



Western Cape Gymnastics Association

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

www.westerncapegymnastics.com

NPO Registration: Pending

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

WOMEN'S ARTISTIC GYMNASTICS WESTERN CAPE TRIALS PROGRAM

FRIDAY 12 SEPTEMBER 2014

- | | |
|---|---|
| 1 | level 4 8yrs, 9 yrs, 10 yrs
13:00 - 13:20 REPORT AND GENERAL WARM UP
13:20 - 16:00 COMPETITION |
| 2 | Level 5 9/u, 10yrs, 11/u, sen
15:40 - 16:00 REPORT AND GENERAL WARM UP
16:00 - 17:45 COMPETITION |

SATURDAY 13 SEPTEMBER 2014

- | | |
|---|--|
| 3 | Level 4 11yrs, 12yrs
08:00 - 08:20 REPORT AND GENERAL WARM UP
08:20 - 10:25 COMPETITION |
| 4 | Level 4 14/u, 18/u, sen, class 2
10:05 - 10:25 REPORT AND GENERAL WARM UP
10:25 - 12:25 COMPETITION |

SCHOOL SPORTS DISTRICT TRIALS (WINELANDS & OVERBERG)	
08:00 - 08:20	REPORT AND GENERAL WARM UP
08:20 - 10:00	COMPETITION

SCHOOL SPORTS TESTING	
12:00 - 12:25	REPORT
12:25 - 13:25	TESTING

President: Anne Vermaak, Vice President: Eugene De Villiers

Committee: Melvin Edwards, Angelique Portelli, Wayne Samuels, Karl Schneeberger, Christo Swanepoel
The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF)





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5 Level 5 13/u, 18/u

12:40 - 13:00

REPORT AND GENERAL WARM UP

13:00 - 15:05

COMPETITION

SCHOOL SPORTS PROVINCIAL TRIALS

14:45 - 15:05

REPORT AND GENERAL WARM UP

15:05 - 16:35

COMPETITION

6 Level 6 ALL

14:45 - 15:05

REPORT AND GENERAL WARM UP

15:05 - 17:10

COMPETITION

17:30 – 18:30 WAG Technical Assembly – ALL WAG Coaches and Judges to attend

*** GYMNASTS MUST BE AT THE VENUE 30 MINUTES BEFORE REPORT TIME PLEASE**

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