

Emirates Arena Availability Matrix March - April 19

Day	Date	200m Track	Training Track	High Jump	Long Jump (Training Track)	Throwing Area	Pole Vault	60m Track	Comments
Saturday	01/02/2025	✗	✗	✗	✗	✗	✗	✗	*SSS Championships
Sunday	02/02/2025	✗	✗	✗	✗	✗	✗	✗	*SA National Indoor Masters Championships
Monday	03/02/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	04/02/2025	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	* Set-up SSAA Champs
Wednesday	05/02/2025	✗	✗	✗	✗	✗	✗	✗	*SSAA Indoor Championships
Thursday	06/02/2025	✗	✗	✗	✗	✗	✗	✗	*SSAA Indoor Championships
Friday	07/02/2025	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Set up SA National Indoor Champs
Saturday	08/02/2025	✗	✗	✗	✗	✗	✗	✗	*SA National Indoor Combined Champs
Sunday	09/02/2025	✗	✗	✗	✗	✗	✗	✗	*SA National Indoor Combined Champs
Monday	10/02/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	11/02/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	12/02/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	13/02/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	14/02/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	15/02/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	16/02/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	17/02/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	18/02/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	19/02/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	20/02/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	21/02/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	22/02/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	23/02/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	24/02/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	25/02/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	26/02/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	27/02/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	28/02/2025	*Unavailable 6pm -10pm	✓	*Unavailable 6pm -10pm	✓	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Set-up SA Age Group Champs
Day	Date	200m Track	Training Track	High Jump	Long Jump (Training Track)	Throwing Area	Pole Vault	60m Track	Comments
Saturday	01/03/2025	✗	✗	✗	✗	✗	✗	✗	*National Indoor Age Group Championships
Sunday	02/03/2025	✗	✗	✗	✗	✗	✗	✗	*National Indoor Age Group Championships
Monday	03/03/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	04/03/2025	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Glasgow School Athletics
Wednesday	05/03/2025	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Glasgow School Athletics
Thursday	06/03/2025	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Glasgow School Athletics
Friday	07/03/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	08/03/2025	*Unavailable 6pm -10pm	✓	*Unavailable 6pm -10pm	✓	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	* Set-up U17 Championships
Sunday	09/03/2025	✗	✗	✗	✗	✗	✗	✗	*National Indoor Senior & U17 Championships

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Monday	10/03/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	11/03/2025	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Glasgow School Athletics
Wednesday	12/03/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	13/03/2025	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Unavailable 6am -4pm	*Glasgow School Athletics
Friday	14/03/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	15/03/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	16/03/2025	✓	*Unavailable 10am -4pm	✓	*Unavailable 10am -4pm	✓	✓	✓	*Scottish Athletics
Monday	17/03/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	18/03/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	19/03/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	20/03/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	21/03/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	22/03/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	23/03/2025	*Unavailable 8am -2pm	*Unavailable 8am -2pm	*Unavailable 8am -2pm	*Unavailable 8am -2pm	*Unavailable 8am -2pm	*Unavailable 8am -2pm	*Unavailable 8am -2pm	*GAA U12 Fun Day
Monday	24/03/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	25/03/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	26/03/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	27/03/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	28/03/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	29/03/2025	✓	✓	✓	✓	✓	✓	✓	
Sunday	30/03/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	31/03/2025	✓	✓	✓	✓	✓	✓	✓	

Key:

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