



**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  |