



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

ROPE SKIPPING WESTERN CAPE CHAMPIONSHIPS COMPETITION

17 AUGUST 2018

WESTERN CAPE SPORT SCHOOL, KUILSRIVER

09h30 – Report and Warm Up

10h00 – Competition Starts – 30 sec speed, 30 sec double under, 3 minute speed, freestyle

11h00 – Competition finishes including prize giving

PLEASE NOTE THE FOLLOWING IMPORTANT INFORMATION:

- Skippers to wear their club uniforms and socks and tekkies are compulsory for competition wear
- Judges to wear judges uniform
- Judges to report at 09h30

President: Anne Vermaak, Vice President: Michelle Kleu

Committee: Warren Buchanan, Andre Nieuwoudt, Melvin Edwards, Karl Schneeberger, Theuns Botha
The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF)
and the Western Cape Provincial Sport Confederation (WCPSC)

