

Måndag	0	1	2	3	4	5	6	7	8	9		07-jul
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	Crawl	Bröstsims	Rundsims		50m	05:45-06:00
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						06:00-06:30
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						06:30-07:00
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						07:00-07:30
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						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	Neptun	Neptun		Södertörn	Södertörn	Södertörn						10:00-10:30
10:30-11:00	Neptun	Neptun		Södertörn	Södertörn	Södertörn						10:30-11:00
11:00-11:30				Södertörn	Södertörn	Södertörn						11:00-11:30
11:30-12:00												11:30-12:00
12:00-12:30	Djup H2O	Djup H2O	Neptun	Neptun								12:00-12:30
12:30-13:00	Djup H2O	Djup H2O	Neptun	Neptun								12:30-13:00
13:00-13:30	Neptun	Neptun										13:00-13:30
13:30-14:00	Neptun	Neptun										13:30-14:00
14:00-14:30	Neptun	Neptun	Neptun									14:00-14:30
14:30-15:00	Neptun	Neptun	Neptun									14:30-15:00
15:00-15:30	NEC	NEC	NEC	Neptun	Neptun							15:00-15:30
15:30-16:00	NEC	NEC	NEC	Neptun	Neptun							15:30-16:00
16:00-16:30	NEC	NEC	NEC	Neptun	Neptun							16:00-16:30
16:30-17:00	NEC	NEC	NEC	Neptun	Neptun							16:30-17:00
17:00-17:30	Neptun	Neptun	Neptun	Neptun								17:00-17:30
17:30-18:00	Neptun	Neptun	Neptun	Neptun								17:30-18:00
18:00-18:30	Neptun	Neptun	Neptun	Neptun								18:00-18:30
18:30-19:00	Neptun	Neptun	Neptun	Neptun								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

Tisdag	0	1	2	3	4	5	6	7	8	9		08-jul			
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	Crawl	Bröstsims	Rundsims	50m	05:45-06:00				
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					06:00-06:30				
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					06:30-07:00				
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					07:00-07:30				
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					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	Neptun	Neptun	SPIF	SPIF							10:00-10:30				
10:30-11:00	Neptun	Neptun	SPIF	SPIF							10:30-11:00				
11:00-11:30			SPIF	SPIF							11:00-11:30				
11:30-12:00			SPIF	SPIF							11:30-12:00				
12:00-12:30	Neptun	Neptun									12:00-12:30				
12:30-13:00	Neptun	Neptun									12:30-13:00				
13:00-13:30	Neptun	Neptun									13:00-13:30				
13:30-14:00	Neptun	Neptun									13:30-14:00				
14:00-14:30	Neptun	Neptun	Neptun								14:00-14:30				
14:30-15:00	Neptun	Neptun	Neptun								14:30-15:00				
15:00-15:30	Neptun	Neptun									15:00-15:30				
15:30-16:00	Neptun	Neptun									15:30-16:00				
16:00-16:30	Neptun	Neptun									16:00-16:30				
16:30-17:00	Neptun	Neptun									16:30-17:00				
17:00-17:30	Neptun	Neptun	Neptun	Neptun							17:00-17:30				
17:30-18:00	Neptun	Neptun	Neptun	Neptun							17:30-18:00				
18:00-18:30	Neptun	Neptun	Neptun	Neptun							18:00-18:30				
18:30-19:00	Neptun	Neptun	Neptun	Neptun							18:30-19:00				
19:00-19:30											19:00-19:30				
19:30-20:00	SKK 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

