



## Western Cape Gymnastics Association

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

www.westerncapegymnastics.com

NPO Registration: 142 – 856 NPO

Email: info@wcga.co.za

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

## ARTISTIC MAG HP TRIALS PROGRAMME 16 MAY 2015 – WESTERN CAPE SPORT SCHOOL

Friday 15<sup>th</sup> May 2015

- Podium training for level 8 – SO - 16h00 – 18h00

Saturday 16<sup>th</sup> May 2015

- Cape Town Team comp – Level 1-3 – 11h00 – 12h00
  - o Warm up compete style
  - o Only 3 gymnasts on each apparatus
  - o All 3 teams will be competing against each other
  - o Two level 1 teams and one level 2 team
- Western Cape Trials comp Day 1 – MAG Level 8 – SO
  - o Report & General Warmup 11h30 – 12h00
  - o Apparatus Warmup / Free Warm up 12h00 – 13h00
  - o Competition 13h00 – 15h00
  - o No prize giving

Sunday 17<sup>th</sup> May 2015

- Western Cape Trials comp Day 2 – MAG Level 8 – SO
  - o Report & General Warmup 08h30 – 9h00
  - o Apparatus Warmup / Free Warm up 9h00 – 10h00
  - o Competition 10h00 – 12h00
  - o Prize giving

President: Anne Vermaak, Vice President: Michelle Kleu, Treasurer: Angelique Portelli  
Committee: Warren Buchanan Eugene de Villiers, Melvin Edwards, Karl Schneeberger, Christo Swanepoel  
The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF)  
and the Western Cape Provincial Sport Confederation (WCPSC)





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We wish you all the best,

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