



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

SOUTH ZONE COMPETITION

TUMBLING PROGRAM - WYNBERG MILITARY BASE

THURSDAY 21 JUNE 2018

Report	08h55	Level 1: All Ages Boys and Girls
Warm-up	09h00 - 09h40	
Competition	09h40 - 10h20	
Report	10h10	Level 2: 10 -12 yrs & 13 -15 yrs Girls
Warm-up	10h20- 11h00	
Competition	11h00 - 11h40	
Report	11h30	Level 2: 6 -7 yrs & 8 - 9 yrs Girls
Warm-up	11h40 - 12h20	
Competition	12h20 - 13h00	
LUNCH		
Report	13h10	Level 2: All Ages Boys
Warm-up	13h20 - 13h50	
Competition	13h50 - 14h20	
Report	14h10	Level 3: 8 - 9 yrs & 10 - 12 yrs Girls
Warm-up	14h20 - 14h50	
Competition	14h50 - 15h20	
Report	15h10	Level 3: 6 -7 yrs & 13 -15 yrs Girls and All Ages Boys
Warm-up	15h20 - 15h50	
Competition	15h50 - 16h20	

**ALL GYMNASTS MUST BE AT THE VENUE 30 MIN PRIOR TO THEIR REPORT TIME
(EXCEPT FIRST GROUP)**