Onsdag	0	1	2	3	4	5	6	7	8	9	50m	09-jul
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	Crawl	Bröstsöm	Rundsöm	05:45-06:00		
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF				06:00-06:30		
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF				06:30-07:00		
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF				07:00-07:30		
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF				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										10:00-10:30		
10:30-11:00										10:30-11:00		
11:00-11:30	Djup H2O	Djup H2O								11:00-11:30		
11:30-12:00	Djup H2O	Djup H2O								11:30-12:00		
12:00-12:30	Neptun	Neptun								12:00-12:30		
12:30-13:00	Neptun	Neptun								12:30-13:00		
13:00-13:30	Neptun	Neptun								13:00-13:30		
13:30-14:00	Neptun	Neptun								13:30-14:00		
14:00-14:30	Neptun	Neptun	Neptun	Neptun						14:00-14:30		
14:30-15:00	Neptun	Neptun	Neptun	Neptun						14:30-15:00		
15:00-15:30	Neptun	Neptun								15:00-15:30		
15:30-16:00	Neptun	Neptun								15:30-16:00		
16:00-16:30	Neptun	Neptun								16:00-16:30		
16:30-17:00	Neptun	Neptun								16:30-17:00		
17:00-17:30	Neptun	Neptun	Neptun	Neptun						17:00-17:30		
17:30-18:00	Neptun	Neptun	Neptun	Neptun						17:30-18:00		
18:00-18:30	Neptun	Neptun	Neptun	Neptun			18:00-18:30					
18:30-19:00	Neptun	Neptun	Neptun	Neptun			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								

Torsdag	0	1	2	3	4	5	6	7	8	9		10-jul			
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	Crawl	Bröstsims	Rundsims	50m	05:45-06:00				
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					06:00-06:30				
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					06:30-07:00				
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					07:00-07:30				
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					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	Neptun	Neptun									10:00-10:30				
10:30-11:00	Neptun	Neptun									10:30-11:00				
11:00-11:30											11:00-11:30				
11:30-12:00											11:30-12:00				
12:00-12:30	Neptun	Neptun	Neptun	Neptun	Neptun						12:00-12:30				
12:30-13:00	Neptun	Neptun	Neptun	Neptun	Neptun						12:30-13:00				
13:00-13:30	Neptun	Neptun	Neptun	Neptun	Neptun						13:00-13:30				
13:30-14:00	Neptun	Neptun	Neptun	Neptun	Neptun						13:30-14:00				
14:00-14:30	Neptun	Neptun	Neptun	Neptun	Neptun						14:00-14:30				
14:30-15:00	Neptun	Neptun	Neptun	Neptun	Neptun						14:30-15:00				
15:00-15:30	Neptun	Neptun									15:00-15:30				
15:30-16:00	Neptun	Neptun									15:30-16:00				
16:00-16:30	Neptun	Neptun									16:00-16:30				
16:30-17:00	Neptun	Neptun									16:30-17:00				
17:00-17:30	Neptun	Neptun	Neptun	Neptun							17:00-17:30				
17:30-18:00	Neptun	Neptun	Neptun	Neptun							17:30-18:00				
18:00-18:30	Neptun	Neptun	Neptun	Neptun							18:00-18:30				
18:30-19:00	Neptun	Neptun	Neptun	Neptun							18:30-19:00				
19:00-19:30											19:00-19:30				
19:30-20:00	SPIF 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

Fredag	0	1	2	3	4	5	6	7	8	9		11-jul
05:45:-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						05:45:-06:00
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						06:00-06:30
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						06:30-07:00
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						07:00-07:30
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						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												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	Neptun	Neptun										12:00-12:30
12:30-13:00	Neptun	Neptun										12:30-13:00
13:00-13:30	Neptun	Neptun										13:00-13:30
13:30-14:00	Neptun	Neptun										13:30-14:00
14:00-14:30	Neptun	Neptun	Neptun									14:00-14:30
14:30-15:00	Neptun	Neptun	Neptun									14:30-15:00
15:00-15:30	NEC	NEC	NEC	Neptun	Neptun	Neptun						15:00-15:30
15:30-16:00	NEC	NEC	NEC	Neptun	Neptun	Neptun						15:30-16:00
16:00-16:30	NEC	NEC	NEC	Neptun	Neptun	Neptun						16:00-16:30
16:30-17:00	NEC	NEC	NEC	Neptun	Neptun	Neptun						16:30-17:00
17:00-17:30	Neptun	Neptun	Neptun	Neptun								17:00-17:30
17:30-18:00	Neptun	Neptun	Neptun	Neptun								17:30-18:00
18:00-18:30	Neptun	Neptun	Neptun	Neptun								18:00-18:30
18:30-19:00	Neptun	Neptun	Neptun	Neptun								18:30-19:00
19:00-19:30												19:00-19:30
19:30-20:00												19:30-20:00

