																											
20:00-20:30	SPIF VATTENPOLO																												20:00-20:30																				
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Med reservation för ändringar

Fredag	0				1				2				3				4				5				6				7				8				9				07-nov																				
05:45-06:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC				Crawl																Bröstsims				Rundsim				05:45-06:00												
06:00-06:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																												06:00-06:30												
06:30-07:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																												06:30-07:00												
07:00-07:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																												07:00-07:30												
07:30-08:00	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF				NEP/SPIF/NEC																												07:30-08:00												
08:00-08:30	NEP/SPIF				NEP/SPIF				NEP/SPIF				NEC				NEC				NEC																												08:00-08:30												
08:30-09:00	IDF Skolsim	↑	NEP/SPIF		IDF Skolsim	↑	NEP/SPIF		NEP/SPIF				NEC				NEC				NEC																												08:30-09:00												
09:00-09:30	IDF Skolsim		NEP/SPIF		IDF Skolsim		NEP/SPIF		NEP/SPIF				NEC				NEC				NEC																												09:00-09:30												
09:30-10:00	IDF Skolsim		NEP/SPIF		IDF Skolsim		NEP/SPIF		NEP/SPIF				NEC				NEC				NEC				09:30-10:00																																				
10:00-10:30	IDF Skolsim				IDF Skolsim		Skola		Skola				Skola				Skola				Snabb-bana				Crawl				Bröstsims				Rundsim				10:00-10:30																								
10:30-11:00	IDF Skolsim				IDF Skolsim		Skola																														↓	10:30-11:00																							
11:00-11:30					Skola																																Skola				Skola				Snabb-bana				Crawl				Bröstsims				Rundsim				11:00-11:30
11:30-12:00	U. Hausmann																																																												11:30-12:00
12:00-12:30	U. Hausmann																																																												12:00-12:30
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15:00-15:30	Rundsim		Bröstsims		Bröstsims		Crawl		Snabb-bana		SPIF		SPIF		SPIF		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		NEC		NEC		NEC		NEC		NEC		x		15:00-15:30																				
15:30-16:00											SPIF		SPIF		SPIF		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		NEC		NEC		NEC		NEC		NEC		NEC		NEC		x		15:30-16:00																
16:00-16:30											SPIF		SPIF		SPIF		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		NEC		NEC		NEC		NEC		NEC		NEC		NEC		x		16:00-16:30																
16:30-17:00											SPIF		SPIF		SPIF		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		NEC		NEC		NEC		NEC		NEC		NEC		NEC		x		16:30-17:00																
17:00-17:30											SPIF		SPIF		SPIF		SPIF		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		x		17:00-17:30																
17:30-18:00											SPIF		SPIF		SPIF		SPIF		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		x		17:30-18:00																
18:00-18:30											SPIF		SPIF		SPIF		SPIF		SPIF		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		x		18:00-18:30																
18:30-19:00											SPIF		SPIF		SPIF		SPIF		SPIF		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		Neptun		x		18:30-19:00																
19:00-19:30	USM grundserie vattenpolo																														19:00-19:30																														
19:30-20:00																															19:30-20:00																														
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20:30-21:00																															20:30-21:00																														
Med reservation för ändringar																																																													
Lördag	0				1				2				3				4				5				6				7				8				9				08-nov																				

07:45-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					07:45-08:00
08:00-08:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					08:00-08:30
08:30-09:00	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					08:30-09:00
09:00-09:30	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					09:00-09:30
09:30-10:00	NEC	NEC	NEC	NEP/SPIF	NEP/SPIF	NEP/SPIF					09:30-10:00
10:00-10:30	NEC	NEC	NEC								10:00-10:30
10:30-11:00											10:30-11:00
11:00-11:30											11:00-11:30
11:30-12:00											11:30-12:00
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18:30-19:00											18:30-19:00

Med reservation för ändringar

Söndag	0	1	2	3	4	5	6	7	8	9	09-nov
07:45-08:00	Team TT	Team TT	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Crawl	Bröstsims		Rundsims	07:45-08:00
08:00-08:30	Team TT	Team TT	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters					08:00-08:30
08:30-09:00	Team TT	Team TT	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters					08:30-09:00
09:00-09:30						Snabb-bana					09:00-09:30
09:30-10:00											09:30-10:00
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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	Neptun VP					18:00-18:30
18:30-19:00	SCT	SCT	SCT	SCT	SCT	Neptun VP					18:30-19:00
19:00-19:30	SCT	SCT	SCT	SCT	SCT	Neptun VP					19:00-19:30
19:30-20:00	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters					19:30-20:00
20:00-20:30	APNEA	APNEA	APNEA	APNEA	Neptun Masters	Neptun Masters					20:00-20:30
20:30-21:00											20:30-21:00

Med reservation för ändringar