



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,
Eden Gymnastics, Overberg Gymnastics and West Coast Gymnastics

26 July 2017

SOUTH ZONE ROPE SKIPPING COMPETITION PROGRAM & INFO

Monday 3 July – Blue Room – Western Cape Sports School

- 10h00 Report and Warm Up
- 10h30 Speed – 30 sec, double unders, 3 minutes
- 11h15 Freestyle
- 11h45 Prize Giving

Skippers are to wear club shorts and t-shirt for competition and medal ceremony.

There will be one judge's panel. Below are the entries and groups.

Firstname	Lastname	Gender	Club	District
Jazmine Hilary	Benjamin	F	GCU Jump Rope Team	City of Cape Town
Somila	Doli	F	GCU Jump Rope Team	City of Cape Town
Tamecka	Mcfarlane	F	GCU Jump Rope Team	City of Cape Town
Sibanye	Magqazolo	M	Jump it Rope Skipping Academy	City of Cape Town
Thaakirah	Jappie	F	Claremont High School	City of Cape Town
Jaydene Shamicka	Okhuis	F	GCU Jump Rope Team	City of Cape Town
Tamica	Snyders	F	GCU Jump Rope Team	City of Cape Town
Titilayo	Akinjole	F	Claremont High School	City of Cape Town
Graydon	Adonis	M	Claremont High School	City of Cape Town
Monray	Bosman	M	Pebbles Project Trust	Cape Winelands
Nowen	Piedt	M	Pebbles Project Trust	Cape Winelands
Luciano	Ruiters	M	Pebbles Project Trust	Cape Winelands
Zeo	Solomons	M	Claremont High School	City of Cape Town