



## Western Cape Gymnastics Association

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

www.westerncapegymnastics.com

NPO Registration: Pending

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

### WAG LEVEL 1-3 , CLASS 1 SOUTH ZONE FESTIVAL

Venue: Western Cape Sports School Nooiensfontein Road, Kuils River

FRIDAY 29<sup>TH</sup> AUGUST 2014

SESSION	LEVEL	AGE GROUP	TIME	
1	3 CLASS 1	A: 10 & U B: 7 YRS, 12/U, 13/O, CLASS 1 <b>DOUBLE COMPETITION</b>	08:00 – 08:20 08:20 – 11:50	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
2	3	8 YRS <b>SINGLE COMPETITION</b>	11:30 – 11:50 11:50 – 13:15	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
3	2	A: 6/U, 11/U B: 9 YRS, 13/U, 14/O <b>DOUBLE COMPETITION</b>	13:40– 14:00 14:00 – 17:10	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

SATURDAY 30<sup>TH</sup> AUGUST 2014

4	1	A: 6YR <b>CPT DISTRICT ONLY</b> B: 7 YRS <b>CPT DISTRICT ONLY</b> <b>DOUBLE COMPETITION</b>	08:00 – 08:20 08:20 – 11:00	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
5	1	A: 6YR <b>OTHER DISTRICTS ONLY</b> B: 7 YRS <b>OTHER DISTRICTS ONLY</b> 12/u, 13/O <b>all districts</b> <b>DOUBLE COMPETITION</b>	10:40 – 11:00 11:00 – 12:30	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
4	1	A: 8YRS B: 10/U <b>DOUBLE COMPETITION</b>	12:40 – 13:10 13:10 – 15:20	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
5	2	A: 7YRS B: 8YRS <b>DOUBLE COMPETITION</b>	14:50 – 15:20 15:20 – 18:10	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

PLEASE BE AT THE VENUE 30 MINS BEFORE REPORT 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)

