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## LIFTER INFORMATION

**Saturday, December 16, 2017**

**Fort William Henry Conference Center, 48 Canada Street, Lake George, NY, USA**

**Competitors – Mandatory rules meeting at 9 am. Competition Lifting starts at 10 am.**

**WEIGH IN:** At the Gym Friday Dec 15, 10 am – 5 pm at Adirondack Barbell Club, 41 River St, South Glens Falls, NY  
At the meet venue, Friday Evening Dec 15, 7 pm – 9 pm and Saturday, Dec 16 7:30 am – 8:45 am  
at Fort William Henry Conference Center, 48 Canada Street, Lake George, New York 12845

**MEET DIRECTOR:** Bill Crawford, Adirondack Barbell Club. (518) 792-5820 Email: [bench802plus@yahoo.com](mailto:bench802plus@yahoo.com)

Information at: [metalmilitiapowerlifting.com](http://metalmilitiapowerlifting.com) and [metalmilitia.ca](http://metalmilitia.ca)

In Canada contact Ross Saldan – METAL MILITIA MONTREAL (514) 774 0659 Email: [bigbench@live.com](mailto:bigbench@live.com)

**ENTRY FEES:** ADULTS – Full Power - \$100; Bench, Deadlift or Ironman - \$75. Teens - \$60. 2<sup>nd</sup> Category +\$35.

**NOTE** – Late Entries posted after December 3, 2016 – may be accepted only if there is space available – please add \$35 Late Fee. Number of competitors may be limited.

**Public** – Free

**PAYMENT:** Make check payable to: **Bill Crawford**

Mail entry form and check to: **Adirondack Barbell Club, 41 River St, South Glens Falls, NY 12803, United States.**

On-line credit card and PayPal payment available at [metalmilitiapowerlifting.com](http://metalmilitiapowerlifting.com)

**MEMBERSHIP FEES:** Each competitor must have a valid MMP (METAL MILITIA POWERLIFTING) Membership card. You should purchase this before the meet. For more information, go to [metalmilitiapowerlifting.com](http://metalmilitiapowerlifting.com)

**EQUIPMENT** MUST MEET MMP SPECIFICATIONS. ONE PIECE LIFTING SUIT MUST BE WORN.

Please note that according to MMP rules, knee wraps and belt and wrist wraps are allowed in the raw division.

**AWARDS** will be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places for weight and age divisions and Best Lifter Male and Female.

**HOTEL:** FORT WILLIAM HENRY HOTEL AND CONFERENCE CENTER 48 Canada Street, Lake George, New York 12845

Phone: 800 234-0267 or (518) 668-3081 Fax: (518) 964-6645 [www.fortwilliamhenry.com](http://www.fortwilliamhenry.com)

Special rate booked for powerlifters for this meet, mention “Powerlifting” when you make reservations.

**Restaurants:** There are excellent restaurants in the hotel and within walking distance.

This is a METAL MILITIA memorial meet in honor of our brothers who left us too early and their families.

Music will be loud, and of course all METAL MILITIA EQUIPMENT will be used on the platform and in the warm up room.

