



CALENDAR.

SCHEDULE.

EVENTS.

AIS Competition / Camp Calendar 2024 - 2025



Term 1 (Sep - Dec)

AIS Athletics League Match 1	Friday 18 th October 2024	GEMS World Academy
Half Term (TBC)	Monday 21 st – 25 th October 2024	GEMS Dubai American Academy
AIS Athletics League Match 2	Friday 15 th November 2024	Swiss International School
AIS Athletics League Match 3	Sunday 8 th December 2024	GEMS World Academy
Winter Athletics Camp	Monday 16 th – 27 th December 2024	GEMS Dubai American Academy

Term 2 (Jan - Mar)

AIS Athletics League Match 4	Friday 10 th January 2025	Swiss International School
Half Term (TBC)	Monday 3 rd - 14 th February 2025	GEMS World Academy
AIS Athletics League Final 2025	Sunday 16 th February 2025	GEMS World Academy
Spring Athletics Camp	Monday 24 th - 31 st March 2025	GEMS Dubai American Academy

Term 3 (Apr – July)

Spring Athletics Camp	Monday 1 st - 4 th April 2025	GEMS Dubai American Academy
AIS Athletics Championships	Friday 18 th April 2025	GEMS World Academy
AIS Hurdles Night	Wednesday 7 th May 2025	Swiss International School
AIS Relays 2025	Friday 23 rd May 2025	Swiss International School
Dubai Athletics Open	Friday 20 th June 2025	GEMS World Academy

UK Tour & Summer Camp

UK Athletics Tour	Sunday 6 th – 15 th July 2025 TBC	London
Summer Athletics Camp	Monday 7 th July – 22 nd August 2025	GEMS Dubai American Academy

AIS Athletics Training Schedule 2024 - 2025



U7 & U9 Schedule

Young athletes aged 5, 6, 7 or 8 years old

Day	Time	Venue	Session
Monday	5:00pm – 6:00pm	Swiss International School	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Tuesday	5:15pm – 6:15pm	GEMS World Academy	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Wednesday	5:00pm – 6:00pm	Swiss International School	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Thursday	5:15pm – 6:15pm	GEMS World Academy	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Saturday	8:00am – 9:30am	Dubai American Academy	Indoor Athletics Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Sunday	5:00pm – 6:00pm	GEMS World Academy	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin

U11 & U13 Schedule

Young athletes aged 9, 10, 11, or 12 years old

Day	Time	Venue	Session
Monday	5:00pm – 6:00pm	Swiss International School	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Tuesday	5:15pm – 6:15pm	GEMS World Academy	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Wednesday	5:00pm – 6:00pm	Swiss International School	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Thursday	5:15pm – 6:15pm	GEMS World Academy	Run, Jump & Throw Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Thursday	5:15pm – 6:30pm	GEMS World Academy	Middle Distance Coach Marc
Saturday	8:00am – 9:30am	Dubai American Academy	Indoor Athletics Sprints . Hurdles . Long jump . High jump . Shot put . Javelin
Sunday	5:00pm – 6:00pm	GEMS World Academy	Run, Jump & Throw Sprints . Long jump . Shot put . Javelin
Sunday	5:00pm – 6:00pm	GEMS World Academy	High Jump (Invite Only) Coach Kate
Sunday	6:00pm – 7:00pm	GEMS World Academy	Hurdles (Invite Only) Coach Kate
Sunday	7:00pm – 8:00pm	GEMS World Academy	Elite Potential (Invite Only) Coach Kate

AIS Athletics Training Schedule (cont..)



