



# Western Cape Gymnastics Association



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## WESTERN CAPE WAG HP TRIALS 2014

7 JUNE 2014

### COMPETITION 1

#### Level 7 and 8

09:00 - 09:20	Report and General warm up
09:20 - 10:00	Free warm up (4 apps x 10 min/app)
10:00 - 12:20	Compete
12:20 - 12:30	Prize giving

### COMPETITION 2

#### Level 9, 10, JO, SO,

#### Class 3, Class 4

12:00 - 12:20	Report and General Warm up
12:20 - 13:00	Free warm up (4 apps x 10 mins/app)
13:00 - 15:00	Compete
15:00 - 15:10	Prize giving

*President: Anne Vermaak*

*Committee: Eugene De Villiers, Angelique Portelli, Melvin Edwards, Christo Swanepoel,  
Karl Schneeberger, Wayne Samuels*