

27-nov		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			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															13.00-15.35	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	Rundsimsim									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					



29-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					

30-nov		Bana																			
		0	1	2	3	4	5	6	7	8	9										
Torsdag	06:00	lekbanor	bröstsimsim	crawl	snabb crawl										06:00						
	06:30					SPIF tria.	City tria.	City tria.	City tria.						6.45-7.30	06:30					
	07:00					SPIF tria.	City tria.	City tria.	City tria.	e-dal	e-dal				H20 löp	07:00					
	07:30						City tria.	City tria.	City tria.	crawlkurs	crawlkurs				grupptr.	07:30					
	08:00														e-dal	08:00					
	08:30											GIH	GIH	crawlkurs	crawlkurs		08:30				
	09:00	lekbanor				bröstsimsim	crawl	snabb crawl					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																GIH	GIH	skolsim	skolsim	10:30
	11:00																GIH	GIH	skolsim	skolsim	11:00
	11:30																GIH	GIH			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												Post- och		skolsim	skolsim		14:00			
	14:30												tele styrelsen		skolsim	skolsim		14:30			
	15:00	Rundsimsim	bröstsimsim	crawl	snabb crawl	NEC	NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun		15:00						
	15:30					NEC	NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun		15:30						
	16:00					NEC	NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun		16:00						
16:30	NEC					NEC	NEC	NEC	NEC	Neptun	Neptun	Neptun		16:30							
17:00	Polisen					Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen		17:00				
17:30	Polisen					Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen		17:30				
18:00	Polisen					Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen		18:00				
18:30	Polisen					Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen	Polisen		18:30				
19:00	Polisen					Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun		19:00				
19:30	Polisen					Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun		19:30				
20:00	Polisen					Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun		20:00				
20:30	Polisen					Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	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							

01-dec		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	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										GIH	GIH	08.30-09.40	08.30-09.40	08:30	
	09:00	lekbanor										GIH	GIH	skolsim	skolsim	09:00
	09:30											GIH	GIH	skolsim	skolsim	09:30
	10:00															10:00
	10:30											GIH	GIH			10:30
	11:00							GIH	GIH			11:00				
	11:30							GIH	GIH			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			

Rigg höstsimsimaden

		Bana												
02-dec		0	1	2	3	4	5	6	7	8	9			
Lördag	07:30	<p style="text-align: center; font-size: 2em; font-weight: bold;">Höstsimiaden kl. 7.30-20.00</p> <p style="text-align: center; font-size: 3em; font-weight: bold;">Arrangör: Spårvägen</p>												07:30
	08:00													08:00
	08:30													08:30
	09:00													09:00
	09:30													09:30
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	16:30													16:30
	17:00													17:00
17:30	17:30													
18:00	18:00													
18:30	18:30													
19:00	19:00													
19:30	19:30													

03-dec		Bana											
		0	1	2	3	4	5	6	7	8	9		
Söndag	07:30	<p style="text-align: center; font-size: 2em; margin: 0;">Höstsimiaden kl. 7.30-20.00</p> <p style="text-align: center; font-size: 3em; margin: 0;">Arrangör: Spårvägen</p>											07:30
	08:00												08:00
	08:30												08:30
	09:00												09:00
	09:30												09:30
	10:00												10:00
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18:30	18:30												
19:00	19:00												
19:30	19:30												
20:00	20:00												

04-dec		Bana																	
		0	1	2	3	4	5	6	7	8	9								
Måndag	06:00	lekbanor	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			
	09:00	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															13.00-15.35	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					Rundsimsim						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						



06-dec		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					

07-dec		Bana																
		0	1	2	3	4	5	6	7	8	9							
Torsdag	06:00	lekbanor	bröstsimsim	crawl	snabb crawl										06:00			
	06:30					SPIF tria.	City tria.	City tria.	City tria.							6.45-7.30	06:30	
	07:00					SPIF tria.	City tria.	City tria.	City tria.	e-dal	e-dal	e-dal	e-dal	e-dal	H20 löp			07:00
	07:30						City tria.	City tria.	City tria.	crawlkurs	crawlkurs	crawlkurs	crawlkurs	crawlkurs	grupptr.			07:30
	08:00														e-dal	e-dal		08:00
	08:30												GIH	GIH	crawlkurs	crawlkurs		08:30
	09:00	lekbanor										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												GIH	GIH	skolsim	skolsim		10:30
	11:00												GIH	GIH	skolsim	skolsim		11:00
	11:30												GIH	GIH				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	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					

08-dec		Bana														
		0	1	2	3	4	5	6	7	8	9					
Fredag	06:00		lekbanor	bröstsim	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											GIH	GIH	08.30-09.40	08.30-09.40	08:30
	09:00											GIH	GIH	skolsim	skolsim	09:00
	09:30											GIH	GIH	skolsim	skolsim	09:30
	10:00															10:00
	10:30											GIH	GIH			10:30
	11:00							GIH	GIH			11:00				
	11:30							GIH	GIH			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		rundsims					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				



