

	MON 12 Aug	TUE 13 Aug	WED 14 Aug	THUR 15 Aug	FRI 16 Aug	SAT 17 Aug
<b>Breakfast</b>	08:00	08:00	08:00	08:00	07:00	08:00
<b>Transport</b>	09:00	09:00	09:00	none	08:00	
	Swimming 10-12 Eriksdalsbadet	Swimming 10-12 Eriksdalsbadet	Swimming 10-12 Eriksdalsbadet	Laser-Run 10:00 - 12:00 Björkudden	Swim competition 09:00 - 10:30 Eriksdalsbadet	Cleaning & packing
<b>Lunch</b>	Lunch at own expense 12:00 - 12:30	Lunch at own expense 12:00 - 12:30	Lunch at own expense 12:00 - 12:30	Lunch at Björkudden 13:00	Fencing competition 11:30 - 14:30 Hjorthagen/DIF	Departure
	Fencing 13:00-15:00 Hjorthagen/DIF	Fencing 13:00-15:00 Hjorthagen/DIF	Fencing 13:00-15:00	Free time for sightseeing in Stockholm	Lunch at own expense small grocery store nearby	
<b>Transport</b>	15:15:00 back to B-udden	15:15:00 back to B-udden	15:15:00 back to B-udden		15:15:00 back to B-udden	
	Running (distance ) Björkudden	Laser - w/trainer 16:30 Running - 17:30 Björkudden	Laser - 16:30 Running - 17:30 Björkudden		Laser-Run competition Björkudden	
<b>Dinner</b>	Dinner	Dinner	4 km walk to restaurant Dinner, walk back	Eat out at own expense in Stockholm	Price ceremony, Farewell dinner	
	Sauna by the sea	Sauna by the sea	Incl in the fee			

Björkudden is where we are staying and do the Laser-Run training / competition.

Eriksdalshallen is the national swim arena.

Lunches can be bought at Eriksdalshallen.

Hjorthagen / DIF is a sports hall.