

## Monday – SWISS International School

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

## Monday – GEMS World Academy

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

## Tuesday – GEMS World Academy

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

6:30pm – 8:00pm	Open Age (13 to all adults)	<b>ELITE Sprints</b> Coached by former Team GB sprinters Annabelle Lewis & Tommy Ramdhan
6:30pm – 8:00pm	Teen Athletics (13 – 18)	<b>Run Jump Throw Session</b> 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)	<b>Run Jump Throw Session</b> Sprints, Middle distance, Long jump, High jump, Shot put, Javelin
7:00pm – 8:00pm	Teen Athletics (13 – 18 years old)	<b>Run Jump Throw Session</b> Sprints, Middle distance, Long jump, High jump, Shot put, Javelin

## Wednesday – GEMS World Academy

Time	Age	Session
5:00pm – 7:00pm	INVITE ONLY	<b>GWA Scholarship Programme</b> Strength & Conditioning Fundamental Movement
6:00pm – 8:00pm	INVITE ONLY	<b>ELITE Potential Squad</b> Strength & Conditioning Fundamental Movement
5:00pm – 7:00pm	INVITE ONLY	<b>ELITE Multi – Events</b> Pentathlon & Heptathlon

## Thursday – GEMS World Academy

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

		Coached by former Team GB sprinters Annabelle Lewis & Tommy Ramdhan
6:30pm – 8:00pm	Teen Athletics (13 – 18)	<b>Run Jump Throw Session</b> Sprints, Middle distance, Long jump, High jump, Shot put, Javelin

### Saturday – GEMS World Academy (Indoors)

Time	Age	Session
7:00am – 10:00am	INVITE ONLY	<b>ELITE SQUAD</b> Strength & Conditioning Fundamental Movement
7:00am – 10:00am	INVITE ONLY	<b>ELITE Development Squad</b> Strength & Conditioning Fundamental Movement

### Saturday – GEMS Dubai American Academy (Indoors)

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