50m

Crawl

Bröstsims

Rundsims

Med reservation för ändringar

Lördag	0	1	2	3	4	5	6	7	8	9		12-jul
07:45-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	Crawl	Bröstsims	Rundsim	50m	07:45-08:00	
08:00-08:30	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC					08:00-08:30	
08:30-09:00	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC					08:30-09:00	
09:00-09:30	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC					09:00-09:30	
09:30-10:00	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC					09:30-10:00	
10:00-10:30											10:00-10:30	
10:30-11:00	20 000m										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		13-jul
07:45-08:00							Crawl	Bröstsims	Rundsims	50m	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	20 000m					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	SCT	SCT	SCT	SCT		17:30-18:00						
18:00-18:30	SCT	SCT	SCT	SCT		18:00-18:30						
18:30-19:00	SCT	SCT	SCT	SCT		18:30-19:00						
19:00-19:30						19:00-19:30						
19:30-20:00											19:30-20:00	

Med reservation för ändringar

Måndag	0	1	2	3	4	5	6	7	8	9		14-jul
05:45:-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						05:45:-06:00
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	CrawlBröstsimsRundsim					06:00-06:30
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						06:30-07:00
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						07:00-07:30
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						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	Neptun	Neptun										10:00-10:30
10:30-11:00	Neptun	Neptun										10:30-11:00
11:00-11:30												11:00-11:30
11:30-12:00												11:30-12:00
12:00-12:30	Djup H2O	Djup H2O	Neptun	Neptun								12:00-12:30
12:30-13:00	Djup H2O	Djup H2O	Neptun	Neptun								12:30-13:00
13:00-13:30	Neptun	Neptun										13:00-13:30
13:30-14:00	Neptun	Neptun										13:30-14:00
14:00-14:30	Neptun	Neptun	Neptun									14:00-14:30
14:30-15:00	Neptun	Neptun	Neptun									14:30-15:00
15:00-15:30	NEC	NEC	NEC	Neptun	Neptun							15:00-15:30
15:30-16:00	NEC	NEC	NEC	Neptun	Neptun							15:30-16:00
16:00-16:30	NEC	NEC	NEC	Neptun	Neptun							16:00-16:30
16:30-17:00	NEC	NEC	NEC	Neptun	Neptun							16:30-17:00
17:00-17:30	Neptun	Neptun	Neptun	Neptun								17:00-17:30
17:30-18:00	Neptun	Neptun	Neptun	Neptun								17:30-18:00
18:00-18:30	Neptun	Neptun	Neptun	Neptun								18:00-18:30
18:30-19:00	Neptun	Neptun	Neptun	Neptun								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

Tisdag	0	1	2	3	4	5	6	7	8	9		15-jul					
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	Crawl	Bröstsimsim			50m	05:45-06:00					
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						06:00-06:30					
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						06:30-07:00					
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						07:00-07:30					
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						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	Neptun	Neptun										10:00-10:30					
10:30-11:00	Neptun	Neptun										10:30-11:00					
11:00-11:30												11:00-11:30					
11:30-12:00												11:30-12:00					
12:00-12:30	Neptun	Neptun										12:00-12:30					
12:30-13:00	Neptun	Neptun										12:30-13:00					
13:00-13:30	Neptun	Neptun										13:00-13:30					
13:30-14:00	Neptun	Neptun										13:30-14:00					
14:00-14:30	Neptun	Neptun	Neptun									14:00-14:30					
14:30-15:00	Neptun	Neptun	Neptun									14:30-15:00					
15:00-15:30	Neptun	Neptun										15:00-15:30					
15:30-16:00	Neptun	Neptun										15:30-16:00					
16:00-16:30	Neptun	Neptun										16:00-16:30					
16:30-17:00	Neptun	Neptun										16:30-17:00					
17:00-17:30	Neptun	Neptun	Neptun	Neptun								17:00-17:30					
17:30-18:00	Neptun	Neptun	Neptun	Neptun								17:30-18:00					
18:00-18:30	Neptun	Neptun	Neptun	Neptun								18:00-18:30					
18:30-19:00	Neptun	Neptun	Neptun	Neptun								18:30-19:00					
19:00-19:30												19:00-19:30					
19:30-20:00	SKK 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

