



## Western Cape Gymnastics Association

Postal Address: P.O. Box 293 Edgemoed, 7407

Tel: (021) 554 3252

Email: info@wcga.co.za

www.westerncapegymnastics.com

NPO Registration: Pending

# LEVEL 1- 3 DISTRICT TRIALS

CAPE TOWN – WINELANDS – WEST COAST

## FRIDAY 1<sup>ST</sup> AUGUST 2014

SESSION	LEVEL	AGE GROUP	TIME	
1	3	7/U, 12/U, 13/O	15:00 – 15:20 15:20 – 17:20 17:20 – 17:30	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
2	SCHOOL SPORTS	A: 11/U B: 14/U (double competition)	17:10 – 17:30 17:30 – 19:20 19:20 – 19:30	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

## SATURDAY 2<sup>ND</sup> AUGUST 2014 (double competitions)

SESSION	LEVEL	AGE GROUP	TIME	
3	1	A: 6 YRS B: 7YRS	08:00 – 08:20 08:20 – 10:50 10:50 – 11:00	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
4	1	A: 8 YRS, 13/O B: 10/U, 12/U	10:30 – 10:50 10:50 – 12:30 12:30 – 12:40	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
5	2	A: 6/U, 7 YRS B: 8 YRS	12:40 – 13:00 13:00 – 14:30 14:30 – 14:40	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
6	2	A: 9 YRS, 13/U, 14/O B: 11/U	14:20 – 14:40 14:40 – 16:40 16:40 – 16:50	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
7	3	A: 8 YRS, CLASS 1 & 2 B: 10/U	16:30 – 16:50 16:50 – 19:00 19:00 – 19:10	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

\*PLEASE BE AT THE VENUE 30 MINS BEFORE REPORTING TIME.

President: Anne Vermaak, Vice President: Eugene De Villiers

Committee: Melvin Edwards, Angelique Portelli, Wayne Samuels, Karl Schneeberger, Christo Swanepoel  
The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF)

