



EVENTS VERSION 3

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

Date	Event	Venue	Time	Exclusive/ Not Exclusive	Areas available for training
19/10/19 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
21/10/19 MONDAY	GRADUATE FAIR	ARCHERS ARENA	2:00pm - CLOSE	Exclusive	N/A
22/10/19 TUESDAY	GRADUATE FAIR	ARCHERS ARENA	7.00am – 6:00pm	Exclusive	N/A
26/10/19 SATURDAY	WELSH ATHLETICS DEVELOPMENT	NIAC	9:00am – 5:00pm	Exclusive	*
27/10/19 SUNDAY	WELSH ATHLETICS DEVELOPMENT	NIAC	9:00am – 5:00pm	Not Exclusive	* Weights
01/11/19 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

					<u>AREAS NOT AVAILABLE</u> Outdoor Throws High Bar Reduced Changing rooms Reduced Parking
03/11/19 SUNDAY	WELSH ATHLETICS/ WSAA COMBINED EVENTS	NIAC	9:00am – 5:00pm	Exclusive	* Weights
08/11/19 FRIDAY	OPEN DAY SET UP	NIAC	6:30pm – CLOSE	Not Exclusive	* Weights Throws 200m Track Long Jump
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
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

					<p style="color: red;">pole-vault extension</p> <p style="color: red;"><u>AREAS NOT AVAILABLE</u></p> <p style="color: red;">Outdoor Throws</p> <p style="color: red;">High Bar</p> <p style="color: red;">Reduced</p> <p style="color: red;">Changing rooms</p> <p style="color: red;">Reduced Parking</p>
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
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	<u>AREAS NOT AVAILABLE</u> 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 <u>AREAS NOT AVAILABLE</u> 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

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 <u>AREAS NOT AVAILABLE</u> Outdoor Throws High Bar Reduced Changing rooms Reduced Parking
05/01/19 SUNDAY	WELSH ATHLETICS – JUNIOR OPEN	NIAC	9:00am – 5:00pm	Exclusive	Weights *
12/01/20 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 <u>AREAS NOT AVAILABLE</u> 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 <u>AREAS NOT AVAILABLE</u> 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	Exclusive	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 *
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 18/10/2019