



## 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

WESTERN CAPE DISTRICT TRIALS  
WAG/MAG LEVEL 1-3 RE-TRIAL  
WAG LEVEL 4-6  
MAG LEVEL 4-7  
SCHOOL SPORTS – GYMSTAR 1& 2

**Date:** 31 July 2015 / 1 August 2015

**Venue:** Western Cape Sports School, Nooiensfontein Road, Kuilsriver

SS MAG WAG Program below

### Friday 31 July 2015

<b>Competition 1 - School Sports - Gymstar 1 and 2</b>		80 WAG / 26 WAG
Report & General Warm up		10h00
Warm up & Compete		10h20 - 12h00

<b>Competition 2 - MAG/WAG Level 1-3</b>		27 WAG / 26 MAG
Report & General warm up		11h30
Warm up & Compete		12h00 - 14h00

<b>Competition 3 - WAG Level 4 - 10 years</b>		31 WAG
Report & General warm up		14h00
Warm up & Compete		14h30 - 16h30

<b>Competition 4 - WAG Level 4 - 8 years, 9 years, 14 years, 18&amp;U and Seniors</b>		32 WAG
Report & General warm up		16h00
Warm up & Compete		16h30 - 18h30

### Saturday 1 August 2015

<b>Competition 5 - WAG Level 4 - 11 years, 12 years</b>		39 WAG
Report & General warm up		08h00
Warm up & Compete		08h30 - 10h30

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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<b>Competition 6 - MAG Level 4 - All Ages, HP 1</b>		36 MAG
Report & General warm up		08h30
Warm up & Compete		09h00 - 12h00

<b>Competition 7 - WAG Level 5 - 10 years, 13&amp;u</b>		28 WAG
Report & General warm up		10h00
Warm up & Compete		10h30 - 12h15

**MAG Officials Lunch** **12h00 - 12h30**  
**WAG Officials Lunch** **12h15 - 12h45**

<b>Competition 7 - MAG Level 5,6,7 and HP 2 – All ages</b>		27 MAG
Report & General warm up		12h30
Warm up & Compete		13h00 - 16h00

<b>Competition 8 - WAG Level 5 - 9&amp;u, 11&amp;u, 18&amp;u, 18&amp;over</b>		29 WAG
Report & General warm up		12h15
Warm up & Compete		12h45 - 14h30

<b>Competition 9 - WAG Class 0,1,2</b>		39 WAG
Report & General warm up		14h00
Warm up & Compete		14h30 - 16h30

<b>Competition 10 - WAG Level 6 - All Ages</b>		39 WAG
Report & General warm up		16h00
Warm up & Compete		16h30 - 18h30

We wish you all the best,

Western Cape Gymnastics Association

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