

Parkour Day Stäfa

Saturday 20. June 2026, Adults 16+, Men & Women, Speed & Style

Timetable

Athlete registration from 09:00

		Discipline	Start	End	Duration	Info
Morningprogram	Speed Qualification (latest possible arrival 09:40)	Speed	9.45 Uhr	11.00 Uhr	75 min	
	Information	Speed	9.45 Uhr	10.00 Uhr	15 min	
	Warm-up / Training	Speed	10.00 Uhr	10.30 Uhr	30 min	Judges briefing 10:15 Uhr
	Speed Qualification (run + redo)	Speed	10.30 Uhr	11.00 Uhr	30 min	2. run counts
	Style Qualification (latest possible arrival 11:05)	Style	11.15 Uhr	13.00 Uhr	105 min	
	Information	Style	11.15 Uhr	11.30 Uhr	15 min	
	Warm-up / Training	Style	11.30 Uhr	12.15 Uhr	45 min	Judges briefing 11:30 Uhr
Style Qualification (run + redo)	Style	12.15 Uhr	13.00 Uhr	45 min	2. run counts	
Lunch break	Lunch break & Jam (open course for everyone, especially Kids)					
	Final Trainings	all	14.00 Uhr	15.00 Uhr	60 min	
	Speed Training	Speed	14.00 Uhr	14.30 Uhr	30 min	
Style Training	Style	14.30 Uhr	15.00 Uhr	30 min		
Afternoon program	Speed Final (max 6 men & 3 women)	Speed	15.00 Uhr	15.30 Uhr	30 min	
	Touch Warm-Up	Speed	15.00 Uhr	15.10 Uhr	10 min	Athlete presentation
	Speed Final	Speed	15.10 Uhr	15.30 Uhr	20 min	1 run only
	Style Final (max 6 men & 3 women)	Style	15.30 Uhr	16.00 Uhr	30 min	
	Touch Warm-Up	Style	15.30 Uhr	15.40 Uhr	10 min	Athlete presentation
Style Final	Style	15.40 Uhr	16.00 Uhr	20 min	2 combos	
Afterparty	Rank Announcement Speed & Style	all	16.00 Uhr	16.30 Uhr	30 min	
	Open End Jam (open course for everyone, until latest 22:00 Uhr)					
	Afterparty with drinks at the bar (until latest 22:00 Uhr)					

Parkour Day Stäfa						
Sunday 21. June 2026, Kids & Youth, Boys & Girls, Speed						
Timetable						
Athlete registration from 08:30						
		Discipline	Start	End	Duration	Info
Qualification	Speed Qualification (latest possible arrival 09:20)	Speed	9.30 Uhr	12.00 Uhr	150 min	
	Information	Speed	9.30 Uhr	9.45 Uhr	15 min	
	Warm-up with Parkour Stäfa	Speed	9.45 Uhr	10.00 Uhr	15 min	Judges briefing 10:15 Uhr
	Training	Speed	10.00 Uhr	11.00 Uhr	60 min	
	Speed Qualification Kids & Youth	Speed	11.00 Uhr	12.00 Uhr	60 min	2. run counts
Lunch break & Jam (open course for everyone, especially Kids)						
Final	Speed Final (max 6 boys & 3 girls Youth & max 6 best Kids)	Speed	13.00 Uhr	14.00 Uhr	60 min	
	Warm-up / Training	Speed	13.00 Uhr	13.30 Uhr	30 min	
	Speed Final	Speed	13.30 Uhr	14.00 Uhr	30 min	
	Rank Announcement Kids & Youth	all	14.00 Uhr	14.30 Uhr	30 min	
End of the Event						