

| måndag 11-mar |                               |              |             | tisdag 12-mar |                               |              |             | onsdag 13-mar |                 |              |             | torsdag 14-mar |                                 |              |             |
|---------------|-------------------------------|--------------|-------------|---------------|-------------------------------|--------------|-------------|---------------|-----------------|--------------|-------------|----------------|---------------------------------|--------------|-------------|
| 3             |                               | B-hallen     |             | A-hallen      |                               | B-hallen     |             | A-hallen      |                 | B-hallen     |             | A-hallen       |                                 | B-hallen     |             |
| 08.00-08.30   |                               |              | 08.15-08.45 | 08.00-08.30   |                               |              | 08.15-08.45 | 08.00-08.30   |                 |              | 08.15-08.45 | 08.00-08.30    |                                 |              | 08.15-08.45 |
| 08.30-09.00   |                               |              | 08.45-09.15 | 08.30-09.00   |                               |              | 08.45-09.15 | 08.30-09.00   |                 |              | 08.45-09.15 | 08.30-09.00    |                                 |              | 08.45-09.15 |
| 09.00-09.30   |                               |              | 09.15-09.45 | 09.00-09.30   |                               |              | 09.15-09.45 | 09.00-09.30   |                 |              | 09.15-09.45 | 09.00-09.30    |                                 |              | 09.15-09.45 |
| 09.30-10.00   |                               |              | 09.45-10.15 | 09.30-10.00   |                               |              | 09.45-10.15 | 09.30-10.00   |                 |              | 09.45-10.15 | 09.30-10.00    |                                 |              | 09.45-10.15 |
| 10.00-10.30   |                               |              | 10.15-10.45 | 10.00-10.30   |                               |              | 10.15-10.45 | 10.00-10.30   |                 |              | 10.15-10.45 | 10.00-10.30    |                                 |              | 10.15-10.45 |
| 10.30-11.00   |                               |              | 10.45-11.15 | 10.30-11.00   |                               |              | 10.45-11.15 | 10.30-11.00   |                 |              | 10.45-11.15 | 10.30-11.00    |                                 |              | 10.45-11.15 |
| 11.00-11.30   |                               |              | 11.15-11.45 | 11.00-11.30   |                               |              | 11.15-11.45 | 11.00-11.30   |                 |              | 11.15-11.45 | 11.00-11.30    |                                 |              | 11.15-11.45 |
| 11.30-12.00   |                               |              | 11.45-12.15 | 11.30-12.00   |                               |              | 11.45-12.15 | 11.30-12.00   |                 |              | 11.45-12.15 | 11.30-12.00    |                                 |              | 11.45-12.15 |
| 12.00-12.30   |                               |              | 12.15-12.45 | 12.00-12.30   |                               |              | 12.15-12.45 | 12.00-12.30   |                 |              | 12.15-12.45 | 12.00-12.30    |                                 |              | 12.15-12.45 |
| 12.30-13.00   |                               |              | 12.45-13.15 | 12.30-13.00   |                               |              | 12.45-13.15 | 12.30-13.00   |                 |              | 12.45-13.15 | 12.30-13.00    |                                 |              | 12.45-13.15 |
| 13.00-13.30   |                               |              | 13.15-13.45 | 13.00-13.30   |                               |              | 13.15-13.45 | 13.00-13.30   |                 |              | 13.15-13.45 | 13.00-13.30    |                                 |              | 13.15-13.45 |
