

Western Cape District Trials - Leve 1-3

Western Cape Sport School, Nooiensfontein rd, Kuilsriver

TUMBLING PROGRAM

SATURDAY 22 APRIL

Level 1 Girls 6 yrs & 7-8 yrs (18)

Grouping	8:00	8:10
Warm-up	8:10	8:30
Compete	8:30	9:00

Level 1 Boys 6 yrs & 7-8 yrs (20)

Grouping	8:50	9:00
Warm-up	9:00	9:20
Compete	9:20	9:50

Level 1 Boys 9-10 yrs & 11/o (11)

Grouping	9:40	9:50
Warm-up	9:50	10:00
Compete	10:00	10:20

Level 1 Girls 9-10 yrs & 11/o (19)

Grouping	10:10	10:20
Warm-up	10:20	10:40
Compete	10:40	11:10

Level 2 Girls 7-8 yrs & 9-10 yrs (21)

Grouping	11:00	11:10
Warm-up	11:10	11:30
Compete	11:30	12:10

Level 2 Boys 9-10 yrs (19)

Grouping	12:00	12:10
Warm-up	12:10	12:30
Compete	12:30	13:00

L I U N C H

Level 2 Boys 7-8 yrs & 11/o (14)

Grouping	13:30	13:35
Warm-up	13:35	13:50
Compete	13:50	14:15

Level 2 Girls 11/o (14)

Grouping	14:05	14:15
Warm-up	14:15	14:30
Compete	14:30	14:55

Level 3 Boys & Girls All ages (14)

Grouping	14:45	14:55
Warm-up	14:55	15:15
Compete	15:15	15:45

Gymnasts must be at the venue 30 MIN PRIOR to their report time.