



Parkour WORLD CUP

13-15 SEPTEMBER 2024

COIMBRA | PORTUGAL
PARQUE VERDE MONDEGO

NEWSLETTER



CÂMARA MUNICIPAL
COIMBRA





WELCOME TO COIMBRA!

It is with great joy and enthusiasm that Coimbra hosts the 2024 Parkour World Cup. Our city, known for its history and rich in traditions, welcomes with open arms this sport that has been establishing itself strongly in urban areas, attracting young people and old people, standing out for the agility, strength and resilience of its practitioners, strongly embodying the spirit of overcoming and the incessant search for new challenges.

The presence of 104 athletes, coming from 27 countries, here in Coimbra, is a celebration of the talent, diversity and passion that drives them. Coimbra will be the perfect stage for this competition. I am sure that the energy and enthusiasm of the *traceurs* will infect everyone present here.

This event is also an opportunity to strengthen ties between the different cultures and nations represented here,

Carlos Lopes
The Sports Councilor of the
Municipality of Coimbra

in a spirit of camaraderie and mutual respect that so characterizes Parkour.

We are equally honored that Coimbra was chosen as one of two cities worldwide to host this World Cup in 2024, alongside Montpellier, and before the big World Championship in Kitakyushu, Japan.

To the *traceurs*, I wish you every success in this competition. May Coimbra inspire you to reach new heights!

To visitors, I hope you enjoy everything our city has to offer, and let yourself be enveloped by the unique energy of this event.

***Welcome to Coimbra,
Welcome to the Parkour World Cup!***



Mónica Wolters

President of Associação Académica de Coimbra
Gymnastics Department

WELCOME TO THE FIRST PARKOUR WORLD CUP IN PORTUGAL!

As the President of the Associação Académica de Coimbra Gymnastics Department, it is with immense pride and excitement that I welcome you to the first-ever Parkour World Cup hosted in Portugal.

This event marks a significant milestone, not just for our club, but for the entire gymnastics community in our country.

Parkour is a young discipline, both within the Portuguese Gymnastics Federation and in our own club. However, its rapid growth and the passion it has ignited among athletes and fans alike have been nothing short of inspiring.

Hosting this world-class event in Coimbra is a testament to our commitment to nurturing and promoting this dynamic sport.

We are thrilled to showcase the incredible skill and creativity of the world's top *traceurs* right here in the heart of Portugal.

This is more than just a competition; it's a celebration of movement, freedom, and the spirit of overcoming obstacles—both literal and figurative.

Thank you for joining us on this exciting journey.

Let's make history together!

FIELD OF PLAY

From September 13th to 15th, 2024, Parque Verde Mondego will host the world's top traceurs for an unforgettable Parkour World Cup. Located along the banks of the Mondego River, this park is a lively hub where people come together for various sports, activities, and family fun. It's the perfect setting to experience world-class parkour action in a vibrant and welcoming environment.



PARKOUR WORLD CUP

The competition will be held from the 13th until the 15th of September 2024. The city of Coimbra, known for hosting premier sports events, is gearing up for a must-see spectacle.

The Parkour World Cup will be the ultimate showcase of athleticism, featuring the intense disciplines of Speed and Freestyle. Get ready to witness the world's best traceurs push the limits in a competition like no other.

According to the World Cup nominative registrations in Coimbra, we will have athletes from four continents: Austria, Belgium, Bulgaria, Czechia, Denmark, Spain, France, Germany, Greece, Italy, Netherlands, Norway, Poland, Portugal, Switzerland, Slovakia, Sweden, Turkey and Ukraine from Europe, were the majority of participants come from; Asia will be represented by Japan, Jordan and Philippines; from America, we will receive Argentina, Colombia, Mexico and the United States of America; while Algeria will represent the African continent.

COMPETITION

Qualification and Final for Freestyle and Qualification, Semi-final and Final for Speed.

AWARDS

Medals will be awarded to all of those ranked in the first three places, and participation diplomas will be awarded to all

PRIZE MONEY

There's a total of 60.000 CHF (Swiss Francs) for the Parkour World Cup.

*"The only way of findind the limits of
the possible is by going beyond them into
the impossible"*

Arthur C. Clarke

TRANSPORTATION

ARRIVALS AND DEPARTURES

On arrival at Porto airport, teams with Local Organizing Committee (LOC) transfer reservations will find volunteers willing to help them reach transportation, according to flight plans which must be provided in advance.

