

Nofio Sir Gar Invitational Meet 2023

Session Times

		Warm up	Session Start	Estimated Finish
Day 1	Session 1	8.00 - 8.50	9.00	10.30
Saturday 14th	Session 2	10.45 - 11.45	11.55	2.00
January	Session 3	2.15 - 3.15	3.25	5.25
Day 2	Session 4	8.00 - 8.25	8.35	10.00
Sunday 15th	Session 5	10.15 - 11.15	11.25	1.25
January	Session 6	1.40 - 2.40	2.50	4.30