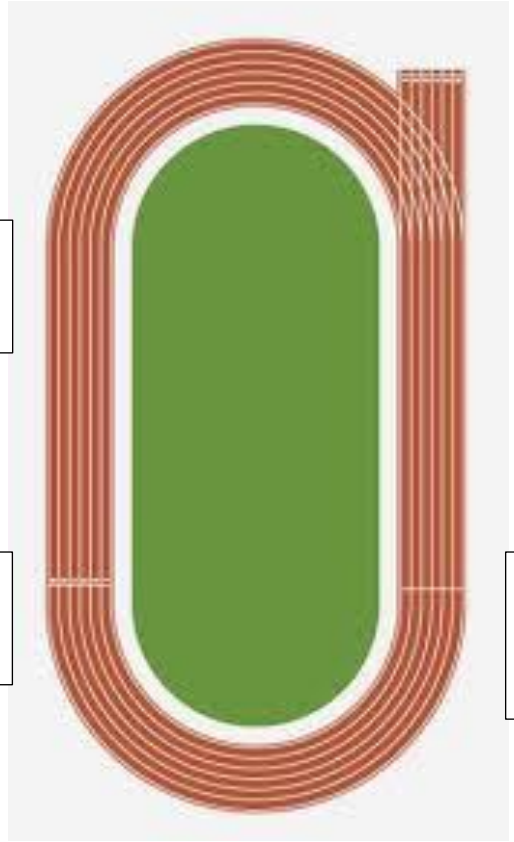
2 –
Gwaywffon/Javelin



1 – Taflu pêl /
Throwing a ball

4 – Rhedeg 75m-
100m-600m
Sprint/Run

Rhaglen Athletau Cylch Dysynni



Cae Rhianfa, Tywyn
20.05.19
4.30 o'r gloch

Mae pob gweithgaredd wedi ei rhifo. Gweler y cynllun ar gefn y rhaglen.
Every event has been numbered. See plan at back of programme.

Cylch 1 / Rotation 1:
1 – Taflu pêl/Throwing a ball: Bl3+4 Merched/Girls
2 – Gwaywffon/Javelin: Bl5+6 Merched/Girls
3 – Naid hir/Long Jump: Bl3+4 Bechgyn/Boys
4 – Rhedeg 100m Sprint: Bl5+6 Bechgyn/Boys

Cylch 2 / Rotation 2:
1 - Taflu pêl/Throwing a ball: Bl5+6 Bechgyn/Boys
2 – Gwaywffon/Javelin: Bl3+4 Merched/Girls
3 - Naid hir/Long Jump: Bl5+6 Merched/Girls
4 - Rhedeg 75m Sprint: Bl3+4 Bechgyn/Boys

Cylch 3 / Rotation 3:
1 - Taflu pêl/Throwing a ball: Bl3+4 Bechgyn/Boys
2 – Gwaywffon/Javelin: Bl5+6 Bechgyn/Boys
3 - Naid hir/Long Jump: Bl3+4 Merched/Girls
4 - Rhedeg 100m Sprint: Bl5+6 Merched/Girls

Cylch 4 / Rotation 4:
1 - Taflu pêl/Throwing a ball: Bl5+6 Merched/Girls
2 – Gwaywffon/Javelin: Bl3+4 Bechgyn/Boys
3 - Naid hir/Long Jump: Bl5+6 Bechgyn/Boys
4 - Rhedeg 75m Sprint: Bl3+4 Merched/Girls

Cylch 5 / Rotation 5:

1 – Rhedeg 600m Run: Bl3+4 Merched/Girls
2 – Rhedeg 600m Run: Bl3+4 Bechgyn/Boys
3 – Rhedeg 600m Run: Bl5+6 Merched/Girls
4 – Rhedeg 600m Run: Bl5+6 Bechgyn/Boys

Cylch 6 / Rotation 6:

1 – Ras gyfnewid / Relay: Bl3+4 Merched/Girls
2 – Ras gyfnewid / Relay: Bl3+4 Bechgyn/Boys
3 – Ras gyfnewid / Relay: Bl5+6 Merched/Girls
4 – Ras gyfnewid / Relay: Bl5+6 Bechgyn/Boys
5 - Ras gyfnewid, cymysg / Mixed relay: Bl3+4
6 - Ras gyfnewid, cymysg / Mixed relay: Bl5+6

Bydd y canlynol yn mynd ymlaen i gynrychioli Dysynni yn y Rhanbarth yn Ysgol Ardudwy, Harlech ar y 6ed o Fehefin am bump o'r gloch:

The following will go on to represent Dysynni in the Regional Athletics at Ysgol Ardudwy, Harlech on the 6th of June at five o clock:

Ras unigol trac/ Track - 1af/st, 2il/nd a 3ydd/rd
Ras gyfnewid / Relay – 1af yn unig / 1st only
Maes / Field – 1af ac 2il / 1st and 2nd

Meirionnydd