

Segevångsbadet
 Annan tid än "normalt"
 Läger

ingen färg= "Vanlig" tid alt tävling

Tränare/Initialer

My = My :-)
 JN = Jessica MD=Martin ER= Eskil RR=Robban
 AD = Alice Cia = Cia BL=Bruno JK=Julia
 MW=Maya

L = Landträning
 V21-23 = Vårintensivsimkola
 V 25-27 = Sommarsimkola

VERSION 3

| Vecka 19 | Måndag 9/5 | | | Tisdag | | | Onsdag | | | Torsdag | | | Fredag | | | Lördag 14/5 | | | Söndag | | |
|----------|------------|-------|---------------|---------|----------|---------------|--------|-------------|-------------|---------|-------|---------------|---------|-------|-------------|-------------|-------|------------|--------|--|--|
| | MG | MD | 19.00-21.00 L | Distans | HJ/PL | 16.15-18.00 | MG | Gym/Felix | ind tider | MG | PL | 18.15-20.15 L | MG | PL/HJ | 17.30-19.00 | MG | PL/MD | 7.30-9.15 | | | |
| | | | | Medel | HJ/PL/JK | 18.15-20.15 L | Sprint | Löpning /RR | 17.20-18.20 | Sprint | JK | 19.30-21.15 L | Sprint | RR | 17.30-19.00 | | | | | | |
| | Sum-Sim | HJ | 18.00-19.30 | Sprint | JK/PL | 19.30-21.15 L | | | | Sum-Sim | HJ/JK | 17.00-19.00 L | Sum-Sim | HJ | 16.00-17.30 | Sum-Sim | HJ | 7.30-9.15 | | | |
| | Guld | JN/AD | 16.30-18.45 L | | | | Guld | PL/AD | 16.30-18.00 | | | | Guld | PL | 16.00-17.30 | Guld | PL/AD | 9.00-10.30 | | | |

| Vecka 20 | Måndag | | | Tisdag | | | Onsdag | | | Torsdag | | | Fredag | | | Lördag 21/5 | | | Söndag | | |
|----------|---------|----------|---------------|---------|----|---------------|--------|-------------|-------------|---------|----|---------------|---------|----|-------------|-------------|----|---------|---------|----|---------|
| | MG | MD | 19.00-21.00 L | MG | PL | 19.00-21.00 L | MG | Gym/Felix | ind tider | MG | PL | 19.00-21.00 | MG | PL | DK-tävl | MG | PL | DK-tävl | MG | PL | DK-tävl |
| | | | | Sprint | RR | 18.30-20.15 L | Sprint | Löpning /RR | 17.20-18.20 | Sprint | JK | 17.30-19.15 L | Sprint | RR | 17.30-19.00 | | | | | | |
| | Sum-Sim | HJ | 18.00-19.30 | Sum-Sim | JK | 19.00-21.00 L | | | | Sum-Sim | HJ | 19.00-21.00 | Sum-Sim | HJ | DK-tävl | Sum-Sim | HJ | DK-tävl | Sum-Sim | HJ | DK-tävl |
| | Guld | JN/AD/My | 16.30-18.45 L | | | | Guld | PL/AD | 16.30-18.00 | | | | Guld | AD | DK-tävl | Guld | AD | DK-tävl | Guld | AD | DK-tävl |

| Vecka 21 | Måndag 23/5 | | | Tisdag | | | Onsdag | | | Torsdag Kristi Flygare | | | Fredag 27/5 - klämdag | | | Lördag 28/5 | | | Söndag 29/5 | | |
|----------|-------------|--------|---------------|---------|-------|---------------|--------|-------------|-------------|------------------------|----|-------------|-----------------------|----|------------|--------------|-------------|-------------|--------------|-------------|--|
| | MG | PL | 19.00-21.00 L | MG | MD/PL | 18.00-19.45 | MG | Gym/Felix | ind tider | MG | MD | 18.00-19.45 | MG | PL | 9.30-11.00 | MG, Sprint | Citadellsim | MG | Citadellsim | | |
| | | | | Sprint | RR | 18.30-20.15 L | Sprint | Löpning /RR | 17.20-18.20 | Sprint | JK | Aktivitet? | Sprint | | 9.30-11.00 | SUM-Sim | Citadellsim | Sprint | Citadellsim | | |
| | Sum-Sim | HJ | 18.00-19.30 | Sum-Sim | JK | 18.00-19.45 | | | | Sum-Sim | HJ | 18.00-19.45 | Sum-Sim | HJ | 9.30-11.00 | Guld (09:or) | Citadellsim | Sum-Sim | Citadellsim | | |
| | Guld | AD/ PL | 16.30-18.45 L | | | | Guld | PL/AD | 16.30-18.00 | Guld (2010) | PL | Tävling | Guld | AD | 9.30-11.00 | Guld (10:or) | AD | 09.00-10.30 | Guld (09:or) | Citadellsim | |

