



# Parkour WORLD CUP

**13-15 SEPTEMBER 2024**

COIMBRA | PORTUGAL  
PARQUE VERDE MONDEGO

PROGRAM



CÂMARA MUNICIPAL  
COIMBRA



Dear athletes,

## **WELCOME TO COIMBRA, THE RIGHT PLACE TO BE!**

We are delighted to host the Parkour World Cup in Coimbra, the most beautiful city in the world.

As Mayor of Coimbra, I'm grateful to welcome you to such an enriching experience. Let me tell you a little bit about Coimbra...

Coimbra was the first Capital of Portugal and the first King of Portugal was D. Afonso Henriques. The city's history can be seen in its narrow streets, dating back to medieval times and in the vast heritage built over the centuries - monuments from different periods, such as the Cathedrals, Sé Velha and Sé Nova, the Monastery of Santa Cruz, as well as countless churches, museums and historic gardens.

Influenced by the monumental heritage of Coimbra, in 2013, UNESCO granted the University of Coimbra, Sofia and Alta the status of "World Heritage Site", which is an important asset for this territory, making us very proud.

The city has several infrastructures in terms of sporting activity, such as the Estádio Municipal de Coimbra, Pavilhão Municipal Multidesportos Mário Mexia or Centro Olímpico de Piscinas Municipais, among many others.



**José Manuel Silva**  
President of the  
Municipality of Coimbra

In the last two years, we hosted important sporting events like the WRC Vodafone Rally de Portugal or several european championships of different sports.

This city is also very much in touch with nature, enjoying the potential offered by the green spaces, gardens and parks. The banks of River Mondego and the Parque Verde, where the Parkour World Cup will take place, provide opportunities for sports facilities (including volleyball, a skatepark, canoeing, rowing, sailing and stand-up paddle).

I hope you enjoy Coimbra to the full and enjoy the intense sporting activities!

Come back, after you leave - again and again - because this challenging city will always be yours: to study, to visit, to work and to live in.

**Let me tell you a secret: those who come to Coimbra never forget the city.**

Thank you and welcome to Coimbra! Congratulations for your efforts and dedication!



## **Luís Arrais**

President of the  
Gymnastics Federation of Portugal

Welcome to the first Parkour World Cup in Portugal!

It is with great pleasure that we welcome another international event in our country, in this case the newest gymnastic discipline of the International Gymnastics Federation.

The city of Coimbra, its institutions and the citizens of the municipality will welcome all the participants in this great event with open arms.

## **WELCOME EVERYONE TO COIMBRA!**

The gymnastics department of the Associação Académica de Coimbra will have everything ready to make this World Cup a great future memory for all those who visit us during these days.

Good luck! Have a good competition!  
Long live gymnastics!  
Long live Coimbra!  
Long live Portugal!

## FIELD OF PLAY

From September 13th to 15th, 2024, Parque Verde Mondego will host the world's top traceurs for an unforgettable Parkour World Cup. Located along the banks of the Mondego River, this park is a lively hub where people come together for various sports, activities, and family fun. It's the perfect setting to experience world-class parkour action in a vibrant and welcoming environment.



## PARKOUR WORLD CUP

The competition will be held from the 13th until the 15th of September 2024. The city of Coimbra, known for hosting premier sports events, is gearing up for a must-see spectacle.

The Parkour World Cup will be the ultimate showcase of athleticism, featuring the intense disciplines of Speed and Freestyle. Get ready to witness the world's best traceurs push the limits in a competition like no other.

According to the World Cup nominative registrations in Coimbra, we will have athletes from four continents: Austria, Belgium, Bulgaria, Czechia, Denmark, Spain, France, Germany, Greece, Italy, Netherlands, Norway, Poland, Portugal, Switzerland, Slovakia, Sweden, Turkey and Ukraine from Europe, were the majority of participants come from; Asia will be represented by Japan, Jordan and Philippines; from America, we will receive Argentina, Colombia, Mexico and the United States of America; while Algeria will represent the African continent.

