

2019-2020 Season

CGA Level 3 and SANJ Age Group Galas – Events Listing

Gala 1:

Day One: 50 fly, 200 back, 100 breast, 400 free, 50 back, 200 fly, 100 free, 200 IM, 1500 free

Day Two: 50 free, 200 breast, 100 back, 800 free, 100 fly, 50 breast, 200 free

Gala 2:

Day One: 200 IM, 100 free, 200 fly, 50 back, 400 free, 100 breast, 200 back, 50 fly, 1500 free

Day Two: 400 IM, 200 free, 50 breast, 100 fly, 100 back, 200 breast, 50 free

Gala 3:

Day One: 50 free, 100 back, 400 free, 200 breast, 800 free, 100 fly, 200 free, 50 breast, 200 IM

Day Two: 400 IM, 200 back, 100 breast, 200 fly, 50 back, 50 fly, 100 free

Gala 4/Last-Chance:

Day One: 800 free, 50 breast, 100 fly, 200 free, 200 breast, 100 back, 400 free, 50 free, 400 IM

Day Two: 1500 free, 200 IM, 100 free, 50 fly, 200 back, 100 breast, 200 fly, 50 back, 200 free