| KEY SEASON DATES | |
|-----------------------------|--|
| SEPTEMBER | |
| Sunday, 24 September, 2023 | Trial Day #1 – 9.30am |
| October | |
| Sunday, 1 October 2023 | Trial Day #2 – 9.30am |
| Sunday, 8 October 2023 | Season Commencement - 9.30am Program A |
| Sunday, 15 October 2023 | Program B |
| Sunday, 22 October 2023 | Program C |
| Sunday, 29 October 2023 | Program A |
| November | |
| Wednesday, 1 November 2023 | Twilight 1 (Due to Melbourne Cup 7 Nov) |
| Sunday, 12 November 2023 | Program B - Coles Community Round |
| Saturday, 18 November 2023 | REGION RELAY |
| Wednesday, 22 November 2023 | Twilight 2 (Due to Region Relay) |
| Sunday, 26 November 2023 | Program C - Grandparents Round |
| December | |
| Sunday, 3 December 2023 | Program - Combined Event |
| Sunday, 10 December 2023 | Program A |
| Saturday, 16 December 2023 | STATE RELAY |
| Sunday, 17 December 2023 | Program B modified - xmas break up |
| January | |
| Sunday, 14 January 2024 | Program C |
| Saturday, 20 January, 2024 | STATE COMBINED - DAY 1 |
| Sunday, 21 January 2024 | STATE COMBINED - DAY 2 |
| Sunday, 21 January 2024 | Program A |
| Wednesday, 31 January 2024 | Twilight 3 (Due to Australia Day 26 Jan) |
| February | |
| Sunday, 4 February 2024 | Program B |
| Wednesday, 7 February 2024 | Twilight 4 (Due to Region T&F) |
| Saturday, 10 February 2024 | Region Track & Field Carnival |
| Sunday, 11 February 2024 | Region Track & Field Carnival |

| Sunday, 18 February 2024 | Program C |
|--------------------------|--|
| Friday 23 February 2024 | Special Event - Melton Gift – distance handicap - RCH fundraiser |
| March | |
| Sunday, 3 March 2024 | Program A |
| Saturday, 9 March 2024 | State Track & Field Carnival |
| Sunday, 10 March 2024 | State Track & Field Carnival |
| Wednesday, 13 March 2024 | Twilight 5 (Due to State T&F) |
| Sunday, 17 March 2024 | Championship Day |
| Sunday 24, March 2024 | Alternate Champ Day if 17th cancelled |

- * Correct at the time of printing.
- * Events and dates subject to change or cancellation as per rules of competition