



Western Cape Gymnastics Association

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

www.westerncapegymnastics.com

NPO Registration: 142 – 856 NPO

Email: info@wcga.co.za

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

WESTERN CAPE DISTRICT TRIALS
WAG/MAG LEVEL 1-3 RE-TRIAL
WAG LEVEL 4-6
MAG LEVEL 4-7
SCHOOL SPORTS – GYMSTAR 1& 2

Date: 31 July 2015 / 1 August 2015

Venue: Western Cape Sports School, Nooiensfontein Road, Kuilsriver

SS MAG WAG Program below

Friday 31 July 2015

Competition 1 - School Sports - Gymstar 1 and 2		80 WAG / 26 WAG
Report & General Warm up		10h00
Warm up & Compete		10h20 - 12h00

Competition 2 - MAG/WAG Level 1-3		27 WAG / 26 MAG
Report & General warm up		11h30
Warm up & Compete		12h00 - 14h00

Competition 3 - WAG Level 4 - 10 years		31 WAG
Report & General warm up		14h00
Warm up & Compete		14h30 - 16h30

Competition 4 - WAG Level 4 - 8 years, 9 years, 14 years and Seniors		32 WAG
Report & General warm up		16h00
Warm up & Compete		16h30 - 18h30

Saturday 1 August 2015

Competition 5 - WAG Level 4 - 11 years, 12 years		39 WAG
Report & General warm up		08h00
Warm up & Compete		08h30 - 10h30

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 (WCPSC)





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Competition 6 - MAG Level 4 - All Ages, HP 1		36 MAG
Report & General warm up		08h30
Warm up & Compete		09h00 - 12h00

Competition 7 - WAG Level 5 - 10 years, 11&u		28 WAG
Report & General warm up		10h00
Warm up & Compete		10h30 - 12h15

MAG Officials Lunch 12h00 - 12h30
WAG Officials Lunch 12h15 - 12h45

Competition 7 - MAG Level 5,6,7 and HP 2 – All ages		27 MAG
Report & General warm up		12h30
Warm up & Compete		13h00 - 16h00

Competition 8 - WAG Level 5 - 9&u, 13&u, 18&u, 18&over		29 WAG
Report & General warm up		12h15
Warm up & Compete		12h45 - 14h30

Competition 9 - WAG Class 0,1,2		39 WAG
Report & General warm up		14h00
Warm up & Compete		14h30 - 16h30

Competition 10 - WAG Level 6 - All Ages		39 WAG
Report & General warm up		16h00
Warm up & Compete		16h30 - 18h30

We wish you all the best,

Western Cape Gymnastics Association

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