



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

www.westerncapegymnastics.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

## $\frac{PROGRAMME}{RHYTHMIC GYMNASTIC-DISTRICT TRIALS LEVEL 4 + UP}$

WYNBERG MILITARY BASE: 28 & 29 JULY 2017

## Friday, 28 July:

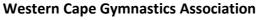
Level 6: (21)	Time:
Warm up	14h00 - 15h00
All FX	15h00 - 15h45
Ball & Clubs	15h45 - 16h45
Prize giving	16h45 - 17h15

<u>Level 7: (10)</u>	Time:
Warm up	15h30 - 17H00
All FX	17H15 - 17H45
Hoop & Ribbon	17h45 - 18h30
Prize giving	19h00 - 19h15

## Saturday, 28 July:

Level 4: Under 11 (32)	<u>Time:</u>
Warm up	08h00 - 09h00
All FX	09h00 – 10h00 (1 panel)
Rope & Clubs	10h00 – 11h15 (2 panels)
Prize giving (judges tea break)	11h30 - 11h45

Level 4: U/9 U/13 U/15 O/15 (27)	Time:
Warm up	10h30 - 11h45
All FX	11h45 – 12h30 (4 panels)
Rope & Clubs	12h30 – 13h30 (4 panels)
Prize giving (judges lunch)	13h30 - 14h00





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<u>Level 5: (36)</u>	Time:
Warm up	13h00 - 14h00
All FX	14h00 – 14h45 (2 panels)
Hoop & Ribbon	14h45 – 15h45 <i>(4 panels)</i>
Prize giving (judges tea break)	15h45 - 16h15

Groups:	Time:
Warm up	14h30 - 15h30
W/U on competition floor	15h20 - 16h00 (10 min per group)
Competition	16h00 - 16h15
Prize giving	16h15

<u>Level 8 + up (17) &amp; groups (4):</u>	Time:
Warm up	15h00 - 16h30
Competition	16h30 - 19h00
Prize giving	19h30

(Please ensure that you are at the venue at least 30 min prior to warm up time)

Kind regards, WCGA Rhythmic