

01-maj		Bana																	
		0	1	2	3	4	5	6	7	8	9								
Tisdag	06:00												06:00						
	06:30												06:30						
	07:00												07:00						
	07:30												07:30						
	08:00	lekbanor	rundsims	crawl		snabb crawl									08:00				
	08:30																	08:30	
	09:00																		09:00
	09:30																		09:30
	10:00																		10:00
	10:30																		10:30
	11:00																		11:00
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	13:00																		13:00
	13:30																		13:30
	14:00																		14:00
	14:30																		14:30
	15:00						NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	15:00					
	15:30						NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	15:30					
	16:00						NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	16:00					
16:30						NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	16:30						
17:00						SKK	SKK	SKK	SKK	Neptun	Neptun	Neptun	17:00						
17:30						SKK	SKK	SKK	SKK	Neptun	Neptun	Neptun	17:30						
18:00						SKK	SKK	SKK	SKK	Neptun	Neptun	Neptun	18:00						
18:30												18:30							
19:00												19:00							
19:30												19:30							
20:00												20:00							
20:30												20:30							
21:00												21:00							
21:30												21:30							

02-maj		Bana															
		0	1	2	3	4	5	6	7	8	9						
Onsdag	06:00						Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:00		
	06:30						Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:30		
	07:00						Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	07:00		
	07:30										Nep vuxen	Nep vuxen			07:30		
	08:00										Nep vuxen	Nep vuxen			08:00		
	08:30											GIH	GIH	08.30-11.00	08.30-11.00	08:30	
	09:00	lekbanor								GIH	GIH	skolsim	skolsim	09:00			
	09:30									GIH	GIH	skolsim	skolsim	09:30			
	10:00												skolsim	skolsim	10:00		
	10:30													Dolphins	skolsim	skolsim	10:30
	11:00													Dolphins			11:00
	11:30													Neptun			11:30
	12:00													vuxen			12:00
	12:30																12:30
	13:00																13:00
	13:30																13:30
	14:00											14:00					
	14:30											14:30					
	15:00	Rundsims					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:00	
	15:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:30	
	16:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	16:00	
	16:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	16.30-18.10	16.30-18.10	16:30	
	17:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	e-dal	e-dal	17:00	
	17:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	simskola	simskola	17:30	
	18:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00	
	18:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:30	
19:00	Neptun						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	19:00		
19:30	Neptun						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	19:30		
20:00	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	20:00							
20:30	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	20:30							
21:00						TT triathlon	TT triathlon	TT triathlon	Apnea	Apnea	Apnea	Apnea	21:00				
21:30						TT triathlon	TT triathlon	TT triathlon	Apnea	Apnea	Apnea	Apnea	21:30				

04-maj		Bana													
		0	1	2	3	4	5	6	7	8	9				
Fredag	06:00	lekbanor	bröstsimsim	crawl	snabb crawl	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:00	
	06:30					Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:30
	07:00					Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	07:00
	07:30														07:30
	08:00														08:00
	08:30											GIH	GIH	08.30-09.40	08.30-09.40
	09:00	lekbanor									GIH	GIH	skolsim	skolsim	09:00
	09:30										GIH	GIH	skolsim	skolsim	09:30
	10:00														10:00
	10:30														10:30
	11:00														11:00
	11:30														11:30
	12:00										12.20-14.10	12.20-14.10	12:00		
	12:30										skolsim	skolsim	12:30		
	13:00										skolsim	skolsim	13:00		
	13:30										skolsim	skolsim	13:30		
	14:00									skolsim	skolsim	14:00			
	14:30											14:30			
	15:00	rundsimsim						Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	15:00
	15:30							Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	15:30
16:00							Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	16:00	
16:30							Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	16:30	
17:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:00	
17:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:30	
18:00							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00	
18:30							Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:30	
19:00							SSIF	SSIF	SSIF	SSIF		Nep masters	Nep masters	19:00	
19:30							SSIF	SSIF	SSIF	SSIF		Nep masters	Nep masters	19:30	
20:00						SSIF	SSIF	SSIF	SSIF		Nep masters	Nep masters	20:00		

