



— WORLD —  
**POLICE & FIRE**  
 — GAMES —

Dear {First} {Last},

Hello and welcome to the 2023 World Police and Fire Games!

This is your official letter of confirmation. Below you will find the information that will help guide you through this year's Games.

**Sport Specific Information for Bench Press**

Please review the [Bench Press Abridged Rules](#) for competition format and sport specific details.

**Contact information**

If you have any questions regarding, Bench Press please contact your Sport Coordinator:

Marvin Jones at [powerlifting@wpfg2023.com](mailto:powerlifting@wpfg2023.com)

Or

WPFGB Federation Director: Jim King at [jking@cpaf.org](mailto:jking@cpaf.org)

**Weigh-Ins**

Weighing in of competitors will take place no more than 24 hours prior to competition for the specific weight category. An additional weigh in will be held two hours prior to the actual competition schedule according to the Weigh In Schedule posted below.

**Location** : RBC Convention Centre (Room:17). Please follow the directional signs in the building.

***Weigh-In Schedule***

Sport	Date	Time	Location	Categories
Bench Press	31 July	4:00-6:30 pm	RBC Convention Centre (Room:17)	ALL Women's Classes and Men's Classes through 74 kg (163.00 lbs) and under.
Bench Press (Late Weigh-Ins)	01 August	8:00-9:00 am	RBC Convention Centre (Room:17)	ALL Women's Classes and Men's Classes through 74 kg (163.00 lbs) and under.
Bench Press	01 August	4:00-6:30 pm	RBC Convention Centre (Room:17)	Men weight divisions: 83.00 kg (182.75lbs) and under 93.00 kg (205.00lbs) and under; and 105.00 kg (231.25lbs).



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Bench Press (Late Weigh-Ins)	02 August	8:00-9:00 am	RBC Convention Centre (Room: 17)	Men weight divisions: 83.00 kg (182.75lbs) and under 93.00 kg (205.00lbs) and under; and 105.00 kg (231.25lbs).
Bench Press	02 August	4:00-6:30 pm	RBC Convention Centre (Room: 17)	Men weight divisions: 120.00 kg (264.50lbs) and under and over 120.00+ (264.50lbs and over)
Bench Press (Late Weigh-Ins)	03 August	8:00-9:00 am	RBC Convention Centre (Room: 17)	Men weight divisions: 120.00 kg (264.50lbs) and under and over 120.00+ (264.50lbs and over)

*\* All competitors shall have the following authorized lifting gear with them before being allowed to step on the scales: T-shirt, lifting costume, briefs and shoes or boots; A lifting belt is optional. No Exceptions*

### Competition Schedule

Competition runs from 10:00 till 17:00.

Judges briefing will start at 9:00 each day and all the athletes competing on the day must attend.

**Tuesday, August 1st:** ALL Women's Classes;  
Men Classes 74 kg (163.00 lbs) and under.

**Wednesday, August 2nd:** Men weight divisions 83.00 kg (182.75lbs) and under;  
93.00 kg (205.00lbs) and under;  
and 105.00 kg (231.25lbs) and under.

**Thursday, August 3rd:** Men weight divisions 120.00 kg (264.50lbs) and under;  
and over 120.00kg (264.50lbs and over)

### Sport Equipment

Please make sure that you have read the [Bench Press Abridged Rules](#) uploaded on the WPFPG website. It contains all the information about the uniform requirements and lifting procedures.



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## Venue

RBC Convention Centre Winnipeg  
375 York Ave, Winnipeg MB

Food and beverage kiosks will be available at all competition venues.

## Transportation

As part of your Accreditation, you will be granted free access to [Winnipeg Transit](#) services, which is perfect for getting around to different attractions throughout the city as well as the majority of our competition venues. For more details on routes and schedules please visit the [Winnipeg Transit Trip Planner](#)

The RBC Convention Centre is centrally located in Downtown Winnipeg, within walking distance of many WPFG partner hotels.

## Parking

There is limited paid parking available at and within walking distance around RBC Convention Centre. Please utilize Winnipeg Transit for your arrival and departure whenever possible.

## Registration in Winnipeg

All competitors are REQUIRED to register at the RBC Convention Centre Accreditation Centre and receive their credentials no later than the day before their competition begins.

You must bring your department / agency Identification when checking in at the accreditation centre.