## COMPETITION

Qualification and Final for Freestyle and Qualification, Semi-final and Final for Speed.

## AWARDS

Medals will be awarded to all of those ranked in the first three places, and participation diplomas will be awarded to all

## PRIZE MONEY

There's a total of 60.000 CHF (Swiss Francs) for the Parkour World Cup.

*"The only way of findind the limits of  
the possible is by going beyond them into  
the impossible"*

Arthur C. Clarke

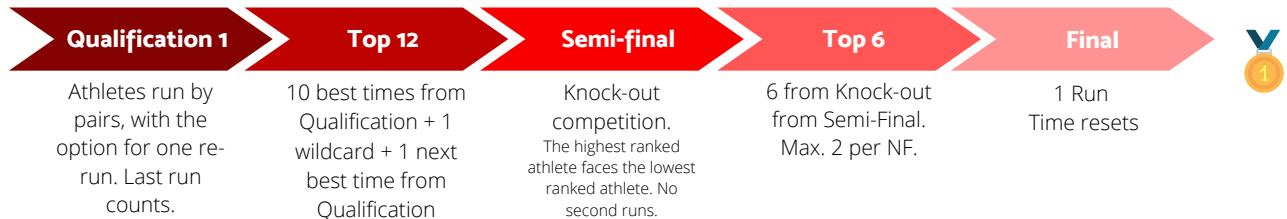


## TROPHIES

### WORLD CUP - Qualifications and Finals

#### SPEED

Competition format consisting of a timed run, where the goal is to go from A to B with efficiency, overcoming obstacles, with specific checkpoints.



#### FREESTYLE

Competition format consisting of a run with skill, style, fluidity, safety and mastery.



\*The athletes may choose to have a second run. Should they choose a second run, they have to announce it immediately after the end of their course (before the score is shown) by raising their hand.

## COIMBRA PARKOUR WORLD CUP

IS AN EVENT

# RUSTER®

PUSH YOUR LIMITS



# A MELHOR EXPERIÊNCIA AUTOMÓVEL

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A nossa história começa com a nossa promessa | Tornar a *experiência* do Cliente única.



**VISITA-NOS.**

MCOUTINHO.PT



# SCHEDULE

	Thursday 12 September	Friday 13 September	Saturday 14 September	Sunday 15 September	
8:00	ORIENTATION MEETING		Training Freestyle Women		
8:15					
8:30					
8:45					
9:00		Training Speed Women Gr1	Training Speed Men Gr1		
9:15					
9:30		Training Speed Women Gr2			
9:45					
10:00	Training Speed Men Gr1	Training Speed Men Gr2	Training Speed Men		
10:15					
10:30					
10:45	Training Freestyle Men Gr1	Warm-up Freestyle Women	Training Freestyle Women		
11:00					
11:15					
11:30	Training Freestyle Men Gr2	Qualification Freestyle Women			
11:45					
12:00				Opening Ceremony	Warm-up Speed Men
12:15	Training Speed Men Gr2				
12:30					
12:45					
13:00	Training Freestyle Men Gr2	Warm-up Speed Women			
13:15					
13:30					
13:45	Qualification Speed Women	Qualification Speed Men			
14:00					
14:15					
14:30	Training Speed Women Gr1	Warm-up Freestyle Men Gr1	Warm-up Speed Men		
14:45					
15:00			Qualification Freestyle Men Gr1	Training Speed Women	Warm-up Freestyle Women
15:15	Touch Warm-up Speed Men				
15:30	Semi-Final Speed Men				
15:45	Training Freestyle Women Gr1	Touch Warm-up Freestyle Women	FINAL Freestyle Women		
16:00					
16:15					
16:30	Training Speed Women Gr2	Warm-up Freestyle Men Gr2	Touch Warm-up Speed Men		
16:45					
17:00			Touch Warm-up Speed Women	Award Ceremony	
17:15	Training Freestyle Women Gr2	Semi-Final Speed Women			
17:30					
17:45			FINAL Freestyle Men		
18:00					
18:15	Touch Warm-up Speed Women	FINAL Speed Women			
18:30					
18:45			Award Ceremony		
19:00					
19:15					
19:30					
19:45					
20:00	Welcome Dinner				



