

ATHLETE INFO

Swiss Parkour Championships 2026

29. August 2026 | Irchel Campus Zurich

Congratulations for your qualification to the Swiss Parkour Championships 2026.

This document contains the most important information for the qualified athletes.

GENERAL INFOS

The SPC is part of the Swiss Jam – a full weekend of Parkour! Aside the championships there is a diverse program. We invite you to join in whatever you like.

Find general information about the event on the event website [here](#)

Please fill out this form (Speaker-Infos): [Link](#)

If you have questions:

- Use the athlete info chat on WhatsApp ([Link](#))
- Contact Kayla: +41 77 493 54 86

What your qualification includes

- 2-Day Swiss Jam Pass
- 50% discount on the accommodation with this code: SPC-Accommodation
- 5.00 CHF discount on workshop tickets with this code: SPC-Workshops

What you need to organize

- Travel: plan according to the timetable (*joining on Friday evening is possible!*)
- Accommodation: you can stay in the Pfadiheim Wallisellen (*separate booking*)
- Food (*there are food options at the event*)

Detailed infos on the Swiss Jam website in the respective category

PRICES

SPEED (f/m)	SKILL (f/m)	STYLE (f/m)
1 st Place: CHF 200.00	1 st Place: CHF 200.00	1 st Place: CHF 200.00
2 nd Place: CHF 150.00	2 nd Place: CHF 150.00	2 nd Place: CHF 150.00
3 rd Place: CHF 100.00	3 rd Place: CHF 100.00	3 rd Place: CHF 100.00

- 1st places per category/discipline are automatically qualified for the SPC27
- Overall winners will get a fully sponsored 2-Day Pass for Swiss Jam27 (including accommodation & workshops)

PARKOUR EARTH WORLD CHAMPIONSHIPS

This year, the SPC is a qualifier event for the Parkour Earth World Championships

28.10. – 02.11.2026 | Brno, Czech Republic

All podium finishers qualify for the Parkour Earth World Championships in their respective discipline and category.

1st Places

- Will be part of the official Swiss Team.
- Travel and accommodation will be organized and covered by SPKA.
- The Swiss Team will be accompanied by at least one coach.

2nd & 3rd Places

- Travel and accommodation must be organized and covered by the athletes themselves.
- SPKA can support coordination and further details.

Confirmation & Next Steps

- All qualified athletes must make their final decision about participating in the World Championships by 2. September 2026.
- On Saturday, after the podium ceremony, we will meet directly with all qualified athletes to go through the most important details, answer questions, and discuss the next steps.

TIMETABLE

Minor adjustments to the schedule are possible.

11.00 – 12.00	Style Preparation (Combo/Line)	60'
11.00	Info + Judging Criteria	15'
11.15	Open Prep. of Combo/Line	45'
13.00 – 14.35	Speed Final	95'
13.00	Info	15'
13.15	Open Prep.	15'
13.30	Prep. Run (No Timing)	20'
13.55	1st Run	20'
14.15	2nd Run	20'
14.50 – 16.15	Skill Final	75'
14.50	Info + Challenge Presentation	20'
15.10	Open Prep.	20'
15.30	Indiv. Run (single athlete on course)	45'
16.30 - 18.00	Style Final	95'
16.30	Touch Warm-Up	15'
16.50	Combo Showcase	30'
17.15	Line Showcase	45'
18.15 – 18.45	Podiums	30'

COMPETITION INFOS

- General rules according to SPT Guidelines: [check here](#)
- Further details described below
- Infos will be communicated again before every competition

SPEED FINAL

General:	• 1 athlete on the course • Athlete must pass defined checkpoint. Marked with red/yellow flags • Timing: Buzzer-System (analog to SPC25)
Preparation	• Open preparation: all athletes can prep. • Single preparation: every athlete gets one prep. run, where she/he is alone on the course (no timing)
Competition	• 2 runs per athlete. Better run counts. No reruns allowed.

SKILL FINAL

General:	• 1 athlete on the course. 5 Challenges. • Athlete must complete as many challenges as possible in 90". With every successful first try, 10" are added to the time. • Points: 1st try = 5p. 2nd try = 3p. 2+ tries = 1p. <i>Minor changes possible.</i>
Preparation	• Open preparation: all athletes can prep. the challenges • Specifics on what's allowed during prep.-time will be stated on-site
Competition	• 1 run per athlete

STYLE FINAL

General:	• Each athlete showcases a parkour-combo & a parkour-line • 3 judges will judge the performance • Points are added from the combo and line for each athlete <i>Specifics on what counts as a combo/line can be checked in the SPT regulations</i>
Preparation	• Full preparation in the morning 11.00 – 12.00 • Touch Warm-Up just before the competition
Competition	• Showcase parkour-combo • Showcase parkour-line • No reruns allowed.