

## West Wales Regional LC Champs - Feb. 2024

### Session Times (Updated 06/02/24)

Date	Session	Warm-up	Start	Estimated Finish	Events
Fri 9th Feb	1	<b>4.30 pm</b>	<b>5.30 pm</b>	<b>8.15 pm</b>	111 - 116
Sat 10th Feb	2	8.00 am	9.00 am	11.45 am	211 - 219
	3	12.00 pm	1.00 pm	3.15 pm	221 - 228
	4	3.30 pm	4.30 pm	6.45 pm	231 - 239
Sun 11th Feb	5	8.00 am	9.00 am	11.55	311 - 319
	6	12.10 pm	1.10 pm	3.30 pm	321 - 328
	7	3.45 pm	4.45 pm	6.45 pm	331 - 339