

WELCOME TO POSA POLE SPORT WORLD CHAMPIONSHIPS 2023

Dear competitors and delegation members,

We want to warmly welcome you to Pole Sport World Championships in Jyväskylä, Finland. In this letter you will find some practical information and rules in addition to the schedules of the competition.

COMPETITION VENUE

**Hipposhalli, sports hall
Kuntoportti 3
40700, Jyväskylä, Finland**

More information: <https://www.poleworlds2023.com/for-competitors/competition-venue/>

Competition website is <https://www.poleworlds2023.com/> where you can find answers to many questions you may have. Our Instagram accounts are @posa_worldchamp2023 and @posaworldfed. When posting about this event, please tag us and use hashtags [#poleworlds23](https://www.poleworlds2023.com/)
Attached you can find instructions and photos for social media to celebrate your participation in the World Championships.

AIRPORT BUSES

Pre-booked tickets only! The airport transportation bus can be booked via Suomisport system: <https://www.suomisport.fi/events/164dc4be-e723-460b-b531-0ab7a3e59c0c>
Deadline for booking the airport transportation bus is October 31st.

FROM HELSINKI-VANTAA AIRPORT TO JYVÄSKYLÄ:

- Wednesday 22nd November:
 - Departure 5pm
 - Arrival 9pm

- Thursday 23rd November:
 - Departure 2pm
 - Arrival 6pm

FROM JYVÄSKYLÄ TO HELSINKI-VANTAA AIRPORT:

- Monday 27th November:
- Departure 8am
- Arrival 12am

HOTELS

We have two official competition hotels, Hotel Greenstar and Solo Sokos Hotel Paviljonki. If you want to use our competition prices, please book the accommodation before October 23rd. More information about the hotels: <https://www.poleworlds2023.com/arriving/> Both of the hotels are close to the railway and bus station. The competition venue is approximately 3 km from the official competition hotels.

SHUTTLE BUS

Athletes and delegation members had a chance to book a shuttle bus to move between the official competition hotels and the competition venue, when registered as an athlete or coach. **We are also currently negotiating if we could sell shuttle bus tickets on the competition venue. More information on this should it be possible.**

The shuttle bus will operate between the official competition hotels and the competition venue every day (Thu-Sun) before and after the competition. The shuttle bus costs 20€ / the whole weekend (Thu-Sun).

Preliminary Schedule:

Thursday 23rd November
 Sokos Hotel Paviljonki-Green Star Hotel- Hipposhalli
 7:30-9:30
 Hippos-Green Star-Paviljonki
 19-21

Friday 24th November
 Sokos Hotel Paviljonki-Green Star Hotel- Hipposhalli
 7:15-9:15
 Hippos-Green Star-Paviljonki
 17:30-19:30

Saturday 25th November
 Sokos Hotel Paviljonki-Green Star Hotel- Hipposhalli
 7:30-9:30
 Hippos-Green Star-Paviljonki
 19-21

Sunday 26th November
 Sokos Hotel Paviljonki-Green Star Hotel- Hipposhalli
 7:30-9:30

Hippos-Green Star-Paviljonki
15:30-17:30

CITY TRASPORTATION

In Jyväskylä you can reach the competition venue either using our own shuttle bus (information above) or:

- Local bus, timetables here: <https://jyvaskyla.digitransit.fi/?locale=en> and information here: <https://linkki.jyvaskyla.fi/en/linkki-jyvaskyla-region-public-transport>
- Local taxi, for example JYTAKSI at number 0100 6900.

AFTER PARTY

We welcome you to the after party which will be arranged at Proud Mary pub on Sunday evening. Age limit to the after party is 18 years.

SENDING MUSIC AND DIFFICULTY ELEMENTS

All competitors who have sent their registration via Suomisport have received instructions how to send music and Difficulty Sheet via email.

Athletes must send their Difficulty Sheet and music by October 31st via the electric system.

If you have not received the instructions or need help sending the music or Difficulty Sheet, please, contact finnishpolefitnessfederation@gmail.com for assistance.

ATHLETE AND COACH REGISTRATION

All competitors and coaches have to register to receive their competition pass when arriving. Athletes and all accredited persons must choose one of following registration times:

Amateur categories: (choose one)

Wednesday 22nd between 20.00-22.00 Greenstar hotel

OR

Thursday 23rd, during stage rehearsals at the competition venue Hipposhalli

Competitive categories: (choose one)

Thursday 23rd 20.00-22.00 Greenstar hotel

OR

Friday 24th during stage rehearsals at the competition venue Hipposhalli

TRAINING SESSIONS AT THE LOCAL POLE STUDIO

During the world championship competition week our local pole dance studio Ready Set Pole offers a possibility to book open and private training sessions for those taking part in the competition.

