

Junior Swim Gala

Saturday 22nd November 2025 1.30 – 5.30pm



Mini Gala

Ducklings (with frog float)	Mixed	Front			
Ducklings (without float)	Mixed	Front			
Stage 2 and 3 (without float)	Mixed	Front	Back		

Swimmers must be able to start independently and swim from a platform to the shallow end of the pool

Main Gala

6yrs	Girls	Freestyle	Backstroke		
	Boys	Freestyle	Backstroke		
7/8yrs	Girls	Freestyle	Backstroke	Breastroke	
	Boys	Freestyle	Backstroke	Breastroke	
8-10yrs	Girls	Freestyle	Backstroke	Breastroke	Butterfly
	Boys	Freestyle	Backstroke	Breastroke	Butterfly
11/12yrs	Girls	Freestyle	Backstroke	Breastroke	Butterfly
	Boys	Freestyle	Backstroke	Breastroke	Butterfly
13yrs +	Girls	Freestyle	Backstroke	Breastroke	Butterfly
	Boys	Freestyle	Backstroke	Breastroke	Butterfly
Family Relay	Girls	Child	Parent	Child	Parent
	Boys	Child	Parent	Child	Parent
Parents vs Staff	Girls	Freestyle			
	Boys	Freestyle			

Maximum of 4 swimmers per race

Each race is 25m and will start from the deep end in the water

All races are optional and swimmers don't need to swim all strokes

Medals will be awarded for First, Second, Third and Fourth place

Two different families can combine for the family relay