



DAY	VENUE	START TIME	FINISH TIME	REGION	SESSION TYPE
📅 MONDAY	DAA	5:00 PM	6:00 PM	DXB	 FUNDamentals 5-7
	NAS	5:00 PM	6:00 PM	AUH	 FUNDamentals & Junior Run Jump Throw 5-10 (Hybrid)
	SISD	5:00 PM	6:00 PM	DXB	 FUNDamentals & Junior Run Jump Throw 6-10 (Hybrid)
📅 TUESDAY	GWA	5:00 PM	6:00 PM	DXB	 FUNDamentals 5-7
📅 WEDNESDAY	DAA	5:00 PM	6:00 PM	DXB	 FUNDamentals 5-7
	NAS	5:00 PM	6:00 PM	AUH	 FUNDamentals & Junior Run Jump Throw 5-10 (Hybrid)
📅 THURSDAY	GWA	5:00 PM	6:00 PM	DXB	 FUNDamentals 5-7
	SRI	5:30 PM	6:30 PM	DXB	 FUNDamentals 5-7
📅 SATURDAY	DAA	8:00 AM	8:45 AM	DXB	 Mini Athletics 3-4
	DAA	8:00 AM	9:00 AM	DXB	 FUNDamentals 5-7
	AL FAY	8:00 AM	9:00 AM	AUH	 FUNDamentals & Run Jump Throw 5-10 (Hybrid)
📅 SUNDAY	GWA	5:00 PM	6:00 PM	DXB	 Indoor Athletics Programme 5-10
	SRI	8:00 AM	9:00 AM	DXB	 Mini Athletics & FUNDamentals (Hybrid) 4-7

LOCATION KEY

- GWA** - GEMS World Academy
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PROGRAMME KEY

-  Mini / FUNDamentals / Indoor Athletics
-  Junior Programmes
-  Youth Programmes
-  Discovery / Rising Potential / Invite Only
-  Competition Pathway
-  Performance
-  Open Pathway

SESSION ICON GUIDE

-  Sprints
-  Middle Distance / Just Run
-  Hurdles
-  High Jump
-  Long Jump
-  Pole Vault
-  Throws
-  Strength & Conditioning
-  Invite Only



DAY	VENUE	START TIME	FINISH TIME	REGION	SESSION TYPE
MONDAY	SRI	5:30 PM	6:30 PM	DXB	 Junior & Youth Run Jump Throw 8-13
	DAA	6:05 PM	7:05 PM	DXB	 Junior & Youth Run Jump Throw 8-13
	NAS	5:00 PM	6:00 PM	AUH	 FUNDamentals & Junior Run Jump Throw 5-10 (Hybrid)
	NAS	6:05 PM	7:05 PM	AUH	 Youth Run Jump Throw 10-15
	SISD	5:00 PM	6:00 PM	DXB	 FUNDamentals & Junior Run Jump Throw 6-10 (Hybrid)
TUESDAY	GWA	5:00 PM	6:00 PM	DXB	 Junior Run Jump Throw 8-10
	GWA	6:05 PM	7:05 PM	DXB	 Junior & Youth: Just Run 8-13
	DAA	6:05 PM	7:05 PM	DXB	 Junior & Youth Run Jump Throw 8-13
WEDNESDAY	NAS	5:00 PM	6:00 PM	AUH	 FUNDamentals & Junior Run Jump Throw 5-10 (Hybrid)
	NAS	6:05 PM	7:05 PM	AUH	 Youth Run Jump Throw 10-15
	WSO	5:00 PM	6:00 PM	DXB	 Junior & Youth Sprints and Hurdles 8-13
	GWA	5:00 PM	6:00 PM	DXB	 Junior Run, Jump, Throw 8-10
THURSDAY	SRI	5:30 PM	6:30 PM	DXB	 Junior & Youth Run Jump Throw 8-13
	SRI	6:35 PM	7:35 PM	DXB	 Junior: Just Run & Youth Middle Distance 9-13
	DAA	8:00 AM	9:00 AM	DXB	 Junior Run, Jump, Throw 8-10
	DAA	9:00 AM	10:00 AM	DXB	 Junior & Youth: Just Run 8-13
SATURDAY	DAA	9:00 AM	10:00 AM	DXB	 Youth Speed for Sport 10-13
	AL FAY	8:00 AM	9:00 AM	AUH	 FUNDamentals & Run Jump Throw 5-10 (Hybrid)
	AL FAY	9:05 AM	10:05 AM	AUH	 Youth Speed for Sport 10-15
	GWA	5:00 PM	6:00 PM	DXB	 Indoor Athletics Programme 5-10
	GWA	5:00 PM	6:00 PM	DXB	 Discovery Programme 8-10 INVITE ONLY
SUNDAY	GWA	6:05 PM	7:05 PM	DXB	 Junior Run Jump Throw 8-10
	SRI	8:00 AM	9:00 AM	DXB	 Junior Run Jump Throw 8-10

