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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 Cross Country (5km & 10Km)

Please review the [Cross Country \(5km & 10km\) Abridged Rules](#) for competition format and sport specific details.

Contact information

If you have any questions regarding, Cross Country (5km & 10Km) please contact your Sport Coordinator(s): Kelsey Howard, Scott Gurney at crosscountry@wpfg2023.com

Or

WPFG Federation Director: Chuck Foote at cfooterun@aol.com

Weigh-Ins

Date: August 2

Time: 08:00-10:00

Location: RBC Convention Centre - Official weigh-in room

Please Note: Weigh ins are for Heavyweight Categories ONLY

Please ensure you are dressed appropriately for weigh-in.

Competition Schedule

August 3, 2023:

- 10 Km Race start time is 08:30
- 5 Km Race start time is 10:00

Sport Equipment

Disposable water cups will be available at water stations along the course.

Running shoe spikes are permitted.

Equipment Storage

Athlete sport bags can be checked in at athlete check in during the race. Please ensure your bag has a tag with your name and identification number.

Additional Sport Information

Bib pick up will be on site the morning of the race at athlete check in. Athlete check in opens at 7am.



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Water stations will be available for runners on the course.

The course path contains: Grass, dirt, gravel, sand, hills, and hazards example: Crossing Asphalt Path, low rock wall and near water.

Minimum Elevation: 31m

Maximum Elevation: 32m

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BIRDS HILL PROVINCIAL PARK CROSS COUNTRY COURSE

10K START, 5K START, FINISH

WATER STATION
MEDICAL TENT

ELEVATION GAIN	31 M
ELEVATION LOSS	32 M

INFO FOR PARTICIPANTS

- TOTAL COURSE DISTANCE IS 5 KM.
- 10KM RACE IS 2 LAPS AROUND THE COURSE

Map labels: NORTH DR, NIPOWIN RD, FESTIVAL DR, BIRDS HILL PROVINCIAL PARK, BIRDS HILL LAKE, KINGFISHER LAKE, NORTH

Venue

Birds Hill Provincial Park
Box RR#2 St. Clements

Food and beverage kiosks will be available at all competition venues



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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](#).

As this venue is located outside the Winnipeg Transit footprint, WPFG will provide a dedicated Athlete Bus which will depart from the RBC Convention Centre Transportation Hub. Please visit the Transportation Information Desk located at the front entrance of the RBC Convention Centre for your detailed schedule prior to competition.

Parking

Park passes will be made available at no cost for athletes who choose to drive to Birds Hill Provincial Park.

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 - Tuesday August 1: 7:00am - 5:00pm

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



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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		
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.
- 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.



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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

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

Come and celebrate the closing of our Games as we pass over the WPF2023 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 WPF2023 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.



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It is the responsibility of the competitor to regularly check the website for all updated information: www.wpfq2023.com