



## Western Cape Gymnastics Association

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

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NPO Registration: 142 – 856 NPO

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

24 April 2017

### **Level 1 – 3 RG District Trials: Eden & Cape Winelands**

**Program: Saturday, 6 May 2017**

**Venue: Riversdal Hall, Eden**

<b><u>Competition:</u></b>	<b><u>Level:</u></b>	<b><u>Time:</u></b>	<b><u>Details:</u></b>
Competition 1:	Level 3 (32)	08h00 – 09h00	Report & Warm Up
		09h00 – 10h30	Competition
		10h30	Prize Giving (tea break for judges)
Competition 2:	Level 2 (27)	10h15 – 11h15	Report & Warm Up
		11h15 – 12h30	Competition
		12h30	Prize Giving (Lunch for judges)
Competition 3:	Level 1 (19)	12h30 – 13h30	Report & Warm up
		13h30 – 14h30	Competition
		14h30	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)