U15, U17 & U20 Schedule

Athletes aged 13, 14, 15, 16, 17, 18, or 19 years old

Day	Time	Venue	Session
Monday	6:00pm – 7:30pm	Swiss International School	Running Sprints . Middle Distance . Long Distance
Monday	6:00pm – 7:30pm	Swiss International School	Hurdles (Invite Only) Coach Matt
Tuesday	6:15pm – 7:45pm	GEMS World Academy	Running Sprints . Middle Distance . Long Distance
Tuesday	6:15pm – 7:45pm	GEMS World Academy	Long Jump Coach Matt
Wednesday	5:00pm – 6:30pm	GEMS World Academy	High Jump Coach Kate
Wednesday	6:00pm – 7:30pm	Swiss International School	Running Sprints . Middle Distance . Long Distance
Thursday	5:15pm – 6:30pm	GEMS World Academy	Middle Distance Coach Marc
Thursday	6:15pm – 7:45pm	GEMS World Academy	Running Sprints . Middle Distance . Long Distance
Thursday	6:15pm – 7:45pm	GEMS World Academy	Shot Put Coach Matt
Saturday	9:30am – 11:00am	Dubai American Academy	Running Sprints . Middle Distance . Long Distance
Saturday	9:30am – 11:00am	Dubai American Academy	Jumping Long Jump . High Jump
Saturday	9:30am – 11:00am	Dubai American Academy	Hurdles Coach Matt
Sunday	5:00pm – 8:00pm	GEMS World Academy	Elite Development (Invite Only) Coach Tommy
Sunday	5:00pm – 6:30pm	GEMS World Academy	Long jump (Invite Only) Coach Matt
Sunday	6:30pm – 8:00pm	GEMS World Academy	Throws Discus . Javelin
Sunday	6:30pm – 8:00pm	GEMS World Academy	400m / 400m Hurdles Coach Rania
Sunday	6:30pm – 8:00pm	GEMS World Academy	Run Club Middle Distance . Long Distance
Sunday	7:00pm – 8:00pm	GEMS World Academy	Elite Potential (Invite Only) Coach Kate

Senior Schedule

Athletes aged 20 years or older

Day	Time	Venue	Session
Tuesday	6:15pm – 7:45pm	GEMS World Academy	Run Club Sprints . Middle Distance . Long Distance
Thursday	6:15pm – 7:45pm	GEMS World Academy	Run Club Sprints . Middle Distance . Long Distance
Sunday	6:30pm – 8:00pm	GEMS World Academy	Run Club Sprints . Middle Distance . Long Distance



AIS Athletics Detailed Calendar 2024 -2025



Term 1 September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 st Term 1 starts
2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
9 th	10 th	11 th	12 th	13 th	14 th	15 th Prophet's Birthday
16 th	17 th	18 th	19 th	20 th	21 st	22 nd
23 rd	24 th	25 th	26 th	27 th	28 th	29 th
30 th						

Term 1 October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 st	2 nd	3 rd	4 th	5 th	6 th
7 th	8 th	9 th	10 th	11 th	12 th	13 th
14 th	15 th	16 th	17 th	18 th AIS Athletics League Match 1	19 th	20 th
21 st Half Term (TBC)	22 nd Half Term (TBC)	23 rd Half Term (TBC)	24 th Half Term (TBC)	25 th Half Term (TBC)	26 th	27 th
28 th	29 th	30 th	31 st			

Term 1 November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 st	2 nd	3 rd
4 th	5 th	6 th	7 th	8 th	9 th	10 th
11 th	12 th	13 th	14 th	15 th AIS Athletics League Match 2	16 th No Sessions	17 th
18 th	19 th	20 th	21 st	22 nd	23 rd	24 th
25 th	26 th	27 th	28 th	29 th	30 th	

Term 1 December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 st Commemoration Day
2 nd National Day	3 rd National Day	4 th	5 th	6 th	7 th	8 th AIS Athletics League Match 3
9 th	10 th	11 th	12 th	13 th	14 th Term 1 finishes	15 th No Sessions
16 th Team GB Winter Camp	17 th Team GB Winter Camp	18 th Team GB Winter Camp	19 th Team GB Winter Camp	20 th Team GB Winter Camp	21 st No Sessions	22 nd No Sessions
23 th Team GB Winter Camp	24 th Team GB Winter Camp	25 th Team GB Winter Camp	26 th Team GB Winter Camp	27 th Team GB Winter Camp	28 th No Sessions	29 th No Sessions
30 th No Sessions	31 st No Sessions					

*Please Note: The Camp is subject to change in line with UAE National holidays

Term 2 January 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 st No Sessions	2 nd No Sessions	3 rd	4 th No Sessions	5 th Term 2 starts
6 th	7 th	8 th	9 th	10 th AIS Athletics League Match 4	11 th	12 th
13 th	14 th	15 th	16 th	17 th	18 th	19 th
20 th	21 st	22 nd	23 th	24 th	25 th	26 th
27 th	28 th	29 th	30 th	31 st		

