

**Western Cape Gymnastics Association**

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

www.westerncagegymnastics.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

Western Cape Championships Trampoline & Tumbling Competition

Eversdal Gymnastics Club**Friday - 10 August 2018**

PLEASE NOTE: ALL GYMNASTS MUST BE AT THE VENUE 30 MIN PRIOR TO THEIR REPORT TIME.
Except first group of the day.)

TRAMPOLINE

<u>Comp</u>	<u>Level & Age group</u>	<u>Report time</u>	<u>Warm-up</u>	<u>Compete</u>
1	Level 4: 9 - 10 yrs Female (9)	08h00	08h15	08h30
2	Level 4: 9 - 10 yrs Male (8)	08h45	09h00	09h15
3	Level 4 & 5: 6 - 8 of 6-10 yrs M & F (7)	09h30	09h45	10h00
4	Level 4: 11 - 12 yrs Female(10)	10h00	10h15	10h30
5	Level 4: 11 - 12 yrs Male(9)	10h45	11h00	11h15
6	Level 4: 13 - 14 yrs M & F (10)	11h30	11h45	12h00
	* L U N C H *			
7	Level 7 All Ages M & F (7)	12h30	12h45	13h15
8	Level 6: All Ages M & F (9)	13h30	13h45	14h00
9	Level 5: 9-10 yrs & 13 - 14 yrs M & F (7)	14h15	14h30	14h45
10	Level 5: 11 - 12 yrs M & F (8)	15h00	15h15	15h30
11	Level 4 & 5: 15/over M & F (7)	15h30	15h50	16h10
	<u>DOUBLE-MINI</u>			
1	Level 4: 11 - 12 yrs Female (9)	16h00	16h15	16h30
2	Level 4: 11 - 12 yrs Male(10)	16h45	17h00	17h15
3	Level 4: 13 - 14 yrs Female (9)	17h30	17h45	18h00

Prize givings will take place after each competition as soon as scores are available.



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DOUBLE MINI TRAMPOLINE

Comp	Level & Age group	Report time	Warm-up	Compete
1	Level 4: 15/over M & F Level 5: 15/over Female (12)	08h00	08h15	08h30
2	Level 5: 9 - 10 yrs M & F Level 6: 6 - 10 yrs M & F (10)	08h45	09h10	09h25
3	Level 4: 6 - 8 yrs M & F Level 5: 6 - 8 yrs M & F (11)	09h40	10h00	10h15
4	Level 4: 9 - 10 yrs Female (19)	10h30	10h50	11h10
	* L U N C H *			
5	Level 7: 13 - 14; 15 - 16; 17/over M & F (10)	13h00	13h20	13h45
6	Level 6: 15/over M & F Level 7: 11 - 12 yrs M & F (10)	14h00	14h15	14h40
7	Level 6: 11 - 12 yrs M & F (11)	14h45	15h00	15h20
8	Level 5: 13 - 14 yrs M & F Level 6: 13 - 14 yrs M & F (10)	15h45	16h00	16h20
9	Level 4: 13 - 14 yrs Male Level 5: 15/over Male (12)	16h45	17h00	17h20
10	Level 5: 11 - 12 yrs M & F (16)	17h45	18h00	18h20
14	Level 4: 9 - 10 yrs Male (19)	18h45	19h00	19h20

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TUMBLING

Comp	Level & Age group	Report time	Warm-up	Compete
1	Level 7, 8, 9: All Ages Male & Female (11)	08h00	08h05	08h35
2	Level 5: 6 - 8 yrs Male & Female Level 5: 9 - 10 yrs Male & Female Level 5: 15/over Male & Female (16)	08h55	09h00	09h20
3	Level 6: 11 - 12 yrs Male & Female Level 6: 13 - 14 yrs Male & Female	09h35	09h40	10h05
4	Level 6: 15/over Male & Female (15)	10h30	10h35	10h55
5	Level 4: 9 10 Female (19)	11h10	11h15	11h45
6	Level 4: Male All Ages (11)	12h10	12h15	12h35
	* L U N C H *			
7	Level 4: 6 - 8 yrs Female Level 4: 11 - 12 yrs Female Level 4: 13 - 14 yrs Female Level 4: 15/over Female	13h00	13h05	13h30
8	Level 5: 11 - 12 yrs Male & Female Level 5: 13 - 14 yrs Male & Female	13h55	14h00	14h30

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