

May to July 2026

	Date	200m Track	Training Track	High Jump	Long Jump (Training Track)	Throwing Area	Pole Vault	60m Track	Comments
Monday	18/05/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	19/05/2026	✓	✓	✓	✓	✓	✓	✓	
Wednesday	20/05/2026	✓	✓	✓	✓	✓	✓	✓	
Thursday	21/05/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	22/05/2026	✗	*available 5pm-10pm	✗	*available 5pm-10pm	✗	✗	✗	*Summer of Fun Festival
Saturday	23/05/2026	✓	✓	✓	✓	✓	✓	✓	
Sunday	24/05/2026	✓	✓	✓	✓	✓	✓	✓	
Monday	25/05/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	26/05/2026	✓	✓	✓	✓	✓	✓	✓	
Wednesday	27/05/2026	✓	✓	✓	✓	✓	✓	✓	
Thursday	28/05/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	29/05/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	30/05/2026	✓	✓	✓	✓	✓	✓	✓	
Sunday	31/05/2026	✓	✓	✓	✓	✓	✓	✓	

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
Monday	01/06/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	02/06/2026	✓	✓	✓	✓	✓	✓	✓	
Wednesday	03/06/2026	✓	✓	✓	✓	✓	✓	✓	
Thursday	04/06/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	05/06/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	06/06/2026	✓	✓	✓	✓	✓	✓	✓	
Sunday	07/06/2026	✓	✓	✓	✓	✓	✓	✓	
Monday	08/06/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	09/06/2026	✗	✓	✗	✓	✗	✗	✗	*The Medal Mile
Wednesday	10/06/2026	✗	✓	✗	✓	✗	✗	✗	*Set-up Cheerleading
Thursday	11/06/2026	✗	✓	✗	✓	✗	✗	✗	*Set-up Cheerleading
Friday	12/06/2026	✗	✗	✗	✗	✗	✗	✗	*Set-up Cheerleading
Saturday	13/06/2026	✗	✗	✗	✗	✗	✗	✗	*Energize Nationals 2026
Sunday	14/06/2026	✗	✗	✗	✗	✗	✗	✗	*Energize Nationals 2026
Monday	15/06/2026	✗	✗	✗	✗	✗	✗	✗	*De-rig Cheerleading
Tuesday	16/06/2026	✗	✗	✗	✗	✗	✗	✗	*Seat Maintenance

Wednesday	17/06/2026	×	×	×	×	×	×	×	*Seat Maintenance
Thursday	18/06/2026	×	×	×	×	×	×	×	*Seat Maintenance
Friday	19/06/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	20/06/2026	✓	✓	✓	✓	✓	✓	✓	
Sunday	21/06/2026	✓	✓	✓	✓	✓	✓	✓	
Monday	22/06/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	23/06/2026	✓	✓	✓	✓	✓	✓	✓	
Wednesday	24/06/2026	✓	✓	✓	✓	✓	✓	✓	
Thursday	25/06/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	26/06/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	27/06/2026	×	×	×	×	×	×	×	*Hyrox
Sunday	28/06/2026	×	×	×	×	×	×	×	*International Yoga Day 2026
Monday	29/06/2026	✓	✓	✓	✓	✓	✓	✓	
Tuesday	30/06/2026	✓	✓	✓	✓	✓	✓	✓	

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	Date	200m Track	Training Track	High Jump	Long Jump (Training Track)	Throwing Area	Pole Vault	60m Track	Comments
Wednesday	01/07/2026	✓	✓	✓	✓	✓	✓	✓	
Thursday	02/07/2026	✓	✓	✓	✓	✓	✓	✓	
Friday	03/07/2026	✓	✓	✓	✓	✓	✓	✓	
Saturday	04/07/2026	✓	✓	✓	✓	✓	✓	✓	
Sunday	05/07/2026	✓	✓	✓	✓	✓	✓	✓	
Monday	06/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2026
Tuesday	07/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2027
Wednesday	08/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2028
Thursday	09/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2029
Friday	10/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2030
Saturday	11/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2031
Sunday	12/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2032
Monday	13/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2033
Tuesday	14/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2034
Wednesday	15/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2035
Thursday	16/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2036
Friday	17/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2037
Saturday	18/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2038
Sunday	19/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2039
Monday	20/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2040
Tuesday	21/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2041

Wednesday	22/07/2026	×	×	×	×	×	×	×	*Set-up CWG 2042
Thursday	23/07/2026	×	×	×	×	×	×	×	CWG 2026 Gymnastics
Friday	24/07/2026	×	×	×	×	×	×	×	CWG 2026 Gymnastics
Saturday	25/07/2026	×	×	×	×	×	×	×	CWG 2026 Gymnastics
Sunday	26/07/2026	×	×	×	×	×	×	×	CWG 2026 Gymnastics
Monday	27/07/2026	×	×	×	×	×	×	×	CWG 2026 Gymnastics
Tuesday	28/07/2026	×	×	×	×	×	×	×	CWG 2026 Gymnastics
Wednesday	29/07/2026	×	×	×	×	×	×	×	CWG 2026 Gymnastics
Thursday	30/07/2026	×	×	×	×	×	×	×	CWG 2026 Gymnastics
Friday	31/07/2026	×	×	×	×	×	×	×	CWG 2026 Gymnastics

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