



VENUE KEY AND MAPS		
DSP	Dubai Science Park	https://maps.app.goo.gl/uoWCxrJUBVLoZx1T8
JAD	Al Jaddaf Hills	https://maps.app.goo.gl/nm1xajY5UWiYJ4Dw9
ISD	ISD Dubai Sports City	https://maps.app.goo.gl/rjRVxPq39zMtqfqe7
VEO	Veo Fitness: Hayya Lakes	https://maps.app.goo.gl/x7ZTtECfwQ6VqGhr6
DUH	Dubai Hills Park	https://maps.app.goo.gl/8bDp1nrHp4kMFxdh6
ALF	Al Fay Park, Abu Dhabi	https://maps.app.goo.gl/H7psopU1N2A8AFJF9

MONDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Monday	DSP	4:15 PM	5:15 PM	DXB	FUNdamedntals 6-8
Monday	DSP	4:15 PM	5:15 PM	DXB	Run Jump Throw 9-13
Monday	DSP	5:15 PM	6:15 PM	DXB	Open Sprints 14+
Monday	DSP	5:15 PM	6:15 PM	DXB	Junior Sprints and Hurdles 9-13

TUESDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Tuesday	DSP	4:15 PM	5:15 PM	DXB	Competition Pathway Middle Distance
Tuesday	DSP	4:15 PM	5:45 PM	DXB	Performance Pathway Squad
Tuesday	DSP	4:15 PM	5:15 PM	DXB	Competition Pathway Sprints 14 +
Tuesday	DSP	5:15 PM	6:15 PM	DXB	FUNdamentals 6-8
Tuesday	DSP	5:15 PM	6:15 PM	DXB	Run Jump Throw 9-13

WEDNESDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Wednesday	DSP	4:15 PM	5:15 PM	DXB	FUNdamedntals 6-8
Wednesday	DSP	4:15 PM	5:15 PM	DXB	Run Jump Throw 9-13
Wednesday	DSP	5:15 PM	6:15 PM	DXB	Open Sprints 14+
Wednesday	DSP	5:15 PM	6:15 PM	DXB	Junior Sprints 9-13
Wednesday	ALF	5:00 PM	6:00 PM	AUH	FUNdamentals & Run Jump Throw 6-11 (Hybrid)
Wednesday	ALF	6:00 PM	7:00 PM	AUH	Open Middle & Long Distance 14+

THURSDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Thursday	DSP	4:15 PM	5:15 PM	DXB	Competition Pathway Middle Distance
Thursday	DSP	4:15 PM	5:45 PM	DXB	Performance Pathway Squad
Thursday	DSP	4:15 PM	5:15 PM	DXB	Competition Pathway Sprints
Thursday	DSP	5:15 PM	6:15 PM	DXB	Run Jump Throw 9-13
Thursday	DSP	5:15 PM	6:15 PM	DXB	Competition Pathway S and C
Thursday	DSP	5:15 PM	6:15 PM	DXB	Junior Middle Distance 9-13



FRIDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Friday	ISD	2:30 PM	3:30 PM	DXB	Long Jump 14+
Friday	ISD	2:30 PM	3:30 PM	DXB	High Jump 14+
Friday	ISD	3:30 PM	4:30 PM	DXB	Hurdles 14+
Friday	ISD	4:30 PM	5:30 PM	DXB	Junior Jumps: LJ & HJ 9-13

SATURDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Saturday	DSP	8:00 AM	9:00 AM	DXB	FUNdamentals 6-8
Saturday	DSP	8:00 AM	9:00 AM	DXB	Mini Athletics 3-5
Saturday	DSP	9:00 AM	10:00 AM	DXB	Run Jump Throw 9-13
Saturday	DSP	9:00 AM	10:00 AM	DXB	Competition & Open sprints 14+
Saturday	ISD	8:00 AM	10:30 AM	DXB	Competition & Performance Pathway Sprints 14 +
Saturday	VEO	1:45 PM	3:15 PM	DXB	Performance S & C
Saturday	ALF	8:00 AM	9:00 AM	AUH	FUNdamentals & Run Jump Throw 9-11 (Hybrid)
Saturday	ALF	9:00 AM	10:00 AM	AUH	Youth Speed for Sport 10-14

SUNDAY					
Day	Venue	Start Time	Finish Time	Region	Session Type
Sunday	DUH	8:00 AM	9:30 AM	DXB	Free Community 5km Run/ Walk
Sunday	ALF	5:00 PM	6:00 PM	AUH	FUNdamentals & Run Jump Throw 9-11 (Hybrid)
Sunday	ALF	6:00 PM	7:00 PM	AUH	Open Middle and long distance 14+
Sunday	ALF	7:00 PM	8:00 PM	AUH	Open Circuits 14+

