

2021 NASA "89'ER DAY LAND RUSH POWERLIFTING

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

Date: Saturday, April 17th, 2021
NEW Location: Lexington City Pavilion, 200 E. Broadway St., Lexington, OK

Hotel Info: The nearest hotels are located in Purcell, OK right across the River Bridge. 2 Miles.

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

This event is being held as part of the Lexington, OK 89'er Celebration of the Oklahoma Land run. There will be events, booths, rides, carnival, wiener dog races, and MUCH MORE. Come with the family and enjoy the day. No Admission Fee's!

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 only \$15 per full 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 & Power Clean lifters.

WEIGHT CLASSES:

Men: 114, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, 220.25, 242.5, 275.5, 308 & SHW
Women: 97, 105, 114, 123.5, 132.25, 148.75, 165.5, 181.75, 198.25 & >198.25

OFFICIAL WEIGH-IN TIMES

No Early Weigh-ins. Everyone will weigh in on Saturday Morning.

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

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

DIVISIONS: For all Masters/Sub-Masters events

* **Sub Masters Pure:** 30-39 years of age and Lifetime Anabolic Steroid Free
* **Masters Pure:** 40+ years of age & Lifetime Anabolic Steroid Free
* **Novice Masters:** 40+ Lifetime Anabolic Steroid Free; never won 1st place in any NASA National meet
* **Sub Masters 1:** 30-34 years of age; Minimum 5 years Anabolic Steroid Free
* **Sub Masters 2:** 35-39 years of age; Minimum 5 years Anabolic Steroid Free
* **Masters 1:** 40-49 years of age; Minimum 5 years Anabolic Steroid Free
* **Masters 2:** 50-59 years of age; Minimum 5 years Anabolic Steroid Free
* **Masters 3:** 60-69 years of age; Minimum 5 years Anabolic Steroid Free
* **Masters 4:** 70-79 years of age; Minimum 3 years Anabolic Steroid Free
* **Masters 5:** 80+ years of age; Minimum 5 years Anabolic Steroid Free
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

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 Press

Lifting Belt & Wrist Wraps Only (no wraps allowed for Men/Women of Steel competitors)

Power Sports Full Meet

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

ENTRY FEES:

\$5.00 Late Fee applies for 1st Division or event entered 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): **Special 89'er Day Prices - \$40.00 for first division entered; \$25.00 for each additional division entered. High School Entries are only \$25.00.** High School Lifters DO NOT have to wear lifting suits but they are preferred.

Entry Fee covers Bomb Out Insurance or Cancellation Insurance- If you cannot attend at the last minute your entry will carry over to the next event or if you bomb out you will go into a single lift event at the same meet. This is an exclusive NASA benefit for our lifters.

Team Entry Fee: \$30.00 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.

If Mailing, Return Entries and Entry Fees to: NASA | 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 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.

NATIONAL RECORDS:

All State & National 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.** 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. For details on the Man & Woman of Steel competition please see details on our web site at www.nasa-sports.com

NASA**NASA "89'ER DAY LAND RUSH POWERLIFTING****April 17th, 2021****Lexington City Pavilion, 200 E. Broadway St., Lexington, OK****→ IMPORTANT: Late Fee of \$5.00 for 1st Division entered begins April 12th, 2021 ←**

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 \$40 / \$25 HS	2nd Division \$25	3rd Division \$25
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 (Power Clean + Bench)			
Power Clean 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 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, City of Lexington, Lexington Chamber of Commerce and all members, 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 Covid 19 is an Act of God and I hold harmless the sponsors of this meet should I or my friends/family should contract the virus. 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.</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	
Parents Signature if under 18 years of age		Date	
Return All Entries and Entry Fees to: NASA Powerlifting * P.O. Box 735 * Noble, OK 73068			

2021 89'er Day Celebration Powerlifting

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

NASA

P.O. Box 735

Noble, OK. 73068

405-527-8513

www.nasa-sports.com

sqbpd@aol.com



Your NASA 2021 89'er Day Celebration Powerlifting 4-17-21 Entry Form Is Enclosed.
Visit our #1 Web Site at www.nasa-sports.com