



## Western Cape Gymnastics Association

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

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NPO Registration: 142 – 856 NPO

Email: info@wcga.co.za

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

### WESTERN CAPE DISTRICT TRIALS LEVEL 1 – 3

#### WESTERN CAPE SPORTS SCHOOL

19/20 JUNE 2015

**EVERY SESSION WILL BE A DOUBLE COMPETITION**

### **WAG PROGRAMME**

<b>FRIDAY 19 JUNE</b>	
<b>Session 1</b> 14:00 – 14:30 14:30 – 16:30	<b>GROUP A: LEVEL 3 8YRS &amp; 12/U</b> <b>GROUP B: LEVEL 3 7 YRS, 9YRS, 10/U, 13/O</b> Report & GWU Warm-up & compete Prize giving
<b>Session 2</b> 16:10 – 16:40 16:40 – 18:10	<b>GROUP A: LEVEL 2 7YRS</b> <b>GROUP B: LEVEL 2 9YRS</b> Report & GWU Warm-up & compete Prize giving
<b>SATURDAY 20 JUNE</b>	
<b>Session 3</b> 08:00 – 08:30 08:30 – 10:30	<b>GROUP A: LEVEL 1 6 YRS</b> <b>GROUP B: LEVEL 1 8 YRS</b> Report & GWU Warm-up & compete Prize giving
<b>Session 4</b> 10:10 – 10:40 10:40 – 12:40	<b>GROUP A: LEVEL 1 7YRS &amp; LEVEL 2 6/U</b> <b>GROUP B: LEVEL 1 10/U, 12/U, 13/O</b> Report & GWU Warm-up & compete Prize giving
<b>LUNCH</b>	<b>12:40 – 13:10</b>
<b>Session 5</b> 12:40 – 13:10 13:10 – 15:00	<b>GROUP A: LEVEL 2 8YRS</b> <b>GROUP B: LEVEL 2 11/U, 13/U</b> Report & GWU Warm-up & compete Prize giving

We wish you all the best,

Western Cape Gymnastics Association

President: Anne Vermaak, Vice President: Michelle Kleu, Treasurer: Angelique Portelli  
Committee: Warren Buchanan Eugene de Villiers, Melvin Edwards, Karl Schneeberger, Christo Swanepoel  
The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF)  
and the Western Cape Provincial Sport Confederation (WCPCSC)

