

19-feb		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	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	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											Sim	Sim	12:00			
	12:30											Akademin	Akademin	12:30			
	13:00											13.00-15.35	13.00-15.35	13:00			
	13:30											skolsim	skolsim	13:30			
	14:00										skolsim	skolsim	14:00				
	14:30										skolsim	skolsim	14:30				
	15:00	Rundsims										skolsim	skolsim	15:00			
	15:30										Neptun	Neptun	Neptun	15:30			
	16:00										Neptun	Neptun	Neptun	16:00			
16:30										Neptun	Neptun	Neptun	16:30				
17:00										Neptun	Neptun	Neptun	17:00				
17:30										Neptun	Neptun	Neptun	17:30				
18:00										Neptun	Neptun	Neptun	18:00				
18:30										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			

21-feb		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													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						kurs	kurs			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			

22-feb		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														crawlkurs	crawlkurs	grupptr.	07:30		
	08:00															e-dal	e-dal	08:00		
	08:30															crawlkurs	crawlkurs	08:30		
	09:00															09.00-11.15	09.00-11.15	09:00		
	09:30															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												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	Nep masters	Nep masters	Nep masters	Nep masters	21:00	
21:30												SPIF master	SPIF master	SPIF master	Nep masters	Nep masters	Nep masters	Nep masters	21:30	

23-feb		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	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															07:30	
	08:00																08:00
	08:30														08.30-09.40	08.30-09.40	08:30
	09:00	lekbanor	bröstsims	crawl		snabb crawl							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	lekbanor	bröstsims	crawl		snabb crawl							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	rundsims	bröstsims	crawl		snabb crawl	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								

25-feb		Bana															
			0	1	2	3	4	5	6	7	8	9					
Söndag	07:30												07.45	07.45	07.45	07.45	07:30
	08:00												Nep masters	Nep masters	Nep masters	Nep masters	08:00
	08:30												Nep masters	Nep masters	Nep masters	Nep masters	08:30
	09:00																09:00
	09:30																09:30
	10:00																10:00
	10:30																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																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.	18:30	
19:00													SPIF tria.	SPIF tria.	SPIF tria.	19:00	
19:30													SPIF master	SPIF master	SPIF master	19:30	
20:00													SPIF master	SPIF master	SPIF master	20:00	

26-feb		Bana														
		0	1	2	3	4	5	6	7	8	9					
Måndag	06:00	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	Nep masters	07:00	
	07:30														07:30	
	08:00														08:00	
	08:30														08:30	
	09:00										Neptun	Neptun	Neptun	Neptun	Neptun	09:00
	09:30										konst/sim	konst/sim	konst/sim	konst/sim	konst/sim	09:30
	10:00				lek	bröstsimsim	bröstsimsim	crawl	snabb crawl	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	09:00
	10:30	konst/sim	konst/sim	konst/sim						konst/sim	konst/sim	konst/sim	09:30			
	11:00		Neptun	Neptun						Neptun	Neptun	Neptun	11:00			
	11:30		Neptun	Neptun						Neptun	Neptun	Neptun	11:30			
	12:00		Neptun	Neptun						Neptun	Neptun	Neptun	12:00			
	12:30												12:30			
	13:00												13:00			
	13:30												13:30			
	14:00												14:00			
	14:30							14:30								
	15:00	lek	bröstsimsim	crawl	snabb crawl	Polisen	Polisen	Polisen	Polisen				15:00			
	15:30					Polisen	Polisen	Polisen	Polisen				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	rundsimsim	bröstsimsim				crawl	snabb crawl	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				19:00	
19:30				Polisen	Polisen			Polisen				19:30				
20:00				Polisen	Polisen			Polisen				20:00				
20:30				Polisen	Polisen			Polisen				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				

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27-feb		Bana													
		0	1	2	3	4	5	6	7	8	9				
Tisdag	06:00	bröstsimsim	crawl	snabb crawl										06:00	
	06:30				SPIF tria.	Evli	Evli	Evli	City tria.	City tria.	City tria.	06:30			
	07:00				SPIF tria.	Evli	Evli	Evli	City tria.	City tria.	City tria.	07:00			
	07:30											07:30			
	08:00											08:00			
	08:30											08:30			
	09:00									Neptun	Neptun	Neptun	Neptun	Neptun	09:00
	09:30									konst/sim	konst/sim	konst/sim	konst/sim	konst/sim	09:30
	10:00				lek	bröstsimsim	bröstsimsim	crawl	snabb crawl	Neptun	Neptun	Neptun	Neptun	Neptun	10:00
	10:30	konst/sim	konst/sim	konst/sim						konst/sim	konst/sim	konst/sim	10:30		
	11:00		Neptun	Neptun						Neptun	Neptun	Neptun	11:00		
	11:30		Neptun	Neptun						Neptun	Neptun	Neptun	11:30		
	12:00		Crawl gruppträning kl. 12.15-13.00								12:00				
	12:30											12:30			
	13:00											13:00			
	13:30											13:30			
	14:00											14:00			
	14:30						14:30								
	15:00	lek	bröstsimsim	crawl	snabb crawl	NEC	NEC	NEC	NEC			15:00			
	15:30					NEC	NEC	NEC	NEC			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	rundsimsim							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								SKK	SKK	SKK	SKK	Neptun	Neptun	Neptun	18:30
19:00															19:00
19:30												19:30			
20:00												20:00			
20:30											20:30				
21:00						Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	21:00			
21:30						Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	21:30			

