

**HLA CALENDAR 24/25 SEASON**  
**FIRST HALF SATURDAY 1PM COMPETITION**

MONTH	DAY	TIME	EVENT	LOCATION
<b>AUGUST</b>				
8TH	THURSDAY	5:00PM-7:00PM	INFO SESSION	SPORTCO COOMERA
17TH	SATURDAY	1:00PM	<b>OPEN DAY at Helensvale Little Athletics</b>	UCSC GATE 1
24TH	SATURDAY	1:00PM	TRIAL #1	UCSC GATE 1
27TH	TUESDAY	4:30PM-5:30PM	TRAINING PACK PICK-UP	UCSC GATE 1
31ST	SATURDAY	1:00PM	TRAIL #2	UCSC GATE 1
<b>SEPTEMBER</b>				
3RD	TUESDAY	4:30PM-5:30PM	TRAINING PACK PICK-UP	UCSC GATE 1
6TH	FRIDAY	3:00PM-6:00PM	MULTI-CULTURAL DAY/PACK PICK-UP	UCSC GATE 1
7TH	SATURDAY	1:00PM	COMP AND POINTS STARTING	UCSC GATE 1
10TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
14TH	SATURDAY	1:00PM	COMPETITION	UCSC GATE 1
17TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
21ST	SATURDAY	1:00PM	HLA COMPETITION TBC	UCSC GATE 1
21ST	SATURDAY		SPRING CARNIVAL	BUNDABERG
24TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
28TH	SATURDAY	1:00PM	COMPETITION	UCSC GATE 1
<b>OCTOBER</b>				
1ST	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
5TH	SATURDAY	1:00PM	COMPETITION	UCSC GATE 1
8TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
12TH	SATURDAY	1:00PM	COMPETITION	UCSC GATE 1
15TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
19TH	SATURDAY	1:00PM	COMPETITION	UCSC GATE 1
22ND	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
26TH	SATURDAY	1:00PM	HLA COMPETITION TBC	UCSC GATE 1
26TH	SATURDAY		SUMMER CARNIVAL	SAF, NATHAN
29TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
<b>NOVEMBER</b>				
2ND	SATURDAY	1:00PM	COMPETITION - HALLOWEEN DRESS UP	UCSC GATE 1
5TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
9TH	SATURDAY	/	NO HELENSVALE COMPETITION	/
9TH	SATURDAY	ALL DAY	REGIONAL RELAYS TEAM EVENT	GOLD COAST LAC
12TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
16TH	SATURDAY	1:00PM	COMPETITION	UCSC GATE 1
19TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
23RD	SATURDAY	1:00PM	COMPETITION	UCSC GATE 1
26TH	TUESDAY	4:30PM-5:30PM	* STATE RELAYS ATHLETES TRAINING *	UCSC GATE 1
30TH	SATURDAY	/	NO HELENSVALE COMPETITION	/
30TH	SATURDAY	ALL DAY	STATE RELAYS	SAF, NATHAN
<b>DECEMBER</b>				
3RD	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
7TH	SATURDAY	1PM	LAST HELENSVALE COMPETITION	UCSC GATE 1
14TH	SATURDAY	1:00PM	MID SEASON BREAK-UP	UCSC GATE 1

**HLA CALENDAR 24/25 SEASON  
SECOND HALF FRIDAY 5PM COMPETITION**

MONTH	DAY	TIME	EVENT	LOCATION
<b>JANUARY</b>				
10TH	FRIDAY	5:00PM	SEASON RETURN COMP NIGHT	UCSC GATE 1
14TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
17TH	FRIDAY	5:00PM	COMPETITION	UCSC GATE 1
21ST	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
24TH	FRIDAY	5:00PM	COMPETITION	UCSC GATE 1
28TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
31ST	FRIDAY	5:00PM	COMPETITION	UCSC GATE 1
<b>FEBRUARY</b>				
4TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
7TH	FRIDAY	/	NO HELENSVALE COMPETITION	/
7TH	FRIDAY	AFTERNOON	INDIVIDUAL REGIONALS	ASHMORE LAC
8TH	SATURDAY	ALL DAY	INDIVIDUAL REGIONALS	ASHMORE LAC
9TH	SUNDAY	ALL DAY	INDIVIDUAL REGIONALS	ASHMORE LAC
11TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
14TH	FRIDAY	5:00PM	VALENTINES COMP - WEAR RED OR PINK TOP	UCSC GATE 1
18TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
21ST	FRIDAY	5:00PM	COMPETITION	UCSC GATE 1
25TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
28TH	FRIDAY	5:00PM	COMPETITION	UCSC GATE 1
<b>MARCH</b>				
1ST	SATURDAY	ALL DAY	COMBINED EVENT CHAMPIONSHIPS	SAF, NATHAN
2ND	SUNDAY	ALL DAY	COMBINED EVENT CHAMPIONSHIPS	SAF, NATHAN
4TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
7TH	FRIDAY	5:00PM	COMPETITION	UCSC GATE 1
11TH	TUESDAY	4:30PM-5:30PM	TRAINING	UCSC GATE 1
14TH	FRIDAY	5:00PM	FINAL HELENSVALE NIGHT	UCSC GATE 1
18TH	TUESDAY	4:30PM-5:30PM	TRAINING FOR STATE ATHLETES	UCSC GATE 1
21ST	FRIDAY	AFTERNOON	INDIVIDUAL STATES	QSAC, NATHAN
22ND	SATURDAY	ALL DAY	INDIVIDUAL STATES	QSAC, NATHAN
23RD	SUNDAY	ALL DAY	INDIVIDUAL STATES	QSAC, NATHAN