



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

WESTERN CAPE GYMNASTICS ASSOCIATION

DISTRICT AND PROVINCIAL TRIAL - RHYTHMIC GYMNASTICS

FINAL PROGRAMME FOR 12/13 September 2014 at the Bellville Velodrome

Friday 12 September

Groups (8) 2 panels (+/- 45 min)

07.45 – 08.45 Warm up and floor managers meeting

08.45 – 09.15 Competition

09.15 – 09.30 Prize giving

Level 6 (20) 4 panels (1 hour)

08.30 – 09.30 Warm Up

09.30 – 10.30 Competition

10.30 – 11.00 Tea and prize giving

Level 8 and up and HP (21) 2 panels (3hours)

09.30 – 11.00 Warm Up

11.00 – 14.00 Competition

14.00 – 14.45 Lunch and Prize giving

Level 3 (50) 4 panels (1 hour)

13.45 - 14.45 Warm Up

14.45 – 15.45 Competition

15.45 – 16.30 Prize giving

Level 1 (51) 4 panels (1hr 15 min)

15.30 – 16.30 Warm Up

16.30 – 17.45 Competition

17.45 – 18.30 Prize giving

NB All gymnasts, except the first group of the day, have to be at the competition venue 30min before the start of their competition.

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)





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FINAL PROGRAMME FOR 12/13 September 2014 at the Bellville Velodrome

Saturday 13 September

Level 4 (38) 4 panels (1hr 30min)

08.00 – 09.00 Warm up

09.00 – 10.30 Competition

10.30 – 11.00 Tea and prize giving

Level 5 (40) 4 panels (1hr 30 min)

10.00 – 11.00 Warm Up

11.00 – 12.30 Competition

12.30 – 13.15 Lunch and prize giving

Level 7 (11) 2 panels (1hr)

12.00 – 13.15 Warm Up

13.15 – 14.15 Competition

14.15 – 14.45 Prize giving

Level 2 (54) 4 panels (1hr 15min)

13.45 – 14.45 Warm Up

14.45 – 16.00 Competition

16.00 – 16.45 Prize giving

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