

Från och med uppstarten är SumSim 1 och 2 = Ungdom. DM 1 och 2 = DM.

| V. 31 220710 |     | Elit & Junior    | Ungdom         | Ledig vecka för<br>Sumsimmare | DM             |  | S3             | S2             | S1             | Master          | Trg 4          | Vuxen |
|--------------|-----|------------------|----------------|-------------------------------|----------------|--|----------------|----------------|----------------|-----------------|----------------|-------|
| Måndag       | 1/8 | 08.00-10.00(3)   | 08.00-10.00(3) |                               | 08.00-10.00(2) |  |                |                |                |                 |                |       |
|              |     |                  |                |                               |                |  | 16.00-17.30(2) | 16.00-17.30(1) | 16.00-17.30(1) |                 | 18.30-20.00(3) |       |
| Tisdag       | 2/8 |                  |                |                               |                |  |                |                |                |                 |                |       |
|              |     | 17.00-18.30(2-3) | 17.00-18.30(2) |                               |                |  | 15.30-17.00(2) | 15.30-17.00(1) | 15.30-17.00(1) | 18.30-20.00(2)  |                |       |
| Onsdag       | 3/8 | 08.00-10.00(3)   | 08.00-10.00(3) |                               | 08.00-10.00(2) |  |                |                |                |                 |                |       |
|              |     |                  |                |                               |                |  |                |                |                |                 | 18.30-20.00(3) |       |
| Torsdag      | 4/8 |                  |                |                               |                |  |                |                |                |                 |                |       |
|              |     | 16.30-18.30(1-2) | 16.30-18.30(2) |                               | 16.30-18.30(1) |  | 15.00-16.30(2) | 15.00-16.30(1) | 15.00-16.30(1) | 18.30-20.00 (2) |                |       |
| Fredag       | 5/8 |                  |                |                               |                |  |                |                |                |                 |                |       |
|              |     | 16.00-18.00(3)   | 16.00-18.00(2) |                               |                |  |                |                |                |                 | 18.30-19.30(3) |       |
| Lördag       | 6/8 |                  |                |                               | 08.00-10.00(2) |  | 08.00-10.00(2) | 08.00-10.00(2) | 08.00-10.00(2) |                 |                |       |
|              |     |                  |                |                               |                |  |                |                |                |                 |                |       |
| Söndag       | 7/8 |                  |                |                               |                |  |                |                |                |                 |                |       |
|              |     |                  |                |                               |                |  |                |                |                | 16.30-18.00 (2) |                |       |

| V. 32 220710 |      | Elit & Junior   | Ungdom            |  | DM              |  | S3              | S2       | S1       | Master          | Trg 4          | Vuxen |
|--------------|------|-----------------|-------------------|--|-----------------|--|-----------------|----------|----------|-----------------|----------------|-------|
|              |      |                 |                   |  |                 |  | Swimcamp        | Swimcamp | Swimcamp |                 |                |       |
| Måndag       | 8/8  | 07.00-09.00 (3) | 07.00-09.00 (3)   |  | 07.00-09.00 (1) |  | 09.00-11.00 (5) |          |          |                 |                |       |
|              |      | 17.30-19.00(3)  |                   |  | 17.30-19.00(2)  |  | 15.00-16.30 (5) |          |          |                 | 19.00-20.00(3) |       |
| Tisdag       | 9/8  | 07.00-09.00 (3) | 07.00-09.00 (2)   |  |                 |  | 09.00-11.00 (5) |          |          |                 |                |       |
|              |      |                 | 16.30-18.30 (4-5) |  |                 |  | 15.00-16.30 (5) |          |          | 18.30-20.00(3)  |                |       |
| Onsdag       | 10/8 | 07.00-09.00(3)  | 07.00-09.00 (3)   |  | 07.00-09.00(2)  |  | 09.00-11.00 (5) |          |          |                 |                |       |
|              |      |                 | 16.30-18.00 (5)   |  | 18.00-19.30(2)  |  | 15.00-16.30 (5) |          |          |                 | 19.30-20.30(3) |       |
| Torsdag      | 11/8 |                 |                   |  |                 |  | 09.00-11.00 (5) |          |          |                 |                |       |
|              |      | 16.30-18.30(3)  |                   |  | 16.30-18.00(2)  |  | 15.00-16.30 (5) |          |          | 18.30-20.00(3)  |                |       |
| Fredag       | 12/8 | 07.00-09.00(3)  | 07.00-09.00(2)    |  |                 |  | 09.00-11.00 (5) |          |          |                 |                |       |
|              |      |                 |                   |  |                 |  | 15.00-16.30 (5) |          |          |                 | 18.30-19.30(3) |       |
| Lördag       | 13/8 | 08.00-10.00 (3) | 08.00-10.00 (3)   |  | 08.00-10.00 (2) |  | 08.00-10.00 (3) |          |          |                 |                |       |
|              |      | Swimrun         | Swimrun           |  | Swimrun         |  | Swimrun         |          |          |                 |                |       |
| Söndag       | 14/8 |                 |                   |  |                 |  |                 |          |          |                 |                |       |
|              |      |                 |                   |  |                 |  |                 |          |          | 16.30-18.00 (3) |                |       |

