



## Western Cape Gymnastics Association

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

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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

### Programme MAG Western Cape Championships 2018

**Venue: Western Cape Sports School**

**Saturday 18 August 2018**

**Please note format is apparatus warm up and then competition. Permitted levels receive 1 touch at each apparatus (applicable to last session only)**

#### Friday 17th August 2018

<b>Podium Training</b>	<b>Class 3, 4, Level 8, 9 and JO (Class 5)</b>
	8h30 - 10h00

#### Saturday 18 August 2018

<b>Competition 1</b>	<b>Level 4 All Ages (39 Gymnasts)</b>
Report & General Warmup	08h00 - 08h30
Apparatus Warmup	08h30 - 09h10
Competition	09h10 - 11h00
Prizegiving	11h15

<b>Competition 2</b>	<b>Class 1, Class 2, Level 5 and Level 6 All Ages (45 Gymnasts)</b>
Report & General Warmup	10h30 - 11h00
Apparatus Warmup	11h00 - 12h00
Competition	12h00 - 14h00
Prizegiving	14h15

<b>Competition 3</b>	<b>Class 3, Class 4, Level 7, Level 8, Level 9 and JO (Class 5) 11 gymnasts</b>
Report & General Warmup	13h30 - 14h00
Apparatus Warmup	14h00 - 15h00
Competition	15h00 - 17h00
Prizegiving	17h15