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PROGRAMME KEY

	Mini / FUNDamentals / Indoor Athletics
	Junior Programmes
	Youth Programmes
	Discovery / Rising Potential / Invite Only
	Competition Pathway
	Performance
	Open Pathway

SESSION ICON GUIDE

				
Sprints	Middle Distance / Just Run	Hurdles	High Jump	Long Jump
				
Pole Vault	Throws	Strength & Conditioning	Invite Only	



DAY	VENUE	START TIME	FINISH TIME	REGION	SESSION TYPE
📅 MONDAY	SRI	5:30 PM	6:30 PM	DXB	 Junior & Youth Run Jump Throw 8-13
	DAA	6:05 PM	7:05 PM	DXB	 Junior & Youth Run Jump Throw 8-13
	NAS	6:05 PM	7:05 PM	AUH	 Youth Run Jump Throw 10-15
	SISD	6:00 PM	7:00 PM	DXB	 Youth Sprints 11-13
📅 TUESDAY	GWA	5:00 PM	6:00 PM	DXB	 Youth Run Jump Throw 11-13
	GWA	6:05 PM	7:05 PM	DXB	 Junior & Youth: Just Run 8-13
	SRI	5:30 PM	6:30 PM	DXB	 Rising Potential Programme 11-13 INVITE ONLY
	SRI	6:00 PM	7:00 PM	DXB	 Pole Vault 12+
📅 WEDNESDAY	GWA	5:00 PM	6:00 PM	DXB	 Youth High Jump 11-13
	GWA	6:05 PM	7:05 PM	DXB	 Youth Speed for Sport 11-13
	DAA	6:05 PM	7:05 PM	DXB	 Junior & Youth Run Jump Throw 8-13
	NAS	6:05 PM	7:05 PM	AUH	 Youth Run Jump Throw 10-15
📅 THURSDAY	WSO	5:00 PM	6:00 PM	DXB	 Junior & Youth Sprints and Hurdles 8-13
	GWA	5:00 PM	6:00 PM	DXB	 Youth Run, Jump, Throw 11-13
	SRI	5:30 PM	6:30 PM	DXB	 Junior & Youth Run Jump Throw 8-13
	SRI	6:35 PM	7:35 PM	DXB	 Junior: Just Run & Youth Middle Distance 9-13
📅 SATURDAY	DAA	8:00 AM	9:00 AM	DXB	 Youth Run, Jump, Throw 11-13
	DAA	9:00 AM	10:00 AM	DXB	 Junior & Youth: Just Run 8-13
	DAA	9:00 AM	10:00 AM	DXB	 Youth Speed for Sport 10-13
	AL FAY	9:05 AM	10:05 AM	AUH	 Youth Speed for Sport 10-15
📅 SUNDAY	GWA	5:00 PM	6:00 PM	DXB	 Rising Potential Programme 11-13 INVITE ONLY
	GWA	6:05 PM	7:05 PM	DXB	 Youth Sprints & Hurdles 11-13
	SRI	10:05 AM	11:05 AM	DXB	 Youth Run Jump Throw 11-13 (Advanced)

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-  Mini / FUNdamentals / Indoor Athletics
-  Junior Programmes
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-  Discovery / Rising Potential / Invite Only
-  Competition Pathway
-  Performance
-  Open Pathway

SESSION ICON GUIDE

-  Sprints
-  Middle Distance / Just Run
-  Hurdles
-  High Jump
-  Long Jump
-  Pole Vault
-  Throws
-  Strength & Conditioning
-  Invite Only



