



2022 - 23 Calendar

Registration—Online

Opens 1st August

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

Athlete Trial Period

24 Sep 22 – 22 Oct 22

Committee Meetings

Including
Age Marshalls

Virtual (Zoom)

Thur 30 June

Thur 28 July

Thur 25 August

Thur 22 September

ES Marks 10:30am

Sat 29 October

Sat 26 November

Education

TBA

Training from 21 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

AGM & Awards

2 April - 2pm - ES Marks

Competition Days

Date	BBQ	Series	Hurdles	Comments
24-Sep	U12	1	U8	Set-up 7.30am for 8am Start
1-Oct	U11	2		
8-Oct	U10	1	U9	Centre Champ Rego
15-Oct	U9	2		Centre Champ Rego
22-Oct	U8	1	U10	Centre Champ Rego
29-Oct	U7	2		Centre Champs (Trial Timing Gates)
5-Nov	U6-Tots	1	U11	Centre Champs, Zone Rego Start (Trial Timing Gates)
12-Nov	U12	2		Zone Rego
19-Nov	U11	1	U12	Zone Rego close
26-Nov	U10	2		
3-Dec	U9	1	U8	
10-Dec Zone Champs: Crest @ Bankstown - 10 & 11 Dec (No Club Competition)				
7-Jan	U8	2		
14-Jan	U7	1	U9	
21-Jan	U6-Tots	2		
28-Jan	U12	1	U10	
4-Feb Regional Champs: Crest @ Bankstown - 4 & 5 Feb (No Club Competition)				
11-Feb	U11	2		Presentation Rego Start
18-Feb	U10	1	U11	Presentation Rego
25-Feb	U9	2		Presentation Rego
4-Mar	All	1	All	Presentation Rego (Ends)

Events

SELAC Centre Champs: ES Marks - 29 Oct & 5 Nov

State Relays: SOPAC - 12 & 13 Nov

Zone Championships: Crest @ Bankstown - 10-11 Dec

Regional Champs: Crest @ Bankstown - 4-5 Feb

State Combined Events: Wagga Wagga - 4-5 Mar 23

State Track & Field Championships: SOPAC - 19-20 Mar 23