

**EVENTS VERSION 4**

Forthcoming Events 2019-2020

**Please call on 02920 416777 to check for additional bookings during the current week and for Outdoor Throws**

Any queries please contact Owen Rodgers on 029 2041 6536 or email [orodgers@cardiffmet.ac.uk](mailto:orodgers@cardiffmet.ac.uk). Please visit our website for further information: [www.cardiffmet.ac.uk/sportsfacilities](http://www.cardiffmet.ac.uk/sportsfacilities)

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| **Date** | Event | **Venue** | **Time** | **Excusive/ Not Exclusive** | **Areas available for training** |
| **20/11/19**  **WEDNESDAY** | **UNI ATHLETICS FIXTURE VS BIRMINGHAM** | **NIAC** | **6:00pm – 9:00pm** | **Exclusive** | **Weights**  **Outdoor Track**  **(Check with reception for Outdoor Throws)** |
| **23/11/19**  **SATURDAY** | **CARDIFF MET FC FIXTURE** | **NIAC** | **12:30pm -**  **6:00pm** | **Not**  **Exclusive** | **There will be a barriered-off walkway across the 120m track located near pole-vault extension**  **AREAS NOT AVAILABLE**  **Outdoor Throws**  **High Bar**  **Reduced Changing rooms**  **Reduced Parking** |
| **28/11/19**  **THURSDAY** | **URDD NETBALL COMPETITION** | **NIAC** | **9:00am – 5:00pm** | **Exclusive** | **\***  **Weights** |
| **01/12/19**  **SUNDAY** | **WELSH ATHLETICS – JUNIOR OPEN** | **NIAC** | **9:00am – 5:00pm** | **Exclusive** | **\***  **Weights** |
| **07/12/19 SATURDAY** | **CARDIFF MET FC FIXTURE** | **NIAC** | **12.00pm – 5.00pm** | **Not Exclusive** | **There will be a barriered-off walkway across the 120m track located near pole-vault extension AREAS NOT AVAILABLE Outdoor Throws**  **High Bar Reduced Changing rooms Reduced Parking** |
| **08/12/19**  **SUNDAY** | **CHRISTMAS CLASSIC** | **NIAC** | **9:00am – 5:00pm** | **Exclusive** | **\***  **Weights**  **(Check with Reception for Outdoor Throws)** |
| **13/12/19**  **FRIDAY** | **WORLD VETERAN TABLE TENNIS SET UP** | **NIAC** | **4:00pm - CLOSE** | **Exclusive** | **AREAS NOT AVAILABLE**  **Infield & 200m Track** |
| **14-15/12/19**  **SATURDAY & SUNDAY** | **WORLD VETERAN TABLE TENNIS EVENT** | **NIAC** | **ALL DAY** | **Exclusive** | **\***  **Weights**  **Extension** |
| **14/12/19**  **SATURDAY** | **CARDIFF MET FC FIXTURE** | **NIAC** | **12:30pm -**  **6:00pm** | **Not**  **Exclusive** | **There will be a barriered-off walkway across the 120m track located near pole-vault extension**  **AREAS NOT AVAILABLE**  **Outdoor Throws**  **High Bar**  **Reduced Changing rooms**  **Reduced Parking** |
| **16/12/19**  **MONDAY** | **WORLD VETERAN TABLE TENNIS EVENT**  **BREAKDOWN** | **NIAC** | **7:00am – 4:00pm** | **Exclusive** | **\***  **Weights**  **Extension** |
| **22/12/19**  **SUNDAY** | **CHARITY EVENT** | **NIAC** | **9.00am – 5.00PM** | **Exclusive** | **No areas for training** |
| **30/12/19**  **MONDAY** | **CARDIFF MET FC FIXTURE** | **NIAC** | **6:00pm -**  **10:00pm** | **Not**  **Exclusive** | **There will be a barriered-off walkway across the 120m track located near pole-vault extension**  **AREAS NOT AVAILABLE**  **Outdoor Throws**  **High Bar**  **Reduced Changing rooms**  **Reduced Parking** |
| **05/01/19**  **SUNDAY** | **WELSH ATHLETICS – JUNIOR OPEN** | **NIAC** | **9:00am – 5:00pm** | **Exlcusive** | **Weights**  **\*** |
