



Western Cape Gymnastics Association

Postal Address: P.O. Box 293 Edgemead, 7407

www.westerncapegymnastics.com

NPO Registration: Pending

Comprising: Cape Town Gymnastics, Cape Winelands Gymnastics, Eden Gymnastics and West Coast Gymnastics

PROVINCIAL ROPE SKIPPING COMPETITION

SATURDAY 16 AUGUST 2014

Philippi Indoor Sports Centre

Session 1	Level 1,2,3 (63 Skippers)
8h30	Registration
9h30	Speed = 6 Stations = 11 Groups
9h30 – 9h45	30 Second Speed
9h45 – 10h00	30 Second Double Unders
10h00 – 10h45	3 Minute Speed
11h00 – 13h15	Freestyle – 2 panels of judges
13h30	Prizegiving Level 1,2,3

Session 2	Level 5 & 6 (15 Skippers)
14h00	Registration
14h30	Speed = 3 Stations = 5 Groups
14h30 – 14h40	30 Second Speed
14h40 – 14h50	30 Second Double Under
14h50 – 15h10	3 Minutes Speed
15h10 – 15h30	Triple Unders
15h40 – 16h20	Freestyle – 1 panel of judges
16h30	Prizegiving Level 5 & 6

We wish you all the best,

Western Cape Gymnastics Association

President: Anne Vermaak, Vice President: Eugene De Villiers

Committee: Melvin Edwards, Angelique Portelli, Wayne Samuels, Karl Schneeberger, Christo Swanepoel

The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF)

