

Måndag		O	1	2	3	4	5	6	7	8	9			20-maj				
06:00-06:30	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30				
06:30-07:00						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00	
07:00-07:30						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30
07:30-08:00						Team Snabbare	Team Snabbare											07:30-08:00
08:00-08:30						Team Snabbare	Team Snabbare											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	Lekbanor																	10:00-10:30
10:30-11:00																		10:30-11:00
11:00-11:30																		11:00-11:30
11:30-12:00											Skola	Skola	Skola	Skola	Skola			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	Rundsim										SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00											SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:00-16:30				
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	16:30-17:00				
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	17:00-17:30				
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	IDF Simskola	17:30-18:00				
18:00-18:30							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	IDF Simskola	18:00-18:30				
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:30-19:00				
19:00-19:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	19:00-19:30				
19:30-20:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	19:30-20:00				
20:00-20:30						SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	20:00-20:30					
						SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters				20:30-21:00					

Med reservation för ändringar

Tisdag			O	1	2	3	4	5	6	7	8	9			21-maj
06:00-06:30	Rundsim														06:00-06:30
06:30-07:00								SCT	SCT	SCT	SCT		APNEA	APNEA	06:30-07:00
07:00-07:30								SCT	SCT	SCT	SCT		APNEA	APNEA	07:00-07:30
07:30-08:00													APNEA	APNEA	07:30-08:00
08:00-08:30													APNEA	APNEA	08:00-08:30
08:30-09:00	Lekbanor		Bröstsimsim	Crawl	Crawl	Snabb-bana		Skola	Skola	Skola	Skola	Skola			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	Rundsim							NEC	NEC	NEC	NEC				15:00-15:30
15:30-16:00								NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30								NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:00-16:30
16:30-17:00								NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:30-17:00
17:00-17:30								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	IDF Singskola	17:30-18:00
18:00-18:30								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	IDF Singskola	18:00-18:30
18:30-19:00								SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	Hellas	18:30-19:00
19:00-19:30								Älvsjö AIK	Älvsjö AIK		Hellas	Hellas	Hellas	Hellas	19:00-19:30
19:30-20:00								Älvsjö AIK	Älvsjö AIK		Hellas	Hellas	Hellas	Hellas	19:30-20:00
20:00-20:30	Älvsjö AIK	Älvsjö AIK	Neptun Masters	Neptun Masters	Neptun Masters	Sthlm Dolphins	Sthlm Dolphins	20:00-20:30							
	Älvsjö AIK	Älvsjö AIK	Neptun Masters	Neptun Masters	Neptun Masters	Sthlm Dolphins	Sthlm Dolphins	20:30-21:00							

Med reservation för ändringar

Onsdag		O	1	2	3	4	5	6	7	8	9		22-maj				
06:00-06:30	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30				
06:30-07:00						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00				
07:00-07:30						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30				
07:30-08:00						Team Snabbare	Team Snabbare						07:30-08:00				
08:00-08:30						Team Snabbare	Team Snabbare						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	Lekbanor																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	Rundsim						SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30			
15:30-16:00		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00			
16:00-16:30		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30			
16:30-17:00		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00			
17:00-17:30		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30			
17:30-18:00		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	17:30-18:00			
18:00-18:30		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	18:00-18:30			
18:30-19:00		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00			
19:00-19:30		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:00-19:30			
19:30-20:00		SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	19:30-20:00			
20:00-20:30		Team TT	Team TT	Team TT	Sthlm Dolphins	Sthlm Dolphins	APNEA	APNEA	20:00-20:30								
	Team TT	Team TT	Team TT	Sthlm Dolphins	Sthlm Dolphins	APNEA	APNEA	20:30-21:00									

Med reservation för ändringar

Torsdag		O	1	2	3	4	5	6	7	8	9			23-maj	
06:00-06:30	Rundsim					Snabb-bana								06:00-06:30	
06:30-07:00										SCT	SCT	SCT	SCT	06:30-07:00	
07:00-07:30										SCT	SCT	SCT	SCT	07:00-07:30	
07:30-08:00													Atlas Copco	Atlas Copco	07:30-08:00
08:00-08:30													Atlas Copco	Atlas Copco	08:00-08:30
08:30-09:00															08:30-09:00
09:00-09:30	Lekbanor	Bröstsims	Crawl	Crawl		Snabb-bana	Skola	Skola	Skola	Skola	Skola			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	Rundsim					Snabb-bana	NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:00-15:30	
15:30-16:00							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	15:30-16:00	
16:00-16:30							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:00-16:30	
16:30-17:00							NEC	NEC	NEC	NEC	SK Neptun	SK Neptun	SK Neptun	16:30-17:00	
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30	
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	IDF Simskola	17:30-18:00	
18:00-18:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	IDF Simskola	18:00-18:30	
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00	
19:00-19:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30	
19:30-20:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00	
20:00-20:30	SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30							
							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00	

