



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

Tumbling - 24 & 25 July 2015

Friday 24 July 2015

VENUE : EVERS DAL GYMNASTICS CLUB

Level 5 (ALL AGES) (24)

Report	14:55	
Warm-up	15:00	15:30
Comp	15:30	16:00

Level 6/7/Age groups (ALL AGES) (20)

Report	15:50	
Warm-up	16:00	16:30
Comp	16:30	17:00

Level 3 Boys (ALL AGES) (20)

Report	16:50	
Warm-up	17:00	17:20
Comp	17:20	17:50

Level 3 Girls (ALL AGES) (27)

Report	17:40	
Warm-up	17:50	18:20
Comp	18:20	18:50

Level 4 Boys & Girls (ALL AGES) (30)

Report	18:40	
Warm-up	18:50	19:30
Comp	19:30	20:00

Coaches meeting at 14:15 * Judges meeting at 14:45

Please be available 30 minutes before scheduled time

Difficulty sheets to be handed in 2 hours before the competition

(It will be best if you can hand in the Competition Cards for BlackTop, TableTop and Double Mini Trampoline **on Friday, 24 July 2015** at Eversdal - this will speed up the Competition on Saturday.)



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Tumbling

Saturday 25 July 2015

VENUE : DF MALAN HALL - STELLENBOSCH

Level 1 (ALL AGES) (28)

Report	08:20	
Warm-up	08:30	09:00
Comp	09:00	09:30

Level 2 6yrs/7yrs/8yrs/10yrs (29)

Report	09:20	
Warm-up	09:30	10:00
Comp	10:00	10:30

Level 2 9yrs (22)

Report	10:20	
Warm-up	10:30	11:00
Comp	11:00	11:30

Level 2 11/o Girls (23)

Report	11:20	
Warm-up	11:30	12:00
Comp	12:00	12:30

Level 2 11/o Boys (24)

Report	12:20	
Warm-up	12:30	13:00
Comp	13:00	13:30

Coaches meeting at 07:45 * Judges meeting at 08:00

Please be available 30 minutes before scheduled time

Difficulty sheets to be handed in 2 hours before the competition

(It will be best if you can hand in the Competition Cards for BlackTop, TableTop and Double Mini Trampoline **on Friday, 24 July 2015** at Eversdal - this will speed up the Competition on Saturday.)