



## 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 Road, Kuilsriver

#### TUMBLING PROGRAM

**29 JUNE 2017**

Comp 1	Level 2	Girls	7 - 8 yrs	(7)	(18)
	Level 2	Girls	9 - 10 yrs	(11)	
	Group		10 min	08:00 - 08:10	
	Warm-up		20 min	08:10 - 08:30	
	Compete		30 min	08:30 - 09:05	

Comp 2	Level 2	Boys	7 - 8 yrs	(4)	(20)
	Level 2	Boys	9 - 10 yrs	(16)	
	Group		10 min	08:55 - 09:05	
	Warm-up		25 min	09:05 - 09:30	
	Compete		40 min	09:30 - 10:10	

Comp 3	Level 1	Boys	7 - 8 yrs	(9)	(13)
	Level 1	Boys	9 - 10 yrs	(3)	
	Level 1	Boys	11 & O	(1)	
	Group		10 min	10:00 - 10:10	
	Warm-up		20 min	10:10 - 10:30	
	Compete		30 min	10:30 - 11:00	

Comp 4	Level 1	Girls	9-10 yrs	(7)	(17)
	Level 1	Girls	11 & O	(9)	
				OPEN Challenge	
	Level 1	Girls	11&O	(1)	
	Group		10 min	10:50 - 11:00	
	Warm-up		30 min	11:00 - 11:30	
Compete		40 min	11:30 - 12:10		

#### **LUNCH**

Comp 5	Level 1	Girls	6 yrs	(2)	(11)
	Level 1	Girls	7-8 yrs	(9)	
	Group		10 min	12:20 - 12:30	
	Warm-up		20 min	12:30 - 13:00	
	Compete		30 min	13:00 - 13:30	

Comp 6	Level 2	Girls	11/O	(7)	(16)
	Level 2	Boys	11/O	(5)	
	Level 3	Girls	9-10 yrs	(2)	
	Level 3	Girls	11-12 yrs	(1)	
	Level 3	Boys	11-12 yrs	(1)	
	Group		10 min	13:20 - 13:30	
	Warm-up		30 min	13:30 - 14:00	
	Compete		40 min	14:30 - 15:10	

**Gymnasts must please be at the competition 30 min PRIOR to Grouping time.**