

2022-23 SEASON CALENDAR

Each week the kids compete in different track & field events. The program number (1,2 or 3) refers to which events will be done on that day. Please refer to the Competition Program for details. During Championship Rounds kids earn points towards end of year awards. For more details refer to Centre & Special Awards on pages 20-22.

The calendar also provides important dates for other Little Athletic events around the state that your kids might like to participate in. For more details refer to “Special Events” from page 29.

OCTOBER	Description	Program No.	Venue	Start from
Friday 7 th	First day U10 – U17	Program 1 & induction	L.U.B.A.C.	5:00 pm
Saturday 8 th	First day U6 – U9	Program 1 & induction	L.U.B.A.C.	8:15 am
Saturday 15 th	Trial Athletes	Program 2	L.U.B.A.C.	8:15 am
Saturday 22 nd	Trial Athletes	Program 3	L.U.B.A.C.	8:15 am
Saturday 29 th	Centre Competition	Program 1	L.U.B.A.C.	8:15 am
NOVEMBER	Description	Program No.	Venue	Start from
Saturday 5 th	Bendigo Combined Events		L.U.B.A.C.	8:15 am
Friday 11 th	Centre Competition	Program 2	L.U.B.A.C.	5:00 pm
Sat 12th / Sun 13th	State Combined Events - Lakeside	No Bendigo Competition		
Saturday 19 th	Centre Competition	Program 3	L.U.B.A.C.	8:15 am
Saturday 26 th	Centre Track & Field Championships	Program 1	L.U.B.A.C.	8:15 am
DECEMBER	Description	Program No.	Venue	Start from
Saturday 3rd	Regional Relays - U9-U16, Albury	No Bendigo Competition		
Saturday 10 th	Centre Competition	Program 2	L.U.B.A.C.	8:15 am
Friday 16 th	Centre Competition Xmas Break Up	Program 3	L.U.B.A.C.	5:00 pm
JANUARY	Description	Program No.	Venue	Start from
Saturday 21 st	Centre Competition	Program 1	L.U.B.A.C.	8:15 am
FEBRUARY	Description	Program No.	Venue	Start from
Friday 3 rd	Centre Competition	Program 2	L.U.B.A.C.	5:00pm
Saturday 4th	State Relays U9-U16, Lakeside	No Bendigo Competition		
Saturday 11 th	Centre Track & Field Championships	Program 3	L.U.B.A.C.	8:15 am
Sat 18th / Sun 19th	Regional T&F Championships U9-U16, Bendigo			
Saturday 25 th	Centre Competition	Program 1	L.U.B.A.C.	8:15 am
MARCH	Description	Program No.	Venue	Start from
Saturday 4 th	Centre Track & Field Championships	Program 2	L.U.B.A.C.	8:15 am
Sat 11th/Sun 12th	LAVic State T&F Championships U9-U16, TBC	No Bendigo Competition		
Saturday 18 th	Centre Competition	Program 3	L.U.B.A.C.	8:15 am
Saturday 25 th	Presentation Day L.U.B.A.C			8:15 am

Please note closing dates for entries into special events are listed below.

ENTRIES OPEN	ENTRIES CLOSE	SPECIAL EVENT ENTRIES
14th September	26th October 22	State Combined Events, Lakeside
10th October	15th November 22	Region Relays U9-U16, Albury
18th November	30th January 23	Regional Track & Field Carnival U9-U16, Bendigo

