| # | Day | Date | Time | | Prog |
|----|---------------|---------------|--------------|---|------|
| 1 | Sunday | 20th Sep | 9:15am | Information and Introduction to Track and Field | |
| 2 | Sunday 🖕 | 27th Sep | 9:15am | Home Meet (modified program) | 1 |
| | Sunday | 4th Oct | Long Weekend | No meet | |
| 3 | Sunday 🖕 | 11th Oct | 9:15am | Home meet | 2 |
| 4 | Sunday 🚖 | 18th Oct | 9:15am | Home meet | 3 |
| 5 | Sunday 🖕 | 25th Oct | 9:15am | Home meet | 4 |
| | Saturday | 31st Oct | ????? | TTP Christmas Pagent | ? |
| 6 | Sunday 🚖 | 1st Nov | 9:15am | Home meet Photo Day | 1 |
| 7 | Sunday 🜟 | 8th Nov | 9:00am | Interclub @ SA Aths Stadium | |
| 8 | Sunday 🖕 | 15th Nov | 9:15am | Home meet | 2 |
| 9 | Sunday 🛨 | 22nd Nov | am/pm | PB Classic 1 | |
| 10 | Sunday 🖕 | 29th Nov | 9:15am | Home meet | 3 |
| 11 | Sunday 🖕 | 6th Dec | 9:15am | Home meet | 4 |
| 12 | Sunday | 13th Dec | 6pm | State Relays | |
| 13 | Sunday 🚖 | 20th Dec | 9:00am | Home meet- Xmas break up | 1 |
| | | | | | |
| 14 | Sunday 🙀 | 10th Jan | 9:15am | Home Meet- GGLAC to visit | 2 |
| 15 | Sunday 🚖 | 17th Jan | 9:15am | Home meet | 3 |
| 16 | Sunday 🖕 | 24th Jan | 9:15am | Home meet | 4 |
| | Sunday 🖕 | 31st Jan | 9:15am | Home meet | 1 |
| 18 | Sunday 🛨 | 7th Feb | 9: 00am | PB Classic 2 | |
| 19 | Sunday 🖕 | 14th Feb | 9:15am | Home meet | open |
| 20 | Sunday 🖕 | 21st Feb | 9:15am | Home meet | 2 |
| 21 | Sunday | 27th/28th Feb | 9:15am | Multi Event Champs | |
| 22 | Sunday 🚖 | 7th March | 9:15am | Home meet | 3 |
| 23 | Sunday | 14th March | 9:00am | Challenge | |
| 24 | Fri/ Sat/ Sun | 21st March | 9:00am | SIC | |
| | ALACS | ?? | | | |
| | | ТВА | | TTGLAC Presentation Night | |

^{***} Please note: the dates with a \rightleftharpoons indicate a meet where trophy points are offered. There are 19 potential meets.

Athletes must attend at least **9** meets to be eligible for a medal or trophy at the end of the season. ***

Not applicable to Tiny Tot athletes. Every Tiny Tot receives a participation medal.