

PARKOUR World Cup Montpellier 2024					
	Wednesday 8 May 2024	Thursday 9 May 2024	Friday 10 May 2024	Saturday 11 May 2024	Sunday 12 May 2024
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					
10:15:00		Training Speed Men Gr1	Training Speed Women Gr2	Training Speed Men Gr1	Training Speed Men
10:30:00					
10:45:00					
11:00:00					
11:15:00		Training Freestyle Men Gr1	Training Freestyle Men Gr1	Training Speed Men Gr2	Training Freestyle Women
11:30:00					
11:45:00					
12:00:00				Warm-up Freestyle Women	BREAK
12:15:00		Training Speed Men Gr2	Training Freestyle Men Gr2	Qualification Freestyle Women	
12:30:00				Warm-up Speed Men	
12:45:00					
13:00:00			Warm-up Speed Women		
13:15:00		Training Freestyle Men Gr2	Qualification Speed Women		
13:30:00					
13:45:00					
14:00:00			Warm-up Freestyle Men Gr1	Qualification Speed Men	Warm-up Speed Men
14:15:00		Training Speed Women Gr1	Qualification Freestyle Men Gr1		Warm-up Freestyle Women
14:30:00				Training Speed Women	Touch Warm-up Speed Men
14:45:00					Semi-Final Speed Men
15:00:00					Touch Warm-up Freestyle Women
15:15:00		Training Freestyle Women Gr1			FINAL Freestyle Women
15:30:00					Touch Warm-up Speed Men
15:45:00					FINAL Speed Men
16:00:00		Training Speed Women Gr2			Award Ceremony
16:15:00			Warm-up Freestyle Men Gr2	Training Freestyle Men	
16:30:00					
16:45:00			Touch Warm-up Speed Women		
17:00:00			Semi-Final Speed Women		
17:15:00	Training Freestyle Women Gr2		Touch Warm-up Freestyle Men		
17:30:00		Qualification Freestyle Men Gr2	FINAL Freestyle Men		
17:45:00			Touch Warm-up Speed Women		
18:00:00			FINAL Speed Women		
18:15:00			Award Ceremony		
18:30:00					
18:45:00					
19:00:00					
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22:00:00					