

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
Wednesday	01/01/2025	✗	✗	✗	✗	✗	✗	✗	*Public Holiday
Thursday	02/01/2025	✗	✗	✗	✗	✗	✗	✗	*Public Holiday
Friday	03/01/2025	✓	✓	✓	✓	✓	✓	✓	
Saturday	04/01/2025	✗	✗	✗	✗	✗	✗	✗	*GAA Miler Meet
Sunday	05/01/2025	✓	✓	✓	✓	✓	✓	✓	
Monday	06/01/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	07/01/2025	*Unavailable 7pm -9pm	✓	*Unavailable 7pm -9pm	✓	*Unavailable 7pm -9pm	*Unavailable 7pm -9pm	*Unavailable 7pm -9pm	*Ballahouston Harriers
Wednesday	08/01/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	09/01/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	10/01/2025	*Unavailable 2pm -10pm	*Unavailable 6pm -10pm	*Unavailable 2pm -10pm	*Unavailable 6pm -10pm	*Unavailable 2pm -10pm	*Unavailable 2pm -10pm	*Unavailable 2pm -10pm	*GAA Jump Glasgow
Saturday	11/01/2025	*Unavailable 9am -6pm	✓	*Unavailable 12pm -6pm	✓	*Unavailable 12pm -6pm	*Unavailable 12pm -6pm	*Unavailable 12pm -6pm	*Bellahouston Road Runners & SAIL 3 set-up
Sunday	12/01/2025	✗	✗	✗	✗	✗	✗	✗	SAIL 3
Monday	13/01/2025	✓	✓	✓	✓	✓	✓	✓	
Tuesday	14/01/2025	✓	✓	✓	✓	✓	✓	✓	
Wednesday	15/01/2025	✓	✓	✓	✓	✓	✓	✓	
Thursday	16/01/2025	✓	✓	✓	✓	✓	✓	✓	
Friday	17/01/2025	*Unavailable 6pm -10pm	✓	*Unavailable 6pm -10pm	✓	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Set-up National Indoor Open Championships
Saturday	18/01/2025	✗	✗	✗	✗	✗	✗	✗	*SA National Indoor Open Championships
Sunday	19/01/2025	✗	✗	✗	✗	✗	✗	✗	*Set-up Celtic Connections
Monday	20/01/2025	✗	✗	✗	✗	✗	✗	✗	*Set-up Celtic Connections
Tuesday	21/01/2025	✗	✗	✗	✗	✗	✗	✗	*Set-up Celtic Connections
Wednesday	22/01/2025	✗	✗	✗	✗	✗	✗	✗	*Set-up Celtic Connections
Thursday	23/01/2025	✗	✗	✗	✗	✗	✗	✗	*Celtic Connections
Friday	24/01/2025	✗	✗	✗	✗	✗	✗	✗	*De-rig & set-up SA Senior & U17's
Saturday	25/01/2025	✗	✗	✗	✗	✗	✗	✗	SA Senior & U17's Championships
Sunday	26/01/2025	✗	✗	✗	✗	✗	✗	✗	SA U12's & SUPERTeams
Monday	27/01/2025	✓	✓	✓	✓	✗	✓	✓	
Tuesday	28/01/2025	✓	✓	✓	✓	✗	✓	✓	
Wednesday	29/01/2025	✓	✓	✓	✓	✗	✓	✓	
Thursday	30/01/2025	✓	✓	✓	✓	✗	✓	✓	
Friday	31/01/2025	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Set-up SSS Champs
Saturday	01/02/2025	✗	✗	✗	✗	✗	✗	✗	*SSS Championships
Sunday	02/02/2025	✗	✗	✗	✗	✗	✗	✗	*SA National Indoor Indoor Masters Championships
Day	Date	200m Track	Training Track	High Jump	Long Jump (Training Track)	Throwing Area	Pole Vault	60m Track	Comments
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

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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	*Unavailable 6pm -10pm	*Unavailable 6pm -10pm	*Set-up SA Age Group Champs

<b>Key:</b>	
✓	Available for Training - from 9am
✗	Unavailable for Training
*	Slight Access Changes - see end column for details