



Western Cape Gymnastics Association

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

www.westerncapegymnastics.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 Trampoline

Western Cape Sport School, Nooiensfontein rd, Kuilsriver

TRAMPOLINE PROGRAM

Thursday 29 June 2017

MINI TRAMPOLINE			
COMP	Report time	MINI 1	MINI 2
1	08h00	Level 3: All Ages M & F	Level 2: 10 yrs; 15&over M & F
2	09h30	Level 2: 8 yrs, 9 yrs & 13-14 M & F	Level 2: 11-12 yrs M & F
3	10h45	Level 1: 8 yrs Males only	Level 1: 11-12 yrs Females only
4	12h00	Level 1: 6-7 yrs M & F	Level 1: 8 yrs Females only
13h15 LUNCH			
5	13h45	Level 1: 9 yrs Males only	Level 1: 9 yrs Females only
6	14h45	Level 1: 11-12 yrs Males only; 13-14 M & F	Level 1: 10 yrs M & F
7	15h30	Cape Town Open: All competitors	

TT TRAMPOLINE			
COMP	Report time	TT TRAMPOLINE	
1	09h00	Level 1 & 2: 6-7 yrs; 8-9 yrs & 13-14 M & F	
2	09h45	Level 1: 10-12 yrs M & F	
3	10h45	Level 2: 6-7 yrs & 8-9 yrs M & F	
4	11h30	Level 2: 10-12 yrs & 13-14 yrs M & F	
5	12h15	Level 3: All Ages	

GYMNASTS MUST BE AT THE VENUE 30 MIN PRIOR TO THEIR REPORT TIME.