



**AIS**  
ATHLETICS

# SCHEDULE 2025/26

VENUE KEY			
DUBAI		ABU DHABI	
<b>DAA</b>	Dubai American Academy	<b>NAS</b>	Nord Anglia School, Reem Island
<b>GWA</b>	GEMS World Academy, Dubai	<b>YAS B</b>	Yasmina British Academy, Abu Dhabi
<b>SRI</b>	GEMS School of Research & Innovation, Dubai	<b>AL FAY</b>	Al Fay Park Abu Dhabi
<b>SISD</b>	Swiss International Scientific School, Dubai	<b>GAA</b>	GEMS American Academy, Abu Dhabi
<b>WSO</b>	GEMS Wellington Silicon Oasis, Dubai		

**MONDAY**

Day	Venue	Start Time	Finish Time	Region	Session Type
Monday	DAA	5:00 PM	6:00 PM	DXB	FUNdamedntals 6-8
Monday	DAA	5:00 PM	6:00 PM	DXB	Competition Long Jump 14-17
Monday	DAA	5:00 PM	6:30 PM	DXB	Performance & Elite Hurdles 14 +
Monday	DAA	6:00 PM	7:00 PM	DXB	Run Jump Throw 9-13
Monday	DAA	6:00 PM	7:30 PM	DXB	Performance & Elite High Jump 14 +
Monday	DAA	6:30 PM	7:30 PM	DXB	Advanced Open Sprints 14+
Day	Venue	Start Time	Finish Time	Region	Session Type
Monday	GWA	5:00 PM	6:00 PM	DXB	FUNdamedntals 6-8
Monday	GWA	6:00 PM	7:00 PM	DXB	Run Jump Throw 9-13
Day	Venue	Start Time	Finish Time	Region	Session Type
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 Sprints and Adult Sprints
Monday	NAS	7:00 PM	8:00 PM	AUH	Open Middle Distance 14+
Day	Venue	Start Time	Finish Time	Region	Session Type
Monday	SISD	5:00 PM	6:00 PM	DXB	FUNdamentals & Run Jump Throw 6-11 (Hybrid)
Monday	SISD	6:00 PM	7:00 PM	DXB	Open Sprints + Middle Distance

**TUESDAY**

Day	Venue	Start Time	Finish Time	Region	Session Type
Tuesday	GWA	5:15 PM	6:15 PM	DXB	Run Jump Throw 9-11
Tuesday	GWA	5:15 PM	6:15 PM	DXB	FUNDamentals 6-8
Tuesday	GWA	5:15 PM	6:15 PM	DXB	Run Jump Throw 11-13
Tuesday	GWA	6:15 PM	7:15 PM	DXB	Open Sprints 14 +
Tuesday	GWA	6:15 PM	7:15 PM	DXB	Junior Middle Distance 9-13
Tuesday	GWA	6:15 PM	7:15 PM	DXB	Competiton Sprints 14-17
Tuesday	GWA	6:00 PM	7:30 PM	DXB	Performance & Elite Sprints 14 +
Tuesday	GWA	7:15 PM	8:15 PM	DXB	Open middle distance/ long distance 14+
Tuesday	GWA	7:15 PM	8:15 PM	DXB	Open Jumps: Long Jump 14+

Day	Venue	Start Time	Finish Time	Region	Session Type
Tuesday	SRI	5:00 PM	6:00 PM	DXB	Competition Hurdles 14+
Tuesday	SRI	5:00 PM	6:00 PM	DXB	Rising Potential Programme 11-13 INVITE ONLY
Tuesday	SRI	6:00 PM	7:00 PM	DXB	Competition & Performance Middle Distance 14+
Tuesday	SRI	6:00 PM	7:00 PM	DXB	Competition Throws 14+
Tuesday	SRI	6:00 PM	7:00 PM	DXB	Pole Vault 12+
Tuesday	SRI	7:00 PM	8:00 PM	DXB	Open Sprints 14+
Tuesday	SRI	7:00 PM	8:00 PM	DXB	Competition Pathway S and C
Tuesday	SRI	7:00 PM	8:30 PM	DXB	Performance & Elite Long Sprints 14 +

## WEDNESDAY

Day	Venue	Start Time	Finish Time	Region	Session Type
Wednesday	GWA	5:00 PM	6:30 PM	DXB	Performace & Elite High Jump 14+
Wednesday	GWA	5:00 PM	6:00 PM	DXB	Competition Hurdles 14+
Wednesday	GWA	6:00 PM	7:00 PM	DXB	Junior Sprints 10-13
Wednesday	GWA	6:30 PM	7:30 PM	DXB	Competition High Jump 14+
Day	Venue	Start Time	Finish Time	Region	Session Type
Wednesday	DAA	5:00 PM	6:00 PM	DXB	FUNdamedntals 6-8
Wednesday	DAA	6:00 PM	7:00 PM	DXB	Run Jump Throw 9-13
Day	Venue	Start Time	Finish Time	Region	Session Type
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 Distance 14+
Wednesday	NAS	6:00 PM	7:00 PM	AUH	Run Club 18+
Day	Venue	Start Time	Finish Time	Region	Session Type
Wednesday	SISD	5:00 PM	6:00 PM	DXB	FUNdamentals & Run Jump Throw 6-11 (Hybrid)
Wednesday	SISD	6:00 PM	7:00 PM	DXB	Open sprints 14 +
Wednesday	SISD	7:00 PM	8:00 PM	DXB	Open circuit S and C 14 +

