



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

MAG Programme

at the Western Cape Sport School, Kuilsriver on Saturday 29 July 2016

Competition 1 - MAG Level 1-3 retrieval & MAG Level 4 All Ages & School Sports

52 competitors	
Grouping and General Warm up	08h00 - 08h30
Warm up - Compete Format	08h30 - 11h30
Prizegiving	12h00

Competition 2 - MAG Level 5 All Ages

21 competitors	
Grouping and General Warm up	11h00 - 11h30
Warm up All 6 Apparatus	11h30 - 12h30
Competition	12h30 - 14h30
Prizegiving	15h00

Competition 3 - MAG Level 6-8 All Ages

25 competitors	
Grouping and General Warm up	14h00 - 14h30
Warm up All 6 Apparatus	14h30 - 15h30
Competition	15h30 - 17h30
Prizegiving	18h00