

Nofio Sir Gar Invitational Meet 2024

Session Times

		Warm up	Session Start	Estimated Finish
Day 1	Session 1	8.00 - 8.50	9.00	11.45
Saturday 13th	Session 2	12.00 - 1.00	1.10	3.40
January	Session 3	3.50 - 4.50	5.00	7.10
Day 2	Session 4	8.00 - 8.45	8.55	11.20
Sunday 14th	Session 5	11.35 - 12.35	12.45	2.55
January	Session 6	3.15 - 4.15	4.25	6.15