



## Western Cape Gymnastics Association

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

www.westerncapegymnastics.com

NPO Registration: 142 – 856 NPO

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

### **WESTERN CAPE WAG LEVEL 2,3 DISTRICT TRIALS**

**26<sup>TH</sup> & 27<sup>TH</sup> MAY 2017**

Venue: Western Cape Sports School, Kuilsriver

**FRIDAY 26<sup>th</sup> MAY**

**ALL LEVEL 3**

SESSION	GROUP	TIME	
1	<b>A: EVERS DAL 8, 10 YRS (21)</b> <b>EVERSDAL 12, 13 YRS (4)</b> <b>FUTURE STARS (4)</b> <b>GIANTS BB (5)</b> <b>SPECTRUM (4)</b>  <b>B: HGC (9)</b> <b>MEGA (3)</b> <b>SWAG (3)</b> <b>GORDONS (3)</b> <b>TYGER 10 YRS (11)</b> <b>ALL STARS (3)</b> <b>GIANTS MP (6)</b>	<b>13H00 – 13H30</b> <b>13H30 – 15H45</b> <b>16H00</b>	<b>GROUPING &amp; GENERAL WARM UP</b> <b>COMPETITION</b> <b>PRIZE GIVING</b>
2	<b>A: ACS (12)</b> <b>BRAWNS (10)</b> <b>FISH HOEK (9)</b> <b>EXCEL (6)</b> <b>PRO-GYM (1)</b> <b>SALDANHA (4)</b>  <b>B: SOUTHERNS (7)</b> <b>VAN DER STEL (10)</b> <b>WYNLANDS (8)</b> <b>CERES (7)</b> <b>OAKS (2)</b>	<b>15H15 – 15H45</b> <b>15H45 – 18H00</b> <b>18H15</b>	<b>GROUPING &amp; GENERAL WARM UP</b> <b>COMPETITION</b> <b>PRIZE GIVING</b>



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**SATURDAY 27<sup>th</sup> MAY**

**ALL LEVEL 2**

SESSION	GROUP	TIME	
3	<b>A: ACS 7 YRS (9)</b> <b>ALL STARS (8)</b> <b>BRAWNS 8, 9 YRS (8)</b> <b>EVERSDAL 7 YRS (9)</b> <b>B: EVERSDAL 9 YRS (9)</b> <b>FISH HOEK (7)</b> <b>SWAG (2)</b> <b>GIANTS BB (9)</b> <b>SOUTHERNS 7, 9 YRS (9)</b>	<b>8H00 – 8H30</b> <b>8H30 – 10H45</b> <b>11H00</b>	<b>GROUPING &amp; GENERAL WARM UP</b> <b>COMPETITION</b> <b>PRIZE GIVING</b>
SESSION	GROUP	TIME	
4	<b>A: BRAWNS 11, 12 YRS (9)</b> <b>EVERSDAL 8 YRS (14)</b> <b>CERES (5)</b> <b>EXCEL 11, 12 YRS (10)</b> <b>B: HGC 8 YRS (3)</b> <b>ACS 6,8,11,12 YRS (7)</b> <b>EVERSDAL 11 YRS (5)</b> <b>GORDONS (5)</b> <b>FUTURE STARS (7)</b> <b>SOUTHERN 11 YRS (3)</b> <b>LANGEBAAAN STARS (4)</b> <b>MEGA (6)</b>	<b>10H15 – 10H45</b> <b>10H45 – 13H00</b> <b>13H15</b>	<b>GROUPING &amp; GENERAL WARM UP</b> <b>COMPETITION</b> <b>PRIZE GIVING</b>
5	<b>A: EXCEL 6-9 YRS (9)</b> <b>OAKS (4)</b> <b>PRO GYM (4)</b> <b>WYNLANDS 6, 7 YRS (12)</b> <b>VAN DER STEL (7)</b> <b>B: EVERSDAL 12 YRS (4)</b> <b>GIANTS MP (6)</b> <b>HGC 7, 11 YRS (11)</b> <b>SALDANHA (10)</b> <b>TYGER 8,9, 11 YRS (11)</b>	<b>13H00 – 13H30</b> <b>13H30 – 15H45</b> <b>16H00</b>	<b>GROUPING &amp; GENERAL WARM UP</b> <b>COMPETITION</b> <b>PRIZE GIVING</b>



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<b>6</b>	<b>A: WYNLAND 8,9 YRS (10)</b> <b>TYGER 6,7 YRS (8)</b> <b>SPECTRUM (6)</b>  <b>B: SOUTHERNS 8 YRS (6)</b> <b>SPINE ROAD (3)</b> <b>SCHOOLS (12)</b>	<b>15H15 – 15H45</b> <b>15H45 – 17H45</b> <b>18H00</b>	<b>GROUPING &amp; GENERAL WARM UP</b> <b>COMPETITION</b> <b>PRIZE GIVING</b>
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**PLEASE BE AT THE VENUE 30 MINS BEFORE REPORT TIME EXCEPT FOR FIRST SESSION**