

## WC Rhythmic Trials PROGRAMME: 1-2 SEPTEMBER

Venue: Wynberg Military Base

### FRIDAY 1ST SEPTEMBER

<b>LEV 4 U/11 (37)</b>	<b>Times:</b>
WARM UP	10h00 - 11h00
COMPETITION	11h00 - 13h30
LUNCH AND PRIZE GIVING	13h30 - 14h30

<b>LEV 4 U/9, U/13, U/15. O/15 (40)</b>	<b>Times:</b>
WARM UP	13h30 - 14h30
COMPETITION	14h30 - 17h00
TEA AND PRIZE GIVING	17h00 - 17h30

<b>LEV 7, HP 1 AND PRE-JUN (19)</b>	<b>Times:</b>
WARM UP	16h30 - 17h30
COMPETITION	17h30 - 19h00

<b>3 X BALL GROUPS</b>	<b>Times:</b>
COMPETITION	19h00 - 19h15
PRIZEGIVING	19h30

### SATURDAY 2ND SEPTEMBER

<b>LEV 5 U/9 AND U/11 (29)</b>	<b>Times:</b>
WARM UP	08.00 - 09.00
COMPETITION	09.00 - 10.45
BREAK AND PRIZEGIVING	10.45 - 11.00

<b>LEV.5 U/13, U/15, O/15 (30)</b>	<b>Times:</b>
WARM UP	10.00 - 11.00
COMPETITION	11.00 - 12.45
LUNCH AND PRIZEGIVING	12.45 - 13.30

<b>2X CLUB GROUPS, ELITE GROUP AND OPEN</b>	<b>Times:</b>
WARM UP	12.30 - 13.30
COMPETITION	13.30 - 14.00
PRIZEGIVING	14.00

<b>LEV 8 - 10 ON ALL CARPETS (30)</b>	<b>Times:</b>
WARM UP	13.00 - 14.00
COMPETITION	14.00 - 17.00
TEA AND PRIZEGIVING	17.00 - 17.30

<b>LEV. 6 (30)</b>	<b>Times:</b>
WARM UP	16.30 - 17.30
COMPETITION	17.30 - 19.00
PRIZEGIVING	19.30