



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

28 July 2015

ALL LEVELS RHYTHMIC GYMNASTICS DISTRICT COMPETITION 2015

COMPETITION DETAILS

DISTRICT(s)	Winelands, West Coast and Eden
DATE	15 August 2015
VENUE	De Hoek Recreation Club
ARRIVAL TIME	Please make sure that the gymnasts arrive well before their warm-up time
SPECTATOR ENTRY FEE	Entry Fees included the Entrance Fee to the Venue - there will be no additional charge at the door

PROGRAMME: SATURDAY, 15 AUGUST 2015

LEVEL 3

07h00 - 08h00	Warm - up
08h00 - 09h15	Competition and Prize-Giving

LEVEL 2

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

LEVEL 1

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

LEVEL 5

10h15 - 11h15	Warm - up
11h15 - 12h15	Competition and Prize-Giving



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PROGRAMME: SATURDAY, 15 AUGUST 2015 (cont)

12h00 - 12h30

LUNCH

LEVEL 8 and Groups

11h00 - 12h30

Warm - up

12h30 - 14h30

Competition and Prize-Giving

LEVEL 6

13h30 - 14h30

Warm - up

14h30 - 16h00

Competition and Prize-Giving

LEVEL 7

15h00 - 16h00

Warm - up

16h00 - 17h15

Competition and Prize-Giving

LEVEL 4

16H15 - 17H15

Warm - up

17H15 - 18H30

Competition and Prize-Giving