



Western Cape Gymnastics Association

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

www.westerncapegymnastics.com

NPO Registration: Pending

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

MAG

LEVEL 4 – 7, CLASS 1 & CLASS 2 DISTRICT TRIALS CAPE TOWN – WINELANDS – WEST COAST

SATURDAY 16th AUGUST 2014

SESSION	LEVEL	AGE GROUP	TIME	
1	4 & Class 1	All ages	08:30 – 09:00 09:00 – 09:30 09:30- 10:30 10:30- 11:00 11:00- 12:00 12:20	GROUPING & GENERAL WARM UP Apparatus warmup (Floor, Pommel, Rings) Compete (Floor, Pommel, Rings) Apparatus warmup (Vault, Pbar, Hbar) Compete (Vault, Pbar, Hbar) PRIZE GIVING
2	5,6,7 & Class 2	All ages	11:30 – 12:00 12:00 – 12:30 12:30 – 13:30 13:30 - 14:00 14:00 – 15:00 15:20	GROUPING & GENERAL WARM UP Apparatus warmup (Floor, Pommel, Rings) Compete (Floor, Pommel, Rings) Apparatus warmup (Vault, Pbar, Hbar) Compete (Vault, Pbar, Hbar) PRIZE GIVING

PLEASE BE AT THE VENUE 30 MINS BEFORE REPORTING TIME

