



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

WESTERN CAPE DISTRICT TRIALS LEVEL 1-3

WESTERN CAPE SPORTS SCHOOL

20 JUNE 2015

MAG PROGRAM

Session 1 (33)	Level 1	6-7yrs	10-12yrs
Report	08h30		
Warmup & Compete	09h00 - 11h00		
Prizegiving	11h30		

Session 2 (34)	Level 1	8-9yrs	
	Level 2	11-13yrs	
Report	10h30		
Warmup & Compete	11h00 - 13h00		
Prizegiving	13h30		

Judges Lunch 13h00 - 13h30

Session 3 (45)	Level 2	7-8yrs	9-10yrs
Report	13h00		
Warmup & Compete	13h30-15h30		
Prizegiving	16h00		

Session 4 (21)	Level 3	all ages	
Report	15h00		
Warmup & Compete	15h30-17h00		
Prizegiving	17h30		

***PLEASE NOTE THAT WE HAVE ADDED SOME BUFFER TIME INTO THE PROGRAM SO PLEASE ENSURE THAT YOUR GYMNASTS ARE AT THE VENUE 15-30 MINUTES BEFORE REPORT TIME**

We wish you all the best,

Western Cape Gymnastics Association

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)

