

Måndag	0	1	2	3	4	5	6	7	8	9	22-apr										
05:45:-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					05:45:-06:00										
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep	Crawl	Bröstsims	Rundsims		06:00-06:30										
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep							06:30-07:00								
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep							07:00-07:30								
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep							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										Snabbbana				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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13:30-14:00											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	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	SPIF	SPIF	Neptun	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	SPIF	Neptun	Neptun	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	SPIF	Neptun	Neptun	Neptun	Neptun	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												19:30-20:00									
20:00-20:30												20:00-20:30									
20:30-21:00	Hellas VP											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		23-apr				
05:45-06:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep										05:45-06:00				
06:00-06:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep		Crawl		Bröstsims		Rundsims				06:00-06:30				
06:30-07:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														06:30-07:00
07:00-07:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														07:00-07:30
07:30-08:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														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													Snabbbana								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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14:30-15:00																			14:30-15:00						
15:00-15:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30			
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00		
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30		
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00		
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	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	SPIF	SPIF	Neptun	Neptun	Neptun	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	SPIF	Neptun	Neptun	Neptun	Neptun	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	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00		
19:00-19:30	SKK VP																				19:00-19:30				
19:30-20:00																					19:30-20:00				
20:00-20:30																					20:00-20:30				
20:30-21:00																					20:30-21:00				
21:00-21:30	SCT	SCT	SCT	SCT	SCT	SCT							Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	21:00-21:30								
21:30-22:00	SCT	SCT	SCT	SCT	SCT	SCT							Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	21:30-22:00								
Med reservation för ändringar																									

Onsdag	0		1		2		3		4		5		6		7		8		9		24-apr				
05:45-06:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep										05:45-06:00				
06:00-06:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep		Crawl		Bröstsims		Rundsims				06:00-06:30				
06:30-07:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														06:30-07:00
07:00-07:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														07:00-07:30
07:30-08:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														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													Snabbana								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	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30			
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00		
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30		
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00		
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	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	SPIF	SPIF	Neptun	Neptun	Neptun	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	SPIF	Neptun	Neptun	Neptun	Neptun	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	SPIF	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 VP																				19:00-19:30				
19:30-20:00																					19:30-20:00				
20:00-20:30																					20:00-20:30				
20:30-21:00																					20:30-21:00				
21:00-21:30	Strömstarar kanot																				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	25-apr											
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					05:45-06:00											
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep	Crawl	Bröstsims	Rundsims		06:00-06:30											
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					06:30-07:00											
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					07:00-07:30											
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					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										Snabbana			10:00-10:30									
10:30-11:00												10:30-11:00										
11:00-11:30								11:00-11:30														
11:30-12:00		Länsförsäkringar						11:30-12:00														
12:00-12:30	Sim Coachen	Länsförsäkringar						12:00-12:30														
12:30-13:00	Sim Coachen							12:30-13:00														
13:00-13:30								13:00-13:30														
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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	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30	
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00
17:00-17:30	SPIF	SPIF	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	SPIF	SPIF	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	SPIF VP	SPIF VP	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	SPIF VP	SPIF VP	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												19:00-19:30										
19:30-20:00												19:30-20:00										
20:00-20:30												20:00-20:30										
20:30-21:00												20:30-21:00										
21:00-21:30	SCT	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	21:00-21:30
21:30-22:00	SCT	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	21:30-22:00
Med reservation för ändringar																						

Fredag	0		1		2		3		4		5		6		7		8		9		26-apr				
05:45-06:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep										05:45-06:00				
06:00-06:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep		Crawl		Bröstsims		Rundsims				06:00-06:30				
06:30-07:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														06:30-07:00
07:00-07:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														07:00-07:30
07:30-08:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														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													Snabbana								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
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14:00-14:30																			14:00-14:30						
14:30-15:00																			14:30-15:00						
15:00-15:30							Spårvägen		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		15:00-15:30				
15:30-16:00							Spårvägen		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		15:30-16:00				
16:00-16:30							Spårvägen		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		SK Neptun		16:00-16:30				
16:30-17:00							Spårvägen		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	Neptun	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	SPIF	SPIF	Neptun	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	SPIF	Neptun	Neptun	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	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00				
19:00-19:30	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	27-apr
07:45-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	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	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	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	08:30-09:00
09:00-09:30	NEC	NEC	NEC	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	09:00-09:30
09:30-10:00	Polo USM										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
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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	28-apr	
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							Snabb-bana	Crawl	Bröstsimsim	Rundsimsim	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	Älvsjö AIK	18:00-18:30
18:30-19:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP	Älvsjö AIK	18:30-19:00
19:00-19:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP	Älvsjö AIK	19:00-19:30
19:30-20:00	Apnea	Apnea	Apnea	Apnea	Apnea	Neptun Master	Neptun Master	Neptun Master	Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	19:30-20:00
20:00-20:30	Apnea	Apnea	Apnea	Apnea	Apnea	Neptun Master	Neptun Master	Neptun Master	Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	20:00-20:30
20:30-21:00	Apnea	Apnea	Apnea	Apnea	Apnea							20:30-21:00
Med reservation för ändringar												

