PARKOUR World Cup Istambul 2026

		Wednesday 03 June 2026	Thursday 04 June 2026	Friday 05 June 2026	Saturday 06 June 2026	Sunday 07 June 2026
07:00:00	07:15:00	ARRIVAL OF DELEGATION				
07:15:00	07:30:00					
07:30:00	07:45:00					
07:45:00	08:00:00					
08:00:00	08:15:00		ORIENTATION MEETING			
08:15:00	08:30:00					
08:30:00	08:45:00					
08:45:00	09:00:00					
09:00:00	09:15:00			Training Speed Women Gr1	Training Speed Men Part 1	
09:15:00	09:30:00					
09:30:00	09:45:00					
09:45:00	10:00:00					
10:00:00	10:15:00		Training Speed Men Gr1	Training Speed Women Gr2	Qualification Speed Part 1	Warm-up Freestyle Women
10:15:00	10:30:00					
10:30:00	10:45:00					
10:45:00	11:00:00					Qualification Freestyle Women
11:00:00	11:15:00		Training Freestyle Men Gr1	Training Freestyle Men Gr1	Training Speed Men Part 2	
11:15:00	11:30:00					
11:30:00	11:45:00					
11:45:00	12:00:00					
12:00:00	12:15:00		Training Speed Men Gr2	Training Freestyle Men Gr2	Qualification Speed Part 2	
12:15:00	12:30:00					
12:30:00	12:45:00					
12:45:00	13:00:00					
13:00:00	13:15:00		Training Freestyle Men Gr2	Warm-up Speed Women		
13:15:00	13:30:00					
13:30:00	13:45:00			Qualification Speed Women		
13:45:00	14:00:00					
14:00:00	14:15:00		Training Speed Women Gr1		Training Speed Women	Training Speed Men
14:15:00	14:30:00					
14:30:00	14:45:00			Warm-up Freestyle Men Part1		
14:45:00	15:00:00				Training Freestyle Men	Training Freestyle Women
15:00:00	15:15:00		Training Freestyle Women Gr1	Qualification Freestyle Men Part 1		
15:15:00	15:30:00					
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 Speed Women Gr2			
16:15:00	16:30:00				Touch Warm-up Freestyle Men	Touch Warm-up Freestyle Women
16:30:00	16:45:00				FINAL Freestyle Men	FINAL Freestyle Women
16:45:00	17:00:00			Warm-up Freestyle Men Part 2		
17:00:00	17:15:00		Training Freestyle Women Gr2			
17:15:00	17:30:00			Qualification Freestyle Men Part 2	Touch Warm-up Speed Women	Touch Warm-up Speed Men
17:30:00	17:45:00				FINAL Speed Women	FINAL Speed Men
17:45:00	18:00:00				Award Ceremony	Award Ceremony
18:00:00	18:15:00					
18:15:00	18:30:00					
18:30:00	18:45:00					
18:45:00	19:00:00					
19:00:00	19:15:00					
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					