

PARKOUR WORLD CUP

BEIJING (CHN)
**28 OCTOBER 2026 –
01 NOVEMBER 2026**
 **SHOUGANG PARK**
BEIJING, CHINA

A legacy of the 2022 Winter Olympic Games, Shougang Park blends industrial heritage with modern design, creating a unique outdoor space where sport, culture and innovation come together.


 **SHOUGANG PARK,**
BEIJING, CHINA

WEDNESDAY
28.10.2026
 **ARRIVAL OF
DELEGATIONS**
THURSDAY
29.10.2026

- 10:00 – 11:00
ORIENTATION MEETING
- 12:00 – 13:00
TRAINING SPEED MEN
GROUP 1 + TRAINING
FREESTYLE WOMEN
GROUP 1
- 13:00 – 14:00
TRAINING SPEED WOMEN
GROUP 1 + TRAINING
FREESTYLE MEN GROUP 1
- 14:00 – 15:00
TRAINING SPEED MEN
GROUP 2 + TRAINING
FREESTYLE WOMEN
GROUP 2
- 15:00 – 16:00
TRAINING SPEED WOMEN
GROUP 2 + TRAINING
FREESTYLE MEN GROUP 2

FRIDAY
30.10.2026

- 09:00 – 10:00
TRAINING SPEED WOMEN
GROUP 1 + TRAINING
FREESTYLE MEN GROUP 1
- 10:00 – 11:00
TRAINING SPEED WOMEN
GROUP 2 + TRAINING
FREESTYLE MEN GROUP 2
- 12:00 – 12:30
WARM-UP SPEED WOMEN
- 12:30 – 13:30
QUALIFICATION SPEED
WOMEN
- 13:30 – 14:00
WARM-UP FREESTYLE
MEN PART 1
- 14:00 – 15:45
QUALIFICATION
FREESTYLE MEN PART 1
- 15:45 – 16:15
WARM-UP FREESTYLE
MEN PART 2
- 16:15 – 18:00
QUALIFICATION
FREESTYLE MEN PART 2

SATURDAY
31.10.2026

- 09:00 – 10:00
TRAINING SPEED
MEN PART 1
- 10:00 – 11:00
QUALIFICATION SPEED
MEN PART 1
- 11:00 – 12:00
TRAINING SPEED
MEN PART 2
- 12:00 – 13:00
QUALIFICATION SPEED
MEN PART 2
- 14:00 – 14:45
TRAINING SPEED WOMEN
- 14:45 – 15:30
TRAINING FREESTYLE MEN
- 15:30 – 15:45
TOUCH WARM-UP SPEED
- 15:45 – 16:15
SEMI-FINAL SPEED WOMEN
- 16:15 – 16:30
TOUCH WARM-UP
FREESTYLE MEN
- 16:30 – 17:15
FINAL FREESTYLE MEN
- 17:15 – 17:30
TOUCH WARM-UP SPEED
- 17:30 – 17:45
FINAL SPEED WOMAN
- ★ 17:45 – 18:00
AWARD CEREMONY

SUNDAY
01.11.2026

- 10:00 – 11:00
TRAINING FREESTYLE
WOMEN
- 11:00 – 12:30
QUALIFICATION
FREESTYLE WOMEN
- 13:30 – 14:15
TRAINING SPEED MEN
- 14:15 – 15:00
TRAINING FREESTYLE
WOMEN
- 15:00 – 15:15
TOUCH WARM-UP
SPEED MEN
- 15:15 – 15:45
SEMI-FINAL SPEED MEN
- 15:45 – 16:00
TOUCH WARM-UP
FREESTYLE WOMEN
- 16:00 – 16:45
FINAL FREESTYLE WOMEN
- 16:45 – 17:00
TOUCH WARM-UP
SPEED MEN
- 17:00 – 17:15
FINAL SPEED MEN
- ★ 17:15 – 17:30
AWARD CEREMONY

MONDAY
02.11.2026
 **DEPARTURE
OF DELEGATIONS**

● TRAINING ● WARM-UP / TOUCH WARM-UP ● COMPETITION ★ AWARD CEREMONY ✈ TRAVEL / ARRIVAL


20 MIN
FROM BEIJING
CITY CENTRE


ACCESSIBLE
BY METRO
(LINE 11)


SPECTATOR
SEATING WITH
BEST VIEWS


OUTDOOR VENUE
IN ICONIC
SURROUNDINGS