



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, Overberg Gymnastics and West Coast Gymnastics

WESTERN CAPE PROVINCIAL TRIALS 2015

WAG LEVEL 4-6, CLASS 1 & 2

School Sports – Gymstar Girls, ALL Skipstar & Aerostar

Venue: Western Cape Sports School, Nooiensfontein Road, Kuilsriver

SATURDAY 5TH SEPTEMBER 2015

SESSION	LEVEL	AGE GROUP	TIME	
1	5 (32) School Sports	9 YRS, 10 YRS, 11 YRS Gymstar Girls Primary School, Skipstar Girls and Boys, Aerostar Girls & Boys	07:30 – 08:00 08:00 – 10:20 10:40	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
2	5 (34) School Sports	13/U, 18/U, 19/O Gymstar Girls High School	09:50 – 10:20 10:20 – 13:00 13h10	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
3	CLASS (36) School Sports	ALL LSEN Girls	13:00– 13:30 13:30 – 16:10 16h20	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
4	6(42)	10 yrs, 12/u, 18/u, 19/o	15:40– 16:10 16:10 – 18:30 18h45	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

SUNDAY 6TH SEPTEMBER 2015

5	4(50)	9 YRS, 12 YRS, 14/U, 18/U, 19/O	08:00 – 08:30 08:30 – 11:10 11:20	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING
6	4 (53)	8 YRS, 10 YRS, 11 YRS	10:50 – 11:10 11:10 – 14:00 14:10	GROUPING & GENERAL WARM UP COMPETITION PRIZE GIVING

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

President: Anne Vermaak, Vice President: Michelle Kleu, Treasurer: Angelique Portelli

Committee: Warren Buchanan, Eugene de Villiers, Melvin Edwards, Karl Schneeberger, Christo Swanepoel

The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF) and the Western Cape Provincial Sport Confederation (WCPC)

