



Western Cape Gymnastics Association

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

www.westerncapedgymnastics.com

NPO Registration: 142 – 856 NPO

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

WESTERN CAPE WAG LEVEL 4-6, Class 0-2 **PROVINCIAL TRIALS 26TH, 27TH AUGUST 2016** **& GFL COMPETITION**

Venue: Western Cape Sports School, Nooiensfontein Road, Kuilsriver

WAG

FRIDAY 26TH AUGUST 2016

SESSION	LEVEL	AGE GROUP	TIME	
1	Level 4 (38)	8 & 9 yrs	8h00 – 8h30 8h30 – 10h15 10:30	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
2	LEVEL 4 (42)	11 & 12 yrs	10h15 – 10h45 10h45 – 12h45 13h00	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
3	GFL COMPETITION		12h15 – 12h45 12h45 – 13h20 13h30	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

SATURDAY 27TH AUGUST 2016

SESSION	LEVEL	AGE GROUP	TIME	
3	Class 0 & 1 (30)	ALL	8h00 – 8h30 8h30 – 10h05 10h20	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
4	Class 2 (12) Level 5 (16)	ALL 11 yrs	9h35 – 10h05 10h05 – 11h40 11h55	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
5	LEVEL 5 (40)	9, 10, 13/u, 18/u, 19/o	11h10 – 11h40 11h40 – 13h30 13h45	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
6	LEVEL 6 (47)	ALL	13h30 – 14h00 14h00 – 16h05 16h20	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
7	LEVEL 4 (42)	10, 14/u, 18/u, 19/o	15h35 – 16h05 16h05 – 18h10 18h25	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

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



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