



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 2017 - WAG PROGRAM

WESTERN CAPE SPORT SCHOOL, KUILSRIVER

FRIDAY 30 JUNE - LEVEL 1

<u>Competition</u>	<u>Times</u>		<u>Age Groups / Clubs</u>
1	09h00 - 09h30	Report & General Warm up	ALL - Level 1: 11/under & Level 1: 12/over
	09h30 - 11h30	Competition	
2	11h00 - 11h30	Report & General Warm up	A.C.S., All Stars, Brawns (6 & 7yrs), Excel, Fish Hoek
	11h30 - 13h30	Competition	MATT, Wynland (6yrs), Andersons, Tyger (6 & 7yrs), Crusaders
3	13h00 - 13h30	Report & General Warm up	Eversdal (6 & 8 yrs), Giants Blouberg (6 & 7yrs), Helderberg, Kathu,
	13h30 - 15h45	Competition	Wynland (7, 8, 9yrs), Brawns (8 & 9yrs), Spectrum, Somerset, Mega, S.W.A.G
4	15h15 - 15h45	Report & General Warm up	Eversdal (7 & 9 yrs), Giants Blouberg (8 & 9yrs), Knysna, Gordons,
	15H45 - 18H15	Competition	Future Stars, Saldanha, Giants MP, Oaks, Tyger (8 & 9yrs), SKAT,
			Live Gymnastics Academy, Kimberley,
			Van Der Stel Gymnastic Club, Pro-Gymnastics



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SATURDAY 1 JULY - LEVEL 2

<u>Competition</u>	<u>Times</u>		<u>Age Groups / Clubs</u>
5	08h00 - 08h30	Report & General Warm up	ALL - Level2: 11/under
	08h30 - 10h30	Competition	
6	10h00 - 10h30	Report & General Warm up	ALL - Level2: 12/Over
	10h30 - 11h45	Competition	
7	11h15 - 11h45	Report & General Warm up	Andersons, Excel, All Stars, Ceres, Dolphins, Kynsna, SKAT, Knysna HS, Live Gymnastics Academy, MATT, Eversdal (7yrs), ACS (6 & 8yrs), Southernns (9yrs), Kimberley
	11h45 - 13h45	Competition	
8	13h15 - 13h45	Report & General Warm up	ACS (7yrs), Helderberg, Eversdal (8yrs), Wynland (6 & 7yrs), Crusaders, Spectrum, Tyger (8 & 9yrs), Pro-Gymnastics, Saldanha, Oaks, Warringtons, Bay Gymnastics, Langebaan Stars, Van der Stel, Brawns, Gordons
	13h45 - 15h45	Competition	
9	15h15 - 15h45	Report & General Warm up	Wynland (8 & 9yrs), Giants MP, Tyger (6 & 7yrs), SWAG, Southernns (7 & 8yrs), Eversdal (9yrs), Future Stars, Fish Hoek, Giants Blouberg, Gym Genies @ Curro, Hermanus, Kathu
	15h45 - 17h45	Competition	

SUNDAY 2 JULY - LEVEL 3

<u>Competition</u>	<u>Times</u>		<u>Age Groups / Clubs</u>
10	09H00 - 09H30	Report & General Warm up	ALL - Level 3: 12/Under & 13/Over 10/under Districts: Overberg, Cape Winelands, Amathole, Frances Baard, Kgalgadi, West Coast, Eden
	09H30 - 12H00	Competition	
			10/under Prize Giving: 14h15
11	11H30 - 12H00	Report & General Warm up	10/under Districts: ALL Cape Town
	12H00 - 14H15	Competition	
			10/under Prize Giving: 14h15
12	14h00 - 14H30	Report & General Warm up	ALL - Level 3: 8/Under
	14H30 - 16H30	Competition	



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MONDAY 3 JULY - WESTERN CAPE OPEN & SCHOOLS

<u>Competition</u>	<u>Times</u>		<u>Age Groups / Clubs</u>
13	09H00 - 09H30	Report & General Warm up	<u>ALL - Level 1-3 OPEN GYMNASTS</u> <u>SCHOOLS LEVEL 1</u>
	09H30 - 11H30	Competition	
14	11H00 - 11H30	Report & General Warm up	<u>SCHOOLS LEVEL 2</u>
	11H30 - 13H30	Competition	

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