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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 Triathlon**

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

### **Contact information**

If you have any questions regarding, Triathlon please contact your Sport Coordinator(s): Dani McKinnon & Patrick Labossiere at [triathlon@wpfg2023.com](mailto:triathlon@wpfg2023.com)

Or

WPFG Federation Director: Tony Adler at [tadler@cpaf.org](mailto:tadler@cpaf.org)

### **Pre Competition Meeting**

Your Mandatory Pre Competition Meeting/Race Kit Pickup information is as follows:

Date: August 2

Time: 16:00-18:00

Location: RBC Convention Centre, room 2E (second floor)

### **Practice**

The Pan Am Pool will be available to athletes on July 29th for practice purposes. Admission is free on this day with athletes accreditation in addition to a 25 cent locker fee.

A single admission prior to July 29th costs \$7.51 CAD in addition to a 25 cent locker fee.

### **Competition Schedule**

August 3, 2023

9:00 am race start

07:00	Athlete check-in and transition open
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07:45	Pre-race meeting
08:30	Transition closes
08:45	Marshal Athletes
09:00	Competition Begins

### Sport Equipment

Race kits, which include swim caps, bibs, and tags will be provided for athletes at the pre competition meeting/race kit pickup. Numbers on the swim caps and bibs will be designated to athletes based on their age categories.

*\*Please note competitors are required to provide their own bikes for competition. Bike rentals are in short supply in Winnipeg and surrounding areas.*

Water and race day snacks will be available for athletes, however, we still recommend athletes bring their own race day snacks and hydration.

Water temperatures will dictate wetsuit usage for athletes:

- Wetsuits are mandatory if water temperature is below 60.6 degrees Fahrenheit (15.9 degrees celsius). When mandatory, the wetsuit must cover at least the torso
- Wetsuits are not permitted if water temperature is above 71.6 degrees Fahrenheit (above 22 degrees celsius)

### Additional Sport Information

As the Host Society, we have the ability to transport bikes via trailers. There are a total of 50 spaces available for bikes. As there is limited space available so this service will be on a first come first serve basis. Please email [triathlon@wpfg2023.com](mailto:triathlon@wpfg2023.com) with the subject line **Cycling Trailer**, and in the email include your name, your home country, phone number, and your agency if you wish to use this service. If there is no space on the trailer, we will let you know ASAP.



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Loading of the trailer will begin at 7pm and end at 9pm August 2nd, at the Transportation Hub located at the RBC Convention Centre. **This will be your only opportunity to load your bike on the trailer.**

Each athlete is responsible for fastening and securing their bike. There will be volunteers to assist if needed. The trailer will leave downtown Winnipeg and arrive well before the athlete bus to ensure an efficient race day.

### Course Information

The biking phase is an out and back for a total of 40 km. All turns will be marshalled. Athletes will exit the park West on Grotte Avenue, turn north (right) on Rue St. Malo, then go west on Bourgeois Avenue. Then, athletes will go south on 218 until you come to the 20km turnaround.

Please review this [link](#) regarding frequently violated rules of a triathlon. A few other factors to note is that if winds reach 50 km/h or above, disc wheels are prohibited.

If athletes are competing in the team event, the timing apparatus used will be passed off to the next teammate in each discipline. Please ensure this action happens as there will be no way to document time otherwise.

Athletes competing in the heavyweight division will be weighed at the venue.

Below is a map of the swim, bike, and run course respectively.



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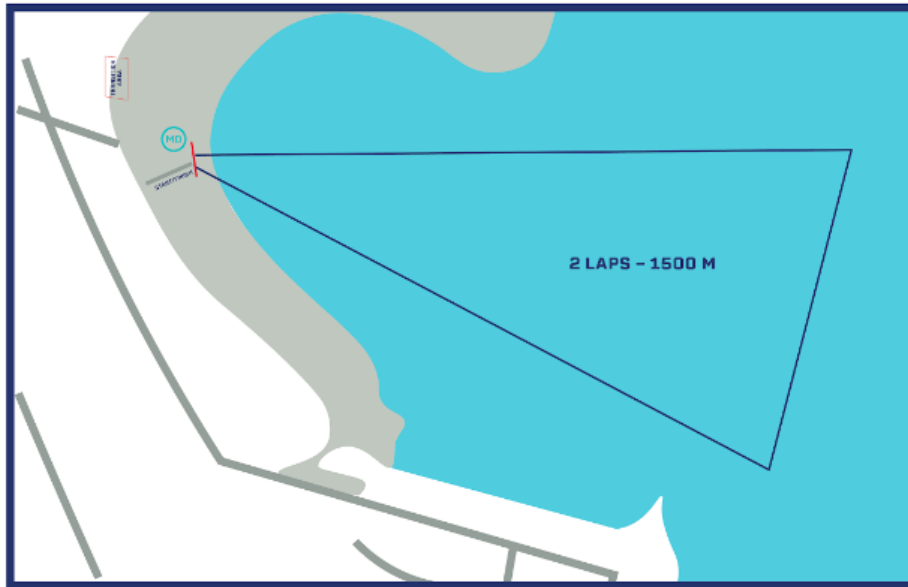