Måndag	0	1	2	3	4	5	6	7	8	9	29-apr										
05:45:-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					05:45:-06:00										
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep	Crawl	Bröstsims	Rundsims		06:00-06:30										
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep							06:30-07:00								
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep							07:00-07:30								
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep							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										Snabbbana				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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13:30-14:00															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	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	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	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	SK Neptun	16:30-17:00									
17:00-17:30	SPIF	SPIF	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	SPIF	SPIF	Neptun	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	SPIF	Neptun	Neptun	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	SPIF	Neptun	Neptun	Neptun	Neptun	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												19:30-20:00									
20:00-20:30												20:00-20:30									
20:30-21:00	Hellas VP											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		30-apr				
05:45-06:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep										05:45-06:00				
06:00-06:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep		Crawl		Bröstsims		Rundsims				06:00-06:30				
06:30-07:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														06:30-07:00
07:00-07:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														07:00-07:30
07:30-08:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														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													Snabbana								10:00-10:30				
10:30-11:00																							10:30-11:00		
11:00-11:30																							11:00-11:30		
11:30-12:00																							11:30-12:00		
12:00-12:30																							12:00-12:30		
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14:00-14:30																	14:00-14:30								
14:30-15:00																	14:30-15:00								
15:00-15:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30			
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00		
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30		
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00		
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	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	SPIF	SPIF	Neptun	Neptun	Neptun	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	SPIF	Neptun	Neptun	Neptun	Neptun	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	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00		
19:00-19:30	SKK VP																				19:00-19:30				
19:30-20:00																					19:30-20:00				
20:00-20:30																					20:00-20:30				
20:30-21:00																					20:30-21:00				
21:00-21:30	SCT	SCT	SCT	SCT	SCT	SCT					Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	21:00-21:30										
21:30-22:00	SCT	SCT	SCT	SCT	SCT	SCT					Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	21:30-22:00										
Med reservation för ändringar																									

Onsdag	0		1		2		3		4		5		6		7		8		9		O1-maj		
05:45-06:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep										05:45-06:00		
06:00-06:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep		Crawl		Bröstsims		Rundsims				06:00-06:30		
06:30-07:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep										06:30-07:00		
07:00-07:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep										07:00-07:30		
07:30-08:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep										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											Snabbana		Crawl		Bröstsims		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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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	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30	
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	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	SPIF	SPIF	Neptun	Neptun	Neptun	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	SPIF	Neptun	Neptun	Neptun	Neptun	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	SPIF	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 VP																				19:00-19:30		
19:30-20:00																					19:30-20:00		
20:00-20:30																					20:00-20:30		
20:30-21:00																					20:30-21:00		
21:00-21:30	Brunnsviken 231018-231213+240110-240417 Strömstarar 231025-240424																				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	O2-maj											
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					05:45-06:00											
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep	Crawl	Bröstsims	Rundsims		06:00-06:30											
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					06:30-07:00											
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					07:00-07:30											
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					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											Snabbana				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	Sim Coachen						12:00-12:30															
12:30-13:00	Sim Coachen						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	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30	
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00
17:00-17:30	SPIF	SPIF	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	SPIF	SPIF	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	SPIF VP	SPIF VP	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	SPIF VP	SPIF VP	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												19:00-19:30										
19:30-20:00												19:30-20:00										
20:00-20:30												20:00-20:30										
20:30-21:00												20:30-21:00										
21:00-21:30	SCT	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	21:00-21:30
21:30-22:00	SCT	SCT	SCT	SCT	SCT	SCT	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	21:30-22:00
Med reservation för ändringar																						

