

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
Wednesday	01/10/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	02/10/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	03/10/2025	*Unavailable 10am -11am	✓	✓	✓	✓	✓	✓	* Caledonian FC - 2.5K Charity Run
Saturday	04/10/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	05/10/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	06/10/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	07/10/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	08/10/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	09/10/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	10/10/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	11/10/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	12/10/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	13/10/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	14/10/2025	*Unavailable 8am -3pm	✓	✓	✓	✓	✓	*Unavailable 8am -3pm	* Repairs
Wednesday	15/10/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	16/10/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	17/10/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	18/10/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	19/10/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	20/10/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	21/10/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	22/10/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	23/10/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	24/10/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	25/10/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	26/10/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	27/10/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	28/10/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	29/10/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	30/10/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	31/10/2025	✓	✓	✓	✓	✓	✓	✓	
Day	Date	200m Track	Training Track	High Jump	Long Jump (Training Track)	Throwing Area	Pole Vault	60m Track	Comments
Saturday	01/11/2025	*Unavailable 2pm -6pm	✓	*Unavailable 2pm -6pm	✓	*Unavailable 2pm -6pm	*Unavailable 2pm -6pm	*Unavailable 2pm -6pm	* Set-up SAIL
Sunday	02/11/2025	✗	✗	✗	✗	✗	✗	✗	* SAIL
Monday	03/11/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	04/11/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	05/11/2025	✓	✓	✓	✓	✓	✓	✓	

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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	✓	✓	✓	✓	✓	✓	✓	
Sunday	30/11/2025	✓	✓	✓	✓	✓	✓	✓	

Key:

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