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| Western Cape Gymnastics Trials |
| Men’s Artistic Gymnastics |
| Venue: Western Cape Sports School |
| Date: 27 August 2016 |
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| **Competition 1** |  |
| **MAG - Level 4 - 23 gymnasts** |  |
|  |  |  |  |  |
| Grouping and General Warmup | 08h00-08h30 |
| Warm up & Compete Format | 08h30-10h30 |
| Prizegiving | 10h50 |
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| **Competition 2** |  |
| **MAG - Level 5 - 21 gymnasts** |  |
|  |  |  |  |  |
| Grouping and General Warmup | 10h00-10h30 |
| Apparatus Warm up | 10h30-11h30 |
| Competition  | 11h30-13h30 |
| Prizegiving | 13h50 |
|  |  |  |  |  |
| **Competition 2** |  |
| **MAG - Level 6, 7 & 8 - 27 gymnasts** |  |
|  |  |  |  |  |
| Grouping and General Warmup | 13h00-13h30 |
| Apparatus Warm up | 13h30-14h30 |
| Competition  | 14h30-16h30 |
| Prizegiving | 16h50 |