| V. 33 220710    |      | Elit & Junior    | Ungdom            |  | DM               |  | S3              | S2             | S1             | Master            | Trg 4 | Vuxen |
|-----------------|------|------------------|-------------------|--|------------------|--|-----------------|----------------|----------------|-------------------|-------|-------|
| Måndag          | 15/8 | 07.00-09.00 (3)  | 07.00-09.00 (5)   |  | 07.00-09.00 (2)  |  | 09.00-11.00(2)  | 11.00-12.30(2) | 11.00-12.30(2) |                   |       |       |
|                 |      | 17.00-19.00(4)   | 15.00-17.00(5)    |  |                  |  |                 |                |                |                   |       |       |
| Tisdag          | 16/8 | 07.00-09.00 (3)  | 07.00-09.00 (2)   |  |                  |  |                 |                | 10.00-12.00(1) |                   |       |       |
|                 |      |                  | 16.30-18.30 (4-5) |  | 14.30-16.30(2)   |  | 14.30-16.30(2)  | 14.30-16.30(1) |                | 18.30-20.00 (3)   |       |       |
| Onsdag          | 17/8 | 07.00-09.00(4)   |                   |  |                  |  |                 |                |                |                   |       |       |
| Skolstart grund |      |                  | 16.00-18.00 (5)   |  | 18.00-19.30(2)   |  | 18.00-19.30(2)  |                |                |                   |       |       |
| Torsdag         | 18/8 |                  |                   |  |                  |  |                 |                |                |                   |       |       |
| Skolstart gymn  |      | 17.30-19.00(2-3) | 16.30-18.00 (2-3) |  |                  |  | 16.30-17.30 (2) | 15.00-16.30(2) | 15.00-16.30(2) | 18.30-20.00 (2-3) |       |       |
| Fredag          | 19/8 | 05.30-07.10(2-3) |                   |  | 05.30-07.10(2-3) |  |                 |                |                |                   |       |       |
|                 |      |                  | 17.00-19.00(4)    |  | 15.30-17.00 (3)  |  |                 |                |                |                   |       |       |
| Lördag          | 20/8 | 08.00-10.00 (3)  | 08.00-10.00 (4)   |  | 08.00-10.00 (2)  |  | 10.00-11.30(2)  | 11.30-13.00(2) | 11.30-13.00(2) |                   |       |       |
|                 |      |                  |                   |  |                  |  |                 |                |                |                   |       |       |
| Söndag          | 21/8 |                  |                   |  |                  |  |                 |                |                |                   |       |       |
|                 |      |                  |                   |  |                  |  |                 |                |                | 16.30-18.00 (2)   |       |       |

