

District Trials

Western Cape Sport School, Nooiensfontein rd, Kuilsriver

TRAMPOLINE PROGRAM

Western Cape District Trials - Level 1 -3

Western Cape Sport School, Kuilsriver

TRAMPOLINE PROGRAM

SATURDAY 22 APRIL

MINI TRAMPOLINE

<u>COMP</u>	<u>Report time</u>	<u>MINI TRAMPOLINE 1</u>	<u>MINI TRAMPOLINE 2</u>
1	08h00	Level 2: 11-12 yrs M & F - all districts	Level 1: 10 yrs M & F - all districts
2	09h30	Level 1: 8 yrs Females only - all districts	Level 1: 9 yrs Females only - all districts
3	10h45	Level 1: 6-7 yrs M & F - all districts	Level 1: 8 yrs Males only - all districts
	12h45	LUNCH	LUNCH
4	13h15	Level 1: 9 yrs Males only - all districts	Level 1: 13-14 yrs; 15&over M & F - all districts
5	14h30	Level 1: 11-12yrs M & F - CT district only	Level 2: 13-14 yrs; 15&over M & F - all districts
6	16h15	Level 1: 11-12yrs M&F Winelnds, WC districts	All Level 3 gymnasts - all districts
7	18h00	Level 2: 8, 9, 10 yrs M & F - all districts	

TABLE TOP

<u>COMP</u>	<u>Report time</u>	
1	08h30	Level 1 & 2: 6-7 & 8-9yrs M & F - all districts
2	09h30	Level 3: All districts
3	10h15	Level 1 & 2: 10-11yrs M & F - all districts

GYMNASTS MUST BE AT THE VENUE 30 MIN PRIOR TO THEIR REPORT TIME.