

PARKOUR World Games Birmingham				
	Friday 08 July 2022	Saturday 09 July 2022	Sunday 10 July 2022	Monday 11 July 2022
09:00:00	ARRIVAL DAY FOR DELEGATION	ATH ARRIVAL AND PREPARATION	ATH ARRIVAL AND PREPARATION	ATH ARRIVAL AND PREPARATION
09:15:00				
09:30:00				
09:45:00		ORIENTATION MEETING	Training Freestyle Men	Training Freestyle Women
10:00:00				
10:15:00				
10:30:00		Training Freestyle Men	Training Speed Women	Training Speed Men
10:45:00				
11:00:00				
11:15:00		Training Speed Men	BREAK	BREAK
11:30:00				
11:45:00				
12:00:00		Training Speed Woman	Warm-up Freestyle Men	Warm-up Freestyle Women
12:15:00				
12:30:00				
12:45:00		Training Freestyle Woman	Intro Freestyle Men	Intro Freestyle Women
13:00:00				
13:15:00				
13:30:00		BREAK	Touch Warm-up Freestyle Men	Touch Warm-up Freestyle Women
13:45:00				
14:00:00				
14:15:00		Qualification Freestyle Men	Qualification Freestyle Women	Qualification Freestyle Women
14:30:00				
14:45:00				
15:00:00		Training Freestyle Men	BREAK	BREAK
15:15:00				
15:30:00				
15:45:00		Training Speed Men	Warm-up Speed Woman	Warm-up Speed Men
16:00:00				
16:15:00				
16:30:00		Training Speed Woman	Warm-up Freestyle Men	Warm-up Freestyle Women
16:45:00				
17:00:00				
17:15:00		Training Freestyle Woman	Intro Speed Women	Intro Speed Men
17:30:00				
17:45:00				
18:00:00		Touch Warm-up Speed Woman	Qualification Speed Women	Qualification Speed Men
18:15:00				
18:30:00				
18:45:00		Intro Freestyle Men	Touch Warm-up Freestyle Men	Touch Warm-up Freestyle Women
19:00:00				
19:15:00				
19:30:00		FINAL Freestyle Men	FINAL Freestyle Women	FINAL Freestyle Women
19:45:00				
20:00:00				
20:15:00		Intro Speed Women	Touch Warm-up Speed Woman	Touch Warm-up Speed Men
20:30:00				
20:45:00				
21:00:00		FINAL Speed Woman	FINAL Speed Men	FINAL Speed Men
21:15:00				
21:30:00				
21:45:00		Award Ceremony	Award Ceremony	Award Ceremony
22:00:00				