| V. 34 220710 |      | Elit & Junior    | Ungdom           |  | DM              |  | S3              | S2              | S1          | Master          | Trg 4 | Vuxen |
|--------------|------|------------------|------------------|--|-----------------|--|-----------------|-----------------|-------------|-----------------|-------|-------|
| Måndag       | 22/8 | 05.30-07.10 (4)  | 05.30-07.10 (4)  |  |                 |  |                 |                 | Simmar inne |                 |       |       |
|              |      | 18.00-20.00(4)   | 18.00-20.00(4)   |  | 16.30-18.00(4)  |  | 16.30-18.00(2)  | 16.30-18.00(2)  |             |                 |       |       |
| Tisdag       | 23/8 |                  |                  |  |                 |  |                 |                 |             |                 |       |       |
|              |      | 16.30-18.30(2-3) | 16.30-18.30(2-4) |  | 17.00-18.30(3)  |  | 15.30-17.00(3)  | 15.30-17.00(3)  |             | 18.30-20.00 (3) |       |       |
| Onsdag       | 24/8 | 05.30-07.10 (4)  |                  |  | 05.30-07.10 (2) |  |                 |                 |             |                 |       |       |
|              |      |                  | 17.00-19.00(4)   |  | 17.00-19.00(2)  |  | 17.00-19.00(2)  | 17.00-19.00(2)  |             |                 |       |       |
| Torsdag      | 25/8 |                  |                  |  |                 |  |                 |                 |             |                 |       |       |
|              |      | 17.00-19.00(4)   | 17.00-19.00(4)   |  |                 |  | 15.30-17.00 (2) | 15.30-17.00 (2) |             | 18.30-20.00 (3) |       |       |
| Fredag       | 26/8 | 05.30-07.10 (4)  | 05.30-07.10 (4)  |  |                 |  |                 |                 |             |                 |       |       |
|              |      | 17.00-19.00(3-4) | 17.00-19.00(3-4) |  | 17.00-19.00(2)  |  |                 |                 |             | 18.00-19.00 (2) |       |       |
| Lördag       | 27/8 | 10.00-12.00(3)   | 08.00-10.00 (4)  |  | 08.00-10.00 (2) |  | 10.00-11.30(2)  | 10.00-11.30(2)  |             |                 |       |       |
|              |      |                  |                  |  |                 |  |                 |                 |             |                 |       |       |
| Söndag       | 28/8 |                  |                  |  |                 |  |                 |                 |             |                 |       |       |
|              |      |                  |                  |  |                 |  |                 |                 |             | 15.30-17.00 (3) |       |       |

| V. 35 220710 |      | Elit & Junior    | Ungdom           |  | DM              |  | S3              | S2              | S1          | Master          | Trg 4 | Vuxen |
|--------------|------|------------------|------------------|--|-----------------|--|-----------------|-----------------|-------------|-----------------|-------|-------|
| Måndag       | 29/8 | 05.30-07.10 (4)  | 05.30-07.10 (4)  |  |                 |  |                 |                 | Simmar inne |                 |       |       |
|              |      | 18.00-20.00(4)   | 18.00-20.00(4)   |  | 16.30-18.00(4)  |  | 16.30-18.00(2)  | 16.30-18.00(2)  |             |                 |       |       |
| Tisdag       | 30/8 |                  |                  |  |                 |  |                 |                 |             |                 |       |       |
|              |      | 16.30-18.30(2-3) | 16.30-18.30(2-4) |  | 17.00-18.30(3)  |  | 15.30-17.00(3)  | 15.30-17.00(3)  |             | 18.30-20.00 (3) |       |       |
| Onsdag       | 31/8 | 05.30-07.10 (4)  |                  |  | 05.30-07.10 (2) |  |                 |                 |             |                 |       |       |
|              |      |                  | 17.00-19.00(4)   |  | 17.00-19.00(2)  |  | 17.00-19.00(2)  | 17.00-19.00(2)  |             |                 |       |       |
| Torsdag      | 1/9  |                  |                  |  |                 |  |                 |                 |             |                 |       |       |
|              |      | 17.00-19.00(4)   | 17.00-19.00(4)   |  |                 |  | 15.30-17.00 (2) | 15.30-17.00 (2) |             | 18.30-20.00 (3) |       |       |
| Fredag       | 2/9  | 05.30-07.10 (4)  | 05.30-07.10 (4)  |  |                 |  |                 |                 |             |                 |       |       |
|              |      | 17.00-19.00(3-4) | 17.00-19.00(3-4) |  | 17.00-19.00(2)  |  |                 |                 |             | 18.00-19.00 (2) |       |       |
| Lördag       | 3/9  | 10.00-12.00(3)   | 08.00-10.00 (4)  |  | 08.00-10.00 (2) |  | 10.00-11.30(2)  | 10.00-11.30(2)  |             |                 |       |       |
|              |      |                  |                  |  |                 |  |                 |                 |             |                 |       |       |
| Söndag       | 4/9  |                  |                  |  |                 |  |                 |                 |             |                 |       |       |
|              |      |                  |                  |  |                 |  |                 |                 |             | 15.30-17.00 (3) |       |       |