



## Western Cape Gymnastics Association

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

www.westerncagegymnastics.com

NPO Registration: Pending

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

## **MAG LEVEL 1-3 SOUTH ZONE FESTIVAL**

**Venue: Western Cape Sports School Nooiensfontein Road, Kuils River**

### **Friday 29 August 2014**

<b>Competition 1 - Level 1 - 6-7yrs</b>	
Report & General Warmup	10h00
Apparatus Warmup	10h30-11h10
Competition	11h10-12h30
Prizegiving	13h00
<b>Competition 2 - Level 1 - 8-9yrs, 10-12yrs</b>	
Report & General Warmup	12h30-13h00
Apparatus Warmup	13h00-13h50
Competition	13h50-15h30
Prizegiving	16h00

### **Saturday 30 August 2014**

<b>Competition 3 - Level 2 7-8yrs</b>	
Report & General Warmup	08h00-08h30
Apparatus Warmup	08h30-09h20
Competition	09h20-11h00
Prizegiving	11h30
<b>Competition 4 - Level 2 - 9-10yrs, 11-13yrs</b>	
Report & General Warmup	11h00-11h30
Apparatus Warmup	11h30-12h20
Competition	12h20-14h00
Prizegiving	14h30
<b>Competition 5 - Level 3 - All Ages</b>	
Report & General Warmup	14h00
Apparatus Warmup	14h30-15h10
Competition	15h10-16h30
Prizegiving	17h00

**PLEASE BE AT THE VENUE 30 MINS BEFORE REPORTING TIME**

President: Anne Vermaak, Vice President: Eugene De Villiers  
 Committee: Melvin Edwards, Angelique Portelli, Wayne Samuels, Karl Schneeberger, Christo Swanepoel  
 The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF)

