



## 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**

### **LEVEL 1-3 RETRIAL AND SCHOOLS**

### **DISTRICT TRIALS 29<sup>th</sup> / 30<sup>th</sup> July 2016**

**Venue: Western Cape Sports School, Nooiensfontein Road, Kuilsriver**

#### **WAG**

**FRIDAY 29<sup>th</sup> JULY 2016**

SESSION	LEVEL	AGE GROUP	TIME	
1	Class 0-2 (44)	ALL	13:30 – 14:00 14:00 – 16:15 16:30	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
2	LEVEL 6 ( 47)	ALL	15:45 – 16:15 16:15 – 18:30 18:45	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

**SATURDAY 30<sup>TH</sup> JULY 2016**

SESSION	LEVEL	AGE GROUP	TIME	
3	LEVEL 1-3 RETRIAL & SCHOOLS (35)	ALL	8:00 – 8:30 8:30 – 9:45 10:00	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
4	LEVEL 4 (34)	8 YRS, 9 YRS	9:15 – 9:45 9:45 – 11:20 11:35	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
5	LEVEL 4 (33)	10 YRS, 14/U, 18/U	10:50 – 11:20 11:20 – 13:00 13:15	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
6	LEVEL 4 (34)	11 YRS, 12 YRS, 19/O	13:00 – 13H30 13H30 – 15:10 15:25	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
7	LEVEL 5 (48)	ALL	15:05 – 15H25 15H25 – 17:30 17:45	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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