Fredag	0	1	2	3	4	5	6	7	8	9	03-maj
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					05:45-06:00
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep	Crawl	Bröstsims	Rundsims		06:00-06:30
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					06:30-07:00
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					07:00-07:30
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					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											Snabbana
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				Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00				Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30				Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00				Spårvägen	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30	SM-finaler VP										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	O4-maj
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
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12:00-12:30											12:00-12:30
12:30-13:00											12:30-13:00
13:00-13:30	SM-finaler VP										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
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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	1	2	3	4	5	6	7	8	9	O5-maj	
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	
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16:00-16:30											16:00-16:30	
16:30-17:00											16:30-17:00	
17:00-17:30							Snabb-bana	Crawl	Bröstsimsim	Rundsimsim	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	Älvsjö AIK	18:00-18:30
18:30-19:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP	Älvsjö AIK	18:30-19:00
19:00-19:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP	Älvsjö AIK	19:00-19:30
19:30-20:00	Apnea	Apnea	Apnea	Apnea	Apnea	Neptun Master	Neptun Master	Neptun Master	Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	19:30-20:00
20:00-20:30	Apnea	Apnea	Apnea	Apnea	Apnea	Neptun Master	Neptun Master	Neptun Master	Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	20:00-20:30
20:30-21:00	Apnea	Apnea	Apnea	Apnea	Apnea							20:30-21:00
SM-finaler VP												
Med reservation för ändringar												

Måndag	0		1		2		3		4		5		6		7		8		9		O6-maj				
05:45:-06:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep										05:45:-06:00				
06:00-06:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep		Crawl		Bröstsimsim		Rundsimsim				06:00-06:30				
06:30-07:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														06:30-07:00
07:00-07:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														07:00-07:30
07:30-08:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														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		Snabbbana								09:30-10:00				
10:00-10:30					NEC		NEC		NEC												10:00-10:30				
10:30-11:00																					10:30-11:00				
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14:00-14:30																			14:00-14:30						
14:30-15:00	NEC		NEC		NEC														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	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	SPIF	SPIF	SPIF	Neptun	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	SPIF	SPIF	Neptun	Neptun	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	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00			
19:00-19:30	Hellas VP																				19:00-19:30				
19:30-20:00																					19:30-20:00				
20:00-20:30																					20:00-20:30				
20:30-21:00																					20:30-21:00				
21:00-21:30																					21:00-21:30				
21:30-22:00																					21:30-22:00				

Med reservation för ändringar

Tisdag	0		1		2		3		4		5		6		7		8		9		07-maj						
05:45-06:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep										05:45-06:00						
06:00-06:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep		Crawl		Bröstsims		Rundsims				06:00-06:30						
06:30-07:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														06:30-07:00		
07:00-07:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														07:00-07:30		
07:30-08:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep														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					NEC		NEC		NEC		Snabbana		Crawl		Bröstsims		Rundsims				10:00-10:30						
10:30-11:00																											10:30-11:00
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14:30-15:00																			14:30-15:00								
15:00-15:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30					
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00				
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30				
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00				
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	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	SPIF	SPIF	Neptun	Neptun	Neptun	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	SPIF	Neptun	Neptun	Neptun	Neptun	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	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	18:30-19:00				
19:00-19:30	SKK VP																				19:00-19:30						
19:30-20:00																					19:30-20:00						
20:00-20:30																					20:00-20:30						
20:30-21:00																					20:30-21:00						
21:00-21:30	SCT	SCT	SCT	SCT	SCT	SCT					Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		21:00-21:30								
21:30-22:00	SCT	SCT	SCT	SCT	SCT	SCT					Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		Sthlm Dolphins		21:30-22:00								
Med reservation för ändringar																											

