

## MAG Programme

Saturday 13 September 2014

Venue: Belville Veleldrome

### Level 5,6, 7 All ages & HP 2

|  |               |
|--|---------------|
| Report and General Warmup                            | 08h30         |
| Apparatus Warm up - Floor, Pommel Horse & Rings      | 09h00 - 09h35 |
| Competition - Floor, Pommel Horse & Rings            | 09h35 - 10h50 |
| Apparatus Warm up - Vault, Parallel Bar and High Bar | 10h50 - 11h25 |
| Competition - Vault, Parallel Bar and High Bar       | 11h25 - 12h40 |
| Prizegiving  | 13h00         |

|                  |               |
|------------------|---------------|
| MAG JUDGES LUNCH | 12h40 - 13h40 |
|------------------|---------------|

### Level 4 All Ages & HP 1

|  |               |
|--|---------------|
| Report and General Warmup                            | 12h30         |
| Apparatus Warm up - Floor, Pommel Horse & Rings      | 13h00 - 13h35 |
| Competition - Floor, Pommel Horse & Rings            | 13h35 - 14h50 |
| Apparatus Warm up - Vault, Parallel Bar and High Bar | 14h50 - 15h25 |
| Competition - Vault, Parallel Bar and High Bar       | 15h25 - 16h40 |
| Prizegiving  | 17h00         |

|                               |                      |
|-------------------------------|----------------------|
| <b>MAG Technical Assembly</b> | <b>16h40 - 17h15</b> |
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**\*All MAG officials (judges and coaches) to attend**

### School Sports Star 2 (Provincials)

|                                    |               |
|------------------------------------|---------------|
| Report and General Warmup          | 17h15         |
| Apparatus Warmup - Floor and Vault | 17h30 - 18h00 |
| Competition - Floor and Vault      | 18h00 - 19h00 |

### School Sports (District) - Winelands and Eden

|                                   |               |
|-----------------------------------|---------------|
| Report and General Warmup         | 08h30         |
| Apparatus Warm up - Floor & Vault | 09h00 - 09h30 |
| Competition                       | 09h30 - 11h00 |

**\*judges will be supplied for this competition**

### School Sports Star 2(All)

|                           |       |
|---------------------------|-------|
| Report and General Warmup | 12h00 |
| School Sports Testing     | 12h30 |

**\* School Sports coaches will be assessing this session. No MAG judges will be allocated to this session**