

Gym Games 2016 - Western Cape Sports School -

7/8 October 2016

Friday 7 October 2016

<u>Competition 1</u>	<u>Level 4 - 9-10yrs - 45 gymnasts</u>
Report & General Warmup	08h00-08h30
Apparatus Warm up & Compete	08h30-11h00
Prize giving	11h30
<u>Competition 2</u>	<u>Level 4 - 11-12years, 13-15years 48 gymnasts</u>
Report & General Warmup	10h30-11h00
Apparatus Warm up & Compete	11h00-13h30
Prize giving	14h00
<u>Judges Lunch</u>	<u>13h30-14h30</u>
<u>Competition 3</u>	<u>Level 5 - 9-10years, 11-12years - 59 gymnasts</u>
Report & General Warmup	14h00-14h30
Apparatus Warm up & Compete	14h30-17h30
Prize giving	18h00

MAG Technical Committee

18h30 - Western Cape Sports School

Saturday 8 October 2016

<u>Competition 4</u>	<u>Level 5 - 13-15years, 16/over - 25 gymnasts</u> <u>Level 6 - 10years, 16-17 years, 18/over - 11 gymnasts</u>
Report & General Warmup	08h00-08h30
Apparatus Warm up & Compete	08h30-11h00
Prize giving	11h30
<u>Competition 5</u>	<u>Level 6 - 11-12years, 13-15years - 64 gymnasts</u>
Report & General Warmup	10h30-11h00
Apparatus Warm up & Compete	11h00-14h00
Prize giving	14h30
<u>Judges Lunch</u>	<u>14h00-15h00</u>
<u>Competition 6</u>	<u>Level 7 All Ages - 21 gymnasts</u> <u>Level 8 All Ages - 12 gymnasts</u>
Report & General Warmup	14h30-15h00
Apparatus Warm up & Compete	15h00-17h30
Prize giving	18h00