



# FISE MONTPELLIER 2022

## PROGRAMME PARKOUR

### Thursday 26 May 2022

09:00 – 09:45	Training FIG Parkour Speed Women
10:00 – 10:45	Training FIG Parkour Freestyle Women
11:00 – 11:45	Training FIG Parkour Speed Men
12:00 – 12:45	Training FIG Parkour Freestyle Men
14:00 – 14:45	Training FIG Parkour Speed Women
15:00 – 15:45	Training FIG Parkour Freestyle Women
16:00 – 16:45	Training FIG Parkour Speed Men
17:00 – 17:45	Training FIG Parkour Freestyle Men
18:00 – 19:45	<a href="#">Orientation meeting</a>

### Friday 27 May 2022

09:00 – 09:45	Training FIG Parkour Speed Women
10:00 – 10:45	Training FIG Parkour Freestyle Women
11:00 – 11:45	Training FIG Parkour Speed Men
12:00 – 12:45	Training FIG Parkour Freestyle Men
14:00 – 14:30	Warm Up FIG Parkour Speed World Cup Women
<b>14:30 – 15:00</b>	<b>Qualification FIG Parkour Speed World Cup Women</b>
15:00 – 15:30	Warm Up FIG Parkour Freestyle World Cup Men
<b>15:30 – 17:30</b>	<b>Qualification FIG Parkour Freestyle World Cup Men</b>
17:30 – 18:00	Training Parkour Speed Open Women
<b>18:00 – 20:00</b>	<b>Qualification Parkour Speed Open Women</b>
20:00 – 20:15	Warm Up Final Parkour Speed Open Women
<b>20:15 – 20:45</b>	<b>Final Parkour Speed Open Women</b>

### Saturday 28 May 2022

10:00 – 10:30	Warm Up FIG Parkour Freestyle World Cup Women
<b>10:30 – 11:30</b>	<b>Qualification FIG Parkour Freestyle World Cup Women</b>
11:30 – 12:00	Warm Up FIG Parkour Speed World Cup Men
<b>12:00 – 13:00</b>	<b>Qualification FIG Parkour Speed World Cup Men</b>
14:00 – 14:30	Warm Up FIG Parkour Speed World Cup Women
14:30 – 15:00	Warm Up FIG Parkour Freestyle World Cup Men
15:00 – 15:15	Warm Up FIG Parkour Speed World Cup Women
<b>15:15 – 15:30</b>	<b>Semi-final FIG Parkour Speed World Cup Women</b>
15:30 – 15:45	Warm Up FIG Parkour Freestyle World Cup Men
<b>15:45 – 16:15</b>	<b>Final FIG Parkour Freestyle World Cup Men</b>
16:15 – 16:30	Warm Up FIG Parkour Speed World Cup Women
<b>16:30 – 16:45</b>	<b>Final FIG Parkour Speed World Cup Women</b>
<b>17:00 – 17:15</b>	<b>FIG Award Ceremony</b>



# FISE MONTPELLIER 2022

## PROGRAMME PARKOUR

16:45 – 17:15	Training Parkour Speed Open Men
17:15 – 20:00	<b>Qualification Parkour Speed Open Men</b>
20:00 – 20:15	Warm Up Final Parkour Speed Open Men
<b>20:15 – 20:45</b>	<b>Final Parkour Speed Open Men</b>

### Sunday 29 May 2022

10:00 – 11:00	Training FIG Parkour Freestyle World Cup Women
11:00 – 12:00	Training FIG Parkour Speed World Cup Men
14:00 – 14:30	Warm Up FIG Parkour Speed World Cup Men
14:30 – 15:00	Warm Up FIG Parkour Freestyle World Cup Women
15:00 – 15:15	Warm Up FIG Parkour Speed World Cup Men
15:15 – 15:30	<b>Semi-final FIG Parkour Speed World Cup Men</b>
15:30 – 15:45	Warm Up FIG Parkour Freestyle World Cup Women
<b>15:45 – 16:15</b>	<b>Final FIG Parkour Freestyle World Cup Women</b>
<b>16:15 – 16:30</b>	<b>Final FIG Parkour Speed World Cup Men</b>
<b>17:00 – 17:15</b>	<b>FIG Award Ceremony</b>