

CAPE TOWN GYMNASTICS ASSOCIATION (CTGA)

La Provence Way Westridge Mitchells Plain, 7785

Tel: 066 515 2095

Email: ctgasecretary@gmail.com or ctgapresident@gmail.com

Cape Town Gymnastics Association is a member of the South African Gymnastics Federation, the Western Cape Gymnastics Association and the Cape Town Sports Council

CTGA district trials- WAG level 1-3

30-31 May 2025

Western Cape Sports School

Friday 30 May 2025			
Session 1			
Competition A	Competition B	Report & WU	07h30 - 08h00
Level 1 7-8yrs (52)	Level 1 9-10yrs (51)	Compete	08h00 - 10h30
Clubs: All Stars, ACS, Eversdal, Wasabi, Paradigm, Grace, Tyger, Brawns	Clubs: Excel, Gordons, Royals, Grace, Giants BB, Future Stars, Eversdal, Mega, Classique	PG	10h45
Session 2			
Competition A	Competition B	Report & WU	10h00 - 10h30
Level 1 7-8yrs (52)	Level 1 9-10yrs (44)	Compete	10h30 - 13h00
Clubs: Spectrum, Southern, Mega, Tyger, Ignite, Eversdal, Giants BB, ACS, Paradigm	Clubs: Brawns, Tyger, Giants BB, ACS, Paradigm,	PG	13h15
Judges Lunch 13h00 - 13h30			
Session 3			
Competition A	Competition B	Report & WU	13h00 - 13h30
Level 1 7-8yrs (47)	Level 1 9-10yrs (46) & Level 1 13/O (10)	Compete	13h30 - 16h00
Clubs: Eversdal, All Stars, Future Stars, ACS, Royals, Gordons	Clubs: Ignite, MJ, St. Marys, Eversdal, Brawns, Giants BB, All Stars, ACS, Southern, Wasabi (L1 9-10) - All Clubs (L1 13/O)	PG	16h15
Session 4			
Competition A	Competition B	Report & WU	15h30 - 16h00
Level 3 7-9yrs (46)	Level 1 11-12 (43)	Compete	16h00 - 18h45
All Clubs	All Clubs	PG	19h00



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Saturday 31 May 2025			
Session 5			
Competition A	Competition B	Report & WU	07h30 - 08h00
Level 2 7-8yrs (45)	Level 2 9-10yrs (52)	Compete	08h00 - 10h30
Clubs: Eversdal, Mega, Royals, Tyger, Future Stars, Grace, Fish Hoek, Southern, Acro Angels, Excel, Brawns, ACS	Clubs: Fish Hoek, St. Marys, MJ, All Stars, Tyger, Acro Angels, Grace, Brawns, Giants BB, Ignite	PG	10h45
Session 6			
Competition A	Competition B	Report & WU	10h00 - 10h30
Level 2 7-8yrs & Level 2 11-12 (47)	Level 2 9-10yrs (50)	Compete	10h30 - 13h00
Clubs: (L2 7-8): All Stars, Eversdal- (L2 11-12): Giants BB, Gordons, Ignite, Mega, Paradigm, Royals, Southern, St. Mary	Clubs: Eversdal, Tyger, Mega, Royals, Southern, Future Stars, Excel, Paradigm	PG	13h15
Judges Lunch 13h00 - 13h30			
Session 7			
Competition A	Competition B	Report & WU	13h00 - 13h30
Level 2 11-12yrs & Level 2 13/O (41)	Level 3 10-11 (49)	Compete	13h30 - 16h00
Clubs: (L2 11-12): Future Stars, Tyger, Excel, ACS, Wasabi, Eversdal, Fish Hoek, All Stars, Brawns - (L2 13/O): All clubs	Clubs: ACS, Eversdal, Fish Hoek, Tyger, Wasabi, Grace, All Stars, Mega, Paradigm, Excel, Brawns	PG	16h15
Session 8			
Competition A	Competition B	Report & WU	15h30 - 16h00
Level 3 12-13yrs (36)	Level 3 10-11yrs & Level 3 14/O (43)	Compete	16h00 - 18h15
Clubs: All	Clubs: (L3 10-11): Eversdal, Royals, Spectrum, Excel, Ignite, Brawns, Acro Angels, All Stars, Royals, Future Stars, Giants, Southern - (L3 14/O): All clubs	PG	18h30

Executive Committee Members: President – D Marriotte-Lowry ; Vice President – C Mostert; Treasurer - Vacant; Secretary – N Frazer; Schools Representative – N Diedericks; Development Officer – M Brinkley; Transformation Officer – W Samuels



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**ALL GYMNASTS TO BE AT THE VENUE AT LEAST 30 MINUTES BEFORE
THEIR REPORT TIME, EXCEPT SESSION 1 & SESSION 5.**

VENUE RULES & REGULATIONS

No parking will be allowed in the main designated parking area.

Allocated parking will be on the grass area on the left

No one from CTGA will be allowed to be close to the white prefab classrooms across the main parking area

Only make use of the bathrooms in the main sports hall

No parents will be allowed in the warm up area

No one will be allowed on the grass area in front of the main entrance of the sports hall