**THURSDAY**

Day	Venue	Start Time	Finish Time	Region	Session Type
Thursday	GWA	5:15 PM	6:15 PM	DXB	Run, Jump, Throw 9-11 & 11-13
Thursday	GWA	5:15 PM	6:15 PM	DXB	FUNDamentals 6-8
Thursday	GWA	6:00 PM	7:30 PM	DXB	Performance & Elite Sprints 14 +
Thursday	GWA	6:15 PM	7:15 PM	DXB	Competiton Sprints 14+
Thursday	GWA	6:15 PM	7:15 PM	DXB	Open Throws 14+
Thursday	GWA	7:15 PM	8:15 PM	DXB	Open Sprints 14+
Day	Venue	Start Time	Finish Time	Region	Session Type
Thursday	SRI	5:00 PM	6:00 PM	DXB	FUNDamentals 6-8
Thursday	SRI	5:00 PM	6:00 PM	DXB	Run Jump Throw 9-13
Thursday	SRI	5:00 PM	6:00 PM	DXB	Junior High Jump 10-13
Thursday	SRI	5:00 PM	6:30 PM	DXB	Performance & Elite Long Jump 14+
Thursday	SRI	6:00 PM	7:00 PM	DXB	Competition Sprints 14+
Thursday	SRI	6:00 PM	7:00 PM	DXB	Competition & Performance Middle Distance 14+
Thursday	SRI	6:00 PM	7:00 PM	DXB	Junior Middle Distance 11-13
Thursday	SRI	6:30 PM	8:00 PM	DXB	Performance & Elite Long Sprints 14 +
Thursday	SRI	7:00 PM	8:00 PM	DXB	Open Jumps 14+
Thursday	SRI	7:00 PM	8:00 PM	DXB	Competition Pathway S and C

**SATURDAY**

Day	Venue	Start Time	Finish Time	Region	Session Type
Saturday	DAA	8:00 AM	9:00 AM	DXB	Mini Athletics 3-5
Saturday	DAA	8:00 AM	9:00 AM	DXB	FUNdamentals 6-8
Saturday	DAA	8:00 AM	9:00 AM	DXB	Run, Jump, Throw 9-11
Saturday	DAA	8:00 AM	9:00 AM	DXB	Run, Jump, Throw 11-13
Sunday	DAA	8:00 AM	10:30 AM	DXB	Performance & Elite Sprints 14 +
Saturday	DAA	9:00 AM	10:00 AM	DXB	Run Jump Throw 9-13
Saturday	DAA	9:00 AM	10:00 AM	DXB	Junior Just Run 9-13
Saturday	DAA	9:00 AM	10:00 AM	DXB	Competition Pathway S and C
Saturday	DAA	9:00 AM	10:00 AM	DXB	Open Sprints 14+
Day	Venue	Start Time	Finish Time	Region	Session Type
Saturday	YAS B	8:00 AM	9:00 AM	AUH	FUNdamentals & Run Jump Throw 9-11 (Hybrid)
Saturday	YAS B	9:00 AM	10:00 AM	AUH	Sport Speed/ Junior Sprints 10 +
Day	Venue	Start Time	Finish Time	Region	Session Type
Saturday	SRI	8:00 AM	9:30 AM	DXB	Performance & Elite Jumps 14+
Saturday	SRI	8:00 AM	9:30 AM	DXB	Performance & Elite Hurdles 14+
Saturday	SRI	8:00 AM	9:30 AM	DXB	Performance & Elite Long Sprints and Middle Distance 14+
Saturday	SRI	8:30 AM	9:30 AM	DXB	Competition Hurdles 14+
Saturday	SRI	9:30 AM	10:30 AM	DXB	Performance & Elite S and C
Saturday	SRI	9:30 AM	10:30 AM	DXB	Pole Vault 12+

SUNDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Sunday	GWA	5:00 PM	6:00 PM	DXB	FUNdamentals 6-8
Sunday	GWA	5:00 PM	6:00 PM	DXB	Rising Potential Programme 11-13 INVITE ONLY
Sunday	GWA	5:00 PM	6:00 PM	DXB	Run Jump Throw 9-13
Sunday	GWA	6:00 PM	7:00 PM	DXB	Junior Jumps: Long Jump/ Triple Jump 9-13
Sunday	GWA	6:00 PM	7:00 PM	DXB	Competition Sprints 14+
Sunday	GWA	6:00 PM	7:00 PM	DXB	Junior Sprints and Hurdles 11-13
Sunday	GWA	7:00 PM	8:00 PM	DXB	Senior Just Run 14+
Sunday	GWA	7:00 PM	8:00 PM	DXB	Adult Sprints
Day	Venue	Start Time	Finish Time	Region	Session Type
Sunday	YAS B	5:00 PM	6:00 PM	AUH	Run Club (Adults Only) 18+
Sunday	YAS B	6:00 PM	7:00 PM	AUH	Open Middle & Long Distance 14+
Sunday	YAS B	7:00 PM	8:00 PM	AUH	Open Circuits 14+
Day	Venue	Start Time	Finish Time	Region	Session Type
Sunday	SRI	8:00 AM	9:00 AM	DXB	Mini Athletics & FUNdamentals (Hybrid) 4-8
Sunday	SRI	8:00 AM	9:00 AM	DXB	Open Jumps 14+
Sunday	SRI	8:00 AM	9:00 AM	DXB	Junior Sprints & Hurdles 9-13
Sunday	SRI	9:00 AM	10:00 AM	DXB	Competition Sprints 14+
Sunday	SRI	9:00 AM	10:00 AM	DXB	Competition High Jump 14+
Sunday	SRI	9:00 AM	10:30 AM	DXB	Performance & Elite Throws 14+
Sunday	SRI	10:00 AM	11:00 AM	DXB	Competition Pathway S and C
Sunday	SRI	10:00 AM	11:00 AM	DXB	Run Jump Throw 9-13 INVITE ONLY