



2025 US Police & Fire Championships CrossFit®

Welcome to the United States Police & Fire Championships. This letter serves as your Final Confirmation of your participation in CrossFit®. CrossFit® is scheduled for Saturday, June 7th at Invictus Fitness, 1401 E St., San Diego, CA 92101. The Guiding Bodies are the United States Police & Fire Championships and CrossFit®, Inc.

Conduct Expected of ALL Participants:

Drinking of alcoholic beverages, unlawful consumption of controlled substances, and gambling is prohibited while competing. Unsportsmanlike conduct will not be condoned either before, during, or after competition. Any physical or verbal assaults on officials, competitors, spectators, coordinators or ex-officios will be met **with IMMEDIATE AND SEVERE PENALTIES**, including **EXPULSION** from these and future United States Police & Fire Championships.

Registration:

Each athlete must go in person to the Accreditation Center located in the Marriott Mission Valley, 8757 Rio San Diego Dr, San Diego, CA 92108 prior to their events. **AGENCY IDENTIFICATION REQUIRED.**

REGISTRATION HOURS:

Date	Open	Close
Friday, May 30	3:00 PM	8:00 PM
Saturday, May 31	6:30 AM	6:00 PM
Sunday, June 1	6:30 AM	8:00 PM
Monday, June 2	6:30 AM	6:00 PM
Tuesday, June 3	6:30 AM	5:00 PM
Wednesday, June 4	6:30 AM	6:00 PM
Thursday, June 5	6:30 AM	6:00 PM
Friday, June 6	6:30 AM	6:00 PM
Saturday, June 7	6:30 AM	10:00 AM

VENUE:

Invictus Fitness, 1401 E St., San Diego, CA 92101

COMPETITION SCHEDULE:

8:00 AM-Check in.

9:00 AM-Competition begins.

Approx 11:00 AM-Break

DAY OF EVENT:

- You must show your credential and Agency ID at check in. Without these, you will be unable to compete.
- The event will be comprised of a minimum of three (3) separate workouts. The first WOD will be sent to you mid-May.
- The second WOD will be sent to you two weeks prior to the competition.
- The third WOD will be released the day of competition after the completion of the second WOD.
- Each competitor will have their own judge who will judge and count individual repetitions and keep time. A repetition not meeting the parameters of briefed instructions must be immediately repeated before proceeding.
- No attire worn during competition may interfere with judging and the ability of the judges to see the required movements or range of motion.
- Non-branded belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear will be allowed during competition.
- No outside assistance, in the form of equipment or supplies (including water or other substances), from spectators or coaches is allowed once the participant enters the area restricted for competition until their judge has recorded their score.
- Competitors are expected to display exemplary sportsmanship. Staying in the workout area to encourage fellow competitors and post-workout congratulations is expected. "Trash talking" fellow competitors and overly exuberant celebrations are not allowed. First instances will invoke a warning; the second instances will invoke immediate disqualifications and dismissal from the workout area.
- Lunch will be available for purchase from Invictus, or you may bring in your own food and drink. Water will be provided.

SPORT RULES:

Please refer to our website www.uspfc.org

Decisions made by judges during competition are final and may not be protested. Event staff, including judges, have the authority to stop or suspend any participant at any point in the competition if they feel the participant is at risk of serious injury or performing in a manner that is

unsafe to the participant or others.

For additional information, please contact the Sport Coordinator, Sandi Oplinger at sandi@crossfitinvictus.com or Sport Director Jonna Wiltshire at jwiltshire@cpaf.org

JUST A NOTE:

All athletes are invited to the Athletes' Welcome Reception, Monday, June 2nd from 6-8 PM; outside the West lawn at the Marriott Mission Valley. 8757 Rio San Diego Dr, San Diego, CA 92108 . Join us for food, fun, music and camaraderie.

As an athlete, you are aware that it takes volunteers to assist in putting on the United States Police & Fire Championships. We are counting down the days to our event and we are looking for some great volunteers. If you or anyone you know would be interested in volunteering. For more information, contact Nicole Matthews at nmatthews@cpaf.org

www.uspfc.org
[✉ jwiltshire@cpaf.org](mailto:jwiltshire@cpaf.org)



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