



Western Cape Gymnastics Association

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

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

Men's Artistic Gymnastics
WC Provincial Trials - Level 4-9, Class 1-3, Senior Olympic
Western Cape Sports School: 25 and 26 August

Friday 25 August 2017

Competition 1	Class 3 and SO
Grouping and General Warm up	14h00
Apparatus Warm up	14h30-15h30
Competition	15h30-18h00
*note that Class 3 will be competing Set Routines on this day	

Saturday 26 August 2017

Competition 2	Level 4 All Ages
Grouping and General Warm up	08h00
Apparatus Warm up and Competition	08h30 - 10h30
Prizegiving	10h45
*Warmup and compete competition format	

Competition 3	Level 5/6 All Ages Class 1 and 2
Grouping and General Warm up	10h00
Apparatus Warm up and Competition	10h30 - 13h30
Prizegiving	13h45
*Warmup and compete competition format	

Competition 4	Level 7-9, Class 3 and SO
Grouping and General Warm up	13h30
Apparatus Warm up	14h00 - 15h00
Competition	15h00 - 18h00
*note that Class 3 will be competing Voluntary Routines on this day. The competition format is the same as Nationals. Warm up all 6. one touch and then compete	