

# **“How The Grinch Stole Lift-mas”**

**Equipped/Unequipped Powerlifting, Push/Pull, Bench Only, Power Press, Power Sports**

**Date:** Saturday, December 12th, 2020

**Location:** Bulldog Central High School Gym, 7622 US HWY 69 N., Pollok, TX  
**Local Contact:** Seth Ford-936-465-4632

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

## ***RULES:***

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**General Rules:** All current NASA rules will apply. View the entire NASA rule book on our Web site at [www.nasa-sports.com](http://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.**

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## ***WEIGHT CLASSES:***

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**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 all men)  
Regular Weigh-in 8:00 – 9:00am Saturday (all women and all men)

**LIFTING WILL BEGIN AT 10:00am SATURDAY**

## ***DIVISIONS:***

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**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 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

## ***EVENT DEFINITIONS AND EQUIPMENT ALLOWED:***

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### **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 lifter's 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 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 lifters best Curl, Bench Press and Deadlift for a Total. 4" max width Lifting Belt only.

### **Power Press – (after 8-1-13)**

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

### **Retro Powerlifting**

Lifting Belt Only, Squat, Bench Press & Deadlift

## ***ENTRY FEES:***

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***\$5.00 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 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): **\$40.00 for first division entered; \$35.00 for each additional division entered.**

NOTE: In Power Sports Individual Events – Awards in each individual event entered. Free NASA Card for all first time NASA HS Lifters for this meet only.

**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](http://www.nasa-sports.com)**

## ***AWARDS:***

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**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" CHAMPIONSHIP AWARDS  
At Select National Meets Only***

## ***STATE/NATIONAL RECORDS:***

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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., to break Masters 1 records you **MUST** be entered in Masters 1 Division. All Records are online; they will not be available at the meet. National Records can be broken at ALL Events.

# 2020 "How The Grinch Stole Lift-mas"

**December 12th, 2020**

**Bulldog HS Gym \* 7622 US HWY 69 N \* Pollok, TX \* Phone: 936-465-4632**

**→ IMPORTANT: Late Fee of \$5.00 begins 12-7-20 ←**

**Name** \_\_\_\_\_ **Weight Class** \_\_\_\_\_ **Sex** \_\_\_\_\_

**Address** \_\_\_\_\_ **City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**E-mail Address** \_\_\_\_\_ **Phone** \_\_\_\_\_

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

<b>Events Entered:</b>	<b>1st Division \$65 (\$40 for HS)</b>	<b>2nd Division \$40 (35 for HS)</b>	<b>3rd Division \$40 (35 for HS)</b>	<b>4th Division \$40 (35 for HS)</b>
Equipped Powerlifting - Full Meet				
Unequipped Powerlifting - Full Meet				
Equipped Push Pull				
Unequipped Push Pull				
Equipped Bench Only				
Unequipped Bench Only				
Unequipped Power Press (after 8-1-13)				
Power Sports - Full Meet Curl, BP, DL				
Power Sports Strict Curl Only				
Power Sports Bench Press Only				
Power Sports Deadlift Only				
Power Press (Power Clean + BP)				
Retro Powerlifting ( Sq+BP+DL)				

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 Rich Peters, Tad Peters, NASA Powerlifting, Central High School, the Pollok School District, Seth Ford, 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 also realize that the Covid 19 Virus is an act of God and I do not hold the above entities responsible for me contracting this virus. I am also responsible for any damages I may cause or create. 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.

**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 \* P.O. Box 735 \* Noble, OK 73068**

## ***2020 How The Grinch Stole Lift-mas***

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

NASA

P.O. Box 735

Noble, OK 73068

405-527-8513

[www.nasa-sports.com](http://www.nasa-sports.com)

[sqbpd@aol.com](mailto:sqbpd@aol.com)



Your NASA 2020 “How The Grinch Stole Lift-mas” Entry Form Is Enclosed.  
Visit our #1 Web Site at [www.nasa-sports.com](http://www.nasa-sports.com)