

PARKOUR World Cup Montpellier					
	Wednesday 17 May 2023	Thursday 18 May 2022	Friday 19 May 2022	Saturday 20 May 2022	Sunday 21 May 2022
08:45:00	ARRIVAL OF DELEGATION				
09:00:00		Training Speed Men Gr1			
09:15:00			Training Freestyle Women	Training Speed Women	Training Speed Men
09:30:00					
09:45:00					
10:00:00		Training Freestyle Men Gr1			
10:15:00			Training Speed Men Gr1	Training Freestyle Men	Training Freestyle Women
10:30:00					
10:45:00					
11:00:00				Warm-up Freestyle Women	BREAK
11:15:00		Training Speed Men Gr2	Training Speed Men Gr2		
11:30:00				Qualification Freestyle Women	
11:45:00					
12:00:00			Warm-up Speed Women		
12:15:00		Training Freestyle Men Gr2	Qualification Speed Women	Warm-up Speed Women	
12:30:00					
12:45:00					
13:00:00			Warm-up Freestyle Men Gr1		Warm-up Speed Men
13:15:00		Training Speed Women		Qualification Speed Men	Warm-up Freestyle Women
13:30:00					
13:45:00					
14:00:00					Touch Warm-up Speed Men
14:15:00		Training Freestyle Women	Qualification Freestyle Men Gr1	BREAK	Semi-Final Speed Men
14:30:00					Touch Warm-up Freestyle Women
14:45:00					FINAL Freestyle Women
15:00:00		Training Freestyle Men Gr1		Warm-up Speed Women	Touch Warm-up Speed Men
15:15:00					
15:30:00			Warm-up Freestyle Men Gr2	Warm-up Freestyle Men	FINAL Speed Men
15:45:00					Award Ceremony
16:00:00				Touch Warm-up Speed Women	
16:15:00				Semi-Final Speed Women	
16:30:00		Training Freestyle Men Gr2	Qualification Freestyle Men Gr2	Touch Warm-up Freestyle Men	
16:45:00			FINAL Freestyle Men		
17:00:00					
17:15:00	Training Speed Women		Touch Warm-up Speed Women		
17:30:00			FINAL Speed Women		
17:45:00			Award Ceremony		
18:00:00					
18:15:00					
18:30:00					
18:45:00					
19:00:00					
19:15:00	ORIENTATION MEETING				
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					