

Nofio Sir Gar Open Meet - Jan. 2026

CONFIRMED Session Times

The following are the **CONFIRMED** session times.

Please note the different warmup and start times on the two days.

**Saturday
(Session 1):**

NB: SIGN IN REQUIRED FOR 400 FREE & 800 FREE. SIGN IN CLOSES 8.00am

**Sunday
(Session 4):**

NB: SIGN IN REQUIRED FOR 400 IM & 1500 FREE. SIGN IN CLOSES 8.15am

Date	Session	Warm-up	Start	Estimated Finish	Events
Sat 17th Jan.	1	07.45 - 08.35	8.45	11.50	101 - 104
	2	12.00 - 13.00	13.05	15.25	201 - 203
	3	15.40 - 16.40	16.45	19.05	301 - 302
Sun 18th Jan.	4	08.00 - 08.50	09.00	11.20	401 - 403
	5	11.35 - 12.35	12.45	15.00	501 - 503
	6	15.15 - 16.15	16.25	18.25	601 - 602