



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 - TUMBLING

SATURDAY 19 AUGUST 2017

GROUP 1

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

GROUP 2

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

GROUP 3

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

GROUP 4

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

GROUP 5

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

GROUP 6

LEVEL 5 & 6 Boys	<i>All ages</i>	(16)
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.