

PARKOUR World Cup Sofia					
	Wednesday 6 September 2023	Thursday 7 September 2023	Friday 8 September 2023	Saturday 9 September 2023	Sunday 10 September 2023
08:45:00	ARRIVAL OF DELEGATION				
09:00:00					
09:15:00		ORIENTATION MEETING	Training Speed Women Gr1	Training Freestyle Women	
09:30:00					
09:45:00					
10:00:00		Training Speed Men Gr1	Training Speed Women Gr2	Training Speed Men Gr1	Training Speed Men
10:15:00					
10:30:00					
10:45:00					
11:00:00		Training Freestyle Men Gr1	Training Freestyle Men Gr1	Training Speed Men Gr2	Training Freestyle Women
11:15:00					
11:30:00					
11:45:00					
12:00:00		Training Speed Men Gr2	Training Freestyle Men Gr2	Warm-up Freestyle Women	BREAK
12:15:00				Qualification Freestyle Women	
12:30:00					
12:45:00					
13:00:00			Warm-up Speed Women		
13:15:00		Training Freestyle Men Gr2	Qualification Speed Women	Warm-up Speed Men	
13:30:00					
13:45:00					
14:00:00		Training Speed Women Gr1	Warm-up Freestyle Men Gr1	Qualification Speed Men	Warm-up Speed Men
14:15:00			Qualification Freestyle Men Gr1		Warm-up Freestyle Women
14:30:00					Touch Warm-up Speed Men
14:45:00		Training Freestyle Women Gr1		Training Speed Women	Semi-Final Speed Men
15:00:00					Touch Warm-up Freestyle Women
15:15:00					
15:30:00		Training Speed Women Gr2	Warm-up Freestyle Men Gr2	Training Freestyle Men	FINAL Freestyle Women
15:45:00					Touch Warm-up Speed Men
16:00:00					FINAL Speed Men
16:15:00					Award Ceremony
16:30:00					
16:45:00					
17:00:00		Training Freestyle Women Gr2	Qualification Freestyle Men Gr2	Touch Warm-up Speed Women	
17:15:00				Semi-Final Speed Women	
17:30:00				Touch Warm-up Freestyle Men	
17:45:00				FINAL Freestyle Men	
18:00:00				Touch Warm-up Speed Women	
18:15:00				FINAL Speed Women	
18:30:00				Award Ceremony	
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22:00:00					