

| 13-nov | | Bana | | | | | | | | | | | | | | | | |
|--------|-------|----------|----------|-------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|----------|---------|---------|-------------|-------------|---------|
| | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | | | | | | |
| Måndag | 06:00 | lekbanor | bröstsim | 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 | | | 06:30 | | | |
| | 07:00 | | | | | 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 | | | | | | | | | | | | | | | | | 12:00 |
| | 12:30 | | | | | | | | | | | | | | | | | 12:30 |
| | 13:00 | | | | | | | | | | | | | | | | | 13:00 |
| | 13:30 | | | | | | | | | | | | | | | 13.00-15.35 | 13.00-15.35 | 13:00 |
| | 14:00 | | | | | | | | | | | | | | | skolsim | skolsim | 13:30 |
| | 14:30 | | | | | | | | | | | | | | | skolsim | skolsim | 14:00 |
| | 15:00 | | | | | | | | | | | | | | | skolsim | skolsim | 14:30 |
| | 15:00 | | | | | Rundsims | | | | | | Polisen | Polisen | Polisen | Polisen | | skolsim | skolsim |
| | 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 | | | | |

| 15-nov | | 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 | 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 | | | | | | | | | | | 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 | | | | | | | | | | | | | | | 15:00 |
| | 15:30 | | | | | | | | | | | | | | | | 15:30 |
| | 16:00 | | | | | | | | | | | | | | | | 16:00 |
| 16:30 | | | | | | | | | | | 16.30-18.10 | 16.30-18.10 | 16:30 | | | | |
| 17:00 | | | | | | | | | | | e-dal | e-dal | 17:00 | | | | |
| 17:30 | | | | | | | | | | | simskola | simskola | 17:30 | | | | |
| 18:00 | | | | | | | | | | | Neptun | Neptun | 18:00 | | | | |
| 18:30 | | | | | | | | | | | Neptun | Neptun | 18:30 | | | | |
| 19:00 | | | | | | | | | | | Neptun | Neptun | 19:00 | | | | |
| 19:30 | | | | | | | | | | | Neptun | Neptun | 19:30 | | | | |
| 20:00 | | | | | | | | | | | Neptun | Neptun | 20:00 | | | | |
| 20:30 | | | | | | | | | | Neptun | Neptun | 20:30 | | | | | |
| 21:00 | | | | | | | | | | TT triathlon | TT triathlon | 21:00 | | | | | |
| 21:30 | | | | | | | | | | TT triathlon | TT triathlon | 21:30 | | | | | |

| 17-nov | | 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 | 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 | | | | | | | | | | | | 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 | | | | | | | | | 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 | | | | | 19:00 | |
| 19:30 | | | | | | | SSIF | SSIF | SSIF | | | | | 19:30 | |
| 20:00 | | | | | | SSIF | SSIF | SSIF | | | | | 20:00 | | |

| 20-nov | | Bana | | | | | | | | | | | | | | | | | |
|--------|-------|----------|----------|-------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|---------|---------|-------------|-------------|---------|---------|-------|
| | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | | | | | | | |
| Måndag | 06:00 | lekbanor | bröstsim | 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 | 06:30 | | | | | | |
| | 07:00 | | | | | 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 | | | |
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| | 12:00 | | | | | | | | | | | | | | | 12:00 | | | |
| | 12:30 | | | | | | | | | | | | | | | 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 | | | | | | 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 | | | | | | |

| 22-nov | | 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 | 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 | | | | | | | | | | | 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 | | | | | | | | | 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 | | | | | |

| 24-nov | | Bana | | | | | | | | | | | | | | |
|--------|-------|------------|-------------|-------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|---------|---------|-------|
| | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | | | | |
| Fredag | 06:00 | | bröstsimsim | 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 | 06:30 | | | |
| | 07:00 | | | | | 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 | | | | | | | | | | RFSL | 12.20-14.10 | 12.20-14.10 | 12:00 | | |
| | 12:30 | | | | | | | | | | RFSL | 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 | | | | | 19:00 | | |
| 19:30 | | | | | | | SSIF | SSIF | SSIF | | | | | 19:30 | | |
| 20:00 | | | | | | SSIF | SSIF | SSIF | | | | | 20:00 | | | |

| 26-nov | | Bana | | | | | | | | | | | |
|--------|----------|--|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------|---|--|-------|
| | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | |
| Söndag | 07:30 | KM-simning kl. 8.00-12.00 Arrangör Polisen | | | | | | | | | | | 07:30 |
| | 08:00 | | | | | | | | | | | | |
| | 08:30 | | | | | | | | | | | | |
| | 09:00 | | | | | | | | | | | | |
| | 09:30 | | | | | | | | | | | | |
| | 10:00 | | | | | | | | | | | | |
| | 10:30 | | | | | | | | | | | | |
| | 11:00 | | | | | | | | | | | | |
| | 11:30 | | | | | | | | | | | | |
| | 12:00 | | | | | | | | | | | | |
| | 12:30 | | | | | | | | | | | | |
| | 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 | Urban | Urban | 17:00 | | | | |
| 17:30 | | | Dolphins | Dolphins | Dolphins | Tribes | Tribes | 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 | | | |
| | lekbanor | | rundsims | | bröstsims | | crawl | | snabb crawl | | | | |