



AIS
ATHLETICS

2025-26



SCHEDULE

2025-26



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

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 9-13
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	5:00 PM	6:00 PM	DXB	FUNdamedntals 6-8
Monday	GWA	6:00 PM	7:00 PM	DXB	Run Jump Throw 9-11 + 11-13
Day	Venue	Start Time	Finish Time	Region	Session Type
Monday	AL FAY	5:00 PM	6:00 PM	AUH	FUNdamentals & Run Jump Throw 6-11 (Hybrid)
Monday	AL FAY	6:00 PM	7:00 PM	AUH	Open Sprints and Adult Sprints
Monday	AL FAY	7:00 PM	8:00 PM	AUH	Open Middle Distance 14+

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+
Tuesday	SRI	5:00 PM	6:00 PM	DXB	Rising Potential Programme 11-13 INVITE ONLY

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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	Perfromance and Elite HJ 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	AL FAY	5:00 PM	6:00 PM	AUH	FUNdamentals & Run Jump Throw 6-11 (Hybrid)
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	6:15 PM	7:15 PM	DXB	Competiton Sprints 14-17
Thursday	GWA	6:00 PM	7:30 PM	DXB	Performance and Elite Sprints 14 +
Thursday	GWA	7:15 PM	8:15 PM	DXB	Open Sprints 14+
Thursday	GWA	7:15 PM	8:15 PM	DXB	Open Throws 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	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 & 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 and 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	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

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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
Sunday	SRI	10:00 AM	11:00 AM	DXB	Run Jump Throw 9-13- INVITE ONLY

