



## Western Cape Gymnastics Association

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

## Western Cape Championships - TUMBLING

**SATURDAY 19 AUGUST 2017**

<b>GROUP 1</b>	<b>LEVEL 4 Boys</b>	<b>All ages</b>	<b>(16)</b>
	Report	08:25	
	Warm-up	08:30	08:50
	Competition	08:50	09:20

  

<b>GROUP 2</b>	<b>LEVEL 4 Girls</b>	<b>All ages</b>	<b>(25)</b>
	Report	09:15	
	Warm-up	09:20	09:50
	Competition	09:50	10:30

  

<b>GROUP 3</b>	<b>LEVEL 7 &amp; 8 &amp; WAGS</b>	<b>All ages</b>	<b>(13)</b>
	Report	10:20	
	Warm-up	10:30	11:10
	Competition	11:10	11:40

  

<b>GROUP 4</b>	<b>LEVEL 5 Girls</b>	<b>All ages</b>	<b>(20)</b>
	Report	11:35	
	Warm-up	11:40	12:10
	Competition	12:10	12:40
	<b>LUNCH</b>	12:40	13:20

  

<b>GROUP 5</b>	<b>LEVEL 6 Girls</b>	<b>All ages</b>	<b>(25)</b>
	Report	12:50	
	Warm-up	12:55	13:20
	Competition	13:20	13:50

  

<b>GROUP 6</b>	<b>LEVEL 5 &amp; 6 Boys</b>	<b>All ages</b>	<b>(16)</b>
	Report	13:45	
	Warm-up	13:50	14:10
	Competition	14:10	14:30

**Gymnast must be at the competition 45 min before warm-up time.**