Gala Gynradd / Dydd Sadwrn 25 Ionawr 2020

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

- Rownd (Prelims) Rhydd, Broga, Cefn, Pili Pala (Bechgyn a Merched, Blynyddoedd 3-4)
- Rownd (Terfynol) Rhydd a Chefn, Nam Gorfforol a Nam Golwg (Bechgyn a Merched, Bl. 3-4)
- Egwyl (10munud)
- Rownd (Terfynol) Rhydd, Broga, Cefn, Pili Pala (Bechgyn a Merched, Bl. 3-4)
- Egwyl (10munud)
- Rownd (Terfynol) Cyfnewid Rhydd/Cyfnewid Cymysg/Cyfnewid Rhydd Cymysg (Bl. 3-4)

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

- Rownd (Prelims) Rhydd, Broga, Cefn, Pili Pala (Bechgyn a Merched, Bl. 5-6)
- Rownd (Terfynol) Rhydd a Chefn, Nam Gorfforol a Nam Golwg (Bechgyn a Merched, Bl. 5-6)
- Rownd (Terfynol) Cymysg Unigol (Bechgyn a Merched, Bl. 5-6)
- Egwyl (10munud)
- Rownd (Terfynol) Rhydd, Broga, Cefn, Pili Pala (Bechgyn a Merched, Blynyddoedd 5-6)
- Egwyl (10munud)
- Rownd (Terfynol) Cyfnewid Rhydd, Cyfnewid Cymysg, Cyfnewid Rhydd Cymysg (Bl. 5-6)

Gala Uwchradd Cenedlaethol / Dydd Sul 26 Ionawr 2020

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

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

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

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

Primary Gala / Saturday 25 January 2020

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

- Preliminary round Freestyle, Breaststroke, Backstroke, Butterfly (Boys and Girls, Years 3-4)
- Final round Freestyle and Backstroke, Physical Impairment and Visual Impairment (Boys and Girls, Yr. 3-4)
- Break: 10minutes
- Final round Freestyle, Breaststroke, Backstroke, Butterfly (Boys and Girls, Yr. 3-4)
- Break: 10minutes
- Final round Freestyle Relay, Medley Relay, Mixed Freestyle Relay (Yr. 3-4)

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

- Preliminary round Freestyle, Breaststroke, Backstroke, Butterfly (Boys and Girls, Years 5-6)
- Final round Freestyle and Backstroke, Physical Impairment and Visual Impairment (Boys and Girls, Yr. 5-6)
- Final round Individual Medley (Boys and Girls, Yr. 5-6)
- Break: 10minutes
- Final round Freestyle, Breaststroke, Backstroke, Butterfly (Boys and Girls, Yr. 5-6)
- Break: 10minutes
- Final round Freestyle Relay, Medley Relay, Mixed Freestyle Relay (Yr. 5-6)

Secondary Gala / Sunday 26 January 2020

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

- Preliminary round Freestyle, Breaststroke, Backstroke, Butterfly (Boys and Girls, Yr. 7-13)
- Final round Freestyle and Backstroke, Physical Impairment and Visual Impairment (Boys and Girls, Yr. 7-13)
- Final round Individual Medley (Boys and Girls, Years 7-13)

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

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