| Vecka 22 Badet stänger 19.00 | Måndag 30/5 | | | Tisdag | | | Onsdag 1/6 | | | Torsdag | | | Fredag 3/6 | | | Lördag 4/6 - Badet stängt | | | Söndag 5/6 - Badet stängt | | |
|------------------------------------|-------------|--------|---------------|---------|-------|---------------|------------|-------------|-------------|---------|----|-------------|------------|-------|-------------|---------------------------|-------|------------|---------------------------|-------|--------|
| | MG | PL | 19.00-21.00 L | MG | MD/PL | 19.00-21.00 L | MG | Gym/Felix | ind tider | MG | MD | 19.30-21.00 | MG | PL/HJ | 17.30-19.00 | MG | PL/MD | DM/JDM | MG | PL/MD | DM/JDM |
| | | | | Sprint | RR | 18.30-20.15 L | Sprint | Löpning /RR | 17.20-18.20 | Sprint | JK | 18.00-19.15 | Sprint | RR | 17.30-19.00 | | | | | | |
| | Sum-Sim | HJ | 18.00-19.30 | Sum-Sim | JK | 19.00-21.00 L | | | | Sum-Sim | HJ | 19.30-21.00 | Sum-Sim | HJ | 16.00-17.30 | Sum-Sim | HJ | 07.30-9.15 | | | |
| | Guld | AD/ JN | 16.30-18.45 L | | | | Guld | PL/AD | 16.30-18.00 | | | | Guld | PL | 16.00-17.30 | Guld | HJ/AD | 9.00-10.45 | | | |

| Vecka 23 Badet stänger 19.00 | Måndag 6/6 | | | Tisdag | | | Onsdag | | | Torsdag 9/6 - Student sundsgymn | | | Fredag 10/6 | | | Lördag 11/6 - Badet stängt | | | Söndag | | |
|------------------------------------|------------|-------|------------|---------|-------|---------------|--------|-----------|-------------|---------------------------------|-------|-------------|-------------|-------|-------------|----------------------------|-------|------------|--------|--|--|
| | MG | PL | 8.30-10.00 | MG | PL/MD | 19.00-21.00 L | MG | Gym/Felix | ind tider | MG | PL | 17.45-19.15 | MG | PL/HJ | 17.30-19.00 | MG | PL/MD | 7.30-9.15 | | | |
| | | | | Sprint | RR | 18.30-20.15 L | | | | Sprint | JK | 17.45-19.15 | Sprint | RR | 17.30-19.00 | | | | | | |
| | Sum-Sim | HJ | 8.30-10.00 | Sum-Sim | JK | 19.00-21.00 L | | | | Sum-Sim | HJ/JK | 17.45-19.15 | Sum-Sim | HJ | 16.00-17.30 | Sum-Sim | HJ | 7.30-9.15 | | | |
| | Guld | PL/HJ | 8.30-10.00 | | | | Guld | PL/AD | 16.30-18.00 | | | | Guld | PL | 16.00-17.30 | Guld | PL/AD | 9.00-10.30 | | | |

| Vecka 24 Badet stänger 19.00 | Måndag 13/6 | | | Tisdag | | | Onsdag | | | Torsdag 16/6 | | | Fredag 17/6 | | | Lördag 18/6 - badet stängt | | | Söndag | | |
|------------------------------------|-------------|----------|---------------|---------|----|---------------|--------|-----------|-------------|--------------|-------|-------------|-------------|-------|-------------|----------------------------|-------|------------|--------|--|--|
| | MG | PL | 19.00-21.00 L | MG | MD | 19.00-21.00 L | MG | Gym/Felix | ind tider | MG | Läger | | MG | läger | | MG | läger | | | | |
| | | | | Sprint | RR | 18.30-20.15 L | | | | Sprint | JK | 17.45-19.15 | Sprint | RR | 17.30-19.00 | | | | | | |
| | Sum-Sim | HJ | 18.00-19.30 | Sum-Sim | JK | 19.00-21.00 L | | | | Sum-Sim | Läger | | Sum-Sim | Läger | | Sum-Sim | läger | | | | |
| | Guld | JN/AD/My | 16.30-18.45 L | | | | Guld | PL/AD | 16.30-18.00 | | | | Guld | AD/MD | 17.30-19.00 | Guld | AD | 9.30-11.00 | | | |