Onsdag	0	1	2	3	4	5	6	7	8	9		16-jul
05:45:-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						05:45:-06:00
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	CrawlBröstsimsRundsim					06:00-06:30
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						06:30-07:00
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						07:00-07:30
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						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												10:00-10:30
10:30-11:00												10:30-11:00
11:00-11:30	Djup H2O	Djup H2O										11:00-11:30
11:30-12:00	Djup H2O	Djup H2O										11:30-12:00
12:00-12:30	Neptun	Neptun										12:00-12:30
12:30-13:00	Neptun	Neptun										12:30-13:00
13:00-13:30	Neptun	Neptun										13:00-13:30
13:30-14:00	Neptun	Neptun										13:30-14:00
14:00-14:30	Neptun	Neptun	Neptun									14:00-14:30
14:30-15:00	Neptun	Neptun	Neptun									14:30-15:00
15:00-15:30	Neptun	Neptun	Neptun									15:00-15:30
15:30-16:00	Neptun	Neptun	Neptun									15:30-16:00
16:00-16:30	Neptun	Neptun	Neptun									16:00-16:30
16:30-17:00	Neptun	Neptun	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

Torsdag	0	1	2	3	4	5	6	7	8	9		17-jul
05:45:-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						05:45:-06:00
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	CrawlBröstsimsRundsim					06:00-06:30
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						06:30-07:00
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						07:00-07:30
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						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	Neptun	Neptun										10:00-10:30
10:30-11:00	Neptun	Neptun										10:30-11:00
11:00-11:30												11:00-11:30
11:30-12:00												11:30-12:00
12:00-12:30	Neptun	Neptun	Neptun	Neptun	Neptun							12:00-12:30
12:30-13:00	Neptun	Neptun	Neptun	Neptun	Neptun							12:30-13:00
13:00-13:30	Neptun	Neptun	Neptun	Neptun	Neptun							13:00-13:30
13:30-14:00	Neptun	Neptun	Neptun	Neptun	Neptun							13:30-14:00
14:00-14:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun						14:00-14:30
14:30-15:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun						14:30-15:00
15:00-15:30	Neptun	Neptun										15:00-15:30
15:30-16:00	Neptun	Neptun										15:30-16:00
16:00-16:30	Neptun	Neptun										16:00-16:30
16:30-17:00	Neptun	Neptun										16:30-17:00
17:00-17:30	Neptun	Neptun	Neptun	Neptun								17:00-17:30
17:30-18:00	Neptun	Neptun	Neptun	Neptun								17:30-18:00
18:00-18:30	Neptun	Neptun	Neptun	Neptun								18:00-18:30
18:30-19:00	Neptun	Neptun	Neptun	Neptun								18:30-19:00
19:00-19:30	Dolphins	Dolphins										19:00-19:30
19:30-20:00	Dolphins	Dolphins										19:30-20:00
20:00-20:30												20:00-20:30
20:30-21:00												20:30-21:00

Med reservation för ändringar

Fredag	0	1	2	3	4	5	6	7	8	9		18-jul
05:45:-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						05:45:-06:00
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						06:00-06:30
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						06:30-07:00
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						07:00-07:30
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						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												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	Neptun	Neptun										12:00-12:30
12:30-13:00	Neptun	Neptun										12:30-13:00
13:00-13:30	Neptun	Neptun										13:00-13:30
13:30-14:00	Neptun	Neptun										13:30-14:00
14:00-14:30	Neptun	Neptun	Neptun									14:00-14:30
14:30-15:00	Neptun	Neptun	Neptun									14:30-15:00
15:00-15:30	NEC	NEC	NEC	Neptun	Neptun	Neptun						15:00-15:30
15:30-16:00	NEC	NEC	NEC	Neptun	Neptun	Neptun						15:30-16:00
16:00-16:30	NEC	NEC	NEC	Neptun	Neptun	Neptun						16:00-16:30
16:30-17:00	NEC	NEC	NEC	Neptun	Neptun	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

