2020 NASA USA Nationals & High School Nationals

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

Date: **Saturday, June 13th & 14th, 2020**

Location: **Cleveland County Fairgrounds, 615 East Robinson St, Norman, OK (Meet Site)**
Quality Inn Hotel, 2841 Classen Blvd, Norman, OK 73071 (Host Hotel)

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

ANYONE *who is an anabolic steroid free lifter may enter the USA Nationals. USA Nats lifters do not have to be on a team.*

RULES: Lifting Gloves Will Be Allowed In This Event.

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 Deadlifters.

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, June 21st (all women and all men 114-181)*
Regular Weigh-in 8:00 – 9:00am Saturday, June 22nd (all women and all men 114-181)
Saturday Early Weigh-in 7:00pm-8pm Saturday, June 22nd (all men 198 – shw)
Sunday Regular Weigh-In 8:00am-9:00am Sunday, June 23rd(all men 198-shw)
LIFTING WILL BEGIN AT 10:00am SATURDAY & SUNDAY

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 Law Enforcement, Military & 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

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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.

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

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

Unequipped Push/Pull
Consists of lifters 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 lifters best Curl, Bench Press and Deadlift for a Total. 4" max width Lifting Belt only.
Retro Powerlifting – Powerlifting Rules and lifting belt only allowed
Power Clean or Power Press Only
Enter either Power Clean (PC or Power Press individually) Power Press consists of the Total of your PC and your BP

ENTRY FEES:

$10.00 Late Fee applies on Deadline Date of June 8th Cash and Credit Cards Only for all late entries.

Individual Lifters: Powerlifting, Push/Pull, Power Clean Only, Power Press, Bench Press Only (Equipped and Unequipped); Power Sports (Full Meet and Individual Events): **$70.00 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 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: $50.00 per team entry. This fee is for the USA Nats 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, 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 Powerlifting, Push Pull, Bench Press Only, and Power Sports Teams.

COMPETE FOR THE "BEST" CHAMPIONSHIP NASA JACKETS & More

1 -3 jackets and 2- $750.00 Gold Cards will be awarded by drawing to the Top Lifters in the USA Nats meet depending on total entries in the meet. The Drawing will include Highest Coefficients in all events with over 15 to entries in each.

NATIONAL RECORDS:

All National & State Record Attempts will be allowed in this meet. Please check the current National & 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 the Masters 1 Division. All Records are online; they will not be available at the meet.

*** *** Official NASA Entry Form *** ***

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June 13th & June 14th , 2020

Cleveland County Fairgrounds, 615 East Robinson St, Norman, OK (Meet Site)

→ **IMPORTANT: Late Fee of $10.00 begins June 8th** ← **Late Fees Will Be Strictly Enforced**

You may enter on-line at www.nasa-sports.com

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

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

E-mail Address **Phone**

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

Events Entered:	**1st Division $70 ($50 for HS)**	**2nd Division $40.00 ($35 HS)**	**3rd Division $40.00 ($35 HS)**	**4th Division $40.00 ($35 HS)**
Equipped Powerlifting - Full Meet				
Unequipped Powerlifting - Full Meet				
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 Press Only (bp + power clean)				
Power Clean Only				
Retro Powerlifting (belt 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 myself or my family may incur by virtue of my competing in this contest as against Rich Peters, Tad Peters, Devin Peters, NASA LLC Powerlifting, the Cleveland County Fairgrounds, Board of County Commissioners, 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 and realize the Codid-19 virus is an act of God. 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/ and or entry into this meet, 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.

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**

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

Official NASA State Team Awards will be announced on Facebook and our web site at www.nasa-sports.com

2020 USA Nationals Championships

Powerlifting – Bench Only – Push Pull - Power Sports
NASA
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www.nasa-sports.com
sqbpdl@aol.com

Your NASA 2020 USA Nationals Entry Form Is Enclosed.
Visit our #1 Web Site at www.nasa-sports.com