



Western Cape Gymnastics Association

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

www.westerncapedgymnastics.com

NPO Registration: 142 – 856 NPO

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

WESTERN CAPE WAG LEVEL 1 DISTRICT TRIALS

19TH & 20TH MAY 2017

Venue: Wynberg Military Base, Wynberg

FRIDAY 19th MAY

SESSION	GROUP	TIME	
1	A: BRAWNS (22) ALL STARS (11) B: FUTURE STARS (11) GIANTS BB 7,9 YRS (15) FISH HOEK (4)	14H00 – 14H30 14H30 – 17H00 17H15	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

SATURDAY 20TH MAY

SESSION	GROUP	TIME	
2	A: WYNLANDS 6, 7 YRS (19) VAN DER STEL (15) OAKS (2) CERES (4) B: SWAG (5) GIANTS MP (12) GORDONS (16) EXCEL (5)	8H00 – 8H30 8H30 – 10H50 11H00	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
SESSION	GROUP	TIME	
3	A: WYNLANDS 8-11 YRS (9) HGC 7, 8 YRS (7) EVERSDAL 8 YRS & UP (17) GIANTS BB 8, 8, 11 YRS (5) B: WASABI (2) HGC 6 YRS (5) SALDANHA (6) MEGA (8) PRO-GYM (2) TYGER 8-10 YRS (11) SPEC (5)	10H20 – 10H50 11H00 – 13H20 13H30	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING



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SESSION	GROUP	TIME	
4	A: ACS (9) TYGER 6,7 & 11 YRS (10) EVERSDAL 6, 7 YRS (20) B: SCHOOLS (27) SPINE ROAD (10)	13H10 – 13H30 13H50 – 17H10 17H20	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

PLEASE BE AT THE VENUE 30 MINS BEFORE REPORT TIME EXCEPT FOR FIRST SESSION