



## Western Cape Gymnastics Association

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

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

### PROGRAMME

#### **RHYTHMIC GYMNASTIC-DISTRICT TRIALS LEVEL 4 + UP**

Stilbaai Community Centre: 12 August 2017

<b><u>Level 4: (29)</u></b>	
08h00 – 09h00	Warm up
09h00 – 10h30	Competition
10h30 – 11h00	Prize Giving ( <i>judges tea</i> )

<b><u>Level 8, 9 &amp; 10: (15)</u></b>	
09h30 – 11h00	Warm up
11h00 – 13h15	Competition
13h15 – 14h00	Prize Giving ( <i>judges lunch</i> )

<b><u>Level 6 &amp; 7: (18)</u></b>	
13h00 – 14h00	Warm up
14h00 – 15h00	Competition
15h00 – 15h30	Prize giving

<b><u>Groups:</u></b>	
15h00 – 16h00	Warm up
16h00 – 16h15	Competition
16h15 – 16h30	Prize giving

<b><u>Level 5: (18)</u></b>	
15h30 – 16h30	Warm up
16h30 – 17h30	Competition
17h30 – 17h45	Prize giving

**(Please ensure that you are at the venue at least 30 min prior to warm up time)**

Kind regards,  
**WCGA**