

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

MAG DISTRICT TRIALS Level 1-3 VENUE: WESTERN CAPE SPORT SCHOOL DATE 27 MAY 2017

PROGRAM

Clubs

Level 1 - All Ages - 46

Report and General Warm		
Up	08h00 - 08h30	ACS Gymnastics
Apparatus Warm Up	08h30 - 09h20	All Stars
Competition	09h25 - 10h55	Brawns
Prizzegiving	11h15	Eversdal
		Tyger Gymnastics

Level 1 - All Ages - 51

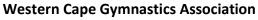
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Report and General Warm			
Up	10h25 - 10h55	Ceres Gymnastics	Beacon LSEN school
Apparatus Warm Up	10h55 - 11h35	Stellenbosch Gymnastics	CEDAR HIGH SCHOOL
Competition	11h35 - 12h55	Future Stars	FAIRMOUNT HIGH
Prizegiving	13h15	Giants Blouberg	HERALD CRESSY HIGH
		Giants MP	ZEEKOEIVLEI HIGH
		Gordons	ZEEKOEIVLEI PRIMARY
		Helderberg Gymnastics	Saldahna Gymnastics
		Mega Gymnastics	St Mary's Club Gymnastics
		Wasabi Sports Club	

Level 2 - All Ages - 37

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Report and General Warm		
Up	12h25 - 12h55	ACS Gymnastics
Apparatus Warm Up	12h55 - 13h35	All Stars
Competition	13h35 - 14h55	Brawns
Prizzegiving	15h15	Eversdal
		Giants Blouberg
		Giant MP
		Gordons
		Helderberg Gymnastics
		Tyger Gymnastics





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Clubs

Level 2 - All Ages - 27

Report and General Warm		
Up	14h25 - 14h55	Ceres Gymnastics
Apparatus Warm Up	14h55 - 15h25	Oaks Gymnastics
Competition	15h25 - 16h45	Stellenbosch Gymnastics
Prizzegiving	17h00	Diazville Primary School
		Excel Gymnastics
		Future Stars Gymnastics
		Club
		Mega Gymnastics
		Giant MP
		Specturm

Level 3 - All Ages - 41 Clubs

Report and General Warm		
Up	16h15 - 16h45	ACS Gymnastics
Apparatus Warm Up	16h45 - 17h25	Brawns
Competition	17h25 - 18h40	Eversdal
Prizzegiving	18h55	Future Stars
		Gordons
		Helderberg Gymnastics
		Tyger Gymnastics
		Ceres Gymnastics
		Oaks Gymnastics
		Stellenbosch Gymnastics
		Spine Road High School

ALL GYMNASTS TO REPORT 15 MINUTES BEFORE REPORT TIME