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28-feb		Bana													
			0	1	2	3	4	5	6	7	8	9			
Onsdag	06:00	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	06:30		
	07:00				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									Neptun	Neptun	Neptun	Neptun	Neptun	09:00
	09:30									konst/sim	konst/sim	konst/sim	konst/sim	konst/sim	09:30
	10:00				lek	bröstsimsim	bröstsimsim	crawl	snabb crawl	Neptun	Neptun	Neptun	Neptun	Neptun	09:30
	10:30	konst/sim	konst/sim	konst/sim						konst/sim	konst/sim	10:00			
	11:00												11:00		
	11:30												11:30		
	12:00												12:00		
	12:30												12:30		
	13:00												13:00		
	13:30												13:30		
	14:00												14:00		
	14:30							14:30							
	15:00	lek	bröstsimsim	snabb crawl								15:00			
	15:30											15:30			
	16:00				Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	16:00			
16:30									16:30						
17:00	rundsimsim	bröstsimsim	crawl	snabb crawl							17:00				
17:30												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							

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01-mar		Bana																
		0	1	2	3	4	5	6	7	8	9							
Torsdag	06:00	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.				H20 löp	07:00	
	07:30															grupptr.	07:30	
	08:00														Sthlm SF	Sthlm SF	08:00	
	08:30														Sthlm SF	Sthlm SF	08:30	
	09:00											Neptun	Neptun	Neptun	Neptun	Neptun	09:00	
	09:30											konst/sim	konst/sim	konst/sim	konst/sim	konst/sim	09:30	
	10:00				lek	bröstsimsim	bröstsimsim	crawl	snabb crawl			Neptun	Neptun	Neptun	Neptun	Neptun	09:30	10:00
	10:30			konst/sim						konst/sim	konst/sim	konst/sim	konst/sim	konst/sim	konst/sim	konst/sim	10:30	
	11:00												Neptun	Neptun	Neptun	Neptun	Neptun	11:00
	11:30												Neptun	Neptun	Neptun	Neptun	Neptun	11:30
	12:00												Neptun	Neptun	Neptun	Neptun	Neptun	12:00
	12:30																	12:30
	13:00																	13:00
	13:30												13:30					
	14:00												14:00					
	14:30												14:30					
	15:00	lek	bröstsimsim	snabb crawl		NEC	NEC	NEC	NEC					15:00				
	15:30					NEC	NEC	NEC	NEC					15:30				
	16:00					NEC	NEC	NEC	NEC					16:00				
16:30					NEC	NEC	NEC	NEC					16:30					
17:00	rundsimsim	bröstsimsim	crawl	snabb crawl		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	Nep masters	Nep masters	Nep masters	Nep masters	21:00					
21:30						SPIF master	SPIF master	SPIF master	Nep masters	Nep masters	Nep masters	Nep masters	21:30					

02-mar		Bana															
		0	1	2	3	4	5	6	7	8	9						
Fredag	06:00	bröstsimsim	crawlsim	snabb crawlsim	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									Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	09:00	
	09:30									konst/sim	konst/sim	konst/sim	konst/sim	konst/sim	konst/sim	09:30	
	10:00				lek	bröstsimsim	snabb crawlsim	crawlsim	snabb crawlsim	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	09:00	
	10:30	konst/sim	konst/sim	konst/sim						konst/sim	konst/sim	konst/sim	09:30				
	11:00																11:00
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	14:00																14:00
	14:30											14:30					
	15:00	lek	bröstsimsim	crawlsim	snabb crawlsim					Polisen	Polisen	Polisen	15:00				
	15:30									Polisen	Polisen	Polisen	15:30				
16:00									Polisen	Polisen	Polisen	16:00					
16:30									Polisen	Polisen	Polisen	16:30					
17:00	rundsimsim								Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:00		
17:30									Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	17:30		
18:00									Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	18:00		
18:30									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				

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03-mar		Bana												
		0	1	2	3	4	5	6	7	8	9			
Lördag	07:30										NEC	NEC	NEC	07:30
	08:00										NEC	NEC	NEC	08:00
	08:30										NEC	NEC	NEC	08:30
	09:00										NEC	NEC	NEC	09:00
	09:30													09:30
	10:00						Neptun	Neptun	Neptun	Neptun				10:00
	10:30						Neptun	Neptun	Neptun	Neptun				10:30
	11:00						Neptun	Neptun	Neptun	Neptun				11:00
	11:30						Neptun	Neptun	Neptun	Neptun				11:30
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04-mar		Bana																	
		0	1	2	3	4	5	6	7	8	9								
Söndag	07:30									07.45	07.45	07.45	07.45	07:30					
	08:00	lekbanor	rundsims	bröstsims	crawl	snabb crawl				Nep masters	Nep masters	Nep masters	Nep masters	08:00					
	08:30									Nep masters	Nep masters	Nep masters	Nep masters	08:30					
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	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.	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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