Onsdag	0		1		2		3		4		5		6		7		8		9		O8-maj		
05:45-06:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep										05:45-06:00		
06:00-06:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep		Crawl		Bröstsims		Rundsims				06:00-06:30		
06:30-07:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep										06:30-07:00		
07:00-07:30	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep										07:00-07:30		
07:30-08:00	SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		SK Neptun/SPIF		NEC/SPIF/Nep										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					NEC		NEC		NEC		Snabbana												
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	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:00-15:30	
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	15:30-16:00
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:00-16:30
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	x	16:30-17:00
17:00-17:30	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	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	SPIF	SPIF	Neptun	Neptun	Neptun	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	SPIF	Neptun	Neptun	Neptun	Neptun	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	SPIF	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 VP																				19:00-19:30		
19:30-20:00																					19:30-20:00		
20:00-20:30																					20:00-20:30		
20:30-21:00																					20:30-21:00		
21:00-21:30	Brunnsviken 231018-231213+240110-240417 Strömstarar 231025-240424																				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	09-maj			
05:45-06:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep					05:45-06:00			
06:00-06:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep	Crawl	Bröstsimsim	Rundsimsim		06:00-06:30			
06:30-07:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep				06:30-07:00				
07:00-07:30	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC/SPIF/Nep				07:00-07:30				
07:30-08:00	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	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	IDF Simskola	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC				08:30-09:00				
09:00-09:30	IDF Simskola	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC				09:00-09:30				
09:30-10:00	IDF Simskola	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC	NEC				09:30-10:00				
10:00-10:30	IDF Simskola	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH					10:00-10:30				
10:30-11:00	IDF Simskola	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH					10:30-11:00				
11:00-11:30	IDF Simskola	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH					11:00-11:30				
11:30-12:00		SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH					11:30-12:00				
12:00-12:30	Sim Coachen									12:00-12:30				
12:30-13:00	Sim Coachen									12:30-13:00				
13:00-13:30										13:00-13:30				
13:30-14:00										13:30-14:00				
14:00-14:30	Int. Eng. Skolan	Int. Eng. Skolan								14:00-14:30				
14:30-15:00	Int. Eng. Skolan	Int. Eng. Skolan								14:30-15:00				
15:00-15:30	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun				Neptun	Neptun	Neptun	Neptun	15:00-15:30
15:30-16:00	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun				Neptun	Neptun	Neptun	Neptun	15:30-16:00
16:00-16:30	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun				Neptun	Neptun	Neptun	Neptun	16:00-16:30
16:30-17:00	SPIF	SPIF	SPIF	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	16:30-17:00			
17:00-17:30	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:00-17:30			
17:30-18:00	SPIF	SPIF	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:30-18:00			
18:00-18:30	SPIF VP	SPIF VP	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00-18:30			
18:30-19:00	SPIF VP	SPIF VP	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:30-19:00			
19:00-19:30	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	19:00-19:30			
19:30-20:00	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	19:30-20:00			
20:00-20:30	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	20:00-20:30			
20:30-21:00	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	SPIF VP	20:30-21:00			
21:00-21:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	21:00-21:30			
21:30-22:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	SCT	21:30-22:00			
Med reservation för ändringar														

Fredag	0	1	2	3	4	5	6	7	8	9	10-maj
05:45-06:00	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						06:00-06:30
06:30-07:00	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						07:00-07:30
07:30-08:00	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						08:00-08:30
08:30-09:00	IDF Simskola	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC						08:30-09:00
09:00-09:30	IDF Simskola	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC						09:00-09:30
09:30-10:00	IDF Simskola	SK Neptun/SPIF	SK Neptun/SPIF	NEC	NEC						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	SPIF Triathlon	SPIF Triathlon									11:30-12:00
12:00-12:30	SPIF Triathlon	SPIF Triathlon									12:00-12:30
12:30-13:00	IDF Simskola										12:30-13:00
13:00-13:30	IDF Simskola										13:00-13:30
13:30-14:00	IDF Simskola										13:30-14:00
14:00-14:30	IDF Simskola										14:00-14:30
14:30-15:00	IDF Simskola	NEC	NEC	NEC							14:30-15:00
15:00-15:30	NEC	NEC	NEC	Spårvägen	SK Neptun						15:00-15:30
15:30-16:00	NEC	NEC	NEC	Spårvägen	SK Neptun						15:30-16:00
16:00-16:30	NEC	NEC	NEC	Spårvägen	SK Neptun						16:00-16:30
16:30-17:00	NEC	NEC	NEC	Spårvägen	SK Neptun						16:30-17:00
17:00-17:30	SPIF	SPIF	SPIF	SK Neptun	SK Neptun						17:00-17:30
17:30-18:00	SPIF	SPIF	SPIF	SK Neptun	SK Neptun						17:30-18:00
18:00-18:30	SPIF	SPIF	SPIF	SK Neptun	SK Neptun						18:00-18:30
18:30-19:00	SPIF	SPIF	SPIF	SK Neptun	SK Neptun						18:30-19:00
19:00-19:30	VP	VP	VP	VP	VP						19:00-19:30
19:30-20:00	VP	VP	VP	VP	VP						19:30-20:00
20:00-20:30	VP	VP	VP	VP	VP						20:00-20:30
20:30-21:00	VP	VP	VP	VP	VP						20:30-21:00

