

| | April | May | June | July | August | September | October | | | | | |
|-----|-------|-------------------------|---------------|-------------------|----------------------------------|-----------|---------|---------------------|------------|---------------------|------------------------|--------------|
| Mon | 1 | | | 1 | | | | | | | | |
| Tue | 2 | | | 2 | | | 1 | | | | | |
| Wed | 3 | 1 | | 3 | | | 2 | | | | | |
| Thu | 4 | 2 | | 4 | 1 | | 3 | | | | | |
| Fri | 5 | 3 | | 5 | 2 | | 4 | | | | | |
| Sat | 6 | 4 | Twilight XC | 1 | State 10km Championships | 6 | 3 | 5 | | | | |
| Sun | 7 | 5 | Southern Half | 2 | | 7 | 4 | Fitzy's 5 | 1 | Carisbrooke Classic | 6 | |
| Mon | 8 | 6 | | 3 | | 8 | 5 | | 2 | | 7 | |
| Tue | 9 | 7 | | 4 | | 9 | 6 | | 3 | | 8 | |
| Wed | 10 | 8 | | 5 | | 10 | 7 | | 4 | | 9 | |
| Thu | 11 | 9 | | 6 | | 11 | 8 | | 5 | | 10 | |
| Fri | 12 | 10 | | 7 | | 12 | 9 | | 6 | | 11 | |
| Sat | 13 | 11 | | 8 | | 13 | 10 | City Relays | 7 | | 12 | |
| Sun | 14 | Salisbury Half Marathon | 12 | 9 | | 14 | 11 | Barossa Marathon | 8 | | 13 | McLaren Vale |
| Mon | 15 | | 13 | 10 | Queen's Birthday Turkey Handicap | 15 | 12 | | 9 | | 14 | |
| Tue | 16 | | 14 | 11 | | 16 | 13 | | 10 | | 15 | |
| Wed | 17 | | 15 | 12 | | 17 | 14 | | 11 | | 16 | |
| Thu | 18 | | 16 | 13 | | 18 | 15 | | 12 | | 17 | |
| Fri | 19 | | 17 | 14 | | 19 | 16 | | 13 | | 18 | |
| Sat | 20 | | 18 | 15 | | 20 | 17 | State XC Champs | 14 | | 19 | |
| Sun | 21 | | 19 | 16 | | 21 | 18 | Greenbelt Challenge | 15 | City Bay | 20 | |
| Mon | 22 | | 20 | 17 | | 22 | 19 | | 16 | | 21 | |
| Tue | 23 | | 21 | 18 | | 23 | 20 | | 17 | | 22 | |
| Wed | 24 | | 22 | 19 | | 24 | 21 | | 18 | | 23 | |
| Thu | 25 | | 23 | 20 | | 25 | 22 | | 19 | | 24 | |
| Fri | 26 | | 24 | 21 | | 26 | 23 | | 20 | | 25 | |
| Sat | 27 | | 25 | 22 | North Adel XC | 27 | 24 | | 21 | | 26 | |
| Sun | 28 | Clare Valley Festival | 26 | Adelaide Marathon | 23 | | 28 | 25 | La Femme 5 | 22 | Yurrebilla Trail Ultra | 27 |
| Mon | 29 | | 27 | 24 | | 29 | 26 | | 23 | | 28 | |
| Tue | 30 | | 28 | 25 | | 30 | 27 | | 24 | | 29 | |
| Wed | | | 29 | 26 | | 31 | 28 | | 25 | | 30 | |
| Thu | | | 30 | 27 | | | 29 | | 26 | | 31 | |
| Fri | | | 31 | 28 | | | 30 | | 27 | | | |
| Sat | | | | 29 | | | 31 | Botanic Relays | 28 | | | |
| Sun | | | | 30 | | | | | 29 | | | |
| Mon | | | | | | | | | 30 | | | |

- Running SA Events
- ASA Events
- Partner Events
- SARRC Events