| 13.30-14.00   |                               |              | 13.45-14.15 | 13.30-14.00   |                               |              | 13.45-14.15 | 13.30-14.00   |                 |              | 13.45-14.15 | 13.30-14.00    |                                 |              | 13.45-14.15 |
| 14.00-14.30   | Allmänhetens                  | Allmänhetens | 14.15-14.45 | 14.00-14.30   | Allmänhetens                  | Allmänhetens | 14.15-14.45 | 14.00-14.30   | Allmänhetens    | Allmänhetens | 14.15-14.45 | 14.00-14.30    | Allmänhetens                    | Allmänhetens | 14.15-14.45 |
| 14.30-15.00   | åkning                        | åkning       | 14.45-15.15 | 14.30-15.00   | åkning                        | åkning       | 14.45-15.15 | 14.30-15.00   | åkning          | åkning       | 14.45-15.15 | 14.30-15.00    | åkning                          | åkning       | 14.45-15.15 |
| 15.00-15.30   |                               |              | 15.15-15.45 | 15.00-15.30   |                               |              | 15.15-15.45 | 15.00-15.30   |                 |              | 15.15-15.45 | 15.00-15.30    | Konståkning                     |              | 15.15-15.45 |
| 15.30-16.00   | Konståkning                   |              | 15.45-16.15 | 15.30-16.00   | Konståkning                   |              | 15.45-16.15 | 15.30-16.00   | Konståkning     |              | 15.45-16.15 | 15.30-16.00    | Omklädning 9&11:<br>16.00-18.15 |              | 15.45-16.15 |
| 16.00-16.30   |                               |              | 16.15-16.45 | 16.00-16.30   |                               |              | 16.15-16.45 | 16.00-16.30   |                 |              | 16.15-16.45 | 16.00-16.30    |                                 |              | 16.15-16.45 |
| 16.30-17.00   | Omklädning 11:<br>15.00-17.30 | U9           | 16.45-17.15 | 16.30-17.00   | Omklädning 11:<br>15.30-18.00 | F10          | 16.45-17.15 | 16.30-17.00   |                 |              | 16.45-17.15 | 16.30-17.00    |                                 | U12/13       | 16.45-17.15 |
| 17.00-17.30   |                               | 9            | 17.15-17.45 | 17.00-17.30   |                               | 5            | 17.15-17.45 | 17.00-17.30   |                 | U10          | 17.15-17.45 | 17.00-17.30    |                                 | 9            | 17.15-17.45 |
| 17.30-18.00   |                               | F12 / F14    | 17.45-18.15 | 17.30-18.00   |                               | U8           | 17.45-18.15 | 17.30-18.00   |                 | 6            | 17.45-18.15 | 17.30-18.00    |                                 | F10/F12/F14  | 17.45-18.15 |
| 18.00-18.30   |                               | 7            | 18.15-18.45 | 18.00-18.30   |                               | 7            | 18.15-18.45 | 18.00-18.30   |                 | U9           | 18.15-18.45 | 18.00-18.30    |                                 | 5+6          | 18.15-18.45 |
| 18.30-19.00   |                               | U12/13       | 18.45-19.15 | 18.30-19.00   |                               | U11          | 18.45-19.15 | 18.30-19.00   |                 | 7            | 18.45-19.15 | 18.30-19.00    |                                 | U11          | 18.45-19.15 |
| 19.00-19.30   |                               |              | 19.15-19.45 | 19.00-19.30   | Try Out J18/J20               | 9            | 19.15-19.45 | 19.00-19.30   | U14 B nord      | Mv-träning   | 19.15-19.45 | 19.00-19.30    | A-lag                           | 7            | 19.15-19.45 |
| 19.30-20.00   | A-lag                         | 13           | 19.45-20.15 | 19.30-20.00   | 5+6                           | Konståkning  | 19.45-20.15 | 19.30-20.00   | Österåker 12    | 5            | 19.45-20.15 | 19.30-20.00    |                                 | Konståkning  | 19.45-20.15 |