Accreditation



Orientation Meeting



Tenda CMC  
Tertúlias  
10x10

Alimentação  
Tenda  
4x2

Entrada

Tenda Apoio  
Palco  
5x5

Zona  
Alimentação

Náutica  
Entrada água

Gennie  
Torre Iluminação

Barco

IS

Parkour  
Technical Support  
"Cubo 1"

Gennie  
Torre Iluminação

Simulador  
2x1

Avenida Louã

Gennie  
Torre Iluminação

Parkour  
"Cubo 2"

Parkour  
Tent 3x3

Parkour  
Amphitheatre Bencher  
18x4

Parkour  
Judges Area  
10x2

Parkour  
Sponsor

Gennie  
Torre Iluminação

Parkour  
Track

Parkour  
Video Wall

Parkour  
Accreditation  
"Cubo 3"

Parkour  
Tent 3x3

Parkour  
Tent 3x3

Carro  
Classico

Parkour  
Tent 3x3

Exército

Zona  
Basquetebol  
28x18

Fundação Boticaz Santos

Piscina  
2x6

Gennie  
Torre Iluminação

Zona  
Basquetebol  
28x18.1

Zona  
Futebol  
Andebol  
16x15

Lançamento  
Peso

Atletismo  
40x3.4

Gennie  
Torre Iluminação

Zona Hipismo  
928m2

Zona  
Polo Hóquei  
40x20

Zona Suíte  
64 m2

Gennie  
Torre Iluminação

Xadrez  
7x7

Lutas  
Tenda de apoio  
5x10

Gennie  
Torre Iluminação





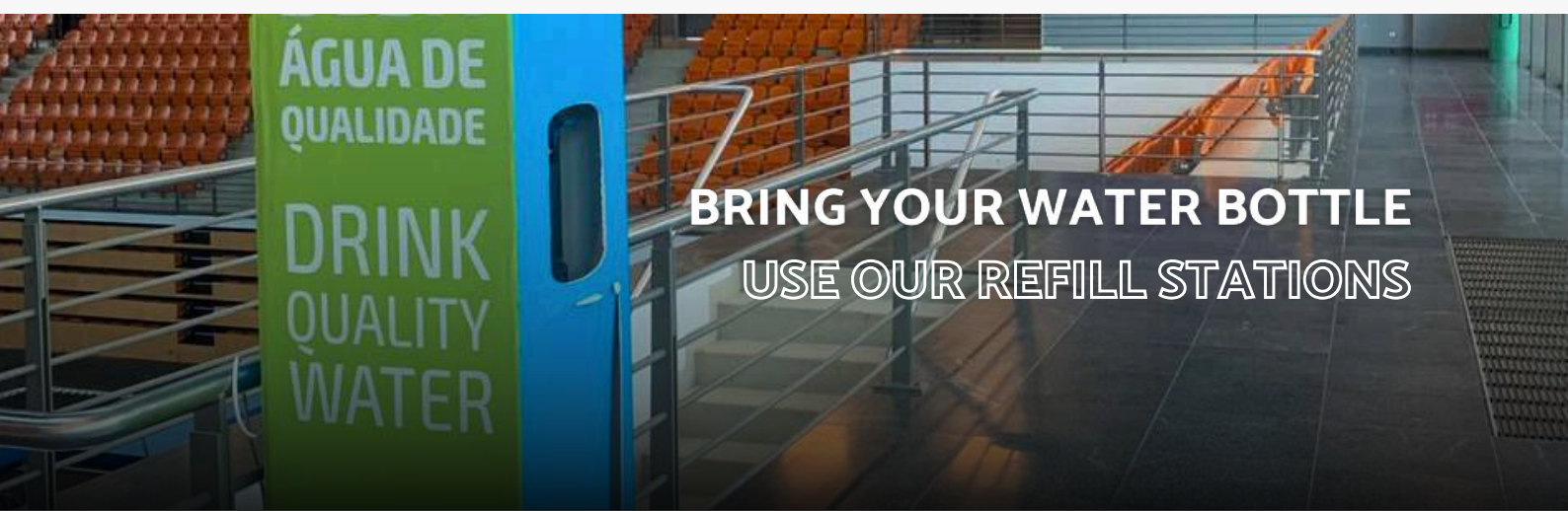
**“We are delighted to be an official sponsor of the FIG Parkour World Cup, a discipline with a bright future.” - RUSTER**

