



Western Cape Gymnastics Association

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

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

LEVEL 4 - 8 : DISTRICT TRIALS 2017 - WAG PROGRAM

WESTERN CAPE SPORT SCHOOL, KUILSRIVER

FRIDAY 4 AUGUST

<u>Competition</u>	<u>Times</u>	<u>Age Groups / Clubs</u>	
1	15h00 - 15h30	Report & General Warm up	<u>Level 4</u> : 10 years / 11 years
	15h30 - 17h00	Compete	
2	16h30 - 17h00	Report & General Warm up	<u>Level 4</u> : 8 years / 9 years / 12 years / 17 & under
	17h00 - 18h45	Compete	

SATURDAY 5 AUGUST

<u>Competition</u>	<u>Times</u>	<u>Age Groups / Clubs</u>	
3	09h00 - 09h30	Report & General Warm up	<u>Level 5</u> : 9 & under / 10 years / 17 & under / 18 & over
	09h30 - 11h15	Compete	
4	10h45 - 11h15	Report & General Warm up	<u>Level 5</u> : 11 years / 13 & under
	11h15 - 13h15	Compete	
<i>Judges Lunch</i>			
5	13h15 - 13h45	Report & General Warm up	<u>Level 6</u> : 10 & under / 17 & under
	13h45 - 15h15	Compete	
6	14h45 - 15h15	Report & General Warm up	<u>Level 6</u> : 13 & under / 18 & over
	15h15 - 16h45	Compete	
7	16h15 - 16h45	Report & General Warm up	<u>All : Level 7 & Level 8</u>
	16h45 - 18h45	Compete	