

PARKOUR World Cup Coimbra 2024						
	Wednesday 11 September 2024	Thursday 12 September 2024	Friday 13 September 2024	Saturday 14 September 2024	Sunday 15 September 2024	
08:00:00	ARRIVAL OF DELEGATION	ORIENTATION MEETING		Training Freestyle Women		
08:15:00						
08:30:00				Training Speed Women Gr1		
08:45:00						
09:00:00					Training Speed Men Gr1	
09:15:00						
09:30:00				Training Speed Women Gr2		
09:45:00						
10:00:00			Training Speed Men Gr1		Training Speed Men Gr2	Training Speed Men
10:15:00						
10:30:00				Training Freestyle Men Gr1		
10:45:00						
11:00:00			Training Freestyle Men Gr1		Warm-up Freestyle Women	Training Freestyle Women
11:15:00						
11:30:00				Training Freestyle Men Gr2	Qualification Freestyle Women	
11:45:00						
12:00:00			Training Speed Men Gr2			BREAK
12:15:00						
12:30:00				Opening Ceremony	Warm-up Speed Men	
12:45:00						
13:00:00			Training Freestyle Men Gr2	Warm-up Speed Women	Qualification Speed Men	
13:15:00						
13:30:00				Qualification Speed Women		
13:45:00						
14:00:00			Training Speed Women Gr1	Warm-up Freestyle Men Gr1		
14:15:00						Warm-up Speed Men
14:30:00				Qualification Freestyle Men Gr1		
14:45:00						Warm-up Freestyle Women
15:00:00			Training Freestyle Women Gr1		Training Speed Women	
15:15:00						Touch Warm-up Speed Men
15:30:00						Semi-Final Speed Men
15:45:00						Touch Warm-up Freestyle Women
16:00:00			Training Speed Women Gr2		Training Freestyle Men	FINAL Freestyle Women
16:15:00						
16:30:00				Warm-up Freestyle Men Gr2		Touch Warm-up Speed Men
16:45:00						FINAL Speed Men
17:00:00		Training Freestyle Women Gr2	Qualification Freestyle Men Gr2	Touch Warm-up Speed Women	Award Ceremony	
17:15:00				Semi-Final Speed Women		
17:30:00				Touch Warm-up Freestyle Men		
17:45:00				FINAL Freestyle Men		
18:00:00						
18:15:00				Touch Warm-up Speed Women		
18:30:00				FINAL Speed Women		
18:45:00				Award Ceremony		
19:00:00						