

2019 American Freedom Michigan State Meet

Push Pull, Bench Only, Power Clean; Power Sports

Date: Saturday, July 20th, 2019 (maximum of 60 lifters)

Location: Talcott Event Center across from Hotel Wallon, 4060 M-75, Walloon Lake, MI 49796
Direct 231-497-2017.

Meet Directors: Gary Scholl, Todd Budden | P.O. Box 311 | Walloon Lake, MI 49796 | Phone:
Gary – 231-330-6697 and Todd 231-622-2656 |
email: gsat2950@aol.com and tbudden79@hotmail.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 & 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 – 8:30pm Friday (All women and All men 114-SHW)
Saturday Regular Weigh-in 8:30 – 9:30am Saturday (All women and All men 114-SHW)
10:00am Saturday. Order - Power Clean, Curl, Bench Press & Deadlift

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, Military, Fire: Full-time Law Enforcement and Fire Personnel; Lifetime Anabolic Steroid Free
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

This meet is a Qualifier for ALL 2019 NASA National events

EVENT DEFINITIONS AND EQUIPMENT ALLOWED:

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.

Equipped Bench Only

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

Retro Powerlifting

No Equipment Allowed except 4" belt

Power Sports Full Meet

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

Unequipped Push/Pull

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

Unequipped Bench Only

Lifting Belt and Wrist wraps.

Power Clean

Lifting Belt & Wrist Wraps Only

ENTRY FEES:

\$10.00 Late Fee applies after Deadline Date. Cash and Credit Cards Only for all late entries. No Late Fee for lifters entering 2+ divisions / events late.

Individual Lifters: Push/Pull, Bench Press Only (Equipped and Unequipped); Power Sports (Full Meet and Individual Events): **\$75.00 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: Push/Pull, Bench Press Only (Equipped and Unequipped); 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: \$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.

Or enter online at our Web site: www.nasa-sports.com

Return All Fees and Entry Fees (M/order or Check) To: Gary Scholl PO box 311 Walloon Lake ,MI. 49796

AWARDS:

Individual Lifters: 1st thru 5th Place Awards for each weight class in each division for Push Pull, Bench Press Only, and Power Sports contests. Awards will consist of Championship medals, Column Trophies, Sculptured Trophies, Large Plaques and Medium Plaques.

Teams: 1st thru 3rd Place Trophies for Push Pull, Bench Press Only, and Power Sports Teams.

**COMPETE FOR THE “BEST OF THE BEST” \$200.00 CHAMPIONSHIP JACKETS
“ At Select National Meets”**

STATE / NATIONAL RECORDS:

All State & National Records can be broken in this meet. Please check the current 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., Any State or National Record can be broken/set in this meet regardless of the number of entries.

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July 20th, 2019

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IMPORTANT – Late Fee of \$10.00 Begins on July 7th, 2019

Military Discounts – 1st entry \$50 and add-on entries are \$30 each

Free Meet Shirt if entered before 7-1-19 – Shirt Size (circle)- Sm, Med, Lg, Ex Lg, 2XL or 3XL

Name _____ **Weight Class** _____ **Age** _____ **Sex** _____

Address _____ **City** _____ **State** _____ **Zip** _____

E-mail Address _____ **Phone** _____

Division(s)/Events Entered (i.e. Juniors, Masters-1, Open, etc.):

Events Entered:	1st Division/Event \$75 (\$50 for HS)	2nd Division/Event \$40 (\$35 for HS)	3rd Division/Event \$40 (\$35 for HS)	4th Division/Event \$40 (\$35 for HS)
Equipped Push Pull				
Unequipped Push Pull				
Equipped Bench Only				
Unequipped Bench Only				
Power Sports - Full Meet Curl, BP, DL				
Power Sports Strict Curl Only				
Power Sports Bench Press Only				
Power Sports Deadlift Only				
Power Clean Only				

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

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, Gary Scholl, Todd Budden, Rich Peters, NASA LLC Powerlifting, NASA, Talcott Event Center, Hotel Walloon, plus all facilities 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 or my entry on-line, 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.

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

Athlete's Signature _____ **Date** _____

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

Return All Entries and Entry Fees to:

Gary Scholl, P.O. Box 311, Walloon Lake, MI 49796

2019 American Freedom Powerlifting

Bench Only – Push Pull - Power Sports

Gary Scholl

P.O. Box 311

Walloon Lake, MI 49796

email: gsat2950@aol.com tbudden79@hotmail.com

www.nasa-sports.com



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