

South African Gymnastics Federation

RHYTHMIC GYMNASTICS

TEAM TROPHY – SOUTH ZONE COMPETITION

GENERAL INFORMATION	
Date:	10 – 11 June 2016
Venue:	Western Cape Sports School, Kuilsriver
Spectator Entry Fee:	None. It has been included in the Entry Fee
Arrival Time:	Please make sure that you arrive ON TIME for Registration and Warm-Up
Refreshments:	There will be a tuckshop on site for basic refreshments
Stalls:	There will be apparatus & clothing stalls on site

PROGRAMME: Friday 10th June	
<u>LEVEL 2</u>	
13h00 – 14h00	Registration & Warm-up
14h00 – 16h00	COMPETITION LEVEL 2 (94 competitors)
16h00 – 16h30	Prize Giving Level 2
<u>LEVEL 3</u>	
15h30 – 16h30	Registration & Warm-up
16h30 – 18h30	COMPETITION LEVEL 3 (86 competitors)
18h30 – 19h00	Prize Giving Level 3

PROGRAMME: Saturday 11th June	
<u>LEVEL 1</u>	
07h00 – 08h00	Registration & Warm-up
08h00 – 09h30	COMPETITION LEVEL 1 (49 competitors)
09h30 – 10h00	Prize Giving Level 1
<u>LEVEL 6 & 7</u>	
09h00 – 10h00	Registration & Warm-up
10h00 – 11h00	COMPETITION LEVEL 6 & 7 (13 competitors)
11h00 – 11h30	Prize Giving Level 6 & 7
<u>LEVEL 4</u>	
10h30 – 11h30	Registration & Warm-up
11h30 – 13h00	COMPETITION LEVEL 4 (49 competitors)
13h00 – 13h30	Prize Giving Level 4

13h30 – 14h30	Judges & Coaches Lunch
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<u>LEVEL 5</u>	
13h30 – 14h30	Registration & Warm-up
14h30 – 16h00	COMPETITION LEVEL 5 (29 competitors)
16h00 – 16h30	Prize Giving Level 5