



Western Cape Gymnastics Association

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

www.westerncapegymnastics.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

SOUTH ZONE 2018 - WAG PROGRAM

WESTERN CAPE SPORT SCHOOL, KUILSRIVER

FRIDAY 22 JUNE - LEVEL 2

COMPETITION 1 Double Competition

LEVEL 2 7YRS	52	LEVEL 2 9YRS	53
	REPORT		10H30
	WARM UP & COMPETE		11H00 - 13H40
	PRIZE GIVING		14H00

COMPETITION 2 Double Competition

LEVEL 2 8 YRS (CT)	48	LEVEL 2 10 -11 YRS (CT)	46
	REPORT		13H40
	WARM UP & COMPETE		14H10 - 16H40
	PRIZE GIVING		17H00

COMPETITION 3 Double Competition

LEVEL 2 8 YRS (WC, OVER, EDEN , WINE, ECAPE, NCAPE)		LEVEL 2 10-11 YRS (WC, OVER, EDEN , WINE, ECAPE, NCAPE)	
LEVEL 2 6YRS ALL	40	LEVEL 2 12/O ALL	43
	REPORT		16H10
	WARM UP & COMPETE		16H40 - 18H50
	PRIZE GIVING		19H00



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SATURDAY 23 JUNE - LEVEL 1

COMPETITION 4

Double Competition

LEVEL 1 7YRS (N CAPE, CT except TYGER & EVERS)	47	LEVEL 1 8YRS (N CAPE, CT)	50
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REPORT	7H30
WARM UP & COMPETE	8H00 - 10H35
PRIZE GIVING	10H50

COMPETITION 5

Double Competition

LEVEL 1 7YRS (E CAPE, WC, OVER, EDEN, WINE, CT - TYGER & EVERS ONLY)	45	LEVEL 1 8YRS (E CAPE, WC, OVER, EDEN, WINE) LEVEL 1 12 /O YRS (ALL)	46
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REPORT	10H05
WARM UP & COMPETE	10H35 - 13H00
PRIZE GIVING	13H15

COMPETITION 6

Double Competition

LEVEL 1 6 YRS	62	LEVEL 1 9 YRS	56
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REPORT	13h00
WARM UP & COMPETE	13H30 - 16H40
PRIZE GIVING	16H55

COMPETITION 7

Single Competition

LEVEL 1 10 - 11 YRS	60
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REPORT	16H10
WARM UP & COMPETE	16h40 - 19h40
PRIZE GIVING	19h55



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SUNDAY 24 JUNE - LEVEL 3

COMPETITION 8

Double Competition

LEVEL 3 9-10 YRS (N CAPE, WC, OVER, EDEN, WINE)	38	LEVEL 3 6-8 YRS (E CAPE, CT)	43
REPORT		8H00	
WARM UP & COMPETE		8H30 - 10H30	
PRIZE GIVING		10H45	

COMPETITION 9

Double Competition

LEVEL 3 9-10 YRS (CT - BRAWNS, EXCEL & EVERS ONLY)	34	LEVEL 3 6-8 YRS (N CAPE, WC, OVER, EDEN, WINE) LEVEL 3 13-17 YRS (ALL)	36
REPORT		10H00	
WARM UP & COMPETE		10H30 - 12H10	
PRIZE GIVING		12H25	

COMPETITION 10

Double Competition

LEVEL 3 9-10 YRS (E CAPE, CT - EXCEPT BRAWNS, EXCEL & EVERS)	43	LEVEL 3 11-12 YRS	45
REPORT		12H00	
WARM UP & COMPETE		12H40 - 15H05	
PRIZE GIVING		15H20	

COMPETITION 11

Single Competition

SCHOOLS LEVELS 2 & 3	23
REPORT	14h35
WARM UP & COMPETE	15h05 - 16h35
PRIZE GIVING	16h50

ALL GYMNASTS TO PLEASE BE AT VENUE 30 MIN BEFORE REPORT TIME IN CASE COMPETITION RUNS EARLY