



Lägerschema Vecka 32, 2024, Vallentuna

Måndag 5/8 (8-19), ledig dag Vux

Tid\Coach	Vyachek	Alex	Curry	Tyra	Ronja	Masha	Iza Corb	Sundbyberg	Helena	
08:10-08:55	V2	A1								2
08:55-09:40	Kor	A2			Speed					2
09:40-09:50										
09:50-10:35	V1	Lunch	C1			Speed				2
10:35-11:20	V2	A1	C1			UTV				2
11:20-11:30										
11:30-12:15	V2+A1	UTV	Kor	KÅSK + Sun 3 IC 3	Lunch					2
12:15-13:00	Lunch	A2		KÅSK+ Sun 3+ IC 3	Speed		IC 1	Sun 2		3
13:00-13:10										
13:10-13:55	Kor	A2					IC 1	Sun 1	H1	2
13:55-14:40	V1	UTV					IC 2	Sun 1	H1	3
14:40-14:50										
14:50-15:35	V1				C1		IC 2	Sun 2		2
15:35-16:20								Sun 2+ Sun 3		2
16:20-16:30										
16:30-17:15							IC 1	Sun 1		2
17:15-18:00							IC 2	Sun 2		2
18:00-18:10										
18:10-19:00							IC 1+ IC 2	Sun 1		2

Tisdag 6/8 (8-19), ledig dag Helena och Ronja

Tid\Coach	Vyachek	Alex	Curry	Tyra	Masha	Iza Corb	Sundbyberg	Elisabeth	
08:10-08:55	V1		C1						2
08:55-09:40	V2	A1							2
09:40-09:50									
09:50-10:35	V2	A1			C1				2
10:35-11:20	V1		C1		Lunch				2
11:20-11:30									
11:30-12:15	V1	Lunch		KÅSK+ Sun 3+ IC 3	V2	IC 1			2
12:15-13:00	Lunch	A2		KÅSK+ Sun 3+ IC 3	V1	IC 1			3
13:00-13:10									
13:10-13:55	V2	A1			UTV		Sun 2		2
13:55-14:40	Kor	UTV			A1	IC 2	Sun 2+ Sun 3		3
14:40-14:50									
14:50-15:35		A2					Sun 1		2
15:35-16:20						IC 1+ IC 2	Sun 2		2
16:20-16:30									
16:30-17:15						IC 1	Sun 1		2
17:15-18:00						IC 2	Sun 2	Vux	2
18:00-18:10									
18:10-19:00						IC 2	Sun 1		2
19:10-19:55							Sun 1		



Onsdag 7/8 (8-19), ledig dag Alex & Masha

Tid\Coach	Vyachek	Curry	Tyra	Ronja	Iza Corb	Sundbyberg	Helena	Elisabeth	
08:10-08:55	V2+V1								2
08:55-09:40	Kor	C1		Speed					2
09:40-09:50									
09:50-10:35	V1	C1		Speed					2
10:35-11:20	V2						H1		2
11:20-11:30									
11:30-12:15	V2	Kor	KÅSK+ Sun3+ IC3			Sun 2			2
12:15-13:00	Lunch	Kor	KÅSK+ Sun 3+ IC 3	Speed	IC 2				2
13:00-13:10									
13:10-13:55	Kor				IC 1	Sun 1	H1		2
13:55-14:40	V1				IC 2	Sun 1			2
14:40-14:50									
14:50-15:35	V1				IC 2	Sun 2			2
15:35-16:20					IC 1	Sun 2+ Sun 3			2
16:20-16:30									
16:30-17:15					IC 1	Sun 1			2
17:15-18:00						Sun 2		Vux	2
18:00-18:10									
18:10-19:00					IC 1+IC 2	Sun 1			2