Med reservation för ändringar

Lördag	0	1	2	3	4	5	6	7	8	9	11-maj				
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	IDF Simskola	NEC	NEC	SK Neptun/SPIF	SK Neptun/SPIF						08:30-09:00				
09:00-09:30	IDF Simskola	NEC	NEC	SK Neptun/SPIF	SK Neptun/SPIF						09:00-09:30				
09:30-10:00	IDF Simskola	NEC	NEC	SK Neptun/SPIF	SK Neptun/SPIF						09:30-10:00				
10:00-10:30	IDF Simskola	NEC	NEC								10:00-10:30				
10:30-11:00	IDF Simskola	SPIF	SPIF	SPIF	SPIF						10:30-11:00				
11:00-11:30	IDF Simskola	SPIF	SPIF	SPIF	SPIF						11:00-11:30				
11:30-12:00	IDF Simskola	SPIF	SPIF	SPIF	SPIF						11:30-12:00				
12:00-12:30		SPIF	SPIF	SPIF	SPIF						12:00-12:30				
12:30-13:00	Södertörn	Södertörn	Sim Coachen		USM Konstsim	Crawl	Bröstsims	Crawl	Rundsims		12:30-13:00				
13:00-13:30	Södertörn	Södertörn	Sim Coachen												13:00-13:30
13:30-14:00	Södertörn	Södertörn	Sim Coachen												13:30-14:00
14:00-14:30	Södertörn	Södertörn													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	APNEA	APNEA													17:00-17:30
17:30-18:00	APNEA	APNEA	Sim Coachen							17:30-18:00					
18:00-18:30	APNEA	APNEA	Sim Coachen							18:00-18:30					
18:30-19:00			Sim Coachen							18:30-19:00					
Med reservation för ändringar															

Söndag	0	1	2	3	4	5	6	7	8	9	12-maj				
07:45-08:00	Team TT	Team TT	Team TT	Team TT	Neptun Master						07:45-08:00				
08:00-08:30	Team TT	Team TT	Team TT	Team TT	Neptun Master						08:00-08:30				
08:30-09:00	Team TT	Team TT	Team TT	Team TT	Neptun Master						08:30-09:00				
09:00-09:30					USM Konstsimsim	Snabb-bana	Crawl	Bröstsimsim	Rundsimsim		09:00-09:30				
09:30-10:00	Sim Coachen														09:30-10:00
10:00-10:30	Sim Coachen														10:00-10:30
10:30-11:00	Sim Coachen														10:30-11:00
11:00-11:30	IDF Simskola														11:00-11:30
11:30-12:00	IDF Simskola														11:30-12:00
12:00-12:30	IDF Simskola														12:00-12:30
12:30-13:00	IDF Simskola														12:30-13:00
13:00-13:30															13:00-13:30
13:30-14:00	IDF Simskola														13:30-14:00
14:00-14:30	IDF Simskola	Sim Coachen	SK Neptun FH	SK Neptun FH	SK Neptun FH						14:00-14:30				
14:30-15:00	IDF Simskola	Sim Coachen	SK Neptun FH	SK Neptun FH	SK Neptun FH						14:30-15:00				
15:00-15:30		Sim Coachen	SK Neptun FH	SK Neptun FH	SK Neptun FH						15:00-15:30				
15:30-16:00	SPIF	SPIF	SK Neptun FH	SK Neptun FH	SK Neptun FH						15:30-16:00				
16:00-16:30	SPIF	SPIF									16:00-16:30				
16:30-17:00											16:30-17:00				
17:00-17:30	SPIF Masters	SPIF Masters	SPIF Masters								17:00-17:30				
17:30-18:00	SPIF Masters	SPIF Masters	SPIF Masters								17:30-18:00				
18:00-18:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP	Älvsjö AIK	18:00-18:30				
18:30-19:00	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP	Älvsjö AIK	18:30-19:00				
19:00-19:30	SCT	SCT	SCT	SCT	SCT	SCT	SCT	Neptun VP	Neptun VP	Älvsjö AIK	19:00-19:30				
19:30-20:00	Apnea	Apnea	Apnea	Apnea	Neptun Master	Neptun Master	Neptun Master	Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	19:30-20:00				
20:00-20:30	Apnea	Apnea	Apnea	Apnea	Neptun Master	Neptun Master	Neptun Master	Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	20:00-20:30				
20:30-21:00	Apnea	Apnea	Apnea	Apnea							20:30-21:00				
Med reservation för ändringar															