



The Games of Heroes™
JUNE 27 - JULY 6, 2025

Hello and welcome to the 2025 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: Micah Shoemaker at Bench@bhm2025.com

Or

WPFG Federation Director: Jason Smith at Jsmith@cpaf.org

Pre-Competition Weigh-In

Your Mandatory Pre Competition Weigh-In information is as follows:

Athletes must weigh-in the day before they compete.

Date: June 30 – July 2

Time: 4:30 PM – 6:00 PM

Location: Birmingham Jefferson Convention Complex, East Meeting Rooms E & F

Late Weigh-ins (Day of Competition)

Date: July 1 – July 3

Time: 7:00 AM – 8:00 AM

Location: Birmingham Jefferson Convention Complex, East Meeting Rooms E & F

Practice Weigh-In & Waiting Area

Location: Birmingham Jefferson Convention Complex, East Meeting Room G



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Competition Schedule

Your detailed Sport Schedule will be available on the WPFG website through the Bench Press page after June 7th. <https://bhm2025.com/bench-press/>

Monday, June 30th

- 4:00 PM - 6:30 PM
 - Next Day's Competition Weigh-In
 - East Meeting Room F

Tuesday, July 1st

- All Women's Classes and Men through 74 kg (163.00#) and under
 - 7:00 AM - 8:00 AM
 - Day of Competition (Late) Weigh-In
 - East Meeting Room F
 - 9:00 AM - 9:30 AM
 - Mandatory Rules Briefing
 - 10:00 AM
 - Lifting Starts
 - 4:00 PM - 6:30 PM
 - Next Day's Competition Weigh-In
 - East Meeting Room E

Wednesday, July 2nd

- All Men in the following weight divisions: 83.00 kg (182.75#) and under; 93.00 kg (205.00#) and under; and 105.00 kg (231.25#) and under
 - 7:00 AM - 8:00 AM
 - Day of Competition (Late) Weigh-In
 - East Meeting Room E
 - 9:00 AM - 9:30 AM
 - Mandatory Rules Briefing
 - 10:00 AM
 - Lifting Starts
 - 4:00 PM - 6:30 PM
 - Next Day's Competition Weigh-In
 - East Meeting Room E



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Thursday, July 3rd

- All Men in the following weight divisions: 120.00 kg (264.50#) and under; and 120.00 kg (264.50#) and over
 - 7:00 AM – 8:00 AM
 - Day of Competition (Late) Weigh-In
 - East Meeting Room E
 - 9:00 AM – 9:30 AM
 - Mandatory Rules Briefing
 - 10:00 AM
 - Lifting Starts

Sport Equipment

WPFG will provide all bench press equipment for competition as well as a warmup area with benches and weights for athletes.

Equipment Storage

There will be no available storage at the venue. Athletes will be responsible for their own personal items.

Additional Sport Information

A **MANDATORY** rules briefing will happen before competition begins at 9:00 AM each day.

Competitors must show their WPFG Credential at the Bench Press check-in table each day of competition.

Venue

Birmingham Jefferson Convention Complex (BJCC)
2100 Richard Arrington Jr Blvd N
Birmingham, AL 35203

Food and beverage kiosks will be available at the venue.



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Transportation

During the days of competition (June 27 - July 6, 2025) the 2025 World Police & Fire Games is offering complimentary round trip transportation service via a Downtown Hotel Shuttle that will be based out of the Transportation Hub at the BJCC. All transportation to the selected sport venues will run out of the BJCC. This service is provided for credentialed athletes, family, and friends from the BJCC.

For more information and shuttle times please follow this link:

<https://bhm2025.com/transportation/>

Parking

There are more than 14,500 parking spaces available within a 5-10 minute walk from the venue. The BJCC offers multiple parking lots/garages around the campus. All BJCC lots/garages are CASHLESS. Please have a credit card available for payment. Additionally, surrounding garages, primarily south of the campus, and hundreds of on-street parking spaces are also available.

[BJCC Campus Parking Map](#)

Registration in Birmingham

All competitors are **REQUIRED** to register at the Birmingham-Jefferson Convention Complex Accreditation Center 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 center.

Location:

**BJCC North Exhibit Hall
2100 Richard Arrington Jr Blvd N
Birmingham, AL, 35203**



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Hours of Operation:

Monday June 23: 0900 – 1900

Tuesday June 24: 0900 – 1900

Wednesday June 25: 0700 – 1900

Thursday June 26: 0700 – 1900

Local Athletes, come early and beat the rush!

Friday June 27: 0700 – 1630

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

Saturday June 28: 0700 – 1900

Sunday June 29: 0700 – 1900

Monday June 30: 0900 – 1900

Tuesday July 1 – Thursday July 3: 0900 – 1700

Friday July 4 – Saturday July 5: 0900 – 1530

Sunday July 6: 0900 – 1200

*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. WPF2025 is not responsible for any lost, stolen, or damaged items.



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Opening Ceremony

Credentialed athletes & team coaches are encouraged to participate. Parade Marshaling Area will be in the BJCC North Hall. Athletes will need to go through a magnetometer & once inside you will move from the BJCC to enter Legacy Arena. The parade marshaling area will open at 1400. Concessions and games will be available. All participants must report to the designated Parade Marshaling Area no later than 1630 to participate. All friends & families will be asked to head to their seats at 1745.

Date: Friday, June 27, 2025

Parade Marshalling Location:

BJCC North Hall

2100 Richard Arrington Jr Blvd N

Birmingham, AL, 35203

Spectator Location:

Legacy Arena

1898 9th Ave. N.

Birmingham, AL, 35203

Event Schedule:

- Parade Marshalling Area Opens at BJCC: 1430
- Parade Marshalling Starts: 1630
- Parade Start: 1700
- Main Show Begins: 1800
- End of Show: 2000

***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 1630 on June 28.
- Please do not bring bags to the Opening Ceremony or Athlete Marshalling Area.



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The opening ceremony is the official kick off to the 2025 World Police and Fire Games and will welcome athletes to Birmingham with an exciting event in BJCC. 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:

**Birmingham CityWalk
2200 9th Ave N
Birmingham, AL, 35203**

Dates: Friday June 27 – Sunday July 6

Hours of Operation:

1800 to 2330

***Last call will be at 2300**

The Athletes' Village is themed Birmingham'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 [WPFG2025 website](#) closer to the games.

On July 3, 2025, Athletes' Village will host Wrist Wrestling. Competition commences at 1630.

Closing Ceremonies

Location:

**City Walk BHAM
2200 9th Ave N.
Birmingham, AL 35203**

Date: Sunday July 6th

Time: Gates opens at 1630



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Celebrate the conclusion of the Birmingham 2025 World Police & Fire Games at the Closing Ceremonies, hosted at City Walk—the heart of Athletes Village. The evening will feature the ceremonial Passing of the Flag to the next host city, Perth 2027. Engage in the camaraderie of pin, patch, & challenge coin trading as we commemorate the incredible memories made in Birmingham. Enjoy local entertainment, a recap video highlighting the best moments of the Games, & a final celebration.

Merchandise

Fans and athletes of the Games can now purchase official merchandise, featuring both affordable and premium options. Keep an eye out for additional products as we continue to expand our selection closer to the Games. To explore and shop for your merchandise, visit BHM2025.com/shop. We also encourage you to take pictures of yourself wearing our gear and tag us on social media for a chance to be featured!

It is the responsibility of the competitor to regularly check the website for all updated information: www.bhm2025.com