

Llanelli Autumn Meet 2025

Confirmed Session Times

Please note the different warmup times for the 1st session on the two days: 8.30am Sat, 9.00am Sun

Date	Session	Warm-up	Session Start	Estimated Finish	Events
Sat 4th Oct.	1	08.30 - 09.20	09.30	10.45	101 - 103
	2	11.00 - 12.00	12.10	13.40	201 - 203
	3	13.55 - 14.55	15.05	16.25	301 - 303
Sun 5th Oct.	4	09.00 - 09.30	09.40	10.25	401 - 402
	5	10.40 - 11.40	11.50	13.00	501 - 503
	6	13.15 - 14.15	14.25	15.40	601 - 603