



Western Cape Gymnastics Association

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

www.westerncagegymnastics.com

NPO Registration: 142 – 856 NPO

Email: info@wcga.co.za

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

South Zone Programme - Mens Artistic Gymnastics

Venue: Western Cape Sports School

Sunday 2 July 2017

Competition 1 - Level 1 - 6 years, 7 years (35 gymnasts)

Report & General Warm up	07h30 - 08h00
Apparatus warm up and competition	08h00-10h00
Prizegiving	10h15

Competition 2 - Level 1 - 8-9 years, 10-13 years (38 gymnasts)

Report & General Warm up	09h30 - 10h00
Apparatus warm up and competition	10h00 - 12h00
Prizegiving	12h15

Competition 3 - Level 2 - 7 years, 8 years (32 gymnasts)

Report & General Warm up	12h00 - 12h30
Apparatus warm up and competition	12h30 - 14h30
Prizegiving	14h45

Competition 4 - Level 2 - 9-10 years, 11-14 years (41 gymnasts)

Report & General Warm up	14h00 - 14h30
Apparatus warm up and competition	14h30 - 16h30
Prizegiving	16h45

Competition 5 - Level 3 - All Ages (55 gymnasts)

Report & General Warm up	16h00 - 16h30
Apparatus warm up and competition	16h30 - 19h00
Prizegiving	19h15

**ALL GYMNASTS TO PLEASE BE AT VENUE 30 MIN BEFORE REPORT TIME IN CASE
COMPETITION RUNS EARLY**