



SOUTH ZONE ARTISTIC PROGRAMME

Venue: Indoor Centre Uitenhage

FRIDAY 19 AUGUST 2016

WOMEN'S ARTISTIC

SESSION	LEVEL	AGE GROUP	No.	Grouping & Warm-up	Apparatus W-up & Compete
1	1	6 yrs	58	07h30	08h00 - 10h15
2	1	7 yrs	59	09h45	10h15 - 12h30
Lunch				12h30 - 13h00	
3	1	8 yrs	41	12h30	13h00 - 14h45
4	1	9 yrs & 12/o	50	14h15	14h45 - 16h45
5	1	11/u	29	16h15	16h45 - 18h45

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SATURDAY 20 AUGUST 2016

WOMEN'S ARTISTIC

SESSION	LEVEL	AGE GROUP	No.	Grouping & Warm-up	Apparatus W-up & Compete
6	2	6, 7 yrs & 12/o	48	07h00	07h30 - 09h45
7	2	8 yrs	60	09h15	09h45 - 12h15
Lunch				12h15 - 12h45	
8	2	9 yrs	45	12h15	12h45 - 14h45
9	2	11/u	40	14h15	14h45 - 16h15
10	3	8/u & 12/u	58	15h45	16h15 - 18h45
11	3	10/u & 13/o	46	18h15	18h45 - 20h30

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534

SATURDAY 20 AUGUST 2016

MEN'S ARTISTIC

SESSION	LEVEL	AGE GROUP	No.	Grouping & Warm-up	Apparatus Warm-up & Compete
1	1	6, 7 & 11-13 yrs	31	08h00	08h30 - 10h30
2	1	8, 9-10 yrs	29	10h00	10h30 - 12h30
Lunch				12h30 - 13h00	
3	2	7 & 8 yrs	28	12h30	13h00 - 14h45
4	2	9-10 & 11-13 yrs	29	14h15	14h45 - 16h30
5	3	All Ages	34	16h00	16h30 - 18h30

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Total

685

Gymnasts to arrive at the venue at least **30 minutes** prior to report time (except first session)