

| PARKOUR World Cup Sofia |                             |                            |                                 |                               |                               |
|-------------------------|-----------------------------|----------------------------|---------------------------------|-------------------------------|-------------------------------|
|                         | Wednesday 07 September 2022 | Thursday 08 September 2022 | Friday 09 September 2022        | Saturday 10 September 2022    | Sunday 11 September 2022      |
| 08:45:00                | ARRIVAL OF DELEGATION       |                            |                                 |                               |                               |
| 09:00:00                |                             |                            |                                 |                               |                               |
| 09:15:00                |                             | Training Speed Women       | Training Freestyle Women        | Training Speed Women          |                               |
| 09:30:00                |                             |                            |                                 |                               |                               |
| 09:45:00                |                             |                            |                                 |                               |                               |
| 10:00:00                |                             | Training Freestyle Women   | Training Speed Men Gr1          | Training Freestyle Men        | Training Speed Men            |
| 10:15:00                |                             |                            |                                 |                               |                               |
| 10:30:00                |                             |                            |                                 |                               |                               |
| 10:45:00                |                             |                            |                                 |                               |                               |
| 11:00:00                |                             |                            |                                 | Warm-up Freestyle Women       |                               |
| 11:15:00                |                             | Training Speed Men Gr1     | Training Speed Men Gr2          |                               | Training Freestyle Women      |
| 11:30:00                |                             |                            |                                 |                               |                               |
| 11:45:00                |                             |                            |                                 | Qualification Freestyle Women |                               |
| 12:00:00                |                             |                            | Warm-up Speed Women             |                               |                               |
| 12:15:00                |                             | Training Freestyle Men Gr1 | Qualification Speed Women       | Warm-up Speed Women           |                               |
| 12:30:00                |                             |                            |                                 |                               |                               |
| 12:45:00                |                             |                            |                                 |                               | BREAK                         |
| 13:00:00                |                             | Training Speed Men Gr2     | Warm-up Freestyle Men Gr1       |                               |                               |
| 13:15:00                |                             |                            |                                 | Qualification Speed Men       |                               |
| 13:30:00                |                             |                            |                                 |                               |                               |
| 13:45:00                |                             |                            |                                 |                               |                               |
| 14:00:00                |                             |                            |                                 | BREAK                         | Warm-up Speed Men             |
| 14:15:00                |                             | Training Freestyle Men Gr2 | Qualification Freestyle Men Gr1 |                               |                               |
| 14:30:00                |                             |                            |                                 | Warm-up Speed Women           | Warm-up Freestyle Women       |
| 14:45:00                |                             |                            |                                 |                               |                               |
| 15:00:00                |                             |                            |                                 | Warm-up Freestyle Men         | Touch Warm-up Speed Men       |
| 15:15:00                |                             | Training Speed Women       |                                 |                               | Semi-Final Speed Men          |
| 15:30:00                |                             |                            | Warm-up Freestyle Men Gr2       | Touch Warm-up Speed Women     | Touch Warm-up Freestyle Women |
| 15:45:00                |                             |                            |                                 | Semi-Final Speed Women        |                               |
| 16:00:00                |                             |                            |                                 | Touch Warm-up Freestyle Men   | FINAL Freestyle Women         |
| 16:15:00                |                             |                            |                                 |                               |                               |
| 16:30:00                |                             | Training Freestyle Men Gr1 |                                 | FINAL Freestyle Men           | Touch Warm-up Speed Men       |
| 16:45:00                |                             |                            | Qualification Freestyle Men Gr2 | Touch Warm-up Speed Women     | FINAL Speed Men               |
| 17:00:00                |                             |                            |                                 | FINAL Speed Women             |                               |
| 17:15:00                |                             | Training Freestyle Men Gr2 |                                 | Award Ceremony                |                               |
| 17:30:00                |                             |                            |                                 |                               |                               |
| 17:45:00                |                             |                            |                                 |                               |                               |
| 18:00:00                |                             |                            |                                 |                               |                               |
| 18:15:00                |                             |                            |                                 |                               |                               |
| 18:30:00                |                             |                            |                                 |                               |                               |
| 18:45:00                |                             |                            |                                 |                               |                               |
| 19:00:00                |                             | ORIENTATION MEETING        |                                 |                               |                               |
| 19:15:00                |                             |                            |                                 |                               |                               |
| 19:30:00                |                             |                            |                                 |                               |                               |
| 19:45:00                |                             |                            |                                 |                               |                               |
| 20:00:00                |                             |                            |                                 |                               |                               |
| 20:15:00                |                             |                            |                                 |                               |                               |
| 20:30:00                |                             |                            |                                 |                               |                               |
| 20:45:00                |                             |                            |                                 |                               |                               |
| 21:00:00                |                             |                            |                                 |                               |                               |
| 21:15:00                |                             |                            |                                 |                               |                               |
| 21:30:00                |                             |                            |                                 |                               |                               |
| 21:45:00                |                             |                            |                                 |                               |                               |
| 22:00:00                |                             |                            |                                 |                               |                               |