TRAINING AND COMPETITION DAYS

During the event, delegations will stay at hotels conveniently located near Parque Verde Mondego. This prime location allows participants to easily move around the area on foot, without needing to rely on transportation.

ACCOMMODATION AND MEALS

Breakfast it will be served at the accommodation site and Lunch and Dinner will be served nearby the Sports Hall. All Meals are included in the Full Pack.

VISA

If it is required for the travel to Portugal the Organizing Committee will be happy to help.

THE EVENT

WORLD CUP

Delegations' arrival	11th
Orientation Meeting and Training	12th
Speed Women and Freestyle Men Qualifications	13th
Freestyle Women and Speed Men Qualifications	14th
Speed Women Semi-finals and Finals and Freestyle Men Finals	
Freestyle Women Finals and Speed Men Semi-finals and Finals	15th
Banquet final party	
Delegations' departure	16th



SAFETY

The Host Federation, the LOC and the FIG will not be liable in case of accidents, illness, repatriation and the like. The FIG Technical Regulations foresee that all participating federations are responsible for making their own arrangements regarding insurance coverage against illness, accidents and repatriation for all members of their delegation.

The LOC will verify the insurance status of delegation members upon arrival (e.g. cover note or photocopy of the valid policy). Delegation members with insufficient coverage must inform the LOC in advance. We'll provide first aid services and a team of physiotherapists and doctors will be present during the entire competition.

DOCUMENTS

Each delegation should approach the Accreditation Desk upon arrival with the following documents:

- Passports of all members of the delegation;
- FIG licenses;
- Proof of total payment of costs due to the LOC;
- Proof of insurance of all delegation members.

A photo of each member of the delegation for the World Cup event (digital format), must be sent together with the Nominative Registration.



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MEET COIMBRA

The Gymnastics Federation of Portugal and the Associação Académica de Coimbra, under the auspices of the Fédération Internationale de Gymnastique (FIG) and the Coimbra Municipality support, will organize the FIG Coimbra Parkour World Cup 2024.

A historical city in the central region of Portugal covers an area of 316 km² and has approximately 140.000 inhabitants. Bathed by the Mondego river, Coimbra enchants all visitors with its beautiful Fado and academic traditions, where students paint the town in black with their traditional clothes.

The historic area of the city: University of Coimbra, Alta and Sofia were declared in 2013 World Heritage by UNESCO. The University of Coimbra is one of the greatest symbols of the city. Founded in 1290 by King D.Dinis, it is the oldest university in the country and one of the oldest in Europe.

There are several stories and legends about the university that could be described to you, but we want to leave some of them for you to find out when you visit our city. To make you curious, we just say that in addition to the various faculties, you can also visit the Time Clock Tree, the Joanina Library, the Minerva Stairs, the Capelos Room, the University Tower and even the Academic old prison.

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GOLL GREEN OLYMPIC LIVING LAB SPORT AND ENVIRONMENT CHANGE

The Coimbra City Council partnered with the 2024 Trampoline World Cup with an environmental awareness project.

GOLL stands for GREEN OLYMPIC LIVING LAB SPORT & ENVIRONMENT CHANGE, a European pilot project promoted by the Coimbra City Council, with the aim of intervening in environmental awareness through sport, and seeking good practices in reducing consumption in sporting events and structures. As an European pilot project, its results and the events in which it intervenes will be subsequently disclosed to the European Commission for the design of new Programs.

The GOLL project represents a progressive vision, in which sport and the environment are interconnected through a systemic context and a pedagogical model, using the most modern technologies and environmental protection systems, with a European impact and dimension.

The project objectives are:

- To promote citizens' environmental awareness through the sporting context;
- To create a living green sports laboratory to use as inspiration;
- Lead best practices to improve the environmental sustainability of sport events.

For this, the Mário Mexia Sports Hall and the Coimbra City Council Swimming Pool Olympic Center are used as a base for the living laboratory, being a place regularly used by international, elite and amateur athletes and coaches, as well as by ordinary citizens of the city.

Furthermore, this infrastructure is located in the city center, close to two high schools, the Polytechnic Institute and a large shopping center.

