



University of Balamand

Office of Athletics, Wellness and Recreation

Varsity Teams Tryouts Schedule

Fall 2025-2026

Schedule of Hariri Indoor Court

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:30 - 4:00	FREE	Handball Women	Futsal Men	Badminton Men & Women & Table Tennis Men & Women	Handball Men
4:00 - 4:30					
4:30 - 5:00					
5:00 - 5:30	Volleyball Men	Badminton Men & Women & Table Tennis Men & Women	Volleyball Men	Futsal Women	Handball Women
5:30 - 6:00					
6:00 - 6:30					
6:30 - 7:00	Volleyball Women	Basketball Women	Volleyball Women	Basketball Women	Futsal Women
7:00 - 7:30					
7:30 - 8:00					
8:00 - 8:30	Handball Men	Basketball Men	FREE	Basketball Men	Futsal Men
8:30 - 9:00					
9:00 - 9:30					

Schedule of the Track & Green Field

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
5:00 - 5:30	Football Men	Football Women	Football Men	Football Women	FREE	
5:30 - 6:00	Football Men / Track & Field		Football Men / Track & Field			
6:00 - 6:30						
6:30 - 7:00	Track & Field	FREE	Track & Field	FREE		

Schedule of the Outdoor Court

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 5:30	Tennis M&W	FREE	Tennis M&W	FREE	FREE
5:30 - 6:00					
6:00 - 6:30					

Schedule of the Gymnastic Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 5:30	FREE	Arm Wrestling Men & Women	FREE	Arm Wrestling Men & Women	FREE
5:30 - 6:00					
6:00 - 6:30					