

Llanelli Autumn Meet 2023

Session Times

Date	Session	Warm-up Time	Start Time	Events	ETF
Sunday 8th October	1	7.45am	8.55am	1 - 8	11.30am
	2	11.40am	12.50pm	9 – 16	3.30pm
	3	3.40pm	4.50pm	17 – 22	7.00pm