

Emirates Arena Availability Matrix Jan - Mar 2025

Day	Date	200m Track	Training Track	High Jump	Long Jump (Training Track)	Throwing Area	Pole Vault	60m Track	Comments
Thursday	28/08/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	29/08/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	30/08/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	31/08/2025	✓	✓	✓	✓	✓	✓	✓	
Day	Date	200m Track	Training Track	High Jump	Long Jump (Training Track)	Throwing Area	Pole Vault	60m Track	Comments
Monday	01/09/2025	*Unavailable 8am -6pm	✓	✓	✓	✓	✓	*Unavailable 8am -6pm	* Repair works
Tuesday	02/09/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	03/09/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	04/09/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	05/09/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	06/09/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	07/09/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	08/09/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	09/09/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	10/09/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	11/09/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	12/09/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	13/09/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	14/09/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	15/09/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	16/09/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	17/09/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	18/09/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	19/09/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	20/09/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	21/09/2025	*Unavailable 9am -12pm	*Unavailable 9am -12pm	*Unavailable 9am -12pm	*Unavailable 9am -12pm	*Unavailable 9am -12pm	*Unavailable 9am -12pm	*Unavailable 9am -12pm	*Ballahouston Road Runners
Monday	22/09/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	23/09/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	24/09/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	25/09/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	26/09/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	27/09/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	28/09/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	29/09/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	30/09/2025	✓	✓	✓	✓	✓	✓	✓	

**Key:**

✓	Available for Training - from 9am
✗	Unavailable for Training
*	Slight Access Changes - see end column for details