



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, Overberg Gymnastics, Eden Gymnastics and West Coast Gymnastics

RG DISTRICT TRIALS LEVEL 1 – 3:

Date: 7 May 2016

Venue: Cape Olympia Rhythmic Gymnastics Club
Bellville Wes Geemente Church Hall
8th Laan
Boston

Parking: Please note that there is a large off street parking area at the back of the hall, which can be accessed from 7th Laan.

Program:

Level 3:

Report: 7.55am
Warm Up: 8am - 9am
Competition: 9am - 10.30am
Prize Giving: 10.45am

Level 1:

Report: 09.45am
Warm Up: 10am - 11am
Competition: 11am - 12pm
Prize Giving: 12.15pm

Lunch (Judges): 12.30pm - 1.30pm

Level 2:

Report: 12.15pm
Warm Up: 12.30pm - 1.30pm
Competition: 1.30pm - 3pm
Prize Giving: 3.15pm

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)

