



MONTREAL POWER WARS

Saturday, June 21, 2008

Full Power, Ironman, Bench only, Deadlift only

Location: Bronx Gym www.bronxgym.com (450) 424-2254
184 Harwood Blvd., Vaudreuil-Dorion, Quebec, Canada.
30 km (20 mi) west of Montreal
510 km east of Toronto
160 km east of Ottawa
180 mi north of Lake George, NY

Weigh in: Friday, 10:00 am - 10:00 pm and Saturday, 8:00 - 9:00 am

Rules and Warm up: 9:00 am

Meet Starts: 10:00 am

Equipment: Equipped or raw, singlet (single piece suit) required. Equipped – double or single ply, canvas, poly or denim suits, poly or denim briefs of any design, poly or denim shirts, 2.5 meter knee wraps, 1.0 meter wrist wraps.

Awards: Skulptures by Seeker - Top 3 Lifters in Each Category

Meet Equipment: Super heavy duty Metal Militia Monolifts (2) and Militia Benches (2), Texas 8' Squat Bar (55 lb), York Power Bar 29mm for Benchpress, Texas Deadlift Bar, Ivanko calibrated kilogram plates.

Head Referee: Bill Crawford

Meet Director: Ross Saldan, bigbench@comcast.net ,
(450) 424-0560 in Canada,
or cell phone (941) 544-0781 in U.S.

Entry Fee: Full Power - \$100; Bench, Deadlift or Ironman -\$75 Can or U.S., Students \$35, 2nd Category +\$35

Please call or email to reserve a place and to let us know which categories you will be lifting in, then pay when you get here.

Motels: two motels are close by. (Mention Montreal Power Wars for best rate.)

Motel Seigneurie de Vaudreuil www.motelsv.com
154 boul Harwood, Vaudreuil-Droion 100 yards from meet venue
1 (877) 455-0841 (reservations) or (450) 455-3369
Negotiated rate: 1 queen bed \$55 plus tax = \$64.95
2 double beds \$65 plus tax = \$76.35

Motel La Bourgade

www.comsearchinternational.com/bourgade.htm

300 boul Harwood, Vaudreuil-Dorion, two blocks from meet venue

(450) 455-4032

Rate: 1 queen bed \$68 plus tax = \$79.77
 2 double beds \$78 plus tax = \$91.16

Meet Highlights: This will be a memorable event. It will be a CPO sanctioned meet which is affiliated with the WPC. You can set Canadian and U.S. records at this meet – World Records can only be set at National and World Championships. The lifting and equipment rules are the same as APF and WPC. But, we invite lifters from ALL organizations.

You will lift with the best equipment, experienced judges and spotters and in a supportive and friendly atmosphere with great music.

Lifters will be coming from Toronto, Kitchener, Ottawa, Gatineau, Montreal, Sherbrooke and Quebec region and from New York, Massachusetts, and Maine.

You will see some of the best lifters in the world, and you will witness the courage and determination of some people competing in their first meet.

The trophies will be Skullptures by Seeker and if you have seen these, you know that they are works of art, made especially for powerlifting and they are worth the price of admission alone.

It is shaping up to be a great meet. I hope to see you there. Please let me know if you are planning to be there, to lift or to help out.

Directions to the meet are on the next page.

Directions

To Bronx Gym, 184 Harwood Boul., Vaudreuil-Dorion, Quebec, Canada

From Toronto:

401 East after you cross into Quebec, the highway will split into Rte 20 and Rte 40, both say to Montreal, but take the right exit Rte 20 to Montreal, Centre Ville. The first town you come to will be Vaudreuil-Dorion, go past two stoplights then the building is on your right.

From Ottawa: 417 to Montreal stay on it until the end which is Vaudreuil-Dorion. Once on Rte 20 east, go past two stoplights then the building is on your right.

From Montreal: Rte 20 west, after the bridge into Vaudreuil-Dorion Option 1 - turn left (no left turn during rush hour) onto St. Charles, left at the stop sign St. Jean Baptist, then immediate right turn onto Chicoine, then first right turn, then right again onto Harwood boul., then down two buildings and right turn into the drive way and park in the back.
Option 2 – Rte 20 west, after the bridge into Vaudreuil-Dorion continue about one mile and turn left at the lights for Route 138, go one block to the stop sign, turn left, then left again at the next available street, then go back to Harwood Boulevard, turn right go about 400 feet and turn right into the driveway and you are there.

From New York: I-87 north becomes Rte 15 after crossing the border, go thru to Champlain Bridge and take directions to Toronto, end up on Rte 20 west for 20 miles, then follow same directions as from Montreal.

Phone number at the gym is 450 424 2254