



# 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 – JO & ALL CLASSES WESTERN CAPE PROVINCIAL TRIALS 2018

### WESTERN CAPE SPORT SCHOOL, KUILSRIVER

#### THURSDAY 16TH AUGUST

<u>Competition</u>	<u>Times</u>		<u>Age Groups</u>
1	14h00 - 14h30	Report & General Warm up	<b>Level 4:</b> 6-7 years / 8 years / 9 years / 10 years / 13-17 years (102) (double comp)
	14h30 - 17h30	Compete	
	17h45	Prize Giving	

#### FRIDAY 17<sup>TH</sup> AUGUST

<u>Competition</u>	<u>Times</u>		<u>Age Groups</u>
<b>PODIUM</b>	<b>08h30 - 10h00</b>		<u><b>CLASS 3, 4, LEVEL 9 - OE</b></u>
<b>TRAINING</b>			
2	9h30 – 10h00	Report & General Warm up	<u><b>Level 4:</b></u> 11 years (37)
	10h00 - 12h20	Compete	
	12h55	Prize Giving	
<b><i>Judges Lunch</i></b>			
3	12h30 - 13h00	Report & General Warm up	<u><b>Level 4:</b></u> 12 years & <u><b>Level 5:</b></u> 10 years (35)
	13h00 - 15h20	Compete	
	15h35	Prize Giving	
4	14h50 - 15h20	Report & General Warm up	<u><b>Level 5:</b></u> 6-9 years / 11 years / 12 years / 13-17 years (52)
	15h20 – 18h35	Compete	
	18h50	Prize Giving	



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### SATURDAY 18TH AUGUST

<u>Competition</u>	<u>Times</u>		<u>Age Groups</u>
5	9h00 - 9h30	Report & General Warm up	<b><u>Level 6:</u></b> 11 years / 14-17 years / 18 years (24)
	9h30 – 11h30	Compete	
	11h45	Prize Giving	
6	11h00 - 11h30	Report & General Warm up	<b><u>Level 6:</u></b> 6-10 years / 12-13 years (27)
	11h30 - 13h10	Compete	
	13h25	Prize Giving	
<b><i>Judges Lunch</i></b>			
7	13h15 - 13h45	Report & General Warm up	<b><u>Classes, Level 8, 9, OE &amp; JO</u></b> (23)
	13h45 - 15h45	Compete	
	16h00	Prize Giving	
8	15h30 – 16h00	Report & general Warm up	<b><u>Level 7</u></b> (24)
	16h00 – 18h00	Compete	
	18h15	Prize Giving	

**NB: ALL GYMNASTS TO PLEASE REPORT 30 MIN PRIOR TO REPORT TIME IN CASE PROGRAMME RUNS EARLY**