



FISE MONTPELLIER 2022

PROGRAMME PARKOUR

Thursday 26 May 2022

09:00 – 09:45	Training FIG Parkour Speed Run Women
10:00 – 10:45	Training FIG Parkour Freestyle Women
11:00 – 11:45	Training FIG Parkour Speed Run Men
12:00 – 12:45	Training FIG Parkour Freestyle Men
14:00 – 14:45	Training FIG Parkour Speed Run Women
15:00 – 15:45	Training FIG Parkour Freestyle Women
16:00 – 16:45	Training FIG Parkour Speed Run Men
17:00 – 17:45	Training FIG Parkour Freestyle Men
18:00 – 19:45	Orientation meeting

Friday 27 May 2022

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

Saturday 28 May 2022

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



FISE MONTPELLIER 2022

PROGRAMME PARKOUR

16:45 – 17:15	Training Parkour Speed Run Open Men
17:15 – 20:00	Qualification Parkour Speed Run Open Men
20:00 – 20:15	Warm Up Final Parkour Speed Run Open Men
20:15 – 20:45	Final Parkour Speed Run Open Men

Sunday 29 May 2022

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