

TRACK

AIS DUBAI NIGHT 2026 | GEMS DUBAI AMERIAN ACADEMY | 24TH JAN 2026

Race Time	Age Group	Event
15:30	U12 F	70m H
15:35	U12 M	75m H
15:40	U14 F	75m H
15:45	U14 M	80m H
15:50	U16 F	80m H
15:55	U16 M	100m H
16:00	U18 F	100m H
16:05	U20/S F	100m H
16:10	U18 M	110m H
16:15	U20/S M	110m H
16:25	U8 M	1000m
16:25	U10 M	1000m
16:25	U8 F	1000m
16:25	U10 F	1000m
16:30	U12 M	1000m
16:30	U14 M	1000m
16:30	U12 F	1000m
16:30	U14 F	1000m
16:40	U8 M	60m
16:45	U8 F	60m
16:50	U10 M	60m
16:55	U10 F	60m
17:00	U12 M	80m
17:05	U12 F	80m
17:10	U14 M	80m
17:15	U14 F	80m
17:25	U8 M	300m
17:25	U10 M	300m
17:30	U8 F	300m
17:30	U10 F	300m
17:35	U12 M	300m
17:40	U12 F	300m
17:45	U14 M	300m
17:50	U14 F	300m
18:00 – 18:20	U8 – U14	AWARD CEREMONY

Race Time	Age Group	Event
18:15	U16 M	1500m
18:15	U18 M	1500m
18:15	U20/S M	1500m
18:20	U16 F	1500m
18:20	U18 F	1500m
18:20	U20/S F	1500m
18:30	U16 M	100m
18:35	U18 M	100m
18:40	U20/S M	100m
18:45	U16 F	100m
18:50	U18 F	100m
18:55	U20/S F	100m
19:05	U16 M	400m
19:05	U18 M	400m
19:05	U20/S M	400m
19:15	U16 F	400m
19:15	U18 F	400m
19:15	U20/S F	400m
19:30 – 20:00	U16 – U20/s	AWARD CEREMONY



Start Time	Age Group	Event
15:30 – 16:15	U8 M	Javelin
15:30 – 16:15	U8 F	Javelin
15:30 – 16:15	U12 & U14 M	Shot Put
15:30 – 16:15	U12 M	High Jump
15:30 – 16:15	U12 F	High Jump
15:30 – 16:15	U10 M	Long Jump
15:30 – 16:15	U10 F	Long Jump
16:15 – 17:00	U12 & U14 F	Shot Put
16:15 – 17:00	U14 M	High Jump
16:15 – 17:00	U14 F	High Jump
16:15 – 17:00	U8 M	Long Jump
16:15 – 17:00	U8 F	Long Jump
16:15 – 17:00	U10 M	Javelin
16:15 – 17:00	U10 F	Javelin
17:00 – 17:45	U12 M	Long Jump
17:00 – 17:45	U12 F	Long Jump
17:00 – 17:45	U12 & U14 F	Javelin
17:00 – 17:45	U16, U18 & U20/S F	Shot Put
17:00 – 17:45	U16, U18 & U20/S M	High Jump
17:45 – 18:30	U12 & U14 M	Javelin
17:45 – 18:30	U14 M	Long Jump
17:45 – 18:30	U14 F	Long Jump
17:45 – 18:30	U16, U18 & U20/S F	High Jump
17:45 – 18:30	U16, U18 & U20/S M	Shot Put
18:30 – 19:15	U16, U18 & U20/S M	Javelin
18:30 – 19:15	U16, U18 & U20/S F	Long Jump
19:15 – 20:00	U16, U18 & U20/S M	Long Jump
19:15 – 20:00	U16, U18 & U20/S F	Javelin