Med reservation för ändringar

Lördag	0	1	2	3	4	5	6	7	8	9		19-jul
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	NEC	NEC	NEC	NEC	Crawl	Bröstsimsim	Rundsim		50m	08:00-08:30
08:30-09:00	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC						08:30-09:00
09:00-09:30	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC						09:00-09:30
09:30-10:00	NEP/SPIF	NEP/SPIF	NEC	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												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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16:30-17:00												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		20-jul
07:45-08:00							Crawl	Bröstsims	Rundsims	50m	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	SCT	SCT	SCT	SCT		17:30-18:00						
18:00-18:30	SCT	SCT	SCT	SCT		18:00-18:30						
18:30-19:00	SCT	SCT	SCT	SCT		18:30-19:00						
19:00-19:30						19:00-19:30						
19:30-20:00											19:30-20:00	

Med reservation för ändringar

Måndag	0	1	2	3	4	5	6	7	8	9		21-jul
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	Crawl	Bröstsims	Rundsims	50m	05:45-06:00	
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					06:00-06:30	
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					06:30-07:00	
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					07:00-07:30	
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					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	Neptun	Neptun									10:00-10:30	
10:30-11:00	Neptun	Neptun									10:30-11:00	
11:00-11:30											11:00-11:30	
11:30-12:00											11:30-12:00	
12:00-12:30	Djup H2O	Djup H2O	Neptun	Neptun							12:00-12:30	
12:30-13:00	Djup H2O	Djup H2O	Neptun	Neptun							12:30-13:00	
13:00-13:30	Neptun	Neptun									13:00-13:30	
13:30-14:00	Neptun	Neptun									13:30-14:00	
14:00-14:30	Neptun	Neptun	Neptun								14:00-14:30	
14:30-15:00	Neptun	Neptun	Neptun								14:30-15:00	
15:00-15:30	NEC	NEC	NEC	Neptun	Neptun						15:00-15:30	
15:30-16:00	NEC	NEC	NEC	Neptun	Neptun						15:30-16:00	
16:00-16:30	NEC	NEC	NEC	Neptun	Neptun						16:00-16:30	
16:30-17:00	NEC	NEC	NEC	Neptun	Neptun						16:30-17:00	
17:00-17:30	Neptun	Neptun	Neptun	Neptun							17:00-17:30	
17:30-18:00	Neptun	Neptun	Neptun	Neptun							17:30-18:00	
18:00-18:30	Neptun	Neptun	Neptun	Neptun							18:00-18:30	
18:30-19:00	Neptun	Neptun	Neptun	Neptun							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

Tisdag	0	1	2	3	4	5	6	7	8	9		22-jul			
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	Crawl	Bröstsims	Rundsims	50m	05:45-06:00				
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					06:00-06:30				
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					06:30-07:00				
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					07:00-07:30				
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					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	Neptun	Neptun									10:00-10:30				
10:30-11:00	Neptun	Neptun									10:30-11:00				
11:00-11:30											11:00-11:30				
11:30-12:00											11:30-12:00				
12:00-12:30	Neptun	Neptun									12:00-12:30				
12:30-13:00	Neptun	Neptun									12:30-13:00				
13:00-13:30	Neptun	Neptun									13:00-13:30				
13:30-14:00	Neptun	Neptun									13:30-14:00				
14:00-14:30	Neptun	Neptun	Neptun								14:00-14:30				
14:30-15:00	Neptun	Neptun	Neptun								14:30-15:00				
15:00-15:30	Neptun	Neptun									15:00-15:30				
15:30-16:00	Neptun	Neptun									15:30-16:00				
16:00-16:30	Neptun	Neptun									16:00-16:30				
16:30-17:00	Neptun	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	SKK 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

Onsdag	0	1	2	3	4	5	6	7	8	9		23-jul
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	Crawl	Bröstsims	Rundsims	50m	05:45-06:00	
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					06:00-06:30	
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					06:30-07:00	
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					07:00-07:30	
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					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											10:00-10:30	
10:30-11:00											10:30-11:00	
11:00-11:30	Djup H2O	Djup H2O									11:00-11:30	
11:30-12:00	Djup H2O	Djup H2O									11:30-12:00	
12:00-12:30	Neptun	Neptun									12:00-12:30	
12:30-13:00	Neptun	Neptun									12:30-13:00	
13:00-13:30	Neptun	Neptun									13:00-13:30	
13:30-14:00	Neptun	Neptun									13:30-14:00	
14:00-14:30	Neptun	Neptun	Neptun								14:00-14:30	
14:30-15:00	Neptun	Neptun	Neptun								14:30-15:00	
15:00-15:30	Neptun	Neptun	Neptun								15:00-15:30	
15:30-16:00	Neptun	Neptun	Neptun								15:30-16:00	
16:00-16:30	Neptun	Neptun	Neptun								16:00-16:30	
16:30-17:00	Neptun	Neptun	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

