

SGF SLOVENSKÁ
GYMNASTICKÁ
FEDERÁCIA

3. SLOVAK PARKOUR OPEN

7.-8.6.2025

Bratislava, EUROVEA

Hlavný partner



Partneri

Puella

GUITO DISKINTEC



tuli

PARCELSKI
DENTAL CENTRUM

Zdravý Svet

SCHEDULE OF SLOVAK PARKOUR OPEN 2025

SATURDAY, 7 JUNE 2025

8:00 AM – 8:45 AM	Warm-up Freestyle – Youth, Children
8:45 AM – 10:00 AM	Warm-up Speed Run – Juniors, Pre-Juniors
10:00 AM	Technical Meeting (for coaches/delegates and judges)
10:00 AM – 10:45 AM	Warm-up Speed Run – Seniors
11:00 AM – 12:00 PM	Basic Round Freestyle – Youth, Children Basic Round Speed Run: Juniors, Pre-Juniors
12:15 PM – 12:45 PM	Basic Round Speed Run – Seniors
12:45 PM – 1:30 PM	Final Freestyle – Youth Final Speed Run – Pre-Juniors
1:30 PM – 1:45 PM	Results Freestyle – Children, Youth Results Speed Run – Pre-Juniors
1:45 PM – 2:30 PM	Warm-up Freestyle – Pre-Juniors
2:30 PM – 3:30 PM	Warm-up Speed Run – Youth, Children
3:45 PM – 5:00 PM	Basic Round Freestyle – Pre-Juniors Basic Round Speed Run – Youth, Children
5:15 PM – 5:45 PM	Final Freestyle – Pre-Juniors Final Speed Run – Youth, Children
5:50 PM – 6:00 PM	Results Freestyle – Pre-Juniors Speed Run – Youth, Children
5:50 PM – 7:00 PM	Free Training

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Zdravý Svet

SUNDAY, 8 JUNE 2025

8:00 AM – 9:00 AM	Warm-up Freestyle – Seniors
9:00 AM – 9:45 AM	Warm-up Speed Run – Juniors Final Speed Run – Juniors
9:45 AM – 10:45 AM	Basic Round Freestyle – Seniors Final Speed Run – Juniors
10:45 AM – 10:50 AM	Results Speed Run – Juniors
11:00 AM – 12:00 PM	Warm-up Freestyle – Juniors
12:00 PM – 12:45 PM	Warm-up Speed Run Final – Seniors
12:45 PM – 2:00 PM	Basic Round Freestyle – Juniors Final Speed Run – Seniors
2:05 PM – 2:15 PM	Results Speed Run – Seniors
2:00 PM – 2:30 PM	Warm-up Freestyle – Juniors Final Freestyle – Juniors (Touch Warm-up)
2:30 PM – 3:00 PM	Warm-up Freestyle – Seniors Final Freestyle – Seniors (Touch Warm-up)
3:15 PM – 4:15 PM	Final Freestyle – Juniors & Seniors
4:20 PM – 4:30 PM	Results Freestyle – Juniors & Seniors
4:30 PM	4ka Contest: Freedom in Every Trick