



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

PROGRAMME

RHYTHMIC GYMNASTIC-DISTRICT TRIALS LEVEL 4 + UP

WYNBERG MILITARY BASE: 28 & 29 JULY 2017

Friday, 28 July:

<u>Level 6: (21)</u>	<u>Time:</u>
Warm up	14h00 – 15h00
All FX	15h00 – 15h45
Ball & Clubs	15h45 – 16h45
Prize giving	16h45 – 17h15

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

Saturday, 28 July:

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

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



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

<u>Groups:</u>	<u>Time:</u>
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) & groups (4):</u>	<u>Time:</u>
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