



## Western Cape Gymnastics Association

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

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

26 April 2017

### **Level 1 – 3 RG District Trials: Cape Town & West Coast**

**Program:** Saturday, 13 May 2017

**Venue:** Hottentots Holland High School Activity Centre

<b><u>Competition:</u></b>	<b><u>Level:</u></b>	<b><u>Time:</u></b>	<b><u>Details:</u></b>
Competition 1:	Level 3 (47)	08h00 – 09h00	Report & Warm Up
		09h00 – 11h00	Competition
		11h00	Prize Giving (tea break for judges)
Competition 2:	Level 1 (17)	10h45 – 11h45	Report & Warm Up
		11h45 – 12h45	Competition
		12h45	Prize Giving (Lunch for judges)
Competition 3:	Level 2 (34)	12h45 – 13h45	Report & Warm up
		13h45 – 15h15	Competition
		15h15	Prize Giving

**\*Please ensure that for competition 2 & 3, all gymnasts are at the venue 30 minutes prior to their report time\***

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)

