

35th Annual NASA High School Nationals

Equipped/Unequipped Powerlifting, Push Pull & Bench Only, Power Clean, Push Pull & Power Sports

Date: Saturday, March 23rd and Sunday, March 24th, 2019

Location: Wyndham Garden Hotel, OKC Airport, 2101 S. Meridian, OKC, OK. 405-685-4000
www.wyndhamgardenokc.com Ask for Special Rates when booking rooms. Do NOT Book On-line. To receive NASA Discount Prices on sleeping rooms call the hotel directly to get our sleeping room discount.

Meet Director: Rich Peters | P.O. Box 735 | Noble, OK 73068
Phone: 405-527-8513 | email: sqbpdl@aol.com

RULES:

General Rules: All current NASA rules will apply. View the entire NASA rule book on our Web site at www.nasa-sports.com. All lifters are required to have a current NASA Membership. NASA enrollment will be available at the meet or pre-enroll on our web site. Membership is good for 1 full year from the date of purchase. High School Membership is \$15.00 per year. **No lifter shall compete who has reached their 19th birthday.**

Power Sports: No supportive equipment of any kind (exception: 4" max width lifting belt is allowed) in Power Sports Divisions. Lifts included in Power Sports are Strict Curl, Bench Press and Deadlift for Total (full meet), and/or you may enter any lift individually.

Home Schooled Lifters May Compete In This Event – Will Lift With Their Age Class

**All lifters MUST wear a Wrestling Singlet or other one-piece lifting suit.
Full-length knee socks must be worn by all Deadlifters & Power Clean lifters.**

WEIGHT CLASSES:

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308 & SHW
Women: 97, 105, 114, 123, 132, 148, 165, 181, 198 & 198+

OFFICIAL WEIGH-IN TIMES

Friday Early Weigh-in 7:00 – 8:00pm Friday (all women and men 114-181)
Saturday Regular Weigh-in 8:00 – 9:00am Saturday (all women and men 114-181)
Saturday Early Weigh-in 7:00 – 8:00pm Saturday (men 198 - shw)
Sunday Regular Weigh-in 8:00 – 9:00am Sunday (men 198 - shw)

LIFTING WILL BEGIN AT 10:00am Saturday & Sunday. Order - Power Clean, Curl, Squat, Bench Press & Deadlift

DIVISIONS:

Divisions for Individual Powerlifting Competition (Duplicated for Equipped & Unequipped Divisions)

Boys Freshman–Sophomore , Boys Junior–Senior
Girls Freshman–Sophomore, Girls Junior–Senior

Divisions for Individual Power Sports Competition (Belt Only Allowed)

Boys Freshman–Sophomore , Boys Junior–Senior
Girls Freshman–Sophomore, Girls Junior–Senior

Divisions for "Power Press" (Power Clean + Bench Press) Competition

Fr–Soph Boys, Jr–Sr Boys, Fr–Sr Girls (1 Division)

Unequipped Bench Press (Belt & Wraps Allowed)

Fr–Soph Boys, Junior–Senior Boys, Fr–Sr Girls (1 Division)

Unequipped Push Pull (Belt & Wraps Allowed)

Fr–Soph Boys, Jr–Sr Boys and Fr–Soph Girls (1 Division)

***Junior High Age Lifters MAY lift in the FR/SO Class in ALL events and count for Team Points**

EVENT DEFINITIONS AND EQUIPMENT ALLOWED:

Equipped Powerlifting

Consists of lifters best Squat, Bench Press and Deadlift for a Total. Single-ply Squat Suit and BP Shirt + Lifting Belt and Knee/Wrist wraps.

Power Press

Lifting Belt & Wrist Wraps Only. Consists of the lifters best Power Clean and Best Bench Press for Total.

Unequipped Bench Press Only

Freshman-Soph – No Belts Awarded for BP Only

NEW- Unequipped Push Pull (Bench Press + Deadlift) – Belt & Wraps Allowed.

Unequipped Powerlifting

Consists of lifters best Squat, Bench Press and Deadlift for a Total. Lifting Belt and Knee/Wrist wraps.

Power Sports Full Meet

Consists of the lifters best Curl, Bench Press and Deadlift for a Total. 4" max width Lifting Belt only.

Unequipped Bench Press Only

Junior - Senior – No Belts Awarded for BP Only

ENTRY FEES:

\$10.00 Late Fee applies after Deadline Date. Cash and Credit Cards Only for all late entries.

Individual Lifters: Powerlifting, Push/Pull, Bench Press Only (Equipped and Unequipped); Power Sports (Full Meet and Individual Events): **\$50.00 for first division/event entered; \$40.00 for each additional division/event entered.** – Awards in each individual event entered.

