



## VERSION 1



# 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)

<b>Date</b>	<b>Event</b>	<b>Venue</b>	<b>Time</b>	<b>Exclusive/ Not Exclusive</b>	<b>Areas available for training</b>
09/08/19 FRIDAY	CROSS-FIT SET-UP	NIAC	3.00pm – 10.00pm	Exclusive	Weights *
10/08/18 and 11/08/18 SATURDAY AND SUNDAY	CROSS-FIT EVENT	NIAC	9.00am – 8.00pm	Exclusive	Weights * <u>AREAS NOT AVAILABLE</u> 400m track between 8.30am-12.30pm on 11/08/18 Outdoor Track 10/08 between 10:45 – 14:30
26/08/19 MONDAY	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 <u>AREAS NOT AVAILABLE</u> Outdoor Throws High Bar Reduced Changing rooms Reduced Parking
30/08/19 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 <b><u>AREAS NOT AVAILABLE</u></b> Outdoor Throws High Bar Reduced Changing rooms Reduced Parking
12/09/19 THURSDAY	INSPORT SERIES SET-UP	NIAC	9:00am – CLOSE	Not Exclusive	*
13/09/19 FRIDAY	INSPORT SERIES	NIAC	9:00am – 9:00pm	Exclusive	* Weights
14/09/19 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 <b><u>AREAS NOT AVAILABLE</u></b> Outdoor Throws High Bar Reduced Changing rooms Reduced Parking
14/09/19 SATURDAY	INSPORT SERIES	NIAC	9:00am – 5:00pm	Exclusive	* Weights
16/09/19 MONDAY - 18/09/19 WEDNESDAY	FRESHERS' FAYRE SET UP AND EVENT	NIAC	7:00am - CLOSE	Exclusive	* Weights for 16, 17 & 19/09/19 <b><u>ONLY</u></b>
21/09/19 SATURDAY	OPEN DAY	NIAC	10:00am - CLOSE	Exclusive	* From 11:00am Weights, Throws Area and Extension
28/09/19 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

					<p>pole-vault extension</p> <p><b><u>AREAS NOT AVAILABLE</u></b></p> <p>Outdoor Throws High Bar Reduced Changing rooms Reduced Parking</p>
06/10/19 SUNDAY	UKBJJA EVENT	NIAC	8:00am – 6:00pm	Exclusive	*
12/10/19 SATURDAY	OPEN DAY	NIAC	10:00am - CLOSE	Exclusive	<p>*</p> <p>From 11:00am Weights, Throws Area and Extension</p>
13/10/19 SUNDAY	PHD TESTING	NJIAC	10:00am – 4:00pm	Exclusive	<p><b><u>AREAS NOT AVAILABLE</u></b></p> <p>60m Straight</p>
19/10/19 SATURDAY	CARDIFF MET FC FIXTURE	NIAC	12:30pm - 6:00pm	Not Exclusive	<p>There will be a barriered-off walkway across the 120m track located near pole-vault extension</p> <p><b><u>AREAS NOT AVAILABLE</u></b></p> <p>Outdoor Throws High Bar Reduced Changing rooms Reduced Parking</p>
21/10/19 MONDAY	GRADUATE FAIR	ARCHERS ARENA	2:00pm - CLOSE	Exclusive	N/A
22/10/19 TUESDAY	GRADUATE FAIR	ARCHERS ARENA	7.00am – 17:00pm	Exclusive	N/A
01/11/19 FRIDAY	CARDIFF MET FC FIXTURE	NIAC	6:00pm – 10:00pm	Not Exclusive	<p>There will be a barriered-off walkway across the 120m track located near pole-vault extension</p> <p><b><u>AREAS NOT AVAILABLE</u></b></p> <p>Outdoor Throws High Bar Reduced Changing rooms Reduced Parking</p>

09/11/19 SATURDAY	OPEN DAY	NIAC	10:00am - CLOSE	Exclusive	* From 11:00am Weights, Throws Area and Extension
16/11/19 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 <u>AREAS NOT AVAILABLE</u> Outdoor Throws High Bar Reduced Changing rooms Reduced Parking
28/11/19 THURSDAY	URDD NETBALL COMPETITION	NIAC	9:00am – 5:00pm	Exclusive	* Weights
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 <u>AREAS NOT AVAILABLE</u> Outdoor Throws High Bar Reduced Changing rooms Reduced Parking
11-17/12/19 FRIDAY – SUNDAY	WORLD VETERAN TABLE TENNIS EVENT	NIAC	ALL DAY	Exclusive	* Weights  <u>AREAS NOT AVAILABLE</u> Infield & 200m Track
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

					<p>pole-vault extension</p> <p><b><u>AREAS NOT AVAILABLE</u></b></p> <p>Outdoor Throws</p> <p>High Bar</p> <p>Reduced</p> <p>Changing rooms</p> <p>Reduced Parking</p>
12/01/20 SUNDAY	CARDIFF MET FC FIXTURE	NIAC	12:30pm - 6:00pm	Not Exclusive	<p>There will be a barriered-off walkway across the 120m track located near pole-vault extension</p> <p><b><u>AREAS NOT AVAILABLE</u></b></p> <p>Outdoor Throws</p> <p>High Bar</p> <p>Reduced</p> <p>Changing rooms</p> <p>Reduced Parking</p>
17/01/20 FRIDAY	CARDIFF MET FC FIXTURE	NIAC	6:00pm – 10:00pm	Not Exclusive	<p>There will be a barriered-off walkway across the 120m track located near pole-vault extension</p> <p><b><u>AREAS NOT AVAILABLE</u></b></p> <p>Outdoor Throws</p> <p>High Bar</p> <p>Reduced</p> <p>Changing rooms</p> <p>Reduced Parking</p>
01/03/19 SUNDAY	VAULT CARDIFF	NIAC	9:00am – 5:00pm	Exclusive	Weights *
22/04/20 MONDAY	CARPET-LAYING FOR UCAS	NIAC	7.00am – 10.00pm	Exclusive	Weights *
23/04/20 TUESDAY	UCAS SET-UP	NIAC	7.00am – 10.00pm	Exclusive	*
24/04/20 WEDNESDAY	UCAS EVENT	NIAC	7.00am – 10.00pm	Exclusive	Weights *
25/04/20 THURSDAY	EVENT BREAKDOWN	NIAC	7.00am – 1.00pm	Exclusive	Weights *

**\*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 16/08/2019**