



2019 MAG FINAL GYM GAMES PROGRAMME LEVEL 4 - 9 & Class 1 & 2

DATE: 24 & 25 September 2019

VENUE: UCT - Western Cape



TUESDAY 24 SEPTEMBER 2019

WEDNESDAY 25 SEPTEMBER 2019

GYMNASTS	JUDGES
COMPETITION 1	
LEVEL 5 : 12 - 13 YRS (23x MAG)	
08h00 - Grouping & General warm up	Judges roll call & meeting - 08h00 to 08h45 Judges MARCH-ON 08h45
08h15 - 08h50 - Apparatus warm up (6x 6+1min/rot) 08h50 -	
09h45 - Competition (6x 8+1min/rot)	
09h50 - Prizegiving	
COMPETITION 2	
LEVEL 5 : 10 - 11 YRS (49x MAG)	
09h30 - Grouping & General warm up	Judges tea - 09h45 to 10h40 Judges MARCH-ON 10h40
09h45 - 10h45 - Apparatus warm up (6x 9+1min/rot) 10h45 -	
12h05 - Competition (6x 12+1min/rot)	
12h10 - Prize giving	
COMPETITION 3	
LEVEL 5 : 14& over and Lev 6 : 16 & Over (24x MAG)	
11h50 - Grouping & General warm up	Judges Lunch & meeting - 12h05 to 12h40 Judges MARCH-ON 12h05
12h05 - 12h45 - Apparatus warm up (6x 5+1min/rot) 12h45 -	
13h40 - Competition (6x 8+1min/rot)	
13h50 - Prize giving	
COMPETITION 4	
LEVEL 6 :12 - 13 YRS (18x MAG)	
13h45 - Grouping & General warm up	Judges tea - 13h40 to 14h40 Judges MARCH-ON 14h40
14h00 - 14h45 - Apparatus warm up (6x 6+1min/rot) 14h45 -	
15h40 - Competition (6x 8+1min/rot)	
15h50 - Prize giving	
COMPETITION 5	
LEVEL 6 : 14 - 15YRS (25x MAG/120min)	
15h45 - Grouping & General warm up	Judges tea - 15h40 to 16h35 Judges MARCH-ON 16h40
16h00 - 16h45 - Apparatus warm up (6x 6+1min/rot) 16h45 -	
17h45 - Competition (6x 9+1min/rot)	
17h50 - Prize giving	
COMPETITION 6	
LEVEL 7 , 8 & 9 All ages (25x MAG/130min)	
17h30 - Grouping & General warm up	Judges roll call & meeting - 17h45 to 18h20 Judges MARCH-ON 18h25
17h45 - 18h30 - Apparatus warm up (6x 6+1min/rot) 18h30 -	
19h50 - Competition (6x 12+1min/rot)	
20h00 - Prize giving	
NOTE FOR ONE-TOUCH WARM-UP: Level 7: VAULT ONLY (1x jump if competing salto vault - No one touch for other vault) Level 8 & 9: FIVE EVENTS maximum 30s/gymnast (P-bar 50s/gymnast)	
TECHNICAL ASSEMBLY	
MEETING ROOM - 20h00 to 21h30	

GYMNASTS	JUDGES
COMPETITION 7	
CLASS 1 : - ALL (17 x MAG)	
08h00 - Grouping & General warm up	Judges roll call & meeting - 08h00 to 08h45 Judges MARCH-ON 08h50
08h15 - 08h55 - Apparatus warm up (6x 6+1min/rot) 08h55 -	
09:50 - Competition (6x 7+1min/rot)	
09h55 - Prizegiving	
COMPETITION 8	
CLASS 2 : - ALL (27x MAG)	
09h45 - Grouping & General warm up	Judges tea & briefing - 09h50 to 10h40 Judges MARCH-ON 10h45
10h00 - 10h50 - Apparatus warm up (6x 7+1min/rot) 10h50 -	
11h50 Competition (6x 9+1min/rot)	
11h55 - Prize giving	
COMPETITION 9	
LEVEL 4 : 9 - 10 YRS (SUB DIVISION 1) FS & GAUTENG - (21x MAG)	
12h00 - Grouping & General warm up	Judges Lunch & instruction- 11h55 to 12h40 Judges MARCH-ON 12h40
12h15 - 12h45 - Apparatus warm up (4x 7+1min/rot) 12h45 -	
13h25 Competition (4x 9+1min/rot)	
15h00 - Prizegiving end of Sub 2	
COMPETITION 10	
LEVEL 4 : 9 - 10 YRS (SUB DIVISION 2) Rest of Provinces - (25x MAG)	
13h15 - Grouping & General warm up	Judges tea - 13h25 to 14h00 Judges MARCH-ON 14h00
13h30 - 14h05 - Apparatus warm up (4x 7+1min/rot) 14h05 -	
14h55 Competition (4x 9+1min/rot)	
15h00 - Prize giving	
COMPETITION 11	
LEVEL 4 : 11 - 12 YRS all - (34x MAG)	
14h45 - Grouping & General warm up	Judges tea - 14h55 to 15h35 Judges MARCH-ON 15h35
15h00 - 15h40 - Apparatus warm up (4x 9+1min/rot) 15h40 -	
16h15 Competition (4x 12+1min/rot)	
16h20 - Prize giving	
COMPETITION 12	
Level 4 : 13 & Over - & LEVEL 4 : 7-8Yrs (34x MAG)	
16h00 - Grouping & General warm up	Judges tea - 16h15 to 16h50 Judges MARCH-ON 16h50
16h15 - 16h55 Apparatus warm up (4x 9+1min/rot) 16h55 - 17h50	
- Competition (4x 12+1min/rot)	
18h05 - Prize giving	