



AIS
ATHLETICS

SCHEDULE 2025/26

RAMADAN 2026



KEY			
DAA	Dubai American Academy	NAS	Nord Anglia School, Reem Island
GWA	GEMS World Academy, Dubai	GAA	GEMS American Academy, Abu Dhabi
SRI	GEMS School of Research & Innovation, Dubai	YAS B	Yasmina British Academy, Abu Dhabi
SISD	Swiss International Scientific School, 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 and Elite Hurdles 14 +
Monday	DAA	6:00 PM	7:00 PM	DXB	Run Jump Throw 9-11 + 11-13
Monday	DAA	6:00 PM	7:30 PM	DXB	Performance and 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	3:00 PM	4:00 PM	DXB	FUNDamedntals 6-8
Monday	GWA	4:00 PM	5:00 PM	DXB	Run Jump Throw 9-11 + 11-13
Day	Venue	Start Time	Finish Time	Region	Session Type
Monday	NAS	5:00 PM	6:00 PM	AUH	Run Jump Throw 9-11
Monday	NAS	5:00 PM	6:00 PM	AUH	FUNDamentals 6-8
Monday	NAS	6:00 PM	7:00 PM	AUH	Open Sprints 14 +
Monday	NAS	6:00 PM	7:00 PM	AUH	Adult Sprints 18+
Monday	NAS	7:00 PM	8:00 PM	AUH	Open Middle Distance 14+
Day	Venue	Start Time	Finish Time	Region	Session Type
Monday	SISD	3:00 PM	4:00 PM	DXB	FUNDamedntals, Run Jump Throw (Hybrid) 6-11
Monday	SISD	4:00 PM	5:00 PM	DXB	Open Sprints + Middle Distance

TUESDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Tuesday	GWA	3:00 PM	4:00 PM	DXB	Run Jump Throw 9-11
Tuesday	GWA	3:00 PM	4:00 PM	DXB	FUNdamentals 6-8
Tuesday	GWA	3:00 PM	4:00 PM	DXB	Run Jump Throw 11-13
Tuesday	GWA	4:00 PM	5:00 PM	DXB	Open Sprints 14 +
Tuesday	GWA	4:00 PM	5:00 PM	DXB	Junior Middle Distance 9-13
Tuesday	GWA	4:00 PM	5:00 PM	DXB	Competiton Sprints 14-17
Tuesday	GWA	4:00 PM	5:30 PM	DXB	Performance and Elite Sprints
Tuesday	GWA	5:00 PM	6:00 PM	DXB	Open middle distance/ long distance 14+
Tuesday	GWA	5:00 PM	6:00 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	Junior Jumps 9-11 + 11-13
Tuesday	SRI	5:00 PM	6:00 PM	DXB	Competition Hurdles 14 -17
Tuesday	SRI	6:00 PM	7:00 PM	DXB	Run Jump Throw 9-11 + 11-13
Tuesday	SRI	6:00 PM	7:00 PM	DXB	Competition Middle Distance 14 -17
Tuesday	SRI	6:00 PM	7:00 PM	DXB	Competition Throws 14-17
Tuesday	SRI	6:00 PM	7:00 PM	DXB	(NEW) 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 & Middle Distance (400/800m)14 +

WEDNESDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Wednesday	GWA	3:00 PM	4:30 PM	DXB	Perfromance and Elite HJ 14+
Wednesday	GWA	3:00 PM	4:00 PM	DXB	Competition Hurdles 14-17
Wednesday	GWA	4:00 PM	5:00 PM	DXB	Run Jump Throw 9-13
Wednesday	GWA	4:00 PM	6:30 PM	DXB	Performance and Elite Hurdles 14+
Wednesday	GWA	4:30 PM	5:30 PM	DXB	Competition High Jump 14-17
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 9-11 + 11-13
Day	Venue	Start Time	Finish Time	Region	Session Type
Wednesday	NAS	5:00 PM	6:00 PM	AUH	FUNdamentals 6-8
Wednesday	NAS	5:00 PM	6:00 PM	AUH	Junior Sprints & Hurdles 9-11
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	3:00 PM	4:00 PM	DXB	FUNdamentals, Run Jump Throw (Hybrid) 6-11
Wednesday	SISD	4:00 PM	5:00 PM	DXB	Open sprints 14 +
Wednesday	SISD	5:00 PM	6:00 PM	DXB	Open circuit S and C 14 +
Day	Venue	Start Time	Finish Time	Region	Session Type
Wednesday	WSO	5:00 PM	6:00 PM	DXB	Run, Jump, Throw 9-11 & 11-13
Wednesday	WSO	6:00 PM	7:00 PM	DXB	Open sprints 14 +

THURSDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Thursday	GWA	3:00 PM	4:00 PM	DXB	Run, Jump, Throw 9-11
Thursday	GWA	3:00 PM	4:00 PM	DXB	FUNDamentals 6-8
Thursday	GWA	3:00 PM	4:00 PM	DXB	Junior Jumps 9-11 + 11-13
Thursday	GWA	4:00 PM	5:00 PM	DXB	Junior Middle Distance 9-13
Thursday	GWA	4:00 PM	5:00 PM	DXB	Open Sprints 14+
Thursday	GWA	4:00 PM	5:00 PM	DXB	Competiton Sprints 14-17
Thursday	GWA	4:00 PM	5:30 PM	DXB	Performance and Elite Sprints 14 +
Thursday	GWA	5:00 PM	6:00 PM	DXB	Open Throws 14 +
Thursday	GWA	5:00 PM	6:00 PM	DXB	Adult Sprints
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 9-11 + 11-13
Thursday	SRI	5:00 PM	6:30 PM	DXB	Performance and 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 Middle Distance 14-17
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 & Middle Distance (400/800m)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

FRIDAY

Day	Venue	Start Time	Finish Time	Region	Session Type
Friday	WSO	5:00 PM	6:00 PM	DXB	Run, Jump, Throw 9-11 & 11-13
Friday	WSO	6:00 PM	7:00 PM	DXB	Open sprints 14 +



KEY			
DAA	Dubai American Academy	NAS	Nord Anglia School, Reem Island
GWA	GEMS World Academy, Dubai	GAA	GEMS American Academy, Abu Dhabi
SRI	GEMS School of Research & Innovation, Dubai	YAS B	Yasmina British Academy, Abu Dhabi
SISD	Swiss International Scientific School, Dubai		

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 and Elite Sprints 14 +
Saturday	DAA	9:00 AM	10:00 AM	DXB	Run Jump Throw 9 -11 and 11-13
Saturday	DAA	9:00 AM	10:00 AM	DXB	(NEW) Junior: Just Run 9-13
Saturday	DAA	9:00 AM	10:00 AM	DXB	Open Sprints 14+
Day	Venue	Start Time	Finish Time	Region	Session Type
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	Open Sprints 14+
Day	Venue	Start Time	Finish Time	Region	Session Type
Saturday	SRI	8:00 AM	9:30 AM	DXB	Performance and Elite High Jump and Long Jump 14+
Saturday	SRI	8:00 AM	9:30 AM	DXB	Performance and Elite Hurdles 14+
Saturday	SRI	8:00 AM	9:30 AM	DXB	Performance and Elite Long Sprints and Middle Distamce (400/800m) 14+
Saturday	SRI	8:30 AM	9:30 AM	DXB	Competition Hurdles 14-17
Saturday	SRI	9:30 AM	10:30 AM	DXB	Performance and Elite S and C
Saturday	SRI	9:30 AM	10:30 AM	DXB	(NEW) Pole Vault

SUNDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Sunday	GWA	3:00 PM	4:00 PM	DXB	FUNdamentals 6-8
Sunday	GWA	3:00 PM	4:00 PM	DXB	Mini Athletics 3-5
Sunday	GWA	3:00 PM	4:00 PM	DXB	Junior Jumps: Long Jump 9-13
Sunday	GWA	4:00 PM	5:00 PM	DXB	Run Jump Throw 9-11
Sunday	GWA	4:00 PM	5:00 PM	DXB	Competition Sprints 14-17
Sunday	GWA	4:00 PM	5:00 PM	DXB	Junior Sprints and Hurdles 9-11 and 11-13
Sunday	GWA	5:00 PM	6:00 PM	DXB	Senior: Just Run 14+
Sunday	GWA	5:00 PM	6:00 PM	DXB	Adult Sprints
Day	Venue	Start Time	Finish Time	Region	Session Type
Sunday	YAS	3:00 PM	4:00 PM	AUH	Run Clun (Adults Only) 18+
Sunday	YAS	4:00 PM	5:00 PM	AUH	Open Middle and long distance 14+
Sunday	YAS	5:00 PM	6:00 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 3-5
Sunday	SRI	8:00 AM	9:00 AM	DXB	FUNdamentals 6-8
Sunday	SRI	8:00 AM	9:00 AM	DXB	Open Jumps 14+
Sunday	SRI	8:00 AM	9:00 AM	DXB	Junior Sprints and Hurdles 9-13
Sunday	SRI	9:00 AM	10:00 AM	DXB	Competition Sprints 14+
Sunday	SRI	9:00 AM	10:00 AM	DXB	Junior Jumps: High Jump 9-13
Sunday	SRI	9:00 AM	10:00 AM	DXB	Competition High Jump 14+
Sunday	SRI	9:00 AM	10:30 AM	DXB	Performance and Elite Throws 14+
Sunday	SRI	10:00 AM	11:00 AM	DXB	Competition Pathway S and C 14-17
Sunday	SRI	10:00 AM	11:00 AM	DXB	Run Jump Throw 9-11 + 11-13- INVITE ONLY