

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

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Saturday	02/08/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	03/08/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	04/08/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	05/08/2025	✓	✓	✓	✓	✓	✓	✓	*GAA Summer Camps
Wednesday	06/08/2025	✓	✓	✓	✓	✓	✓	✓	*GAA Summer Camps
Thursday	07/08/2025	✓	✓	✓	✓	✓	✓	✓	*GAA Summer Camps
Friday	08/08/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	09/08/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	10/08/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	11/08/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	12/08/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	13/08/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	14/08/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	15/08/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	16/08/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	17/08/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	18/08/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	19/08/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	20/08/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	21/08/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	22/08/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	23/08/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	24/08/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	25/08/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	26/08/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	27/08/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	28/08/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	29/08/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	30/08/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	31/08/2025	✓	✓	✓	✓	✓	✓	✓	

Key:

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