



SOUTH EAST PARKOUR CHAMPIONSHIPS



**@ ATLANTA PARKOUR
SATURDAY, FEB. 15th**

FREESTYLE SCHEDULE

- 12:00pm - 12:30pm -- All ages Check In & Youth Warmup
- 12:30pm - 1:00pm -- 6-8 yrs Warmup & Competition
- 1:00pm - 1:30pm -- 9-11 yrs Warmup & Competition
- 1:30pm - 2:00pm -- 12 -14 yrs Warmup & Competition
- 2:00pm - 2:30pm -- 15+ Group Warmup
- 2:30pm - 3:00pm -- 15 -17 yrs Warmup & Competition
- 3:00pm - 3:30pm -- 18+ Womens Warmup & Competition
- 3:30pm - 4:00pm -- 18+ Mens Warmup & Competition
- 4:00pm - 4:30pm -- Tie Breakers and Freestyle Awards
- 4:30pm - 5:30pm -- Kids and Adults Open Gym

*These are approximate times for each division competition
(10min warmup and then 20 min to compete freestyle runs)
Actual times will depend on the number of athletes in each category.
We encourage all athletes to check in at 12:00pm.



SOUTHEAST PARKOUR CHAMPIONSHIPS

**@ ATLANTA PARKOUR
SUNDAY, FEB. 16TH**



COMPETITION SCHEDULE SKILLS & SPEED

- 9:30am - 9:45am -- Youth (6-11yrs) Check In & Warm up
- 9:45am - 11:00am -- Speed Explanation & Competition
- 11:00am - 11:15am -- Speed Awards
- 11:30am - 12:45pm -- Skills Explanation & Competition
- 12:45pm - 1:00pm -- Tie Breakers & Awards
- 1:00pm - 1:15pm -- Teen/Adult (12+yrs) Check In
- 1:15pm - 2:30pm -- Speed Courses
- 2:30pm - 2:45pm -- Tie Breakers & Awards
- 3:00pm - 4:15pm -- Skills Explanation & Competition
- 4:15pm - 4:30pm -- Tie Breakers & Awards
- 4:30pm - 5:00pm -- Awards - Teams & Individual

*Competition times are approximate. Actual times will depend on the number of athletes competing.

EARLY BIRD PRICING FOR ATLANTA PARKOUR
ENDS FEB. 9th

**Address & Directions: [2335 Adams Dr NW,
Atlanta, GA 30318](#)**

[Click Here for Hotels Near Atlanta Parkour](#)