



Western Cape Gymnastics Association

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

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

ROPE SKIPPING PROVINCIAL TRIALS – LEVEL 3-7 on 25 AUGUST 2017

Wittebome Civic Centre - Wynberg

REPORT TIME (GYMNASTS & JUDGES): 13h00

COMPETITION STARTS: 13h30

SPEED 13h30-14h45

Includes 30 sec speed, 30 sec double unders, 3 minute speed, triple unders (level 4-7)

FREESTYLE 14h45-15h45

PRIZE GIVING: 15h45-16h00

Jumpers to bring their own snacks and refreshments, as there will not be a tuckshop.

JUDGES PANEL (judges must be in full judges uniform):

SPEED:

Sibusiso Mabele, Masixole Felani, Terrence Tshamlambo and Micheala Dumpies

FREESTYLE LEVEL 3-4:

Sibusiso Mabele, Masixole Felani, Terrence Tshamlambo and Micheala Dumpies

FREESTYLE LEVEL 5-7:

Sibusiso Mabele, Masixole Felani, Terrence Tshamlambo, Micheala Dumpies and Sadicka Isaacs

*judges will be served tea, coffee and snacks only