Term 2 February 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 st	2 nd
3 rd Half Term Week (TBC)	4 th Half Term Week (TBC)	5 th Half Term Week (TBC)	6 th Half Term Week (TBC)	7 th Half Term Week (TBC)	8 th	9 th
10 th Half Term Week (TBC)	11 th Half Term Week (TBC)	12 th Half Term Week (TBC)	13 th Half Term Week (TBC)	14 th Half Term Week (TBC)	15 th	16 th AIS Athletics League Final 2025
17 th	18 th	19 th	20 th	21 st	22 nd	23 rd
24 th	25 th	26 th	27 th	28 th Ramadan (TBC)		

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Term 2 March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 st	2 nd
3 rd	4 th	5 th	6 th	7 th	8 th	9 th
10 th	11 th	12 th	13 th	14 th	15 th	16 th
17 th	18 th	19 th	20 th	21 st	22 nd Term 2 finishes	23 rd No Sessions
24 th Team GB Spring Camp	25 th Team GB Spring Camp	26 th Team GB Spring Camp	27 th Team GB Spring Camp	28 th Team GB Spring Camp	29 th No Sessions	30 th No Sessions
31 st Team GB Spring Camp						

Term 3 April 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 st Team GB Spring Camp	2 nd Team GB Spring Camp	3 rd Team GB Spring Camp	4 th Team GB Spring Camp	5 th No Sessions	6 th Term 3 starts
7 th	8 th	9 th	10 th	11 th	12 th	13 th
14 th	15 th	16 th	17 th	18 th AIS Athletics Championships	19 th No Sessions	20 th
21 st	22 nd	23 rd	24 th	25 th	26 th	27 th
28 th	29 th	30 th				

Term 3 May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 st	2 nd	3 rd	4 th
5 th	6 th	7 th AIS Hurdles Night 2025	8 th	9 th	10 th	11 th
12 th	13 th	14 th	15 th	16 th	17 th	18 th
19 th	20 th	21 st	22 nd	23 rd AIS Relays 2025	24 th No Sessions	25 th
26 th	27 th	28 th	29 th	30 th	31 st	

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Term 3 June 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 st
2 nd	3 rd	4 th	5 th EID (TBC)	6 th EID (TBC)	7 th EID (TBC)	8 th EID (TBC)
9 th	10 th	11 th	12 th	13 th	14 th	15 th
16 th	17 th	18 th	19 th	20 th Dubai Athletics Open 2025	21 st	22 rd
23 rd	24 th	25 th	26 th	27 th	28 th	29 th
30 th						

Summer Holiday July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 st	2 nd Term 3 finishes	3 rd No Sessions	4 th	5 th No Sessions	6 th No Sessions
7 th Summer Camp (TBC)	8 th Summer Camp (TBC)	9 th Summer Camp (TBC)	10 th Summer Camp (TBC)	11 th Summer Camp (TBC)	12 th No Sessions	13 th No Sessions
14 th Summer Camp (TBC)	15 th Summer Camp (TBC)	16 th Summer Camp (TBC)	17 th Summer Camp (TBC)	18 th Summer Camp (TBC)	19 th No Sessions	20 th No Sessions
21 nd Summer Camp (TBC)	22 nd Summer Camp (TBC)	23 rd Summer Camp (TBC)	24 th Summer Camp (TBC)	25 th Summer Camp (TBC)	26 th No Sessions	27 th No Sessions
28 th Summer Camp (TBC)	29 th Summer Camp (TBC)	30 th Summer Camp (TBC)	31 st Summer Camp (TBC)			

Summer Holiday August 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 st Summer Camp (TBC)	2 nd No Sessions	3 rd No Sessions
4 th Summer Camp (TBC)	5 th Summer Camp (TBC)	6 th Summer Camp (TBC)	7 th Summer Camp (TBC)	8 th Summer Camp (TBC)	9 th No Sessions	10 th No Sessions
11 th Summer Camp (TBC)	12 th Summer Camp (TBC)	13 th Summer Camp (TBC)	14 th Summer Camp (TBC)	15 th Summer Camp (TBC)	16 th No Sessions	17 th No Sessions
18 th Summer Camp (TBC)	19 th Summer Camp (TBC)	20 th Summer Camp (TBC)	21 st Summer Camp (TBC)	22 nd Summer Camp (TBC)	23 rd No Sessions	24 th Term 1 starts
25 th	26 th	27 th	28 th	29 th	30 st	31 st

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