



CAPE TOWN GYMNASTICS ASSOCIATION (CTGA)

37 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

2024 CTGA DISTRICT TRIALS COMPETITION

TRAMPOLINE

FRIDAY, 19 JULY

Eversdal Gymnastics Club, Church Street, Brackenfell, Cape Town

Officials to meet at 14:30

Gymnasts to be in the hall at least 30 minutes before the Warm-up (Except COMP1)

#	APPARATUS	LEVEL	AGE	TIMES		COUNT
COMP 1	Double Mini	Level 5	All	Grouping	15h00	11
				Warm-up	15h15	
				Competition	15h40	
COMP 2	Euro Trampoline	Level 6		Grouping	15h35	7
		Level 7		Warm-up	15h45	
		Level 8		Competition	16h25	
		Level 9				
COMP 3	Double Mini	Level 7	All	Grouping	16h15	7
				Warm-up	16h25	
				Competition	16h50	
COMP 4	Euro Trampoline	Level 4	All	Grouping	16h50	9
				Warm-up	17h00	
				Competition	17h25	
COMP 5	Double Mini	Level 9	All	Grouping	17h20	8
		Level 10	All	Warm-up	17h30	
		Level 11	All	Competition	18h00	
Short Break for Judges (18h40 - 19h00)						
COMP 6	Euro Trampoline	Level 5	All	Grouping	18h25	8
				Warm-up	18h35	
				Competition	19h00	
COMP 7	Double Mini	Level 8	All	Grouping	19h00	4
				Warm-up	19h10	
				Competition	19h30	

Prize-giving will take place as soon as results are tabulated.

There will be a tuckshop available.

All gymnasts to wear club tracksuits, club leotard and sneakers.

Only gymnasts, coaches and officials will be allowed on the comp. floor.

Executive Committee Members: President – W Lucas ; Vice President – M Brinkley; Treasurer - Vacant;
Secretary – N Frazer; Schools Representative – N Diedericks; Development Officer – Vacant; Transformation Officer – L Isaacs





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TRAMPOLINE

SATURDAY, 20 JULY 2024

Eversdal Gymnastics Club, Church Street, Brackenfell, Cape Town

Officials to meet at 07h30

Gymnasts to be in the hall at least 30 minutes before the Warm-up (Except COMP 9)

#	APPARATUS	LEVEL	AGE	TIMES		COUNT
COMP 9	Mini Trampoline	Level 1	All	Grouping	08h00	9
				Warm-up	08h15	
				Competition	08h40	
COMP 10	Blacktop	Level 1	All	Grouping	09h05	8
		Level 2	All	Warm-up	09h15	
		Level 3	All	Competition	09h35	
COMP 11	Mini Trampoline	Level 2	All	Grouping	09h30	3
		Level 3	All	Warm-up	09h40	
				Competition	09h55	
Equipment Turnover						
COMP 12	Euro Trampoline	Level 3	All	Grouping	10h30	8
				Warm-up	10h40	
				Competition	11h00	
COMP 13	Double Mini	Level 6	All	Grouping	10h50	8
				Warm-up	11h00	
				Competition	11h20	
Lunch break - (11h45 - 12h15)						
COMP 14	Euro Trampoline	Level 1	All	Grouping	11h45	8
		Level 2	All	Warm-up	11h55	
				Competition	12h15	
COMP 15	Double Mini	Level 4	All	Grouping	11h55	11
				Warm-up	12h05	
				Competition	12h35	
COMP 16	Double Mini	Level 3	All	Grouping	12h55	8
				Warm-up	13h05	
				Competition	13h25	
COMP 17	Double Mini	Level 1	All	Grouping	13h40	11
		Level 2	All	Warm-up	13h50	
				Competition	14h20	

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