



Western Cape Gymnastics Association
 Postal Address: P.O. Box 293 Edgemead, 7407
 Email: info@wcga.co.za
www.westerncapegymnastics.com
 NPO Registration: Pending

DF Malan Centre University of Stellenbosch

Tumbling - 26 July 2014 – DF Malan

GROUP 1		
GROUPING	07:50	LEVEL 7 Male/Female All ages(2)
WARMUP	08:00	WAGS Male/Female All ages(6)
COMPETITION	08:30	OPEN MEN (1)
GROUP 2		
GROUPING	08:45	Level 5 Male/Female All ages(14)
WARMUP	09:00	Level 6 Male/Female All ages(14)
COMPETITION	09:30	
GROUP 3		
GROUPING	10:00	Level 1 Male/Female All ages (25)
WARMUP	10:15	
COMPETITION	10:45	
GROUP 4		
GROUPING	11:15	Level 2 Male All ages (12)
WARMUP	11:30	Level 3 Male All ages (10)
COMPETITION	12:00	

LUNCH		
GROUP 5		
GROUPING	12:30	Level 2 Female All ages (30)
WARMUP	12:45	
COMPETITION	13:15	
GROUP 6		
GROUPING	13:45	Level 3 Female All ages (28)
WARMUP	14:00	
COMPETITION	14:30	
GROUP 7		
GROUPING	15:00	Level 4 Male/Female All ages (25)
WARMUP	15:15	
COMPETITION	15:45	

From GROUP 2 please be available 30 minutes before scheduled time

Check attached entries for any errors

Changes to entries before 16:00 on 21/07/2015 to andre.vandermerwe@sanlam.co.za and tra-tum@wcga.co.za

No late entries/changes.

President: Anne Vermaak, Vice President: Eugene De Villiers

Committee: Melvin Edwards, Angelique Portelli, Wayne Samuels, Karl Schneeberger, Christo Swanepoel

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Mini Trampoline - 26 July 2014

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Session 1	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Male 8yrs	Cape Town	07:45	08:00	08:20
MiniTRA 2	Female 8 yrs	Cape Town & West Coast	07:45	08:00	08:20
	Female 9 yrs	Cape Town			

Session 2	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Male 7 yrs	Cape Town & West Coast	08:25	08:40	09:00
MiniTRA 4	Male 7 yrs	Winelands	08:25	08:40	09:00

Session 3	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Female 8 yrs	Winelands	09:00	09:15	09:35
MiniTRA 2	Male 8yrs	West Coast & Winelands	09:00	09:15	09:35

Session 4	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	All 6&u	All	09:35	09:50	10:10
MiniTRA 4	Female 7yrs	Cape Town & Winelands	09:35	09:50	10:10

Session 5	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Female 9yrs	Winelands	10:15	10:30	10:50
MiniTRA 2	Male 9yrs	Cape Town	10:15	10:30	10:50

Session 6	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Female 10yrs	West Coast	11:00	11:20	11:40
	Male 9yrs	Winelands			
MiniTRA 4	Female 10yrs	Cape Town	10:50	11:10	11:30

Session 7	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Female 10yrs	Winelands	11:45	12:00	12:20
MiniTRA 2	Female 11-12	Cape Town	11:45	12:00	12:20

Lunch

Session 8	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Female 11-12	West Coast & Winelands	12:45	13:10	13:30
MiniTRA 2	Male 10yrs	All	12:45	13:10	13:30
	Male 11-12	Cape Town			

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Mini Trampoline - 26 July 2014

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Session 9	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Male 11-12	Winelands	13:35	13:50	14:10
MiniTRA 4	Female 13-14	All	13:35	13:50	14:10

Session 10	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Junior & Senior Elite	Cape Town	14:15	14:30	14:50
MiniTRA 2	Male 13-14 All 15&Over	Cape Town All	14:15	14:30	14:50

Session 11	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Junior Elite	West Coast & Winelands	15:05	15:20	15:40
MiniTRA 4	Senior Elite	West Coast & Winelands	15:05	15:20	15:40

Coaches meeting at 07:40

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Table Top - 26 July 2014

Session 1	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	All 13-14 All 15&Over Junior & Senior Elite	Cape Town & West Coast	07:45	08:00	08:20
Session 2	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	All 13-14 Junior & Senior Elite	Winelands	08:25	08:40	09:00
Session 3	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Male 7-8	Cape Town & West Coast	09:05	09:20	09:40
	Female 7-8	West Coast & Winelands			
Session 4	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Male 7-8	Winelands	09:35	09:50	10:10
Session 5	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	All 9-10	Cape Town	10:05	10:20	10:40
Session 6	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Female 9-10	West Coast	10:40	10:55	11:15
	Male 9-10	West Coast & Winelands			
Session 7	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Female 9-10	Winelands	11:10	11:25	11:50
Session 8	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	All 11-12	Cape Town	12:00	12:15	12:40
Session 9	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Female 11-12	West Coast & Winelands	12:35	12:50	13:10
	Male 11-12	Winelands			

Coaches meeting at 07:40

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Trampoline - 26 July 2014

Session 1	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 2 8&u Level 2 9-10 Level 2 11-12 Level 3 11-12	Cape Town	13:15	13:30	14:00
Session 2	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 3 10&u Level 2 13-14 Level 3 13-14	Cape Town	14:25	14:40	15:00
Session 3	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 2 15&O Level 3 15&O Level 4 15&O Level 5 17&O	Cape Town	15:35	15:50	16:10

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Double Mini Trampoline - 26 July 2014

Session 1	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 2 11-12	Cape Town	07:45	08:00	08:20
Session 2	Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 2	Level 2 8&u Level 2 9-10 Level 2 13-14 Level 2 15&O	Cape Town	08:10	08:25	09:10
Session 3	Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 3 10&u Level 3 15 &O	Cape Town	09:20	09:35	10:00
Session 4	Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 2	Level 3 11-12	Cape Town	10:00	10:15	10:40
Session 5	Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 3 13 – 14	Cape Town	10:55	11:10	11:30
Session 6	Gender Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 2	<u>FEMALE ONLY</u> Level 4 10&u Level 4 11-12 Level 4 15 & O Level 5 17 &O	Cape Town	11:35	11:50	12:10
Session 7	Gender Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	<u>MALE ONLY</u> Level 4 10&u Level 4 13-14 Level 4 15 & O Level 5 17 &O	Cape Town	12:10	12:25	12:50

Coaches meeting at 07:40

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