# PARKOUR WORLD CUP GROUPS

## SPEED MEN

GROUP 1			
#	NAME	First Name	NF
1	GIMENEZ	Santino	ARG
2	VAZQUEZ	Ismael	ARG
3	BERTEOTTI	Alexandre	BEL
4	LAURENT	Adrien	BEL
5	VANBELLIGHEN	Jonathan	BEL
6	DEMARCHI	Luca	ITA
7	CONSOLINI	Andrea	ITA
8	DE CAROLIS	Giulio	ITA
9	AZAZMEH	Mohammad	JOR
10	BADWAN	Ahmad	JOR
11	BDEIR	Hamza	JOR
12	RODRIGUEZ	Javier	MEX
13	FIERRO	Andres	MEX
14	DE MORAES-STENE	Jens-Olav Grunnvoll	NOR
15	SUBITO	Justin	PHI
16	VENICO	John Dave	PHI
17	RODRIGUES	Paulo	POR
18	COELHO	Bernardo Miguel	POR
19	MALAGA	Esteban	SVK
20	KLEMBALA	Bruno	SVK
21	SPUSTA	Marko	SVK
22	KOSARKO	Robert	SVK
23	KOLMAKOV	Bohdan	UKR

GROUP 2			
#	NAME	First Name	NF
1	KAHOFER	Tobias	AUT
2	IVANOV	Lachezar	BUL
3	PENA	Carlos	COL
4	CHUM	Jaroslav	CZE
5	KOLENOVSKY	Antonin	CZE
6	MORAVEC	Marek	CZE
7	CHROMECEK	Martin	CZE
8	VESELY	Martin	CZE
9	FONTAINE	Sacha	FRA
10	BESNARD	Virgile	FRA
11	HAUG	Andreas	GER
12	KYRSANIDIS	Dimitrios	GRE
13	KARAPETSAS	Nikolaos	GRE
14	THEODORIDIS	Ioakeim	GRE
15	XERRAS	Marios	GRE
16	DELAPORTAS	Ioannis	GRE
17	OSTIANA	Liziano	NED
18	VAN SCHINGEN	Tangui	NED
19	HEIJNEN	Koen	NED
20	VAN DE SPIJKER	Siebe	NED
21	CORDT MOLLER	Caryl	SUI
22	TANNER	Cyrill	SUI
23	EGLI	Linus	SUI
24	HARMAT	Christian	SUI
25	HADLEY	Matthew Spencer	USA
26	MUNRO	George	USA



**BRING YOUR WATER BOTTLE**  
**USE OUR REFILL STATIONS**

# PARKOUR WORLD CUP GROUPS

## FREESTYLE MEN

GROUP 1			
#	NAME	First Name	NF
1	GIMENEZ	Santino	ARG
2	VAZQUEZ	Ismael	ARG
3	BERTEOTTI	Alexandre	BEL
4	FERNANDEZ	Rafael	BEL
5	KNAEPEN	Maxime	BEL
6	BERGMANS	Ward	BEL
7	DE CAROLIS	Giulio	ITA
8	CHIALVO BANTLE	Lautaro	ITA
9	VICARI	Fausto	ITA
10	RIZZI	Davide	ITA
11	AZAZMEH	Mohammad	JOR
12	BDEIR	Hamza	JOR
13	ALI	Zakaria	JOR
14	SEKI	Masahito	JPN
15	SANCHEZ	Armando	MEX
16	HUERTA	Mauricio	MEX
17	CAPISTRAN	Oscar	MEX
18	DE MORAES-STENE	Jens-Olav Grunnvoll	NOR
19	SUBITO	Justin	PHI
20	VENICO	John Dave	PHI
21	COELHO	Bernardo Miguel	POR
22	KOSARKO	Robert	SVK
23	VAVRIK	Jakub	SVK
24	KOLMAKOV	Bohdan	UKR

