



Western Cape Gymnastics Association
 Postal Address: P.O. Box 293 Edgemean, 7407
 www.westerncapegymnastics.com
 NPO Registration: 142 - 856 NPO
 Comprising: Cape Town Gymnastics, Cape Winelands Gymnastics,
 Eden Gymnastics and West Coast Gymnastics

27 July 2015

ALL LEVELS RHYTHMIC GYMNASTICS DISTRICT COMPETITION 2015

COMPETITION DETAILS	
DISTRICT	Cape Town
DATE	7 - 8 August 2015
VENUE	Wynberg Military Base
ARRIVAL TIME	All Rhythmic Gymnasts (with the exception of Level 1, Level 7 and Level 6) must be at the venue 30 minutes before their warm-up time in the event of the competition running early.
SPECTATOR ENTRY FEE	Entry Fees included the Entrance Fee to the Venue - there will be no additional charge at the door

PROGRAMME: FRIDAY, 7 AUGUST 2015

<u>LEVEL 1</u>	
13h00 - 14h00	Warm - up
14h00 - 15h30	Competition and Prize-Giving
<u>LEVEL 2</u>	
14h00	Arrive at Venue
14h30 - 15h30	Warm - up
15h30 - 16h30	Competition and Prize-Giving
<u>LEVEL 3</u>	
15h00	Arrive at Venue
15h30 - 16h30	Warm - up
16h30 - 17h45	Competition and Prize-Giving
<u>NOVICE GROUP</u>	
16h30 - 17h45	Warm - up
17h45 - 18h00	Competition and Prize-Giving

The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF) and the Western Cape Provincial Sport Confederation (WCPSC)





Western Cape Gymnastics Association
 Postal Address: P.O. Box 293 Edgemead, 7407
 www.westerncapegymnastics.com
 NPO Registration: 142 - 856 NPO
 Comprising: Cape Town Gymnastics, Cape Winelands Gymnastics,
 Eden Gymnastics and West Coast Gymnastics

PROGRAMME: SATURDAY, 8 AUGUST 2015

LEVEL 7

08h00 - 09h00	Warm - up
09h00 - 10h15	Competition and Prize-Giving

VOLUNTARY and HP

09h00 - 10h15	Warm - up
10h15 - 11h45	Competition and Prize-Giving

HOOP GROUPS

10h45 - 11h45	Warm - up
11h45 - 12h00	Competition and Prize-Giving

12h00 - 12h45	LUNCH
---------------	-------

LEVEL 6

11h45 - 12h45	Warm - up
12h45 - 14h45	Competition and Prize-Giving

FREE HAND GROUPS

13h45 - 14h45	Warm - up
14h45 - 15h00	Competition and Prize-Giving

LEVEL 4

14h00 - 15h00	Warm - up
15h00 - 17h30	Competition and Prize-Giving

LEVEL 5

16h30 - 17h30	Warm - up
17h30 - 19h00	Competition and Prize-Giving