## Location

RBC CONVENTION CENTRE WINNIPEG  
375 York Ave Winnipeg MB R3C 3J3

## Hours of Operation

Monday July 24 - 12:00 pm- 7:00 pm *Local Athletes, come early and beat the rush!*

Tuesday July 25- Thursday July 27: 9:00 am–7:00 pm

Friday July 28: 7:00am–4:00pm



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***\*\*Early Closure for Opening Ceremonies. You must have accreditation to gain entry to the Marshalling area for the Athletes Parade\*\****

Saturday July 29- Sunday July 30: 7:00am – 7:00pm

Monday July 31- Tuesday August 1: 7:00am – 5:00pm

Wednesday August 2- Saturday August 5: 9:00am – 5:00pm

Sunday August 6: 9:00am – 1:00pm

\*Note: Hours are subject to change based on needs

### **Additional Games Information**

#### **Security of Personal Items**

Please note that security for your personal items is your responsibility while competing. WPF2023 is not responsible for any lost, stolen, or damaged items.

#### **Opening Ceremonies**

<b>Schedule: Friday July 28, 2023</b>		
<b>Activity</b>	<b>Time</b>	<b>Location</b>
<b>Athlete Marshalling Starts</b>	4:30pm	<b>RBC Convention Centre</b> 3rd Floor HALL A/B 375 York Ave Winnipeg, MB R3C 3J3
<b>Parade Start</b>	6:30pm	
<b>Doors Open</b>	6:30pm	<b>Canada Life Centre</b> 300 Portage Avenue, Winnipeg, MB R3C 5S4
<b>Pre-show begins</b>		
<b>Main Show Begins</b>	7:00pm	
<b>End of Show</b>	9:30pm	



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The Opening Ceremony begins with the Athletes Parade, which will start at **RBC Convention Centre, 3rd Floor HALL A/B** and march to the **Canada Life Centre** (approx. 600 meters). Food & Beverage will be available for purchase in the marshalling area. You must have your Accreditation to access Hall A/B and take part in the parade.

***\*Things to Note:***

- Only Athlete credentials will be permitted into the marshalling area or into the Athlete Parade at any point.
- The Accreditation Centre closes at 4:00pm on July 28.
- Please do not bring bags to the Opening Ceremony or Athlete Marshalling Area.

The opening ceremony is the official kick off to the 2023 World Police and Fire Games and will welcome athletes to Winnipeg with an exciting event in Canada Life Centre. Please ensure you RSVP attendance through your registration profile on [Fuse Sport](#). Please note, your plus ones will not be seated with parade and ceremony participants.

### **Athletes Village**

**Location:** CN Stage & Field

1 Forks Market Road

Winnipeg, Manitoba R3C 4X1

**Dates:** Saturday July 29 - Sunday August 6

**Hours of Operation:** 5:00 pm to Midnight (12:00am)

\*Last call will be at 11:00pm

The Athletes Village is themed Canada's backyard and is the perfect place to unwind after a day of competition. We will be featuring local breweries nightly at our craft beer corner and our bars will be serving beer and premixed drinks. There will also be food available for purchase in the form of food trucks with a variety of options. Each night is a different theme where you can dance the night away to live music, play games, and socialize with athletes from across the world. A detailed schedule will be released on the [WPF2023 website](#) closer to the games.

On August 2, 2023, Athletes Village will host Wrist Wrestling. Competition commences at 5:00pm.

### **Closing Ceremonies**

**Location:** CN Stage & Field

Athletes Village

**Date:** Sunday August 6th



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**Time:** Gates opens at 4pm, Closing Ceremony starts at 5pm.

Come and celebrate the closing of our Games as we pass over the WPFG Flag to Birmingham, Alabama for the 2025 World Police & Fire Games. There will be food & beverage available for purchase and live music to follow as we celebrate the success of our athletes, give thanks to all our volunteers and say goodbye for now as we look forward to Birmingham 2025.

### **Merchandise**

The 2023 Games Host Society is proud to offer a full merchandise program to commemorate the 2023 World Police & Fire Games. For more information and to view the WPFG2023 merchandise program please [click here!](#) All prices listed are in Canadian funds and electronic payment will be accepted at our on-site booths. Merchandise will be available at the RBC Convention Centre and Athletes Village.

It is the responsibility of the competitor to regularly check the website for all updated information: [www.wpfg2023.com](http://www.wpfg2023.com)