

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		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		Snabbbana										09:30-10:00				
10:00-10:30					NEC		NEC		NEC														10:00-10:30				
10:30-11:00																							10:30-11:00				
11:00-11:30																							11:00-11:30				
11:30-12:00																							11:30-12:00				
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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										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				Crawl		Bröstsims		Rundsims				10:00-10:30						
10:30-11:00											Snabbana																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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14:30-15:00																											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										10:00-10:30		
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	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	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		SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH						Snabbbana				10:00-10:30				
10:30-11:00		SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH										10:30-11:00				
11:00-11:30		SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH										11:00-11:30				
11:30-12:00	SPIF Masters	SK Neptun FH	SK Neptun FH	SK Neptun FH	SK Neptun FH										11:30-12:00				
12:00-12:30		SPIF Masters	SPIF	SPIF	SPIF										12:00-12:30				
12:30-13:00		SPIF Masters	SPIF	SPIF	SPIF										12:30-13:00				
13:00-13:30		SPIF	SPIF	SPIF	SPIF										13:00-13:30				
13:30-14:00		SPIF	SPIF	SPIF	SPIF										13:30-14:00				
14:00-14:30	Int. Eng. Skolan	Int. Eng. Skolan	SPIF	SPIF	SPIF										14:00-14:30				
14:30-15:00	Int. Eng. Skolan	Int. Eng. Skolan	SPIF	SPIF	SPIF										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	SPIF Masters	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF	SK Neptun/SPIF						07:30-08:00
08:00-08:30	SPIF Masters	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			SK Neptun	SK Neptun							10:30-11:00
11:00-11:30			SK Neptun	SK Neptun							11:00-11:30
11:30-12:00	SPIF Triathlon	SPIF Triathlon	SK Neptun	SK Neptun							11:30-12:00
12:00-12:30	SPIF Triathlon	SPIF Triathlon	SK Neptun	SK Neptun							12:00-12:30
12:30-13:00	IDF Simskola	SPIF	SPIF	SPIF							12:30-13:00
13:00-13:30	IDF Simskola	SPIF	SPIF	SPIF							13:00-13:30
13:30-14:00	IDF Simskola	SPIF	SPIF	SPIF							13:30-14:00
14:00-14:30	IDF Simskola	SPIF	SPIF	SPIF							14:00-14:30
14:30-15:00	IDF Simskola										14:30-15:00
15:00-15:30				Spårvägen	SK Neptun						15:00-15:30
15:30-16:00				Spårvägen	SK Neptun						15:30-16:00
16:00-16:30				Spårvägen	SK Neptun						16:00-16:30
16:30-17:00				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	NEC	SK Neptun/SPIF						08:30-09:00				
09:00-09:30	IDF Simskola	NEC	NEC	NEC	SK Neptun/SPIF						09:00-09:30				
09:30-10:00	IDF Simskola	NEC	NEC	NEC	SK Neptun/SPIF						09:30-10:00				
10:00-10:30	IDF Simskola	NEC	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	Snabb-bana	Crawl	Bröstsims	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	Dykhuset													12:00-12:30
12:30-13:00	IDF Simskola	Dykhuset													12:30-13:00
13:00-13:30		Dykhuset													13:00-13:30
13:30-14:00	IDF Simskola	Dykhuset													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				Älvsjö AIK	Älvsjö AIK	Älvsjö AIK	19:30-20:00				
20:00-20:30	Apnea	Apnea	Apnea	Apnea				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															

Måndag	0		1		2		3		4		5		6		7		8		9		13-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		Snabbbana										09:30-10:00				
10:00-10:30					NEC		NEC		NEC														10:00-10:30				
10:30-11:00																							10:30-11:00				
11:00-11:30																							11:00-11:30				
11:30-12:00																							11:30-12:00				
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13:30-14:00																					13:30-14:00						
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	14-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				10:00-10:30									
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											
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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												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						Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins								21:00-21:30	
21:30-22:00	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		15-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		
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	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	16-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				10:00-10:30											
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	Neptun	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	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	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	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	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	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	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	Neptun	x	18:30-19:00		
19:00-19:30	SPIF 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	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	Sthlm Dolphins	SPIF Triathlon	SPIF Triathlon	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	Sthlm Dolphins	SPIF Triathlon	SPIF Triathlon	21:30-22:00
Med reservation för ändringar																									

Fredag	0	1	2	3	4	5	6	7	8	9	17-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					09:30-10:00
10:00-10:30			NEC	NEC	NEC	Snabbbana					10:00-10:30
10:30-11:00							10:30-11:00				
11:00-11:30	SPIF Triathlon	SPIF Triathlon					11:00-11:30				
11:30-12:00	SPIF Triathlon	SPIF Triathlon					11:30-12:00				
12:00-12:30	<p>Neptuniaden (RIGG) (SK Neptun)</p>										12:00-12:30
12:30-13:00											12:30-13:00
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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	18-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
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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											

Neptuniaden (SK Neptun) 20.00

Söndag	0	1	2	3	4	5	6	7	8	9	19-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
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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											

Neptuniaden (SK Neptun)