



## Western Cape Gymnastics Association

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

www.westerncapegymnastics.com

NPO Registration: 142 – 856 NPO

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

## WESTERN CAPE MAG LEVEL 1 & 2 DISTRICT TRIALS 18<sup>TH</sup> JUNE 2016

**Venue: Western Cape Sports School, Nooiensfontein Road, Kuilsriver**

### **Competition 1**

**36 competitors**

**Level 1**                      **6 years**                      **7 years**

Report & General Warm up	08h00 - 08h30
Apparatus Warm up	08h30 - 09h10
Competition	09h15 - 10h35
Prizegiving	10h55

### **Competition 2**

**41 competitors**

**Level 1**                      **8 years**                      **9-10 years**                      **11-13 years**

Report & General Warm up	10h00 - 10h30
Apparatus Warm up	10h30 - 11h20
Competition	11h25 - 13h00
Prizegiving	13h20

### **Competition 3**

**30 competitors**

**Level 2**                      **7-8 years**

Report & General Warm up	12h30 - 13h00
Apparatus Warm up	13h00 - 13h40
Competition	13h45 - 15h00
Prizegiving	15h20

### **Competition 4**

**32 competitors**

**Level 2**                      **9-10 years**                      **11-13 years**

Report & General Warm up	14h30 - 15h00
Apparatus Warm up	15h00 - 15h40
Competition	15h40 - 17h00
Prizegiving	17h20