



**AIS**  
ATHLETICS



S

# SCHEDULE

2025-26



W/C 20<sup>th</sup> April 2026 - Register now on : [aisathletics.okrabook.com](https://aisathletics.okrabook.com)

KEY			
<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>WSO</b>	GEMS Wellington Silion Oasis, Dubai		

MONDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Monday	GWA	5:00 PM	6:00 PM	DXB	FUNdamedntals 6-8
Monday	GWA	5:00 PM	6:00 PM	DXB	Competition Long Jump 14-17
Monday	GWA	5:00 PM	6:30 PM	DXB	Performance and Elite Hurdles 14 +
Monday	GWA	6:00 PM	7:00 PM	DXB	Run Jump Throw 9-11 + 11-13
Monday	GWA	6:00 PM	7:30 PM	DXB	Performance and Elite High Jump 14 +
Monday	GWA	6:00 PM	7:00 PM	DXB	Open Sprints + Middle Distance
Monday	GWA	6:30 PM	7:30 PM	DXB	Advanced Open Sprints 14+
Day	Venue	Start Time	Finish Time	Region	Session Type
Monday	AL FAY AUH	5:00 PM	6:00 PM	AUH	FUNdamentals & Run Jump Throw 6-11 (Hybrid)
Monday	AL FAY AUH	5:00 PM	6:00 PM	AUH	Open Middle & Long Distance 14+
Monday	AL FAY AUH	6:00 PM	7:00 PM	AUH	Open Sprints 14 +
Monday	AL FAY AUH	6:00 PM	7:00 PM	AUH	Adult Sprints 18+
Monday	AL FAY AUH	7:00 PM	8:00 PM	AUH	Open Middle Distance 14+



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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 and Elite Sprints
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 -17
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	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	5:00 PM	6:30 PM	DXB	Perfromance and Elite HJ 14+
Wednesday	GWA	5:00 PM	6:00 PM	DXB	Competition Hurdles 14-17
Wednesday	GWA	5:00 PM	6:00 PM	DXB	FUNdamedntals 6-8
Wednesday	GWA	6:00 PM	7:00 PM	DXB	Junior Sprints 10-13
Wednesday	GWA	6:00 PM	7:00 PM	DXB	Run Jump Throw 9-11 + 11-13
Wednesday	GWA	6:30 PM	7:30 PM	DXB	Competition High Jump 14-17
Wednesday	GWA	5:00 PM	6:00 PM	DXB	FUNdamentals, Run Jump Throw (Hybrid) 6-11
Wednesday	GWA	6:00 PM	7:00 PM	DXB	Open sprints 14 +
Wednesday	GWA	7:00 PM	8:00 PM	DXB	Open circuit S and C 14 +
Day	Venue	Start Time	Finish Time	Region	Session Type

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Wednesday	AL FAY	5:00 PM	6:00 PM	AUH	FUNdamentals 6-8
Wednesday	AL FAY	5:00 PM	6:00 PM	AUH	Junior Sprints & Hurdles 9-11
Wednesday	AL FAY	6:00 PM	7:00 PM	AUH	Open Middle Distance 14+
Wednesday	AL FAY	6:00 PM	7:00 PM	AUH	Run Club 18+

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 and Elite Sprints 14 +
Thursday	GWA	6:15 PM	7:15 PM	DXB	Competiton Sprints 14-17
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 9-11 + 11-13
Thursday	SRI	5:00 PM	6:00 PM	DXB	Junior High Jump
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

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SATURDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Saturday	GWA	8:00 AM	9:00 AM	DXB	Mini Athletics 3-5
Saturday	GWA	8:00 AM	9:00 AM	DXB	FUNdamentals 6-8
Saturday	GWA	8:00 AM	9:00 AM	DXB	Run, Jump, Throw 9-11
Saturday	GWA	8:00 AM	9:00 AM	DXB	Run, Jump, Throw 11-13
Sunday	GWA	8:00 AM	10:30 AM	DXB	Performance and Elite Sprints 100/200m 14 +
Saturday	GWA	9:00 AM	10:00 AM	DXB	Run Jump Throw 9 -11 and 11-13
Saturday	GWA	9:00 AM	10:00 AM	DXB	Junior: Just Run 9-13
Saturday	GWA	9:00 AM	10:00 AM	DXB	Open Sprints 14+
Day	Venue	Start Time	Finish Time	Region	Session Type
Saturday	AL FAY	8:00 AM	9:00 AM	AUH	FUNdamentals & Run Jump Throw 9-11 (Hybrid)
Saturday	AL FAY	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 Distance (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	Pole Vault



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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 9-13
Sunday	GWA	6:00 PM	7:00 PM	DXB	Competition Sprints 14-17
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	AL FAY	5:00 PM	6:00 PM	AUH	Run Club (Adults Only) 18+
Sunday	AL FAY	6:00 PM	7:00 PM	AUH	Open Middle and Long Distance 14+
Sunday	AL FAY	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 and 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 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	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

