

# West Wales Regionals 2023

## Session Times

Date	Session	Warm-up Time	Start Time	Estimated Finish	Events
Fri 10th Feb.	1	5.30 pm	6.00 pm	8.00pm	101 - 104
Sat 11th Feb.	2	8.00 am	9.10 am	10.30 am	201 - 205
	3	10.50 am	12.00 pm	1.25 pm	301 - 305
	4	1.45 pm	2.55 pm	4.25 pm	401 - 405
Sun 12th Feb.	5	8.00 am	9.10 am	10.40 am	501 - 505
	6	11.00 am	12.10 am	1.40 pm	601 - 605
	7	2.00 pm	3.10 pm	4.25 pm	701 - 705