



## Western Cape Gymnastics Association

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

www.westerncapedgymnastics.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

#### Level 1 - All Ages - 46

#### Clubs

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

#### Level 1 - All Ages - 51

#### Clubs

<b>Report and General Warm Up</b>	10h25 - 10h55	Ceres Gymnastics	Beacon LSEN school
<b>Apparatus Warm Up</b>	10h55 - 11h35	Stellenbosch Gymnastics	CEDAR HIGH SCHOOL
<b>Competition</b>	11h35 - 12h55	Future Stars	FAIRMOUNT HIGH
<b>Prizegiving</b>	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

#### Clubs

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



## Western Cape Gymnastics Association

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

www.westerncapedgymnastics.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

### Level 2 - All Ages - 27

### Clubs

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

### Level 3 - All Ages - 41

### Clubs

<b>Report and General Warm Up</b>	16h15 - 16h45	ACS Gymnastics
<b>Apparatus Warm Up</b>	16h45 - 17h25	Brawns
<b>Competition</b>	17h25 - 18h40	Eversdal
<b>Prizzeiving</b>	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**