

NOVEMBER - DECEMBER 2025

	Date	200m Track	Training Track	High Jump	Long Jump (Training Track)	Throwing Area	Pole Vault	60m Track	Comments
Tuesday	28/10/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	29/10/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	30/10/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	31/10/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	01/11/2025	*Unavailable 2pm -6pm	*Unavailable 10am -3pm	*Unavailable 2pm -6pm	*Unavailable 10am -3pm	*Unavailable 2pm -6pm	*Unavailable 2pm -6pm	*Unavailable 2pm -6pm	* Set-up SAIL & SA Training
Sunday	02/11/2025	✗	✗	✗	✗	✗	✗	✗	* SAIL
Monday	03/11/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	04/11/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	05/11/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	06/11/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	07/11/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	08/11/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	09/11/2025	*Unavailable 8am -2pm	*Unavailable 8am -2pm	*Unavailable 8am -2pm	*Unavailable 8am -2pm	*Unavailable 8am -2pm	*Unavailable 8am -2pm	*Unavailable 8am -2pm	* GAA 12's Fun Day
Monday	10/11/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	11/11/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	12/11/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	13/11/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	14/11/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	15/11/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	16/11/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	17/11/2025	✓	*Unavailable 9am -12pm	✓	*Unavailable 9am -12pm	✓	✓	✓	* UWS
Tuesday	18/11/2025	✓	*Unavailable 9am -4pm	✓	*Unavailable 9am -4pm	✓	✓	✓	* UWS
Wednesday	19/11/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	20/11/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	21/11/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	22/11/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	23/11/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	24/11/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	25/11/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	26/11/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	27/11/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	28/11/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	29/11/2025	✓	*Unavailable 10am -1pm	✓	*Unavailable 10am -1pm	✓	✓	✓	*SA Training
Sunday	30/11/2025	✓	*Unavailable 10am -1pm	✓	*Unavailable 10am -1pm	✓	✓	✓	*SA Training

Key:

✓

Available for Training - from 9am

✗

Unavailable for Training

	*	Slight Access Changes - see end column for details
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Day	Date	200m Track	Training Track	High Jump	Long Jump (Training Track)	Throwing Area	Pole Vault	60m Track	Comments
Monday	01/12/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	02/12/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	03/12/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	04/12/2025	✓	*Unavailable 8am -3pm	✓	*Unavailable 8am -3pm	✓	✓	✓	*Gymfest
Friday	05/12/2025	*Unavailable 6pm -10pm	✓	*Unavailable 6pm -10pm	✓	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Set-up SSAA
Saturday	06/12/2025	✗	✗	✗	✗	✗	✗	✗	*SSAA
Sunday	07/12/2025	✗	✗	✗	✗	✗	✗	✗	*SAIL 2
Monday	08/12/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	09/12/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	10/12/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	11/12/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	12/12/2025	*Unavailable 6pm -10pm	✓	*Unavailable 6pm -10pm	✓	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Set-up GAA Yuletide
Saturday	13/12/2025	✗	✗	✗	✗	✗	✗	✗	*GAA Yuletide
Sunday	14/12/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	15/12/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	16/12/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	17/12/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	18/12/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	19/12/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	20/12/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	21/12/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	22/12/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	23/12/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	24/12/2025	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*Christmas Opening Hours
Thursday	25/12/2025	✗	✗	✗	✗	✗	✗	✗	*Venue Closed
Friday	26/12/2025	✗	✗	✗	✗	✗	✗	✗	*Venue Closed
Saturday	27/12/2025	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*Christmas Opening Hours
Sunday	28/12/2025	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*Christmas Opening Hours
Monday	29/12/2025	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*Christmas Opening Hours
Tuesday	30/12/2025	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*Christmas Opening Hours
Wednesday	31/12/2025	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*available 9am -4pm	*Christmas Opening Hours

Key:

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