

NATIONALS PROGRAMME: DRAFT PROGRAM (Edit 13 May 2016)

30 June- 2 July 2016: PINETOWN GYMNASTICS: KZN

THURSDAY 30 JUNE 2015

	WAG Technical Assembly
12h00-14h00	Level 7 - Olympic technical assembly
	WAG Podium training
14h00-17h30	Level 9, 10, JO, SO & class 3, 4
18.00 -18.30	Athletes meeting to select WAG Athletes Rep

FRIDAY 1 JULY 2015

	COMPETITION A
GROUPING , GENERAL WU, JUDGES MEETING: 9h30-10h00	Level 8 18/u & Level 8 19/o & Level 9 open
COMPETITION : 10h00-12h00 (Warm up, compete format)	
PRIZE GIVING : 12h00-12h30	
JUDGES/COACHES BREAK 12h00-12h30 - Lunch	
	COMPETITION B
GROUPING, GENERAL WARM UP & JUDGES MEETING: 12h00-12h30	Level 8 12/u & Level 7 10/u
COMPETITION : 12h30-14h30 (Warm up & compete format)	
PRIZE GIVING : 14h30-14h45	
JUDGES/COACHES Break 14h30-15h15 - Tea	
	COMPETITION C
GROUPING, GENERAL WARM UP & JUDGES MEETING: 14h45-15h15	Class 3 & 4 sets, 10, Junior Olympic & Senior Olympic
FULL APPARATUS WARM UP: 15h15-16h15	
COMPETITION : 16h15-19h15	
PRIZE GIVING : 19h15-19h45	

SATURDAY 2 JULY 2016

	COMPETITION D
GROUPING , GENERAL WU, JUDGES MEETING: 8h30-9h00	Level 7 12/u
COMPETITION : 9h00-11h00 (Warm up, compete format)	
PRIZE GIVING : 11h00-11h15	
JUDGES/COACHES BREAK 11h00-11h15	
JUDGES/A14COACHES LUNCH 11h45-12h15	
	COMPETITION E
GROUPING, GENERAL WARM UP: 11h00-11h30	Apparatus finals & Day 2 trials:
JUDGES MEETING 11h15-11h45	Junior & Senior Olympic AND Class 3 & 4 voluntaries
APPARATUS WARM UP: 11h30-12h30	
COMPETITION : 12h30-15h00	
PRIZE GIVING : 15h00-15h30	
JUDGES/COACHES BREAK 15h00-15h30	
	COMPETITION F
GROUPING, GENERAL WARM UP & JUDGES MEETING: 15h00-15h30	Level 7 18/u & 19/o
COMPETITION : 15h30-17h30 (warm up & compete format)	
PRIZE GIVING : 17h30-17h45	