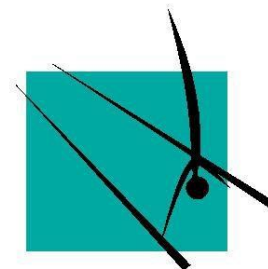




South African Gymnastics Federation
 Programme Management
TUMBLING



TUMBLING PROGRAM GYM GAMES

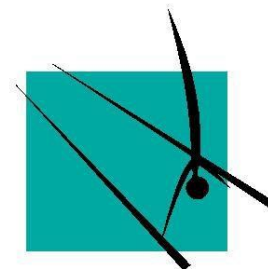
FRIDAY, 27 SEPTEMBER 2019

UNIVERSITY OF CAPE TOWN, HALL 2

TIME	ACTIVITY	MAT 1 - ROD FLOOR
08:00-08:30		Judges meeting
08h00-08h15	Grouping	LEVEL 6 (23) 11-12 yrs
08h15-08h30	Warm up	Male & Female
08h30-09h30	Competition	
09h15-09h30	Grouping	LEVEL 6 (22) 13-14yrs.Male
09h30-09h45	Warm up	15 & Over
09h45-10h45	Competition	Male & Female
10h30-10h45	Grouping	LEVEL 8 (16) 12 under / 13-14yrs /15-16yrs /17over
10h45-11h00	Warm up	Male & Female
11h00-11h30	Competition	
11h15-11h30	Grouping	LEVEL 6 (24) 6-8yrs & 13-14yrs Female
11h30-11h45	Warm-up	9-10yrs
11h45-12h30	Competition	Male & Female
12h30 12h30 – 13h15		Hand in Competition Cards LUNCH
12h30-12h45	Grouping	LEVEL 9 & 10 (11) All Age Groups
12h45-13h15	Warm up	Male & Female
13h15-14h00	Competition	
13h40-14h00	Grouping	REGION 5 TRIALS (32) Pre-Junior
14h00-14h20	Warm up	Male & Female
14h20-15h15	Competition	
15h00-15h15	Grouping	LEVEL 7 (25) 6-8yrs /9-10yrs /11-12yrs /
15h15-15h30	Warm up	13-14yrs /15/over
15h30-16h15	Competition	
16h00-16h15	Grouping	REGION 5 TRIALS (13) Senior
16h15-16h30	Warm up	Male & Female
16h30-17h00	Competition	
16h45-17h00	Grouping	REGION 5 TRIALS (25) Juniors
17h00-17h15	Warm up	Male & Female
17h15-18h00	Competition	
18:00-20:00		TRAMPOLINE & TUMBLING TECHNICAL ASSEMBLY



South African Gymnastics Federation
 Programme Management
TUMBLING



TUMBLING PROGRAM - GYM GAMES

SATURDAY, 28 SEPTEMBER 2019

UNIVERSITY OF CAPE TOWN, HALL 2

TIME	ACTIVITY	MAT 1 ROD FLOOR
08h00-08h30		Judges meeting
08h00-08h15	Grouping	LEVEL 5 (21) 11-12yrs. Female
08h15-08h30	Warm up	
08h30-09h30	Competition	
09h15-09h30	Grouping	LEVEL 4 (27) 9-10yrs Female
09h30-09h45	Warm up	
09h45-10h45	Competition	
10h30-10h45	Grouping	LEVEL 4 (31) 11-12yrs Female
10h45-11h00	Warm up	
11h00-12h00	Competition	
11h45-12h00	Grouping	LEVEL 4 (25) 6-8 yrs 9-10YRS Male
12h00-12h15	Warm-up	
12h15-13h15	Competition	
13:15 – 14:00		LUNCH
13h30-13h45	Grouping	LEVEL 5 (19) 6-8 yrs 9-10 yrs Male & Female 11-12yrs Male
13h45-14h00	Warm up	
14h00-14h45	Competition	
14h30-14h45	Grouping	LEVEL 4 (15) 11-12yrs Male 15 & Over Male & Female
14h45-15h00	Warm up	
15h00-16h00	Competition	LEVEL5 (9) 15&Over Male
15h45-16h00	Grouping	LEVEL 4 (21) 13-14yrs Male & Female
16h00-16h15	Warm up	
16h15-17h00	Competition	
16h45-17h00	Grouping	LEVEL 5 (25) 13-14yrs Male & Female 15 & Over Female
17h00-17h15	Warm up	
17h15-18h00	Competition	