

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
Thursday	01/05/2025	✗	✓	✓	✓	✓	✓	✗	*Maintenance
Friday	02/05/2025	✗	✓	✓	✓	✓	✓	✗	*Maintenance
Saturday	03/05/2025	✗	✓	✓	✓	✓	✓	✗	*Maintenance
Sunday	04/05/2025	✗	✓	✓	✓	✓	✓	✗	*Maintenance
Monday	05/05/2025	✗	✓	✓	✓	✓	✓	✗	*Maintenance
Tuesday	06/05/2025	✗	✓	✓	✓	✓	✓	✗	*Maintenance
Wednesday	07/05/2025	✗	✓	✓	✓	✓	✓	✗	*Maintenance
Thursday	08/05/2025	✗	✓	✓	✓	✓	✓	✗	*Maintenance
Friday	09/05/2025	✗	✓	✓	✓	✓	✓	✗	*Maintenance
Saturday	10/05/2025	✗	✓	✓	✓	✓	✓	✗	*Maintenance
Sunday	11/05/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	12/05/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	13/05/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	14/05/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	15/05/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	16/05/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	17/05/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	18/05/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	19/05/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	20/05/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	21/05/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	22/05/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	23/05/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	24/05/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	25/05/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	26/05/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	27/05/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	28/05/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	29/05/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	30/05/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	31/05/2025	✓	✓	✓	✓	✓	✓	✓	
Day	Date	200m Track	Training Track	High Jump	Long Jump (Training Track)	Throwing Area	Pole Vault	60m Track	Comments
Sunday	01/06/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	02/06/2025	✗	✓	✓	✓	✗	✓	✓	*Seat Maintenance
Tuesday	03/06/2025	✗	✓	✓	✓	✗	✓	✓	*Seat Maintenance
Wednesday	04/06/2025	✗	✓	✓	✓	✗	✓	✓	*Seat Maintenance
Thursday	05/06/2025	✗	✓	✓	✓	✗	✓	✓	*Seat Maintenance
Friday	06/06/2025	✗	✓	✓	✓	✗	✓	✓	*Seat Maintenance
Saturday	07/06/2025	✓	✓	✓	✓	✓	✓	✓	

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Sunday	08/06/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	09/06/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	10/06/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	11/06/2025	✗	✓	✗	✓	✗	✗	✗	*Set-up Cheerleading
Thursday	12/06/2025	✗	✓	✗	✓	✗	✗	✗	*Set-up Cheerleading
Friday	13/06/2025	✗	✗	✗	✗	✗	✗	✗	*Set-up Cheerleading
Saturday	14/06/2025	✗	✗	✗	✗	✗	✗	✗	*Energize Nationals 2025
Sunday	15/06/2025	✗	✗	✗	✗	✗	✗	✗	*Energize Nationals 2026
Monday	16/06/2025	✗	✓	✗	✗	✓	✗	✗	*De-rig Cheerleading
Tuesday	17/06/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	18/06/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	19/06/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	20/06/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	21/06/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	22/06/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	23/06/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	24/06/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	25/06/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	26/06/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	27/06/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	28/06/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	29/06/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	30/06/2025	✓	✓	✓	✓	✓	✓	✓	

Key:

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