



**14th SA GYMNASTICS GAMES - 2015**  
**RHYTHMIC GYMNASTICS SECTION**  
**OLD MUTUAL HALL, WITS, JOHANNESBURG**  
**PROGRAMME**

<b>Tuesday, 6<sup>th</sup> October 2015 – SESSION 1 – HP1 &amp; HP2</b>				
	<b>Warm-up</b>	<b>Competition</b>	<b>Prize-giving</b>	
<b>All gymnasts; All routines</b>	07h00 - 08h00	08h00 - ±9h30	±09h30	
<b>Tuesday, 6<sup>th</sup> October 2015 – SESSION 2 – HP3 &amp; HP4</b>				
	<b>Warm-up</b>	<b>Competition</b>	<b>Prize-giving</b>	
<b>All gymnasts; All routines</b>	08h00 - 10h00	10h00 - ±12h00	±12h00	
<b>Tuesday, 6<sup>th</sup> October 2015 – SESSION 3 – Pre-Junior + Level 8 under 11</b>				
	<b>Warm-up</b>	<b>Competition</b>	<b>Prize-giving</b>	
<b>All gymnasts; All routines</b>	11h30 – 13h30	13h30 - ±15h00	±15h00	
<b>Tuesday, 6<sup>th</sup> October 2015 – SESSION 4 – Level 8 under 13</b>				
<b>Warm-up</b>	<b>Warm-up</b>	<b>Competition</b>		
<b>All gymnasts; All routines</b>	13h30 – 15h30	15h30 – ±18h00	±18h00	
<b>Tuesday, 6<sup>th</sup> October 2015 – SESSION 5 – Level 8 under 15</b>				
	<b>Warm-up</b>	<b>Competition</b>	<b>Prize-giving</b>	
<b>All gymnasts; All routines</b>	16h30 – 18h30	18h30 – ±20h30	±20h30	
<b>Wednesday, 7<sup>th</sup> October 2015 – SESSION 6 – Level 8 over 15</b>				
	<b>Warm-up</b>	<b>Competition</b>	<b>Prize-giving</b>	
<b>All gymnasts; All routines</b>	08h00 – 10h00	10h00 - ±12h30	±12h30	



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<b>Wednesday, 7<sup>th</sup> October 2015 – SESSION 7 – Level 9 under 15 and Level 9 over 15</b>				
	<b>Warm-up</b>	<b>Competition</b>	<b>Prize-giving</b>	
<b>All gymnasts; All routines</b>	12h00 - 14h00	14h00 – ±16h00	±16h00	
<b>Wednesday, 7<sup>th</sup> October 2015 – SESSION 8 – Level 9 under 13 and Level 10</b>				
	<b>Warm-up &amp; grouping</b>	<b>Competition</b>	<b>Prize-giving</b>	
<b>All gymnasts; All routines</b>	14h30 -16h30	16h30 – ±18h30	±18h30	
<b>Wednesday, 7<sup>th</sup> October 2015 – SESSION 9 – Groups</b>				
	<b>Warm-up</b>	<b>Competition</b>	<b>Prize-giving</b>	
<b>All groups</b>	18h30 – 19h30	19h30 - ±20h30	±20h30	
<b>Thursday, 8<sup>th</sup> October 2015 – SESSION 10 – Level 6 – 2 carpets</b>				
	<b>Warm-up</b>	<b>Competition</b>	<b>Prize-giving</b>	
<b>All gymnasts; All routines</b>	08h00 - 09h00	09h00 – ±12h00	±12h00	
<b>Thursday, 8<sup>th</sup> October 2015 – SESSION 11 – Level 7 - 2 carpets</b>				
	<b>Warm-up</b>	<b>Competition</b>	<b>Prize-giving</b>	
<b>All gymnasts; All routines</b>	12h30 – 13h30	13h30 - ±15h00	±15h00	
<b>Thursday, 8<sup>th</sup> October 2015</b>				
<b>16h00 - RHYTHMIC GYMNASTICS TECHNICAL ASSEMBLY</b>				



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<b>Friday, 9<sup>th</sup> October 2015 – SESSION 12 – Level 5 – 3 carpets</b>				
	<b>Warm-up</b>	<b>Competition</b>	<b>Prize-giving</b>	
<b>All gymnasts; All routines</b>	08h00 - 09h00	09h00 – ±12h00	±12h00	
<b>Friday, 9<sup>th</sup> October 2015 – SESSION 13 – Junior &amp; Senior All Around</b>				
	<b>Warm-up</b>	<b>Competition</b>	<b>Prize-giving</b>	
<b>All gymnasts; All routines</b>	12h00 - 14h00	14h00 – ±16h30	±16h30	
<b>Saturday, 10<sup>th</sup> October 2015 – SESSION 14 – Level 4 – 3 carpets</b>				
	<b>Warm-up</b>	<b>Competition</b>	<b>Prize-giving</b>	
<b>All gymnasts; All routines</b>	08h00 - 09h00	09h00 – ±13h00	±13h00	
<b>Saturday, 10<sup>th</sup> October 2015 – SESSION 15 – Junior &amp; Senior Apparatus final</b>				
	<b>Warm-up</b>	<b>Competition</b>	<b>Prize-giving</b>	
<b>All gymnasts; All routines</b>	13h00 - 15h00	15h00 – ±18h00	±18h00	