Torsdag	0	1	2	3	4	5	6	7	8	9		24-jul
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	Crawl	Bröstsims	Rundsims	50m	05:45-06:00	
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					06:00-06:30	
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					06:30-07:00	
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					07:00-07:30	
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF					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	Neptun	Neptun									10:00-10:30	
10:30-11:00	Neptun	Neptun									10:30-11:00	
11:00-11:30											11:00-11:30	
11:30-12:00											11:30-12:00	
12:00-12:30	Neptun	Neptun	Neptun	Neptun	Neptun						12:00-12:30	
12:30-13:00	Neptun	Neptun	Neptun	Neptun	Neptun						12:30-13:00	
13:00-13:30	Neptun	Neptun	Neptun	Neptun	Neptun						13:00-13:30	
13:30-14:00	Neptun	Neptun	Neptun	Neptun	Neptun						13:30-14:00	
14:00-14:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun					14:00-14:30	
14:30-15:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun					14:30-15:00	
15:00-15:30	Neptun	Neptun									15:00-15:30	
15:30-16:00	Neptun	Neptun									15:30-16:00	
16:00-16:30	Neptun	Neptun									16:00-16:30	
16:30-17:00	Neptun	Neptun									16:30-17:00	
17:00-17:30	Neptun	Neptun	Neptun	Neptun							17:00-17:30	
17:30-18:00	Neptun	Neptun	Neptun	Neptun							17:30-18:00	
18:00-18:30	Neptun	Neptun	Neptun	Neptun							18:00-18:30	
18:30-19:00	Neptun	Neptun	Neptun	Neptun							18:30-19:00	
19:00-19:30	Dolphins	Dolphins									19:00-19:30	
19:30-20:00	Dolphins	Dolphins									19:30-20:00	
20:00-20:30											20:00-20:30	
20:30-21:00											20:30-21:00	

Med reservation för ändringar

Fredag	0	1	2	3	4	5	6	7	8	9		25-jul
05:45-06:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						05:45-06:00
06:00-06:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						06:00-06:30
06:30-07:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						06:30-07:00
07:00-07:30	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						07:00-07:30
07:30-08:00	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF	NEP/SPIF						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												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	Neptun	Neptun										12:00-12:30
12:30-13:00	Neptun	Neptun										12:30-13:00
13:00-13:30	Neptun	Neptun										13:00-13:30
13:30-14:00	Neptun	Neptun										13:30-14:00
14:00-14:30	Neptun	Neptun	Neptun									14:00-14:30
14:30-15:00	Neptun	Neptun	Neptun									14:30-15:00
15:00-15:30	NEC	NEC	NEC	Neptun	Neptun	Neptun						15:00-15:30
15:30-16:00	NEC	NEC	NEC	Neptun	Neptun	Neptun						15:30-16:00
16:00-16:30	NEC	NEC	NEC	Neptun	Neptun	Neptun						16:00-16:30
16:30-17:00	NEC	NEC	NEC	Neptun	Neptun	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

Med reservation för ändringar

Lördag	0	1	2	3	4	5	6	7	8	9		26-jul
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	NEC	NEC	NEC	NEC	Crawl	Bröstsims	Rundsim	50m	08:00-08:30	
08:30-09:00	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC					08:30-09:00	
09:00-09:30	NEP/SPIF	NEP/SPIF	NEC	NEC	NEC	NEC					09:00-09:30	
09:30-10:00	NEP/SPIF	NEP/SPIF	NEC	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											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		27-jul
07:45-08:00							Crawl	Bröstsims	Rundsims	50m	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	SCT	SCT	SCT	SCT		17:30-18:00						
18:00-18:30	SCT	SCT	SCT	SCT		18:00-18:30						
18:30-19:00	SCT	SCT	SCT	SCT		18:30-19:00						
19:00-19:30						19:00-19:30						
19:30-20:00											19:30-20:00	

Med reservation för ändringar