



Western Cape Gymnastics Association

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

www.westerncapegymnastics.com

NPO Registration: 142 - 856 NPO

Email: info@wcga.co.za

Comprising: Cape Town Gymnastics, Cape Winelands Gymnastics,
Eden Gymnastics, Overberg Gymnastics and West Coast Gymnastics

30 August 2015

WESTERN CAPE RHYTHMIC GYMNASTICS PROVINCIAL CHAMPIONSHIPS 2015

COMPETITION DETAILS

DATE	4 - 5 September 2015
VENUE	Wynberg Military Base
ARRIVAL TIME	All Rhythmic Gymnasts 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, 4 SEPTEMBER 2015

<u>LEVEL 5</u>	
14h00 - 15h00	Warm - up
15h00 - 17h00	Competition and Prize-Giving
<u>LEVEL 7</u>	
15h30	Arrive at Venue
16h00 - 17h00	Warm - up
17h00 - 18h45	Competition and Prize-Giving

President: Anne Vermaak, Vice President: Michelle Kleu, Treasurer: Angelique Portelli
Committee: Warren Buchanan, Eugene de Villiers, Melvin Edwards, Karl Schneeberger, Christo Swanepoel
The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF) and the
Western Cape Provincial Sport Confederation (WCPSC)



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PROGRAMME: SATURDAY, 5 SEPTEMBER 2015

LEVEL 6

07h00 - 08h00	Warm - up
08h00 - 10h45	Competition and Prize-Giving

HP & LEVEL 8 Under 13, Under 15, Over 15

09h30 - 10h45	Warm - up
10h45 - 13h15	Competition and Prize-Giving

13h15 - 14h00	LUNCH
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GROUPS, LEVEL 8 Under 11, LEVEL 9, LEVEL 10, JUNIOR & SENIOR

12h45 - 14h00	Warm - up
14h00 - 16h00	Competition and Prize-Giving

LEVEL 4

Arrive	14h30
15h00 - 16h00	Warm - up
16h00 - 18h30	Competition and Prize-Giving

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