

NASA Natural Nationals

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

Date: Saturday, February 19th & Sunday, February 20th, 2022

Location: Wyndham Garden Hotel, OKC Airport, 2101 S. Meridian, OKC, OK. 405-685-4000
Mention NASA Powerlifting for discount. Book early as hotel will sell out! **Call Hotel directly for NASA discount! Our Special Rate is \$89.00 which includes full hot breakfast. If you use an on-line booking agent you will NOT get free breakfasts.**

Meet Director: Rich Peters | P.O. Box 735 | Noble, OK 73068
Email: sqbpd@aol.com **Enter on line at www.nasa-sports.com**

2022 National Awards Banquet – 7:00 pm Saturday Night, Feb. 19th at the Hotel – See Web Site for more details and if you are a finalist in the year 2021. All New Format For The Banquet This Year.

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 Deadlifters and 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 – 8:00pm Friday (all women and men 114-181)

Saturday Regular Weigh-in 8:00 – 9:00am Saturday (all women and men 114-181)

→Saturday Early Weigh-in **5:00 – 6:00pm Saturday (men 198 - shw)**

Sunday Regular Weigh-in 8:00 – 9:00am Sunday (men 198 - shw) **LIFTING WILL BEGIN AT 10:00am Saturday & Sunday. Order - Power Clean, Curl, Squat, 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 & 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

2022 National Awards Banquet – 7:00 pm Saturday Night, Feb. 19th at the Hotel – See Web Site for more details

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.

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" wide 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 Powerlifting

Consists of lifter's best Squat, Bench Press and Deadlift for a Total. 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.

Unequipped Bench Only

Lifting Belt and Wrist wraps.

Power Press or Power Clean Only

Lifting Belt & Wrist Wraps Only on Power Clean

ENTRY FEES:

→ **\$10.00 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 Sports (Full Meet and Individual Events): **\$80.00 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): **\$55.00 for first division entered; \$40.00 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 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 | 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, Banners 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.

STATE & NATIONAL :

All National and/or State 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

2022 33rd Annual Natural Nationals

February 19th & 20th, 2022

Wyndham Garden Hotel, OKC Airport, 2101 S. Meridian, OKC, OK. 405-685-4000

→ **IMPORTANT: Additional Late Fee of \$10.00 begins February 14th, 2022** ←

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: Mix or Match	1st Division \$80 (\$55 for HS)	2nd Division/Event + \$40	3rd Division/Event + \$40	4th Division/Event + \$40
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 & BP)				
Retro Powerlifting (Belt Only Allowed)				

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, the Wyndham Gardens Hotel, 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 attending 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 realize that the Covid 19 Virus is an act of God and I assume all risks by attending this event for myself and my family. 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**

2022 33rd Annual Natural Nationals

Powerlifting – Bench Only – Push Pull - Power Sports

NASA

P.O. Box 735

Noble, OK. 73068

405-527-8513

www.nasa-sports.com

sgbpd@aol.com



Your NASA 2022 33rd Annual Natural Nationals Entry Form Is Enclosed.
Visit our #1 Web Site at www.nasa-sports.com