

August to October 2026

	Date	200m Track	Training Track	High Jump	Long Jump (Training Track)	Throwing Area	Pole Vault	60m Track	Comments
Thursday	20/08/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	21/08/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	22/08/2026	✓	✓	✓	✓	✓	✓	✓	
Sunday	23/08/2026	✓	✓	✓	✓	✓	✓	✓	
Monday	24/08/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	25/08/2026	✓	✓	✓	✓	✓	✓	✓	
Wednesday	26/08/2026	✓	✓	✓	✓	✓	✓	✓	
Thursday	27/08/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	28/08/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	29/08/2026	✓	✓	✓	✓	✓	✓	✓	
Sunday	30/08/2026	✓	✓	✓	✓	✓	✓	✓	
Monday	31/08/2026	✓	✓	✓	✓	✓	✓	✓	
	Date	200m Track	Training Track	High Jump	Long Jump (Training Track)	Throwing Area	Pole Vault	60m Track	Comments
Tuesday	01/09/2026	✓	✓	✓	✓	✓	✓	✓	
Wednesday	02/09/2026	✓	✓	✓	✓	✓	✓	✓	
Thursday	03/09/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	04/09/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	05/09/2026	✓	✓	✓	✓	✓	✓	✓	
Sunday	06/09/2026	✓	✓	✓	✓	✓	✓	✓	
Monday	07/09/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	08/09/2026	✓	✓	✓	✓	✓	✓	✓	
Wednesday	09/09/2026	✓	✓	✓	✓	✓	✓	✓	
Thursday	10/09/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	11/09/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	12/09/2026	✗	✗	✗	✗	✗	✗	✗	*Hyrox Sim
Sunday	13/09/2026	✗	✗	✗	✗	✗	✗	✗	*Hyrox Sim
Monday	14/09/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	15/09/2026	✓	✓	✓	✓	✓	✓	✓	
Wednesday	16/09/2026	✓	✓	✓	✓	✓	✓	✓	
Thursday	17/09/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	18/09/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	19/09/2026	✓	✓	✓	✓	✓	✓	✓	
Sunday	20/09/2026	✓	✓	✓	✓	✓	✓	✓	
Monday	21/09/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	22/09/2026	✓	✓	✓	✓	✓	✓	✓	
Wednesday	23/09/2026	✓	✓	✓	✓	✓	✓	✓	
Thursday	24/09/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	25/09/2026	✓	✓	✓	✓	✓	✓	✓	

Saturday	26/09/2026	✓	✓	✓	✓	✓	✓	✓	
Sunday	27/09/2026	✓	✓	✓	✓	✓	✓	✓	
Monday	28/09/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	29/09/2026	✓	✓	✓	✓	✓	✓	✓	
Wednesday	30/09/2026	✓	✓	✓	✓	✓	✓	✓	

Key:

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

	Date	200m Track	Training Track	High Jump	Long Jump (Training Track)	Throwing Area	Pole Vault	60m Track	Comments
Thursday	01/10/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	02/10/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	03/10/2026	*Unavailable 8am -4pm	*Unavailable 8am -4pm	*Unavailable 8am -4pm	*Unavailable 8am -4pm	*Unavailable 8am -4pm	*Unavailable 8am -4pm	*Unavailable 8am -4pm	*SprintFastest
Sunday	04/10/2026	✓	✓	✓	✓	✓	✓	✓	
Monday	05/10/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	06/10/2026	✓	✓	✓	✓	✓	✓	✓	
Wednesday	07/10/2026	✓	✓	✓	✓	✓	✓	✓	
Thursday	08/10/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	09/10/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	10/10/2026	✓	✓	✓	✓	✓	✓	✓	
Sunday	11/10/2026	✓	✓	✓	✓	✓	✓	✓	
Monday	12/10/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	13/10/2026	✓	✓	✓	✓	✓	✓	✓	
Wednesday	14/10/2026	✓	✓	✓	✓	✓	✓	✓	
Thursday	15/10/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	16/10/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	17/10/2026	✓	✓	✓	✓	✓	✓	✓	
Sunday	18/10/2026	✓	✓	✓	✓	✓	✓	✓	
Monday	19/10/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	20/10/2026	✓	✓	✓	✓	✓	✓	✓	
Wednesday	21/10/2026	✓	✓	✓	✓	✓	✓	✓	
Thursday	22/10/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	23/10/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	24/10/2026	✓	✓	✓	✓	✓	✓	✓	
Sunday	25/10/2026	✓	✓	✓	✓	✓	✓	✓	
Monday	26/10/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	27/10/2026	✓	✓	✓	✓	✓	✓	✓	
Wednesday	28/10/2026	✓	✓	✓	✓	✓	✓	✓	
Thursday	29/10/2026	✓	✓	✓	✓	✓	✓	✓	

Friday	30/10/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	31/10/2026	✓	✓	✓	✓	✓	✓	✓	
		Key: ✓ Available for Training - from 9am ✗ Unavailable for Training * Slight Access Changes - see end column for details							