Event Calendar

October 2025

01 — Wednesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

02 — Thursday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

03 — Friday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

04 — Saturday

07:45 — 10:30 Saturday Week 3

Our first club event gets underway with a mixture of timed and measured events as well as some coaching time for certain groups.

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

05 — Sunday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

06 — Monday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

07 — Tuesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

08 — Wednesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

09 — Thursday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

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10 — Friday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

11 — Saturday

07:45 - 10:30 Saturday Week 4

Our first club event gets underway with a mixture of timed and measured events as well as some coaching time for certain groups.

13:00 — 18:00 Treloar Round 1

Not to be missed, the Treloar Shield is for athletes aged 9 to 90+. Enjoy some friendly competition on an all weather track and score points for your team.

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

12 — Sunday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

13 — Monday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

14 — Tuesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

15 — Wednesday

17:30 - 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

16 — Thursday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

18:00 — 20:30 Masters and Seniors Interclub 2

17 — Friday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

18 — Saturday

07:45 — 10:30 Saturday Week 5

Our first club event gets underway with a mixture of timed and measured events as well as some coaching time for certain groups.

13:00 — 18:00 Treloar Round 2

Not to be missed, the Treloar Shield is for athletes aged 9 to 90+. Enjoy some friendly competition on an all weather track and score points for your team.

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

19 — Sunday

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Squad Training available for members including community and multi-club.

20 — Monday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

21 — Tuesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

22 — Wednesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

23 — Thursday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

24 — Friday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

25 — Saturday

07:45 — 10:30 Saturday Week 6

Our first club event gets underway with a mixture of timed and measured events as well as some coaching time for certain groups.

13:00 — 18:00 Treloar Round 3

Not to be missed, the Treloar Shield is for athletes aged 9 to 90+. Enjoy some friendly competition on an all weather track and score points for your team.

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

26 — Sunday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

27 — Monday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

28 — Tuesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

29 — Wednesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

30 — Thursday

Squad Training available for members including community and multi-club.

31 — Friday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

November 2025

01 — Saturday

13:00 — 18:00 Treloar Round 4 - featuring 3k champs

Not to be missed, the Treloar Shield is for athletes aged 9 to 90+. Enjoy some friendly competition on an all weather track and score points for your team.

13:00 — 18:00 Treloar Round 4

Not to be missed, the Treloar Shield is for athletes aged 9 to 90+. Enjoy some friendly competition on an all weather track and score points for your team.

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

02 — Sunday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

03 — Monday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

04 — Tuesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

05 — Wednesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

06 — Thursday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

18:00 - 20:30 Masters and Seniors Interclub 3

07 — Friday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

08 — Saturday

08:00 — 18:00 NSW Junior Relay Championships: 8s - 12s (2014-2018)

The LANSW Junior Relay championships is for athletes in the 8s to 12s age groups. Athletes can chose either a field event relay or track relays but not both.

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Squad Training available for members including community and multi-club.

09 — Sunday

08:00 — 18:00 NSW Junior Relay Championships: 8s - 12s (2014-2018)

The LANSW Junior Relay championships is for athletes in the 8s to 12s age groups. Athletes can chose either a field event relay or track relays but not both.

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

10 — Monday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

11 — Tuesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

12 — Wednesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

13 — Thursday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

14 — Friday

16:00 — 16:00 NSW State Relay Championships: 13s to Masters

State Relay Champs

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

15 — Saturday

16:00 — 16:00 NSW State Relay Championships: 13s to Masters

State Relay Champs

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

16 — Sunday

16:00 — 16:00 NSW State Relay Championships: 13s to Masters

State Relay Champs

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

17 — Monday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

18 — Tuesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

19 — Wednesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

20 — Thursday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

21 — Friday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

18:00 — 17:00 Little Athletics Zone

Zone nomination form for Little Athletics - more information is available here: https://hdlac.org.au/championships/zone/

22 — Saturday

13:00 — 18:00 Treloar Round 5

Not to be missed, the Treloar Shield is for athletes aged 9 to 90+. Enjoy some friendly competition on an all weather track and score points for your team.

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

18:00 — 17:00 Little Athletics Zone

Zone nomination form for Little Athletics - more information is available here: https://hdlac.org.au/championships/zone/

23 — Sunday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

18:00 — 17:00 Little Athletics Zone

Zone nomination form for Little Athletics - more information is available here: https://hdlac.org.au/championships/zone/

24 — Monday

17:30 - 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

25 — Tuesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

26 — Wednesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

27 — Thursday

17:30 — 19:00 Squad Training - Booking link

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Squad Training available for members including community and multi-club.