GROUP 2			
#	NAME	First Name	NF
1	KAHOFER	Tobias	AUT
2	KOLENOVSKY	Antonin	CZE
3	MORAVEC	Marek	CZE
4	BANNEBJERG	Viktor	DEN
5	TRIER	Nathanael	FRA
6	HITZ	Eloan	FRA
7	WENING	Simon	GER
8	KYRSANIDIS	Dimitrios	GRE
9	TAFILI	Elvind	GRE
10	KARAPETSAS	Nikolaos	GRE
11	THEODORIDIS	Ioakeim	GRE
12	BOS	Jai	NED
13	VAN SCHINGEN	Tangui	NED
14	VAN NES	Jim	NED
15	HEIJNEN	Koen	NED
16	KOWALEWSKI	Krystian	POL
17	PATERLINI	Fabio	SUI
18	TORHALL	Elis	SWE
19	FROIANTS	Vincent	SWE
20	RUDOLPH	Aiden	USA
21	MUNRO	George	USA
22	HARRIS	Jayden	USA
23	HADLEY	Matthew Spencer	USA
24	RUDOLPH	Shea	USA



# PARKOUR WORLD CUP GROUPS

## SPEED WOMEN

GROUP 1			
#	NAME	First Name	NF
1	ROSIER	Evelien	BEL
2	VALENCIA	Katerine	COL
3	KRCMAROVA	Bara	CZE
4	BUCIO	Ella	MEX
5	OLSON	Raquel	MEX
6	CORONEL	Marlene	MEX
7	LUCAS	Carolina	POR
8	MENESES	Filipa	POR
9	BATSCHER	Oxana	SUI
10	TOGNI	Eva	SUI

GROUP 2			
#	NAME	First Name	NF
1	BANCHOFF TZANCOFF	Sara	ARG
2	MOMCHILOVA	Kseniya	BUL
3	GUTIERREZ	Marta	ESP
4	NAVARRO	Stefanny	ESP
5	GEORGOULAKI TZANNETOU	Viktoria	GRE
6	MAN	Noa	NED
7	TIBBLING	Miranda	SWE
8	DURANT	Brittney	USA
9	JOHNSON	Audrey	USA
10	DE PAOLO	Dara	USA

## FREESTYLE WOMEN

GROUP 1			
#	NAME	First Name	NF
1	VALENCIA	Katerine	COL
2	KRCMAROVA	Bara	CZE
3	MERKOVA	Adela	CZE
4	MERKOVA	Vendula	CZE
5	BUCIO	Ella	MEX
6	GUZMAN	Barbara	MEX
7	LUCAS	Carolina	POR
8	MENESES	Filipa	POR
9	CRIVELLI	Letizia Michela Cecilia	SUI

GROUP 2			
#	NAME	First Name	NF
1	BANCHOFF TZANCOFF	Sara	ARG
2	GUTIERREZ	Marta	ESP
3	FISSELER	Davina	GER
4	GEORGOULAKI TZANNETOU	Viktoria	GRE
5	NAGAI	Nene	JPN
6	MAN	Noa	NED
7	TIBBLING	Miranda	SWE
8	DURANT	Brittney	USA
9	JOHNSON	Audrey	USA
10	DE PAOLO	Dara	USA





# PAS GRAS

## COIMBRA GYM FEST ASSOCIATES WITH EUROPEAN PROJECT PAS GRAS

Coimbra Gym Fest is excited to partner with the European Project PAS GRAS, coordinated by the University of Coimbra. PAS GRAS aims to prevent and reverse obesity and associated metabolic complications in pre-pubertal children (3-9 yr), adolescents (10-18 yr), young adults (19-25 yr), and adults (25-55).

