



2024 - 25 Calendar

Registration—Online

Opens 1st August

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

Athlete Trial Period

21 Sep – 12 Oct 23

Committee Meetings

Including

Age Marshalls

Virtual (Zoom)

Tue 13 August

Tue 27 August

Tue 3 September

Tue 17 September

ES Marks 10:30am

Sat 19 October

Sat 23 November

Training from 23 Sep

@ ES Marks

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

Tue 6.15 - LJ/TJ - Maxim

Wed 4.15 - Distance - Warren & Jordan

Thu - 4-5 - Sprint/Hurdle - Nabil

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

Throws—TBC

Competition Days

| Date | BBQ | Series | Hurdles | Comments |
|--|---------|--------|---------|------------------------------|
| 21-Sep | U12 | 1 | U8 | Set-up 7.30am for 8am Start |
| 28-Sep | U11 | 2 | | |
| 5-Oct | U10 | 1 | U9 | Club Champ Rego |
| 12-Oct | U9 | 2 | | Club Champ Rego |
| 19-Oct | U8 | 1 | U10 | Club Champ Rego |
| 26-Oct | U7 | 2 | | Club Champs |
| 2-Nov | U6-Tots | 1 | U11 | Club Champs, Zone Rego Start |
| 9-Nov | U13+ | 2 | | Zone Rego |
| 16-Nov | U12 | 1 | U12 | Zone Rego close |
| 23-Nov | U11 | 2 | | |
| 30-Nov Zone Champs: ES Marks 30 Nov & 1 Dec (No Club Competition) | | | | |
| 7-Dec | U10 | 1 | U8 | |
| 14-Dec | All | 2 | | |
| 4-Jan | U9 | 1 | U9 | |
| 11-Jan | U8 | 2 | | |
| 18-Jan | U7 | 1 | | |
| 25-Jan | U6-Tots | 2 | U10 | |
| 1-Feb Regional 8 Champs: Barden Ridge (No Club Competition) | | | | |
| 8-Feb | U13+ | 1 | | Presentation Rego Start |
| 15-Feb | U12 | 2 | U11 | Presentation Rego |
| 22-Feb | U11 | 1 | | Presentation Rego |
| 1-Mar | All | 2 | All | Presentation Rego (Ends) |
| 8-Mar | TBC | | | |

Awards

6 April - 2pm - ES Marks

| Event | Location | Age Groups | Dates |
|--------------------|--------------|-------------|----------------|
| SELAC Club Champs | ES Marks | ALL | 26 Oct & 2 Nov |
| NSW 3K Champs | ES Marks | 13s to U20s | 2 Nov |
| State Relays | SOPAC | 8s to 12s | 10 Nov |
| State Relays | SOPAC | 13s to U20s | 16 & 17 Nov |
| Zone Champs | ES Marks | ALL | 30 Nov & 1 Dec |
| NSW Combined | TBC | 13s to U20 | 25 & 26 Jan |
| Regional Champs | Barden Ridge | ALL | 1 & 2 Feb |
| NSW Combined | TBC | 7s to U20 | 1 & 2 Mar |
| NSW Junior Champs | | 13s to U20s | 13 to 16 Mar |
| LANSW State Champs | | 9s to 12s | 22 & 23 Mar |