



**Gala Nofio Cynradd Cenedlaethol
Pwll Nofio Cenedlaethol Cymru Caerdydd
Dydd Sadwrn 26 Ionawr 2019**

Sesiwn 1: Ymdwymo 09:00
Dechrau am 10:15

Rowndiau (Prelims) Rhydd, Broga, Cefn, Pili Pala (Bechgyn a Merched, Blynyddoedd 3-4)
Rowndiau (Terfynol) Rhydd a Chefn, Nam Gorfforol a Nam Golwg (Bechgyn a Merched, Bl. 3-4)

Egwyl (10munud) / **Cyflwyniad Medalau Unigolion Blynyddoedd 3-4**

Rowndiau (Terfynol) Rhydd, Broga, Cefn, Pili Pala (Bechgyn a Merched, Blynyddoedd 3-4)

Egwyl (10munud) / **Cyflwyniad Medalau Unigolion Blynyddoedd 3-4**

Rowndiau (Terfynol) Cyfnewid Rhydd, Cyfnewid Cymysg, Cyfnewid Rhydd Cymysg (Bl. 3-4)

Cyflwyniad Medalau Cyfnewid Blynyddoedd 3-4

Sesiwn 2: Ymdwymo 13:15
Dechrau am 14:30

Rowndiau (Prelims) Rhydd, Broga, Cefn, Pili Pala (Bechgyn a Merched, Blynyddoedd 5-6)
Rowndiau (Terfynol) Rhydd a Chefn, Nam Gorfforol a Nam Golwg (Bechgyn a Merched, Bl. 5-6)
Rowndiau (Terfynol) Cymysg Unigol (Bechgyn a Merched, Blynyddoedd 5-6)

Egwyl (10munud) / **Cyflwyniad Medalau Unigol, Blynyddoedd 5-6**

Rowndiau (Terfynol) Rhydd, Broga, Cefn, Pili Pala (Bechgyn a Merched, Blynyddoedd 5-6)

Egwyl (10munud) / **Cyflwyniad Medalau Unigol, Blynyddoedd 5-6**

Rowndiau (Terfynol) Cyfnewid Rhydd, Cyfnewid Cymysg, Cyfnewid Rhydd Cymysg (Bl. 5-6)

Cyflwyniad Medalau Cyfnewid Blynyddoedd 5-6

**Gala Nofio Uwchradd Cenedlaethol
Pwll Nofio Cenedlaethol Cymru Caerdydd
Dydd Sul 27 Ionawr 2019**

Sesiwn 3: Ymdwymo 09:00
Dechrau am 10:15yb

Rowndiau (Prelims) Rhydd, Broga, Cefn, Pili Pala (Bechgyn a Merched, Blynyddoedd 7-13)
Rowndiau (Terfynol) Rhydd a Chefn, Nam Gorfforol a Nam Golwg (Bechgyn a Merched, Bl. 7-13)
Rowndiau (Terfynol) Cymysg Unigol (Bechgyn a Merched, Blynyddoedd 7-13)

Cyflwyniad Medalau Unigol, Blynyddoedd 7-13

Sesiwn 4: Ymdwymo 13:30
Dechrau am 14:45

Rowndiau (Terfynol) Rhydd, Broga, Cefn, Pili Pala (Bechgyn a Merched, Blynyddoedd 7-13)
Rowndiau (Terfynol) Cyfnewid Rhydd, Cyfnewid Cymysg, Cyfnewid Rhydd Cymysg (Bl. 7-13)

Cyflwyniad Medalau Rasys Agored a Chyfnawid, Blynyddoedd 7-13



Primary Schools National Swimming Gala
Cardiff International Pool
Saturday 26 January 2019

Session 1: Warm Up 09:00
Start at 10:15

Round (Prelims) Freestyle, Breaststroke, Backstroke, Butterfly (Boys and Girls, Years 3-4)
Round (Finals) Freestyle and Backstroke, Physical Impairment and Visual Impairment (Boys and Girls, Yr. 3-4)

Break: 10minutes / *Individual Medal Presentation Years 3-4*

Round (Finals) Freestyle, Breaststroke, Backstroke, Butterfly (Boys and Girls, Years 3-4)

Break: 10minutes / *Individual Medal Presentation Years 3-4*

Round (Finals) Freestyle Relay, Medley Relay, Mixed Freestyle Relay (Years 3-4)

Relay Medal Presentation Years 3-4

Session 2: Warm Up 13:15
Start at 14:30

Round (Prelims) Freestyle, Breaststroke, Backstroke, Butterfly (Boys and Girls, Years 5-6)
Round (Finals) Freestyle and Backstroke, Physical Impairment and Visual Impairment (Boys and Girls, Yr. 5-6)

Round (Finals) Individual Medley (Boys and Girls, Years 5-6)

Break: 10minutes / *Individual Medal Presentation, Years 5-6*

Round (Finals) Freestyle, Breaststroke, Backstroke, Butterfly (Boys and Girls, Years 5-6)

Break: 10minutes / *Individual Medal Presentation, Years 5-6*

Round (Finals) Freestyle Relay, Medley Relay, Mixed Freestyle Relay (Years 5-6)

Relay Medal Presentation Years 5-6

Secondary Schools National Swimming Gala
Cardiff International Pool
Sunday 27 January 2019

Session 3: Warm Up 09:00
Start at 10:15

Round (Prelims) Freestyle, Breaststroke, Backstroke, Butterfly (Boys and Girls, Years 7-13)
Round (Finals) Freestyle and Backstroke, Physical Impairment and Visual Impairment (Boys and Girls, Yr. 7-13)

Round (Finals) Individual Medley (Boys and Girls, Years 7-13)

Individual Medley, Physical Impairment and Visual Impairment Medal Presentation, Years 7-13

Session 4: Warm Up 13:30
Start at 14:45

Round (Finals) Freestyle, Breaststroke, Backstroke, Butterfly (Boys and Girls, Years 7-13)
Round (Finals) Freestyle Relay, Medley Relay, Mixed Freestyle Relay (Years 7-13)

Open Races and Relay Medal Presentation, Years 7-13