06-maj		Bana																					
		0	1	2	3	4	5	6	7	8	9												
Söndag	07:30															07:30							
	08:00	lekbanor	rundsims	bröstsims	crawl	snabb crawl									N. konstsim	N. konstsim	08:00						
	08:30																	N. konstsim	N. konstsim	08:30			
	09:00																		N. konstsim	N. konstsim	09:00		
	09:30																		N. konstsim	N. konstsim	09:30		
	10:00																		e-dal simskola	e-dal simskola	10:00		
	10:30																		e-dal simskola	e-dal simskola	10:30		
	11:00																		e-dal simskola	e-dal simskola	11:00		
	11:30																					11:30	
	12:00																						12:00
	12:30																						12:30
	13:00																						13:00
	13:30																			13.45-14.50	13.45-14.50	13:30	
	14:00																			e-dal	e-dal	14:00	
	14:30																			simskola	simskola	14:30	
	15:00																						15:00
	15:30																						15:30
	16:00																			e-dal simskola	e-dal simskola	16:00	
	16:30																			Dolphins	Dolphins	Dolphins	16:30
	17:00																			Dolphins	Dolphins	Dolphins	17:00
17:30																			Dolphins	Dolphins	Dolphins	17:30	
18:00														SPIF tria.	SPIF tria.	SPIF tria.	18:00						
18:30														SPIF tria.	SPIF tria.	SPIF tria.	Hellas	Hellas	18:30				
19:00														SPIF tria.	SPIF tria.	SPIF tria.	masters	masters	19:00				
19:30														SPIF master	SPIF master	SPIF master	SPIF master		19:30				
20:00														SPIF master	SPIF master	SPIF master	SPIF master		20:00				

07-maj		Bana																	
			0	1	2	3	4	5	6	7	8	9							
Måndag	06:00	lekbanor	bröstsimsim	crawl	snabb crawl	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:00				
	06:30					Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:30		
	07:00					Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	07:00	
	07:30																	07:30	
	08:00																		08:00
	08:30																		08:30
	09:00	lekbanor																	09:00
	09:30																		09:30
	10:00																		10:00
	10:30																		10:30
	11:00																		11:00
	11:30																		11:30
	12:00																vattenlöpning	vattenlöpning	12:00
	12:30																vattenlöpning	vattenlöpning	12:30
	13:00																13.00-15.35	13.00-15.35	13:00
	13:30																skolsim	skolsim	13:30
	14:00											skolsim	skolsim	skolsim	skolsim	skolsim	skolsim	14:00	
	14:30											skolsim	skolsim	skolsim	skolsim	skolsim	skolsim	14:30	
	15:00	Rundsimsim										Polisen	Polisen	Polisen	Polisen		skolsim	skolsim	15:00
	15:30											Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	15:30
	16:00											Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	16:00
16:30								Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	16:30				
17:00								Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	17:00				
17:30								Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	17:30				
18:00								Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	18:00				
18:30								Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	18:30				
19:00								Polisen	Polisen	Polisen	Polisen	Hellas avbok			19:00				
19:30								Polisen	Polisen	Polisen	Polisen				19:30				
20:00								Polisen	Polisen	Polisen	Polisen			E-dal	20:00				
20:30								Polisen	Polisen	Polisen	Polisen			simskola	20:30				
21:00								SPIF master	SPIF master	SPIF master	Apnea	Apnea	Apnea	Apnea	21:00				
21:30								SPIF master	SPIF master	SPIF master	Apnea	Apnea	Apnea	Apnea	21:30				

09-maj		Bana																
		0	1	2	3	4	5	6	7	8	9							
Onsdag	06:00	lekbanor	bröstsimsim	crawl	snabb crawl	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:00				
	06:30					Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:30			
	07:00					Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	07:00			
	07:30														07:30			
	08:00														08:00			
	08:30											GIH	GIH	08.30-11.00	08.30-11.00	08:30		
	09:00	lekbanor				bröstsimsim	crawl	snabb crawl					GIH	GIH	skolsim	skolsim	09:00	
	09:30												GIH	GIH	skolsim	skolsim	09:30	
	10:00														Dolphins	skolsim	skolsim	10:00
	10:30														Dolphins	skolsim	skolsim	10:30
	11:00																	11:00
	11:30														Neptun	Neptun		
	12:00										vuxen	vuxen			12:00			
	12:30														12:30			
	13:00														13:00			
	13:30														13:30			
	14:00														14:00			
	14:30														14:30			
	15:00	Rundsimsim	bröstsimsim	crawl	snabb crawl	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:00			
	15:30					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:30		
	16:00					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	16:00		
16:30	Neptun					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	16.30-18.10	16.30-18.10	16:30			
17:00	Neptun					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	e-dal	e-dal	17:00			
17:30	Neptun					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	simskola	simskola	17:30			
18:00	Neptun					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00			
18:30	Neptun					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:30			
19:00	Neptun					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	19:00			
19:30	Neptun					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	19:30			
20:00	Neptun					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	20:00			
20:30	Neptun					Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	20:30			
21:00						TT triathlon	TT triathlon	TT triathlon	Apnea	Apnea	Apnea	Apnea	21:00					
21:30						TT triathlon	TT triathlon	TT triathlon	Apnea	Apnea	Apnea	Apnea	21:30					

