



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	U12	2		Zone Rego
18-Nov	U11	1	U12	Zone Rego close
25-Nov	U10	2		
2-Dec	U9	1	U8	
9-Dec Zone Champs (TBC): Crest @ Bankstown - 9 & 10 Dec (No Club Competition)				
6-Jan	U8	2		
13-Jan	U7	1	U9	
20-Jan	U6-Tots	2		
27-Jan	U12	1	U10	
3-Feb Regional Champs (TBC): Crest @ Bankstown - 3 & 4 Feb (No Club Competition)				
10-Feb	U11	2		Presentation Rego Start
17-Feb	U10	1	U11	Presentation Rego
24-Feb	U9	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 (TBC): Crest @ Bankstown - 9-10 Dec

Regional Champs (TBC): Crest @ Bankstown - 3-4 Feb

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

State Champs: SOPAC - 23-24 Mar