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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 Bodybuilding

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

Contact information

If you have any questions regarding, Bodybuilding please contact your Sport Coordinators: Amanda Horton & Chelsea Shand [at bodybuilding@wpfg2023.com](mailto:bodybuilding@wpfg2023.com)

Or

WPFG Federation Director: Chuck Foote [at footerun@aol.com](mailto:tfooterun@aol.com)

Pre-Competition Meeting & Weigh-Ins/Athlete Height Measurement

Your Mandatory Pre Competition Meeting information is as follows:

Date: July 28, 2023

Time: 14:00- 15:00

Location: RBC Convention Centre (Presentation Theatre). Please follow the directional signage at the venue.

Your Athlete Height Measurement details are:

Date: July 28, 2023

Time: 12:00- 14:00

Location: RBC Convention Centre (Room 17)

Competition Schedule

The competition will commence from 9:30. Your detailed Sport Schedule will be available on the WPFG website through the [Bodybuilding Page](#) after July 7th.

Sport Equipment

All the athletes are required to bring their own:

- Suit (posing, routine suit- if different from presentation suit)
- Jewelry
- Shoes (Women)



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- Posing routine music –Refrain from using any music that contains any profanity. (**USB ONLY**)

Additional Sport Information

Competitors will be officially heighted in for their classes, and receive their competitor buttons at the athlete measurement time. Please refer to the following category appropriate link for mandatory poses:

Women's Physique:<https://ifbb.com/wp-content/uploads/RULES/Womens-Physique-Rules-2019.pdf>

Womens Bikini:

<https://ifbb.com/wp-content/uploads/RULES/Women-Bikini-Fitness-Rules-2019.pdf>

Mens Physique:

<https://ifbb.com/wp-content/uploads/RULES/Mens-Physique-2019.pdf>

Mens Bodybuilding:

<https://ifbb.com/wp-content/uploads/RULES/Mens-Bodybuilding-Rules-2019.pdf>

Posing Attire and Use of Cosmetics

Similarly to the Rule Book, posing outfits may have embroidery, stripes or other embellishments. For females, bottoms must be tasteful in size and coverage, and will be at the final discretion of the judges, as will all suits.

- Jewelry (bracelets and earrings) may be worn by females with a few guidelines in place. Bracelets should not be more than 2” in thickness and earrings are to not be longer than 2” in length and must be tasteful. Jewelry will also be approved at athlete registration prior to pre-judging by the judges or sport coordinator. It may be beneficial to bring a few options.
- Any permanent jewelry (Dermal piercings) may be worn by both males and females. Eye glasses will be permitted on stage.

Pump-up areas/Changerooms

There will be a men’s change room and a women’s change room and the use of washrooms nearby for both. Both change rooms will be equipped with mirrors. There will also be a few free weights for ‘pump-up’.

- The women’s change room will be equipped with the following dumbbell sets: 10lbs, 12.5lbs and 15 lbs as well as 2 resistance bands.
- The men’s change room will be equipped with the following dumbbell sets: 15lbs, 20lbs, 25 lbs, and 30lbs as well as 2 resistance bands.



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Tanning and Hair/Make-Up

Tanning on site will be offered by OrganicTan Winnipeg and be at the cost of the competitor. Competitors are able to schedule their tanning appointments for July 28, 2023 (Day prior to competition) using the site below:

<https://organictanwinnipeg.as.me/schedule.php>

Appointments made for July 28, 2023 (first coat) will be scheduled at OrganicTan Winnipeg located at 166B Provencher Blvd, Winnipeg, Manitoba Second floor. Final coats to be done at the venue.

Phone: 204-226-2425

Makeup and Hair Services

Makeup and hair services will be offered at the cost of the competitor

Please open the link for more information: [WPFG Hair & Makeup](#)

Competition Tanning Tips

- For best results, spend the week prior to your competition moisturizing your body using an oil-free moisturizer.
- The day before your competition tan, exfoliate and remove unwanted body hair by shaving or waxing. If you prefer waxing/sugaring over shaving please do so 48-72 hours prior.
- While exfoliating, pay special attention to the knees, elbows, hands, feet and heels. The better condition your skin is in, the better the tanning solution will absorb and the more flawless your tan will look.
- Do not use any oil-based scrubs as these will negatively impact on your competition tan.
- Ensure your skin is FREE of ANY product, such as: makeup, deodorant, lotions, moisturizers, perfumes or sprays. These products can create a barrier against the tan developing properly.
- This is very important! Wear loose, dark clothing to and from your tanning appointment to minimize contact with your skin. MUST wear clothing to bed to avoid touching yourself and creating smudges.
- It is best to wear flip flops on your feet- no socks or shoes.
- Take extra care when using the bathroom and near water. If you experience any smudges we will correct it at the show!

Venue

The Met
281 Donald St, Winnipeg MB



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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 MET is centrally located in Downtown Winnipeg, within walking distance of many of WPFG partner hotels. Please utilize Winnipeg Transit for your arrival and departure. Your Accreditation will allow you to ride Winnipeg Transit for free.

Parking

There is limited paid parking available at and within walking distance around this venue. Please use public transit 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

*****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: 7:00am–5:00pm



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Tuesday August 1- 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

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

The Opening Ceremony begins with the Athletes Parade, which will start at the **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.



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- 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 [WPFG2023 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

Time: Gates open at 4:00 pm, Closing Ceremony starts at 5:00 pm.

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.



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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 WPF2023 merchandise program please [click here](#)! All prices listed are in Canadian funds and electronic payment will be accepted at our onsite 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