



Western Cape Gymnastics Association
 Postal Address: P.O. Box 293 Edgemead, 7407
 www.westerncapegymnastics.com
 NPO Registration: 142 – 856 NPO
 Comprising: Cape Town Gymnastics, Cape Winelands Gymnastics,
 Eden Gymnastics and West Coast Gymnastics

RHYTHMIC GYMNASTICS

WESTERN CAPE CHAMPIONSHIPS

GENERAL INFORMATION	
Date:	02 – 03 September 2016
Venue:	Sports Hall, Wynberg Military Base, Wynberg
Spectator Entry Fee:	None. It has been included in the Entry Fee
Arrival Time:	Please ensure you arrive 45 minutes before your warm up time. This does not apply to Level 4 & Level 5
Refreshments:	There will be a tuckshop on site for basic refreshments
Stalls & Photographer:	There will be apparatus & clothing stalls on site as well as a Photographer.

PROGRAMME: Friday 2nd September	
<u>LEVEL 4</u>	
08h00 – 09h00	Registration & Warm-up
09h00 – 12h30	COMPETITION LEVEL 4 (60 competitors)
12h30 – 13h00	Prize Giving Level 4
13h00 - 14h00	Judges Lunch
<u>GROUPS - APPARATUS & LEVELS FX</u>	
12h30 – 14h00	Registration & Warm-up



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GYMNASTICS

14h00 – 14h45	COMPETITION GROUPS (8 groups)
14h45 – 15h30	Prize Giving Groups Apparatus & Levels FX
<u>LEVEL 6 & 7</u>	
14h30 - 15h30	Registration & Warm-up
15h30 - 18h30	COMPETITION LEVEL 6 & 7 (28 competitors)
18h45 - 19h00	Prize Giving Level 6 & 7
<u>GROUPS - OPEN DANCE</u>	
17h30 - 18h30	Registration & Warm-up
18h30 - 18h45	COMPETITION GROUPS (2 groups)
18h45 - 19h00	Prize Giving Groups Open Dance

PROGRAMME: Saturday 3rd September	
<u>LEVEL 5</u>	
07h00 – 08h00	Registration & Warm-up
08h00 – 10h00	COMPETITION LEVEL 5 (37 competitors)
10h00 – 10h30	Prize Giving Level 5
<u>LEVELS 9, 10, HP, Pre-Jnr & Snr</u>	
09h00 – 10h30	Registration & Warm-up
10h30 – 12h30	COMPETITION (12 competitors)
12h30 – 13h00	Prize Giving Levels 9, 10, HP, Pre-Jar & Snr
13h00 - 14h00	Judges Lunch



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<u>LEVEL 8</u>	
12h30 – 14h00	Registration & Warm-up
14h00 – 18h00	COMPETITION LEVEL 8 (29 competitors)
18h00 – 18h30	Prize Giving Level 8

Kind regards,

Robyn Viljoen

*Program Manager - Rhythmic Gymnastics,
Western Cape Gymnastics Association*