

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				
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	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																
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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
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	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					
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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
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Lördag	07:30	USM Konstsimm kl. 7.30-20.00												07:30
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26-maj		Bana																	
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Lördag	07:30													07:30					
	08:00	lekbanor	rundsimsim	bröstsimsim	crawl	snabb crawl								08:00					
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