



SA Games 2015 – Jonibach Hall – Pretoria

## Tumbling Programme

Friday, 9 OCTOBER 2015

	<u>MAT 1 - ROD FLOOR</u>	<u>MAT 2 - ACRO TRACK</u>
<b><u>08:00 - INFORMATION &amp; JUDGES MEETING</u></b>		
8:00 – 8:10 GROUPING 8:10 – 8:30 WARM UP 8:30 – 9:10 COMPETITION	<u>LEV 5</u> 8 / UNDER BOYS & GIRLS <u>LEV 5</u> 9/10 YRS BOYS & GIRLS	<u>LEV 3</u> 7 / UNDER BOYS & GIRLS
9:00 – 9:10 GROUPING 9:10 – 9:30 WARM UP 9:30 – 10:10 COMPETITION	<u>LEV 5</u> 11/12 YRS GIRLS	<u>LEV 3</u> 8 YRS BOYS & GIRLS
10:00 – 10:10 GROUPING 10:10 – 10:30 WARM UP 10:30 – 11:10 COMPETITION	<u>LEV 5</u> 13/14 BOYS & GIRLS	<u>LEV 3</u> 9 YRS BOYS & GIRLS
11:00 – 11:10 GROUPING 11:10 – 11:30 WARM UP 11:30 – 12:10 COMPETITION	<u>LEV 5</u> 15/OVER BOYS & GIRLS	<u>LEV 3</u> 10 YRS BOYS & GIRLS
<b><u>12:10 – 13:00</u></b>	<b><u>LUNCH</u></b>	<b><u>LUNCH</u></b>
13:00 – 13:10 GROUPING 13:10 – 13:30 WARM-UP 13:30 – 14:10 COMPETITION	<u>LEV 6</u> 8 / UNDER 9/10 YRS <b>11/12 YRS</b>  BOYS & GIRLS	<u>LEV 3</u> 11 YRS BOYS & GIRLS
14:00 – 14:10 GROUPING 14:10 – 14.30 WARM UP 14.30 – 15:10 COMPETITION	<u>LEV 5</u> <b>11/12 YRS</b> <b>BOYS</b>	<u>LEV 3</u> 12 YRS BOYS & GIRLS
15:00 – 15:10 GROUPING 15:10 – 15:30 WARM-UP 15:30 – 16:10 COMPETITION	<u>LEV 6</u> 13/14 15/OVER BOYS & GIRLS	<u>LEV 3</u> 13 / OVER BOYS & GIRLS

SAGF



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## Tumbling Programme

Saturday 10 October 2015

	<u>MAT 1 – ROD FLOOR</u>	<u>MAT 2 – ACRO TRACK</u>
<b><u>08:00 – 8:40 - JUDGES MEETING</u></b>		
8:00 – 8:10 GROUPING 8:10 – 8:40 WARM UP 8:40 – 9:10 COMPETITION	<u>LEV 7</u> 10 / UNDER 11/12 YRS 13/14 YRS 15/16 YRS 17 / OVER BOYS & GIRLS	<u>LEV 4</u> 13/14 15/OVER BOYS & GIRLS
9:00 – 9:10 GROUPING 9:10 – 9:40 WARM UP 9:40 – 9:10 COMPETITION	<u>WAG</u> 12 / UNDER 13/14 YRS BOYS & GIRLS	<u>LEV 4</u> 11 YRS & 12 YRS BOYS & GIRLS
10:00 – 10:10 GROUPING 10:10 – 10:40 WARM UP 10:40 – 11:10 COMPETITION	<u>WAG</u> 15/16 YRS & 17/18 YRS <u>OPEN</u> <u>MEN &amp; WOMEN</u>	<u>LEV 4</u> 10 YRS BOYS & GIRLS
11:00 – 11:10 GROUPING 11:10 – 11:30 WARM UP 11:30 – 12:10 COMPETITION		<u>LEV 4</u> 8 / UNDER BOYS & GIRLS <u>LEV 4</u> 9 YRS BOYS & GIRLS
<b><u>12:10 – 13:00</u></b>	<b><u>LUNCH AND GENERAL WARM UP FOR ZONE VI TRIALS</u></b>	<b><u>LUNCH AND GENERAL WARM UP FOR ZONE VI TRIALS</u></b>
13:00 – 13:10 GROUPING 13:10 – 13:30 WARM UP 13:30 – 14:10 COMPETITION	<u>ZONE VI TRALS</u> <u>PRE-JUNIORS ONLY</u> <u>BOYS &amp; GIRLS</u>	
14:00 – 14:10 GROUPING 14:10 – 14.30 WARM UP 14.30 – 15:10 COMPETITION	<u>ZONE VI TRALS</u> <u>JUNIORS &amp; SENIORS</u> <u>BOYS &amp; GIRLS</u>	