

WC Rhythmic & GFL Champs 2018

Program: 1 – 2 September 2018

Venue: Wynberg Military Base

Date:	Level:	Time:	Activity:
Saturday, 1 Sept 2018	Level 4 (62)	07h00 - 08h00	Report & warm up
		08h00 - 10h30	Competition
		10h45 - 11h00	Prize giving
		10h30 - 11h00	Judges tea
	Level 5 (62)	10h00 - 11h00	Report & warm up
		11h00 - 13h30	Competition
		13h45 - 14h00	Prize giving
		13h30 - 14h00	Judges lunch
	Open dance group (3)	13h00 – 14h00	Report & warm up
		14h00 - 14h15	Competition
		14h15 - 14h30	Prize giving
	Level 10; HP 1; HP 2 (6)	12h30 - 14h30	Report & warm up
		14h30 - 16h00	Competition
		16h15 - 16h30	Prize giving
		16h00 - 16h30	Judges Tea
	Level 6 (49)	15h30 - 16h30	Report & warm up
		16h30 - 19h00	Competition
		19h15 - 19h30	Prize giving

Sunday, 2 Sept 2018	Level 7 (22)	08h00 - 09h00	Report & warm up
		09h00 - 10h30	Competition
		10h45 - 11h00	Prize giving
	Groups (2 x ball; 2 x club)	09h30 - 10h30	Report & warm up
		10h30 - 10h45	Competition
		10h45 - 11h00	Prize giving
		10h30 - 11h00	Judges Tea
	Level 8; 9; Jnr Olympic; Snr Olympic (38)	09h00 - 11h00	Report & warm up
		11h00 - 13h30	Competition (2 apps)
		14h00 - 16h00	Competition (2 apps)
		16h15 - 16h30	Prize giving
		13h30 - 14h00	Judges Lunch
	Gym for Life	16h00 - 16h45	Report & warm up
		16h45 - 17h45	GFL Contest
		18h00 - 18h15	Prize giving