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| Western Cape Gymnastics Trials | | | | |
| Men’s Artistic Gymnastics | | | | |
| Venue: Western Cape Sports School | | | | |
| Date: 27 August 2016 | | | | |
|  |  |  |  |  |
| **Competition 1** | | | |  |
| **MAG - Level 4 - 23 gymnasts** | | | |  |
|  |  |  |  |  |
| Grouping and General Warmup | | | | 08h00-08h30 |
| Warm up & Compete Format | | | | 08h30-10h30 |
| Prizegiving | | | | 10h50 |
|  |  |  |  |  |
| **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 |