

PROGRAMME FOR GYM GAMES: Day-to-Day as at 26 August 2016

SA GYM GAMES 2016 WESTERN CAPE	Venue 1 WYNBERG MILITARY		Venue 2 WESTERN CAPE SPORT SCHOOL	
THURSDAY 29 SEPTEMBER 2016			SETUP OF VENUE FOR SA GYM GAMES	
FRIDAY 30 SEPTEMBER 2016	SETUP OF VENUE FOR SA GYM GAMES Workshops, Judges Practical, Training		RG All HP Levels Pre Junior/Junior & Senior Olympic Lv 8 (u/11; u/13)	
SATURDAY 1 OCTOBER 2016	TRA Competition: Mini Trampoline and Black Top Region 5 Trial: Mini Tramp		RG Lv 4 Lv 7	
SUNDAY 2 OCTOBER 2016	TRA Competition: 13:00 – 19:00 TRA, DMT Open and Level 5		RG Group Finals Junior & Senior Finals	GFL Challenge
MONDAY 3 OCTOBER 2016	TRA Competition: Olympic Development WG Development Synchro	TUM Lv 3 (All ages) Lv 4 (All ages) Lv 5 (All ages)	RG Lv 5 Lv 6	
TUESDAY 4 OCTOBER 2016	TRA Competition Region 5 Trials: TRA & DMT Snr and Jnr Competition: TRA &DMT Lv 3 and Lv 4	TUM Lv 6, Lv 7 (All ages) Age Groups TUM Open	½ Day Competition for RG till 15:30 Lv 8 (u/15; O/15) Lv 9 & 10	
	OPENING CEREMONY at 18:00-20:00		½ Day Setup for WAG/MAG	

WEDNESDAY 5 OCTOBER 2016	½ Day Competition for TRA till 15:00 Lv 3 (All ages) Lv 2 (All ages) ½ Day Setup for ACRO and RS		WAG Lv 4 (9-11 yrs)	
THURSDAY 6 OCTOBER 2016	ACRO Lv 5 Lv 7 Lv 8 & up	RS Lv 1-3 (All Ages)	WAG Lv 4 (8&u/12yrs/14&u/18&u/Seniors) Lv 5 (9&u/10yrs/11yrs/13&u)	
FRIDAY 7 OCTOBER 2016	ACRO Lv 4 Lv 7 Lv 8 & up	RS Lv 4-6 (All Ages)	WAG Lv 5 (13&u/18&u/Seniors) Lv 6 (10&u/13&u/18&u/Seniors)	MAG Lv 4 (9-10yrs/11-12yrs/13-15yrs/16+ y Lv 5 (9-10yrs/11-12 yrs)
SATURDAY 8 OCTOBER 2016	ACRO Lv 6 Lv 7 Lv 8 & up	RS Lv 7 (All Ages) Lv 4-7 (Demo Cup/All Ages)	WAG CLASS 0-2	MAG Lv 5 (13-15yrs/16+ yrs) Lv 6 (All Ages) Lv 7 (All Ages) Lv 8 (All Ages)
SUNDAY 9 OCTOBER 2016	Pack-up event		Pack-up event	

KEY:

MAG	Men's Artistic Gymnastics	WAG	Women's Artistic Gymnastics	RG	Rhythmic Gymnastics	RS	Rope Skipping
GFL	Gym For Life Challenge	ACRO	Acrobatic Gymnastics	TRA	Trampoline	TUM	Tumbling