Torsdag 8/8 (8-19), ledig dag Vera (Sundbyberg), ledig dag Tyra

Tid\Coach	Vyachek	Alex	Curry	Ronja	Masha	Iza Corb	Helena	Elisabeth	
08:10-08:55	V1		C1						2
08:55-09:40	V2	A1							2
09:40-09:50									
09:50-10:35	V2	A1			C1				2
10:35-11:20	V1		C1						2
11:20-11:30									
11:30-12:15	V1	Lunch			A2	IC 1			2
12:15-13:00	Lunch	A2	Kor	Speed		IC 1			2
13:00-13:10									
13:10-13:55	V2	A1		Speed		IC 2			2
13:55-14:40	Kor	UTV			V2	IC 2	H1		2
14:40-14:50									
14:50-15:35	Kor	A2		Lunch			H1		2
15:35-16:20				Speed		IC 1			2
16:20-16:30									
16:30-17:15				UTV		IC 2			2
17:15-18:00				UTV		IC 1+ IC 2		Vux	1
18:00-18:10									
18:10-19:00								Vux	1



Fredag 9/8 (8-19), ledig dag Iza Corb)

Tid\Coach	Vyachek	Alex	Curry	Tyra	Ronja	Masha	Sundbyberg	Elisabeth	
08:10-08:55	V2	A1							2
08:55-09:40	Korr	A2			Speed				2
09:40-09:50									
09:50-10:35	V1	Lunch	C1			Speed			2
10:35-11:20	V2	A1	C1			UTV			2
11:20-11:30									
11:30-12:15	V2+A1	UTV	Kor	KÅSK + Sun 3 IC 3	Lunch				2
12:15-13:00	Lunch	A2	Kor	KÅSK+ Sun 3+ IC 3	Speed		Sun 2		2
13:00-13:10									
13:10-13:55	Kor	A2					Sun 1		2
13:55-14:40	V1	UTV			C1		Sun 1		2
14:40-14:50									
14:50-15:35	V1						Sun 2		1
15:35-16:20							Sun 2+Sun 3		1
16:20-16:30									
16:30-17:15							Sun 1		1
17:15-18:00							Sun 2	Vux	1
18:00-18:10									
18:10-19:00							Sun 1	Vux	1

Lördag 10/8 (8-19), Ledig dag Curry

Tid\Coach	Vyachek	Alex	Tyra	Ronja	Masha	Iza Corb	Sundbyberg	Elisabeth	
08:10-08:55	V1								1
08:55-09:40	V2	A1							2
09:40-09:50									
09:50-10:35	V2	A1							2
10:35-11:20	V1								1
11:20-11:30									
11:30-12:15	V1	Lunch	KÅSK+ Sun 3+ IC 3			IC 1			2
12:15-13:00	Lunch	A2	KÅSK+ Sun 3+ IC 3	Speed	V1	IC 1			3
13:00-13:10									
13:10-13:55	V2	A1		Speed			Sun 2		2
13:55-14:40	Kor	UTV		Lunch	A1	IC 2	Sun 2+ Sun 3		3
14:40-14:50									
14:50-15:35		A2					Sun 1		2
15:35-16:20					A2	IC 1+ IC 2	Sun 2		2
16:20-16:30									
16:30-17:15				UTV		IC 1	Sun 1		2
17:15-18:00				UTV		IC 2	Sun 2		2
18:00-18:10									
18:10-19:00						IC 2	Sun 1	Vux	2
19:10-19:55							Sun 1	Vux	



Söndag 11/8 (9-19), ledig dag Vyachek

Tid\Coach	Alex	Curry	Tyra	Ronja	Masha	Iza Corb	Sundbyberg	Elisabeth	
09:10-09:55	A1	Kor							1
09:55-10:40	A2			Speed					2
10:40-10:50									
10:50-11:35	Lunch	C1					Sun 2		2
11:35-12:20	A1	C1			UTV	IC 1+ IC2*	Sun 2		2
12:20-12:30									
12:30-13:15	UTV		KÅSK+ Sun 3 IC 3	Lunch	A1				2
13:15-14:00	A2			Speed			Sun 1		2
14:00-14:10									
14:10-14:55	A2					IC 1	Sun 1		2
14:55-15:40	UTV					IC 2			2
15:40-15:50									
15:50-16:35				C1		IC 2	Sun 1		2
16:35-17:20						IC 1	Sun 2+ Sun 3		2
17:20-17:30									
17:30-18:15						IC 1	Sun 1	Vux	2
18:15-19:00						IC 2	Sun 2	Vux	2