



Western Cape Gymnastics Association

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

www.westerncapedgymnastics.com

NPO Registration: Pending

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

Friday 1st August 2014

Competition 1	Boys School Sports
15h30	Reporting & General Warmup
16h00 - 17h00	Competition
17h20	Prizegiving

Saturday 2nd August 2014

Competition 1	Level 1: 6-7yrs, 8-9yrs
08h00	Report & General Warm up
08h30 - 11h00	Competition
11h25	Prizegiving

Competition 2	Level 2: 7-8yrs, 9-10yrs
11h15	Report & General Warmup
11h45 - 14h15	Competition
14h35	Prizegiving

Competition 3	Level 1: 10-12yrs
	Level 2: 11-13yrs
	Level 3: All Ages
14h30	Report & General Warmup
15h00-17h00	Competition
17h20	Prizegiving

President: Anne Vermaak, Vice President: Eugene De Villiers

Committee: Melvin Edwards, Angelique Portelli, Wayne Samuels, Karl Schneeberger, Christo Swanepoel
The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF)





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We wish you all the best,

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