



SOUTH EAST PARKOUR CHAMPIONSHIPS



**FINALS @ URBAN YOUTH PARK NOC
SATURDAY, JUNE 14th**

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 FINALS @ URBAN YOUTH PARK NOC SUNDAY, JUNE 15TH



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 -- Season 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: Urban Youth Park NOC,
200 Sterling Plaza Dr #207, Ponte Vedra Beach,
FL 32081**

[Click Here for Hotels Near UYP Nocatee](#)