



2025-26 Calendar

Registration-Online

Opens 1st August

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

Athlete Trial Period

27 Sep – 18 Oct 2025

Committee Meetings

Including
Age Marshalls

Virtual (Zoom)

Tue 12 August
Tue 26 August
Tue 9 September
Tue 23 September
Tue 7 October

ES Marks 10:30am

Sat 18 October
Sat 22 November

Training @ ES Marks

from 30 Sept

Tuesdays

4.15-5pm Sprints | Audrey /Ronin

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

4.30– 5.15pm Throws | Jemima

5– 6pm - LJ/TJ | Maxim

Wednesdays

4.15 - Distance | Warren

4-4.45pm- Hurdles | Siena

Thursdays

4-5pm Sprints | Nabil

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

4.45-5.30 Junior High Jump | Georgie

Awards Day

28th Mar

Venue TBA

Date	BBQ	Series	Hurdles	Comments
27 Sep	12s	1	8s	Set-up 7.30am for 8am Start
4 Oct	11s	2		
11 Oct	10s	1	9s	Club Champ Rego
18 Oct	9s	2		Club Champ Rego State Relays Teams Rego
25 Oct	8s	1	10s	Club Champs State Relays Teams Rego
1 Nov	7s	2		Club Champs Zone Rego Start
8 Nov	6s-Tots	1	11s	State relays 8s to 12s
15 Nov	13s+	2		State relays 13s to 20s Zone Rego Close 15th Nov
22 Nov	12s	1	12s	
29 Nov	11s	2		
6-7 Dec Zone Champs: ES Marks (No Club Competition)				
12 Dec	10s	1	8s	
10 Jan	9s	2		
17 Jan	8s	1	10s	
24 Jan	7s	2		
30 Jan -1 Feb Regional 8 Champs: ES Marks (No Club Competition)				
7 Feb	6s-Tots	1	11s	
14 Feb	13s+	2		Presentation Rego Start
21 Feb	12s	1	Seniors	Presentation Rego
28 Feb	11s	2		Presentation Rego
7 Mar	10s	1	9s	Presentation Rego (Ends)
12-15 Mar Junior State for 13s-U20s SOPAC (No Club Competition)				
21-22 Mar Little Athletics State for 9s-12s (No Club Competition)				

Event	Location	Age Groups	Dates
SELAC Club Champs	ES Marks	ALL	25th Oct & 1 Nov
State Relays	Blacktown	8s to 12s	8-9 Nov
State Relays	Blacktown	13s to U20s	14- 16 Nov
Zone Champs	ES Marks	ALL	6 & 7 Dec
NSW Combined	SOPAC	16s to Masters	24 & 25 Jan
Regional Champs	ES Marks	ALL	30 Jan– 1 Feb
NSW Combined	Maitland	7s to 15s	28 Feb-1 Mar
NSW Junior Champs	SOPAC	13s to U20s	12 to 15 Mar
NSW Opens Champs	SOPAC	U23s & Opens	19-22nd Mar
LANSW State Champs	SOPAC	9s to 12s	21 & 22 Mar