

2019 Grand Nationals

Date: Saturday, July 20, 2019

Location: Mount Pleasant High School, 600 N. Greenwood St., Mt Pleasant, TN

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. Adult membership is \$40.00 per year and High School Membership is \$15.00 per year.

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.

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

Early Weigh-in 7:00 – 8:00pm Friday (all Women and Men 114-SHW)
Regular Weigh-in 8:00 – 9:00am Saturday (all Women and All Men 114-SHW)

LIFTING WILL BEGINS AT 10:00am Saturday.

DIVISIONS:

Pure: Lifetime Anabolic Steroid Free
Open: Anabolic Steroid Free for Minimum 3 Years
Novice: Lifetime Anabolic Steroid Free; never won first place in any NASA National meet
High School: Currently HS-enrolled lifters; Lifetime Anabolic Steroid Free
Teenage: 13-19 years of age; Lifetime Anabolic Steroid Free
Junior: 13-23 years of age; Lifetime Anabolic Steroid Free
Intermediate: 24-29 years of age; Lifetime Anabolic Steroid Free
Police & Fire: Full-time, Active, Law Enforcement and Fire Personnel; Lifetime Anabolic Steroid Free (P & F Nationals)
Sub-masters 1: 30-34 years of age; Anabolic Steroid Free for Minimum 3 years
Sub-masters 2: 35-39 years of age; Anabolic Steroid Free for Minimum 3 years
Sub-masters Pure: 30-39 years of age; Anabolic Steroid Free for Minimum 3 years
Masters 1: 40-49 years of age; Anabolic Steroid Free for Minimum 3 years
Masters 2: 50-59 years of age; Anabolic Steroid Free for Minimum 3 years
Masters 3: 60-69 years of age; Anabolic Steroid Free for Minimum 3 years
Masters 4: 70-79 years of age; Anabolic Steroid Free for Minimum 3 years
Masters 5: 80+ years of age; Anabolic Steroid Free for Minimum 3 years
Masters Pure: 40+ years of age; Lifetime Anabolic Steroid Free

Official NASA Championship Jacket(s) will be awarded in this meet and will be done by drawing. The lifters with the highest coefficient in each event will be eligible for the Belt &/or Jacket, i.e.- Equipped BP, Equipped PL, Uneq PL, Uneq BP, Power Sports, Push Pull, Power Press, Retro Powerlifting etc. **The highest coefficient in each of these events will be added to the drawing as long as there are a Minimum of 10 entries per event.** There must be at least 10 entries in an event to be included in the belt drawing which include Women's Events.

EVENT DEFINITIONS AND EQUIPMENT ALLOWED:

Equipped Powerlifting

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

Unequipped Powerlifting

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

Equipped Push/Pull

Consists of lifter's best Bench Press and Deadlift for a Total. Single-ply BP Shirt + Lifting Belt and Knee/Wrist wraps.

Unequipped Push/Pull

Consists of lifter's best Bench Press and Deadlift for a Total. Lifting Belt and Knee/Wrist wraps.

Equipped Bench Only

Single-ply BP Shirt + Lifting Belt and Wrist wraps.

Unequipped Bench Only

Lifting Belt and Wrist wraps.

Power Sports Full Meet

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

Power Press and/or Power Clean Only

Power Press consists of lifter's best Power Clean and Bench Press for a Total. Lifting Belt and Knee/Wrist wraps. **Clean is only the Clean.**

Retro Powerlifting – No Supportive Equipment, Lifting Belt Only

ENTRY FEES:

\$10.00 Late Fee applies after Deadline Date of 7-15-19. Cash and Credit Cards Only for all late entries. No Late Fee for lifters entering 2+ divisions or events late.

Individual Lifters: Powerlifting, Push/Pull, Bench Press Only (Equipped and Unequipped); Power Press; Power Sports (Full Meet and Individual Events): **\$65.00 for first division entered; \$40.00 for each additional division entered.**

NOTE: In Power Sports Individual Events – Awards in each individual event entered

High School Lifters: Powerlifting, Push/Pull, Bench Press Only (Equipped and Unequipped); Power Press; Power Sports (Full Meet and Individual Events): **\$50.00 for first division entered; \$35.00 for each additional division entered.**

NOTE: In Power Sports Individual Events – Awards in each individual event entered.

Team Entry Fee: \$45.00 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.

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

AWARDS:

Individual Lifters: 1st thru 5th Place Awards for each weight class in each division for Powerlifting, Push/Pull, Bench Press Only, Power Press, and Power Sports contests. Awards may consist of 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 Powerlifting, Push/Pull, Bench Press Only, Power Press, and Power Sports Teams.

COMPETE FOR THE "BEST OF THE BEST" \$200.00 CHAMPIONSHIP JACKETS
"At This Select National Meet" – National Records and Championship Jackets At This Meet

STATE/NATIONAL RECORDS:

All State & National Records can be broken in this meet. Please check the current State Records for the correct Division to enter and the current records. **You MUST be entered in the correct Division to break the Records.** i.e., to break Masters 1 records you **MUST** be entered in Masters 1 Div. All Records are online and will not be available at the meet. Current National Record holders may break their existing National Records at this meet. Bring Proof of record.

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Name		Weight Class	Sex
Address		City	State
			Zip
E-mail Address		Phone	
Division(s) Entered (i.e. Juniors, Masters-1, Open, etc.):			
Events Entered:	1st Division/Entry \$65 (\$50 for HS)	2nd Division/Entry \$40 (\$35 HS)	3rd Division/Entry \$40 (\$35 HS)
	4th Division/Entry \$40 (35 HS)		
Equipped Powerlifting - Full Meet			
Unequipped Powerlifting - Full Meet			
Equipped Push Pull			
Unequipped Push Pull			
Equipped Bench Only			
Unequipped Bench Only			
Unequipped Power			
Power Sports - Full Meet Curl, BP, DL			
Power Sports Strict Curl Only			
Power Sports Bench Press Only			
Power Sports Deadlift Only			
Power Press or Power Clean Only			
Retro Powerlifting (Belt Only)			
Total number of Divisions Entered: _____ Total Amount Enclosed _____ Check No. _____ <i>Incl. Late Fee if applicable</i>			
I Realize This Competition is an Anabolic Steroid & Pro Hormone Free Meet and that I MAY be Tested by Urinalysis			
<p>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 Rich Peters, Tad Peters, NASA Powerlifting, My Pleasant High School, Bronson Bradley, 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 do hereby verify my acceptance by my signature below and/or my entry by electronic device.</p> <p>Do Not Sign This Waiver Before Reading It Fully and Carefully. If you do not accept its terms, DO NOT sign it.</p>			
Athlete's Signature		Date	
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 Grand Nationals

Powerlifting – Bench Only – Push Pull – Power Press – Power Sports

NASA

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Noble, OK 73068

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www.nasa-sports.com

sgbpd@aol.com



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