

**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. 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**