Open session: 15,00 € / 120min

Private session: 45,00 € / 55 min

More information: <https://www.poleworlds2023.com/for-competitors/competition-venue/>

AT THE COMPETITION VENUE

At the venue there are some areas (dressing rooms, warm up area) that you are allowed to enter only with competition pass. Inside the venue it is absolutely forbidden to smoke any kind of cigarettes, including electronic cigarettes and vaporizers. Also, it is recommended to avoid strong scents, perfumes and excessive use of hair spray or other spray chemicals inside.

STAGE AND POLES

Stage size is 8 x 8 meters and the poles are X-Pole stainless with 45mm diameter. Their free height is 4 meters and the distance between the poles will be between 3,00-3,20 meters. The stage is covered with a professional dancing mat. The platform under the dancing mat is built from parts similar to this one: <http://www.intercom.fi/tuote/esiintymislava/> The stage is 1 meter high from the floor and accessed by stairs.

LOCKER ROOMS

The locker rooms have showers, toilets and mirrors and they are shared with other athletes in the same category.

WARM UP

In the training hall there is a X-Pole 45mm stage available with other warm-up options. Notice that the warm-up area is only for athletes to warm up – not a playground. A guardian or a coach must accompany any under-aged athletes.

STAGE REHEARSALS

The stage rehearsals will be without music. Each national delegation will be given a time slot for testing the poles that they can divide between the athletes evenly. The timetable is attached.

ORIENTATION MEETING AND OPENING CEREMONY

Orientation Meeting is mandatory for at least one representative per national federation. It will be held on Thursday 23rd November at 11am at the competition venue. After the Orientation Meeting there will be a rehearsal for the Opening Ceremony.

In the Opening Ceremony the teams present themselves on stage as a national team, wearing the official tracksuit of their country and carrying the flag of their country.

MEDAL CEREMONY

Medal ceremonies will be held as informed in the running order:

<https://www.posaworld.org/download/pole-sport-world-championship-2023-running-order/?tmstv=1697365251>

The athletes to be awarded must appear near the podium about 10 minutes before their medal ceremony. The podium is located on the right side of the stage from the view of audience. Our athlete assistants will guide the athletes if necessary.

SERVICES AT THE VENUE

There is a cafeteria open during the competition at the venue. The cafeteria has a compact selection of snacks and coffee. The nearest shop is about 1.5 km from the competition venue.

FIRST AID TEAM

There will be a first aid team in the competition hall during the competition and stage rehearsals.

MASSAGE SERVICES

During the competition Your Body sports massage center offers their expertise to all athletes on-site free of charge. Also sports taping services available.

You are also welcome to utilize their expertise and services during the competition week at your own expense by booking an appointment on Timma app or by visiting their website www.yourbody.fi.

Read more: <https://www.poleworlds2023.com/for-competitors/competition-venue/>

POLE CLEANING

We have volunteers who are there to clean the poles during the competition. If you want to clean your own pole please follow these instructions:

- Inform the volunteered pole cleaners your wish to clean the poles by yourself at the latest when the previous competitor is on stage
- Get on the stage immediately after the previous competitor
- Minimum of 3 persons on the stage (one cleaning each pole and one mopping the floor)
- Use only the competition organizer's towels and cleanser

VIDEO AND PHOTOGRAPH

The athletes are allowed to take photos and videos on backstage but filming/photographing the competition performances with professional equipment is not allowed without a written permission from the organizer. Media photo inquiries can be sent to posaworlds23@gmail.com

Competitors can purchase a video and photograph package through Suomisport. The package must be purchased no later than November 26th.

The package includes:

- The athlete's performance videos from the competition (in case the athlete is in qualifications and the final, videos of both performances will be included). The videos are filmed by Creative Works crew and the videos will be sent by the local organizing committee of the competition. The delivery is via download link, so you can download the video onto your computer on WHEA Vimeo .
- Performance photos (minimum 3 photos) from the competition in print quality – photographer Mikko Karsisto. The photos will be sent via Wetransfer downloading link.
- The video(s) and photos are sent out within 14 days after the competition.

Price of the package 40€

Order yours here: <https://www.suomisport.fi/events/595421d1-1595-406f-8bf1-40d0fe1979a1>

When purchasing the package, you can edit and publish your videos and photos as you want, but the following copyrights must be mentioned:

Videos: © WHEA / Creative Works

Photos: © WHEA / Mikko Karsisto

LIVESTREAM

There will be a livestream with a charge via World Heavy Events Association Vimeo. Information about the livestream will be published on the official competition website during October. The livestream is produced by Creative Works.

TICKET SALE

Tickets can be purchased only online (on lippu.fi site) until November 26th 2023, so make sure you have your ticket before arriving at the competition venue.

Tickets can be purchased here: <https://www.lippu.fi/en/artist/posa-pole-sport-world-championships-2023/#calendar-start=2023-11>

STAGE REHEARSAL SCHEDULE (attached)

Welcome to Jyväskylä!