	06-aug	Bana														
				0	1	2	3	4	5	6	7	8	9			
Måndag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
	07:00															07:00
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	09:00	lek												Neptun	Neptun	09:00
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	15:00	rundsim								Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	15:00
	15:30									Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	15:30
	16:00									Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	16:00
	16:30									Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	16:30
	17:00								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	17:00
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07-aug		Bana														
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Tisdag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
	07:00															07:00
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	09:00	lek												Neptun	Neptun	09:00
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	15:00	rundsim												Neptun	Neptun	15:00
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	18:30								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	18:30
	19:00								Nep. Masters	Nep. Masters				Hellas	Hellas	19:00
	19:30								Nep. Masters	Nep. Masters				Hellas	Hellas	19:30
	20:00								Nep. Masters	Nep. Masters						20:00
	20:30															20:30
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08-aug		Bana													
				0	1	2	3	4	5	6	7	8	9		
Onsdag	06:00	rundsim		bröstsim		crawl		snabb crawl							06:00
	06:30														06:30
	07:00														07:00
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	08:00														08:00
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	09:00	lek												Neptun	Neptun	09:00
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	15:00	rundsim							Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	15:00
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	16:00								Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	16:00
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	19:00															19:00
	19:30												Apnea	Apnea	Apnea	19:30
	20:00												Apnea	Apnea	Apnea	20:00
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09-aug		Bana														
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Torsdag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
	07:00															07:00
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	09:00	lek												Neptun	Neptun	09:00
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	15:00	rundsim												Neptun	Neptun	15:00
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	18:30								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	18:30
	19:00										Dolphins	Dolphins	Dolphins	Hellas	Hellas	19:00
	19:30										Dolphins	Dolphins	Dolphins	Hellas	Hellas	19:30
	20:00										Dolphins	Dolphins	Dolphins			20:00
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10-aug		Bana		0	1	2	3	4	5	6	7	8	9			
Fredag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
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	09:00	lekbanor												Neptun	Neptun	09:00
	09:30													Neptun	Neptun	09:30
	10:00											Neptun	Neptun	Neptun	Neptun	10:00
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	15:00	rundsim							Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	15:00
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	16:00								Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	16:00
	16:30								Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	16:30
	17:00								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen		17:00
	17:30								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	St.Dive	17:30
	18:00								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	St.Dive	18:00
	18:30								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	St.Dive	18:30
	19:00														St.Dive	19:00
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		Bana														
11-aug				0	1	2	3	4	5	6	7	8	9			
Lördag	07:30															
	08:00	lekbanor		rundsim		bröstsim	crawl	snabb crawl								08:00
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		Bana														
12-aug				0	1	2	3	4	5	6	7	8	9			
Söndag	07:30															07:30
	08:00	lekbanor		rundsim		bröstsim	crawl	snabb crawl								08:00
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13-aug		Bana														
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Måndag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
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	08:00															08:00
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	09:00	lek										Neptun	Neptun			09:00
	09:30											Neptun	Neptun			09:30
	10:00											Neptun	Neptun	Neptun	Neptun	10:00
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	15:00	rundsim								Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	15:00
	15:30									Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	15:30
	16:00									Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	16:00
	16:30									Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	16:30
	17:00								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	17:00
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14-aug		Bana													
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Tisdag	06:00	rundsim		bröstsim		crawl		snabb crawl							06:00
	06:30														06:30
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	09:00	lek										Neptun	Neptun		09:00
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	15:00	rundsim												Neptun	Neptun	15:00
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	17:00								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	17:00
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	18:30								Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	18:30
	19:00								Nep. Masters	Nep. Masters				Hellas	Hellas	19:00
	19:30								Nep. Masters	Nep. Masters				Hellas	Hellas	19:30
	20:00								Nep. Masters	Nep. Masters						20:00
	20:30															20:30
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15-aug		Bana														
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Onsdag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
	07:00															07:00
	07:30															07:30
	08:00															08:00
	08:30															08:30
	09:00	lek										Neptun	Neptun			09:00
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	15:00	rundsim							Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	15:00
	15:30								Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	15:30
	16:00								Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	16:00
	16:30								Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	16:30
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	19:30												Apnea	Apnea	Apnea	19:30
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16-aug		Bana														
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Torsdag	06:00	rundsim		bröstsim		crawl		snabb crawl								06:00
	06:30															06:30
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	09:00	lek										Neptun	Neptun			09:00
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	15:00	rundsim												Neptun	Neptun	15:00
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	19:00									Polisen	Polisen	Polisen	Polisen	Hellas	Hellas	19:00
	19:30									Polisen	Polisen	Polisen	Polisen	Hellas	Hellas	19:30
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17-aug		Bana													
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Fredag	06:00	rundsim		bröstsim		crawl		snabb crawl							06:00
	06:30														06:30
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	09:00	lekbanor										Neptun	Neptun		09:00
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	15:00	rundsim							Polisen	Polisen	Polisen	Polisen		Neptun	Neptun	15:00
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		Bana														
18-aug				0	1	2	3	4	5	6	7	8	9			
Lördag	07:30															07:30
	08:00	lekbanor		rundsim		bröstsim	crawl	snabb crawl								08:00
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		Bana														
19-aug				0	1	2	3	4	5	6	7	8	9			
Söndag	07:30															07:30
	08:00	lekbanor		rundsim		bröstsim	crawl	snabb crawl								08:00
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