

Central Zone 2019 - Bloemfontein		
MAG FINAL PROGRAM:		
Friday 14 June 2019		
8:30	Coaches meeting & briefing	
9:00	Grouping & Body warm-up	<b>LEVEL 3 7-8yrs (6) + LEVEL 3 9-10yrs(19)</b>
9:15	Apparatus warm-up & Competition	
11:00	Grouping & Body warm-up	<b>LEVEL 3 11-12yrs (11) + LEVEL 3 13-15yrs (6)</b>
11:15	Apparatus warm-up & Competition	
13:00	Grouping & Body warm-up	<b>LEVEL 2 9-10yrs (26) + LEVEL 2 7yrs (1)</b>
13:15	Apparatus warm-up & Competition	
Saturday 15 June 2019		
8:45	Grouping & Body warm-up	<b>LEVEL 2 8yrs(7) + LEVEL 2 11-14yrs (15)</b>
9:00	Apparatus warm-up & Competition	
11:00	Grouping & Body warm-up	<b>LEVEL 1 8-9yrs (35)</b>
11:15	Apparatus warm-up & Competition	
13:15	Grouping & Body warm-up	<b>LEVEL 1 6yrs (16) + LEVEL 1 10-13yrs (19)</b>
13:30	Apparatus warm-up & Competition	
15:30	Grouping & Body warm-up	<b>LEVEL 1 7yrs (23)</b>
15:45	Apparatus warm-up & Competition	

All prize giving will be directly after every competition as soon as results are available