| 20.00-20.30   |                               | U14/15       | 20.15-20.45 | 20.00-20.30   | Try Out J18/J20               |              | 20.15-20.45 | 20.00-20.30   | GötaTraneberg 9 | U12/13       | 20.15-20.45 | 20.00-20.30    | 8                               |              | 20.15-20.45 |
| 20.30-21.00   | 8                             | 12           | 20.45-21.15 | 20.30-21.00   | 5+6                           |              | 20.45-21.15 | 20.30-21.00   | IceAge          | 6            | 20.45-21.15 | 20.30-21.00    | U14/15                          |              | 20.45-21.15 |
| 21.00-21.30   |                               |              | 21.15-21.45 | 21.00-21.30   |                               |              | 21.15-21.45 | 21.00-21.30   |                 |              | 21.15-21.45 | 21.00-21.30    | 12                              |              | 21.15-21.45 |
| 21.30-22.00   | Mariners                      |              | 21.45-22.15 | 21.30-22.00   | Damer                         |              | 21.45-22.15 | 21.30-22.00   | 7+13            | Mariners     | 21.45-22.15 | 21.30-22.00    |                                 | IceAge       | 21.45-22.15 |
| 22.00-22.30   |                               |              | 22.15-22.45 | 22.00-22.30   | 7+9                           |              | 22.15-22.45 | 22.00-22.30   |                 |              | 22.15-22.45 | 22.00-22.30    | Mariners                        | 7+9          | 22.15-22.45 |
| 22.30-23.00   |                               |              |             | 22.30-23.00   |                               |              |             | 22.30-23.00   |                 |              |             | 22.30-23.00    |                                 |              | 22.15-22.45 |

| fredag 15-mar |              |              |             | lördag 16-mar |                |           |             | söndag 17-mar |              |              |             |
|---------------|--------------|--------------|-------------|---------------|----------------|-----------|-------------|---------------|--------------|--------------|-------------|
| A-hallen      |              | B-hallen     |             | A-hallen      |                | B-hallen  |             | A-hallen      |              | B-hallen     |             |
| 08.00-08.30   |              |              | 08.15-08.45 | 08.00-08.30   |                |           | 08.15-08.45 | 08.00-08.30   |              |              | 08.15-08.45 |
| 08.30-09.00   |              |              | 08.45-09.15 | 08.30-09.00   |                |           | 08.45-09.15 | 08.30-09.00   | Konståkning  |              | 08.45-09.15 |
| 09.00-09.30   |              |              | 09.15-09.45 | 09.00-09.30   | HSK nyb.+Lekis |           | 09.15-09.45 | 09.00-09.30   |              |              | 09.15-09.45 |
| 09.30-10.00   |              |              | 09.45-10.15 | 09.30-10.00   | 5+6            |           | 09.45-10.15 | 09.30-10.00   |              |              | 09.45-10.15 |
| 10.00-10.30   |              |              | 10.15-10.45 | 10.00-10.30   | HSK Flickor    |           | 10.15-10.45 | 10.00-10.30   |              |              | 10.15-10.45 |
| 10.30-11.00   |              |              | 10.45-11.15 | 10.30-11.00   | 7              |           | 10.45-11.15 | 10.30-11.00   |              |              | 10.45-11.15 |
| 11.00-11.30   |              |              | 11.15-11.45 | 11.00-11.30   | HSK Forts.+Dam | Damer     | 11.15-11.45 | 11.00-11.30   |              |              | 11.15-11.45 |
| 11.30-12.00   |              |              | 11.45-12.15 | 11.30-12.00   | 5+11           | 13        | 11.45-12.15 | 11.30-12.00   |              | Allmänhetens | 11.45-12.15 |
| 12.00-12.30   |              |              | 12.15-12.45 | 12.00-12.30   | U11            | åkning    | 12.15-12.45 | 12.00-12.30   |              | åkning       | 12.15-12.45 |
| 12.30-13.00   |              |              | 12.45-13.15 | 12.30-13.00   | Poolspel       |           | 12.45-13.15 | 12.30-13.00   |              |              | 12.45-13.15 |
