

14-maj		Bana															
			0	1	2	3	4	5	6	7	8	9					
Måndag	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	Nep masters	07:00	
	07:30															07:30	
	08:00															08:00	
	08:30															08:30	
	09:00	Rundsims												Dolphins			09:00
	09:30													Dolphins			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	14:00		
	14:30									skolsim	skolsim	skolsim	skolsim	skolsim	14:30		
	15:00								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	Hellas	Hellas	19:00			
19:30							Polisen	Polisen	Polisen	Polisen	Hellas	Hellas	Hellas	19:30			
20:00							Polisen	Polisen	Polisen	Polisen	Hellas	Hellas	E-dal	20:00			
20:30							Polisen	Polisen	Polisen	Polisen	Hellas	Hellas	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			

16-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										Nep vuxen	Nep vuxen			07:30	
	08:00										Nep vuxen	Nep vuxen			08:00	
	08:30													08.30-11.00	08.30-11.00	08:30
	09:00	lekbanor												skolsim	skolsim	09:00
	09:30													skolsim	skolsim	09:30
	10:00													skolsim	skolsim	10:00
	10:30													skolsim	skolsim	10:30
	11:00															11:00
	11:30											Neptun	Neptun			11:30
	12:00	Rundsimsim						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						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:00		
	15:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	15:30		
	16:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	16:00		
16:30						Neptun	Neptun	Neptun	Neptun	Neptun	16.30-18.10	16.30-18.10	16:30			
17:00						Neptun	Neptun	Neptun	Neptun	Neptun	e-dal	e-dal	17:00			
17:30						Neptun	Neptun	Neptun	Neptun	Neptun	simskola	simskola	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						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	19:00			
19:30						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	19:30			
20:00						Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	20:00			
20:30						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			

17-maj		Bana																
		0	1	2	3	4	5	6	7	8	9							
Torsdag	06:00	lekbanor	bröstsimsim	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.	e-dal	e-dal	H20 löp	07:00
	07:30										N.Crawl				crawlkurs	crawlkurs	grupptr.	07:30
	08:00										N.Crawl					e-dal	e-dal	08:00
	08:30													GIH	GIH	crawlkurs	crawlkurs	08:30
	09:00													GIH	GIH	09.00-11.15	09.00-11.15	09:00
	09:30													GIH	GIH	skolsim	skolsim	09:30
	10:00															skolsim	skolsim	10:00
	10:30															skolsim	skolsim	10:30
	11:00															skolsim	skolsim	11:00
	11:30																	11:30
	12:00																	12:00
	12:30																	12:30
	13:00												13.00-14.50	13.00-14.50	13:00			
	13:30												skolsim	skolsim	13:30			
	14:00												skolsim	skolsim	14:00			
	14:30												skolsim	skolsim	14:30			
	15:00		Rundsimsim					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					

18-maj		Bana																		
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Fredag	06:00	rundsimsim	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	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	07:00		
	07:30																		07:30	
	08:00																		08:00	
	08:30																	08.30-09.40	08.30-09.40	08:30
	09:00															Expology	skolsim	skolsim	09:00	
	09:30															Expology	skolsim	skolsim	09:30	
	10:00							<p style="text-align: center; font-size: 2em; color: red;">USM Konstsim kl. 12.00-21.00 Rigg från kl. 10.00</p>												10:00
	10:30																			10:30
	11:00	11:00																		
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		Bana												
19-maj		0	1	2	3	4	5	6	7	8	9			
Lördag	07:30	USM Konstsim kl. 7.30-20.00												07:30
	08:00													08:00
	08:30													08:30
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19:00	19:00													
19:30	19:30													

20-maj		Bana											
		0	1	2	3	4	5	6	7	8	9		
Söndag	07:30	<h1>USM Konstsim kl. 7.30-16.00</h1>											07:30
	08:00												08:00
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	15:30												15:30
	16:00												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	lek	rundsims	crawl	snabb crawl		SPIF tria.	SPIF tria.	SPIF tria.	SPIF tria.	SPIF tria.		18:00
	18:30					SPIF tria.	SPIF tria.	SPIF tria.	SPIF tria.	SPIF tria.	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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