



Western Cape Gymnastics Association

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

Email: info@wcca.co.za

www.westerncapedgymnastics.com

NPO Registration: Pending

South Zone 2014 – Mini Trampoline

(p1 of 2)

Session 1	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Boys & Girls 6&u	All	09:00	09:15	09:35
MiniTRA 2	Girls 7yrs	All	09:00	09:15	09:35

Session 2	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Boys 7yrs	All	09:30	09:50	10:10
MiniTRA 4	Girls 8yrs	All	09:30	09:50	10:10

Session 3	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Girls 9yrs	All	10:15	10:35	11:00
MiniTRA 2	Boys 8 yrs	All	10:25	10:45	11:10

Session 4	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Boys 9yrs	All	11:30	11:50	12:10
MiniTRA 4	Girls 10yrs	Cape Town Eden	11:25	11:45	12:10



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Session 5	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Girls 11-12	Cape Town West Coast	12:05	12:20	12:50
MiniTRA 2	Girls 10yrs	Eastern Cape West Coast Cape Winelands	12:15	12:30	13:00

Session 6	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Girls 11-12	Cape Winelands Eden	12:55	13:15	13:40
MiniTRA 4	Boys 10yrs	All	13:05	13:25	13:50
	Girls 13-14	All			

Session 7	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Boys 11-12	All	14:00	14:20	14:40
MiniTRA 2	Boys 13-14	All	14:10	14:30	14:50

Session 8	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Boys & Girls Junior Elite	All	14:35	15:00	15:30
MiniTRA 4	Male & Female 15&O Senior Elite	All	14:35	15:00	15:30



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South Zone 2014 – Table Top Trampoline

Session 1 BT 1	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Girls 9-10	Cape Town Eastern Cape West Coast	08:55	09:15	09:30
Session 2 BT 2	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Girls 9-10	Cape Winelands	09:20	09:40	10:00
Session 3 BT 1	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Girls 6&u	All	09:55	10:15	10:35
	Boys 9-10	All			
Session 4 BT 2	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Girls 7-8	All	10:25	10:45	11:05
Session 5 BT 1	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Girls 11-12	All	10:55	11:15	11:35
Session 6 BT 2	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Boys 7-8	All	11:30	11:50	12:10
Session 7 BT 1	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Boys 11-12	All	12:10	12:30	12:50
Session 8 BT 2	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Boys & Girls 13-14	All	12:45	13:05	13:25
	Male 15&O	All			
Session 9 BT 1	Gender & Age	District / Province	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Male & Female Junior & Senior Elite	All	13:10	13:30	13:55



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South Zone 2014 – Double Mini Trampoline

Level 2

Session 1	Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Boys & Girls 8&u	All	09:00	09:20	09:40

Session 2	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 2	Girls 9-10	All	09:45	10:05	10:25

Session 3	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Boys 9-10	All	10:30	10:50	11:10

Session 4	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 2	Girls 11-12	All	11:05	11:25	11:45

Session 5	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Boys 11-12	All	11:30	11:50	12:10

Session 6	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 2	Boys & Girls 13-14 and 15&O	All	12:10	12:30	12:50



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South Zone 2014 – Trampoline

Session 1	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 2 Girls 11-12	All	09:00	09:20	09:40
Session 2	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 2 Boys 11-12	All	09:45	10:05	10:25
Session 3	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	All Level 1	All	10:30	10:50	11:10
Session 4	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 2 8&u	All	11:15	11:35	11:55
Session 5	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 2 Girls 9-10	All	12:05	12:25	12:45
Session 6	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 2 Boys 9-10	All	13:00	13:20	13:40
Session 7	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 2 13-14 and 15&o	All	13:50	14:10	14:30



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South Zone 2014 – Tumbling

GROUP 1			
	GROUPING	13:50	Level 1& 2 Male/Female 10 yrs and 11/over 31 gymnasts
	WARMUP	14:00	
	COMPETITION	14:30	
GROUP 2			
	GROUPING	15:00	Level 1 Male/Female All ages except above 31 gymnasts
	WARMUP	15:15	
	COMPETITION	15:45	
GROUP 3			
	GROUPING	16:15	Level 2 Male/Female All ages except above 25 gymnasts
	WARMUP	16:30	
	COMPETITION	17:00	