

CanAm Bench Press Championships

The Border War!

Saturday July 21, 2012

Detroit Metro Marriott

Romulus, Michigan
I-94 @ Detroit Metro Airport



Check <http://www.MichiganApf.com/CanAmBorderWar.htm> for updates
or email CanAmBorderWar@yahoo.com to receive updates.

Tentative Schedule

Session 1: Teen/Jr/Women Equipped AWPC/WPC,

ALL Raw, AWPC/WPC:

Rules Mtg: 8:00am

Judges Mtg: 8:20am

Lifting starts at **8:30am**

Awards: 12:00 pm

Maximum 3 flights

Session 2: Men Equipped, AWPC/WPC

Rules Mtg: 12:30pm

Judges Mtg: 12:50pm

Lifting starts at **1:00pm**

Awards: 5pm

Maximum 3 flights

Meet Features

WPC Sanctioned

National and World records can be broken.

24hr weigh in at venue beginning 8:30am Friday.

Limited number of Teen Bench Corp. Sponsorships.

Ivanko Calibrated plates and Texas Bench Bar.

Unique Certificate of Participation

Free Airport Shuttle (Airport code: DTW).

Easy on and off I-94 for drivers.

Free Parking.

Room rate:\$79/King, \$85 Double.







Booking: "Can/Am BenchPress Championships".

Half-off breakfast buffet for hotel guests.

Homeland Security, Customs Officers, Active Duty USA and Canadian Military: Bench Entry Fee waived!
(MAX one complete flight<18>, and you will still need a current federation card).

Meet Promotion: Joe Smolinski, with assistance from Bruce McIntyre and Triple X Powerlifting.

Drive time to CanAm from select locations:

 Cleveland	2 ½ hr
 Columbus	3 hr
 Chicago	4 hr
 Kitchener	4 hr
 Cincinnati	4 hr
 Pittsburgh	4 hr
 Toronto	4 ½ hr
 Indianapolis	4 ½ hr
 Buffalo	5 hr

