



# Friday, 15 March 2024



Gym Stars Trampoline Club – Fairview Sports Centre  
60 Willow Road, Fairview, Gqeberha

#	Grouping	Warm-Up	Competition	Apparatus	Age Group & Level
1	13:30	13:40	14:00	Mini Trampoline	Copper: 6/Under Female & Male
					Copper: 7/8 Years Female & Male
					Copper: 9/10 Years Female & Male
2	14:00	14:15	14:30	Double Mini	Iron: 6/Under Female & Male
					Iron: 7/8 Years Female & Male
					Bronze: 7/8 Years Female & Male
3	14:00	14:15	14:30	Tumbling	Bronze: 11/12 Years Female & Male
					Bronze: 13/14 Years Female & Male
4	14:30	14:40	15:00	Black Top	Copper: 6/Under Female & Male
					Copper: 7/8 Years Female & Male
5	14:30	14:45	15:15	Trampoline	Bronze: 9/10 Years Female & Male
6	14:30	14:45	15:15	Double Mini	Iron: 9/10 Years Female & Male
					Bronze: 13/14 Years Female & Male
					Bronze: 9/10 Years Male
7	15:15	15:30	15:45	Tumbling	Copper: 6/Under Female & Male
					Iron: 6/Under Female & Male
					Copper: 7/8 Years Female & Male
					Iron: 7/8 Years Female & Male
8	15:15	15:45	16:15	Trampoline	Bronze: 11/12 Years Female & Male
					Bronze: 13/14 Years Female & Male
9	15:30	15:45	16:15	Double Mini	Bronze: 9/10 Years Female
10	16:00	16:15	16:30	Tumbling	Copper: 9/10 Years Female & Male
					Iron: 9/10 Years Female & Male
					Iron: 11/12 Years Female & Male
11	16:30	16:45	17:00	Trampoline	Iron: 6/Under Female & Male
					Iron: 7/8 Years Female & Male
					Bronze: 6/Under Female & Male
					Bronze: 7/8 Years Female & Male
12	16:30	16:45	17:15	Double Mini	Iron: 11/12 Years Female & Male
					Bronze: 11/12 Years Female & Male
13	17:15	17:30	17:45	Tumbling	Iron: 13/14 Years Female & Male
					Bronze: 6/Under Female & Male
					Bronze: 7/8 Years Female & Male
					Bronze: 9/10 Years Female & Male
14	17:15	17:30	17:45	Trampoline	Iron: 9/10 Years Female & Male
					Iron: 11/12 Years Female & Male

David Fourie

Z.L. Garnatt & Aman Ndaba

Aman Ndaba

Medal presentations will be awarded after gymnast competed.

Please ensure that you are at the venue 30 minutes before the competition grouping time.



# Saturday, 16 March 2024



## Mandys School of Tumbling & Trampoline

152 Horseshoe Drive, Pickwick Rd, Gqeberha

#	Grouping	Warm-Up	Competition	Apparatus	Age Group & Level	
1	09:30	09:45	10:15	Tumbling	Gold: 9/10 Years Female & Male	Inge Brand A. Visagie
					Gold: 13/14 Years Female & Male	
					Gold: 15 & Over Female & Male	
2	09:30	09:45	10:15	Double Mini	Silver: 8 & Under Female & Male	David Fourie & K.L. Oliver
					Silver: 9/10 Years Female & Male	
					Gold: 9/10 Years Female & Male	
3	09:30	09:45	10:15	Trampoline	Silver: 11/12 Years Female & Male	
					Silver: 13/14 Years Female & Male	
4	10:45	11:00	11:30	Tumbling	Platinum: 11/12 Years Female & Male	Nina le Hanie N.Chambers
					Platinum: 13/14 Years Female & Male	
					Platinum: 15/16 Years Female & Male	
					Platinum: 17 & Over Female & Male	
					A/G: 11/12 Years Female & Male	
					A/G: 13/14 Years Female & Male	
					A/G: 15/16 Years Female & Male	
					A/G: 17 & Over Female & Male	
5	10:45	11:00	11:30	Double Mini	Silver: 11/12 Years Female & Male	Z.L. Garnatt
					Gold: 11/12 Years Female & Male	
6	10:45	11:00	11:30	Trampoline	Silver: 8 & Under Female & Male	K.L. Oliver
					Silver: 9/10 Years Female & Male	
					Gold: 9/10 Years Female & Male	
7	12:00	12:15	12:45	Double Mini	A/G: 11/12 Years Female & Male	N. Chambers
					A/G: 13/14 Years Female & Male	
					A/G: 15/16 Years Female & Male	
					A/G: 17 & Over Female & Male	
					Open	
8	12:00	12:15	12:35	Trampoline	Silver: 13/14 Years Female	
					Silver: 15 & Over Female & Male	
					Gold: 11/12 Years Female & Male	

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152 Horseshoe Drive, Pickwick Rd, Gqeberha

#	Grouping	Warm-Up	Competition	Apparatus	Age Group & Level
9	12:00	12:15	12:35	Tumbling	Silver: 8 & Under Female & Male
					Silver: 9/10 Years Female & Male
10	12:45	13:00	13:30	Trampoline	Gold: 13/14 Years Female & Male
					Gold: 15 & Over Female & Male
11	12:45	13:00	13:30	Tumbling	Silver: 13/14 Years Female & Male
					Silver: 11/12 Years Female & Male
12	13:00	13:15	13:45	Double Mini	Silver: 13/14 Years Male
					Silver: 15 & Over Female & Male
					Gold: 13/14 Years Female & Male
					Gold: 15 & Over Female & Male
13	14:15	14:30	15:00	Double Mini	Platinum: 10 & Under Female & Male
					Platinum: 11/12 Years Female & Male
					Platinum: 13/14 Years Female & Male
14	13:45	14:00	14:30	Trampoline	A/G: 11/12 Years Female & Male
					A/G: 13/14 Years Female & Male
					A/G: 15/16 Years Female & Male
					A/G: 17 & Over Female & Male
					Open
15	15:45	16:00	16:30	Double Mini	Platinum: 15/16 Years Female & Male
					Platinum: 17 & Over Female & Male
16	14:45	15:00	15:30	Trampoline	Platinum: 11/12 Years Female & Male
					Platinum: 13/14 Years Female & Male
17	15:45	16:00	16:30	Trampoline	Platinum: 10 & Under Female & Male
					Platinum: 15/16 Years Female & Male
					Platinum: 17 & Over Female & Male
<p>Four passes/routines. Last pass/routine to count for medal standing.            Best two routines to count for trial result.</p>					

Inge Brand  
M. v Vuuren

A. Visagie

M. v Vuuren  
Inge Brand

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