

		PARKOUR World Championships Kytakyushu 2024				
		Wednesday 13 November	Thursday 14 November 2024	Friday 15 November 2024	Saturday 16 November 2024	Sunday 17 November 2024
07:00:00	07:15:00	ARRIVAL OF DELEGATION	Training Speed M Junior	Training Speed Women Gr1	Training Freestyle Women	
07:15:00	07:30:00					
07:30:00	07:45:00		Training Freestyle M Junior			Training Speed W Junior
07:45:00	08:00:00			Training Speed Women Gr2	Training Speed M Junior	
08:00:00	08:15:00		Training Speed Men Gr1		Training Speed Men Gr1	Training Speed M Junior
08:15:00	08:30:00					
08:30:00	08:45:00			Training Freestyle M Junior		Training Speed Men
08:45:00	09:00:00				Training Speed Men Gr2	
09:00:00	09:15:00		Training Freestyle Men Gr1	Training Freestyle Men Gr1		
09:15:00	09:30:00					Training Freestyle W Junior
09:30:00	09:45:00				Warm-up Freestyle Women	
09:45:00	10:00:00			Training Freestyle Men Gr2		Training Freestyle M Junior
10:00:00	10:15:00		Training Speed Men Gr2		Qualification Freestyle Women	
10:15:00	10:30:00					Training Freestyle Women
10:30:00	10:45:00			Training Speed W Junior		
10:45:00	11:00:00					
11:00:00	11:15:00		Training Freestyle Men Gr2	Opening Ceremony		Touch Warm-up Speed M Junior
11:15:00	11:30:00				Warm-up Speed Men	Semi-Final Speed M Junior
11:30:00	11:45:00			Warm-up Speed Women		Touch Warm-up Speed W Junior
11:45:00	12:00:00				Qualification Speed Men	Final Speed W Junior
12:00:00	12:15:00		Training Speed W Junior	Qualification Speed Women		Touch Warm-up Speed M Junior
12:15:00	12:30:00					Final Speed M Junior
12:30:00	12:45:00			Warm-up Freestyle Men Part1		Warm-up Freestyle W Junior
12:45:00	13:00:00					Final Freestyle W Junior
13:00:00	13:15:00		Training Speed Women Gr1	Qualification Freestyle Men Part 1		
13:15:00	13:30:00					Warm-up Freestyle M Junior
13:30:00	13:45:00					Final Freestyle M Junior
13:45:00	14:00:00				Warm-up Speed M Junior	
14:00:00	14:15:00		Training Freestyle Women Gr1		Qualification Speed M Junior	Award Ceremony Junior
14:15:00	14:30:00					
14:30:00	14:45:00				Training Speed Women	Training Speed Men
14:45:00	15:00:00			Warm-up Freestyle Men Part 2		
15:00:00	15:15:00		Training Speed Women Gr2		Training Freestyle Men	Training Freestyle Women
15:15:00	15:30:00			Qualification Freestyle Men Part 2		
15:30:00	15:45:00				Touch Warm-up Speed Women	Touch Warm-up Speed Men
15:45:00	16:00:00				Semi-Final Speed Women	Semi-Final Speed Men
16:00:00	16:15:00		Training Freestyle Women Gr2		Touch Warm-up Freestyle Men	Touch Warm-up Freestyle Women
16:15:00	16:30:00				FINAL Freestyle Men	FINAL Freestyle Women
16:30:00	16:45:00					
16:45:00	17:00:00				Touch Warm-up Speed Women	Touch Warm-up Speed Men
17:00:00	17:15:00			Warm-up Freestyle M Junior	FINAL Speed Women	FINAL Speed Men
17:15:00	17:30:00			Qualification Freestyle M Junior	Award Ceremony	Award Ceremony
17:30:00	17:45:00					Closing Ceremony
17:45:00	18:00:00					
18:00:00	18:15:00		ATHLETE MEETING	Warm-up Speed W Junior		
18:15:00	18:30:00			Qualification Speed W Junior		
18:30:00	18:45:00					
18:45:00	19:00:00					
19:00:00	19:15:00	ORIENTATION MEETING	MEDICAL ROUND TABLE			
19:15:00	19:30:00					
19:30:00	19:45:00					
19:45:00	20:00:00					
20:00:00	20:15:00					
20:15:00	20:30:00					
20:30:00	20:45:00					
20:45:00	21:00:00					