



# 2023 - 24 Calendar

## Registration—Online

**Opens 1st August**

<http://southeasternlac.org.au/registration/>

## Athlete Trial Period

23 Sep – 21 Oct 23

## Committee Meetings

Including  
Age Marshalls

### Virtual (Zoom)

Wed 28 June  
Thur 20 July  
Thur 24 August  
Thur 21 September

### ES Marks 10:30am

Sat 28 October  
Sat 2 December

## Education

TBA

## Training from 20 Sep

### ES Marks

Tue - 4-4.30 - HJ (U12-17) - Wal

Tue 4.30-5.30 - LJ/TJ - Maxim

Wed 5.30-6.30 - Distance - Drew

Thu - 4-5 - Sprint/Hurdle - Nabil

Walks-Tue-Thu 5-6 Anne (Priv)

Throws – TBC

## Awards

2 April - 2pm - ES Marks

## Competition Days

Date	BBQ	Series	Hurdles	Comments
23-Sep	U12	1	U8	Set-up 7.30am for 8am Start
30-Sep	U11	2		
7-Oct	U10	1	U9	Club Champ Rego
14-Oct	U9	2		Club Champ Rego
21-Oct	U8	1	U10	Club Champ Rego
28-Oct	U7	2		Club Champs
4-Nov	U6-Tots	1	U11	Club Champs, Zone Rego Start
11-Nov	U13+	2		Zone Rego
18-Nov	U12	1	U12	Zone Rego close
25-Nov	U11	2		
<b>2-Dec Zone Champs: ES Marks 2 &amp; 3 Dec (No Club Competition)</b>				
9-Dec	U10	1	U8	
6-Jan	U9	2		
13-Jan	U8	1	U9	
20-Jan	U7	2		
27-Jan	U6-Tots	1	U10	
<b>3-Feb Regional 8 Champs: Sylvania Waters - 2, 3 &amp; 4 Feb (No Club Competition)</b>				
10-Feb	U13+	2		Presentation Rego Start
17-Feb	U12	1	U11	Presentation Rego
24-Feb	U11	2		Presentation Rego
2-Mar	All	1	All	Presentation Rego (Ends)

## Events

**SELAC Club Champs: ES Marks - 28 Oct & 4 Nov**

**State Relays U8-U11: SOPAC - 11 Nov**

**State Relays U12-U17: SOPAC - 12 Nov**

**Zone Champs: ES Marks - 2-3 Dec**

**Regional 8 Champs: Sylvania Waters - 2, 3 & 4 Feb**

**State Combined Events: Hunter Sports Centre, Glendale - 2-3 Mar**

**State Champs: SOPAC - 23-24 Mar**