

Monday – SWISS International School

Time	Age	Session
6:00pm – 7:00pm	Youth Athletics (5 – 12 years old)	Run Jump Throw Session Sprints, Middle distance, Long jump, High jump, Shot put, Javelin
7:00pm – 8:00pm	Teen Athletics (13 – 18 years old)	Run Jump Throw Session Sprints, Middle distance, Long jump, High jump, Shot put, Javelin

Monday – GEMS World Academy

Time	Age	Session
6:00pm – 8:00pm	INVITE ONLY	GWA Scholarship Programme Strength & Conditioning Fundamental Movement
6:00pm – 8:00pm	INVITE ONLY	ELITE SQUAD Strength & Conditioning Fundamental Movement
6:00pm – 8:00pm	INVITE ONLY	ELITE Development Squad Strength & Conditioning Fundamental Movement
6:00pm – 8:00pm	INVITE ONLY	ELITE Multi – Events Pentathlon & Heptathlon
6:00pm – 8:00pm	INVITE ONLY	ELITE Potential Squad Strength & Conditioning Fundamental Movement

Tuesday – GEMS World Academy

Time	Age	Session
5:00pm – 6:00pm	Youth Athletics (5 – 9 years old)	Run Jump Throw Session Sprints, Middle distance, Long jump, High jump, Shot put, Javelin
6:00pm – 7:00pm	Youth Athletics (10 – 12 years old)	Run Jump Throw Session Sprints, Middle distance, Long jump, High jump, Shot put, Javelin
6:30pm – 8:00pm	Open Age (13 to all adults)	AIS Run Club Middle distance, Long distance, 3km, 5km, 10km, half marathon, road races

6:30pm – 8:00pm	Open Age (13 to all adults)	ELITE Sprints Coached by former Team GB sprinters Annabelle Lewis & Tommy Ramdhan
6:30pm – 8:00pm	Teen Athletics (13 – 18)	Run Jump Throw Session Sprints, Middle distance, Long jump, High jump, Shot put, Javelin

Wednesday – SWISS International School

Time	Age	Session
6:00pm – 7:00pm	Youth Athletics (5 – 12 years old)	Run Jump Throw Session Sprints, Middle distance, Long jump, High jump, Shot put, Javelin
7:00pm – 8:00pm	Teen Athletics (13 – 18 years old)	Run Jump Throw Session Sprints, Middle distance, Long jump, High jump, Shot put, Javelin

Wednesday – GEMS World Academy

Time	Age	Session
5:00pm – 7:00pm	INVITE ONLY	GWA Scholarship Programme Strength & Conditioning Fundamental Movement
5:00pm – 7:00pm	INVITE ONLY	ELITE Potential Squad Strength & Conditioning Fundamental Movement

Thursday – GEMS World Academy

Time	Age	Session
5:00pm – 6:00pm	Youth Athletics (5 – 9 years old)	Run Jump Throw Session Sprints, Middle distance, Long jump, High jump, Shot put, Javelin
6:00pm – 7:00pm	Youth Athletics (10 – 12 years old)	Run Jump Throw Session Sprints, Middle distance, Long jump, High jump, Shot put, Javelin
6:30pm – 8:00pm	Open Age (13 to all adults)	AIS Run Club Middle distance, Long distance, 3km, 5km, 10km, half marathon, road races
6:30pm – 8:00pm	Open Age (13 to all adults)	ELITE Sprints Coached by former Team GB sprinters Annabelle Lewis & Tommy Ramdhan
6:30pm – 8:00pm	Teen Athletics (13 – 18)	Run Jump Throw Session

		Sprints, Middle distance, Long jump, High jump, Shot put, Javelin
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Saturday – GEMS Dubai American Academy (Indoors)

Time	Age	Session
8:00am – 9:30m	Youth Athletics (5 – 12 years old)	Run Jump Throw Session Sprints, Middle distance, Long jump, High jump, Shot put, Javelin
8:00am – 9:30m	Teen Athletics (13 – 18 years old)	Run Jump Throw Session Sprints, Middle distance, Long jump, High jump, Shot put, Javelin

Sunday – GEMS Dubai American Academy (Indoors)

Time	Age	Session
8:00am – 9:30m	Youth Athletics (5 – 12 years old)	Run Jump Throw Session Sprints, Middle distance, Long jump, High jump, Shot put, Javelin
8:00am – 9:30m	Teen Athletics (13 – 18 years old)	Run Jump Throw Session Sprints, Middle distance, Long jump, High jump, Shot put, Javelin

Sunday – GEMS World Academy (Outdoors)

Time	Age	Session
5:00pm – 8:00pm	INVITE ONLY	ELITE SQUAD Strength & Conditioning Fundamental Movement
5:00pm – 8:00pm	INVITE ONLY	ELITE Development Squad Strength & Conditioning Fundamental Movement
5:00pm – 8:00pm	INVITE ONLY	ELITE Multi – Events Pentathlon & Heptathlon