



## Western Cape Gymnastics Association

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

www.westerncapedgymnastics.com

NPO Registration: Pending

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

### WAG LEVEL 1-3 SOUTH ZONE FESTIVAL 2015

Venue: De Jager Sports Complex, Oudsthoorn

#### FRIDAY 28<sup>TH</sup> AUGUST 2015

SESSION	LEVEL	AGE GROUP	TIME	
1	1 (70)	6 & U	08:00 – 08:30 08:30 – 10:30 10:45	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
2	1 (79)	7 yrs	10:00 – 10:30 10:30 – 12:45 13h00	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
3	1 (70)	8 yrs	12:45– 13:15 13:15 – 15:15 15h30	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
4	1 (76)	10 & U, 12 & U, 13 & O	14:45– 15:15 15:15 – 17:30 17h45	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

#### SATURDAY 29<sup>TH</sup> AUGUST 2015

5	2 (60)	6 & U, 7 YRS	07:30 – 08:00 08:00 – 9:45 10:00	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
6	2 (98)	8 YRS, 9 YRS	09:15 – 09:45 09:45 – 12:15 12:30	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
7	2 (63)	11 & U, 13 & U, 14/O	11:45 – 12:15 12:15 – 13:45 14:00	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
8	3 (71)	7 & U, 8 YRS, 12 & U	13:45 – 14:15 14:15 – 16:15 16:30	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
9	3 (67)	10 & U, 13/O	15:45 – 16:15 16:15 – 18:15 18:30	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING 10 &U, 12 YRS

PLEASE BE AT THE VENUE 30 MINS BEFORE REPORT TIME.

President: Anne Vermaak, Vice President: Eugene De Villiers

Committee: Melvin Edwards, Angelique Portelli, Wayne Samuels, Karl Schneeberger, Christo Swanepoel  
The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF)

