



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

TUMBLING

SATURDAY, 20 JULY 2024

Eversdal Gymnastics Club, Church Street, Brackenfell, Cape Town

Officials to meet at 07:30

Gymnasts to be in the hall at least 30 minutes before the Warm-up (except COMP 1)

#	APPARATUS	LEVEL	AGE	TIMES		COUNT
COMP 1	TUMBLING	Level 1	All	Grouping	08h00	9
		Level 2	6-7 yrs	Warm-up	08h15	
			8-9 yrs	Competition	08h35	
COMP 2	TUMBLING	Level 2	10-12 yrs	Grouping	08h45	13
		Level 3	8-9 yrs	Warm-up	08h55	
			10-12 yrs MALE	Competition	09h20	
COMP 3	TUMBLING	Level 4	9-10 yrs	Grouping	09h40	8
			11-12 yrs	Warm-up	09h50	
			13-14 yrs	Competition	10h10	
COMP 4	TUMBLING	Level 3	10-12 yrs FEMALE	Grouping	10h20	15
				Warm-up	10h30	
				Competition	11h00	
Lunch break - (11h30 - 12h10)						
COMP 5	TUMBLING	Level 3	13-15 yrs	Grouping	11h40	6
			16 & Over	Warm-up	11h50	
		Level 4	15 & Over	Competition	12h10	
COMP 6	TUMBLING	Level 5	All	Grouping	12h15	10
				Warm-up	12h25	
				Competition	12h45	
COMP 7	TUMBLING	Level 6	All	Grouping	12h55	7
				Warm-up	13h05	
				Competition	13h25	
COMP 8	TUMBLING	Level 7	All	Grouping	13h30	5
		Level 8	All	Warm-up	13h40	
		Level 9	All	Competition	14h00	
		Level 10	All			