| **11/01/20**  **SUNDAY** | **CARDIFF MET FC FIXTURE** | **NIAC** | **12:30pm -**  **6:00pm** | **Not**  **Exclusive** | **There will be a barriered-off walkway across the 120m track located near pole-vault extension**  **AREAS NOT AVAILABLE**  **Outdoor Throws**  **High Bar**  **Reduced Changing rooms**  **Reduced Parking** |
| **17/01/20**  **FRIDAY** | **CARDIFF MET FC FIXTURE** | **NIAC** | **6:00pm – 10:00pm** | **Not**  **Exclusive** | **There will be a barriered-off walkway across the 120m track located near pole-vault extension**  **AREAS NOT AVAILABLE**  **Outdoor Throws**  **High Bar**  **Reduced Changing rooms**  **Reduced Parking** |
| **19/01/20**  **SUNDAY** | **NON THOMAS NEW YEAR OPEN** | **NIAC** | **9:00am – 5:00pm** | **Exclusive** | **Weights**  **\*** |
| **25/01/20**  **SATURDAY** | **WELSH ATHLETICS – INDOOR SENIOR CHAMPS** | **NIAC** | **9:00am – 5:00pm** | **Exclusive** | **Weights**  **\*** |
| **01 – 02/02/20**  **SATURDAY & SUNDAY** | **WELSH ATHLETICS – JUNIOR CHAMPS** | **NIAC** | **9:00am – 5:00pm** | **Exlcusive** | **Weights**  **\*** |
| **01/03/20**  **SUNDAY** | **WELSH INTERNATIONAL** | **NIAC** | **9:00am – 5:00pm** | **Exclusive** | **Weights**  **\*** |
| **08/03/20**  **SUNDAY** | **VAULT CARDIFF** | **NIAC** | **9:00am – 5:00pm** | **Exclusive** | **Weights**  **\*** |
| **04/04/20**  **SATURDAY** | **OPEN DAY** | **NIAC** | **ALL DAY** | **Exclusive** | **Weights**  **\*** |
| **22/04/20**  **WEDNESDAY** | **CARPET-LAYING**  **FOR UCAS** | **NIAC** | **7.00am –**  **10.00pm** | **Exclusive** | **Weights**  **\*** |
| **23/04/20**  **THURSDAY** | **UCAS**  **SET-UP** | **NIAC** | **7.00am –**  **10.00pm** | **Exclusive** | **\*** |
| **24/04/20**  **FRIDAY** | **UCAS**  **EVENT** | **NIAC** | **7.00am –**  **10.00pm** | **Exclusive** | **Weights**  **\*** |
| **25/04/20**  **SATURDAY** | **EVENT BREAKDOWN** | **NIAC** | **7.00am –**  **1.00pm** | **Exclusive** | **Weights**  **\*** |
| **09/05/20**  **SATURDAY** | **TAE KWON DO SET UP** | **NIAC** | **5:00pm – 8:00pm** | **Exclusive** | **Weights**  **\*** |
| **10/05/20**  **SUNDAY** | **TAE KWON DO**  **EVENT** | **NIAC** | **ALL DAY** | **Exclusive** | **Weights**  **\*** |
| **29/05/20**  **FRIDAY** | **DMT TRAMPOLINE EVENT**  **SET UP** | **NIAC** | **6:30pm – 10:00pm** | **Exclusive** | **Weights**  **\*** |
| **30-31/05/20**  **SATURDAY & SUNDAY** | **DMT TRAMPOLINE EVENT**  **SET UP** | **NIAC** | **6:30pm – 10:00pm** | **Exclusive** | **Weights**  **\*** |
| **06/06/20**  **SATURDAY** | **OPEN DAY** | **NIAC** | **ALL DAY** | **Exclusive** | **Limited access from 11am**  **Throws**  **Weights**  **Outdoor Track**  **Full access from 2.30pm** |
| **08/08/20**  **SATURDAY** | **CROSSFIT EVENT** | **NIAC** | **9:00am – 8:00pm** | **Exclusive** |  |
| **09/08/20**  **SUNDAY** | **CROSSFIT EVENT** | **NIAC** | **9:00am – 8:00pm** | **Exclusive** |  |

\***Outdoor Track available (Check with reception for Outdoor Throws)**

**OUTDOOR THROWING AREAS – PLEASE NOTE – NO OUTDOOR THROWS AFTER 6.30pm ON MONDAY / TUESDAY / THURSDAY / FRIDAY**

**OUTDOOR THROWING AREAS – PLEASE CHECK WITH RECEPTION FOR WEEKEND OUTDOOR THROWS AVAILABILITY AS THIS WILL VARY DEPENDING ON EVENTS AND FIXTURES**

**PLEASE BE AWARE THAT EVERY WED NIGHT THE THROWS AREAS IS USED BETWEEN 6.30 -8.30 FOR OUR RESIDENT DISABLED THROWS GROUP**

**DURING TERM TIME THE INFIELD OF THE TRACK CANNOT BE USED FROM 12.30-5.00 ON WEDNESDAYS DUE TO BUCS NETBALL/BASKETBALL**

**Last updated 19/11/2019**