



Western Cape Gymnastics Association

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

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

ROPE SKIPPING COMPETITION PROGRAM

To be held at the Phillippi Indoor Sport Centre on 6 August 2016

SCHOOL SPORT DISTRICT TRIALS

09h00 Report and Warm Up **School Sport**

10h00-10h30 Competition – Speed and Freestyle

10h45 Prize Giving

WCGA PROVINCIAL TRIALS

10h00 Report and Warm Up **Level 1-3**

11h00-12h00 Competition – Speed and Freestyle

12h20 Prize Giving

12h00 Report and Warm Up **Level 4-6 (including School Sport)**

13h00-15h00 Competition – Speed, Triple Unders and Freestyle (SS only Speed & Freestyle)

15h15 Prize Giving

JUDGING PANELS

School Sport District Trials: Report 09h30

- Buyisile; Phawu; Mkhululi & Thozamile (Head Judge)

Level 1-3 Provincial Trials: Report 10h30 for judges meeting

- Panel 1 (Level 2) Terrence; Phawu; Mkhululi; Thozamile (Head Judge)
- Panel 2 (Level 1&3) Buyisile; Masixole; Monde; Sbu (Head Judge)

Level 4-6 Provincial Trials: Report 12h30 for judges meeting

- Speed & Freestyle: Terrence, Masixole, Thozamile; Sbu (Head Judge)
- Freestyle only: Monde; Sadicka

President: Anne Vermaak, Vice President: Michelle Kleu, Treasurer: Angelique Portelli
Committee: Warren Buchanan, Melvin Edwards, Andre Nieuwoudt, 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)