| 13.00-13.30   |              |              | 13.15-13.45 | 13.00-13.30   | 6+7+9+13       |           | 13.15-13.45 | 13.00-13.30   |              |              | 13.15-13.45 |
| 13.30-14.00   |              |              | 13.45-14.15 | 13.30-14.00   | Allmänheten    | A-lag     | 13.45-14.15 | 13.30-14.00   | Allmänheten  |              | 13.45-14.15 |
| 14.00-14.30   | Allmänhetens | Allmänhetens | 14.15-14.45 | 14.00-14.30   | åkning         | 8         | 14.15-14.45 | 14.00-14.30   | åkning       |              | 14.15-14.45 |
| 14.30-15.00   | åkning       | åkning       | 14.45-15.15 | 14.30-15.00   |                | U14/15    | 14.45-15.15 | 14.30-15.00   |              |              | 14.45-15.15 |
| 15.00-15.30   |              |              | 15.15-15.45 | 15.00-15.30   | U12            | 12        | 15.15-15.45 | 15.00-15.30   | U13 B nord   |              | 15.15-15.45 |
| 15.30-16.00   | Konståkning  |              | 15.45-16.15 | 15.30-16.00   | Poolspel       |           | 15.45-16.15 | 15.30-16.00   | Österåker 7  |              | 15.45-16.15 |
| 16.00-16.30   |              |              | 16.15-16.45 | 16.00-16.30   | 7+9+13+15      |           | 16.15-16.45 | 16.00-16.30   | Täby 5       |              | 16.15-16.45 |
| 16.30-17.00   |              |              | 16.45-17.15 | 16.30-17.00   |                |           | 16.45-17.15 | 16.30-17.00   |              |              | 16.45-17.15 |
| 17.00-17.30   |              | F10          | 17.15-17.45 | 17.00-17.30   | Isvärming      |           | 17.15-17.45 | 17.00-17.30   | U15 C mellan |              | 17.15-17.45 |
| 17.30-18.00   |              | 9            | 17.45-18.15 | 17.30-18.00   | A-lag          |           | 17.45-18.15 | 17.30-18.00   | Österåker 12 |              | 17.45-18.15 |
| 18.00-18.30   |              | U10          | 18.15-18.45 | 18.00-18.30   |                | F14       | 18.15-18.45 | 18.00-18.30   | Sollentuna 6 |              | 18.15-18.45 |
| 18.30-19.00   | U11          | 7            | 18.45-19.15 | 18.30-19.00   | Mariefred      | Poolspel  | 18.45-19.15 | 18.30-19.00   | Konståkning  | IceAge       | 18.45-19.15 |
| 19.00-19.30   |              | F12 / F14    | 19.15-19.45 | 19.00-19.30   | 5+6            | 7+9+13+18 | 19.15-19.45 | 19.00-19.30   |              |              | 19.15-19.45 |
| 19.30-20.00   | 6            | 5            | 19.45-20.15 | 19.30-20.00   |                |           | 19.45-20.15 | 19.30-20.00   |              |              | 19.45-20.15 |
| 20.00-20.30   | U12/13       |              | 20.15-20.45 | 20.00-20.30   |                |           | 20.15-20.45 | 20.00-20.30   |              |              | 20.15-20.45 |
| 20.30-21.00   | 7+9          |              | 20.45-21.15 | 20.30-21.00   |                |           | 20.45-21.15 | 20.30-21.00   | Mariners     |              | 20.45-21.15 |
| 21.00-21.30   |              |              | 21.15-21.45 | 21.00-21.30   |                |           | 21.15-21.45 | 21.00-21.30   |              |              | 21.15-21.45 |
| 21.30-22.00   |              |              | 21.45-22.15 | 21.30-22.00   |                |           | 21.45-22.15 | 21.30-22.00   |              |              | 21.45-22.15 |
| 22.00-22.30   |              |              | 22.15-22.45 | 22.00-22.30   |                |           | 22.15-22.45 | 22.00-22.30   |              |              | 22.15-22.45 |
| 22.30-23.00   |              |              |             | 22.30-23.00   |                |           |             | 22.30-23.00   |              |              |             |

|           | Poolspel | U11   | U12   | F14   |
|-----------|----------|-------|-------|-------|
| Förbered  |          | 12:00 | 15.00 | 17:30 |
| Match 1-2 |          | 12:10 | 15.10 | 17:40 |
| Match 3-4 |          | 12:30 | 15.30 | 18:00 |
| Match 5-6 |          | 12:50 | 15.50 | 18:20 |
| Städa     |          | 13:10 | 16.10 | 18:40 |
| Spolning  |          | 13:20 | 16.20 | 18:50 |