

2022 NASA Country Roads Regional Powerlifting

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

Date: Saturday, October 15th, 2022
NEW Location: Iron Saints Athletic Systems/Southern Elite Gymnastics
406 2nd Ave., Logan. WV 25601

Hotel Info: Hotels are available in the area

Meet Director: Sammy Sebok, 1-304-946-5206
email: Sebok88@aol.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

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. High School Lifters are exempt Full-length knee socks must be worn by all Deadlifters.

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

Friday Early Weigh-in 7:00 – 8:00pm Friday (all women and all men)
Saturday Regular Weigh-in 8:00 – 9:00am Saturday (all women and all men)

LIFTING WILL BEGIN AT 10:00am Saturday. Order - 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 Sports Full Meet

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

ENTRY FEES:

\$10.00 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): **\$75.00 for first division entered; \$50.00 for each additional division entered.** High School Entries \$50.00

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.

**If Mailing, Return Entries and Fees to: Iron Saints Athletic Systems, 402 2nd Ave. Logan. WV 25601
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.

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 Country Roads Regional Championship

October 15th, 2022

Meet Site: Iron Saints Athletic Systems/Southern Elite Gymnastics, 406 2nd Ave. Logan. WV 25601

→ **IMPORTANT: Late Fee of \$10.00 for 1st Division entered begins Oct. 10th, 2022** ←

Name	Weight Class	Age	Sex
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Address	City	State	Zip
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E-mail Address	Phone
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Events Entered:	Division(s) Entered (i.e. Juniors, Masters-1, Open, etc.):			
	1st Division \$75 / \$50 HS	2nd Division \$50	3rd Division \$50	4th Division \$50
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				

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

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, Sammy Sebok, Iron saints Athletic Systems, 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.

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 _____
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Parents Signature if under 18 years of age _____	Date _____
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**Return All Entries and Entry Fees to:
Iron Saints Athletic Systems, 124 Country Cove Circle, Chapmanville, WV 25508**

2022 West Virginia Regional Powerlifting

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

Iron Saints Athletic Systems

406 2nd Ave

West Logan, WV 25601

1-304-946-5206

www.nasa-sports.com

Sebok88@aol.com



Your NASA 2022 West Virginia Regional Powerlifting 10-15-22 Entry Form Is Enclosed.
Visit our #1 Web Site at www.nasa-sports.com