



VENUE KEY AND MAPS		
DSP	Dubai Science Park	https://maps.app.goo.gl/uoWCxrJUBVLoZx1T8
JAD	Al Jaddaf Hills	https://maps.app.goo.gl/nm1xajY5UWiYJ4Dw9
ISD	ISD Dubai Sports City	https://maps.app.goo.gl/rjRVxPq39zMtqf7
VEO	Veo Fitness: Hayya Lakes	https://maps.app.goo.gl/x7ZTtECfwQ6VgGhr6
DUH	Dubai Hills Park	https://maps.app.goo.gl/8bDp1nrHp4kMFXdh6
YAS	Yasmina British Academy Abu Dhabi	https://maps.app.goo.gl/Aau3gMG6ggAMYwKX7
NAS	Nord Anglia, Reem Island Abu Dhabi	https://maps.app.goo.gl/bJtfSATALn4Hb2cT6

MONDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Monday	DSP	4:15 PM	5:15 PM	DXB	FUNdamedntals 6-8
Monday	DSP	4:15 PM	5:15 PM	DXB	Run Jump Throw 9-13
Monday	DSP	5:15 PM	6:15 PM	DXB	Open Sprints 14+
Monday	DSP	5:15 PM	6:15 PM	DXB	Open Circuit Training 14+
Monday	JAD	4:15 PM	5:15 PM	DXB	Open Sprints 14+
Monday	JAD	5:15 PM	6:15 PM	DXB	Open Circuit Training 14+
Monday	NAS	5:00 PM	6:00 PM	AUH	FUNdamentals & Run Jump Throw 6-11 (Hybrid)
Monday	NAS	6:00 PM	7:00 PM	AUH	Open Sprints14+

TUESDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Tuesday	DSP	4:15 PM	5:15 PM	DXB	Junior Sprints & Hurdles 9-13
Tuesday	DSP	4:15 PM	5:15 PM	DXB	Competition Pathway Middle Distance
Tuesday	DSP	4:15 PM	5:45 PM	DXB	Performance Pathway Long Sprints, HJ, LJ
Tuesday	DSP	4:15 PM	5:15 PM	DXB	Competition Pathway Sprints 14 +
Tuesday	DSP	5:15 PM	6:15 PM	DXB	FUNdamentals 6-8
Tuesday	DSP	5:15 PM	6:15 PM	DXB	Run Jump Throw 9-13
Tuesday	DSP	5:15 PM	6:15 PM	DXB	Competition Pathway S and C
Tuesday	DSP	5:15 PM	6:15 PM	DXB	Junior Middle Distance 9-13

WEDNESDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Wednesday	DSP	4:15 PM	5:15 PM	DXB	FUNdamedntals 6-8
Wednesday	DSP	4:15 PM	5:15 PM	DXB	Run Jump Throw 9-13
Wednesday	DSP	5:15 PM	6:15 PM	DXB	Open Sprints 14+
Wednesday	DSP	5:15 PM	6:15 PM	DXB	Junior Sprints 9-13
Wednesday	JAD	4:15 PM	5:15 PM	DXB	Open Sprints 14+
Wednesday	JAD	5:15 PM	6:15 PM	DXB	Open Circuit Training 14+
Wednesday	NAS	5:00 PM	6:00 PM	AUH	FUNdamentals & Run Jump Throw 6-11 (Hybrid)
Wednesday	NAS	6:00 PM	7:00 PM	AUH	Open Middle & Long Distance14+



THURSDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Thursday	DSP	4:15 PM	5:15 PM	DXB	Junior Sprints & Hurdles 9-13
Thursday	DSP	4:15 PM	5:15 PM	DXB	Competition Pathway Middle Distance
Thursday	DSP	4:15 PM	5:45 PM	DXB	Performance Pathway Long Sprints, HJ, LJ
Thursday	DSP	4:15 PM	5:15 PM	DXB	Competition Pathway Sprints
Thursday	DSP	5:15 PM	6:15 PM	DXB	FUNdamentals 6-8
Thursday	DSP	5:15 PM	6:15 PM	DXB	Run Jump Throw 9-13
Thursday	DSP	5:15 PM	6:15 PM	DXB	Competition Pathway S and C
Thursday	DSP	5:15 PM	6:15 PM	DXB	Junior Middle Distance 9-13

FRIDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Friday	ISD	2:30 PM	3:30 PM	DXB	Long Jump 14+
Friday	ISD	2:30 PM	3:30 PM	DXB	High Jump 14+
Friday	ISD	3:30 PM	4:30 PM	DXB	Hurdles 14+
Friday	ISD	3:30 PM	4:30 PM	DXB	Junior Jumps: LJ & HJ 9-13

SATURDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Saturday	DSP	8:00 AM	9:00 AM	DXB	FUNdamentals 6-8
Saturday	DSP	8:00 AM	9:00 AM	DXB	Mini Athletics 3-5
Saturday	DSP	9:00 AM	10:00 AM	DXB	Run Jump Throw 9-13
Saturday	DSP	9:00 AM	10:00 AM	DXB	Competition & Open sprints 14+
Saturday	ISD	7:45 AM	10:15 AM	DXB	Competition & Performance Pathway Sprints 14 +
Saturday	VEO	1:45 PM	3:15 PM	DXB	Performance S & C
Saturday	YAS	8:00 AM	9:00 AM	AUH	FUNdamentals & Run Jump Throw 9-11 (Hybrid)
Saturday	YAS	9:00 AM	10:00 AM	AUH	Youth Speed for Sport 10-14

SUNDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Sunday	DUH	8:00 AM	9:30 AM	DXB	Free Community 5km Run/ Walk
Sunday	YAS	5:00 PM	6:00 PM	AUH	FUNdamentals & Run Jump Throw 9-11 (Hybrid)
Sunday	YAS	6:00 PM	7:00 PM	AUH	Open Middle and long distance 14+
Sunday	YAS	7:00 PM	8:00 PM	AUH	Open Circuits 14+

