

1 Råschema

| V | Datum | Förel | GÖ | WS | HL | DL | NB | LS | ABT | AS |
|----|--------------|-------|--------|--------|-----|----------|----|----|-----|----|
| 3 | 22-01-17 Mon | | | | | | | | | |
| 3 | 22-01-18 Tue | | | | | | | | | |
| 3 | 22-01-19 Wed | | | | 2 | | 2 | 2 | 2 | 2 |
| 3 | 22-01-20 Thu | F1F2 | | WS1/1h | 0 | | 1 | 1 | 1 | 1 |
| 3 | 22-01-21 Fri | | | | 2 | | | 2 | 2 | 2 |
| 4 | 22-01-24 Mon | F3 | | | 2 | | 2 | 2 | 2 | 2 |
| 4 | 22-01-25 Tue | | | | | | | | | |
| 4 | 22-01-26 Wed | | | | | | | | | |
| 4 | 22-01-27 Thu | F4 | GÖ1/2h | WS3/1h | 1.5 | | 2 | 2 | 2 | 2 |
| 4 | 22-01-28 Fri | | | | | | | | | |
| 5 | 22-01-31 Mon | F5 | | | 2 | | 2 | 2 | 2 | 2 |
| 5 | 22-02-01 Tue | | | | | | | | | |
| 5 | 22-02-02 Wed | | | | | | | | | |
| 5 | 22-02-03 Thu | F6 | GÖ2/2h | | 2 | | 2 | 2 | 2 | 2 |
| 5 | 22-02-04 Fri | | | | | | | | | |
| 6 | 22-02-07 Mon | F7 | | | 3 | | 3 | 3 | 3 | 3 |
| 6 | 22-02-08 Tue | | | | | | | | | |
| 6 | 22-02-09 Wed | | | | | OU1 | | | | |
| 6 | 22-02-10 Thu | F8 | GÖ3/2h | | 2 | | | 2 | 2 | 2 |
| 6 | 22-02-11 Fri | | | | | | | | | |
| 7 | 22-02-14 Mon | F9 | GÖ4/1h | WS4/1h | 2 | | 2 | 2 | 2 | 2 |
| 7 | 22-02-15 Tue | | | | | | | | | |
| 7 | 22-02-16 Wed | | | | | | | | | |
| 7 | 22-02-17 Thu | F10 | GÖ5/1h | | 3 | OU2 | 3 | 2 | 2 | 2 |
| 7 | 22-02-18 Fri | | | | | | | | | |
| 8 | 22-02-21 Mon | F11 | GÖ6/1h | | 3 | OU1 | 3 | 2 | 2 | 2 |
| 8 | 22-02-22 Tue | | | | | | | | | |
| 8 | 22-02-23 Wed | | | | | | | | | |
| 8 | 22-02-24 Thu | F12 | GÖ7/1h | | 3 | | 3 | 3 | 3 | 3 |
| 8 | 22-02-25 Fri | | | | | OU2 | | | | |
| 9 | 22-02-28 Mon | F13 | | | 3 | | 3 | 2 | 2 | 2 |
| 9 | 22-03-01 Tue | | | | | OU3 | | | | |
| 9 | 22-03-02 Wed | | | | | | | | | |
| 9 | 22-03-03 Thu | F14 | | | 3 | | 3 | 2 | 2 | 2 |
| 9 | 22-03-04 Fri | | | | | | | | | |
| 10 | 22-03-07 Mon | | | | 3 | | 3 | 2 | 2 | 2 |
| 10 | 22-03-08 Tue | | | | | | | | | |
| 10 | 22-03-09 Wed | | | | | | | | | |
| 10 | 22-03-10 Thu | | | | | | | | | |
| 10 | 22-03-11 Fri | | | | | Tenta | | | | |
| 11 | 22-03-14 Mon | | | | 3 | | 3 | 3 | 3 | 3 |
| 11 | 22-03-15 Tue | | | | | | | | | |
| 11 | 22-03-16 Wed | | | | | | | | | |
| 11 | 22-03-17 Thu | | | | 3 | | 3 | 3 | 3 | 3 |
| 11 | 22-03-18 Fri | | | | | OU4 | | | | |
| 12 | 22-03-21 Mon | | | | | | 2 | 2 | 2 | 2 |
| 12 | 22-03-22 Tue | | | | | OU3 OU12 | | | | |
| 12 | 22-03-23 Wed | | | | | | | | | |
| 12 | 22-03-24 Thu | F01 | | | | | 2 | 2 | 2 | 2 |
| 12 | 22-03-25 Fri | | | | | | | | | |
| 13 | 22-03-28 Mon | | | | | | 1 | 1 | 1 | 1 |
| 13 | 22-03-29 Tue | | | | | | | | | |
| 13 | 22-03-30 Wed | | | | | | | | | |
| 13 | 22-03-31 Thu | | | | | | 1 | 1 | 1 | 1 |
| 13 | 22-04-01 Fri | | | | | | | | | |
| 14 | 22-04-04 Mon | | | | | | 1 | 1 | 1 | 1 |
| 14 | 22-04-05 Tue | | | | | OU4 | | | | |
| | | | | | | | 47 | 46 | 46 | 46 |

2 Handledning

| V | Datum | HL |
|----|--------------|-------|
| 7 | 22-02-14 Mon | 13-15 |
| 7 | 22-02-15 Tue | 13-15 |
| 7 | 22-02-16 Wed | |
| 7 | 22-02-17 Thu | 13-16 |
| 7 | 22-02-18 Fri | 13-15 |
| 8 | 22-02-21 Mon | 13-16 |
| 8 | 22-02-22 Tue | 13-15 |
| 8 | 22-02-23 Wed | |
| 8 | 22-02-24 Thu | 13-16 |
| 8 | 22-02-25 Fri | 13-16 |
| 9 | 22-02-28 Mon | 13-16 |
| 9 | 22-03-01 Tue | 13-15 |
| 9 | 22-03-02 Wed | |
| 9 | 22-03-03 Thu | 13-16 |
| 9 | 22-03-04 Fri | 13-15 |
| 10 | 22-03-07 Mon | 13-16 |
| 10 | 22-03-08 Tue | 13-15 |
| 10 | 22-03-09 Wed | |
| 10 | 22-03-10 Thu | |
| 10 | 22-03-11 Fri | |
| 11 | 22-03-14 Mon | 13-16 |
| 11 | 22-03-15 Tue | 13-16 |
| 11 | 22-03-16 Wed | |
| 11 | 22-03-17 Thu | 13-16 |
| 11 | 22-03-18 Fri | 13-16 |
| 12 | 22-03-21 Mon | 13-15 |
| 12 | 22-03-22 Tue | 13-15 |
| 12 | 22-03-23 Wed | |
| 12 | 22-03-24 Thu | 13-15 |
| 12 | 22-03-25 Fri | 13-15 |
| 13 | 22-03-28 Mon | 13-14 |
| 13 | 22-03-29 Tue | 13-14 |
| 13 | 22-03-30 Wed | |
| 13 | 22-03-31 Thu | 13-14 |
| 13 | 22-04-01 Fri | 13-14 |
| 14 | 22-04-04 Mon | 13-14 |
| 14 | 22-04-05 Tue | 13-14 |
| | | |