



Western Cape Gymnastics Association

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

www.westerncapegymnastics.com

NPO Registration: 142 – 856 NPO

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

WESTERN CAPE WAG LEVEL 1 & 2
DISTRICT TRIALS 17TH / 18TH JUNE 2016

Venue: Western Cape Sports School, Nooiensfontein Road, Kuilsriver

WAG

FRIDAY 17TH JUNE 2016

SESSION	LEVEL	AGE GROUP	TIME	
1	LEVEL 1 (79)	6 YRS	14:00 – 14:30 14:30 – 16:30 16:45	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
2	LEVEL 1 (65)	7 YRS	16:00 – 16:30 16:30 – 18:15 18:30	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

SATURDAY 18TH JUNE 2016

SESSION	LEVEL	AGE GROUP	TIME	
3	LEVEL 1 (79)	8 YRS & 12/O	8:00 – 8:30 8:30 – 10:30 10:45	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
4	LEVEL 1 (71)	9 YRS & 11 YRS	10:00 – 10:30 10:30 – 12:30 12:45	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
5	LEVEL 2 (97)	6 YRS, 7 YRS & 8 YRS	12:30 – 13H00 13:00 – 15:30 15:45	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
6	LEVEL 2 (93)	9 YRS, 11 YRS & 12 YRS	15:00 – 15H30 15H30 – 18:00 18:15	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

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