



Western Cape Gymnastics Association

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

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Comprising: Cape Town Gymnastics, Cape Winelands Gymnastics,
Eden Gymnastics, Overberg Gymnastics and West Coast Gymnastics

WESTERN CAPE Championships: TRAMPOLINE

VENUE: EVERS DAL GYMNASTICS CLUB

18 / 19 August 2017

<u>FRIDAY</u> 18 August 2017		<u>SATURDAY</u> 19 August 2017	
Trampoline		Double Mini Tramp	
<u>Report time</u>	<u>Level & Age group</u>	<u>Report time</u>	<u>Level & Age group</u>
15h30	Lev 4: 9&10 yrs Male	08h30	Lev 7: 13&14; 15&16; 17/Over
16h15	Lev 4: 9&10 yrs Female	09h30	Lev 6: 15/over & Lev 7: 6 -10; 11&12 yrs
17h00	Lev 4: 6 - 8 yrs	10h15	Lev 5: 15/Over
17h30	Lev 4: 11&12; 13&14; 15/Over	11h00	Lev 4: 6 - 8 yrs
SUPPER		11h45	Lev 4: 9&10
18h30	Lev 5: 9&10; 11&12; 13&14 yrs	LUNCH	
19h15	Lev 5: 15/Over	13h30	Lev 4: 11&12 yrs Female
19h45	Lev: 6 & 7 All ages	14h15	Lev 4: 11&12 yrs Male
		15h00	Lev 6: 6 -10 yrs; 11&12; 13&14 yrs
		15h45	Lev 4: 15/Over & Lev 5: 13&14 yrs
		16h45	Lev 5: 9&10 yrs; 11&12 yrs
		17h45	Lev 4: 13&14 yrs

Gymnasts must be at the Venue at least 45 min prior to their Report time. (Not the first group)