The project activities are diversified in order to achieve the proposed objectives, through their complementarity. It will promote the reduction of the carbon footprint, encouraging changes in mobility habits (for example, the use of hydrogen in sports vehicles); the dissemination of good practices in the use of renewable energy (e.g. self-consumption and energy communities); workshops for sports managers and construction companies; organising greener sporting events (e.g. green labels); implementation of sports activities that serve as a means of environmental education (for example, walking and cycling trails with environmental information, environmental visits to the city and the living laboratory); development of a sports and environmental application; and use of Environmental Sport Ambassadors to promote sports practice and environmental awareness.

For the Trampoline World Cup we will have several environmental awareness tarpaulins surrounding the building; a walking tour will be offered in the city, led by professional guides, a visit to the technical structure of the pools and there will be interaction between participants and the public, forming a group that will be called Guardians of the Forces of Nature (based on the concept of Ba Guá and the 8 elements of nature).

The City Hall and the organization will make available information with a QRCode.

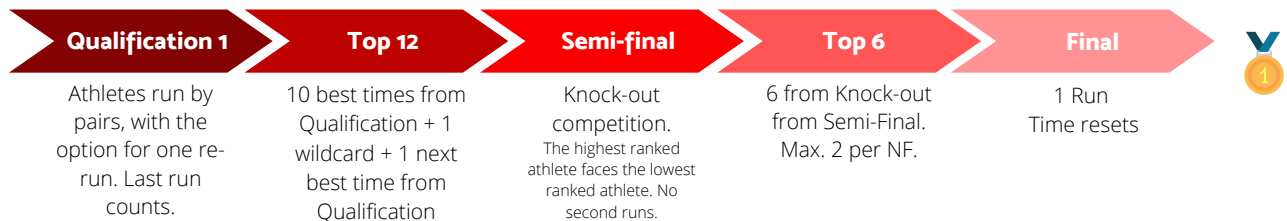


TROPHIES

WORLD CUP - Qualifications and Finals

SPEED

Competition format consisting of a timed run, where the goal is to go from A to B with efficiency, overcoming obstacles, with specific checkpoints.



FREESTYLE

Competition format consisting of a run with skill, style, fluidity, safety and mastery.



*The athletes may choose to have a second run. Should they choose a second run, they have to announce it immediately after the end of their course (before the score is shown) by raising their hand.

COIMBRA PARKOUR WORLD CUP

IS AN EVENT

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PUSH YOUR LIMITS



PAS GRAS

COIMBRA GYM FEST ASSOCIATES WITH EUROPEAN PROJECT PAS GRAS

Coimbra Gym Fest is excited to partner with the European Project PAS GRAS, coordinated by the University of Coimbra. PAS GRAS aims to prevent and reverse obesity and associated metabolic complications in pre-pubertal children (3-9 yr), adolescents (10-18 yr), young adults (19-25 yr), and adults (25-55).

During the 5-year span of the project, PAS GRAS focuses on four main pillars:

- 1) Develop a personalized algorithm that will anticipate obesity priming and development in the critical age groups, and identify risk factors for specific complications in subsequent years, guiding future clinical studies.
- 2) Develop and implement personalized interventions by integrating non-pharmacological lifestyle modifications including increasing the adherence to the Mediterranean Diet.
- 3) Inform and engage effectively target groups on obesity causes, risks and intervention by co-production of creative and interactive digital tools and personalized diet and physical activity programs.
- 4) Expand and consolidate the PAS GRAS tailor-made campaign across Europe through developing joint programs for health and food/nutrition literacy and

physical activity, with healthcare centres, schools, sports clubs, municipalities, and other relevant actors and public authorities.

The goal of PAS GRAS is to reduce obesity rates by 15% in adults and 30% in children and teenagers in the European union by 2050. This will help decrease health problems related to obesity and promote a healthier, more sustainable diet.

PAS GRAS is a diverse team of researchers from eight countries, including 12 top universities and research institutions. The Gymnastics Association of the Center Region is one of PAS GRAS partners, while Associação Académica de Coimbra, one of its affiliated clubs, is actively participating in a 1.5 years long pilot study involving young gymnasts.

During Coimbra Gym Fest, PAS GRAS invite you describe the beauty of gymnastics and the inspiration for being active, and to tackle obesity and overweight. Our team will be around and will ask you 'how it feels doing gymnastics' and other questions. Stay tuned and be our ambassador!

FIG PARKOUR WORLD CUP

104 ATHLETES

35 OFFICIALS

27 COUNTRIES



53 MEN
22 WOMEN



47 MEN
21 WOMEN



Organization



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