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## ST MALO PROVINCIAL PARK

**TRIATHLON – SWIM ROUTE**



 MEDAL CEREMONIES



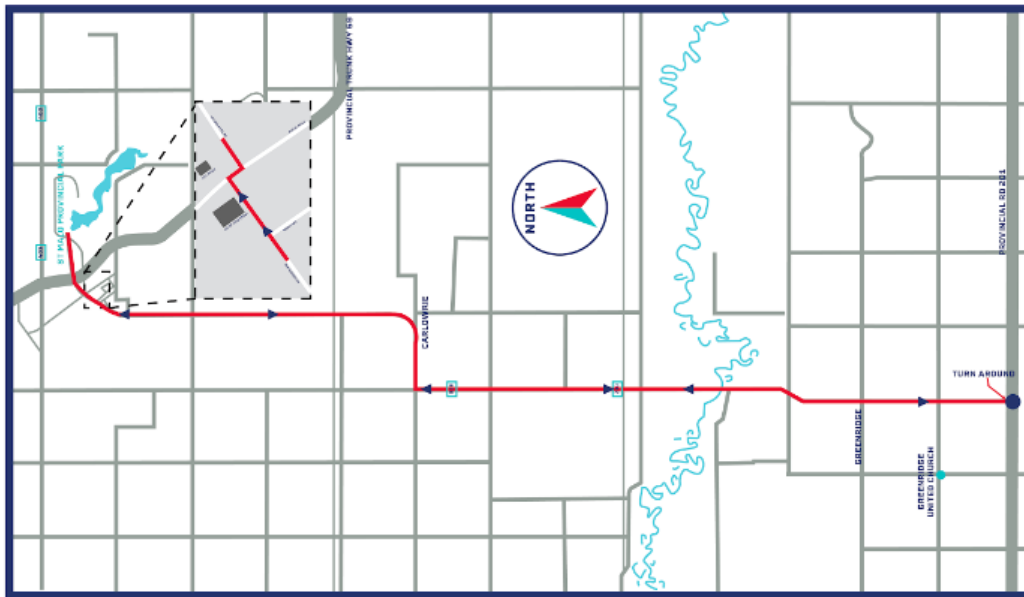
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## ST MALO PROVINCIAL PARK TRIATHLON - BIKE ROUTE





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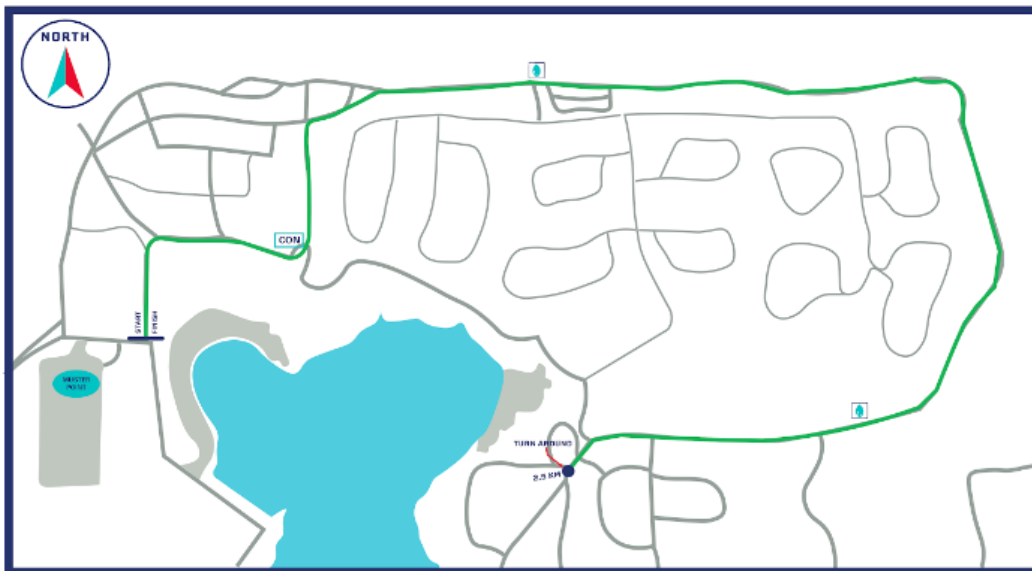
## ST MALO PROVINCIAL PARK TRIATHLON – RUN ROUTE

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CONCESSIONS



WATER STATION



### Venue

St. Malo Provincial Park  
De La Grotte Ave, St. Malo, 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](#)

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.



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## Parking

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

## Registration in Winnipeg

All competitors are REQUIRED to register at the RBC Convention Centre Accreditation Centre and receive their credentials 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

Sunday August 6: 9:00am–1:00 pm

\*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.



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### Opening Ceremonies

Schedule: Friday July 28, 2023		
Activity	Time	Location
Athlete Marshalling Starts	4:30pm	<b>RBC Convention Centre</b> 3rd Floor HALL A/B 375 York Ave Winnipeg, MB R3C 3J3
Parade Start	6:30pm	
Doors Open	6:30pm	<b>Canada Life Centre</b> 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 **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 [WPG2023 website](https://www.wpg2023.com) 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 WPG 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 WPG2023 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.wpfg2023.com](http://www.wpfg2023.com)