



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

VENUE : DF MALAN HALL - STELLENBOSCH

Mini Trampoline - 25 July 2015

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Session 1	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	All 6&U	All	07:45	08:10	08:30
MiniTRA 2	Female 7yrs	All	07:45	08:10	08:30

Session 2	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Male 7 yrs	Winelands	08:25	08:50	09:10
MiniTRA 4	Male 7 yrs	Cape Town	08:25	08:50	09:10

Session 3	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Male 8 yrs	Cape Town & Winelands	08:55	09:20	09:40
MiniTRA 2	Female 8yrs	All	08:55	09:20	09:40

Session 4	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Female 9yrs	West Coast & Winelands	09:45	10:10	10:30
	Male 9yrs	Cape Town			
MiniTRA 4	Female 9yrs	Cape Town	09:45	10:10	10:30

Session 5	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Male 9yrs	Winelands	10:35	11:00	11:20
MiniTRA 2	Male 10yrs	Cape Town & Winelands	10:35	11:00	11:20

Session 6	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Female 10yrs	Cape Town	11:25	11:50	12:10
MiniTRA 4	Female 10yrs	Winelands	11:25	11:50	12:10

Session 7	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	Female 11-12	Winelands	12:15	12:40	13:00
MiniTRA 2	Female 11-12	Cape Town	12:05	12:30	13:00

Session 8	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Male 11-12	Cape Town & Winelands	12:50	13:15	13:35



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Mini Trampoline - 25 July 2015

(page2)

Session 9	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 1	All 13-14	Cape Town & Winelands	13:35	14:00	14:20
MiniTRA 2	All 15&Over	Cape Town & Winelands	13:35	14:00	14:20

Session 10	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
MiniTRA 3	Female Junior Elite	All	14:15	14:30	15:10
MiniTRA 4	Male Junior Elite All Senior Elite	All All	14:15	14:30	15:10

Coaches meeting at 07:30

Judges meeting at 07:45

From Session 4 please be available 30 minutes before scheduled time

VENUE : DF MALAN HALL - STELLENBOSCH

Trampoline - 25 July 2015

Session 1	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 2 All	Cape Town	14:40	15:00	15:20

Session 2	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 3 10&u Level 3 13-14 Level 3 15&O	Cape Town	15:40	16:00	16:20

Session 3	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Level 3 11-12 Level 4 10&u Level 4 11-12 Level 4 15&O Level 5 17&O	Cape Town	16:35	17:00	17:20

From Session 2 please be available 30 minutes before scheduled time

Difficulty sheets to be handed in by 14:00



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VENUE : DF MALAN HALL - STELLENBOSCH

Table Top - 25 July 2015 (Difficulty sheets to be handed in by 07:45)

Session 1	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Female 9-10	Cape Town & West Coast	07:45	08:10	08:30
Session 2	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Female 9-10	Winelands	08:35	09:00	09:20
Session 3	Gender & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
	Male 9-10	Cape Town	09:25	09:50	10:10
Session 4	Gender & Age	District	10:25	10:40	11:00
	Male 7-8	Cape Town & Winelands			
	Male 9-10	Winelands			
Session 5	Gender & Age	District	11:15	11:40	12:00
	Female 6&u	Winelands			
	Female 7-8	All			
Session 6	Gender & Age	District	12:10	12:30	12:50
	Female 13-14	Cape Town & Winelands			
Session 7	Gender & Age	District	13:10	13:30	13:50
	Junior Elite	All			
	Senior Elite	All			
Session 8	Gender & Age	District	14:10	14:30	14:50
	All 11-12	Cape Town			
Session 9	Gender & Age	District	15:20	15:40	16:00
	Male 13-14 Male 15&Over	Cape Town & Winelands			
Session 10	Gender & Age	District	16:20	16:40	17:00
	Female 11-12	West Coast & Winelands			
	Male 11-12	Winelands			

Coaches meeting at 07:30 * Judges meeting at 07:45

From Session 4 please be available 30 minutes before scheduled time



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VENUE : DF MALAN HALL - STELLENBOSCH Double Mini Trampoline - 25 July 2015

Session 1	Level & Age Group	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Male Level 2 11-12	Cape Town	07:45	08:00	08:20
Session 2	Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 2	Male Level 2 8&u Female Level 2 11-12	Cape Town	08:30	08:50	09:10
Session 3	Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 2 9 - 10	Cape Town	09:05	09:25	09:45
Session 4	Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 2	Level 2 13 – 14	Cape Town	09:50	10:10	10:30
Session 5	Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 2 15&O Level 3 9-10	Cape Town	10:40	11:00	11:20
Session 6	Gender Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 2	Level 3 11-12	Cape Town & Winelands	11:20	11:40	12:00
Session 7	Gender Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 3 13-14 Level 3 15&Over	Cape Town & Winelands	12:00	12:15	12:35
Session 8	Gender Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 2	Level 4 10&u Level 4 11-12	Cape Town & Winelands	12:45	13:00	13:20
Session 9	Gender Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 1	Level 4 10&u Level 4 13-14	Cape Town & Winelands	13:30	13:50	14:10
Session 10	Gender Level & Age	District	Grouping & General Warm-up	Apparatus Warm-up	Competition
DMT 2	Level 4 15 & O Level 5 17 & O	Cape Town	14:00	14:20	14:40

Coaches meeting at 07:30 * Judges meeting at 07:45

From Session 4 please be available 30 minutes before scheduled time

Difficulty sheets to be handed in by 07:45