Thursday, 19 September 2024		
Time	Event	Venue
08:00 - 17:00	Football Day One starts, fixtures every hour	De Klerk, Luthuli and Mandela Fields
08:00 - 17:00	Tennis Doubles Day One starts, fixtures every 30 minutes	Tennis Arena
08:00 - 17:45	Hockey Day One starts, fixtures every 35 minutes + water break	Tutu Astro
08:00 - 18:00	Basketball Day One starts, fixtures every hour	Indoor Centre and Outdoor Basketball courts
10:00 - 12:30	Heritage Day and International Bread Day Celebrations	Music Marquee
15:00 - 17:00	SPC Cover Bands	Music Marquee