

INTERPROS

2022	2023	2024	2025	2026
Venue: Free State 30-45+ age groups Dates: 19 May - 22 May	Venue: Kwa Zulu-Natal 30-45+ age groups Dates: 18 May - 21 May	Venue: Gauteng North 30-55+ age groups Dates: 24 - 28 July 2024		
Venue: Gauteng East 50-60+ age groups Dates: 25 Aug - 28 Aug	Venue: Mpumalanga 65-85+ age groups Dates: 24 Aug - 27 Aug	Venue: Winelands 55-85+ age groups Dates: 2 - 6 October 2024		
Venue: Western Province 65-80+ age groups Dates: 17 Oct - 22 Oct	Venue: Winelands 50-60+ age groups Dates: 16 Oct - 21 Oct			

Super Seniors - Palm Beach Florida USA Team - 24 Apr - 29 Apr 2022 Individ - 30 Apr - 7 May 2022	Young Seniors - Manavgat Turkey Team - 19 - 24 March 2023 Individ - 25 - 1 April 2023	65 - 90+ - Manavgat Turkey Team: 19 - 15 March 2024 Ind: 16 - 23 March 2024	Not yet decided	Not yet decided
		50 - 60+ Mexico City Mexico Team: 28 April - 3 May 2024 Ind: 4 - 11 May 2024	Not yet decided	Not yet decided
Seniors - Palm Beach Florida USA Team - 1 May - 6 May 2022 Individ - 7 May - 14 May 2022	Seniors - Lisbon Portugal Team - 13 - 18 August 2023 Individ - 19 - 26 August 2023	30 - 40+ Lisbon Portugal Team: 4 - 9 August Ind: 10 - 17 August 2024	Not yet decided	Not yet decided
Young Seniors - Lisbon Portugal Team - 31 Jul - 5 Aug 2022 Individ - 6 Aug - 13 Aug 2022	Super Seniors - Mallorca Spain Team - 8 - 13 October 20023 Individ - 14 - 21 October 2023	45+ Tokyo, Japan Team: 17 - 22 November 2024 Ind: 23 - 30 November 2024	Not yet decided	Not yet decided

2022	2023	2024	2025	2026
Sat 5 March to Wed 9 March All age groups Pretoria	Sat 4 March to Wed 8 March All age groups Pretoria	Sat 2 March to Wed 6 March All age groups Western Cape	Sat 1 March to Wed 5 March All age groups Winelands	Sat 7 March to Wed 11 March All age groups TBC
Easter 15,16,17,18 April 2022	Easter 6, 7, 8, 9 April 2023	Easter 29,30,31 & 1 April 2024	Easter 18,19,20,21 April 2025	Easter 3,4,5,6 April 202