

# 2023 Iowa Regional Powerlifting

**Powerlifting, Push/Pull, Bench Only; Individual Lifts; Power Press; Power Sports**

Date: Saturday, October 21<sup>st</sup>, 2023

**New Location:** Winterset Junior High Gym, 724 Husky Dr., Winterset, IA

Meet Director: Rich Peters/Tad Peters | 10751 Lake Rd | Lexington, OK 73051

Phone: 405-706-0484 | email: [sqbpdl@aol.com](mailto:sqbpdl@aol.com)

Local Contact- State Chairman, Rich Baker 515 313 6940

## ***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 \$50.00 per year and High School Membership is \$25.00 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:***

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**Men:** 114.5, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, 220.5, 242.5, 275.5, 308 & SHW

**Women:** 97, 105.5, 114.5, 123.5, 132.25, 148.75, 165.25, 181.75, 198.25, 220.5, 242.5, 242+

### **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

**National Records May Only Be Broken at National Events Starting 6-1-23**

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

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### **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.

### **Power Sports Full Meet**

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

### **Retro Powerlifting**

No Equipment except 4" lifting belt.

## ***ENTRY FEES:***

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***\$10.00 Late Fee applies after Deadline Date for 1<sup>st</sup> division or event entered. 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): **\$75.00 for first division entered; \$50.00 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): **\$50.00 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: \$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 | 10751 Lake Rd | Lexington, OK 73051  
Or enter online at our Web site: [www.nasa-sports.com/schedule/](http://www.nasa-sports.com/schedule/)**

## ***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 JACKETS  
Select National Meets Only See Web Entry For More Details**

## ***STATE RECORDS:***

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All NASA State 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.

# 2023 Iowa Regional Powerlifting

DATE: October 21<sup>st</sup>, 2023

**NEW LOCATION** - Winterset Junior High Gym, 724 Husky Dr., Winterset, IA

→ **IMPORTANT:** Late Fee of \$10.00 for 1<sup>st</sup> entry begins October 17<sup>th</sup>, 2023 ←

**No Late Fee on Lifters Entering 2 or more Events or Divisions**

**Late Enter On Line at [www.nasa-sports.com/schedule/](http://www.nasa-sports.com/schedule/)**

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

Events Entered:	1st Division \$85 (\$50 for HS)	2nd Division \$40 (\$40 for HS)	3rd Division \$40 (\$40 for HS)	4th Division \$40 (\$40 for HS)
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

Power Clean 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 I may incur by virtue of my competing in this contest as against Rich Peters, Tad Peters, Rich Baker, NASA Powerlifting, Winterset High School, Winterset Jr High, 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 or contract a virus. 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 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 or by entering on-line using PayPal.  
**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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Parent's Signature if Athlete is under 18 years of age \_\_\_\_\_

## ***2023 Iowa Regional Powerlifting***

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

NASA

405-706-0484

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

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



Your NASA 2023 Iowa Regional Powerlifting Entry Form Is Enclosed.  
Visit our #1 Web Site at [www.nasa-sports.com](http://www.nasa-sports.com)