10-maj		Bana																	
			0	1	2	3	4	5	6	7	8	9							
Torsdag	06:00	lekbanor	rundsims	crawl	snabb crawl										06:00				
	06:30										City tria.	City tria.	City tria.			6.45-7.30	06:30		
	07:00											City tria.	City tria.	City tria.				H20 l�p	07:00
	07:30																	grupptr.	07:30
	08:00																		08:00
	08:30																		08:30
	09:00																		09:00
	09:30																		09:30
	10:00																		10:00
	10:30																		10:30
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	13:00																		13:00
	13:30																		13:30
	14:00																		14:00
	14:30																		14:30
	15:00											NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	15:00
	15:30											NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	15:30
	16:00											NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	16:00
16:30							NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun	16:30					
17:00							Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	17:00					
17:30							Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	17:30					
18:00							Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	18:00					
18:30							Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	18:30					
19:00							Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	19:00					
19:30							Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	19:30					
20:00							Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	20:00					
20:30							Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	20:30					
21:00							SPIF master	SPIF master	SPIF master					21:00					
21:30							SPIF master	SPIF master	SPIF master					21:30					

11-maj		Bana														
		0	1	2	3	4	5	6	7	8	9					
Fredag	06:00	lekbanor	bröstsims	crawl	snabb crawl	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:00		
	06:30					Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	06:30	
	07:00					Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	07:00	
	07:30														07:30	
	08:00														08:00	
	08:30													08.30-09.40	08.30-09.40	08:30
	09:00	lekbanor												skolsim	skolsim	09:00
	09:30													skolsim	skolsim	09:30
	10:00															10:00
	10:30															10:30
	11:00															11:00
	11:30															11:30
	12:00	rundsims										12.20-14.10	12.20-14.10	12:00		
	12:30											skolsim	skolsim	12:30		
	13:00											skolsim	skolsim	13:00		
	13:30											skolsim	skolsim	13:30		
	14:00											skolsim	skolsim	14:00		
	14:30													14:30		
	15:00						Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	15:00		
	15:30						Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	15:30		
16:00						Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	16:00			
16:30						Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	16:30			
17:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:00			
17:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:30			
18:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00			
18:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:30			
19:00						SSIF	SSIF	SSIF	SSIF		Nep masters	Nep masters	19:00			
19:30						SSIF	SSIF	SSIF	SSIF		Nep masters	Nep masters	19:30			
20:00						SSIF	SSIF	SSIF	SSIF		Nep masters	Nep masters	20:00			

13-maj		Bana																									
		0	1	2	3	4	5	6	7	8	9																
Söndag	07:30																07:30										
	08:00	lekbanor	rundsims	crawl		snabb crawl							Insim	Insim			08:00										
	08:30																Insim	Insim			08:30						
	09:00																	Insim	Insim			09:00					
	09:30																	Insim	Insim			09:30					
	10:00																	Nep.konst	Nep.konst	Insim	Insim	e-dal simskola	e-dal simskola	10:00			
	10:30																	Nep.konst	Nep.konst	Insim	Insim	e-dal simskola	e-dal simskola	10:30			
	11:00																			Insim	Insim	e-dal simskola	e-dal simskola	11:00			
	11:30																			Insim	Insim			11:30			
	12:00																			Insim	Insim			12:00			
	12:30																			Insim	Insim			12:30			
	13:00																			Insim	Insim			13:00			
	13:30																			Insim	Insim	13.45-14.50	13.45-14.50	13:30			
	14:00																			Insim	Insim	e-dal	e-dal	14:00			
	14:30																			Insim	Insim	simskola	simskola	14:30			
	15:00																			Insim	Insim			15:00			
	15:30																			Insim	Insim			15:30			
	16:00																			Insim	Insim	e-dal simskola	e-dal simskola	16:00			
	16:30																			Dolphins	Dolphins	Dolphins	Insim	Insim			16:30
	17:00																			Dolphins	Dolphins	Dolphins	Insim	Insim			17:00
17:30																			Dolphins	Dolphins	Dolphins	Insim	Insim			17:30	
18:00														SPIF tria.	SPIF tria.	SPIF tria.	Insim	Insim			18:00						
18:30														SPIF tria.	SPIF tria.	SPIF tria.	Insim	Insim	Hellas	Hellas	18:30						
19:00														SPIF tria.	SPIF tria.	SPIF tria.	SPIF tria.	SPIF tria.	masters	masters	19:00						
19:30														SPIF master	SPIF master	SPIF master	SPIF master	SPIF master	SPIF master			19:30					
20:00														SPIF master	SPIF master	SPIF master	SPIF master	SPIF master	SPIF master			20:00					

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