28 — Friday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

29 — Saturday

13:00 — 18:00 Treloar Round 6

Not to be missed, the Treloar Shield is for athletes aged 9 to 90+. Enjoy some friendly competition on an all weather track and score points for your team.

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

30 — Sunday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

December 2025

01 — Monday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

02 — Tuesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

03 — Wednesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

04 — Thursday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

18:00 — 20:30 Masters and Seniors Interclub 4

05 — Friday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

06 — Saturday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

07 — Sunday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

08 — Monday

Squad Training available for members including community and multi-club.

09 — Tuesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

10 — Wednesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

11 — Thursday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

12 — Friday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

13 — Saturday

13:00 — 20:00 ANSW Treloar Shield Grand Final

Treloar Shield Grand Final for qualifying teams

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

14 — Sunday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

15 — Monday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

16 — Tuesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

17 — Wednesday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

18 — Thursday

17:30 — 19:00 Squad Training - Booking link

Squad Training available for members including community and multi-club.

19 — Friday

No events

20 — Saturday

23 — Tuesday

No events

24 — Wednesday

No events

25 — Thursday

No events

26 — Friday

No events

27 — Saturday

No events

28 — Sunday

No events

29 — Monday

No events

30 — Tuesday

No events

31 — Wednesday

No events

January 2026

01 — Thursday

No events

02 — Friday

No events

03 — Saturday

No events

04 — Sunday

No events

05 — Monday

No events

06 — Tuesday

07 — Wednesday No events 08 — Thursday No events 09 — Friday No events 10 — Saturday No events 11 — Sunday No events 12 — Monday No events 13 — Tuesday No events 14 — Wednesday No events 15 — Thursday No events 16 — Friday No events 17 — Saturday No events 18 — Sunday No events 19 — Monday No events 20 — Tuesday No events 21 — Wednesday No events 22 — Thursday No events 23 — Friday No events

24 — Saturday

No events

25 — Sunday
10:00 — 16:30 NSW Combined Events Championships (13's (U14)-Masters)
26 — Monday
No events
27 — Tuesday
No events
28 — Wednesday
No events
29 — Thursday
No events
30 — Friday
No events
31 — Saturday
No events
February 2026
01 — Sunday
No events
02 — Monday
No events
03 — Tuesday
No events
04 — Wednesday
No events
05 — Thursday
No events
06 — Friday
No events
07 — Saturday
No events
08 — Sunday
No events
09 — Monday
No events
10 — Tuesday

10:00-16:30 NSW Combined Events Championships (13's (U14)-Masters)

No events
12 — Thursday
No events
13 — Friday
No events
14 — Saturday
No events
15 — Sunday
No events
16 — Monday
No events
17 — Tuesday
No events
18 — Wednesday
No events
19 — Thursday
No events
20 — Friday
09:00 — 21:00 NSW Masters Championships
21 — Saturday
09:00 — 21:00 NSW Masters Championships
22 — Sunday
09:00 — 21:00 NSW Masters Championships
23 — Monday
No events
24 — Tuesday
No events
25 — Wednesday
No events
26 — Thursday
No events
27 — Friday
No events
28 — Saturday
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March 2026 01 — Sunday 07:30 — 10:30 Whale Rock Trail Run 09:00 — 09:00 LANSW Combined Events Carnival 02 — Monday No events 03 — Tuesday No events 04 — Wednesday No events 05 — Thursday No events 06 — Friday No events 07 — Saturday No events 08 — Sunday No events 09 — Monday No events 10 — Tuesday

No events

11 — Wednesday

No events

12 — Thursday

09:00 — 21:00 NSW Junior Championships

13 — Friday

09:00 — 21:00 NSW Junior Championships

14 — Saturday

09:00 — 21:00 NSW Junior Championships

15 — Sunday

09:00 — 21:00 NSW Junior Championships

16 — Monday

No events

17 — Tuesday No events 18 — Wednesday No events 19 — Thursday 09:00 — 09:00 NSW Open Championships 20 — Friday 09:00 — 09:00 NSW Open Championships 21 — Saturday 09:00 — 09:00 NSW Open Championships 09:00 — 09:00 LANSW State Championships 22 — Sunday 09:00 — 09:00 NSW Open Championships 09:00 — 09:00 LANSW State Championships 23 — Monday No events 24 — Tuesday No events 25 — Wednesday No events 26 — Thursday No events 27 — Friday No events 28 — Saturday No events 29 — Sunday No events 30 — Monday No events 31 — Tuesday No events