Med reservation för ändringar

Fredag			O	1	2	3	4	5	6	7	8	9			24-maj						
06:00-06:30	Rundsim							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30						
06:30-07:00								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00		
07:00-07:30								Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30	
07:30-08:00																				07:30-08:00	
08:00-08:30																					08:00-08:30
08:30-09:00																				IDF Simskola	08:30-09:00
09:00-09:30																				IDF Simskola	09:00-09:30
09:30-10:00																				IDF Simskola	09:30-10:00
10:00-10:30								Lekbanor		Bröstsim	Crawl	Crawl		Snabb-bana	Skola	Skola	Skola	Skola	Skola		
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	Rundsim							SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30						
15:30-16:00								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00		
16:00-16:30								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:00-16:30		
16:30-17:00								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	16:30-17:00	
17:00-17:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30	
17:30-18:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00	
18:00-18:30								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30	
18:30-19:00								SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00	
19:00-19:30																	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30
											Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00						

Med reservation för ändringar

Lördag		O	1	2	3	4	5	6	7	8	9		25-maj					
							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	07:45-08:00				
08:00-08:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana		SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	08:00-08:30				
08:30-09:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	08:30-09:00	
09:00-09:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	09:00-09:30
09:30-10:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	09:30-10:00
10:00-10:30																		10:00-10:30
10:30-11:00	Lekbanor																	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						Rundsim												
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					
Med reservation för ändringar																		

Söndag		O	1	2	3	4	5	6	7	8	9			26-maj				
														07:45-08:00				
08:00-08:30	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana									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	Lekbanor																	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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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	Rundsim											SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	14:00-14:30
14:30-15:00												SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	14:30-15:00
15:00-15:30												SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:00-15:30
15:30-16:00												SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	15:30-16:00
16:00-16:30														16:00-16:30				
16:30-17:00										Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	16:30-17:00					
17:00-17:30										Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	17:00-17:30					
17:30-18:00										Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	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

Måndag		O	1	2	3	4	5	6	7	8	9			27-maj					
06:00-06:30	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30					
06:30-07:00						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00		
07:00-07:30						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30	
07:30-08:00						Team Snabbare	Team Snabbare											07:30-08:00	
08:00-08:30						Team Snabbare	Team Snabbare												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	Lekbanor																	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	Rundsim										SPIF	SPIF	SPIF	SPIF				15:00-15:30	
15:30-16:00											SPIF	SPIF	SPIF	SPIF				15:30-16:00	
16:00-16:30								SPIF	SPIF	SPIF	SPIF			16:00-16:30					
16:30-17:00								SPIF	SPIF	SPIF	SPIF			16:30-17:00					
17:00-17:30								SPIF	SPIF	SPIF	SPIF			17:00-17:30					
17:30-18:00								SPIF	SPIF	SPIF	SPIF			17:30-18:00					
18:00-18:30								SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	IDF Simskola	18:00-18:30				
18:30-19:00								SPIF	SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	18:30-19:00				
19:00-19:30								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	19:00-19:30				
19:30-20:00								SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	19:30-20:00				
20:00-20:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Hellas	Hellas	Hellas	20:00-20:30					
							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters				20:30-21:00					

Med reservation för ändringar

Tisdag			O	1	2	3	4	5	6	7	8	9			28-maj
06:00-06:30	Rundsim														06:00-06:30
06:30-07:00								SCT	SCT	SCT	SCT		APNEA	APNEA	06:30-07:00
07:00-07:30								SCT	SCT	SCT	SCT		APNEA	APNEA	07:00-07:30
07:30-08:00													APNEA	APNEA	07:30-08:00
08:00-08:30													APNEA	APNEA	08:00-08:30
08:30-09:00	Lekbanor		Bröstsimsim	Crawl	Crawl	Snabb-bana		Skola	Skola	Skola	Skola	Skola			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	Rundsim							NEC	NEC						15:00-15:30
15:30-16:00								NEC	NEC						15:30-16:00
16:00-16:30								NEC	NEC						16:00-16:30
16:30-17:00								NEC	NEC						16:30-17:00
17:00-17:30								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	17:30-18:00
18:00-18:30								SPIF	SPIF	SPIF	SK Neptun	SK Neptun	SK Neptun	IDF Simskola	18:00-18:30
18:30-19:00								SPIF	SPIF	SPIF	Hellas	Hellas	Hellas	Hellas	18:30-19:00
19:00-19:30								Älvsjö AIK	Älvsjö AIK		Hellas	Hellas	Hellas	Hellas	19:00-19:30
19:30-20:00								Älvsjö AIK	Älvsjö AIK		Hellas	Hellas	Hellas	Hellas	19:30-20:00
20:00-20:30	Älvsjö AIK	Älvsjö AIK	Neptun Masters	Neptun Masters	Neptun Masters	Sthlm Dolphins	Sthlm Dolphins	20:00-20:30							
	Älvsjö AIK	Älvsjö AIK	Neptun Masters	Neptun Masters	Neptun Masters	Sthlm Dolphins	Sthlm Dolphins	20:30-21:00							

