



Western Cape Gymnastics Association

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

www.westerncapedgymnastics.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 ARTISTIC WAG HP TRIALS & CTGA FUN COMPETITION PROGRAMME

<u>Session 1</u> 08:00 – 08:20 08:20 – 09:00	<u>Team comp 1 – WAG Level 1</u> Report & GWU Warm-up & compete Prize giving
<u>Session 2</u> 08:30 – 09:00 09:00 – 11:40	<u>Level 7 ALL AGES</u> Report & GWU Warm-up & compete Prize giving
<u>Session 3</u> 11:20 – 11:40 11:40 – 12:10	<u>Team comp 2 – WAG Level 2</u> Report & GWU Warm-up & compete Prize giving
12:10 – 12:40	LUNCH
<u>Session 4</u> 12:10 – 12:30 12:30 – 14:40	<u>Level 8, 9, 10, JO, SO & Classes</u> Report & GWU Warm-up & compete Prize giving
<u>Session 5</u> 14:30 – 14:50 14:50 – 15:20	<u>Team comp 3 – WAG Level 3</u> Report & GWU Warm-up & compete Prize giving
<u>Session 6</u> 15:00 – 15:20 15:20 – 15:50	<u>Team comp 4 – GFA & ALL MAG</u> Report & GWU Warm-up & compete Prize giving

LEVEL 7 & UP GYMNASTS AS WELL AS CLASSES:

PLEASE NOTE THAT THE WESTERCAN CAPE TRACKSUITS, T-SHIRTS ETC WILL BE ON SALE AT THE COMPETITION. PAYMENTS FOR THE APPAREL CAN ONLY BE MADE IN CASH. PLEASE ENSURE THAT YOU BRING CASH ALONG WITH YOU AS THERE ARE NO ATMS AT THE VENUE.

President: Anne Vermaak, Vice President: Michelle Kleu, Treasurer: Angelique Portelli
 Committee: Warren Buchanan Eugene de Villiers, Melvin Edwards, Karl Schneeberger, Christo Swanepoel
 The Western Cape Gymnastics Association is affiliated to the South African Gymnastics Federation (SAGF)
 and the Western Cape Provincial Sport Confederation (WCPSC)





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We wish you all the best,

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