



## **Western Cape Gymnastics Association**

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

[www.westerncapedgymnastics.com](http://www.westerncapedgymnastics.com)

NPO Registration: 142 – 856 NPO

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

**9 May 2017**

### **WCGA ROPE SKIPPING DISTRICT TRIALS - LEVEL 1-2**

#### **PROGRAM**

#### **BERVLIET HIGH SCHOOL - 20 MAY 2017**

08h30	Report, registration and numbering
09h30-10h15	Flairs Winter Display
10h15-10h30	30 seconds Speed (Scores count for District Trials & Flairs Speed Challenge)
10h30-11h15	Flairs Winter Display
11h15-11h30	30 seconds Double Unders (Scores count for District Trials & Flairs Speed Challenge)
11h30-12h00	3 minute Speed (Scores count for District Trials & Flairs Speed Challenge)
12h00-13h00	Freestyle
13h00	Prize Giving