



## Western Cape Gymnastics Association

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

# RHYTHMIC GYMNASTICS LEVEL 4 & Up District Trials Competition Cape Town, Cape Winelands & West Coast Districts

## GENERAL INFORMATION

<b>Date:</b>	<b>12 – 13 August 2016</b>
<b>Venue:</b>	<b>Wynberg Military Base, Wynberg</b>
<b>Spectator Entry Fee:</b>	<b>None. It has been included in the Entry Fee</b>
<b>Arrival Time:</b>	<b>Please make sure that you arrive ON TIME for Registration and Warm-Up</b>
<b>Refreshments:</b>	<b>There will be a tuckshop on site for basic refreshments</b>
<b>Stalls:</b>	<b>There will be apparatus &amp; clothing stalls on site</b>

## PROGRAMME: Friday 12<sup>th</sup> August

<b>LEVEL 4</b>	
<b>13h00 – 14h00</b>	<b>Registration &amp; Warm-up</b>
<b>14h00 – 18h00</b>	<b>COMPETITION LEVEL 4 (73 competitors)</b>
<b>18h00 – 18h30</b>	<b>Prize Giving Level 4</b>
<b>GROUPS</b>	
<b>17h30 – 18h30</b>	<b>Registration &amp; Warm-up</b>
<b>18h30 – 19h00</b>	<b>Competition Floor Warm Up(5mins per grp)</b>
<b>19h00 – 19h30</b>	<b>COMPETITION GROUPS (6 groups)</b>
<b>19h30 – 20h00</b>	<b>Prize Giving Groups</b>

## PROGRAMME: Saturday 13<sup>th</sup> August

<b>LEVEL 5</b>	
<b>08h00 – 09h00</b>	<b>Registration &amp; Warm-up</b>
<b>09h00 – 11h30</b>	<b>COMPETITION LEVEL 5 (35 competitors)</b>
<b>11h30 – 12h00</b>	<b>Prize Giving Level 5</b>
<b>12h00 – 13h00</b>	<b>Judges Lunch</b>
<b>VOLUNTARY LEVELS (8 – Seniors)</b>	
<b>11h30 – 13h00</b>	<b>Registration &amp; Warm-up</b>
<b>13h00 – 15h30</b>	<b>COMPETITION VOLUNTRAY (26 competitors)</b>
<b>15h30 – 16h00</b>	<b>Prize Giving Voluntary Levels</b>
<b>Level 6 &amp; 7</b>	
<b>15h00 – 16h00</b>	<b>Registration &amp; Warm-up</b>
<b>16h00 – 18h30</b>	<b>COMPETITION LEVEL 6 &amp; 7 (25 competitors)</b>
<b>18h30 – 19h00</b>	<b>Prize Giving Level 6 &amp; 7</b>