During the 5-year span of the project, PAS GRAS focuses on four main pillars:

- 1) Develop a personalized algorithm that will anticipate obesity priming and development in the critical age groups, and identify risk factors for specific complications in subsequent years, guiding future clinical studies.
- 2) Develop and implement personalized interventions by integrating non-pharmacological lifestyle modifications including increasing the adherence to the Mediterranean Diet.
- 3) Inform and engage effectively target groups on obesity causes, risks and intervention by co-production of creative and interactive digital tools and personalized diet and physical activity programs.
- 4) Expand and consolidate the PAS GRAS tailor-made campaign across Europe through developing joint programs for health and food/nutrition literacy and

physical activity, with healthcare centres, schools, sports clubs, municipalities, and other relevant actors and public authorities.

The goal of PAS GRAS is to reduce obesity rates by 15% in adults and 30% in children and teenagers in the European union by 2050. This will help decrease health problems related to obesity and promote a healthier, more sustainable diet.

PAS GRAS is a diverse team of researchers from eight countries, including 12 top universities and research institutions. The Gymnastics Association of the Center Region is one of PAS GRAS partners, while Associação Académica de Coimbra, one of its affiliated clubs, is actively participating in a 1.5 years long pilot study involving young gymnasts.

During Coimbra Gym Fest, PAS GRAS invite you describe the beauty of gymnastics and the inspiration for being active, and to tackle obesity and overweight. Our team will be around and will ask you 'how it feels doing gymnastics' and other questions. Stay tuned and be our ambassador!



# GOLL GREEN OLYMPIC LIVING LAB SPORT AND ENVIRONMENT CHANGE

The Coimbra City Council partnered with the 2024 Trampoline World Cup with an environmental awareness project.

GOLL stands for GREEN OLYMPIC LIVING LAB SPORT & ENVIRONMENT CHANGE, a European pilot project promoted by the Coimbra City Council, with the aim of intervening in environmental awareness through sport, and seeking good practices in reducing consumption in sporting events and structures. As an European pilot project, its results and the events in which it intervenes will be subsequently disclosed to the European Commission for the design of new Programs.

The GOLL project represents a progressive vision, in which sport and the environment are interconnected through a systemic context and a pedagogical model, using the most modern technologies and environmental protection systems, with a European impact and dimension.

## **The project objectives are:**

- To promote citizens' environmental awareness through the sporting context;
- To create a living green sports laboratory to use as inspiration;
- Lead best practices to improve the environmental sustainability of sport events.

For this, the Mário Mexia Sports Hall and the Coimbra City Council Swimming Pool Olympic Center are used as a base for the living laboratory, being a place regularly used by international, elite and amateur athletes and coaches, as well as by ordinary citizens of the city.

Furthermore, this infrastructure is located in the city center, close to two high schools, the Polytechnic Institute and a large shopping center.

The project activities are diversified in order to achieve the proposed objectives, through their complementarity. It will promote the reduction of the carbon footprint, encouraging changes in mobility habits (for example, the use of hydrogen in sports vehicles); the dissemination of good practices in the use of renewable energy (e.g. self-consumption and energy communities); workshops for sports managers and construction companies; organising greener sporting events (e.g. green labels); implementation of sports activities that serve as a means of environmental education (for example, walking and cycling trails with environmental information, environmental visits to the city and the living laboratory); development of a sports and environmental application; and use of Environmental Sport Ambassadors to promote sports practice and environmental awareness.

For the Trampoline World Cup we will have several environmental awareness tarpaulins surrounding the building; a walking tour will be offered in the city, led by professional guides, a visit to the technical structure of the pools and there will be interaction between participants and the public, forming a group that will be called Guardians of the Forces of Nature (based on the concept of Ba Guá and the 8 elements of nature).

The City Hall and the organization will make available information with a QRCode.

# PARTNERS AND SPONSORS

## ORGANIZATION



## INSTITUTIONAL PARTNERS



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de  
**COIMBRA**



## SPONSORS