| Vecka 25 Badet stänger 19.00 | Måndag 20/6 | | | Tisdag | | | Onsdag | | | Torsdag 23/6 | | | Fredag | | | Lördag | | | Söndag - badet stängt | | |
|---|-------------|-------|-------------|---------|-------|---------------|--------|-------|--|--------------|-------|-------------|-----------|--|--|-----------|--|--|-----------------------|----|------------|
| | MG | Läger | | MG | Läger | | | Läger | | MG | MD | 18.30-20.00 | Midsommar | | | Midsommar | | | MG | PL | 9.30-11.00 |
| | Sum-Sim | Läger | | Sprint | RR | 18.30-20.15 L | | | | Sprint | MD/JK | 18.30-20.00 | | | | | | | Sum-Sim | HJ | 9.30-11.00 |
| | Guld | BL/AD | 17.30-19.00 | Sum-Sim | Läger | | | Läger | | Sum-Sim | JK | 18.30-20.00 | | | | | | | Guld | AD | 9.30-11.00 |
| | | | | Guld | AD | 17.30-19.00 | | | | Guld | AD | 17.30-18.30 | | | | | | | | | |

| Vecka 26 Badet stänger 19.00 | Måndag 27/6 | | | Tisdag | | | Onsdag | | | Torsdag 30/6 | | | Fredag | | | Lördag - badet stängt | | | Söndag | | |
|---|-------------|-------------|-------------|---------|-------|---------------|--------|----|--------|--------------|-------|-------------|---------|----|-------------|-----------------------|-------|------------|--------|----|--------|
| | MG | MD | 18.00-19.30 | MG | MD | 18.45-20.30 | | | | MG | MD | 18.45-20.30 | MG | RR | 17.30-19.00 | MG | MD | 8.30-10.00 | | | |
| | Sum-Sim | HJ | 18.00-19.30 | Sprint | RR | 18.30-20.15 L | | | | Sprint | JK | 18.00-19.30 | Sprint | RR | 17.30-19.00 | | | | | | |
| | Guld | AD | 16.30-19.00 | Sum-Sim | JK | 18.45-20.30 | | | | Sum-Sim | HJ | 18.45-20.30 | Sum-Sim | HJ | 8.30-10.00 | Sum-Sim | HJ | 8.30-10.00 | | | |
| | Silver | HN/BL/HJ | 16.30-19.00 | Guld | JN/AD | 17.30-19.00 | | | | Guld | JN/AD | 17.30-19.00 | | | | Guld | HJ/MD | 8.30-10.00 | | | |
| | Brons | JN/ER/(My?) | 16.30-19.00 | | PL | SM/JSM | | PL | SM/JSM | | PL | SM/JSM | | PL | SM/JSM | | PL | SM/JSM | | PL | SM/JSM |

| Vecka 27 Badet stängt | Måndag 4/7 | | | Tisdag | | | Onsdag | | | Torsdag 7/7 | | | Fredag | | | Lördag | | | Söndag | | |
|---------------------------------|------------|-------|-------------|---------|----|---------------|--------|--|--|-------------|----|-------------|-----------------|----|-----------|----------|--|--|----------|--|--|
| | MG | PL | 18.00-19.30 | MG | MD | 19.00-20.30 | | | | MG | MD | 19.00-20.30 | LH Games | | | LH Games | | | LH Games | | |
| | Sum-Sim | HJ | 8.30-10.00 | Sprint | RR | 18.30-20.15 L | | | | Sprint | JK | 17.30-19.00 | LH Games | | | LH Games | | | LH Games | | |
| | Guld | AD/JN | 18.00-19.30 | Sum-Sim | JK | 19.00-20.30 | | | | Sum-Sim | HJ | 19.00-20.30 | Sum-Sim kvalade | HJ | 8.00-9.30 | LH Games | | | LH Games | | |
| | | | | Guld | JN | 19.00-20.30 | | | | Guld | AD | 17.30-19.00 | LH Games | | | LH Games | | | LH Games | | |

| Vecka 28 Badet stängt | Måndag 11/7 | | Tisdag | |
|---------------------------------|-----------------|-----------|--------------------------|--|
| | Sum-Sim kvalade | 8.00-9.30 | Sum-Simkvalade förmiddag | |
| | Vanningen | | | |
| | | | | |