

**PARKOUR World Cup Montpellier 2025**

		Wednesday 28 May	Thursday 29 May	Friday 30 May	Saturday 31 May	Sunday 1 June
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		Training Freestyle Women
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 Gr1
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	Training Speed Men Gr2
10:15:00	10:30:00					Training Speed Men
10:30:00	10:45:00					
10:45:00	11:00:00					
11:00:00	11:15:00			Training Freestyle Men Gr1	Training Freestyle Men Gr1	Warm-up Freestyle Women
11:15:00	11:30:00					Training Freestyle Women
11:30:00	11:45:00					Qualification Freestyle Women
11:45:00	12:00:00					
12:00:00	12:15:00			Training Speed Men Gr2	Training Freestyle Men Gr2	
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	Warm-up Speed Men
13:15:00	13:30:00					
13:30:00	13:45:00				Qualification Speed Women	Qualification Speed Men
13:45:00	14:00:00					
14:00:00	14:15:00			Training Speed Women Gr1		Training Speed Men
14:15:00	14:30:00				Warm-up Freestyle Men Part1	
14:30:00	14:45:00					Training Freestyle Women
14:45:00	15:00:00				Qualification Freestyle Men Part 1	
15:00:00	15:15:00			Training Freestyle Women Gr1		Touch Warm-up Speed Men
15:15:00	15:30:00					Semi-Final Speed Men
15:30:00	15:45:00					Training Speed Women
15:45:00	16:00:00					Touch Warm-up Freestyle Women
16:00:00	16:15:00			Training Speed Women Gr2		FINAL Freestyle Women
16:15:00	16:30:00					
16:30:00	16:45:00				Warm-up Freestyle Men Part 2	Touch Warm-up Speed Women
16:45:00	17:00:00					Semi-Final Speed Women
16:45:00	17:00:00		Training Freestyle Women Gr2	Qualification Freestyle Men Part 2	FINAL Speed Men	
17:00:00	17:15:00				Award Ceremony	
17:15:00	17:30:00				Touch Warm-up Freestyle Men	
17:30:00	17:45:00				FINAL Freestyle Men	
17:45:00	18:00:00					
18:00:00	18:15:00				Touch Warm-up Speed Women	
18:15:00	18:30:00				FINAL Speed Women	
18:30:00	18:45:00				Award Ceremony	
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					