



UWALAC 2022/23 Competition Calendar DRAFT

Date	Day	Program	Where	Roster
8 th October	Saturday	UWALAC 1	McGillivray Oval	1
15 th October	Saturday	UWALAC 2	McGillivray Oval	2
22 nd October	Saturday	UWALAC 1	McGillivray Oval	1
29 th October	Saturday	UWALAC 2	McGillivray Oval	2
28 th -30 st October	Sat & Sun	WA All-Schools Championships	State Aths Stadium	State
5 th November	Saturday	UWALAC 1	McGillivray Oval	1
12 th November	Saturday	UWALAC 2	McGillivray Oval	2
19 th November	Saturday	UWALAC 1	McGillivray Oval	1
25 th November	Friday	UWALAC 2	McGillivray Oval	2
2 nd December	Friday	UWALAC BIG 6	McGillivray Oval	Both
3 rd -4 th Dec	Sat/Sun	State Combined	Ern Clarke	State
14 th January	Saturday	UWALAC 1	McGillivray Oval	1
21 st January	Saturday	UWALAC 2	McGillivray Oval	2
28 th January	Saturday	UWALAC 1	McGillivray Oval	1
4 th February	Saturday	UWALAC 2	McGillivray Oval	2
4 th February	Saturday	State Relay Championships	State Aths Stadium	State
11 th February	Saturday	UWALAC 1	McGillivray Oval	1
18 th February	Saturday	UWALAC 2	McGillivray Oval	2
25 th – 26 th February	Sat-Sun	State Zone Championships	TBC	State
3 rd - 5 th March	Fri-Sun	State Track and Field Championships	State Aths Stadium	State
11 th March	Saturday	UWALAC Centre Championships	McGillivray Oval	Both
17 th – 19 th March	Fri - Sun	WA State Junior Track & Field Championships	State Aths Stadium	State
26 th March (Tentative)	Sunday	Trophy Day	McGillivray Oval	
Saturday Competitions start at 8am Friday Twilight Meets at 5pm				
Training Times for 2022/23 Season				
Tuesday U11-U17: 5.15pm - 6.30pm Sprints/Middle Distance /Strength & Conditioning				
Thursday U6-U10: 4.45pm-6pm U11-U17: Thursday 6pm-7.15pm				