

IMPORTANT DATES

First Competition Day
Saturday 9 September 2023- 7.30am St Mary's

LAQ State Championships
20-23 March 2024 - QSAC

Coaching Begins
Tuesday 12 September 2023 - 5-6pm St Mary's

Presentation Day
TBA

LAQ Summer Carnival
Saturday 28 October 2023 - QSAC

LAQ South Coast Regional Relays
Saturday 11 November 2023 - Ashmore

LAQ Regional Relays Championships
Saturday 2 December 2023 - QSAC

Last Competition Before Christmas Break
Friday Night 15 December 2023

Competition Resumes
Saturday 16 January 2024

Training Resumes
Tuesday 18 January 2024

LAQ South Coast Regional Championships
Sat 9 & Sun 11 February 2024

LAQ Combined Event Championship
Sat 2 and Sun 3 March 2024 - QSAC

Last Competition Day
Saturday 16 March 2024

Last Training Day For Athletes
Attending States
Tuesday 12 March 2024



CALENDAR

1st Competition Day
Saturday 9th September 2023

13th Competition Day - FRIDAY NIGHT
Friday 8 December 2023

2nd Competition Day
Saturday 16th September 2023

14th Competition Day - FRIDAY NIGHT
Friday 15 December 2023

3rd Competition Day
Saturday 23 September 2023

CHRISTMAS BREAK - ENJOY

4th Competition Day
Saturday 30 September 2023

15th Competition Day
Saturday 13 January 2024

5th Competition Day
Saturday 7 October 2023

16th Competition Day
Saturday 20 January 2024

6th Competition Day
Saturday 14 October 2023

17th Competition Day
Saturday 27 January 2024

7th Competition Day
Saturday 21 October 2023

18th Competition Day
Saturday 3 February 2024

8th Competition Day
Saturday 28 October 2023

NO COMPETITION - REGIONAL CHAMPS
9/10/11 February 2024

LAQ Summer Carnival
Saturday 28 October 2023 (QSAC)

19th Competition Day
Saturday 17 February 2024

9th Competition Day
Saturday 4 November 2023

20th Competition Day
Saturday 24 February 2024

NO COMPETITION - REGIONAL RELAYS
Saturday 11 November 2023 (Ashmore)

21st Competition Day
Saturday 2 March 2024

10th Competition
Saturday 18 November 2023

Combined Event Championship
2-3 March 2024

11th Competition
Saturday 25 November 2023 (QSAC)

22nd Competition Day
Saturday 9 March 2024

12th Competition - FRIDAY NIGHT
Friday 1 December 2023

Last Competition Day
Saturday 16 March 2024

STATE RELAYS
Saturday 2 December 2023

LAQ STATE CHAMPS
22/23/24 March 2024 (QSAC)