



Western Cape Gymnastics Association

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

www.westerncapedgymnastics.com

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

WAG LEVEL 4 – OE & ALL CLASSES WESTERN CAPE PROVINCIAL TRIALS 2017

WESTERN CAPE SPORT SCHOOL, KUILSRIVER

THURSDAY 24TH AUGUST

<u>Competition</u>	<u>Times</u>		<u>Age Groups</u>
1	14h00 - 14h30	Report & General Warm up	Level 4 : 8 years / 9 years / 10 years / 13-17 years (double comp)
	14h30 - 17h15	Compete	
	17h30	Prize Giving	

FRIDAY 25TH AUGUST

<u>Competition</u>	<u>Times</u>		<u>Age Groups</u>
PODIUM	08h30 - 10h30		<u>CLASS 3, 4, LEVEL 9 - OE</u>
TRAINING			
2	10h30 - 11h00	Report & General Warm up	<u>Level 4 : 11 years / 12 years</u> (single comp)
	11h15 - 13h30	Compete	
	13h45	Prize Giving	
<i>Judges Lunch</i>			
3	13h30 - 14h00	Report & General Warm up	<u>Level 5</u> : 9 years / 10 years / 14-17 years / 18 years
	14h00 - 16h15	Compete	
	16h30	Prize Giving	
4	15h45 - 16h15	Report & General Warm up	<u>Level 5</u> : 11 years / 13 years
	16h15 – 19h00	Compete	
	19h15	Prize Giving	



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SATURDAY 26TH AUGUST

<u>Competition</u>	<u>Times</u>		<u>Age Groups</u>
5	9h00 - 9h30	Report & General Warm up	<u>Level 6 :</u> 10 & U / 14-17 years
	9h30 – 11h30	Compete	
	11h45	Prize Giving	
6	11h00 - 11h30	Report & General Warm up	<u>Level 6 :</u> 11-13 years
	11h30 - 13h15	Compete	
	13h30	Prize Giving	
<i>Judges Lunch</i>			
7	13h15 - 13h45	Report & General Warm up	<u>Classes, Level 9 & OE</u>
	13h45 - 16h00	Compete	
	16h15	Prize Giving	
8	15h30 – 16h00	Report & general Warm up	<u>Level 7 & 8</u>
	16h00 – 18h15	Compete	
	18h30	Prize Giving	