

11-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	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	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					

13-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									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					

14-dec		Bana																	
		0	1	2	3	4	5	6	7	8	9								
Torsdag	06:00	lekbanor	bröstsim	crawl	snabb crawl											06:00			
	06:30					SPIF tria.	City tria.	City tria.	City tria.									06:30	
	07:00					SPIF tria.	City tria.	City tria.	City tria.	e-dal	e-dal								07:00
	07:30						City tria.	City tria.	City tria.	crawlkurs	crawlkurs								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		Rundsims				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	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	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun		19:00				
19:30		Polisen		Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun		19:30				
20:00		Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun		20:00					
20:30		Polisen	Polisen	Polisen	Polisen	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun	Neptun		20:30					
21:00		SPIF master	SPIF master	SPIF master	SPIF master	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters		21:00					
21:30		SPIF master	SPIF master	SPIF master	SPIF master	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters	Nep masters		21:30					

15-dec		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	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													08.30-09.40	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										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			

16-dec		Bana													
			0	1	2	3	4	5	6	7	8	9			
Lördag	07:30									insim/avsim	insim/avsim	NEC	NEC	NEC	07:30
	08:00									insim/avsim	insim/avsim	NEC	NEC	NEC	08:00
	08:30									insim/avsim	insim/avsim	NEC	NEC	NEC	08:30
	09:00									insim/avsim	insim/avsim	NEC	NEC	NEC	09:00
	09:30									insim/avsim	insim/avsim				09:30
	10:00									insim/avsim	insim/avsim			Dolphins	10:00
	10:30									insim/avsim	insim/avsim			Dolphins	10:30
	11:00									insim/avsim	insim/avsim		11.00-12.10	11.00-12.10	11:00
	11:30									insim/avsim	insim/avsim		e-dal	e-dal	11:30
	12:00									insim/avsim	insim/avsim		simskola	simskola	12:00
	12:30									insim/avsim	insim/avsim				12:30
	13:00									insim/avsim	insim/avsim				13:00
	13:30									insim/avsim	insim/avsim				13:30
	14:00									insim/avsim	insim/avsim				14:00
	14:30									insim/avsim	insim/avsim				14:30
	15:00									insim/avsim	insim/avsim				15:00
	15:30									insim/avsim	insim/avsim				15:30
	16:00									insim/avsim	insim/avsim				16:00
	16:30									insim/avsim	insim/avsim				16:30
	17:00									insim/avsim	insim/avsim				17:00
17:30									insim/avsim	insim/avsim				17:30	
18:00									insim/avsim	insim/avsim				18:00	
18:30									insim/avsim	insim/avsim				18:30	
19:00									insim/avsim	insim/avsim				19:00	
19:30									insim/avsim	insim/avsim				19:30	

17-dec		Bana															
		0	1	2	3	4	5	6	7	8	9						
Söndag	07:30											insim/avsim	insim/avsim			07:30	
	08:00											insim/avsim	insim/avsim			08:00	
	08:30											insim/avsim	insim/avsim			08:30	
	09:00											insim/avsim	insim/avsim			09:00	
	09:30											insim/avsim	insim/avsim			09:30	
	10:00											insim/avsim	insim/avsim			10:00	
	10:30											insim/avsim	insim/avsim			10:30	
	11:00											insim/avsim	insim/avsim	e-dal simskola	e-dal simskola	11:00	
	11:30											insim/avsim	insim/avsim			11:30	
	12:00											insim/avsim	insim/avsim			12:00	
	12:30											insim/avsim	insim/avsim			12:30	
	13:00											insim/avsim	insim/avsim			13:00	
	13:30											insim/avsim	insim/avsim	13.45-14.50	13.45-14.50	13:30	
	14:00											insim/avsim	insim/avsim	e-dal	e-dal	14:00	
	14:30											insim/avsim	insim/avsim	simskola	simskola	14:30	
	15:00											insim/avsim	insim/avsim			15:00	
	15:30											insim/avsim	insim/avsim			15:30	
	16:00											insim/avsim	insim/avsim			16:00	
	16:30									Dolphins	Dolphins	Dolphins	insim/avsim	insim/avsim			16:30
	17:00									Dolphins	Dolphins	Dolphins	insim/avsim	insim/avsim			17:00
17:30									Dolphins	Dolphins	Dolphins	insim/avsim	insim/avsim			17:30	
18:00									SPIF tria.	SPIF tria.	SPIF tria.	insim/avsim	insim/avsim			18:00	
18:30									SPIF tria.	SPIF tria.	SPIF tria.	insim/avsim	insim/avsim	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	

18-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	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	lekbanor															09:00	
	09:30																09:30	
	10:00														Neptun	Neptun	10:00	
	10:30														kollo	kollo	10:30	
	11:00																11:00	
	11:30																11:30	
	12:00																12:00	
	12:30																12:30	
	13:00															GIH	GIH	13:00
	13:30															GIH	GIH	13:30
	14:00														GIH	GIH	14:00	
	14:30														GIH	GIH	14:30	
	15:00	Rundsimsim													GIH	GIH	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										Hellas	Hellas	Hellas	19:00					
19:30										Hellas	Hellas	Hellas	19:30					
20:00									Hellas	Hellas		20:00						
20:30									Hellas	Hellas		20:30						
21:00									Apnea	Apnea	Apnea	Apnea	21:00					
21:30									Apnea	Apnea	Apnea	Apnea	21:30					

20-dec		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	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														Neptun	Neptun	10:00		
	10:30														kollo	kollo	10:30		
	11:00																11:00		
	11:30																11:30		
	12:00																12:00		
	12:30																12:30		
	13:00																13:00		
	13:30																13:30		
	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					
17:00							Neptun	Neptun	Neptun	Neptun	Neptun			17:00					
17:30							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							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					

21-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.						06:30				
	07:00					SPIF tria.	City tria.	City tria.	City tria.							07:00			
	07:30						City tria.	City tria.	City tria.							07:30			
	08:00																08:00		
	08:30																	08:30	
	09:00	lekbanor																	09:00
	09:30																		09:30
	10:00														Neptun	Neptun			10:00
	10:30														kollo	kollo			10:30
	11:00																		11:00
	11:30																		11:30
	12:00																		12:00
	12:30																		12:30
	13:00																		13:00
	13:30																		13:30
	14:00																	14:00	
	14:30																	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					
21:30						SPIF master	SPIF master	SPIF master						21:30					

22-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	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		
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	09:00	lekbanor										GIH	GIH					09:00
	09:30											GIH	GIH					09:30
	10:00														Neptun	Neptun		10:00
	10:30												GIH	GIH	kollo	kollo		10:30
	11:00								GIH	GIH					11:00			
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	15:30							Neptun	Neptun	Neptun	Neptun	Polisen	Polisen	Polisen	15:30			
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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			
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