

Toughest Competitor Alive Schedule



Venue: University of Manitoba

Dates: Saturday July 29 - July 31, 2023



WORLD
POLICE & FIRE
GAMES

Categories	Time	Competition	Location
Saturday July 29, 2023			
All Women Including Heavyweight Men Over 40 including 40+ & 50+ Heavyweight	07:00	5K Cross Country Race	University of Manitoba Stadium
	08:00	Shot Put	University of Manitoba Stadium
	09:00	100m Dash	University of Manitoba Stadium
	10:00	100m Swim	Lions Outdoor Pool
	11:00	Rope Climb	Frank Kennedy Centre Gold Gym
	12:00	Bench Press	University of Manitoba High Performance Training Centre
	14:00	Pull Up	Frank Kennedy Centre Gold Gym
	15:00	Obstacle Course	University of Manitoba Stadium
	16:00	Medal Ceremonies	University of Manitoba Stadium
Sunday July 30, 2023			
All Men 18+, 30+, and 35+ Including 18+ & 35+ Heavyweight	07:00	5K Cross Country Race	University of Manitoba Stadium
	08:00	Shot Put	University of Manitoba Stadium
	09:00	100m Dash	University of Manitoba Stadium
	10:00	100m Swim	Lions Outdoor Pool
	11:00	Rope Climb	Frank Kennedy Centre Gold Gym
	12:00	Bench Press	University of Manitoba High Performance Training Centre
	14:00	Pull Up	Frank Kennedy Centre Gold Gym
	15:00	Obstacle Course	University of Manitoba Stadium
	16:00	Medal Ceremonies	University of Manitoba Stadium
Monday July 31, 2023			
Doubles & Teams	07:00	5K Cross Country Race	University of Manitoba Stadium
	08:00	Shot Put	University of Manitoba Stadium
	09:00	100m Dash	University of Manitoba Stadium
	10:00	100m Swim	Lions Outdoor Pool
	11:00	Rope Climb	Frank Kennedy Centre Gold Gym
	12:00	Bench Press	University of Manitoba High Performance Training Centre
	14:00	Pull Up	Frank Kennedy Centre Gold Gym
	15:00	Obstacle Course	University of Manitoba Stadium
	16:00	Medal Ceremonies	University of Manitoba Stadium