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| **Date** | **Day** | **Registration** | **Event** | **Running** | | **Swimming** |
| 3 Sep 23 | Sunday | 14.45 - 15.15 | League 1 / Winter Champs | Curro Century | 15.30 | Curro Century |
| 15 Oct 23 | Sunday | 14.45 - 15.15 | League 2 | Strand High | 15.30 | Generations |
| 19 Nov 23 | Sunday |  | League 3 | Milnerton High |  | Milnerton High |
| 3 Dec 23 | Sunday |  | League 4 | Reddam Constantia |  | Reddam Constantia |
| 14 Jan 24 | Sunday |  | League 5 | Curro Durbanville |  | Curro Durbanville |
| 21 Jan 24 | Sunday |  | League 6 | Durbanville High |  | Fairmont High |
| 3 Feb 24 | Saturday |  | Highgate | Oudtshoorn |  | Oudtshoorn |
| 18 Feb 24 | Sunday |  | WP Champs | Parow Track |  | Boston |
| 29 + 30 Mar 24 | Friday + Saturday |  | SA Champs | Bloemfontein |  | Bloemfontein |