



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 PROVINCIAL TRIALS 2016 **WAG LEVEL 7- SNR OLYMPIC, CLASS 3 & 4** **MAG LEVEL 9 – SNR OLYMPIC, ALL HP**

Venue: Western Cape Sports School, Nooiensfontein Road, Kuilsriver

FRIDAY 3RD JUNE 2016

WAG

SESSION	LEVEL	AGE GROUP	TIME	
1	LEVEL 7 & CLASS 3 SETS (22)	ALL AGES	15:00 – 15:30 15:30 – 18:15 19:00	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
	LEVEL 3 (22)	12 YRS AND 13/O (22)		

MAG

1	SENIOR OLYMPIC, HP 3 AND HP 4 (5)		14:30 – 15:00 15:00 – 16:00 16:00 – 18:30 18:45	GROUPING & GENERAL WARM UP APP WARM UP COMPETITION PRIZE GIVING
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Saturday 4th JUNE 2016

WAG

SESSION	LEVEL	AGE GROUP	TIME	
1	LEVEL 3 (35)	8 YRS	8:30 – 9:00 9:00 – 11:00 11:15	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
2	LEVEL 3 (34)	10/u	10:30 – 11:00 11:00 – 13:00 13:15	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
3	LEVEL 8 - 10 & CLASS 3 (16)	ALL AGES	12:30 – 13:00 13:00 – 15:45 16:00	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

MAG

1	LEVEL 3 (34)	ALL AGES	8:30 – 9:00 9:00 – 9:50 9:50 – 11: 15 11:30	GROUPING & GENERAL WARM UP APP WARM UP COMPETITION PRIZE GIVING
2	HP 1, HP 2, HP 3, HP 4, LEVEL 9, SENIOR OLYMPIC (15)	ALL AGES	11:00 – 11:30 11:30 – 12:30 12:30 – 15:00 15:15	GROUPING & GENERAL WARM UP APP WARM UP COMPETITION PRIZE GIVING

PLEASE BE AT THE VENUE 30 MINS BEFORE REPORT TIME EXCEPT FOR FIRST SESSION