Team Entry Fee: \$40.00 per team entry. This fee is for the Team Trophy. Team rosters **MUST** be turned in by the start of lifting on Saturday. Maximum 10 members per team.

Coaches may call in Entries and bring Team Checks to the meet. Call before deadline and e-mail or mail rosters or individual entry forms before the deadline. **No Refunds for any no shows.**

Return All Entries and Entry Fees to: NASA LLC | PO Box 735 | Noble, OK 73068
Or enter online at our Web site: www.nasa-sports.com

Lifters do NOT have to be a member of a Team to enter – Individual's Welcome – No Qualifying

AWARDS:

Individual Lifters: 1st thru 5th Place Awards for each weight class in each division for Powerlifting, Power Press, Unequipped BP, Unequipped Push Pull and Power Sports contests. Awards will consist of National Championship medals, Column Trophies, Sculptured Trophies, Large Plaques and Medium Plaques. Selection of all awards will be determined by overall rankings.

Teams: 1st thru 3rd Place Trophies for Equipped & Unequipped Powerlifting, Power Press, Unequipped Push Pull, and Power Sports Teams. All team and individual awards are duplicated for Boys and Girls events.

COMPETE FOR THE "BEST OF THE BEST" CHAMPIONSHIP JACKETS

Championship JACKETS MAY be awarded to the OVERALL BEST LIFTER for the entire meet in the largest and most contested events both Boys and Girls. There **MUST** be at least 25 entries each day in each event for Jackets to be awarded. This rule is at the discretion of the meet director.

NATIONAL RECORDS:

All National High School Records can be broken in this meet. Please check the current National Records for the correct Division to enter and the current records. **You MUST be entered in the correct Division to break the Records.** All Records are online; they will be available at the meet hotel and on-line at <http://nasa-sports.com/records-index/>

35th Annual 2019 High School Nationals Powerlifting

March 23rd & 24th, 2019

Wyndham Garden Hotel, OKC Airport, 2101 S. Meridian, OKC, OK. 405-685-4000

→ IMPORTANT: Late Fee of \$10.00 begins March 18th, 2019 ←

Name	Grade Level	Weight Class	Age	Sex
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Address	City	State	Zip
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E-mail Address	Phone
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Division(s) Entered (i.e. Fr-So, Jr-Sr, etc.):

Events Entered:	1st Division \$50.00	2nd Division \$40	3rd Division \$40	4th Division \$40
Equipped Powerlifting - Full Meet See Divisions Above				
Unequipped Powerlifting - Full Meet See Divisions Above				
Power Sports - Full Meet Curl, BP, DL See Divisions Above				
Power Press Only See Divisions Above				
Unequipped BP Only See Divisions Above				
Unequipped Push Pull (BP+DL) See Divisions Above				

Total number of Divisions Entered: _____ *Incl. Late Fee if applicable* Check No. _____

I Realize This Competition is an Anabolic Steroid Free Meet and that I MAY be Tested by Urinalysis

In consideration of your acceptance of this entry, I hereby waive, for myself, my heirs and assigns, any and all claims for injury or damages which I may incur by virtue of my competing in this contest as against, the Wyndham Gardens Hotel, Rich Peters, NASA LLC Powerlifting, NASA, the facility used and any of their agents and employees. I also realize that the sport of Powerlifting is a high risk sport and that I could be injured. I certify that I am in good physical health and have no serious health problems and that I assume full responsibility for such conditions. I realize that I am fully responsible for my well-being and safety in the warm-up room, on the lifting platform and while I am lifting at this event. I certify, by my signature, that I have read this waiver and fully understand and accept its terms. I agree to the testing methods adopted by NASA, Coefficient System and/or Urine Testing. I agree that if I test positive for anabolic steroids my name can be made public. I also agree to abide by the NASA Rules of Conduct and Sportsmanship. I also swear that if I am a minor my parents have signed this waiver and approve of my lifting in this event. I do hereby verify my acceptance by my signature below.

Do Not Sign This Waiver Before Reading It Fully and Carefully. If you do not accept its terms, DO NOT sign it.

Athlete's Signature	Date
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Parent's Signature if Athlete is under 18 years of age _____

**Return All Entries and Entry Fees to:
NASA LLC * P.O. Box 735 * Noble, OK 73068**

2019 35th Annual High School Nationals

Powerlifting – Bench Only – Push Pull - Power Sports

NASA

P.O. Box 735

Noble, OK. 73068

405-527-8513

www.nasa-sports.com

sqbpdl@aol.com



Your NASA 2019 High School Nationals Entry Form Is Enclosed.
Visit our #1 Web Site at www.nasa-sports.com