

Nofio Sir Gar Invitational Meet 2025 Session Times

		Warm up	Session Start	Estimated Finish
Day 1 Saturday 18th January	Session 1	8.00 - 8.50	9.00	11.35
	Session 2	11.50 - 12.50	1.00	3.10
	Session 3	3.25 - 4.25	4.35	6.35
Day 2 Sunday 19th January	Session 4	8.00 - 8.50	9.00	11.50
	Session 5	12.05 - 1.05	1.15	3.25
	Session 6	3.40 - 4.40	4.50	6.30