Med reservation för ändringar

Onsdag			O	1	2	3	4	5	6	7	8	9			29-maj					
06:00-06:30	Rundsim	Bröstsimsim	Crawl	Crawl	Snabb-bana	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30					
06:30-07:00						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00			
07:00-07:30						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30		
07:30-08:00						Team Snabbare	Team Snabbare											07:30-08:00		
08:00-08:30						Team Snabbare	Team Snabbare												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	Lekbanor																			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	Rundsim																			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															IDF Simskola	17:30-18:00				
18:00-18:30															IDF Simskola	18:00-18:30				
18:30-19:00																18:30-19:00				
19:00-19:30														APNEA	APNEA	19:00-19:30				
19:30-20:00														APNEA	APNEA	19:30-20:00				
20:00-20:30													APNEA	APNEA	20:00-20:30					
													APNEA	APNEA	20:30-21:00					

Med reservation för ändringar

Torsdag		O	1	2	3	4	5	6	7	8	9			30-maj				
06:00-06:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana									06:00-06:30				
06:30-07:00									SCT	SCT	SCT	SCT	06:30-07:00					
07:00-07:30									SCT	SCT	SCT	SCT	07:00-07:30					
07:30-08:00												Atlas Copco	Atlas Copco	07:30-08:00				
08:00-08:30												Atlas Copco	Atlas Copco	08:00-08:30				
08:30-09:00														08:30-09:00				
09:00-09:30	Lekbanor																	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	Rundsim						NEC	NEC			SK Neptun	SK Neptun	SK Neptun	15:00-15:30				
15:30-16:00							NEC	NEC			SK Neptun	SK Neptun	SK Neptun	15:30-16:00				
16:00-16:30							NEC	NEC			SK Neptun	SK Neptun	SK Neptun	16:00-16:30				
16:30-17:00							NEC	NEC			SK Neptun	SK Neptun	SK Neptun	16:30-17:00				
17:00-17:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	17:00-17:30				
17:30-18:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	IDF Simskola	17:30-18:00				
18:00-18:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	IDF Simskola	18:00-18:30				
18:30-19:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	18:30-19:00				
19:00-19:30							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30				
19:30-20:00							SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00				
20:00-20:30						SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:00-20:30					
						SPIF Masters	SPIF Masters	SPIF Masters	SPIF Masters	Neptun Masters	Neptun Masters	Neptun Masters	20:30-21:00					

Med reservation för ändringar

Fredag		O	1	2	3	4	5	6	7	8	9			31-maj						
06:00-06:30	Rundsim						Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:00-06:30						
06:30-07:00							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	06:30-07:00		
07:00-07:30							Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	07:00-07:30	
07:30-08:00																			07:30-08:00	
08:00-08:30																				08:00-08:30
08:30-09:00																			IDF Simgkola	08:30-09:00
09:00-09:30																			IDF Simgkola	09:00-09:30
09:30-10:00																			IDF Simgkola	09:30-10:00
10:00-10:30							Lekbanor	Bröstsim	Crawl	Crawl	Snabb-bana	Skola	Skola	Skola	Skola	Skola	Skola			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	Rundsim						SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:00-15:30					
15:30-16:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	15:30-16:00	
16:00-16:30							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:00-16:30
16:30-17:00							SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	SPIF	16:30-17:00
17:00-17:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:00-17:30
17:30-18:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	17:30-18:00
18:00-18:30							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:00-18:30
18:30-19:00							SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun	18:30-19:00
19:00-19:30															Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:00-19:30
										Neptun Masters	Neptun Masters	Neptun Masters	Neptun Masters	19:30-20:00						

Med reservation för ändringar

Lördag			O	1	2	3	4	5	6	7	8	9			O1-jun
															07:45-08:00
08:00-08:30	Rundsim														08:00-08:30
08:30-09:00															08:30-09:00
09:00-09:30								Team Santander	Team Santander						09:00-09:30
09:30-10:00								Team Santander	Team Santander						09:30-10:00
10:00-10:30								Team Santander	Team Santander						10:00-10:30
10:30-11:00	Lekbanor	Bröstsimsim	Crawl	Crawl	Snabb-bana			Team Santander	Team Santander						10:30-11:00
11:00-11:30								Team Santander	Team Santander						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	Rundsim							Team Santander	Team Santander						16:00-16:30
16:30-17:00								Team Santander	Team Santander						16:30-17:00
17:00-17:30								Team Santander	Team Santander						17:00-17:30
17:30-18:00								Team Santander	Team Santander						17:30-18:00
18:00-18:30								Team Santander	Team Santander						18:00-18:30
															18:30-19:00

Med reservation för ändringar

Söndag		O	1	2	3	4	5	6	7	8	9			O2-jun				
														07:45-08:00				
08:00-08:30	Rundsim	Bröstsims	Crawl	Crawl	Snabb-bana									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	Lekbanor																	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	Rundsim										SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun			14:00-14:30
14:30-15:00											SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun			14:30-15:00
15:00-15:30											SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun			15:00-15:30
15:30-16:00											SK Neptun	SK Neptun	SK Neptun	SK Neptun	SK Neptun			15:30-16:00
16:00-16:30														16:00-16:30				
16:30-17:00							Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins					16:30-17:00				
17:00-17:30							Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins					17:00-17:30				
17:30-18:00							Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins					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