DAY	VENUE	START TIME	FINISH TIME	REGION	SESSION TYPE
 MONDAY	SRI	6:35 PM	7:35 PM	DXB	 Open Sprints 14+
	SISD	6:00 PM	7:00 PM	DXB	 Open Sprints 14+
	GWA	6:05 PM	7:05 PM	DXB	 Open Sprints 14+
 TUESDAY	GWA	7:10 PM	8:10 PM	DXB	 Senior Just Run
	SRI	6:00 PM	7:00 PM	DXB	 Pole Vault 12+
	SRI	7:35 PM	8:35 PM	DXB	 Senior Speed for Sport 14+
 WEDNESDAY	WSO	6:05 PM	7:05 PM	DXB	 Open Sprints 14+
	WSO	7:05 PM	8:05 PM	DXB	 Open Circuit Strength & Conditioning 14+
	GWA	6:05 PM	7:05 PM	DXB	 Open Sprints 14+
 THURSDAY	GWA	7:05 PM	8:05 PM	DXB	 Open Throws 14+
	GWA	7:05 PM	8:05 PM	DXB	 Senior Speed for Sport 14+
	GWA	7:05 PM	8:05 PM	DXB	 Open Circuit Training 14+
 SATURDAY	SRI	7:35 PM	8:35 PM	DXB	 Open Sprints 14+
	DAA	9:00 AM	10:00 AM	DXB	 Open Sprints 14+
	SRI	8:00 AM	9:00 AM	DXB	 Open Jumps 14+
 SUNDAY	SRI	8:00 AM	9:00 AM	DXB	 Adult Throws
	SRI	9:05 AM	10:05 AM	DXB	 Senior Just Run

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SESSION ICON GUIDE

-  Sprints
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-  Hurdles
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-  Long Jump
-  Pole Vault
-  Throws
-  Strength & Conditioning
-  Invite Only



DAY	VENUE	START TIME	FINISH TIME	REGION	SESSION TYPE
MONDAY	SRI	5:30 PM	7:00 PM	DXB	 Performance Hurdles 14+
	SRI	7:05 PM	8:05 PM	DXB	 Performance Strength & Conditioning
	GWA	6:05 PM	7:05 PM	DXB	 Competition Pathway Sprints 14-17
	GWA	7:10 PM	8:10 PM	DXB	 Competition Pathway Long Jump & Triple Jump 14+
	SRI	5:30 PM	6:30 PM	DXB	 Competition Pathway Hurdles 14+
	SRI	5:30 PM	7:00 PM	DXB	 Performance High Jump 14+
TUESDAY	SRI	6:35 PM	7:35 PM	DXB	 Competition Pathway Middle Distance 14+
	SRI	6:35 PM	7:35 PM	DXB	 Competition Pathway Sprints 14+
	SRI	6:35 PM	7:35 PM	DXB	 Competition Pathway Throws 14+
	SRI	7:00 PM	8:30 PM	DXB	 Performance Middle Distance 14+
	SRI	7:00 PM	8:30 PM	DXB	 Performance Sprints 14+
	SRI	7:35 PM	8:35 PM	DXB	 Competition Pathway Strength & Conditioning
	GWA	5:00 PM	6:00 PM	DXB	 Competition Pathway Hurdles 14+
WEDNESDAY	GWA	6:05 PM	7:05 PM	DXB	 Competition Pathway High Jump 14+
	GWA	6:05 PM	7:05 PM	DXB	 Competition Pathway Sprints 14+
	SRI	5:30 PM	7:00 PM	DXB	 Performance High Jump 14+
	SRI	5:30 PM	7:00 PM	DXB	 Performance Long Jump 14+
	SRI	6:35 PM	7:35 PM	DXB	 Competition Pathway Middle Distance 14+
THURSDAY	SRI	7:00 PM	8:30 PM	DXB	 Performance Middle Distance 14+
	SRI	7:00 PM	8:30 PM	DXB	 Performance Sprints 14+
	SRI	7:35 PM	8:35 PM	DXB	 Competition Pathway Strength & Conditioning
	DAA	9:00 AM	10:00 AM	DXB	 Competition Pathway Strength & Conditioning
	SRI	8:00 AM	9:30 AM	DXB	 Performance Jumps 14+
SATURDAY	SRI	8:00 AM	9:30 AM	DXB	 Performance Hurdles 14+
	SRI	8:00 AM	9:30 AM	DXB	 Performance Sprints & Middle Distance 14+
	SRI	9:45 AM	10:45 AM	DXB	 Performance Strength & Conditioning
	SRI	9:30 AM	10:30 AM	DXB	 Competition Pathway Hurdles 14+
	GWA	6:05 PM	7:05 PM	DXB	 Competition Pathway Sprints 14+
	SRI	9:05 AM	10:05 AM	DXB	 Competition Pathway Sprints 14+
SUNDAY	SRI	9:05 AM	10:05 AM	DXB	 Competition Pathway High Jump 14+
	SRI	9:05 AM	10:35 AM	DXB	 Performance Throws 14+
	SRI	10:05 AM	11:05 AM	DXB	 Competition Pathway Strength & Conditioning

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Sprints	Middle Distance / Just Run	Hurdles	High Jump	Long Jump
				
Pole Vault	Throws	Strength & Conditioning	Invite Only	