COMPETITION PROGRAM

Program	Under 6 Girls	Under 6 Boys
1	On Track, SP, 70m	On Track, SP, 70m
2	On Track, Discus, 100m	On Track, Discus, 100m
3	On Track, LJ, 200m	On Track, LJ, 200m
	Under 7 Girls	Under 7 Boys
1	60mH, 70m, Discus, Jumps (T)	60mH, 70m, Discus, Jumps (T)
2	100m, 300m, LJ, Throws (T)	100m, 300m, LJ, Throws (T)
3	70m, 200m, SP, Hurdle (T)	70m, 200m, SP, Hurdle (T)
	Under 8 Girls	Under 8 Boys
1	60mH, 70m, Discus, HJ (T)	60mH, 70m, Discus, HJ (T)
2	70m,100m, 400m, LJ, Walk(T)	70m,100m, 400m, LJ, Walk(T)
3	60mH, 100m, 200m, SP	60mH, 100m, 200m, SP
	Under 9 Girls	Under 9 Boys
1	60mH, 70m, 800m, LJ, Discus	60mH, 70m, 800m, HJ, SP
2	70m, 100m, 400m, 700mWalk, TJ(T)	70m, 100m, 400m, 700mWalk, TJ(T)
3	60mH, 100m, 200m, HJ, SP	60mH, 100m, 200m, LJ, Discus
	Under 10 Girls	Under 10 Boys
1	60mH, 70m, 800m, LJ, SP	60mH, 70m, 800m, TJ*, Discus
2	100m, 400m, 1100mWalk, HJ, Discus	100m, 400m, 1100mWalk, HJ, SP
3	60mH, 100m, 200m, TJ*, Jav (T)	60mH, 100m, 200m, LJ, Jav (T)
	Under 11 Girls	Under 11 Boys
1	80mH, 100m, 800m, HJ, Discus	80mH, 100m, 800m, LJ, SP
2	100m, 400m, 1100mWalk, LJ, SP	100m, 400m, 1100mWalk, TJ, Discus
3	80mH, 200m, 1500m, TJ, Jav	80mH, 200m, 1500m, HJ, Jav
	Under 12 Girls	Under 12 Boys
1	80mH, 100m, 800m, HJ, SP	80mH, 100m, 800m, LJ, SP
2	100m, 400m, 1500mWalk, LJ, Discus	100m, 400m, 1500mWalk, TJ, Jav
3	80mH, 200m, 1500m, TJ, Jav	80mH, 200m, 1500m, HJ, Discus
	Under 13 Girls	Under 13 Boys
1	200mH, 100m, 800m, LJ, SP	200mH, 100m, 800m, HJ, SP
2	100m, 400m, 1500mWalk, TJ, Jav	100m, 400m, 1500mWalk, LJ, Discus
3	80mH, 200m, 1500m, HJ, Discus	80mH, 200m, 1500m, TJ, Jav
	Under 14 Girls	Under 14 Boys
1	200mH, 100m, 800m, TJ, Discus	200mH, 100m, 800m, TJ, Discus
2	100m, 400m, 1500mWalk, HJ, SP	100m, 400m, 1500mWalk, HJ, SP
3	80mH, 200m, 1500m, LJ, Jav	90mH, 200m, 1500m, LJ, Jav
Note:	* Non-Championship event	

COMPETITION PROGRAM - Continued

	Under 15, 16 and 17 Girls	Under 15 , 16 & 17 Boys
1	300mH, 100m, 800m, TJ, Disc	300mH, 100m, 800m, TJ, Disc
2	100m, 400m, 1500mWalk, SP, HJ	100m, 400m, 1500mWalk, SP, HJ
3	90mH(U17 100mH), 200m, 1500m, LJ, Jav	100mH(U17 110mH), 200m, 1500m, LJ, Jav
Note:	* Non-Championship event	

Legend:

SP – Shot Put

LJ – Long Jump

TJ - Triple Jump

HJ – High Jump

Jav - Javelin

(T) – Technical Events

**Non- Championship Event (results from these events do not contribute to the end of year awards)*

Technical Events

Technical Events are held on competition days and are designed to give athletes an introduction to events in which they will be participating for the first time during the following year. Although results from these events do not contribute to the end of year awards, athletes are strongly encouraged to participate in the technical events conducted (subject to availability of coaches) for the:

- Under 7 age group (throws, hurdles, jumps)
- Under 8 age group (high jump, walk)
- Under 9 age group (triple jump)
- Under 10 age group (triple jump, javelin)

Parents are also encouraged to attend these sessions