

## Athletics Track: Monday 29th January - Sunday 4th February

Day	0900	0930	1000	1030	1100	1130	1200	1230	1300	1330	1400	1430	1500	1530	1600	1630	1700	1730	1800	1830	1900	1930	2000	2030	2100	2130
Monday	Pay & Run 0900-1600														YUSU Athletics 1600-1800				City of York Athletics Club 1800-2030				Track Closed			
Tuesday	Pay & Run 0900-1830																			Knavesmire Harriers 1830-1930		City of York Athletics Club 1930-2030		Track Closed		
Wednesday	Pay & Run 0900-1600														YUSU Athletics 1600-1800				City of York Athletics Club 1800-2030				Track Closed			
Thursday	Pay & Run 0900-1800																		City of York Athletics Club 1800-2030				Track Closed			
Friday	Pay & Run 0900-1800																		City of York Athletics Club 1800-2000				Track Closed			
Saturday	YUSU Ultimate Frisbee 0900-1400										Pay & Run 1400-1830								Track Closed							
Sunday	City of York Athletics Club 0900-1200						York City Ladies Fixture 1200-1830												Track Closed							



### Pay & Run Sessions:

Give access to the Athletics Track only. Coaches are required to use the jumps, sand pits and throws.



### Session Times:

Times are subject to change, dependent on University and School term times, as well as event bookings. We strive to keep the timetable as up to date as possible.



### Track Etiquette:

All users must abide by Track Etiquette displayed at the facility



### Adverse Weather:

Our athletics facilities may occasionally close due to adverse weather conditions. We recommend calling us on 01904 323855 to check availability before you make your journey.



### Age Restrictions:

Children under the age of 16 must be supervised by an adult.